

Ramadhan 2019

A guide to GCSE and A level exams

PRIDE **AMBITION** **EXCELLENCE**

Introduction



- *“Trinity staff are not here to tell students and parents what to do, but to support them with whatever decision they make to ensure students are thoroughly prepared, well in advance of the exams in order that they perform to their maximum potential”*



A typical day in Ramadhan

Time	Action
~ 2:30am	Pre-dawn meal to close fast
~ 2:45am	Pre-dawn prayer
9:00am	School starts
3:05pm	School ends
~9:00pm	Iftar (breaking of fast)
~10:30 – 12:00am	Night Prayer at mosque



Different Options/ Different Schools of Thought

- Scenario 1: Some parents will advise their children to not fast on the day of the exam and make it up after Ramadhan
- Scenario 2: Some parents will advise their children to continue fasting on the day of the exam but perform the night prayer at home
- Scenario 3: Some parents will advise their children to continue fasting on the day of the exam and perform the night prayer in congregation at the mosque

Key Dates



- Ramadhan will start approx. Sunday 5th May 2019
- Eid is likely to be on Wednesday 5th or Thursday 6th June 2019

The first exams are on **Monday 13th May**

Every single exam is important and there are no opportunities to resit or move them; the core GCSE exams are as follows:

- Mathematics
 - Paper 1: **21st May** (AM)
 - Paper 2: **6th June** (AM)
 - Paper 3: **11th June** (AM)
- English
 - Literature Paper 1: **15th May** (PM) and Paper 2: **23rd May** (AM)
 - Language Paper 1: **4th June** (AM) and Paper 2: **7th June** (AM)
- Science
 - Biology: Paper 1: **14th May** (PM) and Paper 2: **7th June** (PM)
 - Chemistry: Paper 1: **16th May** (AM) and Paper 2: **12th June** (AM)
 - Physics: Paper 1: **22nd May** (PM) and Paper 2: **14th June** (AM)

- Exams on potential Eid days:

5th June: Spanish (AM); Geography (PM)

6th June: Maths (AM); History (PM) **THESE EXAMS CANNOT BE REARRANGED**

Please check your own exam and revision timetable carefully to make sure you are in school, on time and ready to perform at your best, for every exam.



Support/Guidance/Advice

- Preparation leading up to Ramadhan
- Routines during Ramadhan/Exams
- Diet during Ramadhan



Preparation leading up to Ramadhan

Students	Parents	School
<p>Work with teachers to develop a revision programme</p> <p>Develop self-discipline and motivation to abide by revision programme and engage in independent study</p> <p>Get all/most of the revision complete well in advance of Ramadhan. This will allow the revision conducted during Ramadhan to be 'light touch' therefore less tiring and stressful.</p>	<p>To be fully aware of what the revision programme entails</p> <p>Ensure your child routinely follows the programme of revision</p>	<p>Support with constructing a monthly programme of revision</p>
<p>Speak to your form tutor/ subject teachers/head of year/other staff for any further support</p>	<p>Contact the school if you require any further support</p>	<p>Support students and parents with the long term revision programme – this may require modification of programme, supporting parents with curriculum awareness, etc.</p>
<p>Attend all interventions and come prepared with questions to further your knowledge, understanding and support</p>	<p>Support school by reminding and encouraging your child to attend all available interventions</p>	<p>In-school revision timetable organised and running well in advance</p>



Routines during Ramadhan/Exams

Students	Parents	School
Share exam timetable with parents	Display exam timetable somewhere in the house where it is clearly visible	Provide all students with their individual exam timetable well in advance
Try getting a couple of hours of sleep after returning from school	Allow your child some 'quiet/rest time' to refresh	Form tutors and teaching staff to encourage this routine through daily contact
Fit in your revision after your rest and prayers	Encourage your child to engage in revision during the allocated times	Support with constructing Ramadhan revision programme
Ensure alarm is set early and arrive to school on time	Ensure your child has an alarm clock and ensure they get to school on time	Stick to exam and revision times
Arrive early for exams and related interventions	Be aware of your child's exam timetable and ask them about it a day or two before – it will keep them on their toes!	'Quiet rooms' for students to rest between exams
		Medical room readily available for medical needs

Diet during Ramadhan



Students	Parents	School
<p>Take personal responsibility to make the right choices with healthy options</p> <p>Avoid asking for unhealthy options and DO NOT complain!</p> <p>Understand that this is also a challenging time for your parents and support them in order that they can support you</p> <p>Support your parents with deciding on what healthy options to have</p>	<p>Make an effort to adjust Iftar and Sehri (pre-dawn meal) menu to contain healthy options</p> <p>Collectively decide as a family the alternative healthy menu options</p> <p>PRIDE AMBITION EXCELLENCE</p>	<p>Raise awareness of healthy eating during Ramadhan, with students</p> <p>Raise awareness of healthy eating during Ramadhan, with parents</p>



Ramadhan Revision Routine

Time	Action
~ 3:30pm	Return home from school
4:00 – 6:00pm	Rest/Sleep
6:00 – 6:40pm	Revision Subject A
6:40 – 7:20pm	Revision Subject B
7:20 – 8:00pm	Revision Subject C
8:00pm onwards	Asr Prayer / Relax Time
~ 9:00pm	Iftar
~ 10:30pm	Teraawi Prayer (Night Prayer) at mosque
~ 12:00am	Return home
~ 12:15am – 2:15am	Sleep
~ 2:45am	Pre-dawn meal and prayer
~ 3:00am	Sleep
8:00am	Wake up

Time	Action
~ 3:30pm	Return home from school
4:00 – 7:00pm	Rest/Sleep
7:00 – 8:00pm	Revision Subject A
8:00 onwards	Asr Prayer / Relax Time
~ 9:00pm	Iftar
~ 10:30pm	Teraawi Prayer (Night Prayer) at mosque
~ 12:00am	Return home
~ 12:15am – 1:15am	Revise Subject B
~ 1:15am – 2:15am	Revise Subject C
~ 2:45am	Pre-dawn meal and prayer
~ 3:00am	Sleep
~ 8:00am	Wake up

Time	Action
~ 3:30pm	Return home from school
4:00 – 6:00pm	Rest/Sleep
6:00 – 7:00pm	Revision Subject A
7:00 – 8:00pm	Revision Subject B
8:00 onwards	Asr Prayer / Relax Time
~ 9:00pm	Iftar
~ 10:45pm	Teraawi Prayer (Night Prayer) at home
~ 11:30pm	Revise Subject C
~ 12:30am	Sleep
2:45am	Pre-dawn meal and prayer
3:00am	Sleep
~8:00am	Wake up