

HAPPY

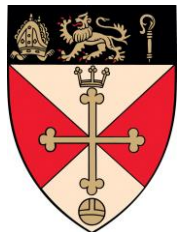
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Access Arrangements: A Guide to Using Supervised Rest Breaks (SRB)



www.malmesbury.wilts.sch.uk



Who can get SRBs?

Regulations about who can have SRB:

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

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How long can the candidate have?

- The usual amount of time allowed for SRB is 10 minutes in every hour



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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

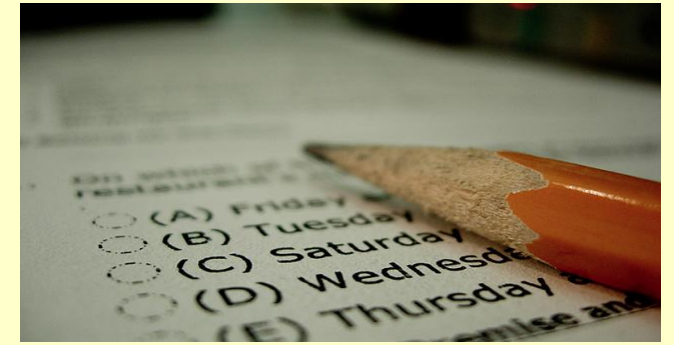
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How to use SRB:



- 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

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Calming Techniques:

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



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Finally:

- SRBs might not be needed in all exams (the student should be comfortable knowing it is there if needed)
- 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 if you usually take the bus or taxi

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