

7th October 2021

Dear Parent / Carer

Following the information sent to you recently regarding the study support sessions, I would like to take this opportunity to share with you further details of the timetabled mock exams that will take place November 1st – 19th. These exams have been designed to assess the students' progress and identify further specific areas for development. They will also be used to inform any curriculum adaptations that will be needed to support the learning of your child more effectively. Furthermore, they will help to provide a rehearsal so that students understand what to expect when they sit their final exams next summer.

As you may know, for our previous Year 11 cohort, in-school, high controlled assessments helped to provide evidence towards their teacher assessed grades for their summer 2021 GCSE awards. The government has confirmed that examinations are expected to take place next summer as normal with some adjustments. For further information about the 2022 exam series, please follow this link: [Exams in 2022 – everything you need to know - The Education Hub \(blog.gov.uk\)](https://www.blog.gov.uk/2021/10/07/exams-in-2022-everything-you-need-to-know)

However, if the national context was to change due to the continuing pandemic, it is important to be mindful of the importance of all assessments undertaken in school throughout this academic year and how they potentially could be used.

Please find the timetable below for the period Monday 1st November – Friday 19th November 2021 inclusive.

DAY	MON	TUE	WED	THURS	FRI	MON	TUES	WED	THURS	FRI	MON	TUES	WED	THUR	FRI
DATE	1ST	2ND	3RD	4TH	5TH	8TH	9TH	10TH	11TH	12TH	15TH	16TH	17TH	18TH	19TH
<u>1</u>				Science Paper 1 Sets 3,4,5 75min					Science Paper 2 Sets 3,4,5 75min						
<u>2</u>	Maths Paper 1 Non-Calc 90 min	English Lang 105min	Geog (OPT WXY) 75min	Science Paper 1 Sets 1,2 100min	Film (OPT X) 90min	English Lit 105min	Maths Paper 2 Calc 90 min	History (OPT XZ) 75min	Science Paper 2 Sets 1,2 100min	Spanish Writing (OPT YZ) 80min	Maths Paper 3 Calc 90 min	DT (OPTWZ) 105min	Comp Sci (OPT Y) 90min	ART OPT W All day	ART OPT Z All day
<u>3</u>															
<u>4</u>					Spanish Reading (OPT YZ) 60min										

Our tutor time programme is supporting students to help them to prepare effectively. This includes revisiting revision techniques and strategies. Students have received a booklet that includes some information about their assessments, such as topics covered, and also a revision timetable template.

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Furthermore, our after-school study support sessions continue to run as per the previously published programme. Please refer to this link for further details:

[Year-11-parent-letter-study-support.pdf \(hayleacademy.net\)](#). It has been very positive to see high numbers of students attending these sessions which are open to all of Year 11, although some students will be invited directly with a text message sent in advance. In addition, the library is available every day until 4pm after school for self-supported study.

Exams, of any kind, can cause anxiety and stress for students. There are many things that you can do to support their revision and the exam period itself. Please speak to us at school if you are concerned or need advice. Below are some suggestions that can help.

- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day-to-day life, seek help from your GP and please inform our pastoral team via enquiries@hayleacademy.net.

A student guide for helping with exam stress can be found using the below link:

[Exam Stress | How To Deal with Exam Stress | YoungMinds](#)

Once again, please do not hesitate to contact school if you have further questions.

Yours faithfully

Kate Jones

Assistant Head