

At our schools we know  
we all have PRIDE in what  
we achieve together:

**P—Personal**  
**R—Responsibility**  
**I—In**  
**D—Delivering**  
**E—Excellence**



**Organization**

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# Get Set For SATs

 Holgate Primary School



## 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..

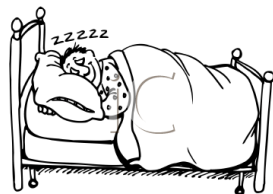


If you play on your Console or Computer make sure this is switched off at least an hour



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 and 'sweet dreams'. Guaranteed, all Teachers will be doing this too!!



## Eating and Drinking Top TIP's

### 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. Each day in school on the week of SAT's you will be given a bottle of water to sip on during the tests. Regular sipping will keep your brain switched on and help you remember things! You will also get plenty of snacks so you don't get hungry during the morning and so will not need money for tuck shop that

week.

### 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 9th May until Thursday 12th May. We will be providing toast with a range of your favourite toppings and a selection of juice. **Year 6 pupils need to arrive at school from 8:15am 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. Your Teachers will tell you more about this.

### 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.



If you want to, you can go over some of your old SATs questions for homework you have already done just to remind yourself about things. Ask your Teachers. But the main thing to remember is :



You have all worked hard towards these and have a really good chance to show your best and do well. All your Teachers and Teaching assistants are here for you and able to make sure you feel as comfortable as possible by making the week a bit of fun for Year 6 pupils. So just try to relax and enjoy the special privileges you get during the week..

