



# Beths Grammar School

an 11 – 18 selective school with academy status

Headteacher: Mr R J Blyghton

3<sup>rd</sup> April 2025

Dear Parents/Carers,

The A Level examination period begins on the 12th of May. Further information about examination procedures and study leave will be provided next term. To prepare, regardless of the subject we recommend that your young person:

- Plans their independent study, they have access to empty study timetables on Microsoft Teams. Five hours per subject, per week of independent study is recommended, this applies during school holidays.
- Transforms learnt content into a different format, for example mind maps, summarised notes or flashcards.
- Retrieves information from memory (active recall), this can be done using several different strategies including completing exam questions, completing quizzes, using flashcards, and/or writing what they remember about a topic and then using resources to develop their understanding of content they had forgotten, sometimes referred to as ‘blurting.’

**At this stage students should be completing full past exam papers, under timed conditions to develop their exam technique.**

We also recommend that your young person limits their part time work at this time so they can focus on their studies.

Resources for students are available on Microsoft Teams alongside their textbooks and lesson notes.

It is normal for students to feel somewhat apprehensive about examinations, to help your young person manage, please ensure that they:

- Take regular breaks
- Eat healthily
- Adhere to a good sleeping routine
- Make some time for activities that they enjoy

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Registered Company Number 7379768

If your young person is so anxious about their exams that it is affecting their ability to engage with day-to-day activities and/or their character is changing this may indicate that they require additional help. They have access to Kooth where they can access free, safe and anonymous online counselling and support. They can also text SHOUT to 85225 and they will be provided with free and confidential support. Additionally, please inform the school so we can support them effectively. Further information about managing exam stress is linked below:

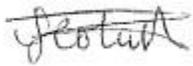
[Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#)

[Info on exam stress - for 11-18 year olds | Mind - Mind](#)

[Exam Self-Care | Mental Health Advice For Students | YoungMinds](#)

If you have any further questions, please do not hesitate to contact me.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Adeoye', written over a horizontal line.

**Ms Adeoye**

**Assistant Headteacher**

**Key Stage 5 Manager – Year 13**