



COLLEGE

Lisneal College  
70 Crescent Link Road  
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Tel No: 028 7134 8888

19 February 2026

Dear Parent/Guardian,

We would like to invite Year 11 & 12 parents to an information evening on Monday 23 February at 6pm in the Assembly Hall in school. This event will benefit your child as they approach their busy exam season. This short information evening is designed to provide you with a '**toolkit**' of practical strategies to support your child's journey from now until the final exams.

Many parents ask the same question, '**How can I help when I don't know the subject material?**' The good news is you don't need to be a subject specialist in order to be a brilliant revision coach.

In a world of 'Tik Tok' notifications and social media distractions, pupils can fall into a trap of passive reading and ineffective study methods. Backed by science and evidence-based research, we will show you how to turn revision into a manageable habit. Give your child the edge this exam season!

Sessions include;

- **Beating the TIK TOK brain:** Practical tips to manage digital distractions and notifications.
- **The Pomodoro Power-up:** Using timed focus bursts to encourage independent productivity.
- **The CORE FOUR:** strategies your child is using in school and can continue to use at home for all knowledge-based subjects.
- **Well-being and balance:** Managing procrastination, setting up a calming study zone and ensuring 'guilt-free' downtime.

Please complete the Google link to register your attendance:

<https://forms.gle/xCqGZwYe9eqqgUM16>

Yours faithfully,

*Amanda Thompson*

**Mrs A Thompson**  
**Teaching & Learning**



**Principal:** Mrs R Mullan BA (Hons) PQHNI  
**Vice Principals:** Mrs L Loughery MEd BSc(Hons) PQHNI Mr S Young BA (Hons) PGDip



**INVESTORS IN PUPILS**