

---

## **GCSE Parent Support Evening**

February 2023

# Role of the Parent/Carer

- Support system
- Guide
- Champion
- First Aider
- Voice of reason



# Step 1: Family activity

## FAMILY AUDIT TEMPLATE

It can be useful to have periodic family conversations where you all evaluate things that are working well in family life and things that could do with tweaking or improving. This template might help to frame the chat and will give all family members the chance to think about things that work well and things that don't before you all talk together. Print out a copy for each of you beforehand and use it to make notes, observations and goals about family life.

**TOOLED UP**  
RESOURCES BY DR NATHAN WESTON

**FAMILY AUDIT TEMPLATE**

Name \_\_\_\_\_

Fill the first two sections out before you sit down for your family 'audit'.  
How do I think about the things you love about family life  
and the things that could be improved.

How do I feel about family life at the moment?  
What things do I enjoy?

How happy do I think our family is on a scale of 0-10 (where 10 is extremely happy)?

Things that work well in our family life are...

My favourite things about living in this home are...

My favourite things about my family members are...

As a family, I really enjoy it when we...

What compliments do I want to give them? ★★★★★

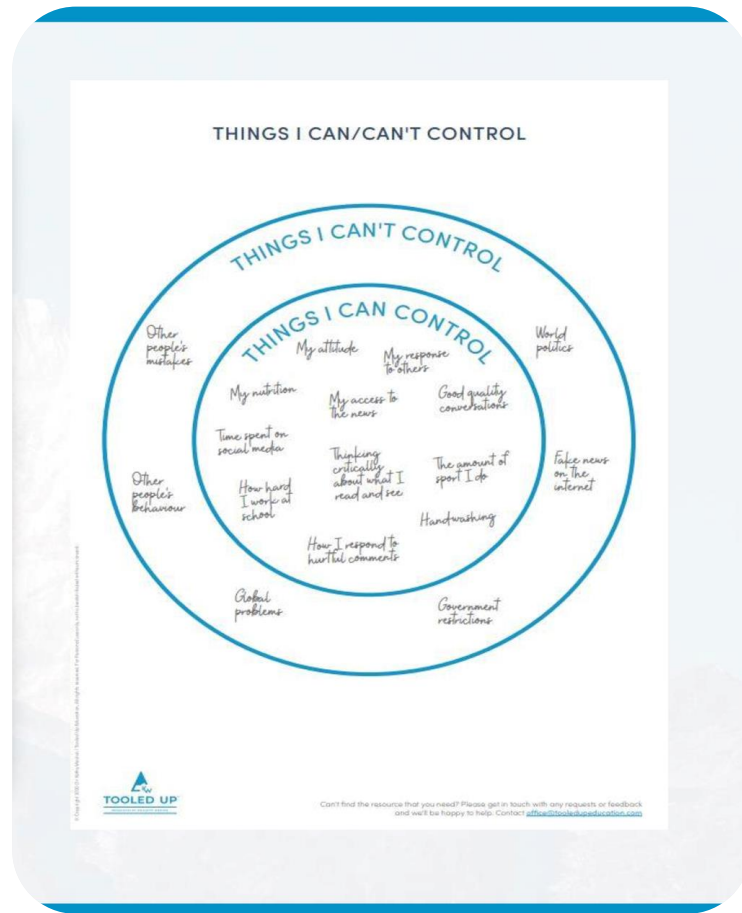
Can't find the resource that you need? Please get in touch with any requests or feedback and we'll be happy to help. Contact [info@tooledupeducation.com](mailto:info@tooledupeducation.com)

What is working well at home/what are you enjoying?

What are you finding challenging in the home?

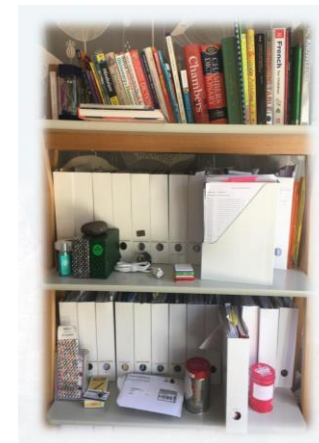
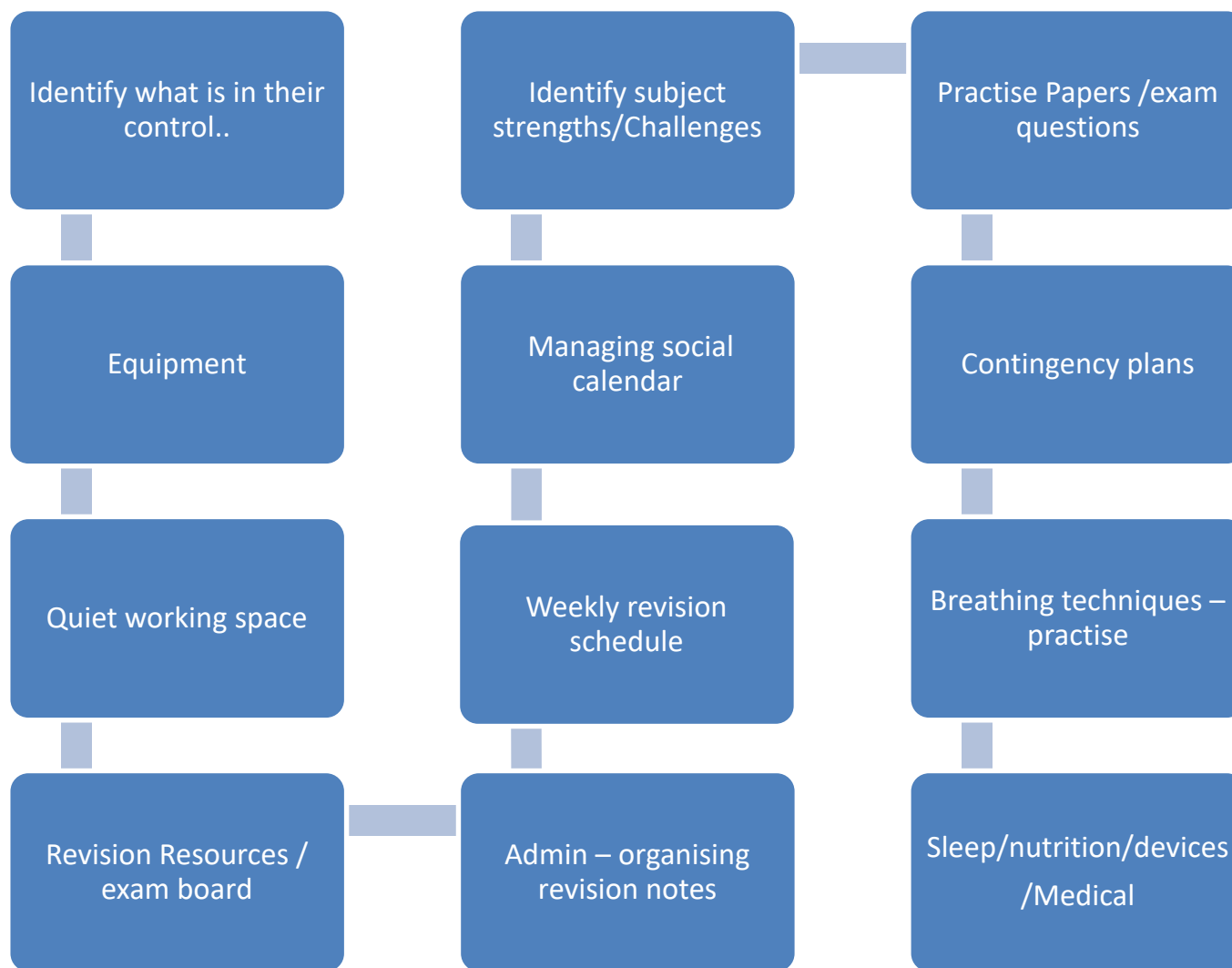
What could help over the next few months during this exam season?

# Exam Anxiety: Activity



- Put things into perspective for your child
- Normalise exam worry/stress
- Address the irrational worries
- Help your child take control and channel their worries into actions and create a plan
- Provide reassurance and break the unhelpful worrying habits

# Exam Anxiety: Planning – Taking control (3-6 months before)



# Weekly Revision Schedule (3-6 months before)



## Half Term Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30 – 8.55	Registration					Breakfast	Breakfast
1 8.55-9.55						Football	French revision
2 9.55-10.55							
Break							
3 11.20-12.20						English Revision	Walk Dog
4 12.20-1.20						Lunch	
Lunch							
5 2.20-3.20						Geography Revision	
Travel home Get changed + eat snack						Textiles Coursework	Maths revision
4-5	Dance			Dance			
5-6							
6-7						Dinner	Dinner
7-8							
8-9							



## Establish a sleep routine (3-6 months before)



- 8-10 hours per night
- Create a routine
- Negotiate a bedtime
- No caffeinated energy drinks
- Manage device usage/effect use
- Bedroom temperatures/darkness

- “How has your sleep been over the last couple of weeks?”
- “Does it take you long to fall asleep?”
- “Do you wake up during the night?”
- “Do you feel rested?”

# Brain Food: Breakfasts

*“The eating behaviour most associated with increased academic performance and learning is eating a healthy breakfast”*

*(Professor Howard-Jones, 2020).*

## Brain boosting power breakfasts:

- Porridge oats with walnuts or peanut butter, sliced banana and dark chocolate
- Wholemeal bread with scrambled eggs and smoked salmon;
- Spinach, tomato and cheese omelette with a slice of wholemeal toast.





# Brain Food: Lunches

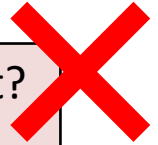
- Wholemeal toast and **baked beans** are ideal
- **Salads** made with bulgur wheat, brown rice or quinoa with chicken/ canned fish/ chickpeas and chopped cucumber and tomatoes.
- **Protein sources such as:** tofu, fish or chicken with a salad and roasted sweet potato cubes, lots of green leaves like rocket or watercress and some pumpkin seeds, are ideal
- Brown rice and daal (lentil curry)
- **Wholemeal sandwiches, wraps or bagels** with smoked salmon or chicken and salad like cucumber, tomatoes or avocado.
- For dessert: **natural yogurt with some berries or a chunk of dark chocolate.**



## Questions to ask..... A Week Before

1. What favourite breakfasts can I prepare for you?
2. How would you like to get to school on the morning of each exam?
3. Do you need me to pick you up after each exam?
4. If you feel anxious, where do you feel it in your body? When I feel anxious, I like to...
5. Can you think of a time when you felt a bit anxious but it worked out well?
6. Can you please take the dog for a walk or why don't you spend 30 minutes doing some outdoor exercise?
7. What little things can I help arrange for you to look forward to after your exams?
8. Which one of your friends calms you down or would be good to be around during exams next week?
9. Do you like talking to other people before or after exams?
10. What is your view about good luck cards and phone calls? Do they help you to feel relaxed ahead of an exam or can they hinder?

## Exam Anxiety: To say or not to say....



As long as you are trying your best, there can be no question of failure	Why would you worry about that?
We can't eliminate your stress but can we control it	That's a silly thing to worry about
Well done for recognising you are feeling stressed – let's go for a walk and talk through this together	You will be fine – stop worrying
Thank you for sharing, I understand that must be very overwhelming.	Leave it to me – I will handle it

# Exam Anxiety: Exploring emotions

Encourage your child to identify their feelings

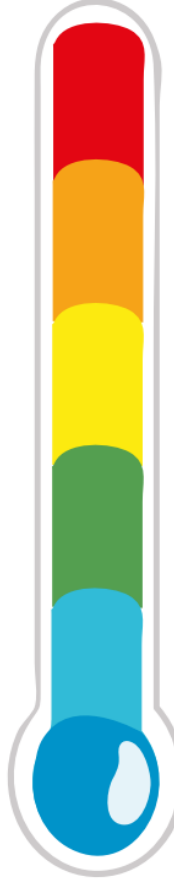
Discuss what has triggered this feeling

Explore how they can manage and work through their feelings

Always circle back to taking control and making a plan

**MOOD THERMOMETER**

What different emotions do you feel? What makes things better when you feel a certain way? Write down your emotions and your ideas here.



<b>About to EXPLODE!</b> Angry When I feel like this, I can...	When I feel like this, I can...
<b>Angry Anxious Frustrated Cross</b> When I feel like this, I can...	When I feel like this, I can...
<b>Worried Sad Annoyed Irritated Bothered</b> When I feel like this, I can...	When I feel like this, I can...
<b>OK</b> I feel like this because...	I feel like this because...
<b>Calm Relaxed Peaceful</b> I feel like this because...	I feel like this because...
<b>Brilliant Content Happy Satisfied</b> I feel like this because...	I feel like this because...

# Performance Anxiety: Webinar





## Exam Anxiety: Questions to ask..... Day/Night before

1. Have you got everything you need for tomorrow?
2. Can we just recheck the time and location of the exam tomorrow?
3. Do you want to study tonight or do you want to do something relaxing? What would help?
4. What are you wearing tomorrow?
5. Do you fancy a walk?
6. When you look back at the last few months, what are you most proud of?

## Exam Anxiety: Questions to ask..... Morning of

**No questions will be particularly beneficial now.**

- Calm is required
- Get them to eat breakfast.. Or something small if they can't stomach a meal
- Keep things light and jolly in the car or on the journey.
- If they wish for silence, give it to them.
- If they want to read their notes, or not, that is ok.
- As hard as it is, try to keep your own anxiety under wraps and have confidence in them and all the work you have done as a family to get them to this point.

## Supportive Apps

### Useful Apps



**Calm App** Help you improve your health and happiness through daily meditation and sleep relaxation.



**Headspace App** Relaxation exercises to add extra mindfulness to your day, and hundreds of meditations on everything from stress to sleep.



**Catch it App (Free)** Teaches you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



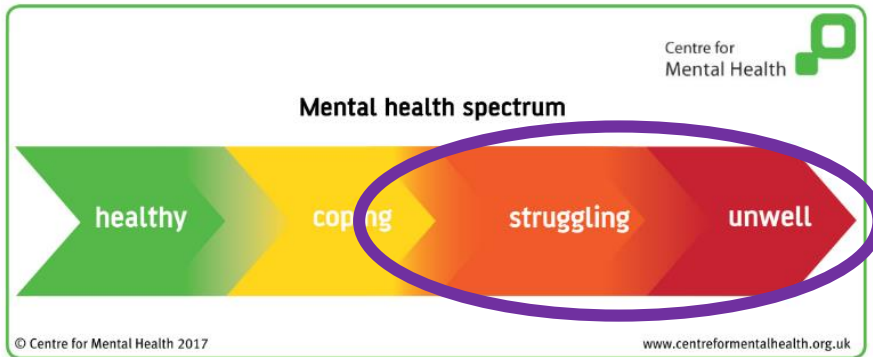
**Student Health App (Free)** To reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student.



**Thrive App (Free)** Helps you prevent and manage stress, anxiety and related conditions.



# Anxiety, depression, low mood...



‘I have noticed you seem sad/down a lot of the time, is that how you have been feeling?’

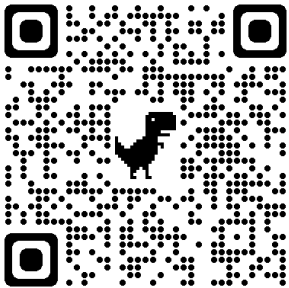
‘How or what can I do to help you?’

‘Is that something you would like support with?’

‘I have a few ideas we could explore together to help you manage how you are feeling, can we look at those together this evening?’

## Counselling Services

**YOUTH  
TALK**  
We're listening

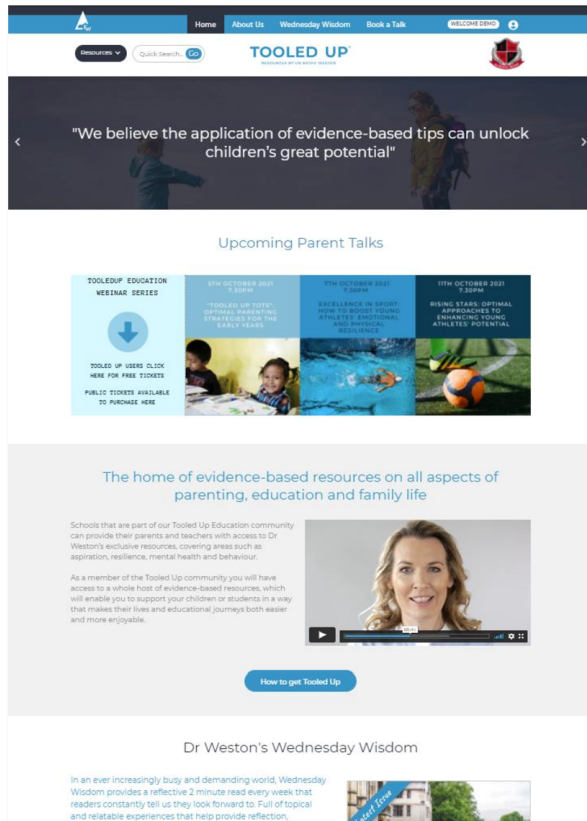


Book a  
wellbeing  
appointment  
with your GP

Children's Wellbeing Practitioners  
Webinars



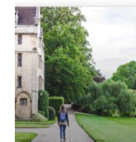
# www.tooledupeducation.com



Pin:  
RPS0302

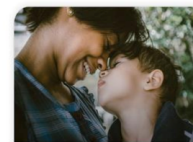
*Reflect Motivate Support*

Wednesday Wisdom



Much Sweet  
Sorrow

September 22, 2021



Growing Pains

September 15, 2021



World Suicide  
Prevention Day

September 8, 2021



Hitting the  
Ground Running

September 1, 2021