

Prepare to Perform

A group of students in purple school uniforms are seated at desks in a classroom. The student in the foreground is looking directly at the camera with a slight smile. Other students are visible in the background, some looking towards the camera and others looking slightly away. The classroom setting includes a whiteboard and posters on the wall.

Top 10 Tips
Supporting your child
through their exams



What is Prepare to Perform?

- **Staying calm**
- **Feeling good**
- **Being effective**

A toolkit to help your child control different aspects of their life to help them perform better when it comes to exam time.

It will allow them to focus, set themselves a plan and work towards being prepared in the best possible way.



How can you help your child and prepare them to perform?



1. Being a role model

1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

Each day you can support your child to make choices which can impact how they perform during the exam period.

Set a good example by modelling the behaviour you want your child to adopt.

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits

Be the role model you needed when you were younger



2. Goal Setting



Encourage them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall.

- Help focus them and talk to them about their goals regularly
- Give positive reinforcement
- Connect with them about 'why' and 'what' they want to achieve

3. Keeping Active



- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

60 minutes per day



4. Healthy Eating



- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or 'treat' meals/or meals out per week
- Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



4. Healthy Eating



Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams.

A Balancing Act

Keep your sugar levels under control.

Mighty Magnesium

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy:

- Green vegetables
- Nuts
- Pulses
- Fish
- Bananas



Up the B'S & Omega 3'S

B vitamins are directly involved in creating energy at a cellular level and will give you an energy boost:

- Green vegetables
- Asparagus/Spinach
- Broccoli
- Yoghurt
- Chicken/Salmon
- Whole Grains/Brown rice
- Almonds/Pecans
- Eggs

5. Time Out



Encourage them to build in opportunities to take some time out every week, away from study.

For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



6. Sleep Patterns



- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media/technology at least an hour before bedtime



7. Unplugging



- Encourage them to unplug from technology every day
- Help them switch off from technology at least 30 mins - 1 hour before going to sleep
- Support your child to appreciate the world around them rather than being governed by their phone
- Make sure they put their phone away, & on silent, while they are concentrating on tasks/revision/homework
- Help them learn to have the control to not be obsessed with their phone
- Choose some time each day/week to switch off and unplug from technology with them



8. Staying Cool & Calm



- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & other activities during the week



9. Belief



- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve



10. Be Supportive



- Be a good listener
- Be approachable
- Encourage them to take breaks in between revision
- Show some understanding of what they are going through
- Help them deal with their emotions and feelings
- Offer caring advice
- Just be there for them!





Swanshurst School

Brook Lane
Billesley
Birmingham
B13 0TW

Email: enquiry@swans.bham.sch.uk

Website: www.swanshurst.org

Telephone: 0121 464 2400