



Forfar Academy **Supporting your child with home learning and revision**

As part of Forfar Academy's vision and values we believe that home learning plays a crucial role in supporting our young people to reach their full potential. We believe that home learning encourages responsibility, independence and promotes the development of skills that will foster determination and commitment to achieve.

Home learning includes any task, revision or activity that takes place outwith the normal timetabled and taught class. Home learning aims to reinforce concepts developed in school, check for understanding and establish next steps, and to introduce essential concepts required for subsequent lessons.

Forfar Academy is committed to working in partnership with you, as parents and guardians, to help our young people develop study skills and home learning strategies that will support their learning journey.

Supporting home learning

Learners can take responsibility for their own learning by:

- Using a diary, planner or phone to note home learning tasks
- Having effective time management skills
- Completing tasks to the best of their ability
- Seeking help and advice before deadlines are due
- Handing work in on time
- Acting on the feedback received from the teacher

You can support your child's learning at home by

- Encouraging conversation about their learning and the tasks that are due for completion
- Set aside time after activities to discuss how your child managed each task
- Praise efforts
- Check the presentation and quality of work produced
- Engage with the tracking and monitoring reports, these detail your child's current working grade and the target grade for the next monitoring period. Your child will have had a learning conversation with their teacher to discuss necessary improvements and what they need to do to get there.

Supporting revision for assessments including prelims and SQA exams

Good study skills are important for success in school. Knowing how to study effectively will ensure confidence, positivity and will foster a growth mind set.

Below are suggestions for pupils and parents to help make studying and revision a more positive experience:

Tips for pupils

- Revision guides such as Bright Red and Leckie and Leckie are good at condensing course material for revision. These are available online or in local bookshops.
- Try studying in groups. Research shows that studying in groups co-operatively can lead to better performance in assessments
- Just reading over notes is not enough, try past paper questions. The SQA assumes knowledge and asks you to apply this to unfamiliar context
- Make use of departmental supported study sessions

Tips for parents

- A regular space within the home for revision establishes a routine. Choose an area that is free from distractions like the TV.
- Help your child set up a revision timetable and support access to things like past papers
- Be flexible around exam time, chores etc may take a back seat
- Encourage breaks and allow time for exercise and activities. Exercise will help clear the mind and relieve exam stress
- Ensure that your child gets enough sleep, avoid last minute cramming and late nights before the exam
- Energy drinks must be avoided as they are proven to reduce concentration and will disrupt sleeping patterns
- Watch for signs of stress and talk to your child's PCS teacher or the relevant subject PT if you are concerned

Below are suggested websites that may support you and your child during exam time:

<https://education.gov.scot/parentzone/learning-at-home>

http://www.bbc.co.uk/schools/parents/helping_with_exams/

<https://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress/>

<https://www.bbc.com/education/levels/z6gw2hv>

<http://www.sqa.org.uk/pastpapers/findpastpaper.htm>

<https://education.gov.scot/parentzone/learning-in-scotland/assessment-and-achievement>