



## Achieve Excellence Programme - Parent Newsletter

*"A balanced Christmas holiday — with rest, gentle study and family time — helps children stay organised and start the new term feeling prepared."*

### Did You Know?

The Christmas holiday offers a unique chance for children **to rest, recharge, and also revisit learning in small, manageable ways.**

Balancing fun and gentle study helps children return to school **confident**, organised, and ready to learn.



### Create a Simple Holiday Routine

Keep wake-up and bedtime roughly consistent (with some festive flexibility!).

Create a gentle daily rhythm: *Relax → Study → Enjoy → Family time.*

Light structure prevents stress and helps children make the most of their break.

## Set Achievable Study Goals

Choose two or three small learning goals for the holiday (e.g., finish a book, practise times tables, complete homework).

Break tasks into short steps to keep them manageable.

Celebrate progress with encouragement or small rewards.

Sit down early in the break to review upcoming assignments together.



## Start the New Term Feeling Prepared

**Organise** school bag, uniform, and equipment before term starts.

**Review timetables** together and talk about upcoming events.

Ask: ***"What are you most looking forward to learning next term?"***

## Live Parent Webinar: How to Help Your Child Alleviate Stress

📅 Tuesday 16<sup>th</sup> December | ⌚ 6:00–7:00pm (GMT)

Our live webinar shares research-backed techniques to support parents to identify signs of stress in their child and help combat it with **effective stress-management techniques**. Join us for practical strategies to support your child's learning.

Reserve your free place here:

<https://go.elevateeducation.com/ukschoolwebinar>

## Next Issue: Supporting Study Skills in Year 11

Look out for practical routines, focus boosters, and simple home strategies to build independent study skills.

## 15-Day Christmas Plan

Our pupils in Years 11, 12 and 13 will be working on a 15-day plan in order to be supported to develop the study habits and self-management skills they need over the break in order to complete homework and extra study while enjoying their break. Pupils will:

- **Calculate how much studying** they need to do by breaking their homework and Achieve Excellence Tasks (e.g. completion of revision notes, extra study for personal areas for improvement etc) by breaking them **into 30 minute manageable chunks**.
- Set **clear goals** each day – choose the subjects they would like to focus on
- Start with the **most challenging subject** each day while their energy is highest.
- Take a **10-minute break** every 30 minutes to reset your focus.
- **Avoid distractions** – put their phone away during study blocks.
- **Review what** they learned at the end of each day.
- **Use the timetable below to complete their tasks.**



Days 1–8

TIME	Sat 20	Sun 21	Mon 22	Tue 23	Wed 24	Thu 25	Fri 26	Sat 27
9–10								
10–11								
11–12								
12–1								
1–2								
2–3								
3–4								
4–5								
5–6								
6–7								
7–8								
8–9								

Days 9–15

TIME	Sun 28	Mon 29	Tue 30	Wed 31	Thu 1	Fri 2	Sat 3	Sun 4
9–10								
10–11								
11–12								
12–1								
1–2								
2–3								
3–4								
4–5								
5–6								
6–7								
7–8								
8–9								