

Friday 10 January 2025

Sixth Form Updates

Dear Sixth Form Students and Parents,

Happy New Year! I hope you all had a restful and productive break, preparing for the upcoming **mock examinations**. As we return to school, it has been wonderful to see students re-engaging with their studies and reflecting on their progress.

Grade Review and Setting New Targets

This week, we have taken the opportunity to reflect on the most recent **Grade Review**, providing students with time to discuss their results and previous targets with their tutors. These discussions have been an important moment for students to evaluate their progress and set **new, achievable goals** for the term ahead. For some, this is also a great opportunity to sign up for **academic support CCAs**, offering extra help in particular subjects where they may need additional guidance.

Mock Examinations

The **mock examinations** will begin on **Monday, 13th January**. To help students prepare effectively, I have attached a link to the **exam timetable**: [KH8 Mock Exam Timetable](#). Please ensure students familiarise themselves with the schedule and plan their revision time accordingly.

Please note that **we do not offer study leave** during the mock exam period. It is much more effective for students to remain in school, where they have access to **ongoing support from teachers** and the opportunity to **ask questions about challenging areas**. Staying in school also ensures students take regular breaks and can work collaboratively by forming **study groups** to revise together. This structured environment significantly enhances their preparation and confidence.

UCAS Applications

We are now in the final stages of completing all **UCAS applications**, with the submission deadline on **27th January**. If you have any questions or need support with your application, please do not hesitate to get in touch. This is a crucial step in ensuring students are on track for their future pathways, and I encourage everyone to reach out if assistance is needed.

Managing Exam Stress

This week, we also held a **session organised by our school counsellor** focused on managing exam stress. As we aim for good grades, it's important to recognise that what truly defines us is not just the outcomes but the resilience we show, the challenges we overcome, and the effort we put in. Remember, trying your best is always a success in itself.

How Parents Can Support Students During Exams

Parents play an important role in helping students succeed during exams. Here are some ways to provide support:

- **Reward effort over results:** Focus on recognising your child's hard work and progress, rather than solely on their outcomes. What matters most is that they are achieving their personal potential.
- **Avoid unnecessary pressure:** Your child is likely aware of both your expectations and their own. Adding extra pressure can increase stress and negatively impact their performance. Instead, provide reassurance and remind them that you are there to support them through this process.
- **Create a supportive environment:** Ensure your child has a comfortable and quiet place to study. Be available to listen and offer encouragement, but also give them the space to manage their own study routines. Ask what they need from you, as they know best how to stay motivated, positive, and on track.

By focusing on encouragement and creating a calm, supportive atmosphere, you can help your child approach their exams with confidence and determination.

If you have any questions or need further advice, please don't hesitate to get in touch. Let's work together to make this term a successful one for all our students.

Best regards,



Mr. James Welburn

Head of Sixth Form | King Henry VIII College