



Pastoral Care at IKB

How to get the best out of our students

What one single thing can make a massive difference to students attainment?

NEWS

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We're not lazy, we just need more say pupils

By Paige Neal-Holder
BBC News

🕒 11 February 2019



As MPs prepare to debate a petition for schools to start at 10:00, teenagers tell the BBC about their own experiences with early school starts.

It takes 100,000 signatures to trigger a Parliamentary debate and this one, saying early school starts make pupils "so tired", has gained 180,000.

"I remember how miserable I was from waking up early," says sixth form student Leah.

Her college is experimenting with a later start for classes.

But Leah recalls the early starts at her old school with horror.

"In the mornings of our GCSEs, everyone would be so tired, you could see on their faces that they weren't ready for the exam, they weren't awake enough."

- **Sleep scientists urge later school starts**
- **Teenage lie in could boost GCSE grades**

The **Parliamentary Petitions Committee** heard evidence from more than 5,000 students, parents and teachers that teenagers need more sleep than younger children or adults.

Until guidelines are changed...

- We start learning early at 08.30 at IKB
- What can you do to support your children's learning?

Encourage good sleep hygiene!

Lets see how much you know about sleep..

Research has demonstrated that the amount of sleep needed varies with age, with teenagers needing more than adults. It has been shown that overall 45% of adolescents get insufficient sleep on a school night, with this figure rising to 62% amongst the oldest students at school (sixth form).

But what is the optimum amount of sleep? Many students incorrectly think it is 8. However, this is more accurate once you are an adult. The optimum amount of sleep for a teenager is thought to be 8-10 hours.

Therefore, it is recommended that students have a regular bedtime throughout the week that ensures they get the recommended 8-10 hours.

Recent research showed people who are sleep deprived find it harder to remember things compared to those who had got a good night's sleep. One explanation for this is that **sleep allows the brain to prioritise the information we need to remember.** Therefore, a good night's sleep could facilitate improvements in both revision and in exam performance

It may sound counter-intuitive, but if students are **unable to get to sleep within 20-30 minutes, they should get up and complete another task** such as a jigsaw, as the longer you lay in bed the less you come to associate bed with sleep.

Research has also demonstrated that counting sheep may not be the best strategy to help you sleep. In one study, those who imagined a relaxing beach took on average 20 mins less to get to sleep than those who counted sheep, as that is too boring and hence other distracting thoughts enter the brain.

One fascinating study looked at the relationship between being very tired and your ability to manage your emotions. The researchers found that tired participants remembered less positive things and a similar amount of negative information. This partly explains why **students tend to be more stressed, anxious and frustrated when they are tired**, as the negative moments carry more weight in their mind.

Students often spend the last hour of their evening watching TV or using their phone as they believe this helps them relax, thus facilitating a better night's sleep. However, this is not the case. **Many electronics (especially mobile phones and tablets) emit a bright light, which reduces the production of melatonin, a hormone that makes you feel sleepy. This not only leads to a reduction of sleep duration, but also sleep quality.**

Sleeping for longer at the weekend can ruin your sleep cycle, potentially making it harder to sleep on Sunday evenings and to wake up Monday mornings. Recent research has shown that many believe that one long night of sleep restores performance; but the positive effects of this may last as little as 6 hours.

Sleep deprivation has a big impact on the area of the brain responsible for decision making. Research has shown that **sleep deprived participants are more likely to make poor decisions and choose risky options**. This is thought to occur because a lack of sleep does not allow the area of the brain responsible for decision making to recover and replenish.

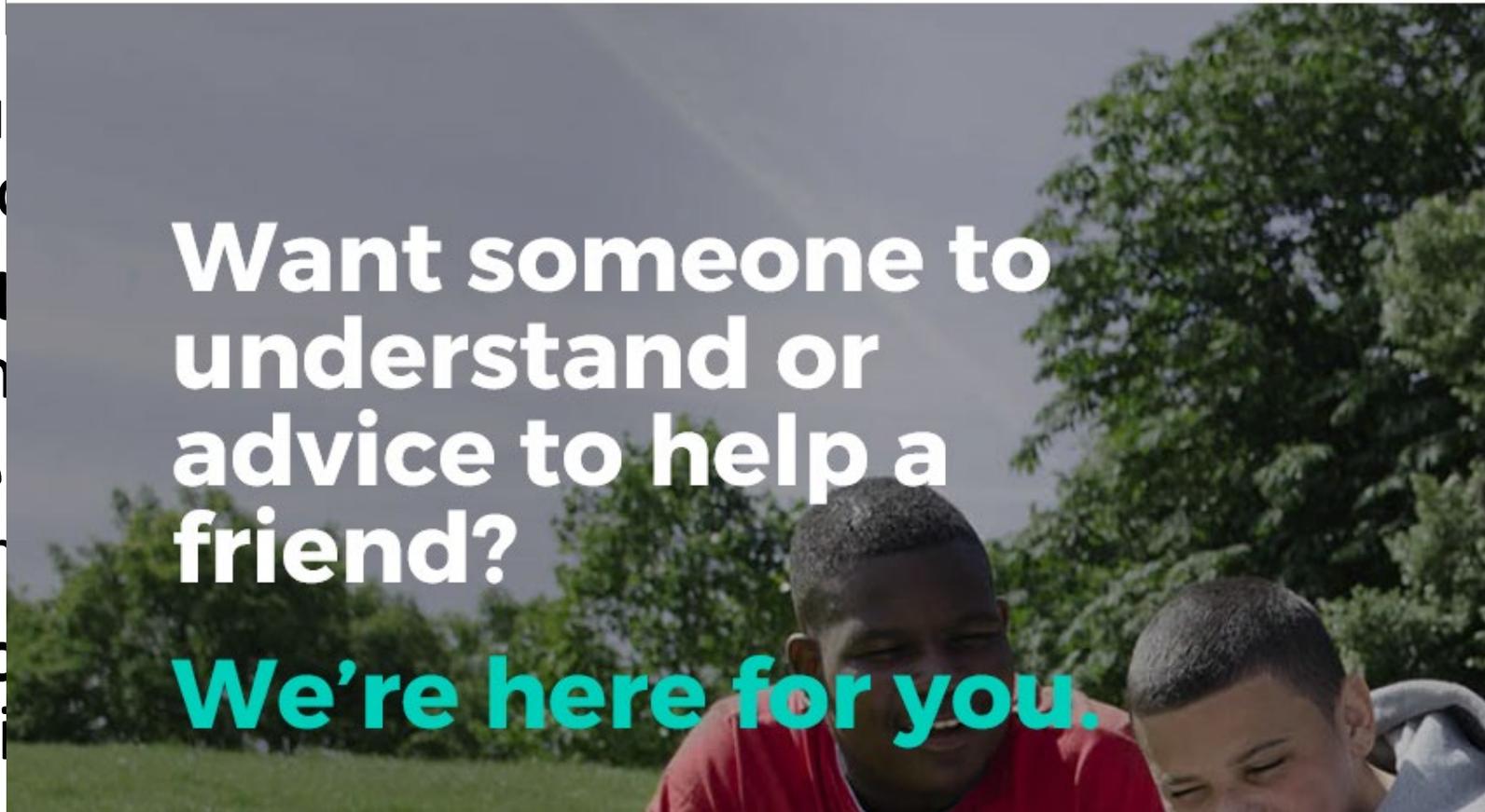
Stress: the result of an overworked, under-rested



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Please discuss these following graphics at home

We will make this presentation available through the IKB website



Don't **CHEAT** Your Revision

by @inner_drive | www.innerdrive.co.uk



C

CONFUSED

If you don't know what you should be revising then don't be shy, ask for help.

H

HUNGRY

Teenagers who eat breakfast have better focus and concentration than those who don't.

E

EMOTIONAL

Find out about and use stress management techniques.

A

ABSENT MINDED

Students with phones on their desk are up to 20% less effective when revising.

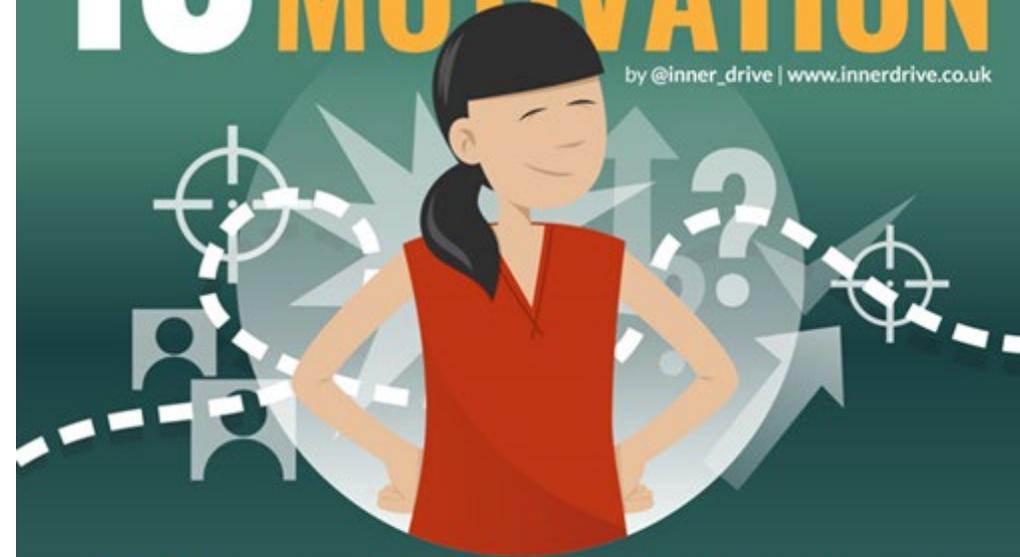
T

TIRED

GCSE and A-Level students need around 9-10 hours sleep a night whilst revising to take all that information in.

10 WAYS TO BOOST YOUR MOTIVATION

by @inner_drive | www.innerdrive.co.uk



Targets Set yourself a clear, ambitious and accurate target

Think Why Remind yourself why you are doing this

Improvements Measure success by how much you've improved (not comparing to others)

The Right People Surround yourself with positive hard working people

Choose View decisions as active choices, not sacrifices

Enjoy Find enjoyment in what you are doing

Travel Embrace the journey, not just the outcome

Break it Down Focus on your next step. This helps break the challenge down into manageable steps

Challenge Yourself If the task matches and stretches your ability, you will get immersed in it

Manage that Stress Some stress is good. Too little and you won't care, but too much and you may get overwhelmed

7 Tips to Help You Concentrate Better

by @Inner_Drive
www.innerdrive.co.uk



1 Eat Breakfast

Students who eat breakfast score better on attention and memory tests. Cereals that are rich in complex carbohydrates are good as they fuel your brain.



2 Exercise at Lunchtime

A study by researchers at Bristol University found that a 45 minute workout at lunchtime significantly improved people's concentration, mood and ability to do their job.



3 Worry About it a Little More

In certain situations, a bit of stress may make you perform better. The extra worry releases adrenaline which increases the intensity of your focus.



4 Don't Think Don't

Attempts at thought suppression make you think about the thing you want to avoid more and distract you from the task at hand.



5 Drink Some Water

If you are just 1% dehydrated your concentration drops dramatically. Students who take water into an exam have been found to outperform their thirsty peers.



6 The Great Outdoors

Those who take a walk in green space return feeling more focused than those who have a break walking in urban areas.



7 Pictures of Nature

No green space near you? No problem. Studies have found that those who look at photos of nature, especially those with water in them, feel the same sort of benefits.