

Supporting your child's revision

Key dates

Year 11

8th May: GCSE exams begin
22nd to 31st May: Half Term
17th June: GCSE exams end
22nd-25th June: Taster sessions
20th August: Results day

Year 13

11th May: A Level exams begin
22nd to 31st May: Half Term
18th June: A Level exams end
13th August: Results day

Key take aways for parents and carers

- Don't police them, be a support to them
- Try to stay calm and not to get stressed yourself. They will be stressed – try not to add to it.
- You may have to bite your lip!
- Help them avoid catastrophising
- If you're worried about them let us know



Eating and sleeping

- Make sure they're eating and drinking regularly
- Encourage sleep (8-10 hours?)
- Discourage late nights
- Encourage a routine and wind down before bed (anxiety can be worse at night)

Exam time!

- Help them sort the logistics for the exams – when they are, how will they get there in plenty of time
- Have a back-up transport plan
- Night before – check equipment, get to bed at a reasonable hour
- Eat a good breakfast
- Set an alarm and a back-up alarm!



If they have a bad exam

- Let them talk about it then move on
- Help them avoid catastrophising: It's not the end of the world – plenty of people have a bad exam and do well overall, plenty of people do badly in their exams overall and have happy and successful lives!

Plan a meal or treat for them to mark the end of their exams and reward them for getting through them

Results day

- Plan results day with them
- Do they want you with them?
- Be available to support, and remember there will be support available in school
- Help them avoid catastrophising: It's not the end of the world – plenty of people do badly in their exams overall and have happy and successful lives!



There is some good advice for parents on supporting students' study and revision on this website: <https://www.fromthesidelines.uk/study-hacks>

Key contacts in school

Headteacher – Mrs Basger: t.basger@kdhigh.co.uk

Deputy Headteacher – Mr Pitt: j.pitt@kdhigh.co.uk

Assistant Headteacher and Designated Safe-guarding Lead - Mrs Watson: p.watson@kdhigh.co.uk

Exams officer – Mrs Burton: a.burton@kdhigh.co.uk

Sendco – Mrs Buckley-Dibben: j.buckley-dibben@kdhigh.co.uk

Head of Sixth Form – Mr Sleeman: e.sleeman@kdhigh.co.uk

Yavneh Boys pastoral Lead – Mr Leventhall: g.leventhall@kdhigh.co.uk

Yavneh Girls Pastoral Lead – Miss Burberry: j.burberry@kdhigh.co.uk

Head of Year 13 – Mr Gandolfi: m.gandolfi@kdhigh.co.uk

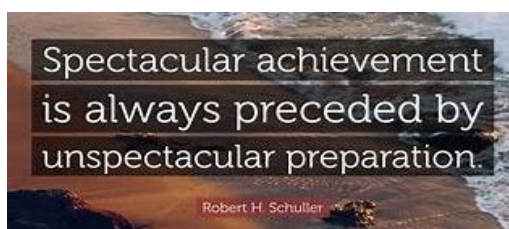
Head of Year 12 – Mrs Gousiou: m.gousiou1@kdhigh.co.uk

Head of Year 11 – Miss Barker: k.barker@kdhigh.co.uk

Head of Year 10 – Mr Curson: d.curson@kdhigh.co.uk

This is information on revision that we have shared with the students following our sessions on revision:

Getting prepared



Your revision environment:

- Have a nice, clear desk if possible
- Make sure it's well-lit (natural light is best). It needs to be warm, but not too warm because you might fall asleep.

Avoid distractions:

- Turn your **phone off** and put it outside the door.
- Do you prefer noise or silence to work? If you have music on is it a distraction? Some research suggests that music with lyrics is more distracting.



- Do you work best on your own or with others? Is your time with others quality revision time, or social time. If it's social time save it as a reward for after you've got some revision done.
- Don't have TV/Netflix etc. on when you revise. Save it as a reward.

Sort your resources

- **Organise** your books and folders and get copies of any vital work you're missing
- Get **past papers** (if your teacher hasn't already given you them)
- Get a copy of the **syllabus** (again, if your teacher hasn't already given you one)

Some other things to think about...

- When do you revise best, morning, afternoon or evening? Try to avoid late nights.
- You may need to cut back on **job hours** to meet your long-term goal (or stop working altogether). It may be a sacrifice worth making in the longer term.
- Do some **exercise**. Try to keep activities and social life going within limits. You will need to prioritise here.



Planning a Revision Timetable

What do you need to revise?

- **Traffic light** your syllabus: What do you know well already (**green**), what do you know less well (**red**)?
- You want to cover everything, but in particular look at the **red** stuff, where your knowledge isn't strong yet.



Your revision timetable

- Now add your actual **exam dates** onto the timetable. You can find these on edulink by clicking on the 'exams' icon.
- Work out how many revision sessions you have before the exams (this will depend on how many sessions you do a day).
- Plan in some time for **exercise and relaxation** and protect it.
- Add your subjects to your timetable, making sure you **divide your time evenly** between them.
- Next add in the **topics** from your syllabus. In particular make sure you're covering those red areas from your traffic lighted syllabus.
- You're best planning to revise stuff several times - this is called '**spaced or distributed practice**'. Aim for at least a couple of times, maybe with more exam practice the second time you cover it.
- As you revise topics, tick them off on your timetable and/or your syllabus.
- You might want to try this online revision timetable planner from Upgrade. You can sign in for free using your school email address: <https://upgraderesults.co.uk/>

Don't beat yourself up if you miss a session or have trouble getting started. Just pick it back up the next day. Whatever revision you do is better than none.

Try to start filling in your exam timetable this week, either the paper copy or the electronic one.

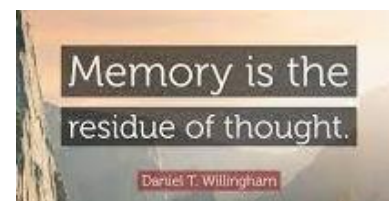
| | Monday 18/4 | Tuesday 19/4 | Wednesday 20/4 | Thursday 21/4 | Friday 22/4 | Saturday 23/4 | Sunday 24/4 |
|-----------|---|---|----------------|---------------------------------|-------------|---------------|-------------|
| Morning | | | | | | | |
| Afternoon | | | | | | | |
| Evening | | | | | | | |
| | Monday 25/4 | Tuesday 26/4 | Wednesday 27/4 | Thursday 28/4 | Friday 29/4 | Saturday 30/4 | Sunday 1/5 |
| Morning | | | | | | | |
| Afternoon | | | | | | | |
| Evening | Back to school History: Crime & Punishment 1000-1700 | Geography | Jogging | Maths | | | |
| | Monday 2/5 | Tuesday 3/5 | Wednesday 4/5 | Thursday 5/5 | Friday 6/5 | Saturday 7/5 | Sunday 8/5 |
| Morning | | | | | | | |
| Afternoon | | | | | | | |
| Evening | | English Literature: Crime & Punishment 1700-present | Jogging | Geography Maths | | | |
| | Monday 9/5 | Tuesday 10/5 | Wednesday 11/5 | Thursday 12/5 | Friday 13/5 | Saturday 14/5 | Sunday 15/5 |
| Morning | | | | | | | |
| Afternoon | | | | | | | |
| Evening | Chemistry Physics | English Literature History: Whitechapel | Jogging | | | | |
| | Monday 16/5 | Tuesday 17/5 | Wednesday 18/5 | Thursday 19/5 | Friday 20/5 | Saturday 21/5 | Sunday 22/5 |
| Morning | GCSE | | | History 1: Crime and Punishment | | | |
| Afternoon | | | | | | | |

How to revise

There are lots of different ways to revise. The key is to **work out a way that is effective for you.**

Remember as well that **different ways of revising work better for different subjects**: What works for Maths may not work for History and vice versa. Your teachers are the best people for advice if you're unsure.

- Aim to revise in **1 hour sessions** with a break of 5 to 15 minutes
- Get someone (friend/parent etc) to hold you accountable. Email or tell them what you're going to do that day
- **Reward yourself** after a good revision session e.g. 5 minutes: have a cup of tea, play with the dog, 10 minutes: watch a youtube video, kick a ball around, 30-60 minutes: phone a friend, go to the gym



A good principle for revision is that 'memory is the residue of thought': We remember what we think about, so **your revision must make you think.**



Some strategies that lots of students use have therefore actually been shown to be quite inefficient, because they don't make you think:



Re-reading

- This is quick and easy, and so widely used. **However, it's not effective compared to other methods.**



Highlighting

- Students use this a lot, and it's easy to do, taking little more time than reading. Again however, **it's not very effective.**



Distributed practice

- You're best planning to revise stuff several times. We looked at this when we looked at revision timetables. Aim to cover material at least a couple of times at spread out intervals, maybe with more exam practice the second time you cover it.



Elaboration

- This is explaining material out loud. You can use a friend, a parent, or even explain it to yourself.



Making flashcards

- Just making flashcards, like making revision notes, isn't that effective on its own and can be very time consuming.



Making flashcards and testing yourself

- Using flashcards to test yourself however can be really effective, or getting someone else to test you on them.
- You can carry your flashcards around in case you have 5-10 minutes spare waiting for a bus, in a commercial break etc.
- Try the Leitner Box method, which combines flashcards with **distributed practice**:

<https://www.youtube.com/watch?v=C20EvKtdJwQ>



A second important principle is to combine learning **content** with **practising for the exams**.



Practice testing

- This is one of the most effective techniques. Basically you're **testing yourself, from memory**, on what you need to know for the exams. It can be just quizzes or, particularly in the final run up to exams, past paper questions.

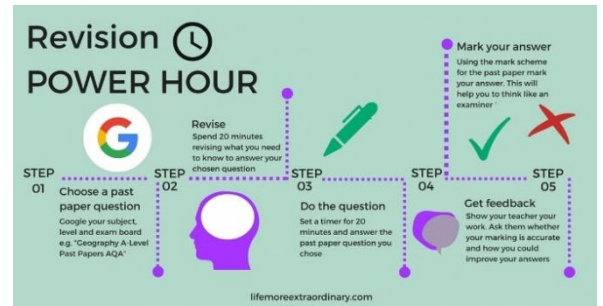
Practice testing takes different forms in different subjects:

- For Maths for example, Practice Testing is definitely worthwhile - the best way to prepare for a test is to **practise** past papers and other test questions. Remember there's an almost limitless amount of websites which cover the entire syllabus of both GCSE and A-Level, and teachers are always impressed and helpful to students who have shown initiative and accessed a variety of different sources.
- In Humanities subjects it might mean attempting past questions from memory or, if you don't have time to write a whole essay, writing a detailed plan from memory or a paragraph.



Power hour

- This is a good method which breaks up an hour into segments which include both learning content and practising. Find out how here: <https://lifemoreextraordinary.com/revision/how-to-revise-effectively/>



Revision Timetable 2026

| | | Monday 23/3 | Tuesday 24/3 | Wednesday 25/3 | Thursday 26/3 | Friday 27/3 | Saturday 28/3 | Sunday 29/3 | |
|-----------|-----------|-------------|--------------|----------------|----------------|---------------|---------------|---------------|-------------|
| | | March | Morning | | | | | | |
| Afternoon | | | | | | | | | |
| Evening | | | | | | | | | |
| | | | Monday 30/3 | Tuesday 31/3 | Wednesday 1/4 | Thursday 2/4 | Friday 3/4 | Saturday 4/4 | Sunday 5/4 |
| Morning | | | | | | | | | |
| Afternoon | | | | | | | | | |
| Evening | | | | | | | | | |
| | | | Monday 6/4 | Tuesday 7/4 | Wednesday 8/4 | Thursday 9/4 | Friday 10/4 | Saturday 11/4 | Sunday 12/4 |
| Morning | | | | | | | | | |
| Afternoon | | | | | | | | | |
| Evening | | | | | | | | | |
| April | | | Monday 13/4 | Tuesday 14/4 | Wednesday 15/4 | Thursday 16/4 | Friday 17/4 | Saturday 18/4 | Sunday 19/4 |
| | Morning | | | | | | | | |
| | Afternoon | | | | | | | | |
| | Evening | | | | | | | | |
| | | | Monday 20/4 | Tuesday 21/4 | Wednesday 22/4 | Thursday 23/4 | Friday 24/4 | Saturday 25/4 | Sunday 26/4 |
| | Morning | | | | | | | | |
| Afternoon | | | | | | | | | |
| Evening | | | | | | | | | |

| | | | | | | | | |
|------------|------------------|--------------------|---------------------|-----------------------|----------------------|--------------------|----------------------|--------------------|
| | | | | | | | | |
| | | Monday 27/4 | Tuesday 28/4 | Wednesday 29/4 | Thursday 30/4 | Friday 1/5 | Saturday 2/5 | Sunday 3/5 |
| | Morning | | | | | | | |
| | Afternoon | | | | | | | |
| | Evening | | | | | | | |
| | | Monday 4/5 | Tuesday 5/5 | Wednesday 6/5 | Thursday 7/5 | Friday 8/5 | Saturday 9/5 | Sunday 10/5 |
| | Morning | | | | | | | |
| | Afternoon | | | | | | | |
| | Evening | | | | | | | |
| May | | Monday 11/5 | Tuesday 12/5 | Wednesday 13/5 | Thursday 14/5 | Friday 15/5 | Saturday 16/5 | Sunday 17/5 |
| | Morning | | | | | | | |
| | Afternoon | | | | | | | |
| | Evening | | | | | | | |
| | | Monday 18/5 | Tuesday 19/5 | Wednesday 20/5 | Thursday 21/5 | Friday 22/5 | Saturday 23/5 | Sunday 24/5 |
| | Morning | | | | | | | |
| | Afternoon | | | | | | | |
| | Evening | | | | | | | |
| | | Monday 25/5 | Tuesday 26/5 | Wednesday 27/5 | Thursday 28/5 | Friday 29/5 | Saturday 30/5 | Sunday 31/5 |
| | Morning | | | | | | | |
| | Afternoon | | | | | | | |
| | Evening | | | | | | | |

| | | | | | | | | | |
|------------------|------------------|-------------------|--------------------|-----------------------|-----------------------|----------------------|----------------------|----------------------|--------------------|
| | | Monday 1/6 | Tuesday 2/6 | Wednesday 3/6 | Thursday 4/6 | Friday 5/6 | Saturday 6/6 | Sunday 7/6 | |
| | Morning | | | | | | | | |
| | Afternoon | | | | | | | | |
| | Evening | | | | | | | | |
| | | Monday 8/6 | Tuesday 9/6 | Wednesday 10/6 | Thursday 11/6 | Friday 12/6 | Saturday 13/6 | Sunday 14/6 | |
| | Morning | | | | | | | | |
| | Afternoon | | | | | | | | |
| | Evening | | | | | | | | |
| | June | | Monday 15/6 | Tuesday 16/6 | Wednesday 17/6 | Thursday 18/6 | Friday 19/6 | Saturday 20/6 | Sunday 21/6 |
| | | Morning | | | | | | | |
| Afternoon | | | | | | | | | |
| Evening | | | | | | | | | |