



Friday, 26 April 2024

Dear Parents/Guardians,

With the exam season coming into full flow on Tuesday 7th May, we would like to take this opportunity to share some information with you. Alongside this letter, you will also find a copy of the exam timetable for your reference.

Students will be issued with new timetables which includes information about their booster sessions. However, some booster sessions for options subject will not be visible on the timetable, but the students will be directed within school.

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 12:05.
- 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 Hollingworth 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.

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.

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

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www.tmhs.co.uk

Principal: Mr M West



Learning Trust Alliance Teacher Training Teaching School Hub

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- 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 11 Supporting Success video which can be found here: [Supporting Success October 2023 on Vimeo](#)

Additional News:

- Year 11 Leaver's Assembly will take place on the morning of Wednesday 19th June.
- Prom is taking place on Thursday 20th June at Elland Road – arrival time 6:30pm, start time 7pm.
- Prom tickets are now available to purchase on Scopay.

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 D Hollingworth

KS4 Phase Leader Pastoral Officer for Year 11

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Tuesday 7th May - AM		Length	Room	Tuesday 7th May - PM		Length	Room
BTEC Health & Social Care - Health & Wellbeing		02:00		BTEC Construction (Comp 1)		01:30	
Wednesday 8th May - AM				Wednesday 8th May - PM			
Enterprise: Marketing & Finance		02:00					
Thursday 9th May - AM				Thursday 9th May - PM			
RE Short Course: Comp 1 - Modern World		01:00					
RE Full Course: Comp 1 - Modern World		02:00					
Friday 10th May - AM				Friday 10th May - PM			
Biology Paper 1		01:45		German Listening Test (F)		00:35	
Combined Science Trilogy (Biology) (F)		01:15		German Reading Test (F)		00:45	
Combined Science Trilogy (Biology) (H)		01:15					
Combined Science Synergy		01:45					
Monday 13th May - AM				Monday 13th May - PM			
English Literature Paper 1		01:45					
Tuesday 14th May - AM				Tuesday 14th May - PM			
French Listening Test (H)		00:45					
French Reading Test (H)		01:00					
French Listening Test (F)		00:35					
French Reading Test (F)		00:45					
Wednesday 15th May - AM				Wednesday 15th May - PM			
History: Medicine In Britain		01:15		Psychology: Std & Apltm 1 Wtn		01:30	
Thursday 16th May - AM				Thursday 16th May - PM			
Maths Paper 1 (Non Calculator) (H)		01:30		RE Short Course: Comp 2 - Christianity		00:35	
Maths Paper 1 (Non Calculator) (F)		01:30		RE Full Course: Comp 2 - Christianity		01:00	
Friday 17th May - AM				Friday 17th May - PM			
Chemistry Paper 1 (H)		01:45		Geography Paper 1		01:30	
Combined Science Trilogy Chemistry P1 (H)		01:15					
Combined Science Trilogy Chemistry P1 (F)		01:15					
Combined Science A Paper 9		01:10					
Monday 20th May - AM				Monday 20th May - PM			
English Literature Paper 2		02:15					
Tuesday 21st May - AM				Tuesday 21st May - PM			
German Writing (F)		01:00					
Wednesday 22nd May - AM				Wednesday 22nd May - PM			
Physics Paper 1 (H)		01:45		PE Fitness & Body Systems		01:30	
Physics Paper 1 (F)		01:45					
Combined Science Synergy Paper 2f		01:45					
Combined Science Trilogy Physics P1h		01:15					
Combined Science Trilogy Physics P1f		01:15					
Thursday 23rd May - AM				Thursday 23rd May - PM			
English Language Paper 1		01:45		Psychology: Std & Applications (2)		01:30	
Friday 24th May - AM				Friday 24th May - PM			
French Writing Test (H)		01:15					
French Writing Test (F)		01:00					

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Monday 3rd June - AM			Monday 3rd June - PM		
Maths (Calculator)(H)	01:30		PE: Health & Performance	01:15	
Maths (Calculator)(F)	01:30				
Tuesday 4th June - AM			Tuesday 4th June - PM		
Spanish Listening Test (H)	00:45		History: American West/Saxon/Norman	01:45	
Spanish Reading Test (H)	01:00				
Spanish Listening Test (F)	00:35				
Spanish Reading Test (F)	00:45				
Wednesday 5th June - AM			Wednesday 5th June - PM		
Geography Paper 2	01:30				
Thursday 6th June - AM			Thursday 6th June - PM		
English Language Paper 2	01:45				
Friday 7th June - AM			Friday 7th June - PM		
RE Short Course: Comp 3 - Islam	00:35		Biology Paper 2 (H)	01:45	
RE Full Course: Comp 3 - Islam	01:00		Combined Science Trilogy Biology P2(H)	01:15	
			Combined Science Trilogy Biology P2(F)	01:15	
			Combined Science Synergy Paper 3f	01:45	
Monday 10th June - AM			Monday 10th June - PM		
Maths Paper 3 (Calculator) (H)	01:30		Spanish Writing (H)	01:15	
Maths Paper 3 (Calculator) (F)	01:30		Spanish Writing (F)	01:00	
Tuesday 11th June - AM			Tuesday 11th June - PM		
Chemistry Paper 2 (H)	01:45		History: Weimar & Nazi Germany	01:20	
Combined Science Synergy	01:45				
Combined Science Trilogy Chemistry (H)	01:15				
Combined Science Trilogy Chemistry (F)	01:15				
Friday 14th June - AM			Friday 14th June - PM		
Geography Paper 3	01:30		Physics paper 2 (H)	01:45	
			Physics paper 2 (F)	01:45	
			Comb Science Trilogy Physics Paper 2(H)	01:15	
			Comb Science Trilogy Physics Paper 2(F)	01:15	
Tuesday 18th June - AM			Tuesday 18th June - PM		
D & T: Comp 1 D&T In The 21st C	02:00				
Thursday 20th June - AM			Thursday 20th June - PM		
Level 1/2: Hospitality & Catering Unit 1	01:20				

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