

YEAR 11 GCSE INFORMATION EVENING 2026-27

Working together to support every student

THE YEAR AHEAD

A busy and important year, with lots to look forward to!



EXAMINATIONS – WHAT HAPPENS?

BEFORE THE EXAMS

Preparation for success!

- ✓ Attend lessons regularly
- ✓ Complete homework
- ✓ Follow a revision timetable
- ✓ Make use of intervention sessions
- ✓ Build good routines

DURING THE EXAMS

Follow the rules and be prepared.

- ✓ Arrive on time
- ✓ Bring the correct equipment
- ✓ Wear correct school uniform
- ✓ Follow JCQ regulations
- ✓ Make use of access arrangements (where applicable)

AFTER EACH EXAM

Move on, quickly!

- ✓ Don't dwell on the exam
- ✓ Focus on the next one
- ✓ Keep a positive mindset
- ✓ Continue revising

WHAT WE ARE DOING IN SCHOOL

A range of support to help every student achieve their best.



IMPORTANT REMINDER

The final GCSE exam date is Wednesday 23rd June 2027.

Please do not book any holidays until after this date, as contingency dates may be used if required.

EXAMS CONTACT

Any queries about examinations please contact Mrs Miles:
exams@disshigh.co.uk

REVISION: WHAT WORKS?

Simple strategies that make a real difference.

1

TEST YOURSELF

- ✓ Use flashcards
- ✓ Try past papers
- ✓ Self-quizzing and practice questions
- ✓ Explain topics out loud

2

REVISE LITTLE AND OFTEN

- ✓ Create a revision timetable
- ✓ Short 20–25 minute sessions
- ✓ Revisit topics regularly
- ✓ Switch between subjects
- ✓ Avoid last-minute cramming

3

MAKE IT VISUAL

- ✓ Mind maps
- ✓ Diagrams and timelines
- ✓ Colour coding
- ✓ Summary posters



Little and often works best!

HOW PARENTS CAN HELP

Your support makes a big difference.



Keep the messages as positive as possible
Encourage effort, not perfection.



Talk and listen
Ask what they are learning and let them teach you a topic.



Create the right environment
A quiet space, a consistent routine and fewer distractions can really help.



Support healthy habits
Encourage good sleep, healthy eating, exercise and time with friends.



Cut them some slack
Help them balance responsibilities and reduce unnecessary pressure.



Ask for help early
If you have any concerns, please contact the Form Tutor, Subject Teacher, KS4 Team, Exams Team or SENCO.

WELLBEING AND EXAM STRESS

Feeling worried around exam time is completely normal.



Exercise
(walking is great!)



Get good quality sleep



Eat as healthily as you can



See friends and keep hobbies



Put the phone down



Take regular breaks



Create a positive mantra



Use a revision timetable

Look after your mind, as well as your revision.

USEFUL LINKS FOR MENTAL HEALTH SUPPORT

Scan the QR codes or visit the links below.

YoungMinds
Coping with exam stress



www.youngminds.org.uk/young-person/coping-with-life/exam-stress/

NHS
Help your child beat exam stress



www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/

YouTube
Exam stress tips



www.youtube.com/watch?v=RZB6OB7hw4

IMPORTANT INFORMATION

Exam timetables and certificates
Check timetables carefully – your name will appear as it will appear on your GCSE certificate. Any errors **MUST** be highlighted to the exams officer.

Uniform and study leave
All Year 11s **MUST** be in correct uniform for all their exams (JCQ regulations). Study leave has not yet been confirmed.

Access arrangements and reasonable adjustments
Support is in place for students with approved access arrangements.

ALL THINGS MUST PASS

Exams and results do not define who they are. They are just one chapter in a much bigger story. With preparation, perseverance and support, there are many opportunities ahead. They simply need to give it their very best effort. We are incredibly proud of them.

FURTHER SUPPORT

Year 11 general enquiries: kimjarocki@disshigh.co.uk
Exams enquiries: exams@disshigh.co.uk