Rivers Academy Parent Forum

Date 29/01/2026

Focus group: Year 11 Key 30

Topic: Ways to support your child stay calm, motivated and reach their full potential in their exam this summer 2026.

Rational:

The Parent Support Forum was delivered to provide targeted intervention for our **key 30 students** by strengthening the partnership between home and school to ensure consistent guidance and improved outcomes.

The main **aim** was to bring families and staff together, to establish a shared understanding of the challenges students face, clarified expectations around attendance, behaviour, revision, and equipped parents with subject-specific exam strategies and wellbeing support running up to their child exam.

This collaborative approach fosters a supportive climate in which students feel understood, motivated and guided by a unified team, while parental feedback informs further actions such as earlier sharing of exam timetables, enhanced revision resources and additional forums to sustain engagement.

Areas of discussion	Notes	Actions
Key challenges students face	Time management difficulties; stress and anxiety; distractions such as social media; dips in motivation and confidence.	Reinforce study routines; provide guidance on managing distractions; share wellbeing strategies with families.
Shared accountability	Expectations discussed around attendance, behaviour, revision habits, and meeting deadlines.	Re communicate expectations to parents; monitor attendance and deadlines; follow up with families where concerns arise.
	Importance of watching for stress and burnout;	Share wellbeing resources; signpost support services;

Supporting wellbeing	encouraging balance with exercise and hobbies; keeping communication open; accessing school wellbeing support.	encourage parents to maintain open dialogue with school.
Working with the school	Attend parents' evenings; use school platforms to monitor progress; communicate early if concerns arise.	Promote use of school systems; send reminders for key events; encourage proactive communication.
Exam tips from core subjects	English, Maths and Humanities teachers shared exam strategies and home-support resources.	Distribute subject-specific revision materials; provide follow-up guidance for parents.
Parental feedback	Parents requested exam timetables in advance; revision tips for home; more parental forums for discussion.	Share timetables earlier; create a revision support pack; schedule additional parent forums.