



Friday, 26 April 2024

Dear Parents/Guardians,

With the exam season coming into full flow on Tuesday 7<sup>th</sup> May, we would like to take this opportunity to share some information with you to help support our year 10 students with their very first GCSE exams for RE.

**Thursday 9<sup>th</sup> May (AM)**

RE Short Course: Comp 1 – Modern World

RE Full Course: Comp 1 – Modern World

**Thursday 16<sup>th</sup> May (PM)**

RE Short Course: Comp 2 – Christianity

RE Full Course: Comp 2 – Christianity

**Friday 7<sup>th</sup> June (AM)**

RE Short Course: Comp 3 – Islam

RE Full Course: Comp 3 – Islam

**On the days of the exams:**

- Students (where directed) will attend a booster session with their class teacher at 8:25am. If students are not required to attend a booster session, they will attend form as normal.
- Breakfast (toast and bottles of water) will then be provided for students to access from 8:40am.
- All morning exams will begin at 9am. Punctuality is crucial.
- Once the exams are finished, students will have a short comfort break before returning to their usual timetabled lessons until break time. If the exam runs into their allocated break time, their break will take place once their exam finishes.
- Students will continue to have their lunch break at 13:05, unless directed otherwise.
- Afternoon exams will start at 13:00.
- Students must ensure they are using the toilet **before** both morning and afternoon exams. Due to the significant disruption it causes for every student in the exam hall, we need to minimise the number of students who are using the toilets during exams – students do not get this time back in the exam, so it is in their best interests to avoid going to the toilet unless absolutely necessary.

Punctuality is absolutely crucial during the exam season. We need to students to arrive on time and be ready and prepared to start the exam at 9am, so we are asking for your support with this.

If there are any problems regarding arriving on time (or any other issue that could impact on the exam), please contact Mr Nicholson or Miss French at the very earliest convenience (contact details below).

It is also imperative that students arrive in full school uniform for every exam, including appropriate school footwear.

**Temple Moor High School & Sixth Form** Field End Grove, Selby Road, Leeds, West Yorkshire LS15 0PT

☎ 0113 390 0770 ✉ info@tmhs.rklt.co.uk 📘 TempleMoorHigh 📧 @TempleMoorHigh

[www.tmhs.co.uk](http://www.tmhs.co.uk)

Principal: Mr M West



**Learning Trust Alliance Teacher Training Teaching School Hub**

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### Extra Advice.

- Please encourage your child to maintain a healthy routine throughout the exam season, making sure they are taking care of physical, mental, and emotional wellbeing. If you know your child is struggling, please do not hesitate to let us know.
- Although breakfast is provided, it is recommended that students eat something prior to arriving at school to maximise brain power – bananas are a fantastic choice! It may also be worth students bringing in extra snacks during the exam season to consume when not in exams.
- It is important that the students are having full restful night's sleep prior to their exam – hours of last-minute revision is scientifically proven to be ineffective. Instead, some relaxation techniques (taking a bath, going for a walk, watching TV) are recommended before bed to promote a healthy sleep.
- Light exercise is recommended during the exam season to ensure students are looking after their physical, emotional, and mental wellbeing. This could be anything from a short walk to a trip to the gym. Exercise is a proven stress buster and will release happy endorphins into the body, allowing students to feel less overwhelmed or pressured during this time.
- It is also recommended that students organise themselves the night before the exam, ensuring they have the correct equipment needed for the day ahead. This will help to minimise stress and anxiety on the morning of the exam.

For additional support with revision, please watch our Year 10 Supporting Success video which can be found here: [Temple Moor High School & Sixth Form - Red Kite Learning Trust - Supported Study and Revision \(tmhs.co.uk\)](https://www.tmhs.co.uk)

If you have any questions or queries about the exam season, please do not hesitate to get in touch. Thank you for your continued support and we wish your child the very best of luck for their exams.

Kind Regards,

*R. French*

**Miss R French Mr G Nicholson**

KS4 Phase Leader Pastoral Officer for Year 10

[Frenchr@tmhs.rklt.co.uk](mailto:Frenchr@tmhs.rklt.co.uk) [nicholsong@tmhs.rklt.co.uk](mailto:nicholsong@tmhs.rklt.co.uk)

0113 390 0770 ext: 7343 0113 390 0770 ext: 7282

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