Dear Parents and career,

Thank you for joining us this afternoon. Here are some tips to take away:

How can you support your child with their exam preparation:

* Take their mobile during revision time
* Encourage them to work in the local library
* Help them create a revision timetable
* Support them ordering their materials
* Is there someone who can support with a challenging subject e.g. cousin
* Is there a place at home eg the kitchen table which can be tidied for them to work on
* Ensure your child is in school every day, on time.
* Support your child with attending interventions and revision
* Engage with their learning and follow up with any concerns

Revision strategies:

* Making notes from your class notes
* Using revision resources from teacher
* Answering revision questions in course textbooks
* Mind maps/ Diagrams/ knowledge dumps
* Highlighting and summarising key information
* Flashcards
* Revision walls at home
* Writing exam answers in timed conditions and using mark scheme to mark them
* Reading model answers and comparing them to your own
* Planning exam questions
* One to one discussions with teachers and tutors

| Thursday 19th October | Careers Fair |
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| Monday November 20 – Friday December 1st Dec | Mock Exams |
| January 11th 2024 | Year 11 Parents and Carers’ Event |
| March | Mock Exams |
| May 2024- onwards | GCSE Exams |
| Friday 22nd August | GCSE Results Day\* |



How can you support your child with their wellbeing:

* Revision should be chunked, with breaks
* Good sleeping patterns throughout the year
* Limit screen time before bed
* Take mobiles in the revision periods
* Support regular exercise
* Understand it will be challenging and stressful
* Help support with goals- if this happens we can watch…

A list of Haringey colleges and sixth forms:

* [Ada National College for Digital Skills](https://www.haringey.gov.uk/children-and-families/local-offer/preparing-adulthood/further-education-providers#ada_national_college)
* [Alexandra Park Sixth Form](https://www.haringey.gov.uk/children-and-families/local-offer/preparing-adulthood/further-education-providers#alexandra_park)
* [Fortismere Sixth Form](https://www.haringey.gov.uk/children-and-families/local-offer/preparing-adulthood/further-education-providers#fortismere)
* [Grieg City Academy](https://www.haringey.gov.uk/children-and-families/local-offer/preparing-adulthood/further-education-providers#grieg_city)
* [Haringey Sixth Form College](https://www.haringey.gov.uk/children-and-families/local-offer/preparing-adulthood/further-education-providers#haringey_sixth_form)
* [Harris Academy Tottenham](https://www.haringey.gov.uk/children-and-families/local-offer/preparing-adulthood/further-education-providers#harris_academy)
* [Highgate Wood Sixth Form](https://www.haringey.gov.uk/children-and-families/local-offer/preparing-adulthood/further-education-providers#highgate_wood)
* [John Dewey Centre](https://www.haringey.gov.uk/children-and-families/local-offer/preparing-adulthood/further-education-providers#john_dewey)
* [London Academy of Excellence](https://www.haringey.gov.uk/children-and-families/local-offer/preparing-adulthood/further-education-providers#london_academy_of_excellence)
* [St Thomas More Sixth Form](https://www.haringey.gov.uk/children-and-families/local-offer/preparing-adulthood/further-education-providers#st_thomas_moore)
* [The College of Haringey, Enfield and North East London](https://www.haringey.gov.uk/children-and-families/local-offer/preparing-adulthood/further-education-providers#college_of_h_and_e)

Useful websites:

* [https://nationalcareersservice.direct.gov.uk](https://nationalcareersservice.direct.gov.uk/)
* <https://www.mulberrywoodside.org/parent-information/year-11-information-page/#toggle-id-2>
* [www.capitalccg.ac.uk/events/careers-events](https://www.capitalccg.ac.uk/events/careers-events)
* <https://www.classcharts.com/>
* <https://vle.mathswatch.co.uk/vle/>
* <https://senecalearning.com/en-GB/>