

Tuesday 10 March 2026

Dear Parents and Carers,

We are approaching the upcoming Year 10 mock examinations and would like to thank you for your continued support in helping students prepare for this important stage in their education.

Over the next week, students will be discussing revision techniques during tutor time, and these will also be shared on Google Classroom to help guide their revision at home. In addition, revision topics for each subject are already available on Google Classrooms, so students can use these to support their preparation.

During the exam period, it is important that students are well rested, eating properly, and feeling mentally prepared. Establishing a good routine at home can make a big difference to their focus and confidence. Students should ensure they bring their exam timetable with them to school each day. The full exam timetable will also be displayed on the board in A Building so students can easily check where they need to be. Please also remind your child to arrive with the correct equipment (for example pens, pencils, ruler and calculator where required) and in full school uniform.

If students need any help or reassurance, their tutor will be available in the mornings, and Mrs Mynard and Mr Jackson will also be available to provide support.

We also recognise that exam periods can sometimes cause anxiety for young people. To help families support their children, Kooth is offering a free 45-minute webinar for parents and carers about managing exam stress.

During the webinar, you will hear from a member of the Kooth community engagement team alongside a Kooth clinician. They will offer expert guidance on:

- **When to take action** if your child may be struggling with exam stress
- **Practical ideas** to help children manage their anxiety
- **How Kooth can provide additional support**



The content is designed mainly for families with **secondary-aged students preparing for exams such as GCSEs, A-Levels, Nationals or Highers in Scotland.**

You can book the following sessions via :

- **16th March – 7:00pm**

<https://kooth.us2.list-manage.com/track/click?u=d59bd9b5bcf63d9845647aa1f&id=5a07f0d966&e=7b4a2bec6b>

Thank you again for your continued support in helping our students approach their mock examinations with confidence.

Kind regards,

Toni Mynard

Andy Jackson

Mrs Ti Mynard (Head of Year 10)

Mr A Jackson (Pastoral Manager for Year 10)