

PARKHALL INTEGRATED COLLEGE

Steeple Road
Antrim
BT41 1AF
Tel: 02894 468556



Principal: Mr N D Owen BA (Hons) PGCE MA

www.parkhallintegratedcollege.org

info@parkhallintegratedcollege.antrim.ni.sch.uk

Dear Parents/Guardians,

28th January 2026

As we approach the start of the GCSE exams, I want to take this opportunity to sincerely thank you for your ongoing support and cooperation. The first GCSE exam is scheduled for Tuesday, 5th May, which is just 97 days away.

We all know how precious time is, especially in these final weeks before the exams. It is crucial that your child prepares thoroughly to build confidence and achieve their best results in the upcoming assessments. If your child has any uncertainties about their revision or exam preparation in any subject, I encourage them to speak directly with their subject teachers. Many departments will also be offering additional revision sessions to support their learning—details of which are attached with this letter.

To help you support your child in managing their time, motivation, and focus, here are some key recommendations based on best practice:

- Create a calm, organised revision environment with healthy food, sufficient sleep, and regular breaks.
- Ensure your child has a quiet, dedicated space with their own desk for revision.
- Work together to develop a realistic revision timetable that gradually increases revision time over the coming weeks, with less ‘normal’ homework being set.
- Aim for 2-3 hours of focused revision each evening in the final weeks of next term.
- Encourage your child to cover all subjects within a two-week cycle, giving equal attention to each, rather than focusing only on their stronger or preferred subjects.
- Use short, focused revision blocks (around 45 minutes), followed by brief breaks. Encourage them to get fresh air and physical movement during breaks, even if just for 10 minutes, to support their wellbeing.
- Game consoles (e.g., PS5, Xbox) should be removed from the revision area and bedroom during this period.
- Mobile phones and other devices should be kept outside the revision space and at least half an hour before bedtime.
- While internet access can support revision, it should be used purposefully and not as a distraction.

It is important to remember that exam preparation should complement teaching the full curriculum. Teachers will be helping students develop study and revision skills alongside planned recall activities to ensure strong knowledge retention, rather than focusing solely on exam techniques.

After the half-term break on Monday, 16th February periods 9 and 10 each student will have a bespoke one-hour study session with a member of our Senior Leadership Team. These sessions will focus on promoting high effort both in school and at home, and on strategies to maximise learning and progress. Further information about exam timetables will be published to families in due course.

We all want the very best for your child. With your support in helping them stay focused, disciplined, and healthy, I am confident they can make the most of the time remaining and succeed this summer.

Thank you once again for your continued support.

Yours sincerely,
Miss A Huey

Head of Key Stage 4

*Our Vision: To provide a caring learning environment where
we all feel valued and respected and are empowered to reach our full potential*