

**Supporting your child
through SQA exams
Fortrose Academy 2025**

Welcome



FOCUS FOR TONIGHT

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- Introduction
- SQA Exams
- Revision resources, strategies and support
- Managing wellbeing
- Next steps - *SDS*

2025 SQA EXAMS

Start Friday 25 April - 29 May
Study leave 28 April - 23 May*
w/b 26 May - Change of Timetable

SQA EXAM PERIOD

EXAMS AFTER CHANGE OF TIMETABLE

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Study leave dates have been confirmed as running from **Monday 28th April to Tuesday 27th May**. *Students sitting Psychology (National 5 & Higher) will start their exams on **Friday 25 April***. Pupils sitting exams after this period, listed below, should return to school **the day following** their final exam:

- **Monday 26 May** – Art & Design - National 5 & Higher
- **Tuesday 27 May** – Biology – National 5, Higher & Advanced Higher
- **Wednesday 28 May** – Environmental Science – Higher
- **Thursday 29 May** – English for Speakers of Other Languages – Higher

INDIVIDUAL EXAM TIMETABLES/APPS

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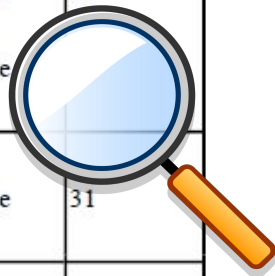
<https://www.sqa.org.uk/sqa/1439.html>

- Students get their **own FORTROSE ACADEMY exam timetable** (paper copy)
- Exams on a Friday afternoon:
 - N5 & H Psychology, N5 History, N5 Modern Studies
- **Times may differ to the SQA website**



NOTE: This is the provisional timetable. All entries **MUST** be checked against the master timetable to ensure no examinations are missed. Please tell your teacher if your name, address or date of birth is incorrect, or if the list of examinations does not match what you expect. Please check the time and date of each examination is accurate. If special arrangements have been made for you, amend this sheet accordingly.

	Subject/Title	Date	Start	End	Room	Seat
C847	Mathematics					
National 5	Paper 1 Non-calculator	04/05/2022	9:00 AM	10:00 AM	Theatre	83
National 5	Paper 2	04/05/2022	10:45 AM	12:15 PM	Theatre	83
C824	English					
National 5	Reading for Understanding, Analysis and Evaluation	12/05/2022	9:00 AM	10:00 AM	Theatre	70
National 5	Critical Reading	12/05/2022	10:30 AM	12:00 PM	Theatre	
C810	Business Management					
National 5	Question Paper	18/05/2022	9:00 AM	11:00 AM	Theatre	31
C807	Biology					
National 5	Question Paper	19/05/2022	1:00 PM	3:30 PM	Theatre	49
C837	History					
National 5	Question Paper	20/05/2022	1:00 PM	3:20 PM	Theatre	51



Example

THINGS TO CHECK WITH YOUR CHILD

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Let me know!

- Are all subjects included?*
- Check levels eg N5, H or AH
- **Check Assessment Arrangements - extra time? Room?**
- Take a photo/copy
- Ensure **right dates** entered on calendar at home (latest version)
- Set alerts on phone
- * **'Sitting at'** eg *H Environmental Science/Psychology/ESOL*
H German - add manually as presented by different centre

SQA PROCEDURES ON THE DAY

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- Have their exam timetable with them
- Must be on time – outside room **10 mins before start**
- If late/there are issues **SEE ME** - phone school to alert us
- Students need their **SCN number (on timetable/card and SQA noticeboard)**
- Have all their equipment - no pencil case
- No phones*/smart watches/airpods

EXCEPTIONAL CIRCUMSTANCES

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- If something happens eg illness, prior to/on the day of an exam that prevents student from attending an exam please **contact me** as soon as possible
- EECCS Request form to complete will be sent
- This must be reported to the SQA within a 10 day period following exam, **after 10 days nothing can be done**
- Evidence, if suitable, will be sent in
- **Appeals as last session - marking review only**

From SQA:

Examiners will review the academic evidence and award a grade subject to the following conditions:

- Where the learner has not managed to attend and/or complete any parts of the timetabled exam and therefore only alternative academic evidence is available, any grade awarded will be at the lowest band point available; for example A2, B4 or C6.
- Schools, colleges and training providers should inform SQA if a learner has a conditional offer from university that requires an A1 band. In these cases, by exception, should the learner's alternative evidence justify an A grade, the examiner will also determine the appropriate band.

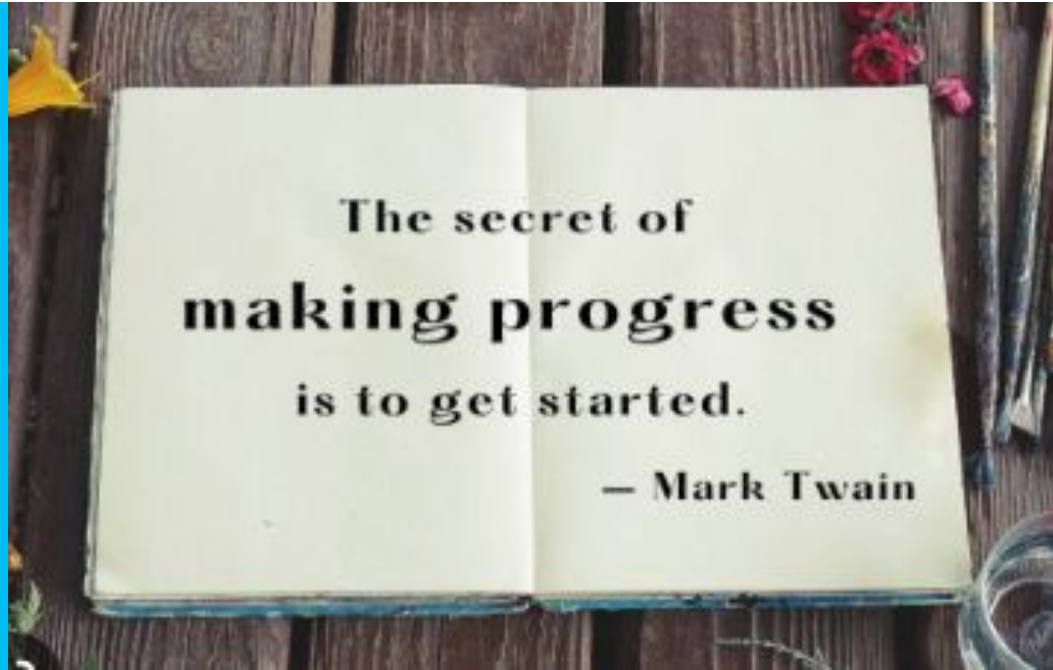
SQA PARENT INFORMATION

For more information on
SQA

[https://www.sqa.org.uk/sqa/
41312.html](https://www.sqa.org.uk/sqa/41312.html)



“



THE LRP MODEL

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LEARNING

Research tells us you need to learn things **3 times for it to sink in**
- try learning in 3 different ways

REVISING

Reinforcing what you know and driving these facts and thoughts into your long-term memory

PRACTISING

Use what you have learned to try past paper questions

EFFECTIVE NOTE TAKING

Reading textbooks or notes does not work by itself, encourage taking own notes. **Cornell note taking method** includes writing key points or questions in the recall column and a summary of the main points at the bottom

Name	Date
Subject	Page #
recall column	notes column
summary	

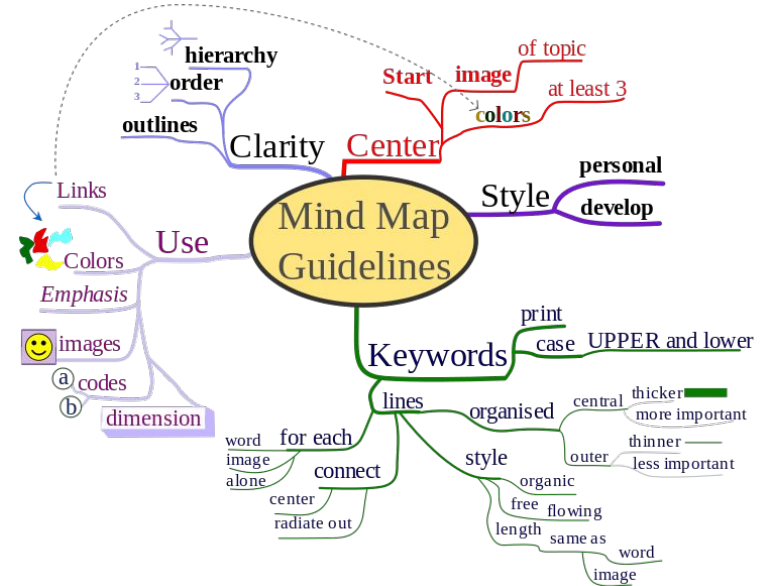
FIND OUT MORE

[Cornell Note Taking – The Best Way To Take Notes Explained](#)

TRY USING MIND MAPS

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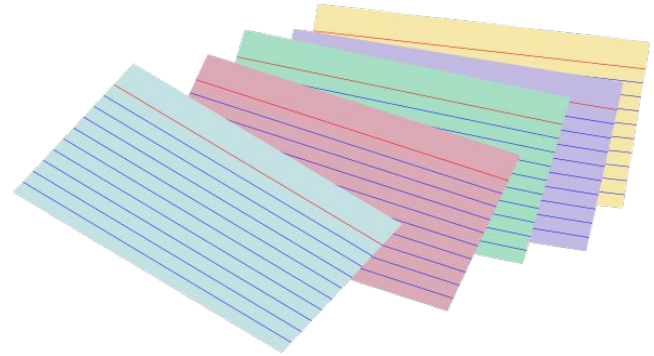
- A complex idea can be conveyed with just a single image, making it possible to absorb large amounts of data quickly
- Useful for testing knowledge



CREATE FLASHCARDS

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- Think about content - questions & answers, one word prompts & details
- 1 question per card - concise and clear
- Colour code for units/topics
- Read aloud answers
- Sort into strong/weak piles, start again



RETRIEVAL PRACTICE TECHNIQUES

Samples included!
Retrieval practice
ideas in their pack

9 Ways to use retrieval practice

by @inner_drive | www.innerdrive.co.uk





Leading researchers in the field of memory
consider testing yourself as one of the
most effective ways to improve your ability
to recall information

**The
Guardian**

SOME PRACTICAL TIPS

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Have a set study area

Helps get into the revising mindset to study in the same place, have resources around them and limit distractions - phone in another room and no/quiet music

Organised notes

Having separate folders or notepads in different colours for each subject helps organisation



Study plan

Plan what units need to be covered for each subject. Set daily/weekly targets. Study in blocks of 45 minutes with short breaks for water/fresh air

Additional Revision Resources

- Scholar
- E-sgoil
- Achieve



Scholar

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Pupils need a login
which they can get
from their teacher

Guest account if
available to have a look
at the format

Detailed information
with assessment

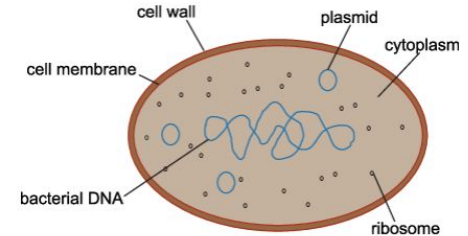
SCHOLAR



Login

Username:

The diagram below shows the ultrastructure of a bacterial cell.



The nucleus is a membrane bound organelle which contains the cell's genetic information (DNA); it controls all activities within the cell. Every cell performs many chemical reactions in order to function, these chemical reactions occur in the cytoplasm. The cell membrane is selectively permeable, it allows small and soluble molecules to enter and exit the cell. Ribosomes are the site of protein synthesis, they may be found free in the cytoplasm or attached to a network of membranes within the cell. Mitochondria (singular mitochondrion) are the site of ATP production by aerobic respiration.

List of Scholar Courses

	N5	H	AH		N5	H	AH
Applications of Mathematics	✓	✓	**	English	✓	✓	✓
Biology	✓	✓	✓	ESOL	✓	✓	**
Chemistry	✓	✓	✓	French	*	✓	✓
Computing Science	✓	✓	✓	Gaelic	*	✓	
Human Biology	**	✓	**	German	*	✓	✓
Mathematics	✓	✓	✓	Mandarin	✓		
Physics	✓	✓	✓	Spanish	*	✓	✓

List of Scholar Courses


	N5	H	AH
Accounting		✓	✓
Art and Design		✓	
Business Management	✓	✓	✓
Economics		✓	✓
Geography	✓		
Music	✓		
Psychology		✓	**

Achieve


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My Courses


Add Course +




National 5
Administration and IT




National 5
Art and Design




National 5
English



National 5
Graphic Communication




National 5
Music



Higher
English


Learn

Learn the key concepts from your courses.

Learn 


Assess

Test your course knowledge.

Assess 


Quizzer

Join a Quizzer.

Join 

Self-evaluate

Traffic light your courses to identify strengths and areas for development.

Self-evaluate 

E-sgoil online study support

- » Videos of lessons
- » Live lessons every week for different subjects
- » Easter study school - sign up **now**
- » Really interactive, visual and engaging revision lessons
- » <https://e-sgoil.com/senior-phase/study-support/>
- »
- »

MONDAY		
Time	Subject	Level
5pm	Maths	N5
	Health & Food Technology	N5/Higher
	Latin/Classics	N5/Higher
6pm	Maths	N4
	Physics	Higher
	Physics	Adv Higher
	Human Biology	Higher
	Business Management	N5
	Applications of Maths	N5
	RMPS	N5/Higher
7pm	Practical Cookery	N5
	Applications of Maths	Higher
	Biology	Higher
	Computing Science	Higher
	Biology	Adv Higher
Computing Science	N5	



TUESDAY		
Time	Subject	Level
5pm	Modern Studies	Higher
	Music	N5
	Maths	Higher
6pm	Politics	Higher
	Spanish	Higher
	Maths	Adv Higher
	Business Management	Higher
7pm	Music	Higher
	English	Higher
Chemistry	Adv Higher	

THURSDAY		
Time	Subject	Level
5pm	English (2)	N5
	English	N4
	Physics	N5
	Chemistry	Higher
6pm	Admin & IT	Higher
	History	Higher
	Design & Manufacture	N5
	Biology	N5
	Art & Design	N5/Higher
7PM	History	N5
	Graphic Communication	N5
	PE	Higher

WEDNESDAY		
Time	Subject	Level
5pm	French	N5
	Graphic Communication	Higher
	Engineering Science	N5
	Geography	Higher
6pm	Geography	N5
	Engineering Science	Higher
	Gbidhlig	N5/Higher
	French	Higher
7pm	Gaelic	N5/Higher
	Design & Manufacture	Higher
	English (1)	N5
	English	Adv Higher
Chemistry	N5	

www.e-sgoil.com



National e-Learning Offer



E-sgoil Senior Phase Learning Spaces



EASTER STUDY SUPPORT

Running during easter holidays,
e-sgoil now open to register for study
sessions

[FOR MORE INFORMATION](#)



EASTER

STUDY SUPPORT
2025

7th-11th
April

Click the subject names below to find the individual
Easter Study Support timetable for that subject

Accounting	Admin & IT	Applications of Maths	Art & Design
Biology	Business Management	Chemistry	Computing Science
Design & Manufacture	Drama	Engineering Science	English
French	Gaelic	Gàidhlig	Geography
German	Graphic Communication	History	Health & Food Technology
Human Biology	Modern Studies	Maths	Music
PE	Physics	Practical Cookery	RMPS

www.e-sgoil.com

National e-Learning Offer



IN SCHOOL MASTERCLASSES

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Timetable of in-school revision **masterclasses** during the exam diet - being put together by departments

- » Useful exam techniques
- » Last minute student questions
- » Focus on key areas



more info to follow

SUPPORT - “Going Forward Together”

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In School

- Class Teachers
- Guidance Teachers
- ASN Teachers
- PSAs
- HWB sessions
- School Counsellors
- Mental Health Ambassadors

Working with our Partners

kooth

Kooth's Guide
to Coping with
Exam Stress

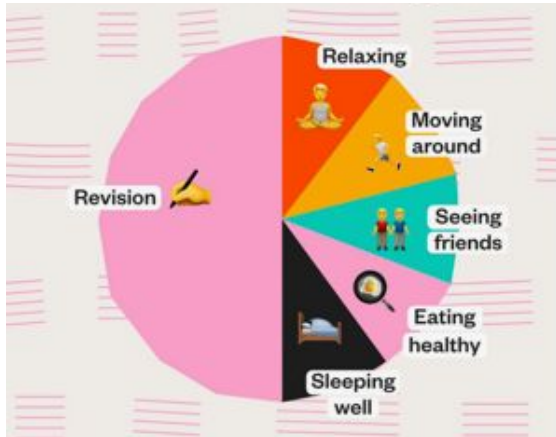
How do you
support your
child with
exams?

Highland Council Psychological Service



Effective Revision

Exams can be stressful, but as a parent, you can help ease the pressure:



- Stay Organised
- Maintain Balance
- Avoid Extra Pressure
- Listen and Reassure
- Be Realistic
- Recognise Stress
- Communicate with School

Above all, trust your instincts and adapt your support to what your child needs most.

How to help your teen cope with exam stress - The good news



Kooth.com - Wellbeing App

Ongoing Changes In August

Course Choice Centre

- Changes after summer is a regular occurrence
- Don't panic
- Discuss with guidance staff/SMT
- We will look at individual circumstances
- Will investigate subjects/courses available



Welcome

Your Pathway

How to Choose

Skills Development
Scotland

Levels of Study

Curricular Areas &
Courses

College

Wider Achievement

Option Forms &
Downloads

Class Codes/Parent
Video

Careers Adviser
lorraine.mcgarry@sds.co.uk



**My
World of
Work**