

February 2023

Year 11 Exam Preparation Update

Dear Parent / Carer,

We have reached the stage of year 11 where our focus is on how best to support students in their final preparations for the GCSE examinations this summer.

Teachers in each individual subject areas are providing students with work for them to complete at home. Some of this may involve using revision guides, practice questions and papers, and websites with subject specific information and activities. Your child will have this work explained to them in class, and will be able to access the work / links to the work using Teams. At the end of this letter, there are some hints and tips about how you can support your child's work at home over the next few months.

During the week beginning 6th March, there will be mock examinations in English Language, English Literature, Maths and French listening. Students have been provided with individual timetables for these, and these examinations will be run using [JCQ guidelines](#), in order to give students a final opportunity to practise in full exam conditions before the GCSE examination series gets underway in May.

We are also providing additional opportunities during some lunch time and after school sessions, for students to take part in extra classes.

From the week beginning 27th February, until the written examinations for all subjects begin in May, on **Wednesdays from 3- 4pm, we would like your child to take part in an additional English revision class**, and on **Thursdays from 3-4pm, we would like your child to take part in an additional maths revision class**. Student attendance at these classes is voluntary, but highly recommended. Please note that these classes will not run on days when strike action is taking place.

Other subject areas are also providing voluntary opportunities for students to attend revision / catch up classes. At the end of this letter there is an overview of these opportunities for the week beginning 27th February onwards.

Thank you for your ongoing support,

Vickie Beeby

Head of School

Year 11 Additional Sessions from week beginning 27th February

	Lunchtime	After school
Monday	Science Citizenship	Geography French Role-play tasks 3D Design History
Tuesday	Geography Art History PE	French – Speaking/Writing Art 3D Design Textiles Biology Citizenship
Wednesday	Geography Science Foundation History	English only
Thursday	French 11Fr1 Science Higher	Maths only
Friday		

Helping your child to revise

Successful revision requires stamina. We encourage students to see their preparation for their GCSE exams as the build up to a marathon (not a sprint), and that to be prepared they need to 'train in the shoes they are going to run in'.

This means that they need to build their stamina, resilience and exam technique over time, and in a variety of ways. For example, by May of year 11, they should be confident that they:

- Know the revision techniques that work for them.
- Can revise effectively for between one and two hours per day – we suggest that students do this in 20 minute 'chunks', with short breaks between each period of revision.
- Can answer practice exam questions at home with confidence.
- Know what is required for each exam they are taking.
- Can go into their final exams fully prepared.

Students should make use of:

[GCSEpod](#) (students have individualised logins)

[BBC Bitesize](#)

[MathsWatch](#) (students have individualised logins)

The government have produced this [guide](#) to coping with exams

Top 10 tips to support your child through their exams

<p>Being a role model</p>	<p>Set a good example by modelling the behaviour you want your child to adopt...</p> <ul style="list-style-type: none"> • Planning for the week • Eating healthily and well • Keeping hydrated • Leading an active life • Staying calm • Being organised • Good sleep habits
<p>Goal Setting</p>	<ul style="list-style-type: none"> • Encourage them to keep their goals for the future visible – e.g. printed and displayed on their bedroom wall • Help focus them and talk to them about their goals regularly • Give positive reinforcement • Connect with them about ‘why’ and ‘what’ they want to achieve
<p>Keeping Active</p>	<ul style="list-style-type: none"> • Encourage them to keep active on a daily basis • Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day • Plan to do active things together on a weekend • Go out for a walk together and get some fresh air • Help them plan out their weekly exercise schedule in advance
<p>Healthy Eating</p>	<ul style="list-style-type: none"> • Plan your family meals for the week – breakfast, snacks, lunches and evening meals • Avoid high sugary and fatty foods or drinks • Aim to eat clean, fresh and healthy foods • Have a couple or ‘treat’ meals / or meals out per week • Encourage them to eat breakfast everyday • Hydration is key to brain functioning so make sure your child carries a bottle of water with them
<p>Time Out</p>	<p>Encourage them to build in opportunities to take some time out every week, away from study. For example:</p> <ul style="list-style-type: none"> • Going out for food • Seeing friends • Listening to music • Reading a book • Doing a hobby • Going shopping • Going to the cinema

Sleep Patterns	<ul style="list-style-type: none"> • Young people need between 8 – 9 hours sleep per night • Help your child create a relaxing evening routine • Make sure they don't eat too late at night • Avoid giving them caffeine or sugary drinks late at night • Make sure they don't work or revise too late before going to bed • Encourage them to switch off from social media / technology at least an hour before bedtime
Unplugging	<ul style="list-style-type: none"> • Encourage them to unplug from technology every day • Help them switch off from technology at least 30 mins- 1 hr before going to sleep • Support your child to appreciate the world around them rather than being governed by their phone • Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework • Help them learn to have the control to not be obsessed with their phone • Choose some time each day/week to switch off and unplug from technology with them
Staying Cool & Calm	<ul style="list-style-type: none"> • Set a good example by staying calm yourself • Create a relaxing environment for your child • Help them plan out coping strategies to deal with their stress • Give them positive distractions away from studying • Help them understand their stress & to focus on controlling the controllables • Promote a balance of their academic studies & other activities during the week
Belief	<ul style="list-style-type: none"> • Give them positive reinforcement • Boost their confidence daily • Celebrate any successes and reward them e.g. if they have achieved their mini-goals • Try not to set your expectations too high • Show them how proud of them you are • Highlight things to make them feel good • Give them the belief in themselves to help them achieve
Be Supportive	<ul style="list-style-type: none"> • Be a good listener • Be approachable • Encourage them to take breaks in between revision • Show some understanding of what they are going through • Help them deal with their emotions & feelings • Offer caring advice • Just be there for them!