



# Revision Newsletter

The past two years have seen exceptional disruption to exams and learning as a whole. Although children of all ages will have felt the impact of the pandemic, for year 11 students there's been the added pressure of preparing for milestone assessments – a naturally stressful event – during a time of heightened national uncertainty and social isolation. The NHS, meanwhile, reports a 77% rise in the number of children needing specialist treatment for severe mental health issues, with over 400,000 under-18s referred to NHS England for serious concerns like self-harm and eating disorders between April and October 2021.

During the mocks over the past few days we have seen this rise in anxiety both before and during the exams. The government has recognised this and has recommended deep breathing exercises. This is because when you become anxious your breathing becomes shallow and fast. Breathing slowly and deeply will help you calm down and feel in control.

## How to do it?

1. Sit comfortably with a straight back.
2. Place your left hand on your chest, and right hand below it, on your diaphragm.
3. Inhale deeply through your nose for 5 seconds.
4. Hold your breath for 2 seconds.
5. Exhale slowly through your mouth.
6. Feel the expansion in your diaphragm.
7. Repeat for 1 or 2 minutes until you feel calm.

Unfortunately, this is a technique that only works if it has been practised in advance. Therefore, if your child has shown signs of anxiety, please do try this technique with them at home.

For more information please visit:

<https://www.gov.uk/government/publications/coping-with-exam-pressure-a-guide-for-students/coping-with-exam-pressure-a-guide-for-students>

Please also see this link from CAMHS regarding how to support a child with test troubles:

<https://sussexcamhs.nhs.uk/wp-content/uploads/2021/06/Test-Troubles-Sussex.pdf>

## Subject specific revision tips:

In a focus group help with year 11 students, they identified that a big cause of anxiety is when they were told to go and revise (by a teacher or a helpful parent) but they hit a wall as they didn't know 'what' or 'how' to go about doing that revision. They found that specific instructions would be easier for them to achieve.

On the school webpage we have videos on how to revise for each subject. When your child next says 'I don't know how to revise' could I suggest that you sit down together and look at the relevant page for the subject they are trying to do. This will hopefully give them an idea of how to start on what may seem an impossible task: <https://www.ringwood.hants.sch.uk/academic-curriculum/year-11-revision-evening/>

## After-school revision classes:

Some teachers are already running sessions after school and during lunch times for their classes. Please ask your child to find out more about when these are. As soon as we have a full timetable this will be shared for you.

