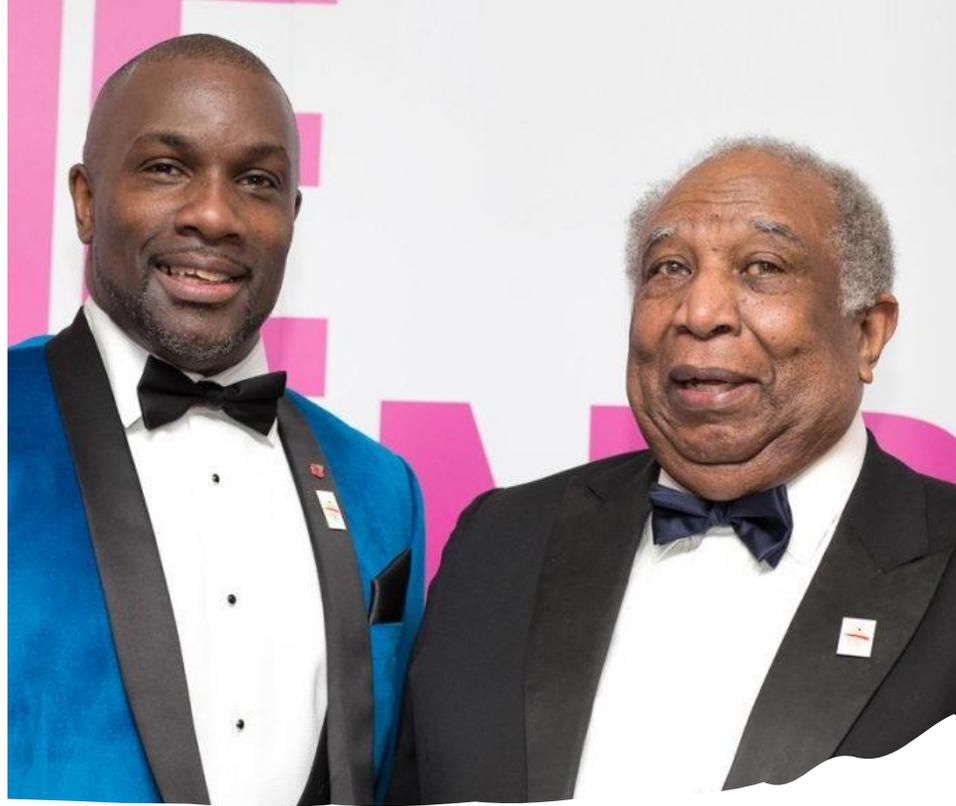
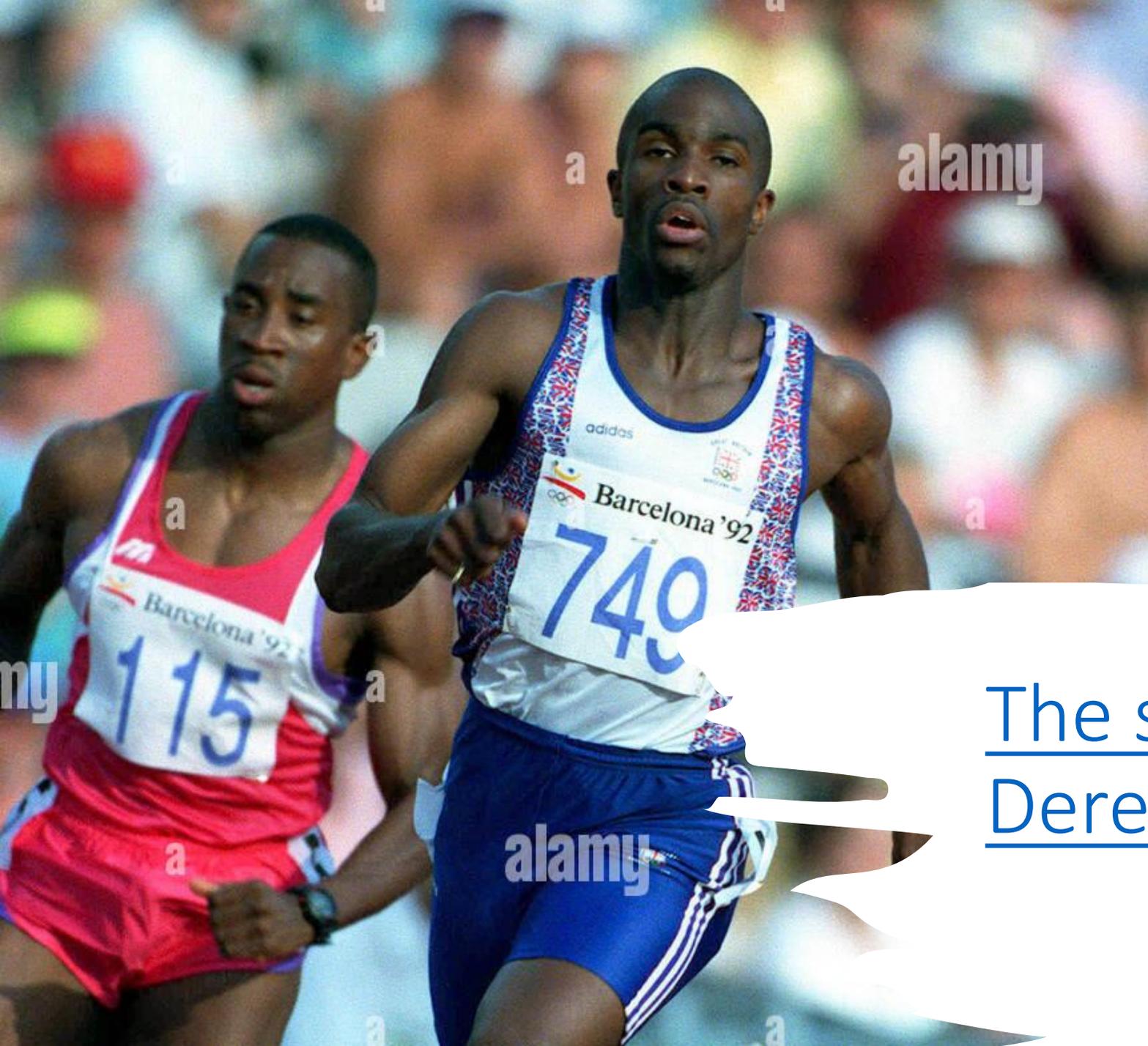


The Final Sprint



0 100 200 300 400 500



The story of Jim and
Derek Redmond



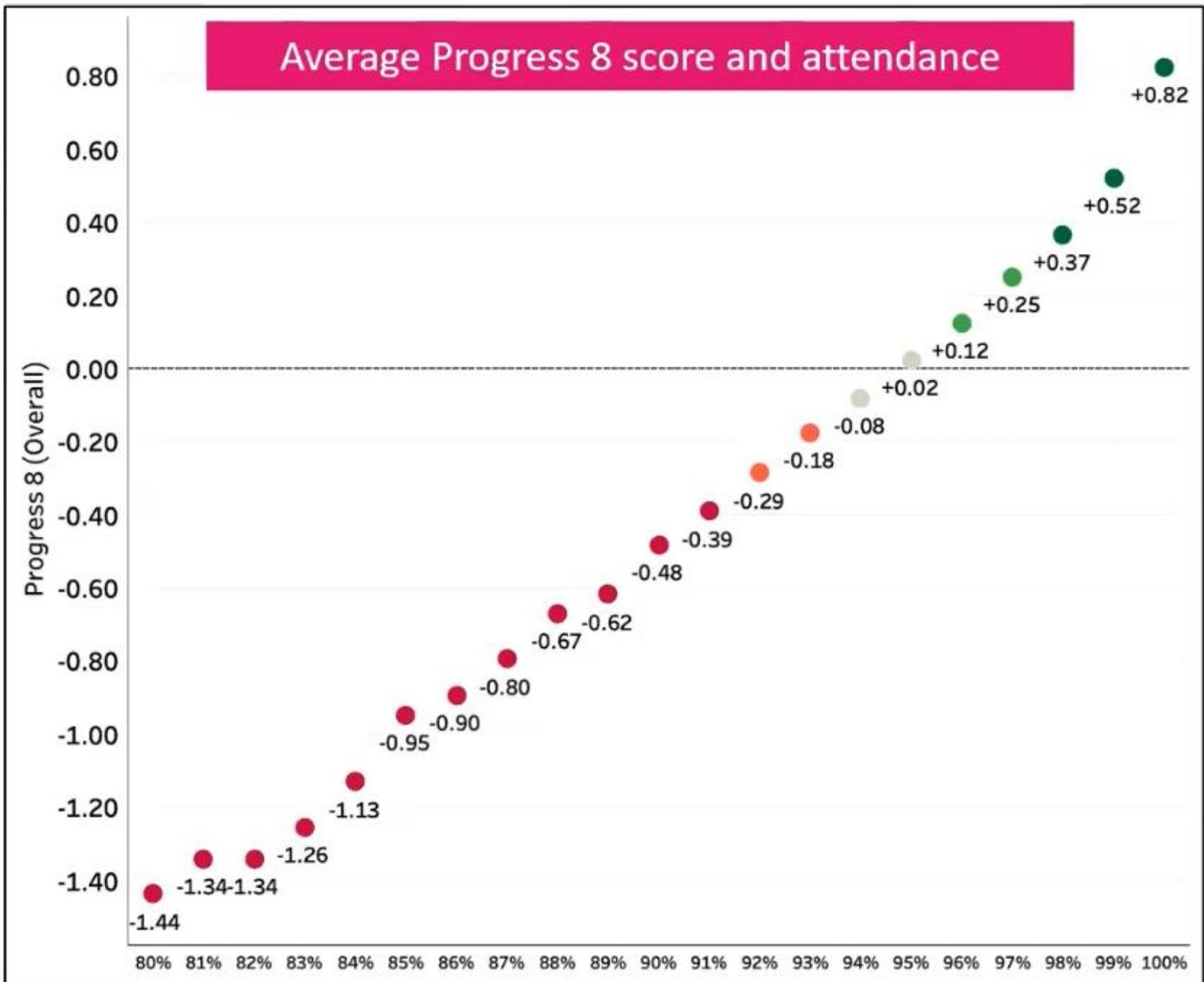
How can parents help...

Attendance

Sleep

Remove
Barriers

Attendance



Sleep



- 8 hours sleep is ideal (eg 10pm to 6am)
- Avoid using phone, TV, Xbox for at least an hour before sleep.
- No energy drinks or caffeine in the afternoon.
- Discourage long lie-ins at the weekend

Remove Barriers

- Device free time
- Make it easy to get started – remove friction
- Create a consistent space to revise that is away from distractions





Year 11
Timeline

Event	Date
Practical Mock Exams	WC 13 th November 2023
Written Mock Exams	WC 20 th November 2023
Reports Home	WC 11 th December 2023
Parents Evening	Thursday 11 th January 2024
Formal GCSE exams start	Monday 6 th May 2024
Year 11 Prom	TBC
GCSE Results Day	Thursday 22 nd August 2024