**Supporting your young person during exams and assessments**

Year 9 students will be sitting an exam for English and Mathematics at the following times:

* English Exam - Monday 30th May during Daily Connect & Period 3.
* Mathematics Exam - Thursday 2nd June during Daily Connect & Period 3. Students will need calculator and on A4 double-sided summary note sheet.

Students will attend classes as normal outside these times. There will be classroom based Science and Humanities exams. Year 9 Program Leaders are Jamie Lethborg and Sarah Green and can be contacted on 9488 2382.

Year 10 exams are being held between Friday 27th May and Friday 3rd June. The exam timetable is currently available on the Year 10 and Year 11 Year Level pages on myNorthcoteHigh. Year 10 Program Leaders are Jane Lange and Paul-Micah Sullivan and can be contacted on 9488 2327

As the term progresses their teachers will provide more details about what to review and prepare for the exams. Here are some tips to help your young person prepare for and manage exam time:

* **Helping arrange a quiet study space at home–** somewhere uncluttered and away from the distraction of the household. This might mean temporarily moving the TV to another room or making a quiet study nook in the kitchen if there is no quiet space in a bedroom.
* In the weeks leading up to the exams, work with them to **write up a realistic weekly exam revision schedule –** remember to incorporate extra curricula activities and time for relaxing as well as watching a favourite TV show or having dinner with family or friends. If they have a part-time job, remind them to ask in advance to be rostered off during exam preparation time.
* **Help your young person to eat well and get some exercise** – encourage them togo for a walk around the block when they get home from school (or send them to the shops for some milk!), shoot a few hoops with a sibling or friend, and remind them to eat fruit and non-processed foods, and to drink water rather than caffeinated or sugar drinks as this will help them feel more alert and well. Don’t have sugary or caffeinated drinks on exam day (it’s counterproductive). On the day of the exam, breakfast would be a good idea too!
* **Talk to them about ways they might manage any anxiety or worry about exams** – good suggestions include taking a 5 minute break during every 45 minutes study period or following a 15 minute yoga class on an app, have a go at do-it-yourself art therapy and listen to loud music for 10 minutes while drawing wildly with coloured pencils, listen to Smiling Minds (app) meditation before they go to sleep, having a bath or shower before bedtime, and even a glass of warm milk or non-caffeinated herbal tea before bedtime can help with calming down and getting to sleep at night.
* **Be sensible about distractions in the household:** during the exam or assessment period try to keep big events or celebrations to a minimum so the young person can develop a regular study routine (no parties!) or consider making an agreement with them to put their phones and other devices in another room to charge before bed to help them sleep at night (this is probably a good idea all year round!).
* **Seek help if you or your young person need it – it is important to ask for help as early as possible.** You can talk to the Year Level Program Leader if you are worried about your young person. You can call the Student Services Team to have a chat or look at some of the websites below for tips on surviving exams as parents and carers.

**Websites for parents and carers**

<http://www.parentline.com.au/parenting-information/tip-sheets/exam-stress.php>

<http://headspace.org.au/get-info/school-stress-and-exam-survival/>

<http://au.reachout.com/Beating-exam-stress>

<https://www.youthbeyondblue.com/understand-what's-going-on/anxiety>

<https://www.youthbeyondblue.com/do-something-about-it/surviving-year-12>

**May 12 2016**