

To All Learners

**EDUCATION AND CHILDREN'S
SERVICES DIRECTORATE**

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Your Ref:
Our Ref: ML/EF

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Dear Learners

As Head of Education for Secondary schools, I wanted to write to you to wish you success in your up-and-coming SQA exams, qualifications or awards.

Many of your schools will offer you an Easter school programme of study, please take advantage of this.

It is important that you attend school after the Easter holidays to finalise work, or to have time to go over aspects you need more help with from your teachers or lecturers.

These three days before study leave begins are filled with useful information and is an important time to make sure you have the chance to ask any questions about topics, exam technique etc before study leave. During this time your school will give you important information, for example about the SQA rules, regulations and processes for study leave, exam day itself and last minute tips. Try to make sure you attend.

The study leave dates for you if you are sitting more than 3 National 5 courses are Thursday 24 April to Friday 30 May.

It is important you try your best in your exams and awards, and set yourself enough time to study. It is also essential whilst you study to still find time to do some things you enjoy especially sports, attending clubs and meeting up with friends.

Remember - to help you to revise, there are a wide range of supports including eSgoil <https://www.e-sgoil.com> Scholar (log in available from your school) and your school's team pages.

Those of you studying Foundation Apprenticeships should continue to attend these courses during study leave, whether that be in person or online. This is because of the extra time required to complete these courses.

There are other things available to help you like:

- Your Exams digital booklet which can be downloaded at www.sqa.org.uk/yourexams
- MyExams app. You can create a personal timetable, view your exam schedule, add notes, and add to other calendars.

[Download MyExams from the App Store.](#)

[Download MyExams for Android.](#)

You can also create your own timetable using our online version. ***Build your own online timetable***

There is further help in MyStudyPlan app. This will help you to organise your revision by creating your own study plan.

- [Download MyStudyPlan from the App Store.](#)
- [Download MyStudyPlan for Android.](#)

Your stress and anxiety levels may increase during this time and that is normal. However, it is important that you look after your mental wellbeing to manage these. Throughout study time you still have access to Fife's school counselling service, which you can self-refer to directly if you wish to do so. There are other supports available from services such as the School Nurses, and other anxiety advice in this Children and Young People's Mental Health Support digital Wakelet <https://wakelet.com/wake/uanrJazimikLPbZVlpGeX>.

Also, during exam leave and beyond, help and advice is always available from Skills Development Scotland. Speak to your school's Careers Adviser or log on to www.myworldofwork.co.uk

Please remember to try your very best but know that there are other pathways for you either in school or beyond, should you not receive the qualifications or grades you wanted.

Good luck!

Yours sincerely



Maria Lloyd

Head of Service, Head of Education (Secondary Schools and Specialist Support)