Year 11 Information Event

Student & Parent guide to Revision, Mocks & Support.

Introduced by Dawn Naylor, Year Leader & John Fox, Pastoral Leader

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Key Dates:

- Mocks start Monday 15th November.
- The first Year 11 Reports will be with you shortly.
- Mock results will be given back to students in lesson time by their individual teachers.
- College & Sixth Form open events have started already, please see next slide.
- See individual centre websites for details of how to apply - check when the deadline for applications is.
- Tadcaster Grammar 6th Form open evening catch up 4th November 4.00 - 4.30pm
- Tadcaster Grammar 6th Form Taster Day - Thursday 2nd December
- Tadcaster Grammar 6th Form application deadline - 28th January
- March Mocks - English, Maths, Science. (TBC)
- There will be another Year 11 report issued at the end of March.
- First Exam - mid May (TBC)
- Final Exam - end of June (TBC)
- Prom - Thursday 30th June (TBC)
- Results - Thursday 25th August (TBC)

Tadcaster Grammar School Sixth Form

We are incredibly proud of our excellent Sixth Form provision, offering over 30 A Level and Btec subjects to students. **Prospectus**

The success of our Sixth Form is evident by the destinations of our Year 13 students with 100% going onto University, Higher Degree Apprenticeships and Employment.

We also offer a variety of opportunities for students to develop their leadership and employment skills through our extra curricular programme.

Alongside this, we have a superb pastoral care provision looking after the wellbeing of all our students.

This is the Sixth form for you so **apply now**

Mocks November 2021

Year 11 Mock Examination Timetable - November 2021

Exam Start Time: **Main Rooms** AM: 09:00 PM: 13:05
Toulston AM: 08:50 PM: 13:05

Wk2 Teaching week	P1	P2	P3	Break	P4	Lunch	P5	P6
Mon 15th		German Reading H - 1hr Main Hall F - 45 mins Boys Gym	German Listening H - 45 mins Main Hall F - 35 mins Boys Gym				German Writing H - 1hr 15 Main Hall F - 1hr Boys Gym	
Tue 16th		English Lang 1hr 45 Boys Gym & Main Hall					Computer Science 1hr	
Wed 17th		RE 1 hour 45 mins Boys Gym & Main Hall					Maths P1 1hr 30 Boys Gym & Main Hall	
Thurs 18th		Biology 1hr 45 Main Hall Science P1 1hr 15 Boys Gym					Music 1hr 30 Main Hall Sports Studies 1hr Boys Gym	
Fri 19th		English Lit 1hr 45 mins Boys Gym & Main Hall					Chemistry 1hr 45 Main Hall Science P2 1hr 15 Boys Gym	

Mocks November 2021

WK1	P1	P2	P3	Break	P4	Lunch	P5	P6
Mon 22nd		Business 1hr 45 Food 1hr45 Main Hall					Maths P2 1hr 30 Boys Gym & Main Hall	
Tue 23rd		French Reading H – 1hr Main Hall	French Listening H – 45 mins Main Hall				French Writing H – 1hr 15 Main Hall	
		F – 45 mins Boys Gym	F – 35 mins Boys Gym				F – 1 hour 0 Boys Gym	
		Economics 1hr 45 Toulston					Clash - Food x 3 Boys Gym	
Wed 24th		Electronics 2hrs BTEC Enterprise 2hrs Boys Gym **Start 08:55** Drama 1hr 45 Main Hall					History 1hr 15 Main Hall	
Thur 25th		Physics 1hr 45 Main Hall Science P3 1hr 15 Boys Gym					Maths P3 1hr 30 FSKL Maths 1hr 30 Main Hall & Boys Gym	
Fri 26th		Design Technology 2hrs Boys Gym **Start 08:55** PE 1hr 15 Main Hall					Geography 1hr 30 Main Hall	

Revision - Getting the Basics Right:

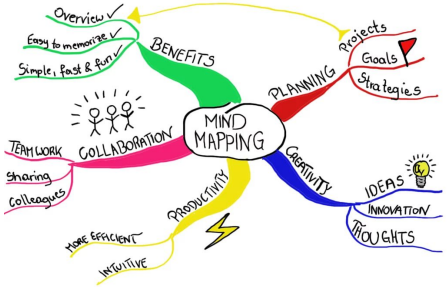
Before we start with all the **amazing tips and tricks for exam success**, we want you to get the basics right.

Number One (and soooo important) is SLEEP!!!

How much sleep do you get? Could you improve your sleep pattern? Give it a go & see how much BETTER you feel.

3 easy steps to REVISION:

(1) Review the topic/content - quickly read through the text book and/or your exercise book or use other physical/online revision resources.



(2) Use it/ Produce something - make a poster, concept map, revision cards, quizzes.... Try to do this from memory and then use notes/text books to fill in any gaps.

(3) Past papers + mark schemes - access and attempt past questions related to the topic and use the mark scheme(s) to help with any tricky bits - 'bounce' between the two.

Make it Memorable:

Tip Number Two Using a MULTI-CHANNEL approach:

Visual, Auditory and Kinaesthetic

Make learning **more memorable** by accessing the information through more than one memory channel.

IDEAS...

Listen to a podcast, as well as reading about a topic

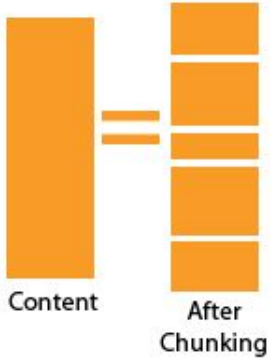
Re-present information in a different format - draw a diagram.

Teach a friend or family member

Record a vlog

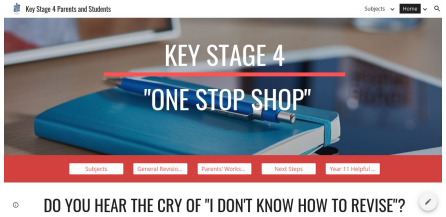
What else could you do? How could you explore topics in a Visual, Auditory, Kinaesthetic ways?

Where do I start?



- Break the subject into easy to approach **chunks/topics**:

  e.g. Biology - Review each of the 18 topics in turn. Some can be done together … Respiration and Photosynthesis (Topics 8 and 9)
  e.g. RE - two big sections, Christianity and Islam, these sections can also be subdivided to make the revision easier.
  e.g. English Literature (An Inspector Calls) - break the text into Characters, Themes, Chapters etc



- Use the schools 'One Stop Shop' for further and subject specific advice, including appropriate **tasks** & **activities** for each subject.

Where & When to Revise?

If not now, then when?

1) Find a quiet, calm, comfortable place to work.

2) Remove mobile devices, block social media or turn off notifications when working.

3) Use your revision timetable to decide which subjects you will study on each day. E.g. Mondays: Maths & Physics

4) Decide what time work will be done: E.g. Maths 5-6.30pm, Physics 7.30 - 9pm (Don't work later than 9.30pm)

5) Break up the study sessions. Work for 20 minute chunks with a 5 minute breaks over the hour/hour and a half.

6) Ensure that guilt free time off is built into your revision plan/timetable....AND get lots of SLEEP!

The Revision Timetable

Planning! ...BORING, right? In reality, a **little** planning will save a **LOT** of time and allow you to have time for doing the other things you love to do...(crossword puzzles, basket weaving...?)

It is really important to **plan your time carefully** so you ensure you cover & revisit everything you need to prepare for your assessments. It will make you feel more organised =less worried. **Win/Win!**

You can start to plan now, we still have lots of time. . . Remember that planning breaks & time with friends and family is as important as planning time to revise, but you need to **get the balance right.**

Your teachers may have given you a **revision list.** There is also subject specific revision advice on the TGS website - ONE STOP SHOP. It's GREAT idea to plan what **type of revision** you will do, rather than just the subject.

You can make a **google sheet** to create your own revision timetable. Collect a **paper copy** from the Year 11 office OR use this great online revision planner.

Or - you could write it on a **calendar** or **draw out** a timetable.

Whatever works for you!

Weekly Revision Timetable

Monday
Maths - Hegarty
4.30-6.00pm
Biology - Past paper
7.30-9.00pm

Tuesday (*Eng revision lunch)
Physics - mind map P4
4.30-6.00pm
Chemistry - Exam questions
7.30-9.00pm

Wednesday
Maths tutor
4.00-5.00pm
Geography-case study flash cards
7.30-9.00pm

To Do:
~~Art sketches to finish~~

~~Art folder to sort and stick in.~~

French - prep speaking

See Mr Sykes weak bits

Read Inspector Calls

Thursday
Late back ….

English Lit. - Inspector character profile
7.30-9.00pm

Friday
English Lang - revision workbook 40 mins
5.00-6.30pm
Art - artist study
7.30-9.00pm

Saturday
RE - flip cards quotes
9.30-11.00am
French - random question generator
1.30-3.00pm

Sunday
Homework and catch-up
10.00-11.30am

Monthly Revision Timetable

Monthly Revision Timetable

OCTOBER 2021 ..... (Month and Year)

.....Monday	.....day	.....day	.....day	.....day	.....day	.....day
1 Maths - circles sector, segments and arcs. Biology- B1	2	3	4	5	6	7
8 Maths - Bearings Biology- B2 + B1 past papers	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes

Make a list of Subjects & then topics that you need to revise - be specific.

Plan on Sunday for the whole week. Be realistic. Write it on a planner - we have some in the Y11 office

Start your revision NOW! Don't leave it until the week before the exams.

Feeling Overwhelmed about exams?
Build *Force Fields* around you & your wellbeing!

Talk to other people who are in the same position: people who want to achieve & have similar goals.

Ask your individual **teachers** if you are struggling to structure your revision

Come to AC/DC: Mon, Tues & Wed after school. Easier to revise & make a start

Symptoms of Stress

- Difficulty getting to sleep or difficulty waking up in the morning
- Constant tiredness
- Forgetfulness
- Unexplained aches and pains
- Poor appetite
- Loss of interest in activities
- Increased anxiety and irritability
- Increased heart rate
- Migraines/headaches
- Blurred vision
- Dizziness

What can cause stress?

- Work
- Relationships
- Exams
- Poor Time Management
- Past exam performance
- Poor present performance
- Negative consequences of poor performance
- How others are doing on the exam compared to you
- Worries
- Guilt
- Pressures

Is stress always bad?

A little bit of stress helps us to rise to the challenge & get things done....

BUT a lot of stress causes illness, unhappiness, stops us from doing our best and is bad for us.

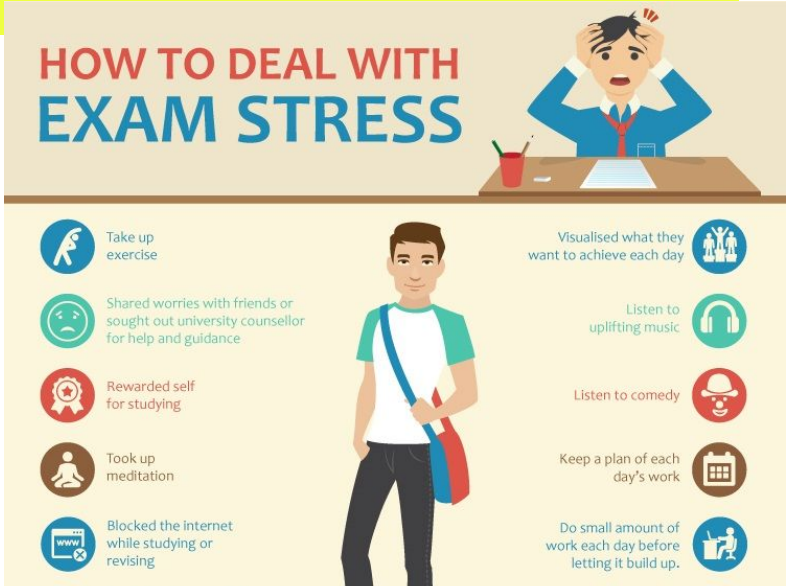
Eustress or "positive stress"

- Feels exciting
- Helps motivate us
- Focuses our energy
- Improves performance
- Has a short-term effect
- Feels manageable and within our control

Distress or "negative stress"

- Feels unpleasant
- Can decrease motivation and efficiency due to sense of overwhelm
- Decreases performance
- Can have short-term or long-term effects
- Perceived as outside of our control

How to Survive Stress

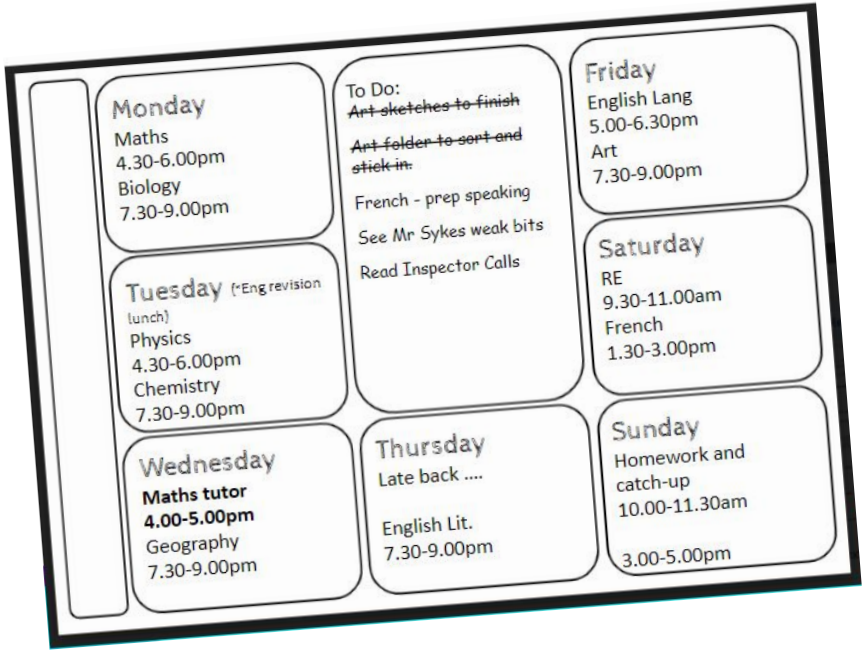


- → Creating a routine & study habits
- → Studying in advance
- → Plan and be realistic
- → Organising study material - files, books etc.
- → Time management.
- → Listening to relaxing music
- → Healthy living
- → Talk to someone or ask for help.
- → Limiting time on social media - yes really!
- → Accept the things that you cannot change.
- → Balance sleeping, eating, exercising

  Don't revise under the duvet - your bed is a sanctuary not a desk. Get your 8 hours.
- → Stress reduction - making time for relaxation, mindfulness.
- → Create a balanced schedule that includes some breaks, exercise & social activity
- → Taking control – doing something, take action, start now!
- → Avoid comparing your exam preparation with others - we all learn differently.
- → Take a break/have fun!

How to deal with exam stress

Make a realistic **timetable**. Stick to it. Remember to schedule time to relax and have fun!



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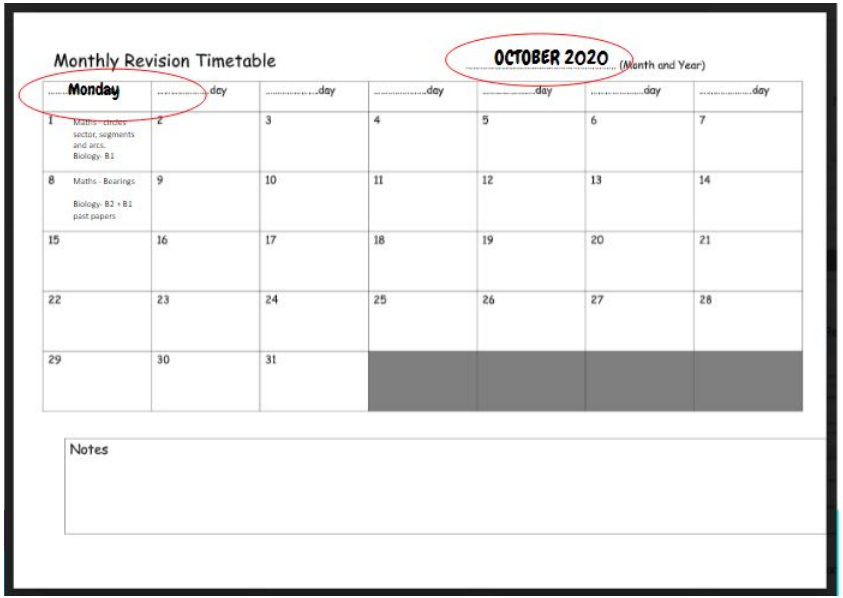

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes

YOUR FOCUS DETERMINES YOUR REALITY

For Year 11 - May the force be with you

STUDY WARS

Tuesday & Friday Lunchtime in S15:

Calling all Padawans, learn your Jedi Skills to conquer the GCSEs.

Jedis will be there to guide you.

Subject specific Lunch time study sessions

DAY	SUBJECT, STAFF MEMBER, LOCATION
Monday	Child Development - Miss Hercberg P17 Art - L18 &L20 German - Mr Spence L4 Maths - Hegerty Support DT - P18 P21 P23 P26
Tuesday	Child Development - Miss Hercberg P17 Art - L18 &L20 History - L10 Miss Bland DT - P18 P21 P23 P26 German - L4 Mr Spence (Week 2)
Wednesday	Art - L18 &L20 Drama - M4 Miss Duckworth French - L3 Miss Pinder GCSE PE - T7 Miss McGeechan DT - P18 P21 P23 P26
Thursday	Child Development - Miss Hercberg P17 Art - L18 & L20 Computer Science - P22 Mr Remillard Drama - M4 Miss Duckworth Physics - P3 Miss Murrell DT - P18 P21 P23 P26
Friday	Art - L18 & L20 German - L3 Miss Baker DT - P18 P21 P23 P26

English - Please speak to your teacher as times or study sessions change every week

Science - Please speak to your teachers about what you need support with

Maths - Please see the board outside M9 for information on extra support

RPE - After October half term further targeted intervention will be available for those still behind- TBC location and day.

Ambition Club/Development Club

Calling all Y11s

New! Careers Drop in on Tuesdays!

When: Every **Monday, Tuesday & Wednesday** 3.20pm- 4.45pm

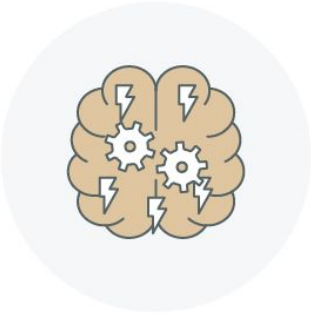
Venue: ILC

What: Opportunity to do **private study**, get **support** and sound **advice** from Miss Naylor, Mr Fox, and other TGS Rock stars, **prepare for Mocks**, work towards your goals, be ambitious and develop yourself for a **Successful Y11**!

Y11 Mindfulness/Stress Reduction

IMPROVES MENTAL WELLBEING

COMBATS ANXIETY



HELPS TO MANAGE STRESS

INCREASES FEELINGS OF CALM

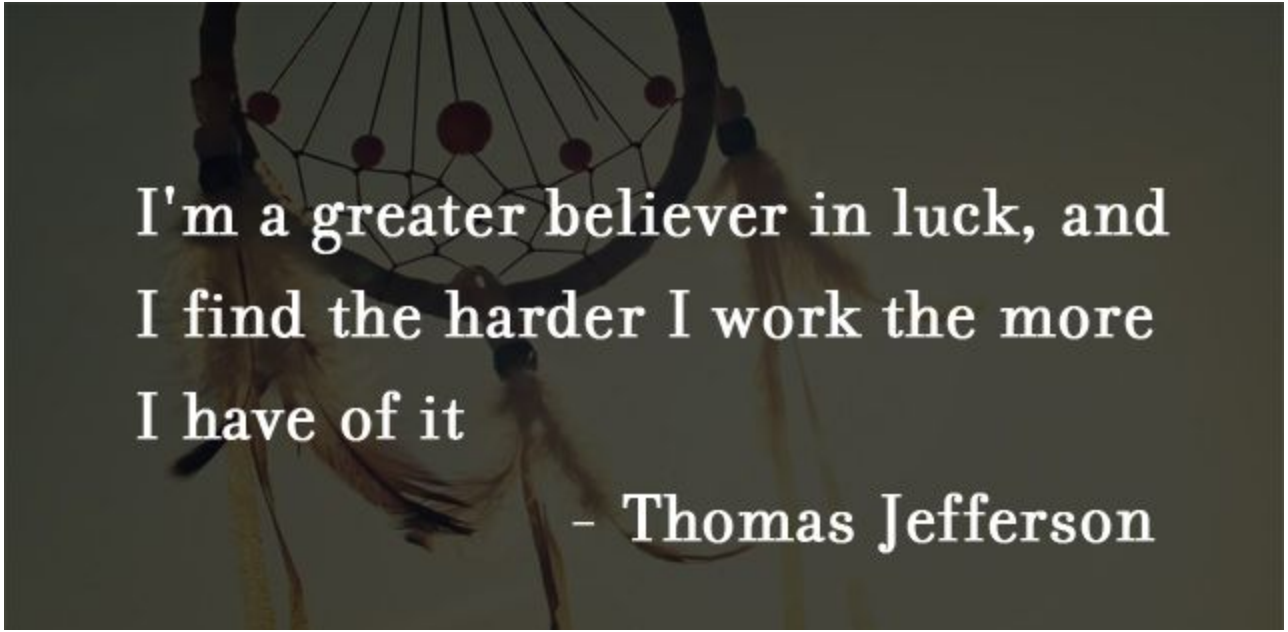
Take time to look after your mind...Mindfulness improves overall levels of happiness.

Every Friday P1, in M27, all welcome.

Register with for tutor, then head up to M27.

Just turn up or email Ms Duckworth for more information.

Good Luck


I'm a greater believer in luck, and
I find the harder I work the more
I have of it
- Thomas Jefferson

College Open Events 2021-2022

Askham Bryan College:
12 October 2021 Information Evening
13 November 2021 Open Morning
29 January 2022 Open Morning
2 April 2022 Open Morning
Click here to find out more...

York College:
14 October 2021 5.30-8.00pm
1 November 2021 5.30-8.00pm
20 November 2021 10.30-12.30pm
Click here to find out more...

Selby College:
9 October 2021 10.00am
8 November 2021 5.30pm
12 February 2022 10.00am
20 June 2022 5.30pm
Click here to find out more...

Bishop Burton College
16 October, 4th December 2021
26 January, 27th April 2022.
Virtual Open Events:
24 November 2021, 5 May 2022
Click here to find out more...

Leeds City College
13 October 2021 4.00pm
Click here to find out more...

Leeds Sixth form College
5 October 2021 4.00-7.00pm
Click here to find out more...

Leeds College of Building
21 October 2021 5.00-7.00pm
20 November 2021 10.00am-1.00pm
17 February 2022 5.00-7.00pm
21 May 2022 10.00am-1.00pm
Click her to find out more...

Harrogate College
6th October 2021 4.00pm
9th November 2021 4.00pm
9th February 2022 4.00pm
6th April 2022 4.00pm
8th June 2022 4.00pm
Click here to find out more...

Access Creative College
25 October:
Click here to find out more...