



**THIRD SPACE  
LEARNING**



# **Year 6 Wellbeing: An Emotionally Healthy Approach to SATs**

**Pupil Guide**

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# Did you know you've already taken your SATs once?

You may not even remember but all pupils do SATs in Year 2. In May this year you'll be sitting SATs again, this time as a Year 6 pupil. Here are some tips and advice to help you get the most out of them.



## What are SATs?

SATs are assessments to measure what you've learnt in Maths and English.

They help the Government find out how your school has taught you and your secondary school understand you a bit better ready for when you start.



There are three Maths papers and three English papers.

You'll need to complete them within a fixed time (30 minutes to 1 hour) without talking to anyone else.

# What's the best way to do my SATs?



- Listen to what your teacher says. Your teacher is cheering you on and wants you to do your best.
- Make sure you get plenty of sleep and stay well fed – sleep and food help keep the brain moving.
- Read the questions carefully. This can help to avoid any silly mistakes!
- Don't worry if there's something you can't answer. Take a deep breath! You can always move on and go back later but it's better to write something rather than nothing.
- Keep in mind year 6 SATs are just one week of your entire life.

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'Stay focused in class so you don't have loads of extra study at home'  
**Current Year 7 pupil, 2016**

# What else should I know?



There are lots of things we could tell you, but here are the most important three bits...

- 1** SATs are just tests for Maths and English. They don't show how kind, funny, creative or quirky you are – and all those things need to be celebrated! Your value and worth is much greater than your SATs results.
- 2** SATs don't tell the whole story. Whatever your results are, trying hard is the important thing. You should be very proud to have made it through to the end of primary school and to be sitting these tests. It's a MASSIVE achievement.
- 3** Children in Year 6 will be feeling lots of different things when it comes to their SATs.
  - You might feel **unsure** and have lots of questions
  - You might feel **confident** and **excited**
  - You might feel **anxious** about a particular topic
  - You might feel **calm** and **collected**
  - You might feel a bit **nervous**
  - You may just **wish they were over** so you can enjoy the summer

These are all normal reactions. However you feel there will be other children feeling the same. Remember to talk to people you trust and share how you feel.



# Who can I talk to?

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**Your parent**  
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**Your grandparent**  
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**Your carer**  
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**Your teacher**  
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**Another adult at school**  
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## Good luck Year 6!

☆ ☆ **Everyone is behind you; may you  
shine like the stars you are.** ☆ ☆