



30 March 2026

Dear Parents and Carers

Year 13 – Exam Preparation and Next Steps

As we move into the final stretch of the academic year, I wanted to take a moment to reflect on the journey our Year 13 students have undertaken so far and to share some important information about the months ahead.

Firstly, it is important to recognise and celebrate what your young people have already achieved. The A level journey is both demanding and transformative. Over the past two years, students have demonstrated resilience, independence, and determination—navigating academic pressures, managing their time and overcoming personal and educational challenges along the way. We are incredibly proud of the maturity and commitment they have shown, and they should feel equally proud of how far they have come.

As we now approach the summer examination series, this is a crucial period for consolidation and preparation. Students should be focusing on:

- Regular, structured revision using a range of techniques (e.g. retrieval practice, past papers, and self-quizzing)
- Attending all lessons fully prepared and ready to engage
- Seeking support and clarification from their teachers when needed
- Maintaining a healthy balance between study, rest and wellbeing

I would also like to take this opportunity to remind you that study leave is not in place for Year 13 students. All students are expected to attend their timetabled lessons right up until their final examination in each subject. Students must continue attending Period 0 sessions (Tuesday–Thursday mornings, 8:40–9:05) until Thursday 7 May, where they will engage in a bespoke programme of tailored exam-preparation activities. Attendance at these morning sessions also helps maintain routine, supporting a more effective and motivated approach in the weeks leading up to exams. By engaging with the above, students will continue to benefit from expert teaching, targeted revision and structured support during this critical time.



For those students who have already completed elements of their courses or who are nearing completion, individual discussions have taken place. Where appropriate, support plans have been agreed and shared with parents/carers. These plans ensure that any additional time in school is used purposefully, whether for supervised study, targeted intervention, or other structured support.

Finally, for students planning to progress to university, dedicated guidance links and resources regarding Student Finance applications have been shared on Teams. This is an important process, and we encourage both students and parents/carers to engage with the information provided to navigate the application process with confidence. We will also be offering an opportunity for application support in partnership with Next Steps South West. More detail about this will be shared with all UCAS applicants after Easter.

Thank you, as always, for your continued support during this important stage of your child's education. Overleaf you will find a guide to support your son/daughter through the coming weeks. If you have any questions or concerns, please do not hesitate to get in touch.

Yours sincerely

Mrs Abi Slater
Director of Sixth Form



Top tips for exam readiness

Students and Families

To support students in performing at their best, both academically and personally, we encourage the following:

Establish a consistent routine

Encourage a regular daily schedule that balances revision, breaks, meals and sleep. Consistency helps reduce stress and improves focus.

Prioritise sleep

Aim for 7–9 hours of sleep each night. Good sleep is essential for memory, concentration and emotional wellbeing.

Support healthy habits

Regular meals, hydration and light exercise (such as walking or sports) can have a significant positive impact on mood and energy levels.

Create a positive study environment

A quiet, organised space for revision can help students remain focused and productive.

Encourage manageable goals

Breaking revision into smaller, achievable tasks can help students feel more in control and motivated.

Keep communication open

Check in regularly with your child—listen, reassure and help them to keep perspective during what can be a pressured time.

Normalise taking breaks

Short, regular breaks improve productivity and help prevent burnout.

Seek support early

If your child is feeling overwhelmed, encourage them to speak to a member of staff—support is always available.