

To Year 6 Students, Parents and guardians at Heartsease Primary,

With SATS around the corner, it is a good idea to revise to make sure you have the confidence you need to achieve the best you can. SATS are one way to test your knowledge and see how far you have come throughout your primary school journey.

As well as revising, it is also important to keep healthy in the lead up to, during and after our SATS. We know it is important to keep yourself healthy but also to care about the health of others.

Feel free to change the plan to suit your health and revision needs, however, this is a fantastic guide to keep us physically, socially and mentally healthy around the time of SATS whilst getting in that last minute revision.

Everyone has worked very hard in recent months to build up to SATS and we know you will do your very best. Make sure you take the time to do activities, which make you happy and will put a smile on your face. We know that a happy, healthy student will have more confidence to face these challenges.

Yours Sincerely,

Heartsease Primary Year 6 team