

Key Stage 3
Year 7 – Assessment booklet
Advice for students, parents and carers



Respect, Service and Justice



**ST BERNARD'S
HIGH SCHOOL**

Key stage 3

Year 7 – assessment booklet

Advice for students, parents and carers

Respect, Service and Justice



At our school, we're committed to ensuring that both students and their families have a clear understanding of how assessments and feedback work. To support your child's learning journey, we've created a comprehensive assessment calendar for each year group, so you'll always know when assessments are coming up and can help your child prepare effectively.

For even more details about each assessment—what's expected, how to prepare, and when it's happening—will be shared with students in class and via Microsoft Teams. While we strive to stick to the schedule, please note that assessments may occasionally be rescheduled due to unforeseen factors like staff availability, school trips, or to better align with the curriculum. We'll always do what's best for your child's learning experience.

Key Stage 3 (Year 7)

Assessments - Advice for Parents and Carers

Year 7

At St Bernard's, we want to ensure that both you and your child feel well-informed about how assessments and feedback work. To help you support your child's learning, we've put together a detailed assessment calendar for each year group, so you'll always know when assessments are coming up and can help your child prepare in advance.

In addition, more information about each assessment—what's expected, how to prepare, and when it will take place—will be shared with students during class and on Microsoft Teams. While we aim to stick to the schedule, please be aware that assessment dates may occasionally change due to unexpected factors like staff availability or school trips. We'll always make sure that any changes are communicated and that the adjustments are in the best interest of your child's learning.

Key Stage 3 (Year 7) Assessments – What Parents and Carers Need to Know:

For Year 7 students, assessments will take place throughout the school year, with key milestones that feed into the reports we send home. Please note that assessment dates may vary slightly across different subjects, as each department follows its own sequence and pace of teaching.



ST BERNARD'S HIGH SCHOOL

Our goal is to offer meaningful opportunities for students to show their progress, while keeping the experience balanced and not overly stressful. We want to make sure that assessments support your child's academic growth in a way that helps them thrive, without causing unnecessary pressure.

While assessment dates are generally fixed, there may be occasional changes due to factors like staff absences or disruptions, but these will be rare. We'll keep your child updated on any changes to the schedule.

2025-2026	AUTUMN TERM					SPRING TERM				SUMMER TERM			
	September	October	November	December		January	February	March		April	May	June	July
Year 7		Settling-In Report Online Settling-In Meeting		Progress Data on Go4Schools				Progress Data on Go4Schools			Progress Report Consultation Evening		

Go 4 Schools

You can track your child's progress in real time through Go 4 Schools. In addition, we encourage you to take advantage of the parent consultation evenings scheduled after report publication — a valuable opportunity to receive direct, personalised feedback from your child's teachers.

Revision Evolution: Supporting Your Child with Revision

Starting Year 7 can be a big adjustment for students, as they get used to their new school and the homework that comes with it. The assessments they will take along the way are an important part of their journey toward the Year 11 exams. We understand that this can feel overwhelming, but one of the best ways to support your child is by encouraging regular practice. The earlier they start preparing, the more confident they'll feel when the time comes.

Here are a few simple ways you can help your child get ready for assessments:

1. Talk about the importance of revision – Help them understand why it's important to start early and how it will make things easier later on.
2. Create a revision plan – Encourage them to have short, focused revision sessions rather than trying to do too much all at once
3. Help them get organised – Make sure they have the right materials, like flashcards or coloured pens, and a quiet space where they can concentrate. You can also support them with their revision guide to keep them on track.

4. Check in regularly – Keep an eye on their progress and offer support when needed. Regular check-ins can make a big difference, especially during stressful times.
5. Follow up and offer reassurance – After an assessment, ask how it went and offer positive encouragement to help them stay motivated.

By working together, we can help your child build the confidence and skills they need to succeed.

Revision Evolution Methods

Effective revision involves understanding the material, creating revision resources, and testing yourself regularly. Here are the steps:

1. **Understand the work** – Make sure you know what you're expected to learn.
2. **Create revision resources** – Flashcards, mind maps, and mini white boards are great tools.
3. **Use the resources** – Use the revision resources you have made to check your knowledge and identify gaps
4. **Red/Amber/Green** – RAG rate your knowledge so you know what you still need to work on

Remember, **don't cram** at the last minute. Spacing out revision over weeks leads to better retention.

When Should Revision Start?

Starting revision early is one of the most important factors in helping students do well. This also gets them in a good routine. While students have already begun reviewing topics in class, the key to success is consistent and early preparation. By breaking revision into small, manageable chunks now, your child will feel much more confident when the assessments come around.

How to Cope with Assessment Stress

We understand that assessments can cause some nerves, and it's natural for students to feel stressed. However, it's important that they know how to manage these feelings. Here are some tips for both students and parents to help reduce stress:

Advice for Students:

- Talk about stress – If your child is feeling overwhelmed, encourage them to talk to someone about it. Bottling up stress can make things harder.
- Manage your time – Help them avoid getting stuck thinking about what they haven't done. Encourage them to stay organised and focus on the next task.
- Stay healthy – A balanced diet, enough sleep, and regular exercise can really help to reduce stress and improve concentration.
- Ask for help – If your child is struggling to understand something, remind them that help is always available. Teachers are there to support them, and at St Bernard's, we also have an excellent pastoral team, including their Head of Year and Learning Mentors.

By supporting your child and encouraging healthy habits, we can help them manage any stress and perform at their best.

Advice for Parents:

- Recognise signs of stress – Look out for irritability, lack of sleep, or negative behaviour.
- Encourage a balanced routine – Make sure your child gets enough sleep and time to unwind.
- Be flexible with family plans – Remember, the exams will pass, and your child's well-being is the priority.

For more support, you can also explore the following resources:

- [Childline: Coping with Exam Stress](#)
- [The Calm Zone: Exam Stress Guides](#)

At St Bernard's we are proud to have a dedicated pastoral team, including Heads of Year and Learning Mentors, committed to supporting every student's wellbeing and success. If you would like to learn more about the support they offer, please don't hesitate to get in touch. The Learning Support department are also well resources and available to support your child.

What Will My Child Be Assessed On?

Each subject will have its own focus for assessment each term. The following pages outline the topics, dates, and how your child can prepare for each one. Students have access to Microsoft Teams where teachers will post additional resources, practice materials, and key dates.

Additional Important Information:

- **Examinations and Assessments** will typically be held during normal lesson times in the classroom. However, in some cases, they might take place in a different room.
- **Examination Conditions** – When the assessment begins, students must stay silent, follow instructions carefully, and refrain from interrupting. We are preparing our students for future exams and any disruption could result in disqualification.
- **Required Equipment** – Students must bring pens (x2), a sharp pencil, a ruler, rubber, and a calculator, all in a transparent pencil case.
- **Bag and Coat Placement** – Bags should be placed under desks, and coats hung on the backs of chairs.

Subject-Specific Assessment Information

[See attached link](#)

By working together, we can ensure that your child is fully supported as they navigate this important academic period. If you have any questions or need more information, please feel free to contact the school.

Good luck to all our Year 7 students!

