

The results that you will receive from the test will give a snapshot of your academic abilities in English and mathematics under test conditions but they will not tell you everything about your all your learning and achievements throughout primary phase. They also won't show how much more growth you will make in your learning after the tests and in secondary phase. There are many ways of being smart. You are smart! So while you are preparing for the test, in the midst of it all, remember that we think you are great and there is no way to 'test' all of the amazing and awesome things that make you, YOU!

'Educating the mind without educating the heart is no education at all'

Aristotle

Next week is an important week in your educational journey when you will sit your SATs for maths, reading, spelling, grammar and punctuation. We know how hard you have worked and that you will try your absolute best in every test but there is something very important you must know:

The SATs do not assess all of what makes each of you special and unique. The people who create these tests that and mark them do not know each of you the way that we do and certainly not the way your families do.

They do not know that some of you speak two languages or that you love to sing or draw. They have not seen your natural talent for rugby or playing a musical instrument. They do not know that your friends can count on you to be there for them; that your laughter can brighten up our classroom or that your face turns red when you feel shy. They do not know that you participate in all kinds of sports. They do not know that you wonder about your future, or that you are so patient and caring towards our younger children. They do not know that you are kind, trustworthy and thoughtful and that every day you try to be your very best.

Get Set For



**GOOD
LUCK!**
For your SATs
YEAR 6

SATs 2019

Ideas To Help Before and During The Week of the SAT's Tests

One of the most important things to try to ensure our Year 6 pupils get, is enough sleep! Your brains will not work as well if you are tired. You need to try to make sure you go to bed at least an hour earlier than you would



normally the night before your tests and relax a bit, having some time off by reading your favourite magazine or book.

If you play on your Console or Computer make sure this is switched off at least an hour

before you go to sleep as this can disturb really good sleeping patterns as your



brain becomes over 'busy' and will not 'switch off' well enough. Remember this is only for 1 week of your life and not early nights forever! So give yourself the best chance you can. Guaranteed, all teachers will be doing this too!

Eating and Drinking

Drinking

Our brains need lots of water regularly to keep hydrated to ensure they work at their 'optimum power' and a really good piece of advice is to make sure you drink plenty of water leading up to and during the week of the tests. Regular sipping will keep your brain switched on and help you remember things!



Y6 Breakfast Club

Breakfast is VITAL to have during the week and because of this the school will be opening a special FREE SATs breakfast club for the week to help just for our Year 6 pupils. **It will run every morning from Monday 13th May until Thursday 16th May. Year 6 pupils need to arrive at school from 8:25am on these days.** It has proven to be a brilliant way of starting the day in a positive, healthy and enjoyable atmosphere. It allows everyone to get rid of their 'test' nerves.



Revising

Lots of things you have been learning and doing in your

lessons this term have been to try to help you revise for your SATs so you will have stored a lot of information already even if you don't think you have.



The main thing to remember is :

You have hard to- and have chance to



best and do well. We are all here for you and able to make sure you feel as comfortable as possible by making the week fun for Year 6 pupils. So just try to relax and enjoy the week!

all worked wards these a really good show your

