



## Year 13 Term 3 Newsletter

Dear parents and carers,

We have had another extremely busy weeks with students beginning their February PPEs in this final week of term. PPEs are a crucial milestone in a pupil's academic journey, serving as a practice run for the real exams. They simulate the real exam experience, helping pupils acclimate to exam conditions, time constraints, and question formats. They also give us an opportunity to provide valuable feedback, enabling targeted revision and improvement.

The PPEs period can be nerve-racking for pupils and therefore it is important to arrive early at the exam venue. Being on time reduces unnecessary stress and ensures adequate time to settle before the exam starts.

A nutritious breakfast is vital and staying hydrated throughout the exam is crucial to maintain focus and cognitive function.

Many students dread PPEs for a number of reasons. They feel they are too early, too much pressure, and sometimes they feel underprepared.

National exams are incredibly challenging and competitive, and require a huge amount of careful preparation. As well as being knowledgeable and interested in a subject, students have to prepare themselves to be exam ready. Ultimately we want our PPE exams to build confidence in a way ordinary revision can't and we know this is vital for long term progress and exam success.

Below are the reasons why PPE exams are so key:

- Having the right mindset – just like an athlete would practise for a big race, students need to put themselves through as many PPE exams as possible to reduce their 'flight' fear response on exam day.
- Encourage structured revision – committing to a groundwork well ahead of the real exam is disciplined practice so by the time students come to make their final revision timetable, they know exactly what to do.

## Upcoming Events

### PPEs -

Week 2 26 February – 1 March 2024

**Year 13 Prom** - 28 June 2024. First deposit was due 31 January. Second deposit due 8 March 2024.

## Student Reminders

### New Uniform Infringement Policy

We have shared with all students that from 26 February, we will be implementing the following:

First day/incident: **(Level 0)**

Second day/incident: **(Level 1)**

Third day/incident: **(Level 2)**

Persistent: **(Level 3)**

**(Level 4)** 'Severe' refusal to follow instructions:

A letter has been sent home to all parents and students with further details and a copy of the current uniform policy. We have explained to all students during form time and online this process.

Please ensure you are following the uniform policy during your PPE exams.

- Spot errors and knowledge gaps - not doing as well in PPEs is almost just as beneficial for students as doing well. Whilst getting those target grades early can feel brilliant for self-esteem, it can also lead to complacency and false confidence. PPEs should give students a strong sense of where they really stand and what their plan of action is moving into term 4.
- Be exam prepared - PPEs give students a chance to become familiar with the process.
- Cope with the pressure - the exam process needs to feel really familiar so students can focus on what's important—the exam itself.

### How can you support your child through PPE exams?

At home, you can continue to encourage a positive and healthy narrative around PPEs by outlining these three reasons that they are key to their success:

1. PPEs are an opportunity to show off what you've learnt, remember that you haven't revised everything yet, so you can use these PPEs to highlight the key areas that you need to work on next.
2. The real exam might be scary, so treating PPEs as seriously as the real thing is a chance to get your brain and body used to the rigour and stress of a real exam, including all the important things.
3. Your PPEs will allow your teachers and school to carefully estimate your predicted grades which will indicate what you might achieve in your final exams and support your university application and the finalising of your firm and insurance choices.

There are lots of other ways you can be supportive during this time, such as having a copy of their knowledge organisers for each subject, the PPE exam and revision timetable so you know their priorities and focus.

PPEs if framed right, can be incredibly beneficial for students and we hope that they act as a guide moving forward in order for our students to achieve their best possible outcome this summer.

The Sixth Form Team would like to thank parents for their ongoing support and encouragement particularly with regards to attendance to intervention sessions being run. We hope students and families take time over half term to refuel and prepare for the next challenge, term 4 and the summer exam session.

Kind regards,

Alessandra Cambio

Performance Leader - Year 13