



20 April 2026

Dear Parents and Carers

Supporting Success: Year 11 Revision, Wellbeing, and New Resources

As we enter the final months of Year 11, we are incredibly proud of the resilience and focus our students are showing. As we enter the final weeks before the GCSE examinations we wanted to share the following resource with parents and students: [Y11 Study Buddy](#)

What is the Y11 Study Buddy?

The [Y11 Study Buddy](#) is a practical guide designed to help students refine their revision techniques and feel more prepared for their upcoming examinations. Key highlights include:

- **Subject-Specific Advice:** Focused guidance on how to tackle revision for core subjects, specifically **English, Maths, and Science**. These sections break down the most effective ways to practice and retain information for these high-stakes exams.
- **Effective Study Techniques:** Beyond "reading over notes," the guide offers active strategies to ensure learning actually sticks.
- **Using AI for Revision:** A forward-thinking section that suggests how students can use AI tools responsibly as a personal tutor—helping to explain difficult concepts, generate practice questions, or structure their study time more effectively.

The Foundations of Success: Sleep and Nutrition

A great revision plan only works if the "engine" is well-maintained. In the run-up to the GCSEs, we cannot overstate the importance of healthy habits:

1. The Power of Sleep Sleep is not "lost time"; it is when the brain processes and stores what has been learned during the day.

- **Routine:** Aiming for 8–9 hours of sleep is vital. We recommend a "digital sunset" where screens are turned off at least an hour before bed to allow the mind to wind down.



- **Consistency:** Keeping a regular sleep schedule, even on weekends, helps maintain energy levels and reduces the "brain fog" that can lead to exam anxiety.

2. Eating for Concentration What students eat directly impacts their ability to stay focused during long revision sessions and exams.

- **Slow-Release Energy:** Encourage breakfasts and snacks like oats, whole grains, and nuts, which provide steady energy rather than the "spike and crash" of sugary snacks or energy drinks.
- **Hydration:** Even mild dehydration can reduce concentration by up to 20%. A reusable water bottle is a revision essential.

We want every student to feel they have the tools—both academic and physical—to do their very best. We encourage you to look through the Study Buddy with your child and discuss how these habits can be built into their daily routine.

Thank you for your continued support and partnership.

Warm regards



Mr Mount

Head of year 11



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