



Thomas Adams School
Wem

THE PARENTS GUIDE TO
STUDYING FOR GCSE's IN
2020/2021



WELCOME

This parents guide has been adapted from the online document available at www.parentsguideto.co.uk by the Thomas Adams Intervention Team and aims to provide you with the bespoke information you may need to help your child make the right choices and approaches to learning

Wherever we refer to 'parents' we mean 'parents and carers.' This includes grandparents, older siblings or any other person with significant caring responsibilities for children.

Introduction

On 4th January 2021, the Prime Minister announced England would move to Tier 5 alert status and schools would close, re-opening at the earliest 8th March 2021. It is possible schools will remain closed longer if the spread of Covid-19 remains high. This 'The Parents' Guide to Study and Exam Revision at GCSE 2020/2021' newsletter has been created to provide you with some specific support now that there are further school closures and GCSE exam alterations this year. If you're wondering how to help keep your child focused on studying and how you will cope with schooling from home, this document aims to provide you with some ideas.

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Laying the foundations

In short:

- ✓ Ensure your child gets 8-10 hours of sleep each night.
- ✓ Reduce screen time up to 1 hour before bed
- ✓ Avoid caffienated drinks such as tea, coffee and energy drinks past 1pm.
- ✓ Encourage them to attend their lessons on time, and activley engage with the work by asking and responding to lessons.
- ✓ Try and provide a quiet, distraction free environment for your child to work – away from their bed.
- ✓ If a device needs to be shared between children, create a timetable and pop it somewhere visible.
- ✓ Present work neatly using the appropriate method of submission

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Making the most of the day

In short:

- ✓ Create a regular routine for your family and stick to it
- ✓ GCSE students should so some school work after the formal school day to keep up with their studies, but they shouldn't work all evening
- ✓ Get your child set up for the day by being washed, dressed and having eaten breakfast ahead of school time
- ✓ Help them create a daily timetable, including school time, study, breaks and rest
- ✓ Get them up and moving during breaks – not just switching between online work and online social
- ✓ Enjoy some family time, but allow personal time too

3

A Positive Mindset

In short:

- ✓ Encourage your child to get up and move between lessons, during their break and lunch times
- ✓ Try to avoid allowing them to remain in pyjamas and slouch wear all day
- ✓ Keep the end game in sight. When it gets tough, remind them it's not forever
- ✓ Be aware of any drastic and prolonged changes in their personality which may be signals of stress and anxiety
- ✓ ✓ Be aware of any prolonged changes in their physical health such as headaches and digestive problems

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Food for thought

In short:

If your child appears:	They may be deficient in:
Sluggish/tired	Iron
Angry	Vitamin B, E, C, Zinc and Calcium
Irritable	Vitamin B's
Sad	Vitamin B's
Depressed	Folic Acid, Omega 3 fatty acids
Stressed	Vitamin B, Folate, Magnesium
Anxious	Zinc
Demotivated	Vitamin B&D

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Thomas Adams Support

In short:

Head of Teaching and Learning
Mr T. McAleavy
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Assistant Head of Behaviour and Support
Mrs J. Whitfield
jw@thomasadams.net

SENDCo
Mr D. Tunnah
dlt@thomasadams.net

Intervention Coordinator
Mrs G. Baxter-Smith
Gbaxter-smith@thomasadams.net

Supporting Mental Health
<https://www.mentalhealth.org.uk/coronavirus/parenting-during-coronavirus-outbreak>

<https://www.mentallyhealthyschools.org.uk/resources/minded-talking-to-my-child/>



