

May 2024

Dear Y13 Students,

Your Year 13 Leavers' Celebration

Get plenty of sleep, not just the night before your exam, but from now until all your exams are over exercise and diet can have on your physical and mental health.

Keep the sugar and caffeine low, keep the water intake high

Keep to a focused and manageable revision plan throughout your exams, using the revision

Remember that you know what to expect

know how it will all work. There will be no surprises in terms of how the exams will work or the content you will be examined on

Please talk to your Progress Tutor or your teachers if you need any extra support, or if you have any concerns

We have every confidence in you and what you can achieve. Good luck!

Yours sincerely