



Saint Joseph's
CATHOLIC SCHOOL

Exam Information Evening

House Keeping

- In the event of a fire bell sounding we will proceed through the fire doors on the left near the stage and assemble on the tennis courts. Please follow the instructions of staff.
- Toilets – the staff toilets are available. Go through the entrance you came in, turn left, they are located on the right between the stair well.
- Refreshments out in the Canteen area.
- Any concerns please speak to a staff member who will be happy to sort out your query.



Welcome

We will cover the following:

- Expectations
- How to prepare the night before
- How to prepare on the morning
- How to deal with stress and support we can offer
- Exam Timetables
- Key points



Saint Joseph's
CATHOLIC SCHOOL



Expectations – Pupil

- You arrive in full uniform
- You arrive on time – 15 mins before the start of the exam
- Do not bring in a watch.
- You have all of your equipment including :
 - i. Black ball point pen and spare
 - ii. Ruler
 - iii. Calculator



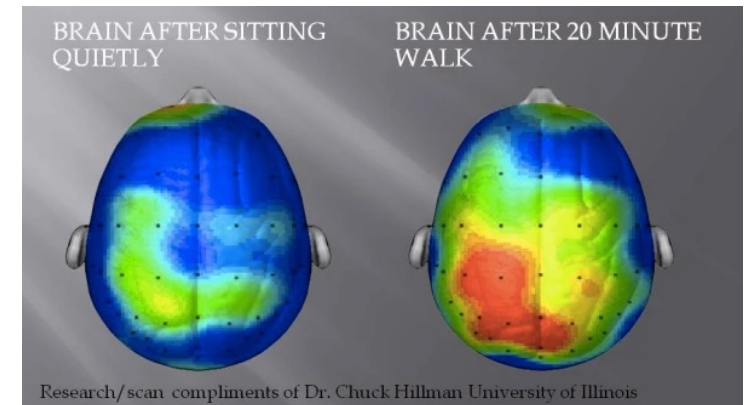


Saint Joseph's
CATHOLIC SCHOOL

How to prepare the night before...

- Stop revising at a reasonable time.
 - Have a good meal.
 - Exercise – Walk
 - Switch off screens an hour before sleep.
 - Prepare uniform.
 - Pack equipment.
 - Set Alarm!
-
- Headspace App. – Pupils can use the school email address to login.

Brain Function – After Exercise





Saint Joseph's
CATHOLIC SCHOOL

In the morning...



- Have breakfast.
- Double check bag and equipment.
- Bottle of Water – No label
- Leave to get to school in plenty of time.
- Wear full school uniform.
- Do not bring in valuables – Air pods, Apple watches, etc.



Saint Joseph's
CATHOLIC SCHOOL

Arrival at school...



- Canteen will be open from 8.30 to buy food if they missed breakfast
- Pupils will be able to congregate in the canteen.
- Staff will be there to discuss last minute worries and questions.
- Bags will be left in the canteen breakfast room.
- Ensure phones are switched off, and left in bags.



Saint Joseph's
CATHOLIC SCHOOL

How to deal with stress and how we can support you

In school:

- Pastoral
- Subject support from teachers
- Directors of Learning
- Miss Ryder

Outside of school:

- Headspace App
- School website – resources.
- Go for a walk.
- Speak to friends.
- Speak to parents.
- Favourite Hobbies

Communication is key – we cannot help if we do not know anything is wrong.



Saint Joseph's
CATHOLIC SCHOOL

Parents...

Check	Please check the night before that your child is ready for the exam the next day.
Check	Please check that they have eaten something in the morning.
Encourage	Please encourage them to leave home in good time for the exam.
Monitor	Please monitor screen time
Be	Please be sensitive to your child's feelings if they have had a bad exam experience that day.



Saint Joseph's
CATHOLIC SCHOOL

Exam Timetable



If there are any discrepancies
noticed



History and RE Students – It will
say 0mins



Saint Joseph's
CATHOLIC SCHOOL

Key Points



Your packs will consist of:

2 exam timetables

An information booklet



Use as many online resources as you can



Have a clear revision timetable



A good meal and some water will help with focus

Important Dates

- 15th May – 21st June – Exam window
- 28th June – Exam Contingency Day – Pupils must be available until this date.
- 14th July – Prom
- 24th August – GCSE Results Day