



Transition tips for Key Stage 4

- 1 Make sure your child is aiming for **100% attendance** between now and their final exams.
- 2 Encourage your child to read for pleasure. It's a great way to wind down before bed and is proven to reduce stress and improve academic performance.
- 3 Stick a copy of the **key dates** & their school timetable on the fridge so you are able to keep informed of upcoming events and to help your child get organised.
- 4 Make sure your child is punctual every day by helping them to get into positive habits such as organising their school the night before, and getting enough sleep.
- 5 Please provide them a **distraction free environment**. Switch off all mobile phones, televisions, etc.
- 6 Get your child to show you the **revision techniques** they are using such as mind maps, flashcards and test what they can remember (retrieval practice).
- 7 Monitor and support your child with homework, regularly log in to Satchel One to look at task completion.
- 8 Do **Praise/reward** when good work is produced both in and out of school.
- 9 Make sure they are getting enough **sleep**, enough **water** and a **healthy diet**. A well-fed and rested brain learns significantly better, and will make a huge difference to your child's ability to concentrate and learn.
- 10 Encourage your child to use the **online resources** such as GCSE Pod, Sam learning, Show my Homework, my maths etc.

