



14 April 2022

Dear Parents

**Term 2 is an exam-term and can be a particularly stressful time for our children and parents. I came across an article written for parents, outlining some general guidelines to reduce pupil and parent anxiety in the lead-up to examinations; shared below:**

### **How To Help Your Child Prepare For Exams**

by EMMA REID

**Exam season is upon us! As a parent you may be encountering exam season for the first time (again) and wondering “How can I help my child to prepare for exams?”**

**Unfortunately, there is no escape from this challenging time for families with learners who are in grades 4 to 12. We all must find a way to push through, most of us will survive, few will be unscathed by the trauma of trying to get your child to sit down and study!**

**The time pressure, the amount of work, grasping concepts and playing catch-up on sections of work that they are not confident with can culminate in an explosion of stress!**

**Learners have their report results weighted between formal assessment and continuous assessment. This is great, as it can relieve some of the pressure of writing an exam, but the fact remains that the work which is assessed should still be well understood by the child.**

**Many schools are under pressure to make sure their learners are ready for the next term, the next grade, or the next school and therefore the curriculum is covered sometimes at a very fast pace. Parents are also often quite removed from what their children are learning daily at school. As kids get older, they become even more independent in their schooling. This can create issues between parents and children when suddenly parents are needed to support their exams preparations.**

**“Before anything else, preparation is the key to success”,  
Alexander Graham Bell**

## HOW TO HELP YOUR CHILD WITH EXAM PREPARATION

- **Keep a positive, encouraging attitude.** If you are feeling stressed about the exams, then rather let another adult take the lead in discussing things with your child.
- **Make an exam study calendar.** Set out a calendar which clearly shows the dates and times of each exam. Then add in your child's other commitments like sports. Help them select age-appropriate slots where they will commit to study. These should ideally be broken up into 25-30 minute sections.
- **Collect and record all the information your child has received about each exam.** How many marks is the exam worth? How many questions? Is it multiple choice? How long will the exam be? What content should be covered for the exam?
- **Help your child to select which study slots they will dedicate to which subjects.**
- **Chat to your child about how they feel about each exam.** Assess if they feel relatively confident or are feeling worried.
- **Help them plan and enlist support where needed.** It can sometimes be a good idea to get their teacher's opinion if you are weighing up the need for extra help.
- **Help your child create an attractive, neat, and comfortable study zone.** It is important that they can study at a desk or table and that the chair is comfortable.
- **Lighting is another important factor to consider, especially if they are older and studying at night.** Make sure the room is well lit with warm light.
- **Their study place needs to be quiet.** Perhaps a desk in their bedroom is the best place to study as they can close the door and disappear from the rest of the busy household.
- **Make sure your child has regular bedtimes and encourage them to head to bed at a similar time each evening.**
- **Limit screens during this brain stretching time and consider removing all connected devices during study times to minimize distractions.**
- **Encourage them to sit down and study on their own, with a tutor or even with you especially if they are young or are struggling to get going.**
- **Provide your support by sourcing other study aids.** [Pupils are often in the position to 'share' additional resources. Speak to your child's teachers for advice on quality guides for your child.]
- **Use fun stationery, whiteboards, colourful paper or post it notes to make the process more engaging.**
- **Try to get hold of past papers, practice exam papers and tests.** These can be a useful way to become more familiar with the exam process and to test themselves once they feel they are finished studying a section. Sometimes completing a section of a past exam paper can help especially when a learner marks their work with a memo.
- **Create space for your child to destress in the way they find best – perhaps it is a walk with the dog, perhaps it is a bicycle ride or some time enjoying music.**
- **Offer your practical support by making them healthy snacks**
- **Have a water bottle on hand to help them stay hydrated!**
- **Offer your emotional support by being a constant source of encouragement, praise their efforts, their strengths, and their commitment. Remember to emphasize that an exam does not dictate their personal self-worth!**

KIND REGARDS

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*"Family: A group experience of love and support",*

*Marianne Williamson*

*Reference Reid, E. (2019, May 14).*

*How to help your child prepare for exams.*

*Retrieved from Becoming You:*

<http://www.becomingyou.co.za/how-to-help-your-child-prepare-for-exams>

## MID-YEAR EXAM TIMETABLE

The Mid-Year Examination Timetable has been completed and was issued to our pupils this morning. An electronic copy will accompany this newsletter for your convenience.

## EXTRA-CURRICULAR TIMETABLE

The extra-curricular timetable was issued last week, and afternoon activities are in full swing.

## OPEN DAY

We hosted a very successful Open Day for our current Grade 7 pupils last Saturday. The Grade 7 parents received a short presentation in the hall while their children completed some assessments and engaged in 'fun' science experiments. The high school is looking forward to welcoming them on to campus next year.



*Believe in yourself.....*

## PARENT CONSULTATIONS

Parent consultations were held this week on Wednesday and Thursday afternoon. If there are parents who would like to meet with teachers but were unable to attend consultations, please contact reception so that we can make the necessary arrangements for you.

## LONG WEEKEND

We wish our children and parents a peaceful weekend and travelling mercies for those going away. To those parents and students who will be observing Easter, we wish you a blessed Easter Weekend.



## UPCOMING DATES..

- Friday 15 April – Public Holiday
- Monday 18 April – Public Holiday
- Friday 22 April – World Book Day
- Saturday 23 April – Grade 12  
Saturday Class
- Wednesday 27 April – Freedom Day