



St. Ninian's
HIGH SCHOOL

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HEAD TEACHER Mr C. J. Coole

Our Ref: TNS/EG/Y10 Mocks

13th January 2025

Re: Mock Exams 27th-31st January 2025

Dear Student,

Your mock exams are only a few weeks away. I hope your revision is going well.



Plan



Understand



Memorise



Apply

Ideally you have completed the **planning** and **understanding** steps: you know exactly what content you need to revise; you have identified the times when you will revise and have been checking your understanding and making sure you have filled any gaps in your knowledge.

In these last few weeks focus on committing your understanding to memory so you can recall it quickly and accurately. **Memorisation** takes time and commitment. Use the techniques we talked about in assembly. You should also start **applying** your knowledge and skills, using past paper questions.

If you haven't started revising or are worried you have left it too late – no you haven't. **START NOW**. You can combine some of the steps and doing something is always better than doing nothing!

Please also remember that it is important to maintain a healthy lifestyle and achieve a balance between work and rest. A regular sleep pattern, a healthy diet, exercising, taking regular breaks, and being aware of your emotional state are all vital to ensure long term positive mental and physical health. If you require any support with the revision steps or in maintaining positive mental and physical health and wellbeing, please do ask for help from friends, family or members of staff at school.

Finally, please make sure you have all the necessary stationary required for the examination you are taking, you have had lots of information from Mrs Neill about the examination expectations and requirements and it is important you are fully compliant with them.

Good luck!

Mr T Smith
Deputy Head Teacher

Cc Parent/Guardian

Live to Learn
Learn to Live