

# Supporting Your Child Through Revision and Exams

Practical strategies for Parents and Carers  
**FAQs**

## **Will there still be homework during this timescale?**

Yes. At this stage of the year, homework is revision.

Teachers design homework to directly support exam preparation. This may include retrieval practice, exam-style questions, revisiting key topics or consolidating knowledge.

The intention is to reinforce learning and build confidence, not to overload students. If a student feels overwhelmed, they are encouraged to speak to their teacher or tutor so that appropriate support can be put in place.

We encourage students to go beyond set homework with independent revision, but we stress that this should remain manageable and not become overwhelming. The most effective approach is to keep revision short, focused and purposeful. Around twenty minutes spent revisiting a specific topic, self-quizzing or correcting mistakes from previous work frequently can often be more beneficial than longer sessions.

Encouraging students to build these small habits alongside their set homework helps revision feel achievable and sustainable.

The emphasis during this period is on consistency over volume. Regular, realistic revision alongside homework will support progress while still allowing time for rest and wellbeing.

## **How can I encourage my child to do a little extra on top of homework?**

We do encourage students to complete some additional independent revision alongside their set homework, as long as this remains realistic and does not become overwhelming.

The most effective extra revision is targeted rather than time-heavy. This could include testing themselves on a topic they have already studied, correcting mistakes from recent homework, tests or mock exams, or briefly writing down what they remember about a topic before checking their notes. Some students may also benefit from practising a small number of exam-style questions or revisiting key facts using flashcards or knowledge organisers.

Encouraging your child to focus on one topic or skill at a time, and recognising effort and consistency rather than outcomes, helps revision feel achievable and supports the development of positive habits over time.

## **Any tips for young people who find routines and planning difficult?**

Yes, this is very common, particularly during periods of pressure.

For students who find planning challenging, it can help to avoid planning too far ahead. Rather than creating a full weekly plan, many students find it more manageable to plan just one or two days at a time. This reduces the feeling of being overwhelmed while still providing structure.

Keeping routines consistent is also important. Revising at the same time each day, even if sessions are short, helps build predictability and reduces the effort needed to get started. Linking revision to an existing habit can be especially effective. For example, a student might revise for twenty minutes straight after dinner each evening, or complete a short revision task immediately after getting home from school before relaxing.

## **Does listening to music impact focus whilst revising?**

It can, and the impact depends on both the task and the type of music being used.

Research suggests that music with lyrics can interfere with tasks that involve reading, writing or memorising information, as the brain competes to process language. For this reason, instrumental music is generally more supportive of focus than songs with words, particularly when students are revising content-heavy subjects.

Some students find that quiet background music helps them feel calmer and reduces distractions, especially if they are revising in a busy household. In these cases, keeping the volume low and using the music as background sound, rather than something to actively listen to, is important. Playing music through a speaker rather than headphones can also help prevent students from becoming overly absorbed in the music itself.

Creating a simple revision playlist of calm, instrumental tracks can help students associate that music with focus and routine. However, it is important to recognise that not all tasks suit music, and some students work best in silence. Encouraging young people to reflect on what genuinely helps their concentration is more effective than setting a single rule for everyone.

## **Time spent doing homework feels like its taking up a lot of space and not having time for revision.**

At this stage of Year 11, homework is focused on revision and exam preparation rather than new learning. This means that time spent completing homework is already contributing directly to revision.

If homework feels as though it is taking longer than expected, it is helpful to think about focus and concentration, as well as how that time is being used. Working in shorter, uninterrupted periods, removing distractions and having a clear goal for each task can make homework more efficient without increasing time spent.

Students are also encouraged to prioritise revision during Monday and Thursday tutor sessions, which are designed to support independent revision and effective use of time.

## What will the revision timetables involve and include?

Revision timetables are designed to help students use their time effectively while keeping revision realistic and balanced. Rather than filling every available moment, the focus is on helping students plan what to revise and when, so that revision is spread out over time.

The timetables break subjects into manageable sections, encourage students to prioritise areas that need the most attention, and support short, focused revision sessions alongside rest and other commitments. They also help students build consistent routines, particularly during tutor time, where revision is prioritised and supported.

Overall, revision timetables are intended to provide structure and guidance, while allowing flexibility. They support students in developing good habits without creating unnecessary pressure, helping revision remain purposeful and sustainable throughout the exam period.

## **Have you had a conversation with students about the impact that quality of sleep and phones can cause?**

Yes. This is a regular and ongoing focus in school.

Students are supported to understand how quality sleep plays a key role in memory, concentration and emotional wellbeing, particularly during revision and exam periods. We also discuss the impact that phone use, especially late at night, can have on sleep quality, focus the following day and overall readiness to learn.

These conversations take place through tutor time, assemblies and wellbeing-focused sessions. We encourage realistic and achievable boundaries around phone use, rather than perfection, and support students in making small changes that can have a positive impact. There is an assembly coming up next half term on Sleep Hygiene.



## **When are exam dates released?**

Exact exam dates for Summer GCSE Exams can be found on the Exam Board websites. Exam timetables will be sent out via Class Charts to students after the Mock Exams in February,

## **When is the last exam date?**

The last exam date will be communicated once the Summer GCSE Exam Timetable has been released.

## **What happens after 30th April, do students still attend school in between exams? Are they being given revision sessions?**

Yes. Study leave no longer exists and we expect students to attend school as normal until their final exam.

We strongly believe that students are best supported when they are in school, where they have access to their teachers, structured routines and a calm working environment. Remaining in school between exams allows students to receive guidance, clarification and reassurance, as well as take part in planned revision and support sessions.

During this period, student support is targeted to help students consolidate learning, address gaps and prepare effectively for upcoming exams. Indeed, subject teachers are experienced in understanding areas that are likely to appear on subsequent exam papers based on what has already been tested and lessons are used to ensure students are fully prepared for those exams.

Maintaining routine and consistency throughout the exam period helps students stay focused, supported and confident as they move through their exams.