

# The Warriner School

Responsible - Respectful - Ready

A member of the  
Warriner Multi Academy Trust



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SNI/EJA

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Dear Parent/Carer/Guardian and Student,

With the imminent GCSEs only days away, I thought I would inform you of some important information regarding keeping your child 'exam healthy':

### **Eat breakfast**

Breakfast is the most important meal of the day; the gap between dinner and breakfast is the longest your body goes without refuelling. Studies have shown that eating a typical breakfast of cereal, made up of complex carbohydrates, helps improve memory and concentration over the course of the morning.

Furthermore, researchers have found that those who eat a cereal breakfast regularly are "less emotionally distressed and have lower levels of perceived stress" compared with those who do not.

### **Arrive at school with plenty of time**

Exams are stressful enough without the added worry of running late. Lateness tends to magnify everything; if people are a bit stressed or nervous, when running late they become more so. Follow the old maxim "if you are not early, you're late" and you will be on the right path to starting your exams calmly and confidently.

### **Avoid people who stress you out**

When it comes to school, the old maxim "you are the average of the five people you spend the most time with" seems to ring true. Research suggests teachers' positive comments directly affect how students feel about themselves.

On the morning of your exam, think about who makes you feel calm and confident and actively seek them out.

### **Remind yourself of all your hard work and preparation**

This can be a great way to boost your confidence going into the exam. Taking a moment to reflect on all the hours of hard work you have put in will reassure you. This technique is often used by athletes in the build-up to pressurised competitions to help them perform. Also using this time to reflect on your previous successes should help boost your confidence.

### **Pause for a minute and take some deep breaths**

When people are under pressure, they often underestimate how much time they have. This leads to them rushing and making sloppy mistakes that cost marks.

Focusing on taking a few deep breaths can act as a prompt to slow you down. Physiologically, this helps to lower your heart-rate and reduce tension. By slowing down or pausing for a moment, you allow yourself time to fully assess the situation, come up with a plan and decide the best course of action.

### **Remind yourself of your exam strategy**

Focus less on what grade you might get and more on executing your exam strategy. This might mean the amount of time you should spend per question, reading each question first, writing five minutes of rough notes before answering the long question or any other technique. If you are in doubt what your exam tactic should be, ask your teacher; they will almost certainly have some helpful advice for you.

### **Final thought**

When you have spent so much time working and revising for exams, it is a mistake to leave the last hour or two to chance. Nothing can ever guarantee success, but by executing these tips, you give yourself the best chance of demonstrating your knowledge when it really matters.

## How we can help

To be environmentally friendly we will supply every student with one bottle of water at the beginning of their exams - we will expect you to keep this bottle and it can be refilled at home or at school at our water stations found near the Science corridor and Sports Hall.

We will also have available small breakfast cereal bars along with bananas, to help support students nutrition. We would preferably like students to eat before coming to school, but for those that do not, or who might need a little boost there is this breakfast available.

## Timetable of pre-exam sessions

Please see attached a timetable of pre-exam sessions that will be running either on the day of the exam or in some cases the night before. There is no need to book these sessions.

### Some key dates to be aware of

- The last full time day of school for Y11 is **Friday 24<sup>th</sup> May**. Students will attend all lessons and tutor times until this date with the exception of sitting exams. All uniform and behaviour rules still apply to all students.
- From **Monday 3<sup>rd</sup> June**, students will only come in to school for their exams, in full uniform and abiding by all the usual school regulations. Please can I ask for your support in this matter; if your child turns up wearing the incorrect uniform, or no uniform or inappropriate jewellery/piercings/make-up, they will be challenged by staff, even possibly having to be isolated in another room for the exam. I am sure you can imagine this will be upsetting and disruptive all round and these are not ideal conditions for exam success, so, again, please ensure that your child arrives in school appropriately dressed for their exams. There will also be areas for your child to revise in the school if he or she has a gap between exams on the same day; in the library for example, there will be Chill Zones for exam students.
- **Thursday 20<sup>th</sup> June** marks our Stand Down celebration for invited students where they will have a year group photograph, BBQ and a chance to say goodbye to each other and staff. Mr. Rafferty is organising this event and it will begin at approximately 12 noon until 3pm
- Lastly, on **Friday 21<sup>st</sup> June**, in the evening, invited students will attend a Prom to celebrate the official end of their exams and Year 11. It is being held again at Bo Peep Farm, at 7pm.

I hope you have found this information helpful.

If you have any queries or suggestions please do not hesitate to contact me directly.

Yours Sincerely

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