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October 2026

Dear Parents and Carers,

As we approach the Year 11 mock examinations, which will take place from **Monday 30 November to Friday 11 December**, we have been using our pastoral programme this half term to help students develop effective revision habits and prepare for the months ahead.

Our aim is to help students feel organised, confident and equipped with the skills they need to revise effectively, while also maintaining a healthy balance and managing any worries they may have about their examinations.

Developing effective revision habits

A key message we have shared with students is that effective revision does not mean spending hours studying at a time. Short, focused sessions are often more manageable and productive. Students have been introduced to the **Pomodoro technique**, which involves working for a concentrated period of around 25–30 minutes before taking a short break.

Students have also explored a range of active revision techniques:

- **Flashcards** – testing themselves on key facts, vocabulary and concepts.
- **Mind maps** – organising their knowledge and identifying gaps in their understanding.
- **Blurting** – writing down everything they can remember about a topic from memory before checking their notes to identify anything they have missed.

These techniques encourage students to retrieve information from memory rather than simply rereading their notes, helping them to identify what they know and what they still need to practise.

Creating a personalised revision plan

Students have had dedicated time to create a **personalised revision timetable**. Please ask your child to show you their plan and discuss how they intend to use their time between now and the mock examinations. A blank copy of the timetable is attached for reference.

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Subject departments have also prepared example revision tasks that students can choose from, linked **here**, that can be completed in approximately **25–30 minutes**.

How can parents and carers help?

Your support can make a real difference in helping your child establish positive revision habits. You do not need to be an expert in their subjects to help. You could:

- **Show an interest:** Ask your child what they are revising and what they have learned that day.
- **Help them practise:** If they are happy to do so, test them using their flashcards or ask them questions about a topic.
- **Provide a suitable space:** Where possible, help them find a quiet place to work without interruptions.
- **Encourage independence:** Support them in following their revision timetable but allow them to do the thinking and learning themselves. The aim is to help them become self-regulating learners, rather than to do the work for them.
- **Recognise effort:** Praise consistent effort, organisation and improvements in understanding, not just examination results.
- **Help maintain balance:** Encourage regular breaks, sleep, exercise and time away from revision.

Above all, try to keep conversations about revision calm and supportive. If a plan is not working, help your child think about how to adjust it rather than adding to their worries.

Students will receive their **mock examination timetables after half-term**, allowing them to refine their revision plans and prioritise subjects and topics appropriately.

Thank you for your continued support in helping your child prepare for this important stage of Year 11. By working together, we can help students approach their mocks with greater confidence, develop effective learning habits and prepare positively for their summer examinations.

Yours sincerely,

Dr Bettington (Head of Year 11)

Revision Timetable

You do not need to revise in all of the time slots in the timetable below.
Start by filling out commitments you have, add clubs, family events etc.
Don't forget to add mealtimes and sleeping!
Then fill remaining gaps with your subjects.

My subjects:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9-10am							
10-11am							
11-12am							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							