

Dear Parents/Carers of Year 11 Students,

It has been reassuring to see students who have attended the extra revision classes this week. I am confident that those who have participated are benefiting greatly from these sessions, and we encourage continued commitment in the lead-up to the exams at home and at College.

As we all know, time is precious, and we cannot afford to waste it in the final weeks before exams. It's reassuring to know that if your child is revising each day and prioritising their studies—such as following a revision timetable at home—they are on the right path.

To help you support your child in managing time, motivation, and distractions, I've outlined some key points below. I hope these will address misconceptions and guide you in ensuring they are making the most of their time:

1. If your child says they've 'done enough' or need 'a break'—they are mistaken.

Yes, rest is important, but it should be part of a structured revision routine. If they are truly working hard, then a break is deserved. As Mr Westhead says, "Revise, Rest, Repeat". However, rest only comes after focused revision.

2. If your child says "no one else is revising"—they are wrong.

The vast majority of students across the country are working hard in preparation for their exams. They know that these exams are crucial for their future.

3. If your child says "I don't know how to revise—they are wrong.

We've provided resources and shared tips that are easy to follow. Please continue to encourage your child to make use of these materials and ask their teachers for support if needed. Some useful points can be found on our website here: [Year 11 Exam Hub - Cowley International College - St Helens](#) and on other online resources like [BBC Bitesize here](#) [Top revision techniques for exams - BBC Bitesize](#)

4. If your child is distracted by phones, friends, or video games, this is normal.

However, it's important for us as adults to help manage these distractions. Time can easily be wasted on social media or gaming. Discipline is key to ensuring success.

5. If your child is staying up late and sleeping in the next day, it will impact their performance.

Maintaining a consistent routine, including regular bedtimes and wake-up times, is crucial until the exams are over.

6. If your child isn't going outside and getting some fresh air, it will impact their wellbeing.

Encourage them to take short breaks outdoors, even if it's just for 10 minutes. Physical movement and daylight are important for both physical and mental health.

7. If your child turns short breaks into long ones, this is normal but not helpful.

As adults, we must help them stay on track. Time is incredibly valuable, and keeping to a schedule is essential in the final stretch.

8. If your child spends long hours in their room claiming to be "revising," it's worth checking in on their progress.

It's possible they may be distracted and not as focused as they claim. Regularly checking in can help ensure they're staying on task. If they're taking their phone with them to study, it's likely a source of distraction.

9. If your child is worried about the exams, this is completely normal.

Their concerns are a sign that they care about their performance. The best way to combat exam worry is through preparation. Encourage them to revise regularly, and remind them that they are capable of succeeding.

We all want the best for your child, and as the exams approach, time is of the essence. By supporting your child in staying focused, disciplined, and healthy, we can help them make the most of the time remaining. I believe in your child's ability and can succeed this summer. There isn't a great deal of time, but every extra moment spent revising will help them to achieve.

Thank you for your continued support.

Mr Cormack

Principal