Hampton College

24 March 2026

HAMPTON
COLLEGE

Dear Parents/Carers

As we approach the upcoming SATs assessments, we are continuing to focus on helping children feel confident, prepared and secure in the knowledge and skills they will need. One of the most effective ways to support this is through regular SATs preparation homework.

SATS revision is most successful when children revisit learning frequently over time. Completing short, focused homework tasks helps pupils reinforce what they have learned in class, strengthen their understanding and retain key information more effectively. This 'little and often' approach is proven to boost memory, build confidence and reduce anxiety as testing approaches.

Alongside this academic preparation, we place great importance on the wellbeing of every child. To support this, all pupils can complete a 'Power to Perform' pack in addition to their written homework. This wellbeing-focused resource encourages children to think about:

- setting achievable goals
- developing a positive mindset
- taking part in regular physical activity
- understanding the importance of rest and recovery
- getting sufficient, good-quality sleep
- managing their mental energy
- staying calm during busy or challenging periods

These activities are designed to help children recognise the link between feeling well, thinking clearly and performing confidently. By supporting both their learning and their wellbeing, we hope to ensure that each child approaches SATs with a healthy balance, reduced stress and a sense of readiness.

We kindly ask for your support in encouraging your child to complete both their revision tasks and their wellbeing activities over the Easter break – on this occasion, SATs Companion will not be set. Establishing a calm, consistent routine—free from distractions—can make a significant difference to both progress and confidence. If your child finds any tasks challenging, please reassure them that this is completely normal; they should simply try their best and we will continue to address any difficulties in school.

Thank you for your continued support. Working together ensures that every child feels well-prepared, confident, and able to achieve their best. If you have any questions or feel your child would benefit from additional guidance, please do not hesitate to get in touch.

With kind regards,

MStuffins

Mrs Michele Stuffins
Deputy Head of School (Primary Phase)