

Sixth Form

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Year 13

Information Evening

This event will start shortly. We are waiting to allow time for parents/carers to join the meeting.

Please ensure your camera and microphone are switched off for the duration of this event.



Year 13

Information Evening

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Introductions



Mrs Cross
Director of Sixth Form
Assistant Headteacher



Dr Pritchard-Roberts
Deputy Headteacher

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Overview of Evening

- **Year 13 Summer Examination Arrangements**
- **Support for Students and Parents/Carers**
- **Future pathways**

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Year 13

Summer

Examination

Arrangements

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A-Level and Level 3 Vocational Qualifications for Summer 2026

- Good Luck Assembly - Friday 8th May 12:30pm in the Main Hall
- Monday 11th May - study leave begins
- **Exams begin - Thursday 7th May - Friday 18th June**
- **National Contingency Day - 24th June**

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External Examinations

- Students have been issued with an examination timetable
- This details the number and duration of each exam that will be undertaken in each subject area, and on what date and time.
- **This timetable is fixed as all students nationally must complete the examinations at the same time.**

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Exam Timetable 2026

MAY 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 13:00 BTEC Developing a Marketing Campaign Part A	8 09:00 BTEC Developing a Marketing Campaign Part B	9
10	11 09:00 Cam National Markets & Business Behaviour 09:00 Paper 1 GCE Economics 09:00 GCE Eng Lang Language Variation 13:00 Camb.Technical Sport Body Systems	12 09:00 GCE Geography Paper 1	13 09:00 GCE English Literature Paper 1 13:00 GCE Business Paper 1	14 13:00 GCE Media Studies Component 1 13:00 Level 3 Criminology Unit 2 13:00 Cambridge Technical Sport Sports Oragnise & Develop	15 09:00 GCE Psychology Paper 1 13:00 BTEC IT Information Technology Systems 13:00 Cambridge Technical HSC Health Safety & Security	16
17	18 09:00 GCE Sociology Paper 1 13:00 Paper 2 GCE Economics Cambridge al HSC y & ogy	19 09:00 GCE Business Paper 2 13:00 GCE History Civil Rights	20 09:00 GCE Psychology Paper 2 13:00 GCE Physics Paper 1	21 09:00 GCE Politics Paper 1 13:00 GCE Geography Paper 2 13:00 Cambridge Technical HSC Personal & Person Centered Approach	22 09:00 GCE D&T Product Design Paper 1 09:00 GCE English Lanuguage Child Language	23
	25 HALF TERM	26 HALF TERM	27 HALF TERM	28 HALF TERM	29 HALF TERM	30

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Exam Timetable 2026

JUNE 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 09:00 GCE Physics Paper 2 09:00 GCE English Literature Paper 2 09:00 Cambridge Advanced National Data Analytics	2 09:00 GCE Chemistry Paper 1 13:00 GCE History Early Tudor	3 09:00 GCE Sociology Paper 2 13:00 GCE English Language Investigating Language 13:00 GCE Maths Pure Mathematics 1 13:00 Cambridge Technical HSC Safeguarding	4 09:00 Paper 3 GCE Economics 13:00 GCE Biology Paper 1 13:00 GCE Media Studies Component 2 13:00 Level 3 Criminology Unit 4	5 09:00 GCE Psychology Paper 3	6
7	8 09:00 GCE Politics Paper 2 09:00 GCE Physics Paper 3	9 09:00 GCE Chemistry Paper 2 09:00 GCE Business Paper 3	10 09:00 GCE D&T Product Design Paper 2 13:00 GCE Computer Science Python	11 09:00 GCE History Russia 1894-1941 13:00 GCE Maths Pure Mathematics 2	12 09:00 GCE Biology Paper 2 13:00 GCE Sociology Paper 3	13
14	15 09:00 GCE Chemistry Paper 3	16 09:00 GCE Biology Paper 3 13:00 GCE Politics Paper 3	17 09:00 GCE Computer Science Paper 2	18 13:00 GCE Maths Statistics & Mechanics	19	20
	21	22	23	24 National Contingency Day	25	26
	27	28	29	30	1	2
	3	4	5	6	7	8

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External Examinations

- Throughout the exam period teachers will be available, as per their timetabled lessons, until their exam in that subject is over.
- Students will be able to receive individualised support and revision sessions during these lessons
- We understand, that before exams, students may wish to study at home

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Examination Times

- Students should attend their exams promptly.

Morning exams

- Arrive at school no later than 8:45am in E6 to settle and leave bags.
- Official start time for exam is 9:00am.

Afternoon Exams

- Report to E6 no later than 12:45pm to settle and leave bags.
- Official start time for exam is 1:00pm.

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Student Expectations

- Students **MUST** write their legal name on the exam paper.
- Students should ensure they have all material and resources required in a **CLEAR PENCIL CASE**:
 - **BLACK** pen
 - Pencil
 - Ruler
 - Protractor
 - Calculator (when applicable)

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Student Expectations

- Mobile phones must be switched off and placed in their bag.
- Students are not permitted to wear any type of watch or ear pod in the examination. These should also be left in their bag.
- Students must ensure they sit at their designated seat.
- Students must not write on the exam paper until instructed to do so by the invigilator.
- Students must not doodle on the exam paper.
- Students must ensure they do not have any additional notes, either in paper form or written on their body when entering the exam.

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Student Expectations

- We encourage all students to check the paper on the desk is the exam that they are expecting, and they have the correct coloured paper (if applicable) etc... Any concerns are to be reported to the invigilator ASAP.
- Students are only permitted to use the toilet during an examination in an emergency – we encourage all students to visit the toilet before entering the exam venue.
- Students must only write within the designated space on the exam paper. If they require additional space, they must ask the invigilator for additional paper.

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Access Arrangements

- Access Arrangements are for those students whose normal ways of working include such arrangements, for example a Reader, Scribe, Extra-Time etc.
- Students who are eligible for Access Arrangements will have these administered for the examinations. Students will have been made aware of these arrangements ahead of the exams.

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Student Absence

- It is the responsibility of all students with the support of their parents/carers to ensure they attend all examinations.
- If a student misses an examination without a justifiable reason, they will not be issued any marks for this exam, having a detrimental effect on their overall grade.

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Student Absence

- If a student is unable to attend the examination due to illness, parents/carers are to contact the school as soon as practicably possible. We will discuss this with you to determine if alternative arrangements can be made or if we can apply for Special Consideration. exams@helsbyhigh.org
- If an unforeseen situation occurs on the way to an exam, and a student fears they may be late, please contact the school asap so that we can provide assistance **01928 723551**

JCQ Guidance for Special Consideration Process

[https://www.jcq.org.uk/wp-content/uploads/2022/09/Guide to spec con process 2223 FINAL.pdf](https://www.jcq.org.uk/wp-content/uploads/2022/09/Guide%20to%20spec%20con%20process%202223%20FINAL.pdf)

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Support for Students & their Parents/Carers

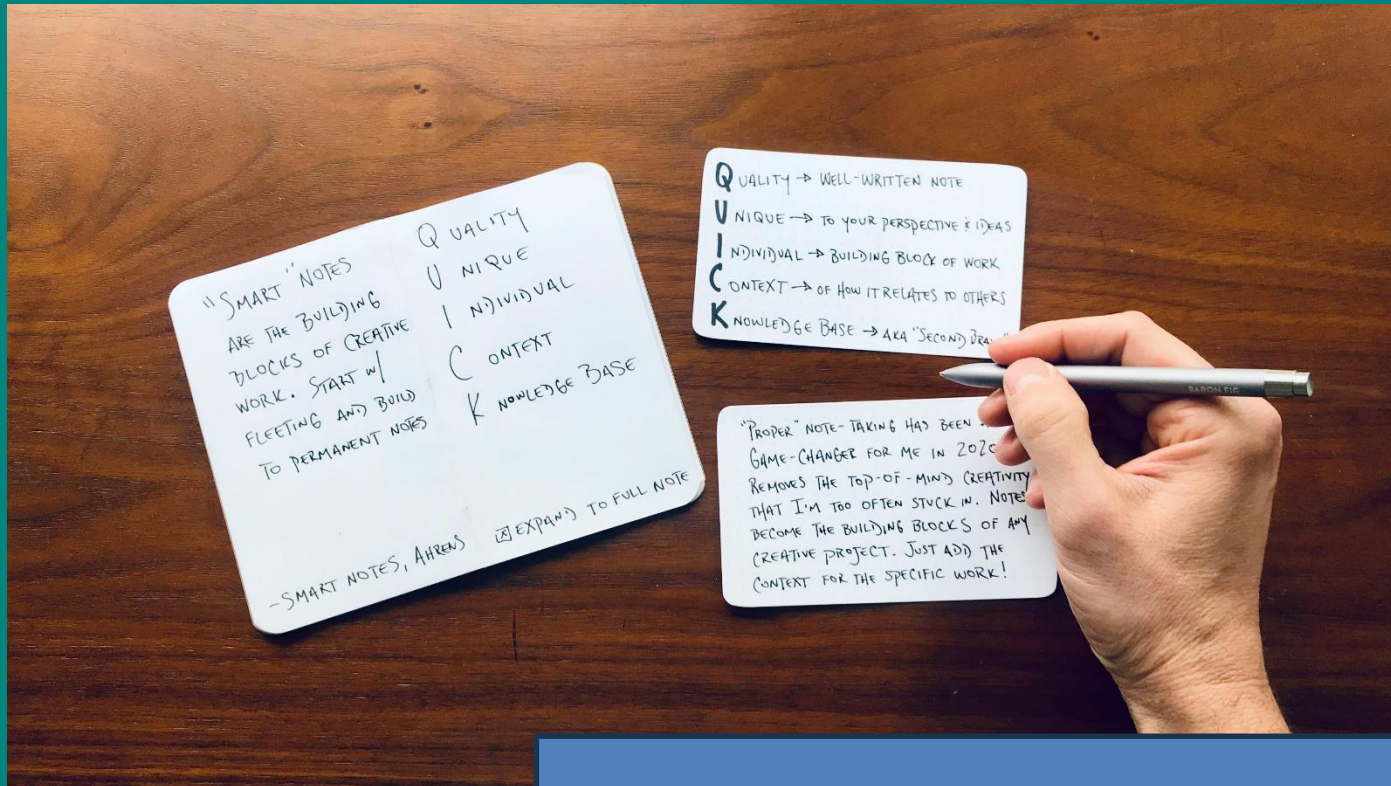
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How to Revise



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Students took part in a revision workshop in the main hall – they received flash cards, a white board and a clear pencil case

How to Revise

Students could...

1. Use flashcards with **active recall** to regularly test their memory.
2. Complete past papers to practise exam technique and timing.
3. Create mind maps to connect key ideas and topics together.
4. Teach the content to someone else to strengthen their understanding.
5. Use online platforms like Seneca for interactive revision and quizzes.
6. Make a revision timetable to stay organised and cover all subjects evenly.

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Revision Resources

- Teachers will direct students to the bespoke revision resources created for their subjects.

Maths

Revision resources:

- Active Learn
- Kerboodle
- Maths Genie
- Corbett Maths
- Dr Frost

Chemistry

Resources provided:
Equation and Data Booklet

English Language

Revision resources:
Materials on Class
Charts and Teams

D&T – Product Design

Revision Resources: The following text books are useful to support revision for the exam papers: <https://www.amazon.co.uk/AQA-AS-Level-Design-Technology/dp/1510414088>

Computer Science

Revision resources:

- Textbook - AQAAS and A Level Computer Science (PG Online) Revision booklet (Paper 1 and Paper 2 separate)
- Class notes/PowerPoints
- YouTube - Craig'n'Dave
- Mr Griffin will provide a link to a website that provides them with programming puzzles that they need to solve to prepare them for the practical programming element.

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Revision Resources

- Find the revision website format or app that works for you.
 - **Best FREE revision websites**
 - **1. Physics & Maths Tutor (PMT)**
 - **Best for:** past papers + exam questions
 - Huge bank of **topic questions, past papers, and mark schemes** across subjects (not just maths/physics) ([Educationise](#))
 - Really good for **practice before exams**
 -
 - **2. Seneca Learning**
 - **Best for:** interactive revision
 - Uses quizzes as you learn (active recall) ([Educationise](#))
 - Covers most A-level subjects
 - Good if you get bored just reading notes

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Revision Resources

- Find the revision website format or app that works for you.
 - **3. BBC Bitesize**
 - **Best for:** quick understanding of topics
 - Clear explanations + short quizzes ([Academic Coaching](#))
 - Not super detailed, but great for **starting revision**
 - **4. Save My Exams (free version)**
 - **Best for:** structured notes + exam questions
 - Topic questions mapped to exam boards ([Educationise](#))
 - Some limits unless you pay

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Revision Resources

- Find the revision website format or app that works for you.
 - **5. AQA / Edexcel / OCR official sites**
 - **Best for:** real exam papers
 - Past papers + mark schemes + examiner reports ([Educationise](#))
 - Essential for **top grades**
 -
 - **6. SimpleStudy**
 - **Best for:** all-in-one revision
 - Notes, quizzes, exam questions, and progress tracking ([SimpleStudy](#))
 - Good if you want everything in one place

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Revision Resources

- Find the revision website format or app that works for you.

Best PAID (or premium) revision websites

- **1. Save My Exams (premium)**
- **Best overall paid site**
- High-quality notes, model answers, and topic questions
- Very exam-board specific
-
- **2. UpLearn**
- **Best for science subjects (Bio/Chem/Physics)**
- Video-based with progress tracking
- Claims grade improvements (very structured)

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Revision Resources

- Find the revision website format or app that works for you.

Best PAID (or premium) revision websites

- **3. SnapRevise**
- **Best for video learning + summaries**
- Especially good for essay subjects (History, English)

- **4. Study Mind**
- **Best for simplified explanations**
- Good for Biology/Chemistry revision
-

- **5. Tutor2u (some paid content)**
- **Best for Business, Economics, Psychology**
- Strong exam technique and real-world examples

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Revision Resources

- **Quick advice from other students:**
- If you're aiming **C–B** → use **Seneca + BBC Bitesize etc...**
- If you're aiming **A–A*** → you *must* do:
 - Past papers (PMT + exam boards)
 - Model answers (Save My Exams)

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Things that can help in the lead up to exams

- If your child is finding revision difficult, get them to try a new revision style to see if a different way of working helps.
 - E.g. Mind map, with a reduced mind map that then becomes reduced flash cards
 - E.g. Use sites such as 'Save my Exams' for exam style questions and answers
 - E.g. Mantle of the Expert – get them to talk you through a difficult piece of learning, really try to understand it and ask them questions about it to help you understand, this helps them to consider how to phrase and hone the way they communicate their understanding.

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Things that can help in the lead up to exams

- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are proud of them no matter what happens.
- Remain positive and seek help from their Progress Mentor if needed

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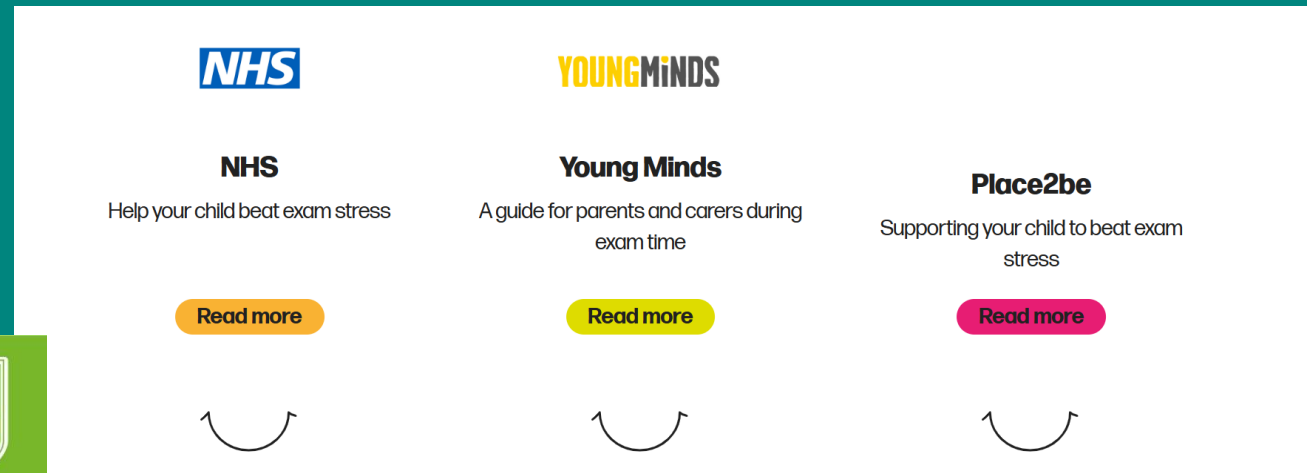
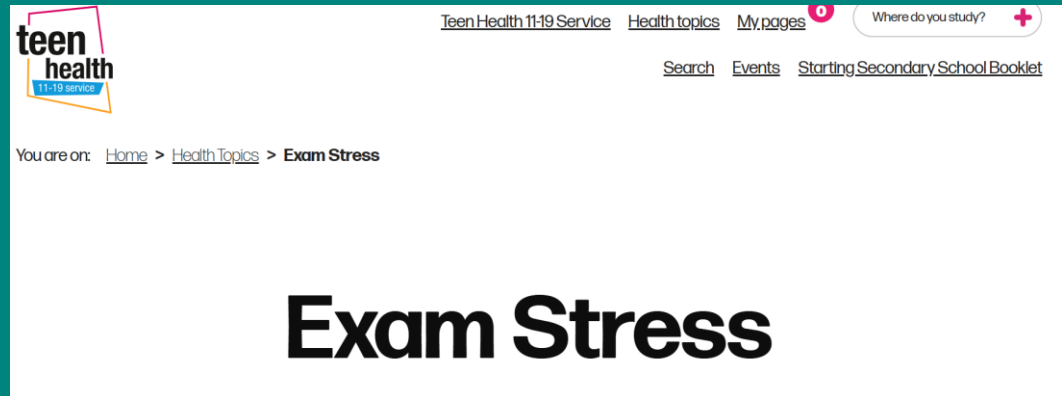
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Parental Support

- Useful links
- <https://www.teenhealth.org.uk/health-topics/exam-stress-parents/>



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Parental Support

- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>

YOUNGMINDS

Mental health support ▾

Support us ▾

For professionals ▾

About us ▾

Real stories

Donate



Exam time

If you're worried about how your child is coping with exams at school, here's our advice and information on where you can get help.

➔ Young people

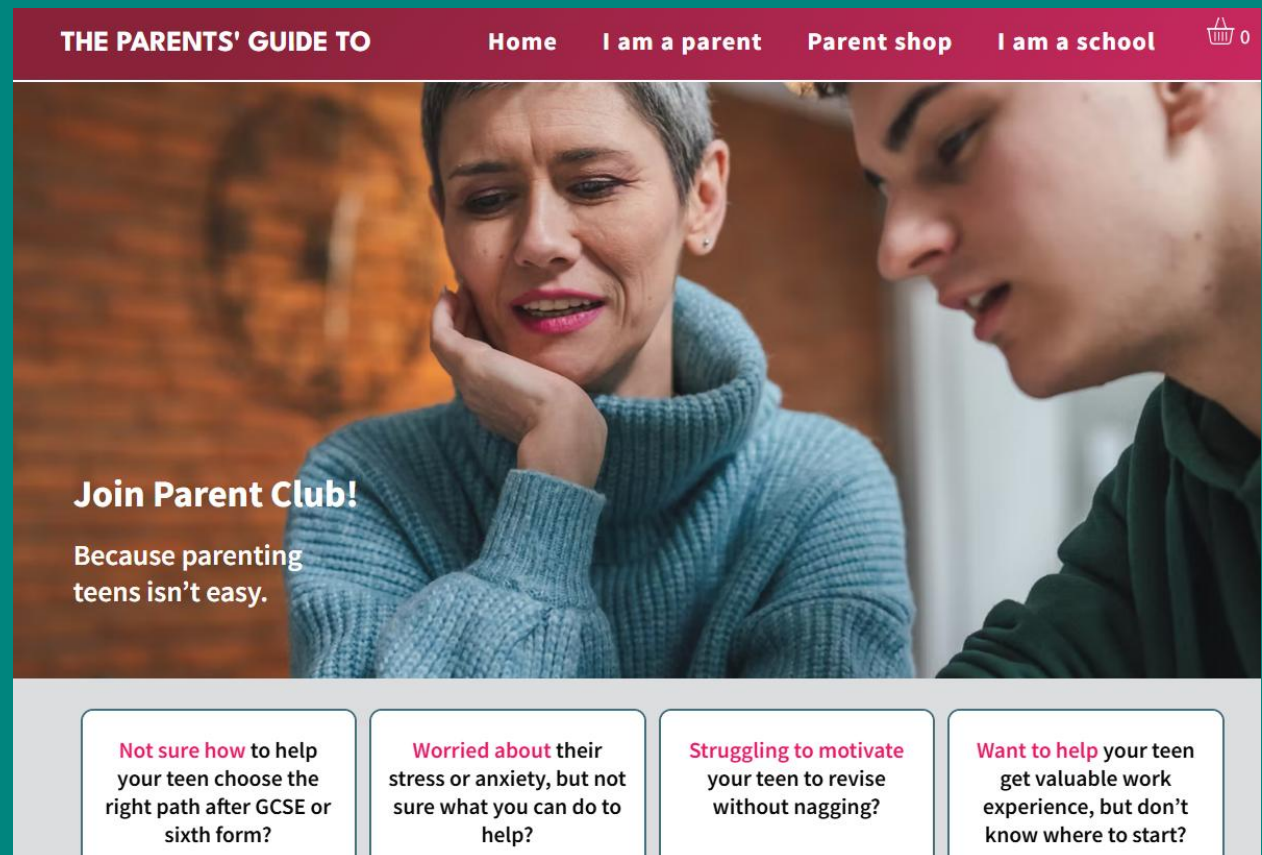
➔ Parents

➔ Support us




Parental Support

- <https://www.theparentsguideto.co.uk/post/how-to-help-your-teen-revise-for-their-exams>



THE PARENTS' GUIDE TO

Home I am a parent Parent shop I am a school  0

Join Parent Club!

Because parenting teens isn't easy.

Not sure how to help your teen choose the right path after GCSE or sixth form?

Worried about their stress or anxiety, but not sure what you can do to help?

Struggling to motivate your teen to revise without nagging?

Want to help your teen get valuable work experience, but don't know where to start?

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Parental Support

- <https://www.bacp.co.uk/news/news-from-bacp/2024/30-may-how-to-help-your-child-deal-with-exam-stress/>

The screenshot shows the BACP website interface. At the top left is the BACP logo with the tagline 'counselling changes lives'. To the right is a search bar with the text 'Enter topic' and a magnifying glass icon. Below the logo is a navigation menu with four items: 'Membership', 'Careers and jobs', 'Events and resources', and 'About us', each with a downward arrow. The main content area features a white box with the following text:

How to help your child deal with exam stress
News from BACP
24 December 2025
Therapists share advice to help parents support children during exam season

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Things that can help in the lead up to exams

- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- **Let them know their feelings are valid and normal but also offer support and solutions where possible.**
- Anxiety is often worst at night, and this means it is useful to encourage a good bedtime routine.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day-to-day life, seek help from your GP.

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Things that can help in the lead up to exams

- Use praise, often. Every task completed, every conversation about their learning, every moment spent talking about exam timing or how they should use the language of the question in their answer, is helpful and they should be praised for this.
- Sixth Form is a very intense two years, any recognition of this helps students 'go easy' on themselves, when things get hard.

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Progress and Pastoral Care

- Form Tutor 1:1 meetings
- Class Teachers providing support in lessons
- Mrs Houghton/E6 support
- Sixth Form Leadership Team Support
- Exams Team
- Invigilators

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Progress and Pastoral Care

Support from Progress Mentors,
Pastoral Staff and Sixth form
Leadership Team support

Mrs Robinson
jrobinson@helsbyhigh.org

Mrs Cook - Admin
acook@helsbyhigh.org

Mrs Cross
vcross@helsbyhigh.org

Miss Houghton – E6
khoughton@helsbyhigh.org

Deputy Headteacher
Dr Pritchard-Roberts
apritchardroberts@helsbyhigh.org

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Positive Mindset

- Resilience
- Perseverance
- Stamina
- Confidence
- Preparation
- Most important of all, help your child to keep everything in perspective.

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The Future

Education, training and employment

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Information, Advice and Guidance

- Individual Careers Guidance Meetings
- University visits, talks, and meetings
- UCAS Conventions
- Apprenticeship visits, talks, and meetings
- 1:1 UCAS appointments

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Information, Advice & Guidance

- 1:1 Apprenticeship/World of Work/Gap Year meetings
- 1:1 Progress Mentor Meetings
- **Support to contact placements on results day**
- **Support navigating 'Clearing', if needed, on results day**

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Next Steps – Useful Sites

1. The UCAS website helps students research courses and apply to universities across the UK.
2. National Careers Service offers guidance on apprenticeships, careers, and future planning.
3. Not Going to Uni is useful for finding apprenticeships and alternatives to university.

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Next Steps – Useful Sites

4. The [Find an Apprenticeship](#) website lists thousands of apprenticeship vacancies across the UK.

5. [Prospects](#) provides advice on careers, postgraduate study, and gap year options.

6. [Year Out Group](#) helps students explore structured and meaningful gap year opportunities.

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Support on Results Day

- National Careers Service – <https://nationalcareers.service.gov.uk/exam-results/parent-guide>
→ Offers clear advice on how parents can support their child emotionally and explore next steps after results.
- UCAS – <https://www.ucas.com/results-day>
→ Explains university offers, Clearing, and what happens after results day.
- AQA – <https://www.aqa.org.uk/student-and-parent-support>
→ Provides official guidance on results day, grades, and what to do if results aren't as expected.

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Support on Results Day

- Unifrog – <https://www.unifrog.org/know-how/for-parents-and-caregivers-how-to-support-your-child-on-level-3-results-day>
→ Helps parents understand options and support students through decisions after results.
- Save My Exams – <https://www.savemyexams.com/learning-hub/results-day/a-level-results-day-parents-guide/>
→ A detailed parent guide covering what to expect, Clearing, and next steps.
- Inspira – <https://www.inspira.org.uk/career-resources/gcse-result-day-toolkit/top-tips-to-help-parents-prepare-for-results-days>
→ Offers practical tips on staying calm, supporting your child, and planning next steps.

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Final Thoughts

- Lead by example
- Create a calm environment
- Try to speak their language, and listen
- Pick the right time to chat
- Exam stress is normal
- Keep them well-fed and well-rested
- Help them to be organised
- Get more support if needed

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Dates for the diary


- Year 13 Summer examinations
Thursday 7th May – Friday 18th June
- Year 13 Rewards Assembly and Celebration
12:30pm Friday 8^h May in the Main Hall
- Year 13 Prom – Thursday 2nd July
- A-Level and Level 3 Vocational qualification
Results Day Thursday **13th August 2026**

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**"Before anything else,
preparation is the key to
success."**

- Alexander Graham Bell

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We can help them feel as
prepared as possible

Please get in touch...

If you have any other questions please email
6thformadmin@helsbyhigh.org

Thank you for attending

A copy of this presentation will be available on our website under
Students/Curriculum Support/Year 13

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