



THE ECCLESBOURNE SCHOOL

'Learning Together For The Future'

Head Teacher
James McNamara BA(Hons); NPQH

Wirksworth Road, Duffield, Belper: DE56 4GS
Tel: (01332) 840645 Fax: (01332) 841871
Web: www.ecclesbourne.org.uk
email: info@ecclesbourne.derbyshire.sch.uk



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Supporting Year 13 Students in the Lead-Up to Exams

Dear Parents and Carers,

As the summer examination season approaches, we are incredibly proud of the hard work, focus, and ambition shown by our Year 13 students. This final stretch is crucial, and with the right structure, support, and mindset, every student can take confident steps towards achieving their goals. At The Ecclesbourne School we are committed to ensuring that every student is fully prepared—academically, emotionally, and physically—for the demands of their A Levels. With this in mind, we would like to offer some guidance on how we and you as parents can support your child during this critical period.

A Quiet, Distraction-Free Space for Study

A calm, organised space helps students focus. Where possible, support your child in identifying a quiet area at home where they can revise without interruptions. This space should be free from distractions such as mobile phones and TV, and equipped with essential resources: pens, paper, highlighters, and a clear surface to work on. During home study leave they can always come into school and make use of the Library and Supervised Silent Study areas.

Help Structure Their Time with a Realistic Revision Schedule

Encourage your child to create a structured revision timetable that covers all subjects, allowing time for breaks, physical activity, meals, and rest. Students should work in focused bursts (45 minutes or so is a good length of time for most), followed by short breaks. Sticking to a routine promotes consistency, reduces anxiety, and builds confidence.

Balance is Key: Rest, Relaxation and Sleep

While hard work is vital, rest is just as important. Students who are well-rested and mentally refreshed will retain information better and perform more effectively in exams. We recommend:

- At least 8 hours of sleep per night
- Time in the evening to relax (e.g., family meals, TV, catching up with friends, listening to music, or a short walk)
- Avoiding screens close to bedtime

Healthy Diet and Regular Exercise

Energy levels and concentration are directly affected by lifestyle. A balanced diet—rich in fruits, vegetables, whole grains, and protein—will help your child stay focused and alert. Encourage regular exercise, even short walks or stretches, to support both physical health and mental wellbeing.

Managing the Stress of Exam Season

Exams can be a source of anxiety. Your child will really benefit from talking to you, although they won't always make that obvious! It's important to ask them how they are feeling, listen, and reassure them that it's okay to feel overwhelmed sometimes. Remind them that progress matters more than perfection, and that doing their

best is what counts. If they are experiencing high levels of stress, let us know. Our pastoral team, peer mentors and wellbeing support staff are here to help.

Make Use of School Resources

Your child has access to:

- Tailored revision materials provided in class and online
- After-school and Home Study Leave revision sessions
- Revision Zone and online learning platforms
- Past Papers - We strongly encourage students to use past papers, mark schemes and teacher feedback to guide their revision and links to all exam boards are on the school website Examinations page.

Attendance and Punctuality Matter

In the weeks leading up to the exams, every lesson counts. Please support your child in maintaining full attendance and arriving on time: every session provides essential knowledge and guidance.

Key Exam Dates and Information

We have shared the exam timetable with students, and a copy is available on our website. Please help your child to familiarise themselves with the schedule, including room locations and start times. It helps to print a copy out and put it on the fridge door where all the family can see it. Pay especial attention to which exams are in the morning and which in the afternoon as it can be easy to make a mistake.

Home Study Leave Revision Sessions

Study leave for Year 13 will commence on Friday 9th May at lunchtime.

It is expected that all students will attend all their lessons until this time. Attendance to lessons in these final few weeks is in our experience paramount in securing the best possible outcomes in the summer examinations.

During the examination period, students must continue to wear full school uniform whenever they are on the school site. This includes when sitting examinations and for revision / tutoring sessions held during the run up to these. The Silent Study, library and Sixth Form Centre are available to Year 13 to study in school throughout the exam period and students are encouraged to come in and make use of them. During study leave, students will be registered when they sit examinations however, if they are present in school at any other time, they will need to sign in and out at Reception. There will be organised sessions with subject areas, and these will be advertised on SMHW. Students can arrange sessions with their teachers by email at usual lesson times.

Sixth Form Book Return will be run in the following way:

1. Students must bring in their laptops/books/resources and return them to the department that issued them on the day of their final A2 examination in that subject.
2. Students must also ensure that their 'Exit Form' is signed by the relevant department as they return books and resources. The exit form should be collected from Sixth Form Office.
3. The 'Exit Form' will also need to be signed by the library staff and Exams Office in time to return it to Sixth Form Office by 28th June or the date of their final examination, whichever is the latest.

Failure to complete this process satisfactorily will result in examination certificates being withheld.

A-Level examination results day this year falls on Thursday 14th August. Most students will wish to collect their results in person and so envelopes containing examination results will be available from

the Sixth Form Centre from 8.00am. Members of the Sixth Form Office team will be on hand to help with individual queries about university applications on the day.

Any student who wishes to have their examination results posted or emailed to them must inform the examinations office and provide the cost of postage. This can be handed in at reception at any time before the school closes for the summer. However, I strongly advise that students collect their results in person. It is very difficult to act swiftly at a distance where students have not met their entrance requirements and where we need to work together to contact universities.

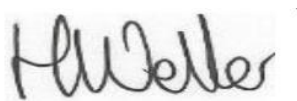
This is a challenging time, but also a moment of great opportunity. With strong routines, support at home, and a focus on both academic preparation and wellbeing, our students can approach the summer exams with calm confidence. We are here every step of the way. If you have any questions or concerns, please contact us in Sixth Form Office.

Since joining the Sixth Form in September 2023, they have proved themselves to be a truly exceptional group of young people and have been outstanding role models to our younger students. On behalf of the whole Sixth Form team and everyone here at school I wish students every success in their forthcoming examinations; they have been a delight to work with.

Yours sincerely,



James McNamara
Head Teacher



Hannah Weller
Head of Sixth Form