

# Year 7 Assessment Week:

**Monday 13<sup>th</sup> June –Friday 17<sup>th</sup> June**



## AIMS:

- For teachers to plug any knowledge and skills gaps before the end of the year and also to aid them in planning what they will be teaching next year.
- To allow us to recognise and celebrate the effort and successes of our students 😊

## Here are a few more details:

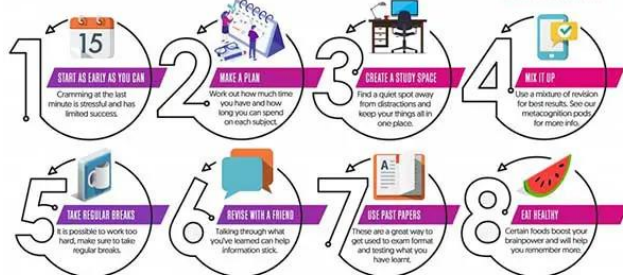
- The assessments will be carried out in the classroom with your usual teacher and will last for about 40 minutes.
- Students will only be assessed on what they have been taught in school.
- Students will be given a blank timetable by their tutor so they can get organised and write down when each of their assessments are.

## TOP REVISION TIPS

Don't let the stress of revision overwhelm you. Stay in control with these top tips.



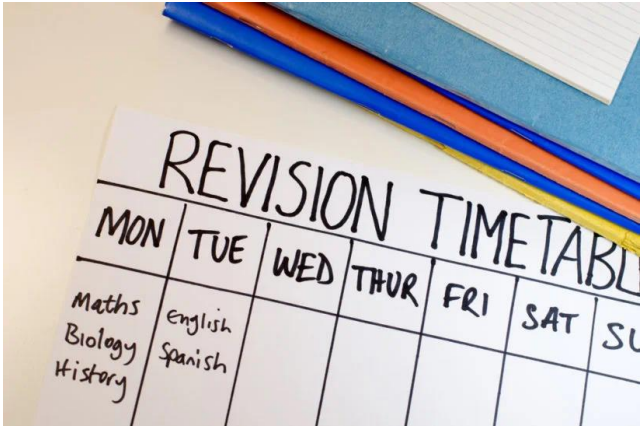
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## What can you do to help:

- Ask to see your child's assessment timetable: when is each assessment? Have it available to see at home so that you can talk about and help plan your child's revision with them. Students are less likely to feel stressed if they are prepared.
- Revision is best done little and often rather than crammed in the day before the exam, so try to spread the revision out and make sure that your child has plenty of breaks so that they get some fresh air, exercise and fun in between the revision.
- Sleep is important for the brain to function at its best – so try to minimise late nights!
- It might sound obvious but make sure that your child has plenty of healthy snacks and meals – keep some of your child's favourite fruit available if possible for them to snack on – as well as other treats.
- If possible, create a study space for your child to work at.





# What the NSPCC advise:

*“Have a chat with your child about how you could make studying a little easier for them. It’s also important to encourage them to take regular breaks, eat snacks, and to exercise! Taking some time to still do the things they enjoy will help them to focus better when they are revising.*

*As well as providing practical support, emotional support during the build-up and exam period itself is really important. Let your child know you are there to listen to any worries or concerns they may have. Whilst you will want your child to do their absolute best, it’s also important to not place unnecessary pressure on them to gain a certain grade.*

*Remind them that there is life beyond exam results and that if things don’t go exactly to plan, there will be lots of other opportunities to express themselves and succeed.”*

**Other useful sources of advice:** <https://tutorful.co.uk/guides/a-parent-s-guide-to-gcses>

<https://blog.oxfordowl.co.uk/how-to-support-your-child-during-gcses-what-to-do-and-when/>

**NSPCC**

# Enrichment week

## The Chew Valley Guarantee



Chew Valley School

Learn    Grow    Achieve



A photograph of a campsite in a forest. Several tents are pitched on a grassy area. The tents are mostly blue and green, with some camouflage patterns. The sun is shining brightly through the trees, creating a lens flare effect. The text "Year 7 Camp" is overlaid in the center of the image.

# Year 7 Camp

# Year 7 Camp

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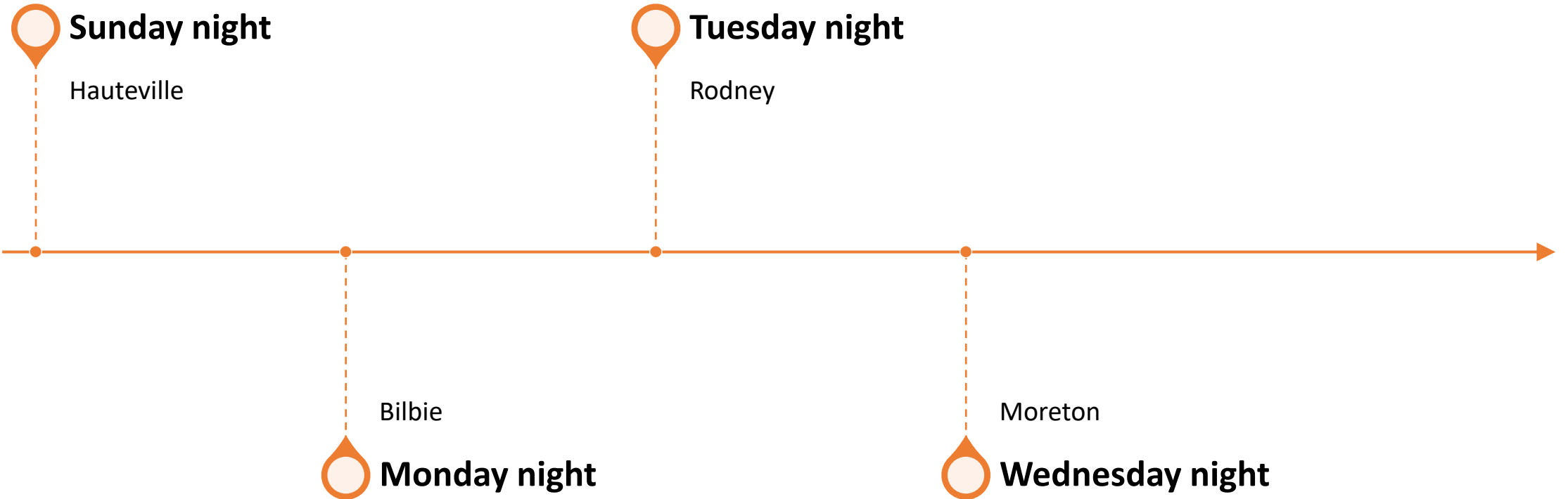
Deadline for payment and permission Monday 6<sup>th</sup> June at 3pm.



Cost: £22:15 – to include evening meal, breakfast, and packed lunch for walk, a day of activities with the YMCA and the use of the tents.

# Year 7 Camp

Electronic devices – adherence to school rules – no iPods, cameras, earpods, mobile phones.



# Year 7 Camp

- Encourage overnight camping but ways to take part without it
- “House walk” involved too
- Kit list supplied with the letter
- Ensure medical details are up to date



# Other activities

PSHRE Church visits:

Monday – Rodney

Tuesday – Moreton

Wednesday – Hauteville

Thursday – Bilbie

# Other activities

Beach Sports – additional cost £9.24

Deadline for payment and  
permissions Friday 27<sup>th</sup> May 9am

# Other activities

- A range of on-site activities offered by our staff