

Welcome to the May edition of our METIS newsletter for parents/carers and students!

We only have 3 teaching weeks left until the first GCSE exam. The focus in sessions now is on exam techniques and completing exam questions. All skills that will help students achieve their target grades.

We will be holding final GCSE revision workshops during the May half term. Students need to discuss this with their teacher.

## Exam preparation - 10 Top Tips

It is vital that students are supported through the stressful period of exams. Below are ten top tips:

Being a role model - eat and drink well and stay organised

Help them set goals

Keep them active - encourage them to exercise at least 30 minutes a day

Healthy eating - plan nutritious meals and encourage them to stay hydrated

Time out - encourage them to spend time away from studying too!

Sleep patterns - encourage them to get 8-9 hours sleep a night

Unplugging - encourage them to put electronics down especially an hour before sleep

Staying calm - help them plan coping strategies to help them cope with stress and stay calm

Belief - help them believe in themselves

Be supportive - help them deal with negative feelings and emotions

## Attendance

It is vital that all sessions are attended leading up to the exams. Sessions are highly focused on exam techniques and every mark counts.

In order to achieve a pass/4 students must attend all exams. Missing one exam will seriously affect the chance of achieving.

## Celebration Awards

We will be presenting awards for excellent progress for mathematics and English during celebration week. We hope to see you there!



@chelmsfordMETIS

## Important Dates

### Mathematics Exams

#### Functional Skills

Week Commencing:  
11th June 2018

#### GCSE Mathematics

Paper 1 - Thursday 24th May 2018  
Paper 2 - Thursday 7th June 2018  
Paper 3 - Tuesday 12th June 2018

### English Exams

#### Functional Skills

Week Commencing:  
11th June 2018

#### GCSE English

Paper 1 - Tuesday 5th June 2018  
Paper 2 - Friday 8th June 2018

“Every accomplishment starts with the decision to try.”

Gail Devers

## Useful Resources

### Mathematics

[www.bartonmaths.com](http://www.bartonmaths.com)  
[www.corbettmaths.com](http://www.corbettmaths.com)

### English

[www.bbc.com/education/levels/](http://www.bbc.com/education/levels/)  
<http://mrbuff.com/>  
<https://padlet.com/colbyr/srt3xojprik3>  
<https://padlet.com/colbyr/so1yxxj1xngk>

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