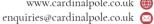


## Cardinal Pole Catholic School

205 Morning Lane, London, E9, 6LG 👩

020 8985 5150 🔇

www.cardinalpole.co.uk 🛞



Executive Headteacher: Mr A Hall BA (Hons) MA NPQH NPQEL Head of School: Mr A O'Donoghue BA (Hons)

10th November 2025

Dear Year 13 Students and Parents/Carers.

## PREPARATION FOR API EXAMINATIONS

As we approach the upcoming API examinations, which begin on Monday 1st December 2025, we would like to outline the key arrangements and expectations to ensure all students are fully prepared and supported during this important period.

## Additional Period 7 Sessions

In preparation for these exams, all Year 13 students are expected to attend an additional Period 7 session each day. These sessions will be used for:

- Intervention and targeted support in key subjects;
- Supervised study and revision skills sessions;
- Opportunities to seek one-to-one guidance from subject teachers.

Attendance at Period 7 will form an important part of students' preparation and will be closely monitored. These sessions are designed to provide structured time for focused study and to help students build effective revision habits ahead of the assessments.

## How Parents and Carers Can Support

Parents and carers play a vital role in helping students prepare effectively. You can support your child by:

- Encouraging a quiet, distraction-free study environment at home;
- Checking in on their revision schedule and helping them keep to realistic goals;
- Promoting a healthy balance of study, rest, and relaxation;
- Discussing progress regularly and celebrating achievements along the way;
- Reinforcing the importance of attendance at school and at Period 7 sessions.

We appreciate your continued support in helping our Year 13 students reach their full potential. With focus, effort, and the right support, we are confident they will perform strongly in their API exams.

If you have any questions or would like further information about the exam timetable or preparation resources, please do not hesitate to contact the Sixth Form Team.

Yours sincerely,

Mr S Rahman

**Head of Sixth Form** 













