



**Bishop Young CofE Academy**

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**Principal:** Ms Rachael Lacey-Cole

12<sup>th</sup> May 2026

Dear Parent/Carer

You may already be aware that during May and June your child will be sitting their Abbey MAT assessments. These will be a combination of in-class exams and practical assessments, which will contribute to their summer report at the end of the academic year. We would like to provide you with some further information so that you can fully support them.

The assessments are taking place simultaneously across all secondary schools within Abbey Multi Academy Trust. This will allow subject leaders and class teachers to work together to ensure the highest academic standards and inform their planning for excellent teaching and learning.

To help your child prepare fully, please refer to the information below:

Year Group	Date of Exams
Year 7	18 <sup>th</sup> – 22 <sup>nd</sup> May 2026
Year 8	22 <sup>nd</sup> – 26 <sup>th</sup> June 2026
Year 9	8 <sup>th</sup> – 12 <sup>th</sup> June 2026

## Revision Material

Revision material can be found on Microsoft Teams

To access Microsoft Teams™ outside of school, you can visit [www.office.com](http://www.office.com) and log in using your school email address ([USERNAME@bishopyoungacademy.co.uk](mailto:USERNAME@bishopyoungacademy.co.uk)) and normal school password.



Click the Teams icon to access all of your classes.

Alternatively, you can download the Teams App from the Apple or Android App Store and log in with the same details.

If you require any further support with accessing Teams, there is some useful information for parents, including video guides at <https://support.microsoft.com/en-us/topic/distance-learning-with-microsoft-365-guidance-for-parents-and-guardians-89d514f9-bf5e-4374-a731-a75d38ddd588>.



You can also access this by scanning

Please do not hesitate to contact school if you require any further guidance.

## Revision Techniques

We recommend finding a suitable revision strategy that suits your child's needs; however, some examples of useful revision techniques are listed below:





**Flash Cards:** condensing key words or concepts onto individual cards with answers on the other side. Useful for quizzing and retrieval practice

<https://www.bbc.co.uk/bitesize/articles/z6pv3k7#z8ndjsg>

**Posters:** condensing specific topics onto an individual sheet, highlighting the key components within this topic. Useful for summarising large topics

**Mind Maps:** condensing large topics/schemes onto an individual sheet, highlighting the key components within this topic. Useful for summarising large topics with multiple strands

<https://www.bbc.co.uk/bitesize/articles/zgc3w6f>

**Educake (Science)** - Online based revision, with a science specific focus

**Dr Frost (Maths)** - Online based revision, with a maths specific focus

### Wellbeing-Being and Managing Stress

You can support your child further as they approach the exams by:

- ensuring that they have a good night's sleep
- ensuring that they eat well and have a healthy breakfast
- ensuring that they arrive at the academy on time
- ensuring they are in the correct uniform and have the required equipment

Your child's wellbeing is a top priority for us as an academy, and we have a full-time SEMH and Wellbeing Lead, Miss Quinn. We understand that some students may find exams stressful, and Miss Quinn is available to offer the following support:

- Thursday lunchtime - Exam Stressbusters in Room 298
- Friday lunchtime - Wellbeing Space in Room 229

Miss Quinn has also created an exam stress booklet containing helpful tips and strategies, which is available to all BYA students. In addition, she can provide one-to-one support for students who may be feeling particularly anxious.

If you have any questions or require any further information, please do not hesitate to contact me.

Yours sincerely,

Mr Z Lewis  
KS3 Achievement Director  
Programme Leader of Business Studies

