

PARENT COMMUNICATION · Y6 / GRADE 6

# Y6 SATs — Parent Guide

Calm, not panic

## What SATs actually are

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## What SATs are NOT for

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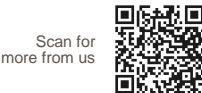


Why your child might be anxious

What helps vs what doesn't

What helps	What doesn't help
Calm, normal evenings the week of SATs	Cancelling plans because 'we need to revise'
Decent sleep — earlier bedtimes if possible	Late nights doing past papers
Breakfast on test days	Skipping breakfast because of nerves
Supportive language ('do your best')	Pressure language ('this matters for life')
Reading FOR PLEASURE in the months before	Forced reading practice
Times tables practice in 5-min bursts	Hour-long evening homework sessions
Talking about strategy ('what do you find tricky?')	Threatening rewards or punishments
Letting your child see that YOU are calm	Tutoring on top of school work
Talking about SATs as ONE WEEK	Talking about SATs for months
Trusting your child's teacher	Asking 'why didn't you teach X yet?'

What you can DO if you want to help



**What to do during SATs week**

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**What to do if your child is genuinely struggling**

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**The truth about SATs scores**

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**What to say if your child has 'failed' a paper**

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