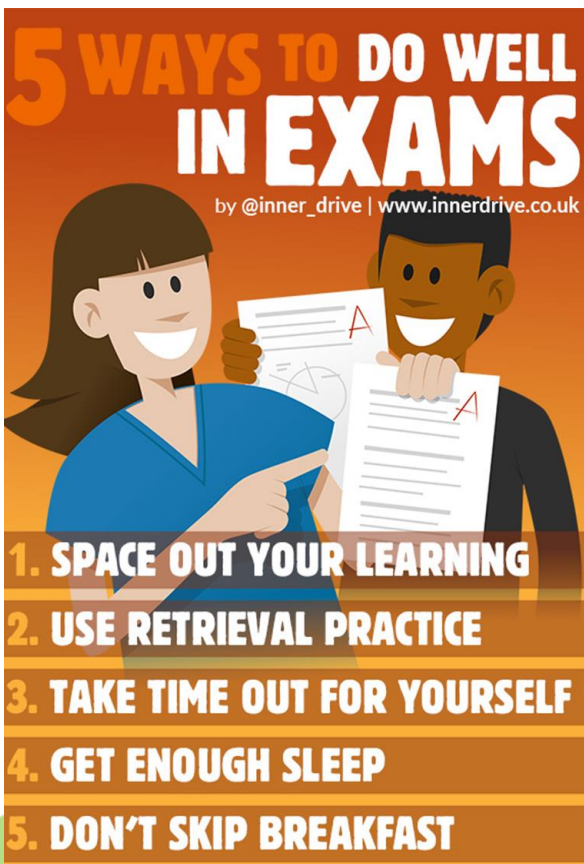


April 29th – May 3rd

Focus of the week: Wellbeing



5 WAYS TO DO WELL IN EXAMS

by @inner_drive | www.innerdrive.co.uk

1. SPACE OUT YOUR LEARNING
2. USE RETRIEVAL PRACTICE
3. TAKE TIME OUT FOR YOURSELF
4. GET ENOUGH SLEEP
5. DON'T SKIP BREAKFAST



EXAM COUNT DOWN

USE YOUR TIME WISELY

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- TWO WEEKS TO GO**
Plan your revision effectively by spacing it out. Little and often is better than cramming at the last moment.
- ONE WEEK TO GO**
Do lots of past papers and quizzes. Teach the material to someone else. Seek advice, guidance and feedback from others.
- THE NIGHT BEFORE**
Pack your bag for the next day. Do an equipment check. Get plenty of sleep.
- THE MORNING OF**
Eat breakfast to fuel you for the day.
- AN HOUR BEFORE**
Get to school early and spend time with relaxing people.
- 1 MINUTE BEFORE**
Take a deep breath and gather your thoughts.
- AN HOUR AFTER**
Once you have reflected on the exam, don't dwell on it. Move on.

mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/

www.youngminds.org.uk/professional/resources/stay-mentally-healthy-during-exams/

www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/

What's on this week?

Day	Date	Subject	Room	Staff	Topic
1	29/04/2024	Film	E2L C	NCO	Comp 2
		Art	A1	Arts staff	Drop in
2	30/04/2024	Maths	M5	Maths staff	Drop in
		English	E8 (Grade 4-6)	LHI	Paper 2 LANG Q5
			E5 (Grade 7+)	ESM	
		Science	S7	Biology Staff	Drop in
		Drama	A3	TAL	Drop in
3	01/05/2024	Maths	M5	Maths staff	Drop in
		Science	S7	Chemistry Staff	Drop in
		French	L2	SDU	Reading and listening practice
		Art	A1	Arts staff	Drop in
		History	H5	CLA	Britain - Public Health
		Geography	H2	MGR	Revision
		PE	PE1	SGC	Paper 1
4	02/05/2024	Home study			
5	03/05/2024	History	H4	BKE DCL	Drop in

All of the information on revision can be found on the website by following this link:



<https://www.ashbyschool.org.uk/revision>