



### TEN TIPS TO HELP PARENTS AND CHILDREN TO GET THROUGH THE EXAMS

Grade 4 to 7 learners are about to write their end of year examination. For some children this is a time of increased stress and uncertainty. Below are ten tips to assist parents and children to get through their end of year exams.

*1. Know your child's entire exam schedule.*

Pin a copy of the examination timetable on the kitchen notice board or fridge. You should also note the date and time of each paper. Make sure you are at all times aware when your son or daughter has to be at school for their examination.

*2. Ensure your child is present for each paper.*

Yes, it sounds ridiculous, but with both parents working in many homes, it can happen that someone forgets to wake their child. Make sure they are up and dressed each morning before you leave the house.



*3. Make a checklist of daily requirements, based on each day's papers.*

Make a final check each morning before you leave home that your child is fully prepared for the day's exams. Writing instruments, along with the other requirements such as rulers, erasers, calculators etc should be checked, along with reading glasses etc.

*4. Listen to the story of their day – and move on.*

After each day's examinations, allow your child to recount to you their daily story. Do not be tempted to review in detail the errors or omissions they may have made in answering the paper in question. Such a process achieves absolutely nothing, other than to increase stress levels. Simply allow them the time and space to tell their story and move on.

*5. Help them to focus on the next examination paper.*

It can be helpful to review the next paper. Simple questions, such as "What is up next?", "Are there any compulsory sections?", "Are there any predictable questions?" and so on, can be useful in helping learners devise their study schedule for the time available before the next exam.

*6. Help them to maintain a balanced daily routine.*

You should ensure your child maintains a proper balance between study and rest. After an exam, they need time to rest and recharge before they can do any beneficial study for the next paper. Remember that this is on average a two-week process and they need to be as sharp on the morning of their final paper as they are tomorrow. Late-night study sessions should be avoided.

*7. A good night's sleep always improves examination performance.*

All study should end at least an hour before bed to allow your child to unwind. Falling straight into bed from the study desk means that your child's mind will be buzzing for hours as they attempt to fall asleep.



8. *You are what you eat.*

What you eat and drink affects your performance in any field of activity, especially one involving mental sharpness. As a parent, you should try to ensure that your child eats and drinks nutritious food during the coming weeks. Grazing on junk food is very tempting at times of increased stress. Avoid this.

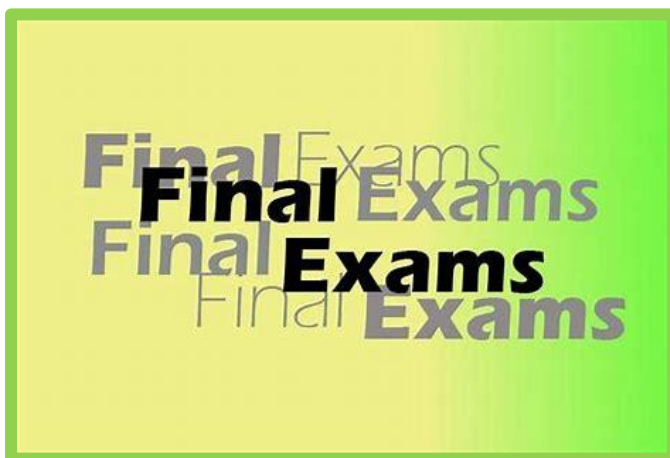
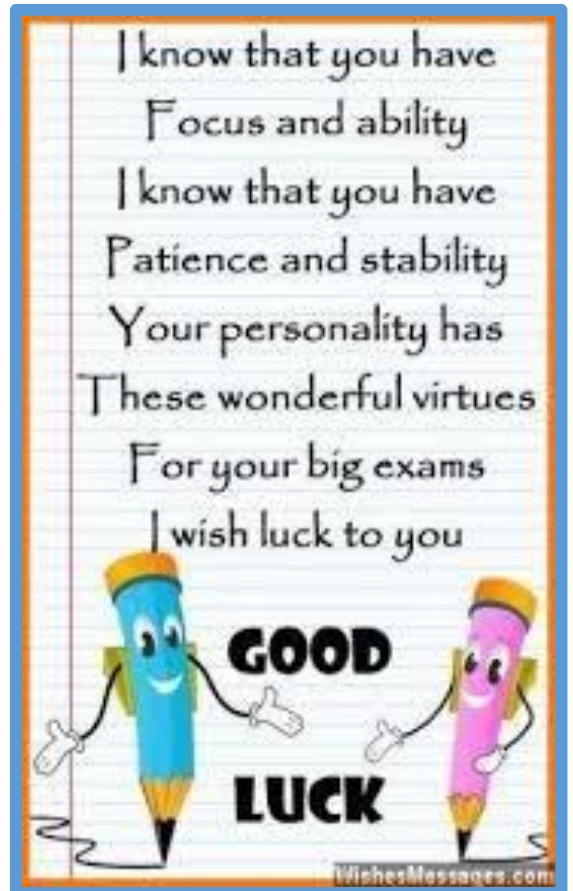


9 *Don't overhype the importance of any examination.*

Make it clear to your child that your love and regard for them is in no way dependent on how they perform in their final exam. This affirmation is the best gift you can give them on the eve of their exams.

10. *Make sure your child continues to mix with friends and family.*

Don't isolate them in the study room upstairs. Contact with their peers is very important to maintaining their spirits during the coming weeks. You can also support them and lift their spirits when they are taking a break from their studies.



**GRADE 4 TO 7 NOVEMBER EXAMINATION TIMETABLE REMINDER**

Mon, 9 Nov: Grade 7 Mathematics 1	Mon, 23 Nov: Grade 5 and 7 Natural Science
Wed, 11 Nov: Grade 7 Technology	Tue, 24 Nov: Grade 4 and 6 Afr and isiZulu
Fri, 13 Nov: Grade 7 EMS	Wed, 25 Nov: Grade 5 and 7 Afr and isiZulu
Mon, 16 Nov: Grade 4 and 6 History	Thu, 26 Nov: Grade 4 and 6 Mathematics
Tue, 17 Nov: Grade 5 and 7 History	Fri, 27 Nov: Grade 5 and 7 Mathematics
Wed, 18 Nov: Grade 4 and 6 English	Mon, 30 Nov: Grade 4 and 6 Geography
Thu, 19 Nov: Grade 5 and 7 English	Tue, 1 Dec: Grade 5 and 7 Geography
Fri, 20 Nov: Grade 4 and 6 Natural Science	



## OUTREACH

### *Unwanted Textbooks*

The Rotary Club of Johannesburg is involved in many projects and community initiatives in and around Johannesburg. This year they run a project where they collect used, unwanted and no longer needed textbooks learners who cannot afford it. Their Educational Facilities Program (EDFAC) has been running since 1936. You can visit our website to obtain more details regarding this project <https://rcjohannesburg.org.za/projects>. You can support them by donating your child's unwanted textbooks. A collection box will be left outside of the Primary School office. Thank you for your support.

### *Curro's Christmas Cause*

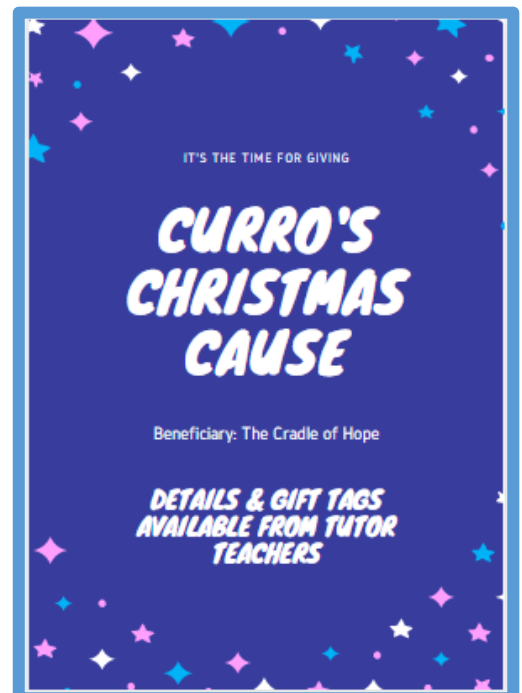
As a school, this year we are putting together Christmas gift boxes in aid of The Cradle of Hope. The Cradle of Hope is an organisation that helps abused and neglected women and children. They are a Non-Profit Organisation situated in Krugersdorp. If you would like to know more or contribute in another capacity you can visit their website or contact the organizer Melodie van Brakel at: [melodie@thecradleofhope.org](mailto:melodie@thecradleofhope.org). We encourage each class to fill a box in order to make a gift to someone during this festive season.

Please follow the packing instruction on the back of the gift tags if you are donating a complete gift. **Due: 31 November 2020**

## UPCOMING EVENTS

Monday, 9 November	Grade 2 Science Show
Tuesday, 10 November	Grade 2 Science Show
Monday, 16 November	Grade 3 Science Show
Tuesday, 17 November	Grade 3 Science Show
Monday, 30 November	Grade 1 to 3 Silly Socks Sizzling Summer Obstacle Race
Thursday, 3 November	Grade 7 Farewell Event
Monday, 7 December	Class Parties
Tuesday, 8 December	Grade 4 to 7 Academic Prizegiving Ceremony
Wednesday, 9 December	School close for learners at 11am
Friday, 11 December	School closure for teachers
Friday, 18 December	School closure for Aftercare

**Yours in education**  
**Mr. Christiaan Maree**  
**Head of Primary School**



#### **Packing instructions:**

- 1) Pack age-appropriate gifts.
- 2) Keep gifts under R350.
- 3) Prioritise needs like stationery, deodorant.
- 4) Keep gift box open – Gifts must be checked by Cradle of Hope.
- 5) No Chocolates please - They will melt.

