

11 Parents' Information 29th April 2026

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Welcome – thank you for  
attending!

# The Next Few Weeks – [link to timetable](#)

- Attendance
- Lessons still taking place
- Revision sessions in school prior to exams
- Warm-ups before exams
- Lunchtimes
- After school sessions

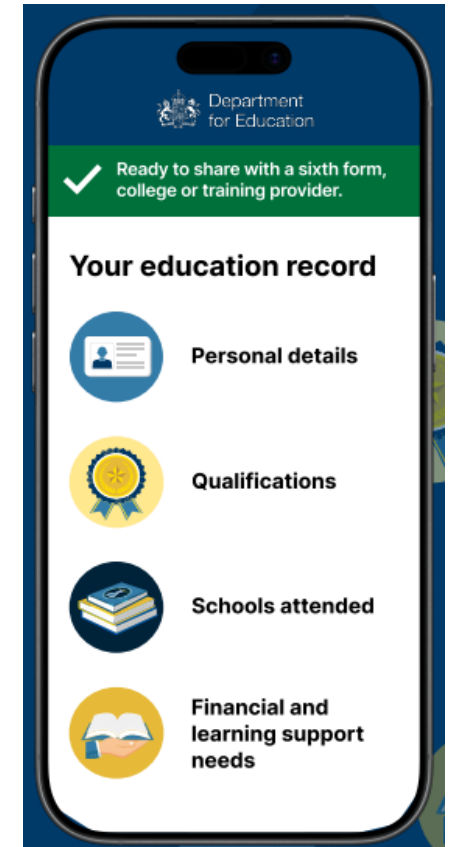
## Week Commencing 11<sup>th</sup> May (Week A)

Please note that lessons will take place as usual unless you are taking part in an exam or warm-up indicated below. Your teacher will tell you locations and exact timings.

	Form time – 8.45am	Period 1	Period 2	Period 3	Lunch 12.50 – 1.00 - students will be informed of sessions by class teachers	Period 4	Period 5	Period 6 (after school)
<b>Monday</b>	Warm-up for English Lit exam	English Lit exam	English Lit exam	GCSE Business revision		Business exam	Business exam/RE revision	RE revision
<b>Tuesday</b>	Warm-up for RE exam	RE exam	RE exam	Biology revision		Biology exam	Biology exam	Geography revision
<b>Wednesday</b>	Warm-up for Geography exam	Geography exam	Geography exam	Computer Science revision		Computer Science exam	Computer Science exam/Maths revision	Maths revision
<b>Thursday</b>	Warm-up for Maths exam	Maths exam	Maths exam				History revision	History revision
<b>Friday</b>	Warm-up for History exam	History exam	History exam				Chemistry revision	

# Exams

- Final timetables by the end of the week
- JCQ requirements, with exam timetables
- Uniform and equipment
- Communication important
- Results Day – Thursday 20th August
- [Education Record App](#)
  - If you wish to **opt out**, please complete the following by 5th May  
[DfE Education Record – Fill in form](#)



# Sixth Form Enrolment

- Applications still open
- Meetings
- Events after exam period – information will be shared next week
- Enrolment – 20th August after results are received. Other times can be arranged – keep in touch

**Mr R Hughes**

**Key Stage 4 Achievement  
Programme Lead**

Planning, preparation,  
and revision are key!



How Can Parents  
Support?



St Bede's  
Catholic School  
& Sixth Form College  
Lanchester



# What Good Revision Looks Like

 Average Revision	 Successful Revision
Re-reading notes	Testing yourself on key content
Highlighting textbooks	Completing practice questions
Watching revision videos passively	Attempting past paper questions
Avoiding difficult topics	Targeting your weakest areas first
Long, unfocused sessions	Short, focused sessions with clear goals
Revising what you already know	Challenging yourself with new material



# Our Strategies



Flash Cards



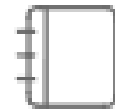
Blurting



Mind Maps



Past Papers



Cornell Notes



Self Quizzing



**St Bede's**  
Catholic School  
& Sixth Form College  
Lanchester

Have you done your revision?

What have you tested yourself on?

# What can you do?

1. Help them make a simple plan
2. Encourage short focused chunks
3. Use the exam support pack
4. Keep the tone calm

Support  
Routine  
Encouragement

# Mr J. Rourke

## Year Leader for Year 11



# Celebrations – Celebration Morning

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- In school
- By invitation
- Wednesday 17th June – 8.45am - 12pm
- Further information will be shared soon



# Celebrations – ‘Class of 26’ Prom

- Beamish Hall Hotel
- Monday 29th June 2026
- Prom.Ed - All suits, dresses and accessories are **free** to borrow for pupils of the Bishop Wilkinson Trust.
- To book an appointment or to get further details please email [promed@bwcet.com](mailto:promed@bwcet.com)
- Prom Passport reminder



# Celebrations – Awards Evening

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- The Gala Theatre, Durham
- Tuesday 23<sup>rd</sup> June 6.30pm
- Further information will be shared soon



# Mental Health Support

We understand that for some pupils, especially those who experience anxiety, the summer exam period—can feel overwhelming.

We do everything we can in school to support your child:

- Exam revision support and tips on wellbeing
- Pastoral support and check-ins
- Focus on creating a supportive environment and ensuring we keep a caring eye on all students
- Signposting external support services

On the next slide are links to relevant services for support.

# Support Outside of School

<b>Kooth</b>	Free, safe, anonymous online support for young people aged 11+	<a href="http://www.kooth.com">www.kooth.com</a>
<b>Anna Freud National Centre</b>	Self-care resources for children and young people	<a href="http://www.annafreud.org">www.annafreud.org</a>
<b>Mental Health Foundation</b>	Tips, advice, and guidance for children, young people, and families	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
<b>Charlie Waller Trust</b>	Mental health resources for schools and families	<a href="http://www.charliewaller.org">www.charliewaller.org</a>
<b>Headspace</b>	Free tools for mindfulness and meditation	<a href="http://www.headspace.com">www.headspace.com</a>
<b>Every Mind Matters (NHS)</b>	Resources for young people's mental health	<a href="http://www.nhs.uk/every-mind-matters">www.nhs.uk/every-mind-matters</a>
<b>MindEd for Families</b>	Trusted advice about children's mental health	<a href="http://mindedforfamilies.org.uk">mindedforfamilies.org.uk</a>
<b>YoungMinds</b>	Support and resources for youth mental health	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>Recovery College Online</b>	Educational courses for managing mental health	<a href="http://www.recoverycollegeonline.co.uk">www.recoverycollegeonline.co.uk</a>
<b>Clear Fear App</b>	Helps children and teens manage anxiety	<a href="http://www.clearfear.co.uk">www.clearfear.co.uk</a>
<b>Rollercoaster Family Support</b>	Parent-led support for families	<a href="http://www.rollercoasterfamilysupport.co.uk">www.rollercoasterfamilysupport.co.uk</a>
<b>Emotional Health and Resilience Team</b>	Advice and guidance for ages 5–19	Phone: 03000 263 532
<b>CAMHS Drop-in (Durham)</b>	Nurse-led sessions in Stanley and Chester-le-Street	<a href="http://Durham County Council Website">Durham County Council Website</a>
<b>The Tapping Solution</b>	Emotional Freedom Technique (EFT) for wellbeing	<a href="http://www.thetappingsolution.com">www.thetappingsolution.com</a>
<b>Papyrus HOPELINE247</b>	Suicide prevention support for under-35s	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>