



Supervised Rest Break Policy

Length of exam inclusive of extra time	<1hr*	1h	Up to 1h 30	Up to 2h	Up to 2h30	Up to 3h
Maximum total length of rest break (s)	0	10m	15m	20m	25m	30m
Maximum number of rest breaks **	0	1	2	2	3	3

*Rest Breaks may not normally be taken in exams lasting less than 1 hour ** For example in a 2 hour exam a student may take up to 2 rest breaks totalling 20 minutes, NOT 2 rest breaks of 20 minutes each.

NB

1. Rest Breaks are granted on the timetabled length of the exam. 2. Rest Breaks may not be taken in the first or last 20 minutes of any exam. 3. Students may not have access to question papers/answer booklets during a Rest Break - this is a JCQ regulation.
4. Students are normally expected to remain at their desk during any break - again this is a JCQ regulation.
5. Toilet breaks do not count as a rest break, if a student asks for the toilet break then this time will be lost. If there is a medical diagnosis the SENCo will review this on a case by case basis.
6. REMEMBER REST BREAKS ARE TO BE USED WHEN A STUDENT IS FEELING OVERWHELMED OR ANXIOUS WHICH HAS AN IMPACT ON THEIR WORKING.

STUDENTS - DO NOT OVERUSE THE REST BREAK UNNECESSAIRILY OTHERWISE YOU WILL LOSE YOUR TRAIN OF THOUGHT WHICH WILL BE COUNTER INTUITIVE TO YOU.

Note that in an emergency Rest Breaks may be granted to a candidate on a temporary basis, for example because of a medical crisis - this will be at the sole discretion of the Examinations Officer, and all the conditions listed above will normally apply.
