



**ST PATRICK'S**  
— Roman Catholic High School —



THE ST PATRICK'S CENTRE  
— of Educational Excellence —

*Amazing things happen here*

Thursday 9<sup>th</sup> March

Dear parent/carer,

I am writing to update you about our arrangements for Wednesday 15<sup>th</sup> and Thursday 16<sup>th</sup> March which are national strike days declared by the NEU.

**I'm sorry to inform you that St. Patrick's will be partially closed on Wednesday 15th and Thursday 16th March.**

We have not taken this decision lightly. We remain committed to providing a safe and secure environment for our pupils, and feel that we would be unable to provide safe supervision with the staff we have available.

**We are asking you not to send your child into school on this day unless one of the below applies to your child.**

Year 11 pupils should follow their normal timetable at home for these two days and work will be provided. Please see the attached document to support your child with independent study as they approach their final examinations. Every subject has links to examination syllabi, study materials and online resources on our website.

Year 11 pupils are welcome to come into school to complete supervised study, if they wish. If your child is in Year 11 and you want them to participate in supervised study on these days, we need to be aware of this for safeguarding and staffing purposes. To do this, please email the school with your child's full name and state clearly the days/dates that they will be attending. If you choose to exercise this option, then Year 11 pupils will be expected to be in school by 8.25am and will leave at 3.00pm. There is no option for them to leave early. The email address is: [stpatricks.rchighschool@salford.gov.uk](mailto:stpatricks.rchighschool@salford.gov.uk)

Across all year groups, some pupils with specific educational needs will be invited in and again, you will receive a separate notification if this applies to your child. The school timetable will be amended for these pupils on this day.

All pupils attending school should be in full school uniform. The canteen will be open for pupils in school on the day, with a limited menu. Buses will be running as normal.

I'm sorry that you will have to make alternative arrangements for your child. I understand that this situation may be frustrating, and again ask that all members of our school community continue to treat each other with respect. Pupils should be completing independent work at home and we expect them to uphold the standards of our school during this day. St. Patrick's remains committed to providing a safe and secure environment for our pupils and delivering high-quality teaching.

We are working closely with our staff union representatives to keep up to date with the situation, and I will inform you as soon as possible if arrangements change further.

Yours sincerely,

Ms G. O'Hagan

Acting Headteacher

## St Patrick's Road to Examination Success Checklist

This handy guide has been put together to give parents some key ideas about how to support their children in the final run-up to examinations.

	Yes or No
Do you know what work your child has to complete over the next nine weeks in each subject with deadlines?	
Where appropriate, are you aware of the times and dates of extra revision sessions that your son/daughter is expected to attend to support their success?	
Are you aware of the subject specific pages on the school's website that highlight the best places to visit to revise and resources that are required for success? These can be found here <a href="https://www.stpatricksrhigh.co.uk/pupils/revision-information/">https://www.stpatricksrhigh.co.uk/pupils/revision-information/</a>	
Are you aware of the Y11 e-learning platforms? These can be found here <a href="https://www.stpatricksrhigh.co.uk/pupils/y11-elearning-platforms/">https://www.stpatricksrhigh.co.uk/pupils/y11-elearning-platforms/</a>	
Has your child got the necessary support materials in each subject such as revision guides/work booklets?	

### Revision: When and how much?

#### When should my child start revising? How much revision should they be doing? (As a minimum recommendation)

- NOW! The first exams start in just over nine weeks.
- During a school week: At least 2 hours a night as a guideline.
- During a weekend: Combined over the weekend 6 hours.
- During the Easter and May holidays: Four hours broken up into shorter session with regular, brief breaks. (The four-hour recommendation does not include the breaks!)

#### How to guide their revision

- Break revision up into shorter sessions with brief breaks as a treat to get some fresh air, make a call, send a text etc. Anything too long without a brief break is counter-productive.
- Our brains respond to variety, so pupils should vary their subjects and focus on content that they *don't* know.
- Pupils should play to their strengths – if you know that they are more alert at 6 in the morning, recommend studying then. If they are better after 10 am, time their studying accordingly.
- Build in 20-30 minutes of recap and reviewing time at the end of the day. This will help the information to “stick”. Studies show that 80% of information is lost after 1 day without a recap. 98% after 7 days. **RECAP AND REVIEW, RECAP AND REVIEW CONSTANTLY.**
- Rule of Five: Repeat something 5 times and you are 85% to 90% more likely to be able to recall it.

## **Do**

- Provide a quiet, clear environment away from distraction so purposeful revision can take place – use a local library if that helps.
- Be positive and supportive and highlight the fact that this is only a short period of 8-10 weeks of hard work but it will pay massive dividends should they work hard.
- Provide the tools for purposeful revision such as: Pens, High-lighters, coloured pencils, paper, folders, file dividers, post-it notes, blank postcards to make revision flash cards etc.
- Make sure that they get at least 8 hours sleep as it has been proven to aid performance/alertness.
- Ensure that your son/daughter has plenty of water and is eating the right foods. (Not sugary snacks that will give them a burst of energy and then send them crashing back to earth.) Fruit such as strawberries and blueberries are excellent to stave off the hunger and avoid them visiting the fridge every 5 minutes.
- Consider buying multiple black fine point gel pens. Many pupils find them best for writing in examinations.
- Understand that this is a stressful time, but a small amount of stress is good. Breathing in for 7 seconds and breathing out for 11 seconds, then repeating this 6 times is a good starting point – parents might find this useful too, given that it can be as stressful for you!
- Allow a study buddy on occasion as they can ask each other questions and support each other during revision.

## **Don't**

- Let them convince you that “music helps me concentrate”. A significant number of studies have found that listening to music impairs the brain's ability to memorise and retain information.
- Let the phone be a distraction. Social media/texting etc will literally ruin any revision and make it worthless. Be brave, take it off them and let them have it back after a revision/work session as a treat.
- Let them convince you that they are going online to carry out lots of research – ask to see the specific sites they are using for revision and monitor it.
- Let them spend excessive time on games consoles.
- Let them give up!