



THE ECCLESBOURNE SCHOOL

'Learning Together For The Future'

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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. During home study leave they can always come into school and make use of the 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.

Healthy Diet and Regular Exercise

Energy levels and concentration are directly affected by lifestyle. 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 and revision sessions

Your child has access to:

- Tailored revision materials provided in class and online
- After-school and Home Study Leave revision sessions – see the attached for further details
- 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.

Additional sessions are available now to support revision and they are included below. Any subjects not included will provide support on a request basis.

Subject	Monday	Tuesday	Wednesday	Thursday	Friday
English Lit					17th April B3 10-11.30am
History		A1 After school			
Sociology			A1 Lunchtime		
Geography				A8 After school	
Religious Studies			A1 Period 1		
Biology			S1 Lunchtime	C4 After school	
Chemistry					
Physics					
Maths		G4 lunchtime			G4 lunchtime
Textiles	Room open all day	Room open all day	Room open all day	Room open all day	Room open all day
Economics			F6 After school		
Art	After school	After school	After school	After school	After school

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. This will be important in having the right mindset and in references moving forward.

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 special 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 8th 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.

Finally, I wanted to address the recent news about Meningitis and the risks to students. Many of your children will be heading off to University in September and going to university is an exciting time, but the close-contact nature of halls of residence and socializing means risks are increased.

The MenACWY vaccine is offered to teenagers at 14 years old so you may wish to check your child's vaccination record to see if they are already up to date. If not, you can do other things to ensure that they stay safe.

1. Vaccination

- **Check your MenACWY Vaccine Status:** The MenACWY vaccine protects against four common causes of meningitis (strains A, C, W, and Y). If you are under 25 and starting university for the first time, you are eligible for this free vaccine.
- **When to get it:** Ideally, you should get the vaccine from your GP at least **two weeks before** you start university to allow immunity to develop.
- **If you miss it:** If you forget, register with a GP at your university immediately and get the vaccine during freshers' week.
- **Check other vaccines:** Ensure your MMR (Measles, Mumps, Rubella) vaccine is up to date, as measles cases are rising.

2. Learn the Signs and Symptoms

Meningitis and septicaemia (blood poisoning) can develop in just a few hours. Early symptoms often look like flu or a hangover. Look out for:

- Fever with cold hands and feet
- Severe headache and stiff neck
- Vomiting and diarrhoea
- Dislike of bright lights
- Drowsiness, confusion, or difficulty waking up
- A rash that does not fade when a glass is pressed against it (though not everyone gets this).

3. Take Practical Steps to Reduce Spread

Meningitis bacteria spread through close contact, such as kissing, coughing, sneezing, and sharing items.

- **Don't share:** Avoid sharing drinks, cutlery, cigarettes, or vapes.
- **Good hygiene:** Wash your hands regularly, particularly in shared kitchen areas.
- **Support your immune system:** Get enough sleep, stay hydrated, and eat well to keep your immune system strong.

4. Look Out for Your Friends

- **Check on roommates:** In the first few weeks, keep an eye on new friends. If someone has a "fresher's flu" that seems worse than usual, or if they are acting confused or very sleepy, seek medical help.
- **Trust your instincts:** If you think someone has meningitis, don't wait for all symptoms to appear, and do not wait for a rash.
- **Action:** Call 999 or go to the nearest A&E immediately if you suspect meningitis.

5. Register with a GP

As soon as you arrive at university, register with the local student health service or a nearby GP. This makes it easier to get quick medical attention if you become unwell.

Note: The MenACWY vaccine does not protect against all types of meningitis, such as MenB, which is why recognizing the symptoms is important even if you are vaccinated.

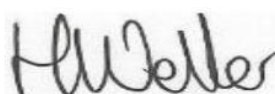
Since joining the Sixth Form in September 2024, our year 13 have proved themselves to be a truly exceptional group of young people and have been outstanding role models to our younger students.

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