



# ST MARY'S CATHOLIC PRIMARY SCHOOL

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Dear Parents and Pupils,

As we approach SATS week, I wanted to take a moment to share some thoughts and encouragement with you all. This is an important time for our Year 6 pupils, and it's natural to feel a mix of excitement and nerves as the assessments draw nearer.

Firstly, I want to remind everyone that SATS are just one part of your child's educational journey. While they do provide valuable information about how our pupils are progressing, they do not define who they are or their potential. It's crucial that we keep a balanced perspective throughout this week, and I urge you to talk to your children about this.

To help everyone feel prepared and settled, here are a few recommendations that you might find helpful:

1. **Routine:** Maintaining a consistent routine during the week can help alleviate stress. Aim for early nights to ensure that your child gets plenty of rest. A well-rested mind is essential for good performance!
2. **Nutrition:** A healthy breakfast is vital! Please ensure your child starts the day with a meal that will provide them with sustained energy. Avoid sugary cereals and opt for wholegrain options, fruit, or even eggs.
3. **Relaxation Techniques:** Encourage your child to take a few deep breaths if they begin to feel anxious. Simple techniques like closing their eyes and counting to ten can help them regain focus.
4. **Practice, but Don't Pressure:** While some revision is important, ensure it remains light-hearted. Perhaps set aside short bursts of time for fun, focused revision sessions or engage in some enjoyable educational games. This way, your child will be reinforcing what they've learned without feeling overwhelmed.
5. **Positive Mindset:** Remind your children to celebrate their efforts. A change in perspective can do wonders; rather than thinking of these tests as pressure points, we can view them as an opportunity to demonstrate what they have learned.
6. **Support:** Finally, please let your child know that we, as their teachers, are incredibly proud of them. We've seen their hard work throughout the year, and we are here to support them every step of the way.

Thank you for your continued support and encouragement during this time. We believe in our pupils wholeheartedly and are confident that they will do their best. Let's make the most of SATS week together!

Yours sincerely,

Mrs Laura Concannon

Head Teacher



SUPPORTING  
CONNECTING  
INFLUENCING