

Project 825 – How Can Parents Help?

1. Create a Positive Study Environment

- Ensure your child has a quiet, well-lit area to study, free from distractions.
 - Provide all necessary materials (pens, highlighters, paper, etc.) and encourage an organised workspace.
 - Limit screen time and ensure phones or devices are only used for study purposes during revision time.
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2. Encourage a Routine

- Help your child establish a consistent daily schedule that balances study, rest, and relaxation.
 - Break revision into manageable chunks with regular breaks (e.g., 25 minutes study, 5 minutes break).
 - Ensure your child gets enough sleep – at least 8 hours a night is essential for concentration and memory.
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3. Be Involved and Show Interest

- Ask about their progress and what they've been working on.
 - Attend **Project 825 Parent Information Evenings** to stay informed and equipped to provide the right support.
 - Encourage your child to discuss any challenges they're facing and work together to find solutions.
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4. Promote Healthy Habits

- Provide nutritious meals and snacks to fuel their brain power.
 - Encourage regular physical activity – even a short walk can help reduce stress.
 - Help them find time to relax with hobbies or family activities to maintain a healthy balance.
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5. Support Their Mental Wellbeing

- Reassure them that it's okay to feel anxious and that they're not alone.
 - Praise their efforts and focus on their progress, not just results.
 - Be patient and provide a listening ear when they need to talk.
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6. Stay Informed

- Familiarise yourself with their exam timetable and key dates.
 - Encourage your child to take advantage of resources offered through **Project 825**, such as assemblies, student speakers, and expert sessions.
 - Remind them of the support available at school, including tutors and academic interventions.
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Together, We Succeed

Your involvement and encouragement can make a real difference. By working together, we can help your child feel confident and prepared as they approach their exams.

If you have any questions or would like more advice, please contact the school office or refer to the **Project 825** page on our website.

Thank you for your continued support!