

PASTORAL · YEAR 6

# SATs Week Survival Guide

For teachers and parents of Year 6

## The week before SATs

Stop introducing new content. Switch entirely to revision and recall. Keep the timetable normal — no special anxiety-inducing build-up. Do at least 2 mock papers under timed conditions. Talk about anxiety as normal, not something to suppress. Tell parents what to expect each day, including timings.

## The night before each paper

No screens after 8pm — they disrupt sleep quality. Standard bedtime — no early-to-bed (it doesn't work). Light, familiar dinner. No experimental food. Ten minutes of light review max — not cramming. Read aloud or chat — keep things calm and normal.

## The morning of each paper

Breakfast with protein (egg, yoghurt, peanut butter on toast). Arrive at school no later than 8:30am — being late spikes cortisol. Teachers: greet each child individually at the door, calm tone. Five-minute settle, then start. Don't over-prepare mentally. If a child looks dysregulated, take 30 seconds with them privately.

## Things that don't help

Telling children the SATs are 'really important' spikes anxiety. Telling them 'it's not important' — most see through it. Pep-talk assemblies often backfire. Last-minute cramming on the morning of a paper. Public reveal of mock paper scores. Parents comparing to siblings or other children.

## How to communicate with parents



Send the SATs timetable a week in advance. Be honest: 'This is one assessment in your child's life.' Tell parents what to do (sleep, breakfast) and what not to do (cramming, comparing).

Reassure: results don't determine their child's future. After SATs, debrief with parents: how did it go, what worked, what can we improve.

## After SATs

Don't reveal individual scores in class. Have a celebration day — make the end visible. Year 6 still has 6+ weeks left after SATs — use them well. Transition prep for secondary becomes the priority. Read together, write for fun, do projects you couldn't fit in earlier.

