



South Dartmoor Community College

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Empowering everyone to be the best they can be.



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Dear Parents/Carers

Year 10 Supported Independent Study

We would like to congratulate the Year 10 students on completing a successful mock exam series. We know that this has been a demanding period and we have been impressed by the maturity, focus and determination they have shown throughout. We are really proud of them. The mock exams are an important part of their GCSE journey: they help students understand what is going well, where their strengths are and what they can do next to keep improving.

As students head into the summer break, we hope they take time to rest, enjoy time with family and friends and return in September feeling refreshed and ready for the new academic year. At the same time, we know that a small amount of regular independent study can make a real difference in helping them maintain momentum and feel confident as they begin Year 11.

With this in mind, we are sharing some supplementary summer study activities to support English, Maths and Science. These activities are not compulsory and are intended to support students' continued progress and give them a clear, manageable structure which, if they follow, will keep their key skills and knowledge fresh over the holidays.

Suggested Summer Study Plan

We suggest that students aim for around three hours of independent study each week for six weeks. This could be divided into approximately one hour for English, one hour for Maths and one hour for Science each week. Students may choose to do this in shorter sessions across the week, rather than all at once.

Subject	Platform & Suggested focus	Suggested time
English	SPARX Reader: Macbeth and a Christmas Carol (Lit 1 Set Texts) 19 th Century texts to support preparation for "Unseen Extracts."	1 hour per week
Maths	Mathswatch June 2018 3 full past papers on Mathswatch (H/F as appropriate)	1 hour per week
Science	Seneca Topics that focus on key concepts that students found challenging in the mocks.	1 hour per week

All materials will be posted on Class Charts to ensure accessibility. This is intended to be flexible; some students may want to do more in one subject than another, depending on their mock feedback and personal targets. The most important thing is to keep the work purposeful, manageable and balanced with rest.

As well as preparing for the next step in their journey, we also encourage students to use the summer to look after their wellbeing. This will create good habits for students when they return in September. We suggest students combine their regular study with activities such as;

- Creating a simple daily routine that includes relaxation and maintaining a regular sleep routine.
- Daily physical activity such as walks, bike rides, or hikes; spending time outside in nature is very good for well being.
- Eating balanced meals and staying hydrated.
- Limiting excessive screen time and social media use.
- Socialising with friends and family regularly.
- Reading books for pleasure and relaxation.
- Yoga, stretching, or dance workouts at home.
- Mindfulness or meditation for a few minutes each day.

Well done again to Year 10 on the effort they have shown during the mock series. We are extremely proud of the progress they are making and look forward to supporting them as they move into Year 11.

We wish all our Year 10 students and their families a restful and enjoyable summer.

Best wishes,

Emma Gallagher
Head of School

