



# A guide to: effective use of supervised breaks

## Rest Break It is NOT a toilet break

Who can get SRB?

- May have SEND
- May have medical need
- Evidenced by class teachers/SENCO/SLT □ Supported by medical evidence

How long can the candidate have?

- The usual amount of time allowed for SRB is 10 minutes in every hour
- No rest breaks can be taken in the first **30 minutes and last 15 minutes of the exam**

How to use SRB

- Let the invigilator know straight away. They will time the break
- Turn the question and answer booklet over
- Use this time to rest or if you have a medical need that needs testing tell the invigilator who will alert the exams office
- Do not panic about the time –this will be added to the end of the normal exam end time
- When you are ready to restart let the invigilator know and you can then turn your paper back and begin to work again

How to combat stress

- Breathing techniques
- Close eyes and 'escape'
- Any recommended stretching or exercising techniques

Not always needed

- May not be needed in all or any exams

Finally

Using SRB might mean you do not finish your exam before the end of the school day and you should always make sure that arrangements have been made for you to get home.