

# Welcome to our Year 11 Information Evening





# **Second Year 11 Parents Information Evening: Thursday 6th February 5.30pm**

### Outcomes for this evening:

- Support available for students at KS4- The Revision process and top tips for exam success: inc Maths, English and Science top tips
- Further Opportunity to Meet staff and how parents/carers can support
- Review Important themes, key dates, and Next Steps





## Before we start:

Please feel free to ask us questions in the Hall and speak with with your young person's Form Tutor. They really are your son/daughter's expert in school You can also leave any further questions or feedback on the postcards at the back of the Hall





# **Year 11 Key Dates - 2024/25**

- Parental/Student information and support event (1): Thursday 3 Octob
- Reports (1): wb 21 October 2024
- Mock examinations (1): 11-22 November 2024
- Year 11 Parents Evening: 15/16 January 2025
- Parental/Student information and support event (2): Thursday 6 February
- Mock examinations (2): 24 February 7 March 2025
- Reports (3): wb 31 March 2025
- MFL speaking assessments will take place between April 1 May 16
- Drama practical assessments will take place between January 15 May 31
- (Specific dates will be communicated closer to these assessment windows)
- 2025 Exam dates: Start week beginning Monday 5 May End week ending Friday 20 June
- Contingency day Wednesday 25 June)
- **RESULTS DAY** Thursday 21 August 2025

There are 13 weeks until the start of the GCSE exams (We are over half way) There are 30 school wooks for

ear 11 IVIOCK exams



Ther





## What makes a great Year 11?







## **The Journey Ahead**

Report Home July 2024

Year 10 exams Late June 2025

**Report Home October 2024** 

**Summer Hols** 

November Mocks

Report Home
December 2024

We are here!

May - June 2025 GCSE Exams Report Home March 2025







February/March

**Mocks** 

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- **RESULTS DAY** Thursday 21 August 2025

There are 30 school weeks from Sept 2024 to the provisional start of the GCSE period

There are 9 weeks from Sept 2024 to the Year 11 first Mock exams

There are 20 weeks until the start of the second Year 11 Mock exams







# HELP ON OFFER FOR ALL MI STUDENTS ...



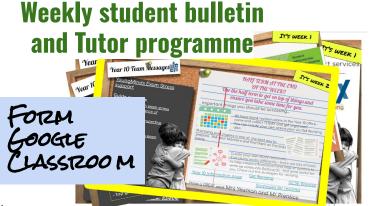


## Support available for Students at KS4

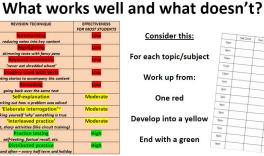
...is available on the school WEBSITE

## TGS SUBJECT SPECIFIC **GUIDANCE**

(including how parents can help)

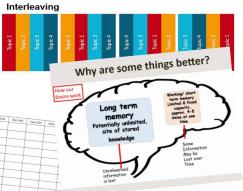


### Preparing for exams/revision





Blocking Topic 1



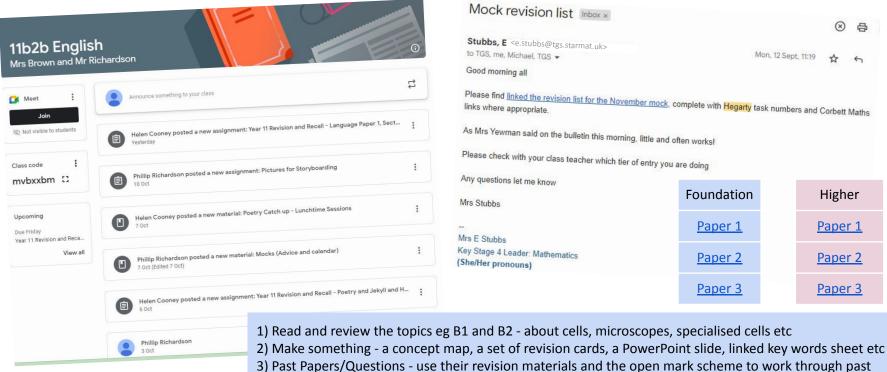
Topic 3

Topic 4



be your best self

# There are lots of resources available and supportive material







**Science Revision Support** 

paper materials

## **Year 11 Revision Sessions - WEEK 1 (LUNCHTIME)**

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch time	<b>3D Design</b> KS4 drop in P19	<b>3D Design</b> KS4 drop in P19	History KS4 drop in (L11)	GCSE PE KS4 drop-in (L6)	<b>3D Design</b> KS4 drop in P19
	German KS4 drop in (L3)	Art KS4 lunchtime drop in	3D Design KS4 drop in (P19)	French KS4 drop in (L7)	Art KS4 lunchtime - appointments only
	Graphics WK1&2 12.35-1.05 P18	Photography KS4 lunchtime drop in	Geography Year 11 drop in (M28)	German KS4 drop in (L3)	Photography KS4 lunchtime -
		<b>Graphics WK1&amp;2</b> 12.35-1.05 P18	Art KS4 lunchtime drop in	Art KS4 lunchtime -	appointments only
		<b>Drama</b> Intervention/ Drop in	Photography KS4 lunchtime drop in	appointments only Photography	Graphics WK1&2 12.35-1.05 P18
		Computer Science	Drama	KS4 lunchtime - appointments only	
		P22	Intervention/drop in  Economics	Graphics WK1&2 12.35-1.05 (P18)	
			KS4 Lunchtime Intervention/drop In (S13) 12.35-1.05	Food Prep & Nutrition GCSE (P15)	
			Chemistry KS4 Intervention/drop In (P8) 12.35-1.05	Business Studies KS4 Lunchtime Intervention /drop In S13 12.35-1.05	





## **Year 11 Revision Sessions - WEEK 1 (AFTER SCHOOL)**

After School  Art Yr 11 3.10-4.30pm  Photography Yr 11 3.10-4.30pm (Due to meetings, this day vill alter or be cancelled via GC - student must provide prior notice if they intend to use the session)  Art Yr 11 3.10-4.30pm (Due to meetings, this day vill alter or be cancelled via GC - student must provide prior notice if they intend to use the session)  English (starting Tuesday 11 March) 3.30-4.20pm 3 simultaneous groups:  • Moving grade 3 to grade 4 • Reaching for grade 7 and above A letter with further information has been emailed to all Y11 parents.  WHOLE YEAR REVISION SUPPORT ILC 3.10-5.00pm	





## **Year 11 Revision Sessions - WEEK 2 (LUNCHTIME)**

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	3D Design KS4 drop in p19  Graphics WK1&2 12.35-1.05 P18  RPE KS4 S12 (lead up to exams)	3D Design KS4 drop in (P19)  Art KS4 lunchtime drop in  Photography KS4 lunchtime drop in  Graphics WK1&2 12.35-1.05 (P18)  Drama Intervention/ drop in  Computer Science (P22)	History KS4 drop-in (L11)  3D Design KS4 drop in (P19)  Geography Year 11 drop-In (M28)  Art KS4 lunchtime drop in  Photography KS4 lunchtime drop in  Drama Intervention/ drop in  Economics KS4 Intervention /drop in (S13) 12.35 to 1.05  Chemistry KS4 Intervention/drop in (P8) 12.35-1.05	French KS4 drop-in (L7)  Art KS4 lunchtime - appointments only  Photography KS4 lunchtime - appointments only  Food Prep & Nutrition GCSE (P15) Lunchtime  Graphics WK1&2 12.35-1.05 (P18)  Business Studies KS4 Lunchtime Intervention /drop in (S13) 12.35-1.05	3D Design KS4 drop in (P19)  German KS4 drop-in (L3)  Art KS4 lunchtime - appointments only  Photography KS4 lunchtime - appointments only  Graphics WK1&2 12.35-1.05 (P18)





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After School	Art Yr 11 3.10-4.30pm  Photography Yr 11 3.10-4.30pm (Due to meetings, this day will alter or be cancelled via GC- student must provide prior notice if they intend to use the session)	English (starting Tuesday 11 March) 3.30-4.20pm 3 simultaneous groups:  • Moving grade 3 to grade 4 • Reaching for grade 5/6 • Aiming for grade 7 and above A letter with further information has been emailed to all Y11 parents.	Graphics WK1&2 KS4 drop in (P18) - by appointment  WHOLE YEAR REVISION SUPPORT ILC 3.10-5.00pm	3D Design KS4 drop in P19 - by appointment Graphics WK1&2 KS4 drop in P18 - by appointment  WHOLE YEAR REVISION SUPPORT ILC 3.10-5.00pm	







# KEY STAGE 4 5 Week Push

January-February of Year 11

Dear Parents/Carers/Students,

Two common cries are often heard during periods of revision:

- From students: "I don't know how to revise subject X...."
- From parents and carers "I really want to help, but I'm not sure how....". (as well as the odd "it's like pulling teeth", "they tell me they are revising but it's really difficult to know if they are")

This guide has been created to try to move beyond those common cries.

Each subject has provided you with a five week overview of the revision activities (or Independent Study Plan) students can do in the weeks running up to the second set of mocks in February. Each activity has a tangible outcome. These will not only allow parents/carers to check that revision has taken place, they will provide opportunity for discussion to further support the learning process.

The final thing to say is start today. Final exams may still seem a long way away, but following the Christmas break, there are only 15 school weeks until the exams begin. Getting some of your revision in the bank now is essential so you don't leave a huge mountain to climb in March or April.

We hope the pages will prove useful in helping students to have a clear focus for the next stage of year 11











# KEY STAGE 4 5 week Push



**Click on the subject** for each "Mini 5 week push" Revision Planner:

- **➤** Maths
- ➤ English Language
- English Literature
- **Biology**
- Chemistry
- Physics
- **>** <u>R.P.E.</u>
- > Art

- > Photography
- **Business Studies**
- > Child Development
- Creative Media Production
- Computer Science
- **➤** <u>Drama</u>
- **Economics**
- **➤** Electronics

- > Food Preparation
- > French
- Geography
- **➢** German
- History
- Hospitality and Catering

"ONE STOP SHOP"

- **➤** Music
- **>** GCSE P.E
- Sports Studies

Additional resources, including general revision strategies, can be found on the TGS One Stop Shop site.

KEY STAGE 4

—be your best self



# Useful resources to take away

**Revision Planners** 

**Mock Exam Timetables** 

**Key Dates Postcard** 

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	Main Rooms AM: 9:05am PM: 13:25 3:05	Start Time: Toulston AM: 08:50 PM: 13	Exam S
	PM	AM	WEEK 2
			Mon 24th Feb
	Maths F & H - Paper 1 1hr 30 Main Hall / Boys Gym / Toulston.	NFER Tests (8:45am - 10:15am) Toulston	Tues 25th Feb
		11D Block Subjects (check with your teacher if this applies to you) Start at 9:25am	Wed 26th Feb
	Maths F & H - Paper 2 1hr 30 Main Hall / Boys Gym / Toulston.		Thurs 27th Feb
		English Lit (9:05 start) 50 mins Main Hall / Boys Gym / Toulston	Fri 28th Feb
	PM	AM	WEEK 1
		English Lang (9:15am start) 1hr 45 Main Hall / Boys Gym / Toulston	Mon 3rd Mar
you)	11A Block Subjects (check with your teacher if this applies to yo Start at 1:30pm	Chemistry 1hr Combined Science F & H - 1hr Main Hall / Boys Gym / Toulston	Tues 4th Mar
		Physics 1hr Combined Science F & H - 1hr Main Hall / Boys Gym / Toulston	Weds 5th Mar
you)	11B Block Subjects (check with your teacher if this applies to yo Start at 1:30pm	Biology 1 hr Combined Science F & H - 1hr Main Hall / Boys Gym / Toulston	Thurs 6th Mar
	Maths F & H - Paper 3 1hr 30 Main Hall / Boys Gym / Toulston.		Fri 7th Mar
		11C Block Subjects (check with your teacher if this applies to you) Start at 9:25am	Mon 10th Mar

Weekly Planner (block style)

Afternoon







Week of:

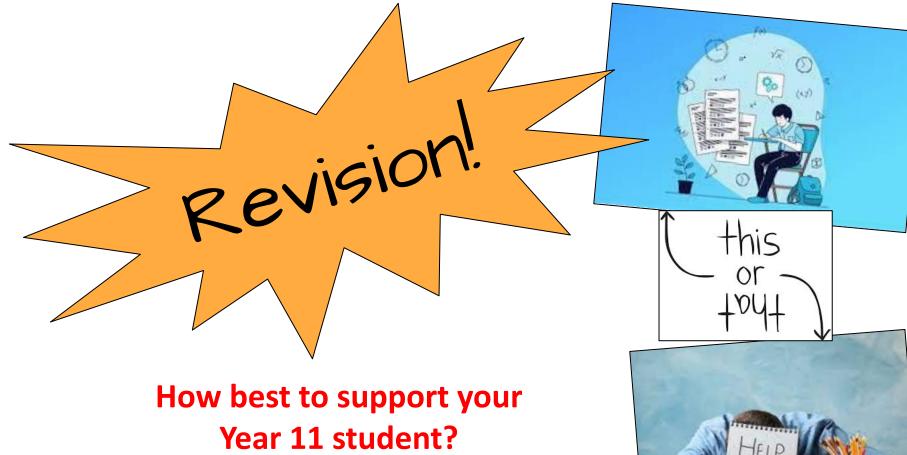
Friday

Saturday

Sunday

Wednesday

Thursday





Se your best self

# Effective Revision Methods: USTEN TO THESE GCSE

### **Interleaving**

This is the theory that revising more than one topic in each revision session will help you make better revision

links between them

#### **Retrieval Practice**

This is the practice of recalling information without having the information in front of you. Research shows this

is more effective than reading something over and over

### **Spaced Practice**

This is the idea that short, sharper bursts of learning are more effective than cramming-Revise, rest,

repeat...space out your revision for better results.







Study Smart Interleaving







gcsepod education on demand

Half term is a great time to chill, but it also gives you a lot of opportunity to really drive home your revision. Make the most of your half term and get revising!



#### O Don't leave it until the last minute

A day might seem like a long time, but it really isn't! Get used to revising early. There are 24 hours in a day — we're sure you can fit in at least two hours study per week! It might sound daunting, but it's way better than cramming everything you need to learn in on the last Sunday before school.

#### O Don't procrastinate

It's really easy to waste away the week by doing nothing at all! Make sure you get on with your studies. Thinking about doing revision is so much worse than actually doing it, and you'll feel good when it's over. Why not set yourself goals and targets? Reward yourself when you achieve them.



#### IILL

#### ∅ Don't get distracted

It can be really easy to get distracted revising at home. The dog's barking, the TV's on, your games console is just within reach. Try to reduce distractions by finding a quiet corner, where you're less likely to be disturbed? Or why not try the library—get stuck in without interruption!

#### 

Believe it or not, if you revise early and often, you don't have to cram everything into the space of a few hours. This means you have all the time you need to prepare. Make detailed mind maps and revision notes. Half-term is a great time to plan your revision, find out what you're struggling on, and plug any agas in your knowledge.'



#### KEPE

#### Have a party

OK, it isn't the kind of party you're thinking of. Why not bring a bunch of your friends over for a revision party? Spend a few hours revising and then celebrate with a movie and something nice to eat. Pizza, anyone?

#### Make every bit count

You can sit for hours at a desk with a textbook and pencil, and not learn a thing. You really have to plan, prepare, and dedicate yourself to your revision. Use your time wisely and really focus during your revision time. It won't feel like fun, we know, but all this hard work will be worth it in the end!

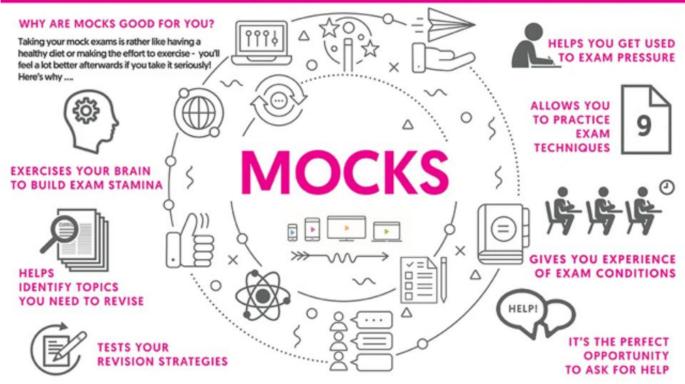


—be your best self



#### THE IMPORTANCE OF MOCK EXAMS









# TOP TIPS FROM YOUR FELLOW STUDENTS

We asked your fellow students what helps them to revise for their exams. Here's what they said.





Try not to revise everything at once. Give your mind time to take in what it is you are revising.



Whether you set yourself a time goal or an amount of work to complete, it is important to challenge yourself.



By testing yourself with questions, you are making sure you fully understand what it is you are revising.



Revise in a quiet place where there is nothing to distract you.



#### ORGANISE WORKLOADS

Organise your time properly by creating a timetable of subjects to revise. Don't forget to include suitable breaks.



#### USE SUMMARY PODS

For short bursts of revision, the Summary Pods are a great way to help you remember the key pieces of information.



Reward yourself after revision to keep you motivated.



#### CREATE A HOMEWORK CORNER

Set up a comfortable place at home where you can relax and revise at the same time.



#### NO LATE NIGHTS

Don't start revision late at night. Make sure you have a good sleep of between 7-9 hours every night, helping you to have a relaxed and well-rested mind and body.



#### LISTEN TO MUSI

Calming music can help you to de-stress or focus when you're stressed.



#### DON'T LEAVE IT UNTIL THE LAST MINUTE

Leaving revision until the last minute will add unnecessary stress to your workload. Start sooner rather than later.



#### USE COLOURS

Highlight key points which you need to stand out during revision.



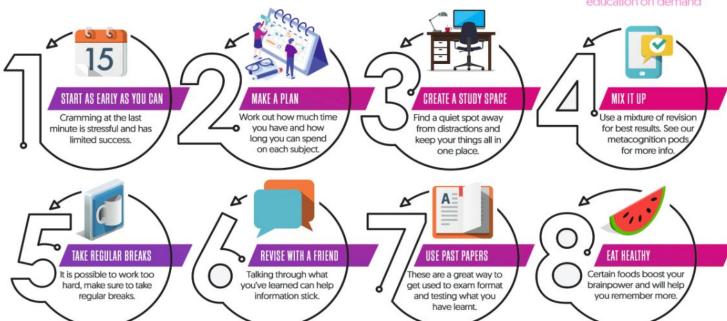
—be your best self



# TOP REVISION TIPS

Don't let the stress of revision overwhelm you. Stay in control with these top tips.







be your best self

FORM OF STATE OF STAT

**DEALING WITH EXAM STRESS** 

Don't let the stress of exams overwhelm you. Stay in control with these top tips.





education on demand



#### BELIEVE IN YOURSELF

If you work hard and stay focused with positive energy, stress will be reduced. Believe in yourself and have the confidence to succeed.



#### GET ORGANISED

You'll feel more confident and in control if you make a list of everything you need to study and create a schedule.



#### MAKE SLEEP A PRIORITY

Without getting the proper rest it will be even harder to retain information. A good sleep of between 7-9 hours every night helps you have a relaxed and well-rested mind and book.



#### OVERCOME PROBLEMS

If you find you don't understand some of your material, getting stressed out won't help, Instead, take action to address the problem directly by seeing your teacher or revising on CC SEPod.



# (F)

#### FYFREIS

A healthy body = a healthy mind. Encourage your child to do at least 20 minutes of physical activity a day to help improve their focus and lose of them reliaced.



#### EAT RIGH

Ensure your child is eating three healthy meals a day and limit their caffeine and sugar intake. Power foods for your brain include blueberries, salmon and nuts!

#### TALK ABOUT YOUR NERVES

Nervousness is a natural reaction to exams but bottling it up will only make it worse. Talk to your child about how they're feeling, it will help them to refeee any stress and worrying they maybe experiencing.



#### KEEP THINGS IN PERSPECTIV

Exams will seem like the most crucial thing, but in the grander scheme of things it's only a small part. Remind your child of this and tell them, they can only do their best and that's enough!





# **Top tips from SCIENCE**

#### Physics (H) Nov 2023 - Year 11 Assessment

Science

lame:	Total marks:	61_	/ 100

All students have a feedback sheet from their mock exams.

Focus on revising content related to the **red** and **amber** questions.

**Red** Question-

**Amber Question** 

a	My Mark	Out of	Year Mean	RAG	what worked well / even better if	Topic
1.1	2	2	1	G	Transformers/National Grid	P4/5
1.2	0	1	1	R	Mathematical: recall of the power equation: $P = I^2R$	P4/5
1.3	2	3	2	A	Mathematical: recall and rearranging of the power equation:  P = I <sup>2</sup> R	P4/5
1.4	1	1	1	G	Mathematical: using an equation on the equation sheet.	P4/5
1.5	2	3	3	A	Mathematical: recall and rearrange and equations on the equation sheet	P4/5







## Use past exam questions



- Available on the "One Stop Shop"
- Have a go at a few questions
- Mark the questions using the mark scheme and add corrections
- See your teacher for help with any questions or content that you still do not understand





## **Required practicals**



- Resources available on the "One Stop Shop"
- 8-10 required practicals for each of Biology, Chemistry and Physics and we know some of these WILL BE EXAMINED.
- Make sure above all you know the METHOD for each practical
- There are videos, method sequencing tasks and a scaffolded structure type template (see next slide) available





## Required Practical Method







# Determine! (Find out the...)

- To determine \_\_\_\_ use this equation: \_\_\_\_.
- Measure \_\_\_\_\_ with a
- Measure \_\_\_\_\_ with a
- Repeat and take a mean to reduce random error.

# IV DV CV! (How does this affect that?)

- The independent variable is
- Take repeat readings for five different values.
- The dependent variable is
   \_\_\_\_ and will be
   measured with a \_\_\_\_\_.
- Draw a graph with IV on the x-axis and DV on the y-axis.





## **Revision Guides**

Science V

The following guides follow the TGS course LESSON BY LESSON:

Separate Biology ISBN 978-0-19-835940-1

Separate Chemistry ISBN 978-0-19-835941-8

Separate Physics ISBN 978-0-19-835942-5

Combined Biology ISBN 978-0-19-835930-2

Combined Chemistry ISBN 978-0-19-835931-9

Combined Physics ISBN 978-0-19-835932-6





# **Top Tips from Maths**

Every student has received 3 traffic lighted reviews of their previous mock. This is **their** best personalised revision list

	9 a(a:
	Ever
	Everything green they got
	they got
	completely right
0	" right

Topic		Sco	re	Sparx Code
Using a written method to multiply decimals	1	1	1	U293
Dividing fractions	1	1	1	U544
Using a written method to divide with decimals	1	1	1	U868
Solving single inequalities	0	1	1	whine
Multiplying fractions, Converting between mixed numbers and improper fractions	1	1	1	Everytimi
Angles on a line and about a point, Constructing and solving equations	3	1	3	Everything they got pa these are v
Finding prime numbers	3	1	3	those are V
Share amounts in a given ratio, Find fractions of amounts without a calculator	4	1	4	these are a
Prime factor decomposition	3	1	3	can pick marks
Expanding single brackets	2	1	2	marks
Graphs of reciprocal functions	1	1	2	Revise t
Calculating the mean, Constructing and solving equations	5	1	5	Kenise
Venn diagrams with set notation	0	1	1	
Venn diagrams with set notation	0	1	1	U748
Venn diagrams with set notation	0	1	1	U748
Use standard form with positive indices, Use standard form with negative indices	1	1	1	U330, U534
Use standard form with positive indices, Use standard form with negative indices	1	1	2	U330, U534
Function machines with letters, Expanding single brackets	2	1	2	M428, U179

Everything orange they got partly right these are where they can pick up more marks easily.

Everything red they got completely wrong.

Start with the ones earlier in the paper











Торіс		Sco	re	Sparx Code	Average Score
Using a written method to multiply decimals	1	/	1	U293	0.7
Dividing fractions	1	/	1	U544	0.9
Using a written method to divide with decimals	1	1	1	U868	
Solving single inequalities	0	/	1	U759	
Multiplying fractions, Converting between mixed numbers and improper fractions	1	/	1	U475, U692	
Angles on a line and about a point, Constructing and solving equations	3	1	3	U390, U599	2.6
Finding prime numbers	3	1	3	U236	2.4
Share amounts in a given ratio, Find fractions of amounts without a calculator	4	1	4	U577, U881	Fact
Prime factor decomposition	3	1	3	U739	Sparx Independent Learning Code  next to it - if every student
Expanding single brackets	2	1	2	U179	Aparx Independent
Graphs of reciprocal functions	1	1	2	U593	next to it - if every student spent  15-30 mins on each one  of these they would
Calculating the mean, Constructing and solving equations	5	1	5	U291, U599	15 of lifevery student
Venn diagrams with set notation	0	1	1	U748	1 1-211 "MCIII Cha
Venn diagrams with set notation	0	1	1	U748	of those will each one
Venn diagrams with set notation	0	/	1	U748	these they would
Use standard form with positive indices, Use standard form with negative indices	1	/	1	U330, U534	of these they would make an massive
Use standard form with positive indices, Use standard form with negative indices	1	1	2	U330, U534	impre
Function machines with letters, Expanding single brackets	2	/	2	M428, U179	improvement improvement



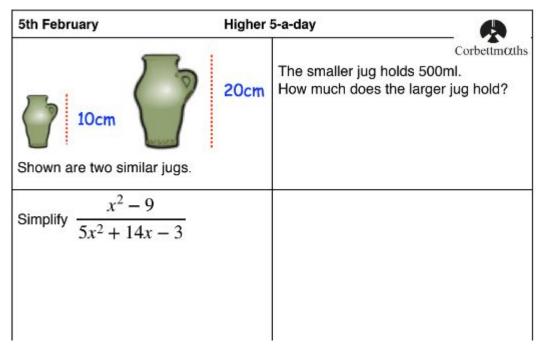


# For more general revision



Little and often is the best way to do Maths revision - there is a fantastic online resource from Corbett Maths called 5-a-days - there are 5 questions for EVERY day of the year (with answers) - <a href="https://corbettmaths.com/5-a-day/gcse/">https://corbettmaths.com/5-a-day/gcse/</a>

5th February		Foundati	on Plus 5-a-day	6
The table shows the ages of under-21 rugby squad.		of an	Find the mean age	Corbettmoths
Age	Frequency			
18	5			
19	5			
20	9			
21	4			
Write down th			Α	a.
Shown below ABCDEF. Calculate the	57/8	35/9	F	c x



## The revision list for the Summer exams

This will be distributed after the second mock exams, Foundation topics - 1st half of paper Crossover topics - 2nd half of paper packed with support videos and practice Number questions.

					943-	
Topic	Sparx Code	R	А	G	COL	
Ordering positive integers	U600					
Ordering decimals	U435				<u>Video</u>	Questions
Ordering negative numbers	U947				<u>Video</u>	Questions
Adding and subtracting positive integers	U417				Video	Questions
Multiplying positive integers	U127				<u>Video</u>	Questions
Dividing positive integers	U453				<u>Video</u>	Questions
Adding and subtracting negative numbers	U742				<u>Video</u>	Questions
Multiplying and dividing negative numbers	U548				Multiply Divide	Questions
Adding and subtracting decimals	U478				Add Subtract	Questions
Multiplying and dividing with place value	U735					
Multiplying and dividing with decimals	U293, U868				<u>Multiply</u> <u>Divide</u>	Questions
Order of operations	U976				<u>Video</u>	Questions
Prime numbers	U236				<u>Video</u>	Questions
Factors, multiples	U211				Factors Multiples	Questions
HCF and LCM	U751, U529				HCF LCM	Questions
Powers and roots	U851				<u>Video</u>	Questions
Using standard form	U330, U534				<u>Video</u>	Questions
Fauivalent fractions and simplifying fractions	11704 11646				Fauivalent Simplify	Ougetione







# For the upcoming mock and beyond...



Every student was emailed the revision list for the next mock - it would be a good idea to cross reference this to their traffic lighted sheets to help focus their revision.

<u>After this mock</u> they will get the same detailed analysis and then a revision list for all the GCSE topics with useful links to revision resources





# **Top Tips from ENGLISH for these mocks**



### **English Language:**

- Students should ensure they know what is on each section of English Language Paper 1, what each question requires them to do, how many marks are available and roughly how long they should be spending on each question.
- Practise the questions using a past paper, referring to any targets they have.

### **English Literature: An Inspector Calls**

#### Students should:

- Firstly ensure they are confident with the plot and characters of *An Inspector Calls*. Extra support: BBC Bitesize, Mr Bruff on YouTube and SparkNotes
- Make sure they understand the context (1912 & 1945), themes and Priestley's message/intentions
- Ensure they have learnt some key quotes (linked to themes and characters) including completing the weekly quote quizzes set on their Google Classroom.









# More general English revision tips



# Complete the weekly guided revision homeworks.

# **English Language - this is all about practice!**

- After the mock, use feedback from both language mocks to target specific questions for extra practice.
   They will have a RAG tracker to help them with this.
- Work through practice papers by planning responses or completing them in timed conditions.

### **English Literature**

- They will receive a RAG tracker (after the Feb mocks) which they should use to focus precise revision. Literature can feel overwhelming.
- Complete the weekly Google Quizzes and use results to target weaker areas.
- Complete essay plans.
- Finally, write practice essays in timed conditions.







# **SEND & Inclusion Preparation**



SEN is the term that refers to students with **special education needs** – meaning they may require extra support in and outside the classroom.

SEN students will have varying needs, but with the **guidance from their teachers at TGS**, they can reach their potential and educational milestones and have the same further study and career options as their peers.

The key to ensuring an SEN learner progresses is offering support during the exam revision process to ensure *nothing holds them back*.





# Top tips for supporting a student with SEN during the lead up to exams:

INCLUSION

- Help them with revision materials, such as folders & making sure all materials are in one place.
- Help them create study timetables based on revision topics. Visual timetables work well.
- Encourage them to **reduce** what they need to revise into short note form or bullet points.
- Encourage them to use cue cards or voice notes on their phones.
- Check their understanding by talking rather than just writing down.
- Introduce them to **creative ways** of remembering information such as cartoons, pictures, photos of written information & mnemonics
- Remind them revision is important, but **exercise and relaxation** are also important and help minimise stress and increase positivity towards the exams.











# Minimising anxieties

For students with SEND, the exam period frequently contributes to higher levels of stress and anxiety in comparison to students who do not have additional needs.

- Let them know it is normal for exams to create feelings of anxiety.
- Explain that their feelings are **valid & normal**, but also offer solutions where possible.
- Help them to feel comfortable expressing worries about exams.
- Encourage them to talk with you about their exam day and ask them to describe what they need to do when they are in the exam hall they can also rehearse this with staff at school.
- Remind them that, although they are important, final exams are just a part of their **learning journey**.













# On the exam day

- Equipment checks do they have the stationery they need for their exams?
- Eating and drinking have they consumed the right food to fuel them for the duration of the exam? Do they have a water bottle with them?
- **Location** are they clear where the exam room is and where they are going to sit?
- Personal support talk to them about asking a friend to accompany them to the exam room and meet them again afterwards?









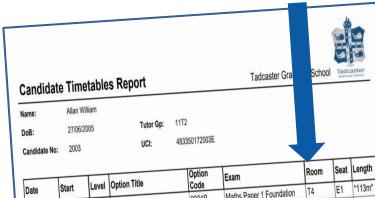








# **Exam Location**



			Option	Evam	Room	Seat	Length
Date			Code 0001B	Maths Paper 1 Foundation	T4	E1	*113m*
9:05AM	INSC	Science F			T4	D1	*94m*
***************************************	INSC	Science F	0017B		TA	F1	*113m*
	-		0001B	Maths paper 2 Foundation			+04m2
9:05AM			0047B	Science Physics F	T4	D1	*94m*
1:15PM	INSC	Science F			T4	E1	*113m*
	INSC	Maths Foundation	0001B				
	1:15PM 9:05AM 1:15PM 9:05AM 1:15PM	1:15PM INSC 9:05AM INSC 1:15PM INSC 9:05AM INSC 1:15PM INSC	1:15PM         INSC         Maths Foundation           9:05AM         INSC         Science F           1:15PM         INSC         Science F           9:05AM         INSC         Maths Foundation           1:15PM         INSC         Science F	1:15PM         INSC         Maths Foundation         0001B           9:05AM         INSC         Science F         0017B           1:15PM         INSC         Science F         0017B           9:05AM         INSC         Maths Foundation         0001B           1:15PM         INSC         Science F         0017B           1:15PM         INSC         Science F         0017B	Start         Level         Option Title         Code           1:15PM         INSC         Maths Foundation         0001B         Maths Paper 1 Foundation           9:05AM         INSC         Science F         0017B         Science Biology F           1:15PM         INSC         Science F         0017B         Science Chemistry F           9:05AM         INSC         Maths Foundation         0001B         Maths paper 2 Foundation           1:15PM         INSC         Science F         0017B         Science Physics F           1:15PM         INSC         Maths Foundation         0001B         Maths Paper 3 Foundation	Start         Level         Option Title         Code Code         Exam           1:15PM         INSC         Maths Foundation         0001B         Maths Paper 1 Foundation         T4           9:05AM         INSC         Science F         0017B         Science Biology F         T4           1:15PM         INSC         Science F         0017B         Science Chemistry F         T4           9:05AM         INSC         Maths Foundation         0001B         Maths paper 2 Foundation         T4           1:15PM         INSC         Science F         0017B         Science Physics F         T4           1:15PM         INSC         Maths Foundation         0001B         Maths Paper 3 Foundation         T4	Start         Level         Option Title         Code         Exam           1:15PM         INSC         Maths Foundation         0001B         Maths Paper 1 Foundation         T4         E1           9:05AM         INSC         Science F         0017B         Science Biology F         T4         D1           1:15PM         INSC         Science F         0017B         Science Chemistry F         T4         D1           9:05AM         INSC         Maths Foundation         0001B         Maths paper 2 Foundation         T4         E1           1:15PM         INSC         Science F         0017B         Science Physics F         T4         D1           1:15PM         INSC         Maths Foundation         0001B         Maths Paper 3 Foundation         T4         E1

This is your November Internal Exam 2020 timetable. Please make a careful note of the room and exam start times.

Normal rules apply regarding masks except when in the exam room whilst taking the exam, when it can be removed, if you wish. Exam rules apply at all times. Please see over for "Information to candidates", which you are subject to. Mobile phones and watches are not allowed in the exam room

If you are taking a Foreign language you will be in the same room/seat for the Reading and Listening components.

Please bring all the equipment and spares you require as nothing will be loaned (due to the present circumstances).

# **Exam Arrangements**

If you child does not already have exam arrangements, it is highly unlikely that any additional arrangements will be put in place, unless there is a medical reason.

For exam arrangements, we are lead by the Joint Council for Qualifications and have to prove that a child's arrangements are necessary and their 'normal way of working'.



Your child should know if they have exam arrangements and how to best use them. As ever, if they have any questions they can speak to me, James Leatherland (SENCo) or Katy Baron (Assistant SENCo)





If our young people are in good health mentally and physically, they are better able to cope and when they feel positive, they are more open to new ideas, creativity and change, making them more effective and innovative in the classroom.

Please speak to your tutor, Pastoral Leader or Year Leader and have a chat or email them if you have any concerns about your wellbeing or the wellbeing of someone you know. You can also check out these useful links

External
services
working with
in school:
Just B,
Wellbeing in
Mind Team

Tutor programme of support





Your time, your words, your presence



DO WHAT YOU CAN, ENJOY WHAT YOU DO MOVE YOUR MOOD



EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF



TALK & LISTEN, BE THERE, FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THA

Teen sleep hub

Anxiety/Stress factsheets

What is anxiety

You will find a number of useful websites to help manage stress or anxiety:

Managing Exam Stress

Shout text service

The Mix

Relaxation Tips for Positive Wellbeing







# Wellbeing and Mental Health Support for Young People available in North Yorkshire

The Go-To website - houses the marketplace - summary of the services available to young people and can be accessed by all services in Education

### Go to website

Plus a really useful animation







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# How PARENTS can support in Year 11

### • Listen:

- Encourage 'off loading!'
- Remind them of different support available to them at school...
- Talk to us... use your staff... other students.

## • Please keep in touch:

- Get in touch with your son/daughter's tutor or Year team.
- Subject teachers can also be contacted for specific details.

## • Encourage revision:

 Could use school resources to make a start, supervise, clear a suitable space, help with organisation.





# Last time, I explained three tips:

# 'Helping them through it'

- Number 1 Create a study space
- Number 2 Silent focus
- Number 3 Danger of distractions and mobile phones

(Please see the slides and detailed information shared at the October Y11 Parent event)





# Here are another three tips

# 'Helping them through it'

- Number 4 Rest and sleep
- Number 5 Equipment ready
- Number 6 Pomodoro technique





# **Rest and Sleep**

More details can be found at: https://www.fromthesidelines.uk/

or scan this QR code:





### TOPIC: REST AND SLEEP

Making sure that your child gets adequate rest and sleep every night is essential for not only a healthy lifestyle, but it also plays a major part in the learning process. Let's look at why this is...





### Tired and Fatigued

Without adequate rest and sleep our children quickly become tired and fatigued, meaning that they are nowhere near as effective or efficient with their study time.



### Recall

Without adequate rest and sleep the brain struggles to process information in the same way, meaning that our children lose our ability to access and recall previously stored and learned information.



# X

### Mistakes

When we are either physically or mentally fatigued our children are much more prone to making silly mistakes in their work, things that they wouldn't do normally when fully rested.



When children get tired their mind will begin to drift and they will regularly lose concentration, meaning they are nowhere near as effective and efficient with their time. In general terms they would probably only get half as much done in the same time as if they were

fully rested.



### Decision Making

Being fatigued also leads to a reduction in our child's ability to make sound decisions because tiredness limits their ability to accurately assess situations, solve problems and plan their approaches accordingly.







# **Equipment Ready**

More details can be found at: https://www.fromthesidelines.uk/

or scan this QR code:





### **TOPIC: EQUIPMENT READY AND SNACKS AT HAND**





### Ask what they need

Find out what equipment or resources your child needs before they sit down to complete a task or a period of study.



### Equipment

Depending on the task, they might require pens, paper, a ruler, coloured pens, revision guides etc.



This can also include a drink and maybe even a small snack. It's too easy for children to get up from their study and walk away from it when it becomes tough, using the excuse that they need a drink or something

Drinks and

snacks



### Within arms reach

Ensure that everything they need for that specific task or period of study is within arms reach before they start. This way they don't have to get up and out of their seat for anything.





### Check before you go

Do a final check before you go by simply asking 'do you have absolutely everything you need'? and even things like 'do you need to go to the toilet'? Reducing the need to get up is crucial.





# Pomodoro technique

The brain can only focus deeply, and concentrate, for a short period of time before it becomes fatigued.

Therefore, the longer a child studies for without a break, the more inefficient they become.

More details can be found at: <a href="https://www.fromthesidelines.uk/">https://www.fromthesidelines.uk/</a>

or scan this QR code:





### TOPIC: POMODORO

The brain can only focus deeply and concentrate for a short period of time before it becomes fatigued. Therefore the longer your child studies without having a break, the more inefficient they become and the more mistakes they begin to make. Here is how to use the 'Pomodoro' strategy (named after the traditional tomato shaped kitchen timer) to ensure your child is studying for the optimum amount of time...





### rimer

Use a clock or stopwatch in the house to time a 25 minute period of study.



Prepare

Ensure that before your child begins,

they have everything they need at hand

for a specific study task (pens, paper,

books etc) as well as a drink. This is where you can really help.

# Remove

Turn off any background noise and remove any distractions from the room for the 25 min study period eg, take their mobile phone out of the room so that it does not keep pinging with notifications.



### Study

Inform your child that you expect them to work hard for just 25 mins without any distractions or breaks.



### Break, recharge and repeat

At the end of the study period, make sure your child gets up, moves away from their study space and has a break for 5 mins Then repeat the process so that they complete two Pomodoros in a one hour period.







# How STUDENTS can help themselves in Year 11

- Be in school make every lesson count
- Make Year 11 count good learning habits build momentum, recognise your potential, learn from your mistakes, do the day job!
- Get into a daily routine of study little and often is key
- Make sure you have a quiet space to work, with no distractions: No TV... No phone...
   No XBox...
- Use the many staff and resources to support revision and wellbeing.
- Avoid studying for some subjects and ignoring others.
- Healthy lifestyle and good nutrition are even more important than ever.
- Sleep is key to effective learning and various research studies show that good sleep patterns help learners consolidate knowledge, whereas a lack of sleep results in poor coping strategies for managing stress.





# **Year 11 Priorities**

- Attend school everyday!
- Get the basics right:
  - UNIFORM NO excuses
  - PUNCTUALITY NO excuses
- Positive Attitude to Learning: look after my relationships with staff and follow their advice. REMEMBER - your efforts will pay off...
   EVERYBODY wants to experience some success from school
- RE- ESTABLISH revision timetable and routines recapping each subject and prioritising the harder stuff!
- Take responsibility for my own progress
- Ask for help when I need it!







# What are your child's options after Year 11?



# To remain in education or training until their 18th birthday:

- Full-time education: College or Sixth Form
- Apprenticeship
- Combination of learning and earning which must include a minimum of 20 hours working or volunteering, while in part-time education or training (limited options)

# Doing nothing / a gap year is not an option!

NB: If you child fails to secure an approved Post 16 destination they will be classified as a 'NEET'. (NEET stands for 'Not in Education, Employment or Training'). This can affect you being able to access <u>child benefits</u> for them.





# **Post 16 Next Destination - Timeline**



## **Spring Term**

- Attend Open Events (if haven't done so already).
- **Submit Applications**

Deadlines vary (Post 16 education usually between January and March. Apprenticeship\* recruitment ongoing). Top tip: To make more than one Post 16 application to have a back-up (Plan B).

Interviews

Attend interviews.

**Application Outcomes** 

Offer notification.

\*Apprenticeship applicants are advised to consider a college application as Plan B.

### **Summer Term**

- Application Outcomes Offer notification continue to be issued.
  - **Sitting of Exams**
- Attend Offer Holder events

Some Post 16 providers host events for offer holders to attend.

Transition Work

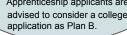
Some Post 16 providers give pre-course tasks to be completed over the summer.

### **August - September**

- **GCSE Results Day** Results issued.
- Except or Decline Offer(s) Decision on Post 16 destination.
- Plan B

If grades are lower than expected.

- Attend Enrolment Days Usually late August/early September to finalise your.
- Start Post 16



As a parent/carer, you play a crucial role in supporting your child through their Year 11 Post 16 application process.











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

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

We offer a variety of opportunities for students to develop their leadership and employment skills through our extra curricular programme. Alongside this, we look after the wellbeing and future of all our students with our superb pastoral care and personal development provisions. For more information please speak to our Sixth Form team or see our **Prospectus & Course Directory** 



SCAN HERE TO VIEW OUR PROSPECTUS & COURSE DIRECTORY







Please feel free to ask us questions in the Hall and speak with with your young person's Form Tutor - they really are your son/daughter's expert in school.

We also have a representative from our Careers Department to advise on Post 16 pathways.

# Feedback postcard:

Please let us know if you have any feedback or if you would like us to get back to you. Please provide a brief comment and contact details if needed and we will be in touch.







# Thank you for attending and for your continued support



