



ETONBURY  
ACADEMY



**How can you help  
prepare to perform? (Top Tips!)**

# Be a role model

**Set a good example by modelling the behaviour you want your child to adopt...**

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



# Goal Setting

- **Encourage** them to keep their goals visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



# Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

60  
minutes  
per day



# Healthy Eating

- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or 'treat' meals / or meals out per week
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



# Healthy Eating

## A BALANCING ACT

Keep your sugar levels under control.

### Carbohydrates

### Macro Cheat Sheet

Breads  
Rice  
Couscous  
Cereals  
Bran  
Potatoes  
Pasta  
Oats  
Cream of Wheat  
Corn  
English Muffins  
Pancakes  
Whole Wheat/  
Whole Grains  
Vegetables  
Squash  
Pumpkin  
Berries  
Fruits  
Sugars

### Proteins

Beans  
Sprouted  
Grains  
Quinoa  
Most Yogurts  
Skim Milk  
Peas

Chicken  
Turkey  
Egg Whites  
Fish  
Buffalo  
Bison  
Whey Protein  
Turkey Bacon  
Lean Beef  
Low/Non-fat  
cottage  
cheese  
Low/Non-fat  
greek yogurt

Eggs  
Salmon  
Bacon  
Chia Seeds  
Cottage  
Cheese  
Whole Fat  
Milk  
Duck  
Whole-Fat  
Yogurt

Acocado  
Nut Butters  
Egg Yolks  
Nuts  
Oils  
Olives  
Flaxseed

### Fats

Eating the right food and drink can energise your system, improve alertness and sustain your child through the tests

## MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables  
Nuts  
Pulses  
Fish  
Bananas

## UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables  
Asparagus / Spinach  
Broccoli  
Yoghurt  
Chicken / Salmon  
Whole Grains / Brown rice  
Almonds / Pecans  
Eggs

# Time Out

Take some time out every week, away from study.

- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



## TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN



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# Sleep Patterns

- Primary children need between 9 – 11 hours' sleep per night
- Create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid caffeine or sugary drinks late at night
- Don't work or revise too late before going to bed
- Switch off from technology at least an hour before bedtime



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# Unplugging

- Unplug from technology everyday
- Switch off from technology at least 30 mins- 1 hr before going to sleep
- Appreciate the world around them
- Put your devices away while concentrating on tasks / revision / homework
- Help them learn to have the control to not be obsessed with their technology
- Choose some time each day/week to switch off and unplug from technology with them



# Staying Cool & Calm

- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with any worries
- Give them positive distractions away from schoolwork
- Help them understand any worries & to focus on controlling the controllables
- Promote a balance of schoolwork & other activities during the week



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# Belief

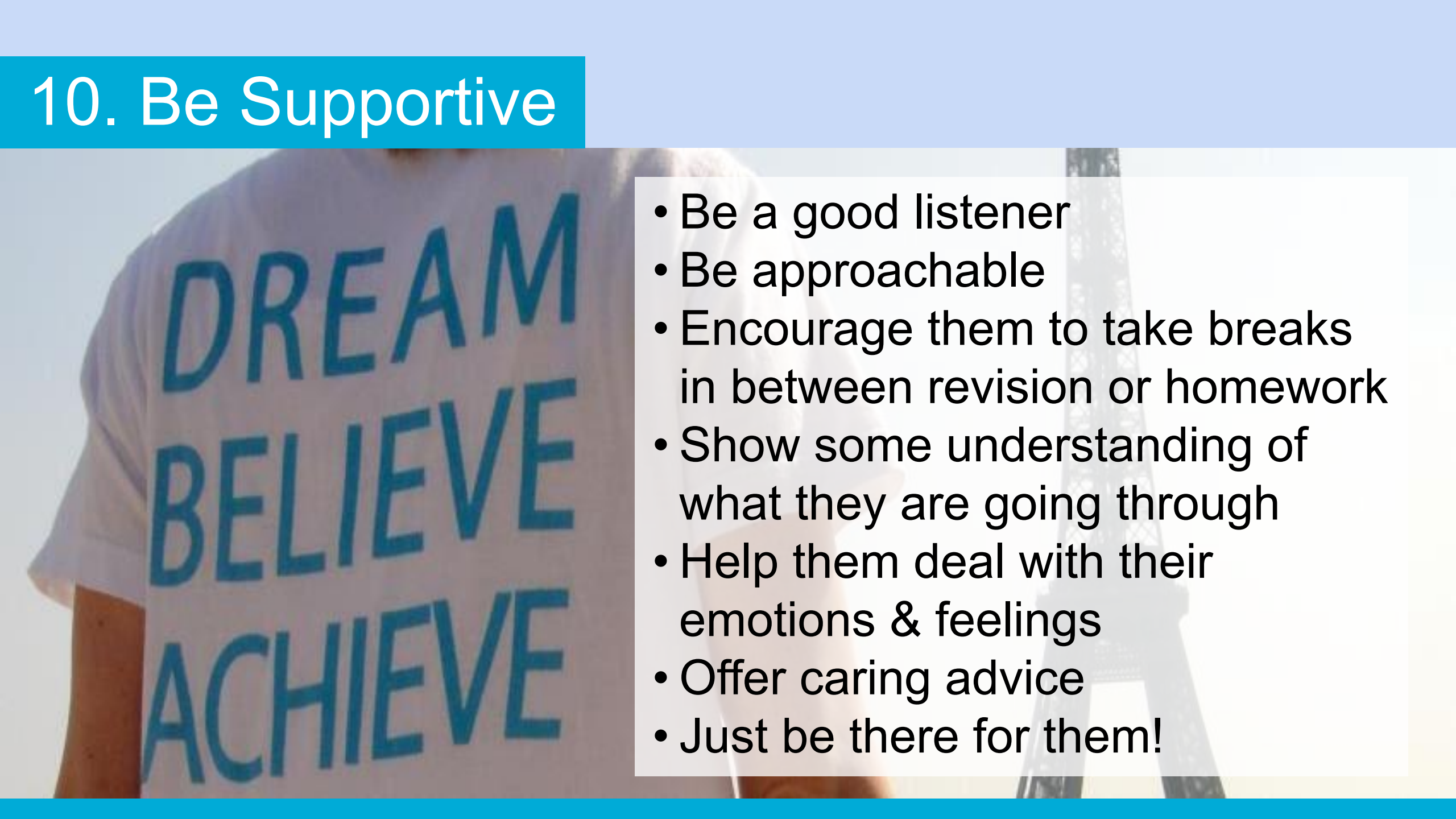
- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve

**BELIEVE  
YOU CAN  
& YOU'RE  
HALFWAY  
THERE.**



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## 10. Be Supportive

- 
- Be a good listener
  - Be approachable
  - Encourage them to take breaks in between revision or homework
  - Show some understanding of what they are going through
  - Help them deal with their emotions & feelings
  - Offer caring advice
  - Just be there for them!

Always remember  
you are **BRAVER**  
than you BELIEVE  
**STRONGER**  
than you SEEM  
**SMARTER**  
than you THINK  
& **LOVED**  
more than you know

