

**YEAR 11 SUPPORTING
SUCCESS 2025-2026**

PROGRAMME FOR THE EVENING



Mrs Jenkins - Deputy Headteacher (Curriculum and Progress)
Mr Flanagan - Head of Upper School



Mr Sidell – Lead Practitioner
Timeline, Subject assessment breakdown.



Ofqual, JCQ rules and regulations, exam results nationally, post results – remarks and retakes



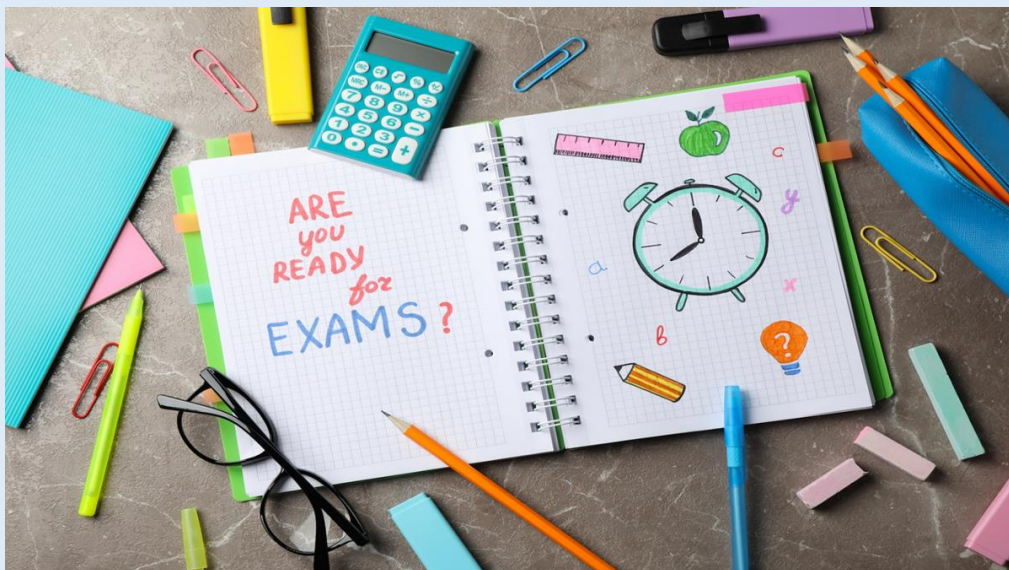
Careers and Post 16 pathways. Further Education Providers



Mr Flanagan - attendance and outcomes



Mr Flanagan - Exam anxiety and stress



Examination timeline and guidance regarding mock exam papers

***Ofqual has provided guidance to teachers to save evidence of student performance, this includes Mock exam results.**

Nov Mocks (All subjects)	<p>Art Mock: 3rd and 4th November 2025</p> <p>Photography Mock : 5th and 6th Nov 2025</p> <p>MFL Speaking mocks 9th and 10th December 2025</p> <p>Dance: Actual GCSE Practical (Component 1) 3rd October</p> <p>Drama: Actual GCSE Devising (Component 1) 7th November and week commencing 10th November 2025</p> <p>Written Mocks: 17th November – 2th December*</p>
Early Actual Practical Exams	<p>Dance Actual Exam: 26th January 2026</p> <p>Drama: (window 16th -27st March), confirmed by the moderators in Jan/Feb</p> <p>Dance Actual Practical Exam 27th March</p>
March Core Mocks	<p>Core (English, Maths, Science and History)</p> <p>23th February – 4th March *</p> <p>Final tweaks on Tiers of Entry</p> <p>MFL Speaking Mock Exams: 10th – 11th March</p>
Formal Practical Exams	<p>Art: 20th – 21st April 2026</p> <p>Photography: 27th – 28th April 2026</p> <p>Spanish Speaking: 30^h April and 1st May</p> <p>French Speaking: 29th and 30th April</p>
Written Exams	<p>7th May – 17th June</p> <p>Contingency day 24th June (national disruption)</p> <p>Students should not book holidays until after the contingency date.</p>



GCSE ENGLISH LITERATURE



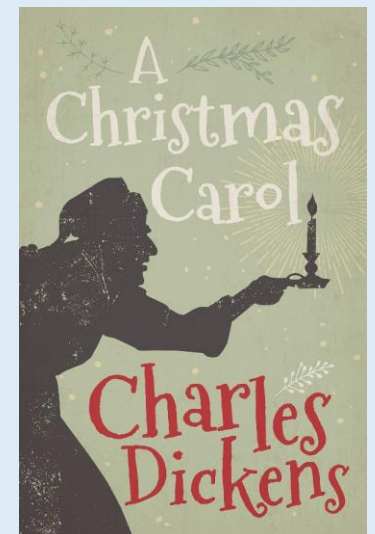
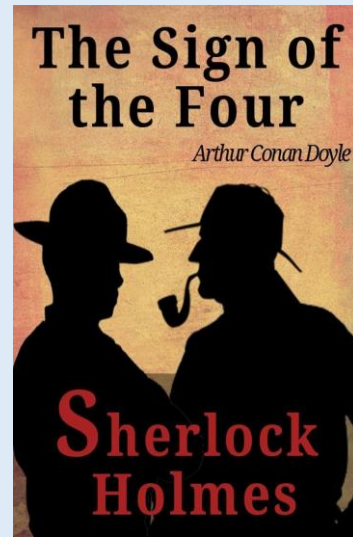
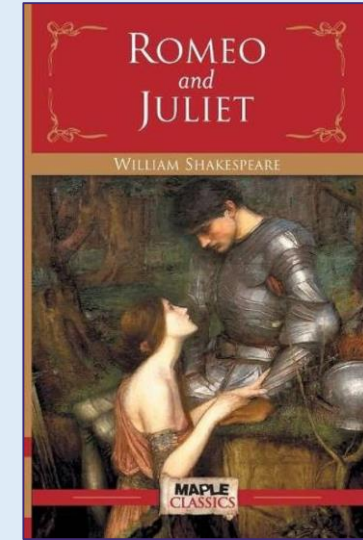
**Afterschool support:
Mondays and Wednesdays
Please check with your teacher**

GCSE ENGLISH LITERATURE



Literature Paper 1: 11th May AM

- 1 hour 45 mins (some students get extra time)
- Section A: One question on *Romeo and Juliet*
- Section B: One question on 19th century novel:
 - The Sign of Four
 - A Christmas Carol



CLOSED BOOK

GCSE ENGLISH LITERATURE



Literature Paper 2: 19th May AM

- 2 hours 15 mins
- Section A: One question on *An Inspector Calls*
- Section B: One question on *Power and Conflict Poetry*
- Section C: One question on Unseen Poetry
- One comparison of two unseen poems

CLOSED BOOK



Top Tips:

- Reread or watch the core texts
- Memorise key quotations
- Practise analysing those key quotations
- Identify key themes in each text – what quotations, plot points, big ideas and context match those themes?
- Complete past papers and hand to your teacher to mark and feedback.
- Don't just revise the texts that you are most familiar with.
- Identify literary techniques but explore the effects of those techniques.
- Practise unseen poetry questions too.

Useful Links:

[Benji English Revision Website](#)

[Paper One Past Papers](#)

[Paper Two Past Papers](#)

[BBC Bitesize](#)

[Seneca](#)

[SparkNotes](#)

[Mr Bruff Revision Videos](#)

What should I revise?

AQA - 'Romeo and Juliet' – 'A Christmas Carol' – 'An Inspector Calls' – 'Power and Conflict Poetry'

Plot – Big Ideas – Themes – Key Quotations – Literary/Poetic Techniques – Context



GCSE ENGLISH LANGUAGE



Afterschool Support :
Mondays and Thursdays
Please check with your teacher

GCSE ENGLISH LANGUAGE



Language Paper 1: 21st May AM

- 1 hour 45 mins
- Section A: Reading
 - One fiction extract, answer four questions
- Section B: Writing
 - One creative/descriptive task

GCSE ENGLISH LANGUAGE



Language Paper 2: 5th June AM

- 1 hour 45 mins
- Section A: Reading
 - Two non - fiction extracts, answer four questions
- Section B: Writing
 - One persuasive/argumentative task

An Introduction to Reading Plus Homework

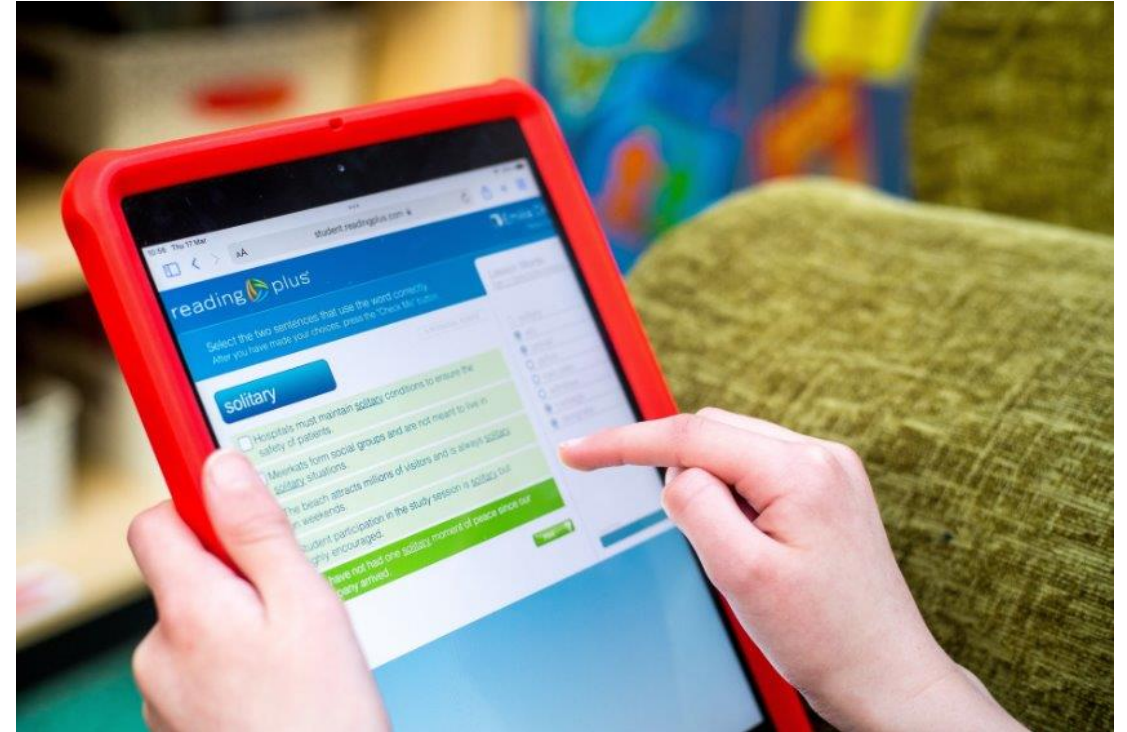
For parents and guardians

What is Reading Plus?

Reading Plus is an online programme that helps students strengthen the reading skills needed for success in their GCSEs and beyond.

Through Reading Plus, your child will:

- **Build vocabulary** – learning new words that support stronger writing and analysis.
- **Improve comprehension** – developing deeper understanding of texts across all subjects.
- **Increase reading speed and stamina** – enabling them to read exam papers more confidently and manage time effectively.

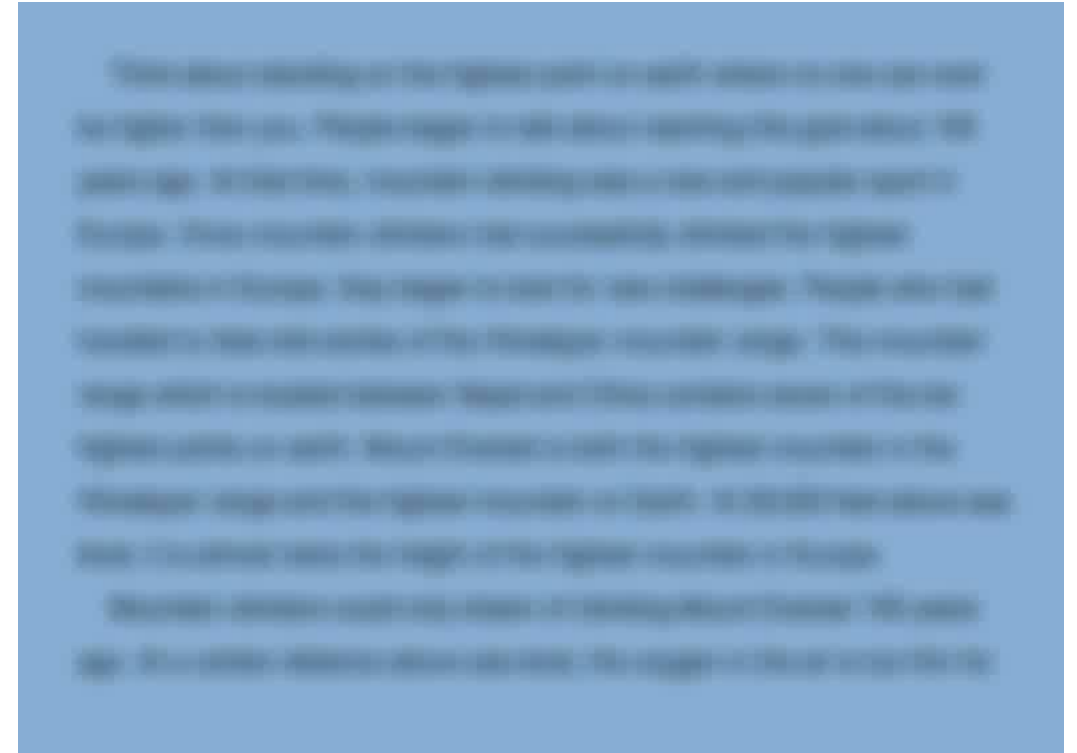


How does Reading Plus work?

- When students first log in, they complete an assessment which sets their starting level.
- They can then **choose from over 1,200 engaging texts** – including fiction, non-fiction, and subject-based reading.
- The programme tracks their progress and recommends texts to **broaden their reading range**.
- Each week, students are expected to:
 - Complete **5 reading tasks** (with 10 comprehension questions each) **AND**
 - Complete **1 vocabulary task** to strengthen word knowledge
 - **OR**, as set individually by their teacher
- The system adapts to each student, ensuring they are always working at the **right level of challenge** to make progress.

The Guided Window

- **The Guided Window** blocks out other lines of text on the page so students can focus on the line they are reading.
- This stops their eyes from getting distracted, jumping ahead, or falling behind.
- The speed of the box is set to each student's needs. **Students may have the option to increase the speed of the window when they score above 80% in the end-of-story tests.**



A video of the Guided Window in action.



GCSE MATHEMATICS



Afterschool support:
Mondays, Tuesdays, Wednesdays and Fridays
Please check with your teacher

GCSE MATHEMATICS

Exam board: AQA Specification code: 8300

- 3 written exam papers each **equally weighted**
- Foundation tier – covering grades **1 to 5**
- Higher tier – covering grades **4 to 9**
- Each exam paper consists of a **mix of question styles**, from short, single-mark questions (including multiple choice) to multi-step problems.
- The mathematical demand increases as a student progresses through the paper.
- **Tier of Entry is NOT** shown on your result sheet

GCSE MATHEMATICS



GCSE Maths

Formulae you'll need to know

Pythagoras' theorem

In any right-angled triangle where a , b and c are the length of the sides and c is the hypotenuse:



Trigonometry formulae

In any right-angled triangle ABC where a , b and c are the length of the sides and c is the hypotenuse:

$$\sin A = \frac{a}{c} \quad \cos A = \frac{b}{c} \quad \tan A = \frac{a}{b}$$

In any triangle ABC where a , b and c are the length of the sides:

$$\text{sine rule: } \frac{a}{\sin A} = \frac{b}{\sin B} = \frac{c}{\sin C}$$

$$\text{cosine rule: } a^2 = b^2 + c^2 - 2bc \cos A$$

$$\text{Area} = \frac{1}{2} ab \sin C$$



The quadratic formula

The solutions of $ax^2 + bx + c = 0$ where $a \neq 0$

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

Circumference and area of a circle

Where r is the radius and d is the diameter:

$$\text{Circumference of a circle} = 2\pi r = \pi d$$

$$\text{Area of a circle} = \pi r^2$$

Perimeter, area, surface area and volume formulae



Where a and b are the lengths of the parallel sides and h is their perpendicular separation:

$$\text{Area of a trapezium} = \frac{1}{2} (a + b) h$$

$$\text{Volume of a prism} = \text{area of cross section} \times \text{length}$$

Compound interest

Where P is the principal amount, r is the interest rate over a given period and n is the number of times that the interest is compounded

$$\text{Total accrued} = P \left(1 + \frac{r}{100} \right)^n$$

Probability

Where $P(A)$ is the probability of outcome A and $P(B)$ is the probability of outcome B :

$$P(A \text{ or } B) = P(A) + P(B) - P(A \text{ and } B)$$

$$P(A \text{ and } B) = P(A \text{ given } B) P(B)$$



- In addition to the subject content, students should be able to recall, select and apply mathematical formulae.

- The Department for Education (DfE) and Ofqual has confirmed that **students taking exams in 2025, 2026 and 2027 will not need to memorise the usual formulae for GCSE Maths.**

- This means that full equations and **formulae sheets will be provided for these subjects in the 2025, 2026 and 2027 exams only.**

GCSE MATHEMATICS



AQA

Please write clearly in block capitals.

Centre number Candidate number

Surname

Forename(s)

Candidate signature

GCSE MATHEMATICS **F**

Foundation Tier Paper 1 Non-Calculator

Thursday 24 May 2018 Morning Time allowed: 1 hour 30 minutes

Materials

For this paper you must have:

- mathematical instruments

You must not use a calculator.

Instructions


- Use black ink or black ball-point pen. Draw diagrams in pencil.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- You may ask for graph paper, tracing paper and more answer paper. These must be tagged securely to this answer book.

Advice

- In all calculations, show clearly how you work out your answer.

 JUN1803001F01

8300/1F

AQA

Please write clearly in block capitals.

Centre number Candidate number

Surname

Forename(s)

Candidate signature

GCSE MATHEMATICS **H**

Higher Tier Paper 1 Non-Calculator

Thursday 24 May 2018 Morning Time allowed: 1 hour 30 minutes

Materials

For this paper you must have:

- mathematical instruments

You must not use a calculator.

Instructions


- Use black ink or black ball-point pen. Draw diagrams in pencil.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- You may ask for more answer paper, graph paper and tracing paper. These must be tagged securely to this answer book.

Advice

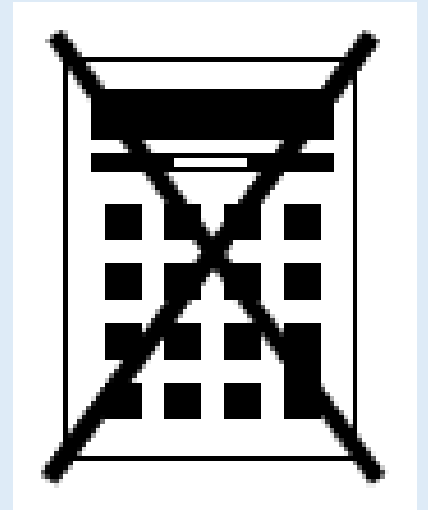
- In all calculations, show clearly how you work out your answer.

 JUN1803001H01

8300/1H

Paper 1 14th May AM

- 1 hour 30 minutes
- 80 marks



AQA 

AQA

Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

GCSE MATHEMATICS

F

Foundation Tier

Paper 2 Calculator

Thursday 7 June 2018

Morning

Time allowed: 1 hour 30 minutes

Materials

For this paper you must have:

- a calculator
- mathematical instruments.

Instructions

- Use black ink or black ball-point pen. Draw diagrams in pencil.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- You may ask for more answer paper, graph paper and tracing paper.
- These must be tagged securely to this answer book.

Advice

- In all calculations, show clearly how you work out your answer.

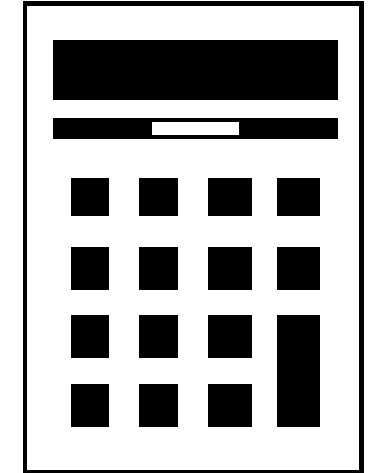
For Examiners Use	
Pages	Mark
2-3	
4-6	
6-7	
8-9	
10-11	
12-13	
14-15	
16-17	
18-19	
20-21	
22-23	
24-25	
TOTAL	

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© N/A Jun 18/09

8300/2F

- **1 hour 30 minutes**
- **80 marks**



AQA 

AQA

Please write clearly in black capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

GCSE MATHEMATICS

F

Foundation Tier

Paper 3 Calculator

Tuesday 12 June 2018

Morning

Time allowed: 1 hour 30 minutes

Materials

For this paper you must have:

- a calculator
- mathematical instruments.

Instructions

- Use black ink or black ball-point pen. Draw diagrams in pencil.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- You may ask for more answer paper, graph paper and tracing paper. These should be tagged securely to this answer book.

Advice

- In all calculations, show clearly how you work out your answer.

For Examiner's Use

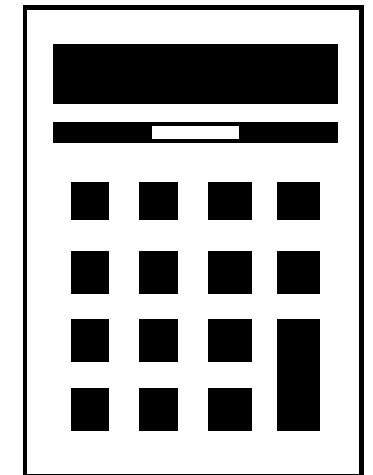
Pages	Marks
2-3	
4-5	
6-7	
8-9	
10-11	
12-13	
14-15	
16-17	
18-19	
20-21	
22-23	
24-25	
26-27	
TOTAL	

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©M Jun18/F3

8300/3F

- **1 hour 30 minutes**
- **80 marks**





MEAT SHEETS

Name:	Class	Form:	Target:	Grade:
			4-	5-
AQA 8300 June 2017 Paper 1F (non-calculator)			AQA 8300 June 2017 Paper 2F (calculator)	
1 Time - converting hours/mins (KS3 clip N7b)	1	1	1 Units (clip N7a)	1
2 Adding fractions and decimals (clip 84, 17, 71)	1	1	2 Multiples (clip 28)	1
3 Properties of polygons (clip 10)	1	1	3 Converting fractions to decimals (clip 84)	1
4 Solving 1 step equations (clip 135)	1	1	4 Inequality sign (A20a)	1
5 Multiplying 2 digit numbers (clip 19)	3	3	5 use of a calculator (clip 77) rounding (clip 32)	2
6a Frequency trees, fractions and % of an amount (clip 57, 72, 87)	4	4	6 pictograms (clip 16)	3
6b Writing a fraction, simplest form	2	2	7 median (clip 62)	2
7 Estimation (clip 91)	2	2	8a directions and bearings (clip 124)	1
8 Money calculations (clip 22b)	6	3	8b directions and bearings (clip 124)	1
9 Dividing decimals by 2 digits (clip 20, 67)	2	2	8cd scales/distances from maps (no clip)	4
10 Multiplying fractions, mixed numbers (clip 73, KS3 clip N35)	2	0	9 Bank statements (no clip)	2
11 Perimeter (clip 52)	4	4	10 Fractions of an amount (clip 72)	2
12 Substitution (clip 95)	5	5	11 two step equations (clip 135a)	2
13 BIDMAS (clip 75)	3	0	12a scatter graphs (clip 129)	2
14 Sample spaces, probability, primes (KS3 clip P2b, clip 59, 28)	5	5	12bc range, % amount	6
15 Sharing in a ratio (clip 38, 106)	3	3	13 angles around a point (clip 45)	2
16a Substituting into an equation	2	2	14 converting units (no clip)	3
16b Plotting straight line graphs ($y=mx+c$) (clip 96)	2	n	15 sequences (clip 104)	2
17 Index notation (clip 34, 131)	1	0	16 writing ratio (clip 38)	1
18 Place value, standard form (clip 1, 83)	2	0	17 converting percentages to fractions. (Place value) (clip 85)	1
19a Converting units of measure (no clip)	2	2	18 Money problems including percentages (clip 22b, 86)	6
19b Writing a formula (clip 137)	2	0	19 Understanding ratio (clip 38)	2
20 Area of a square & circle (in terms of pi) (clip 53, 117)	3	0	20 Simple probability (clip 59)	2
21 % of an amount, money calculations (clip 87, 22b)	5	5	21 Volume and rates of changes (clip 115)	6
22a Compound measures - density (clip 142, KS3 clip R11b)	1	1	22 Pythagoras (clip 150b)	3
22b Compound measures - speed (clip 142, KS3 clip R11a)	1	1	23 distance time graphs (clip 143)	4
23 Exterior angles in polygons (clip 123)	2	1	24 pie charts (clip 128a)	3
24 Understanding fractions and ratio (clip 107)	1	0	25 Problem solving, (fractions, probability and expressions) (no clip)	4
25 Averages from a table (clip 130a, 130b)	4	1	26 Plotting a quadratic curve (clip 98)	4
26 Product of prime factors (clip 78)	3	3	27 ordering numbers/standard form (clip 83)	2
27 Exact trig values (clip 173)	1	0	28 rearranging formula (clip 136,190)	2
28 Simultaneous equations (clip 162)	3	0	29 trig in right angled triangles (clip 168)	2
Total:	80	53	Total:	80
		66%		65%
		5-		4+
AQA 8300 June 2017 Paper 3F (calculator)			AQA 8300 June 2017 Paper 3F (calculator)	
1 ordering negative numbers (clip 23)	1	0	1 ordering negative numbers (clip 23)	1
2 writing expressions (clip A3, A2, A4)	1	1	2 writing expressions (clip A3, A2, A4)	1
3 ordering fractions (clip 70)	1	1	3 ordering fractions (clip 70)	1
4 Indices (clip 29)	1	1	4 Indices (clip 29)	1
5a simplifying/collecting like terms (Clip A6, A7a)	2	1	5a simplifying/collecting like terms (Clip A6, A7a)	2
5b expanding a single brackets and collecting like terms (clip A6, 93)	3	3	5b expanding a single brackets and collecting like terms (clip A6, 93)	3
6 Methodical organisation (no clip)	4	4	6 Methodical organisation (no clip)	4
7 Function machines (clip 36)	2	2	7 Function machines (clip 36)	2
8a Interpreting a dual bar chart (clip 15)	1	1	8a Interpreting a dual bar chart (clip 15)	1
8b calculating mean	2	2	8b calculating mean	2
8cd reading dual bar chart	3	2	8cd reading dual bar chart	3
9 factors and simple probability (clip 28, 59)	3	3	9 factors and simple probability (clip 28, 59)	3
10 area of rectangles and triangles (clip 53, 54)	3	3	10 area of rectangles and triangles (clip 53, 54)	3
11 Time (clip N7b)	3	3	11 Time (clip N7b)	3
12 ordering, fractions, percentages and decimals (clip 85)	2	2	12 ordering, fractions, percentages and decimals (clip 85)	2
13a Tangents (clip 116)	1	1	13a Tangents (clip 116)	1
13b area counting squares (clip 116)	1	1	13b area counting squares (clip 116)	1
14 Plan views and elevations and naming solids (clip 51, 43)	2	2	14 Plan views and elevations and naming solids (clip 51, 43)	2
15 cube numbers (clip 81)	3	3	15 cube numbers (clip 81)	3
16 similar triangles (clip 144)	3	2	16 similar triangles (clip 144)	3
17 ratio and number lines (scales) (clip 38, 4)	2	0	17 ratio and number lines (scales) (clip 38, 4)	2
18 Best buys (clip 41)	5	1	18 Best buys (clip 41)	5
19 substitution (clip 95)	4	2	19 substitution (clip 95)	4
20 fractions and percentages (clip 72, 86)	3	3	20 fractions and percentages (clip 72, 86)	3
21 Ratio (clip 106)	3	0	21 Ratio (clip 106)	3
22a congruent shapes (clip 12b)	1	0	22a congruent shapes (clip 12b)	1
22b congruent shapes (clip 12b)	1	0	22b congruent shapes (clip 12b)	1
23 bounds (clip 132,206)	4	3	23 bounds (clip 132,206)	4
24 angles in parallel lines (clip 120)	7	0	24 angles in parallel lines (clip 120)	7
25 fractions of an amount and probability (clip 72, 59)	5	5	25 fractions of an amount and probability (clip 72, 59)	5
26 factorising a quadratic (clip 157)	1	1	26 factorising a quadratic (clip 157)	1
27 inequalities (clip 139)	2	0	27 inequalities (clip 139)	2
Total:	80	53	Total:	80
		66%		66%
		5-		5-

GCSE SCIENCE COMBINED AND SEPARATE



Afterschool Support:

Monday: Biology and Chemistry

Tuesday: Biology, Chemistry and Physics

Friday : Physics

KEY DATES

Date	Paper	Topics
12 th May PM	Combined Biology Paper 1	Cell biology Organisation Infection and response Bioenergetics
18 th May AM	Combined Chemistry Paper 1	Atomic structure and the periodic table Bonding, structure, and the properties of matter Quantitative chemistry Chemical changes Energy changes
2 nd June AM	Combined Physics Paper 1	Energy Electricity Particle model of matter Atomic structure
8 th June AM	Combined Biology Paper 2	Homeostasis and response Inheritance, variation and evolution Ecology
12 th June AM	Combined Chemistry Paper 2	The rate and extent of chemical change Organic chemistry Chemical analysis Chemistry of the atmosphere Using resources
15 th June AM	Combined Physics Paper 2	Forces Waves Magnetism and electromagnetism



COMBINED SCIENCE

- The assessment is 1 hour and 15 mins.
- The assessment is out of **70 marks**.
- Students must answer all questions.
- The paper will include multiple choice, structured, closed short answer, and open response questions.
- Calculators may be used in the examination.
- Available at foundation tier and higher tier.
- The foundation tier paper target grades 1-1 to 5-5.
- The higher tier paper target grades 4-4 to 9-9.

COURSE OVERVIEW

Paper	Topics
Biology Paper 1	Cell biology, Organisation Infection and response Bioenergetics.
Chemistry Paper 1	Atomic structure and the periodic table, Bonding, Structure and the properties of matter Quantitative chemistry Chemical changes Energy changes.
Physics Paper 1	Energy Electricity Particle model of matter Atomic structure.
Biology Paper 2	Homeostasis and Response, Inheritance variation and evolution Ecology.
Chemistry Paper 2	The rate and extent of chemical change Organic chemistry Chemical analysis, Chemistry of the atmosphere Using resources.
Physics Paper 2	Forces Waves Magnetism and electromagnetism Space physics.



SEPARATE SCIENCES

- The assessment is 1 hour and 45 mins.
- The assessment is out of **100 marks**.
- Students must answer all questions.
- The paper will include multiple choice, structured, closed short answer and open response questions.
- Calculators may be used in the examination.
- Available at foundation tier and higher tier.
- **The foundation tier paper with target grades 1–5.**
- The higher tier paper with target grades 4–9.

REVISION TIPS ALL SUBJECTS



BBMA

How to revise for ...

Top Tips:

- Learn vocabulary, little and often.
- Use your vocab book, homework booklet vocabulary pages and sentence builders provided in class.
- Practise reading aloud in French or Spanish.
- Practise describing photos. (People, locations, actions, extend)
- Use the revision guide and workbook for practice of exam style questions.
- Focus on speaking and writing practice.

Useful Links:

- [ActiveHub](#)
- [ActiveLearn](#)
- [Quizlet](#) – make flash cards to practise vocab
- [Memrise](#)
- Watch series on Netflix in French or Spanish with English subtitles.
- Follow some French or Spanish language teaching accounts on TikTok and Instagram.

What should I revise?
Thematic contexts: My personal world. Media and technology. Travel and Tourism. Lifestyle and Wellbeing. Studying and My Future

French or Spanish

BBMA

How to revise for ...

Top Tips:

- Use the flash cards provided to break down information.
- Make completing past papers/questions part of your revision.
- Make time for some extended answer questions, especially if you find these more difficult.
- Focus on what you need to revise, not just the topics you are most interested in.
- Have a range of examples from different sports ready to use.

Useful Links:

Google Classroom (all materials will be added here)

What should I revise? Topic area 1 (Factors that impact participation) Topic area 2 (Sporting values and behaviours) Topic area 3 (Hosting major sporting events) Topic area 4 (National Governing Bodies in sport) Topic area 5 (Technology in sport).

Sports Studies

BBMA

How to revise for ...

Top Tips:

- Go through the Unit 1-9 Learning and identify your weak topics – focus revision on these first
- Complete past papers – a useful method is to complete it from memory first, then change colour pen and add in information that you didn't know from a textbook or mark scheme
- Create a set of revision flash cards with key information.

Useful Links:

Past Papers on Google classroom
Units 1-9 PowerPoints on Google classroom

What should I revise?
Unit 1-9 Content focusing on The types of Engineering and practical applications. Use a revision guide available to purchase to guide you through the content. Practice descriptions of materials and process. Know the set materials, categories and uses in engineering.

Engineering

BBMA

How to revise for ...

Top Tips:

- Use your RAG sheets to identify areas to work on.
- Use past papers and mark schemes to see what the examiner wants.
- Know the exam structure and command words. E.g. explain, describe, evaluate.
- Revise programming by practicing writing algorithms in Python.
- Use active recall such as flashcards and quizzes to test your knowledge.

Useful Links:

[Seneca Learning](#)
[Isaac Computer Science](#)
[Craig n Dave – YouTube](#)
[BBC Bitesize](#)
[Google Classroom](#)

What should I revise?
Revise theory topics like computer systems, CPU, memory & storage, networks, cybersecurity, legal/ethical issues, and logic gates. Also practise practical skills: algorithms, pseudocode, programming (Python), sorting/searching, trace tables, and problem-solving.

Computer Science

BBMA

How to revise for ...

Top Tips:

- Go through the Unit 1 Learning List and identify your weak topics – focus revision on these first
- Complete past papers – a useful method is to complete it from memory first, then change colour pen and add in information that you didn't know from a textbook or markscheme
- Make revision resources for your mock exams so they are already made for your final exam ie revision cards, mindmaps

Useful Links:

[WJEC H&C Past Papers and Markschemes](#)
[WJEC H&C Knowledge Organisers](#)
[WJEC H&C Learner Guide \(Command Words\)](#)
[Unit 1 Learning List](#)

What should I revise?
Unit 1 (Written Exam): 1.1 Hospitality and catering provision; 1.2 How hospitality and catering providers operate; 1.3 Health and safety in hospitality and catering; 1.4 Food safety in hospitality and catering.
Unit 2 (NEA): 2.1.1 Understanding the importance of nutrition; 2.1.2 How cooking methods can impact on nutritional value (*Autumn Term 2*)

Hospitality & Catering

BBMA

How to revise for ...



Top Tips:

Keep up with the coursework deadlines, ready for **submission** to the Exam Board over the **Christmas** break. This is worth another 30% of the overall grade, meaning that pupils will be going into the final exam in May 2025 with 60% of their grade done (30% from the Year 10 coursework plus 30% from the Year 11 coursework).

Exam content will be taught after Christmas.

Useful Links:

All teaching resources are available on Google Classroom. These books would also be very useful:

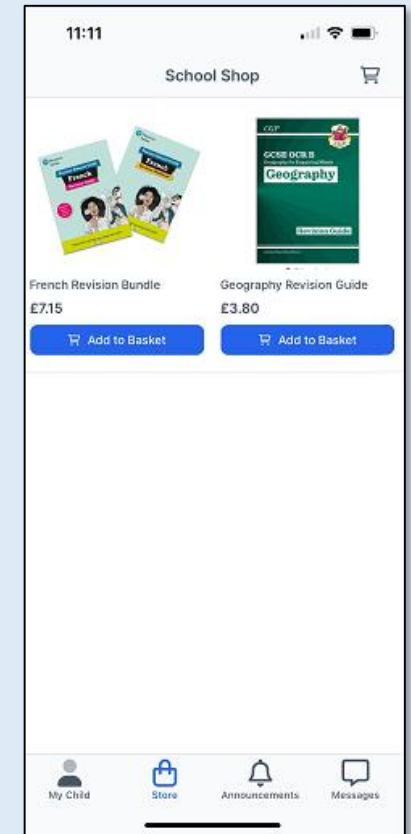
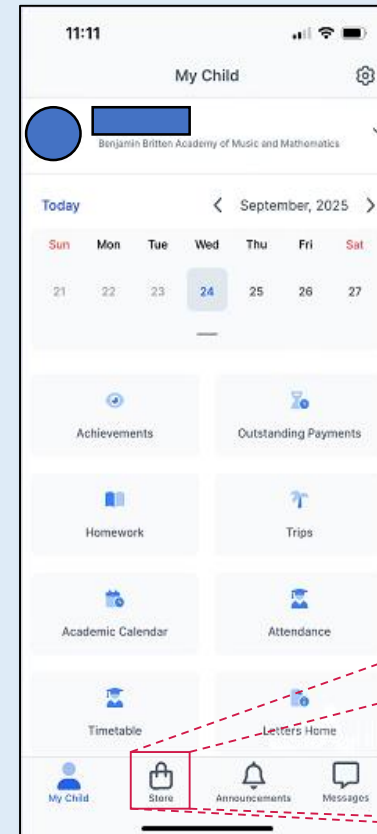
What should I revise?
RO59 Topic Areas 1, 2, 3 and 4 in order to enhance pupils' coursework. When the exam content starts being taught after Christmas, revising RO57 Topic Areas 1, 2, 3 and 4 is a must.

Child Development

REVISION GUIDES



- We have managed to negotiate a **great deal** on certain revision materials when **purchased in bulk**.
- Any revision materials are available to order on the **MyChildAtSchool App**
- Click on the **Store icon** at the bottom of the main page on the app to see what is available
- Add the ones you would like to order to your basket and then checkout using the shopping trolley icon in the top right using card, **ApplePay** or **GooglePay**.
- As soon as they arrive in school they will be given to your child





Year 11 Revision Sessions

MONDAY

- Art with Miss O'Leary, 1:25-2:00pm Art Studio 1
- Art with Miss O'Leary, Art Studio 1
- Biology (Foundation) with Mr Mutimer
Hawking Lab (starts 3:25pm)
- Biology Triple with Mrs Roffey
Mendeleev Lab (starts 3:25pm)
- Chemistry (Higher) with Mr Ferris
Germain Lab (starts 3:25pm)
- Citizenship with Mr Lattimore, Ethics Room 1
- Geography with Mrs Kitching, Geography 1
- English Language with Mrs Lever, English 7
- English Language with Mrs Pitchers
English Room 10, WEEK ONE
- English Language with Mrs Wright
English Room 4, WEEK TWO
- English Literature with Mrs Wright
English Room 4, WEEK ONE
- English Literature with Mrs Pitchers
(Unseen Poetry), English Room 10
- English Study Skills with Mrs Swan, English5
- English Language with Mrs Snowden
(Paper 2, Reading Section) English 12
- English Literature with Miss Widdison,
Power & Conflict Poetry, English Room 13
- Mathematics (Foundation) with Mrs Jenkins
Mrs Jenkins' Office (Maths building)
- Mathematics (Foundation)
with Miss Pankhurst, Maths Room 3
- Mathematics (Higher) with Mr Fawcett, Maths 4
- Sports Studies with Mrs Schofield
Maths Computing Suite

TUESDAY

- Art with Miss O'Leary
1:25-2:00pm Art Studio 1
- Biology, Chemistry & Physics with Mr Mills
1:30-2:00pm Franklin Lab (Week 2 Only)
- Art with Miss O'Leary
Art Studio 1
- Biology (Higher) with Mr Baruch
Jemison Lab (starts 3:25pm)
- Business Studies with Mr Flanagan
Media Suite
- Chemistry (Triple) with Dr Wright
Feynman Lab (starts 3:25pm)
- Citizenship with Mr Lattimore
Ethics Room 1
- Drama with Mrs Breen
Arts Computing Suite
- Engineering with Mr Chidgey
Tech Workshop
- Geography with Miss Kitching
Geography Room 1
- Mathematics (Foundation) with Miss Pankhurst
& Miss Dore, Maths Room 3 and 6
- Mathematics (Higher) with Miss Phillips
Maths Room 5
- Physics (Foundation) with Mr Sidell
Hawking Lab (starts 3:25pm)
- Spanish with Mrs Van Zeller
Languages Room 1

WEDNESDAY

- Art with Miss O'Leary
1:25-2:00pm Art Studio 1
- Citizenship with Mr Lattimore
Ethics Room 1
- Computing Science and iMedia with Mr Cook
Gates Computing Suite
- Dance with Miss Halse
Dance Studio
- Geography with Mrs Kitching
Geography Room 1
- Mathematics (Foundation) with Mrs Wright
Maths Room 12
- Mathematics (Higher) with Miss Phillips
Maths Room 5
- Music with Miss Wareham
Music Room 1
- Reading Plus Catch-Up with Mrs Rimell
Media Suite
- Biology Drop-In, 3:30pm Atkins Lab
- Chemistry Drop-In, 3:30pm Haber Lab
- Physics Drop-In, 3:30pm
Science Computing Suite

THURSDAY

- Art with Miss O'Leary
1:25-2:00pm Art Studio 1
- English Language with Mrs Sweetman
English Room 8
- English Language with Mrs Rimell
English Room 9 WEEK ONE
- English Language with Mrs Wright
English Room 4 WEEK ONE
- English Literature with Mrs Swan
English Room 5
- English Literature with Mrs Rimell
English Room 9 WEEK TWO
- English Literature with Mrs Wright
English Room 4 WEEK TWO
- French with Miss Davey
Languages Room 3
- Geography with Mrs Kitching
Geography Room 1
- History with Mr Ward
History Room 1
- Hospitality & Catering with Mrs Ruth
Berners-Lee Suite

FRIDAY

- Chemistry (Foundation) with Mr Clark
Attenborough Lab (starts 3:25pm)
- Citizenship with Mr Lattimore
Ethics Room 1
- Geography with Mrs Kitching
Geography Room 1
- Mathematics (Foundation) with
Miss Pankhurst, Maths Room 3
- Mathematics (Foundation) with Mr Philpot
Maths Room 10
- Mathematics (Higher) with Mr Locke
Maths Room 7
- Mathematics (Higher) with Miss Walls
Maths Room 1
- Physics (Higher) with Mrs Clipsham
Haber Lab (starts 3:25pm)
- Physics (Triple) with Miss Chambers
Newton Lab (starts 3:25pm)

ONLINE REVISION LESSONS



Monday	Start Time	Teacher	Tuesday	Start Time	Teacher	Wednesday	Start Time	Teacher
English Language Paper 1	7:30 pm - 8:30 pm	JSN	English: Poetry	7pm - 8pm	MRI	Maths Higher 7+	7pm - 8pm	ALO
English Language Paper 2	8:30 pm - 9:30 pm	JSN	English Language: Writing	8pm - 9pm	MRI	Maths Higher 5 - 7	6pm - 7pm	KWA
Biology Higher	5pm - 6pm	GMU	Chemistry Triple	5pm - 6pm	CCL	Maths Foundation Grade 5	7pm - 8pm	KWA
Biology Foundation	6pm - 7pm	GMU	Biology Triple	6pm - 7pm	ORO	Maths Foundation Grade 4	6pm - 7pm	ZDO/EPH
			Chemistry Foundation	6pm - 7pm	GCL	Maths Foundations Grades 1-3	5pm - 6pm	EPH

Thursday	Start Time	Teacher	Sunday	Start Time	Teacher
Physics Foundation	5pm - 6pm	MSI	Maths Higher 7+	7pm - 8pm	ALO
Physics Higher	6pm - 7pm	MSI	Maths Higher 5 - 7	6pm - 7pm	KWA
Physics Triple	7pm - 8pm	MSI	Maths Foundation Grade 5	7pm - 8pm	KWA
			Maths Foundation Grade 4	6pm - 7pm	ZDO/EPH
			Maths Foundations Grades 1-3	5pm - 6pm	EPH
			Chemistry Higher	8pm - 9pm	TFE

- **Beginning on the 26th January for 10 school weeks**
- **Accessed through Google classroom**
- **Access to Google classroom is by invitation**

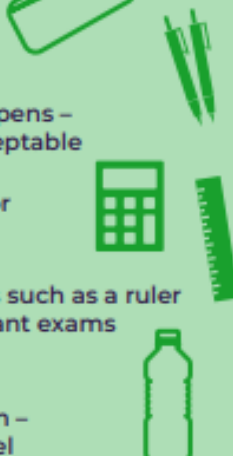


Joint Council for
Qualifications CIC

Before sitting your exams, ensure you know:

- ☐ the date, time and location of your exams – you might find it helpful to write this information in a calendar or planner
- ☐ who to contact at school or college in case there's an emergency that makes you late or unable to sit your exam


What you will need:

- ☐ a clear pencil case
 - ☐ at least two black ink pens – blue pens are not acceptable
 - ☐ an approved calculator for relevant exams
 - ☐ appropriate apparatus such as a ruler or protractor for relevant exams
 - ☐ a clear water bottle if you wish to take one in – it must not have a label
- 

Contingency day 24th June
(national disruption)

**Students should not book
holidays until after the
contingency date.**

What you cannot take into exams:

- ☐ any type of phone
 - ☐ revision notes
 - ☐ any type of watch (this includes analogue, digital and smart watches)
- 

Other important information:

- ☐ Listen carefully to the invigilator's instructions which will be specific to your exam. If you are unsure of anything, please raise your hand and wait for the invigilator.
- ☐ Fill in your details on the front of your answer booklet.
- ☐ If you need additional answer sheets, raise your hand and wait for an invigilator who will provide you with one. Remember to add your details to this booklet too.
- ☐ If you need to use the toilet or feel unwell, raise your hand and wait for an invigilator who will escort you from the exam room.
- ☐ Make sure you stay silent – talking to a fellow candidate could result in disqualification from all your exams.

If you have any questions
about your exams, please ask
your teacher or exams officer.



WHAT HAPPENS IF MY CHILD IS ILL AT THE TIME OF ASSESSMENT?

- The Joint Council for Qualifications (JCQ) guidance states that if your child is ill at the time of Assessment, your child may be eligible for special consideration.
- All applications must be supported by the school.
- The current guidance states that at **least 25%** of the total assessment must have been completed.
- An award cannot be made where **none of the components/units** within a specification have been completed.
- The calculation, if awarded, is made by the exam board and not by the school and must be applied for at the time of assessment.

SPECIAL CONSIDERATION

2 Which candidates will be eligible for special consideration?

Special consideration **must** be applied for **at the time of the assessment**.

2.1 Candidates will be eligible for special consideration if they have been fully prepared and have covered the whole course but performance in the examination, or in the production of coursework or non-examination assessment, is materially affected by adverse circumstances beyond their control. These include:

2.1.1 temporary illness or accident/injury **at the time of the assessment**;

2.1.2 bereavement **at the time of the assessment** (where whole groups are affected, normally only those most closely involved will be eligible);

2.1.3 domestic crisis arising **at the time of the assessment**;

2.1.4 serious disturbance **during an examination**, particularly where recorded material is being used;

2.1.5 accidental events **at the time of the assessment** such as being given the wrong examination paper, being given a defective examination paper or CD, failure of practical equipment, failure of materials to arrive on time;

2.1.6 participation in sporting events, training camps or other events **at an international level at the time of the assessment**, e.g. representing their country at an international level in chess or football;

2.1.7 failure by the centre to implement **previously approved** access arrangements **for that specific examination series**.

- **Special consideration will give a % increase in a child's exam score**
- **These only range from 1% to 5%**
- **If you would like more details, please speak to me afterwards**

CAN THE SCHOOL SUBMIT A GRADE FOR MY CHILD, WHO IS CURRENTLY NOT ATTENDING SCHOOL?

There is no facility for the school to award grades. If your child does not attend school or their exams the school is not able to submit a Teacher Assessed Grade on their behalf.

WHEN WILL MY CHILD RECEIVE THEIR EXAM TIMETABLE?

- Your child's exam timetable will be published at the **end of March.**
- Exam boards have set aside 'contingency days' in the exam timetables, these are for national emergencies only. They are not for students who have missed an exam due to illness, holidays etc.
- **PLEASE ENSURE NO HOLIDAYS ARE BOOKED DURING THE EXAM SEASON, AFTER EASTER TO THE END OF JUNE.**

FULL PROVISIONAL EXAM TIMETABLE

Morning Exams (09:10)				11 - 15 May	Afternoon Exams (14:00)			
Exam	Code	Board	Duration		Exam	Code	Board	Duration
English Literature Paper 1	8702/1	AQA	1h 45m	Monday 11 May				
				Tuesday 12 May	Combined Science T Paper 1: Biology F	8464/B/1F	AQA	1h 15m
					Combined Science T Paper 1: Biology H	8464/B/1H	AQA	1h 15m
					Biology Paper 1F	8461/1F	AQA	1h 45m
					Biology Paper 1H	8461/1H	AQA	1h 45m
Geography Paper 1	J384/01	OCR	1h 30m	Wednesday 13 May	Computer Science Paper 1	J277/01	OCR	1h 30m
Mathematics Paper 1 Tier F	8300/1F	AQA	1h 30m	Thursday 14 May	Citizenship Paper 2	8100/2	AQA	1h 45m
Mathematics Paper 1 Tier H (non-calculator)	8300/1H	AQA	1h 30m					
History Paper 1	8145/1A/D	AQA	2h	Friday 15 May				
	8145/1B/C							
ENTRY CODES TBC!!!!								

Morning Exams (09:10)				18 - 22 May	Afternoon Exams (14:00)			
Exam	Code	Board	Duration		Exam	Code	Board	Duration
Combined Science T Paper 1: Chemistry F	8464/C/1F	AQA	1h 15m	Monday 18 May				
Combined Science T Paper 1: Chemistry H	8464/C/1H	AQA	1h 15m					
Chemistry Paper 1F	8462/1F	AQA	1h 45m					
Chemistry Paper 1H	8462/1H	AQA	1h 45m					
English Literature Paper 2	8702/2	AQA	2h 15m	Tuesday 19 May	Computer Science Paper 2	J277/02	OCR	1h 30m
					Child Development	R057/01	OCR	1h 15m
French Paper 2 Listening Tier F	1FR1 2F	Edexcel	50m	Wednesday 20 May				
French Paper 2 Listening Tier H	1FR1 2H	Edexcel	1h 05m					
Engineering (Tech Award)	TBC???	NCFE	1h 30m					
English Language Paper 1	8700/1	AQA	1h 45m	Thursday 21 May				
				Friday 22 May	Business and Enterprise	TBC??	NCFE	1h 30m



Morning Exams (09:10)				1 - 5 June	Afternoon Exams (14:00)			
Exam	Code	Board	Duration		Exam	Code	Board	Duration
				Monday 1 June				
Combined Science T Paper 1: Physics F	8464/P/1F	AQA	1h 15m	Tuesday 2 June				
Combined Science T Paper 1: Physics H	8464/P/1H	AQA	1h 15m					
Physics Paper 1F	8463/1F	AQA	1h 45m					
Physics Paper 1H	8463/1H	AQA	1h 45m					
Mathematics Paper 2	8300/2F	AQA	1h 30m	Wednesday 3 June	Geography Paper 2	J384/02	OCR	1h 30m
Mathematics Paper 2 (calculator)	8300/2H	AQA	1h 30m		Health and Social Care	R032/01	OCR	1h 15m
History Paper 2	8145/2A/A	AQA	2h	Thursday 4 June	French Paper 3 Reading Tier F	1FR1/3F	Edexcel	45m
	8145/2B/C				French Paper 3 Reading Tier H	1FR1/3H	Edexcel	1h
ENTRY CODES TBC!!!!								
English Language Paper 2	8700/2	AQA	1h 45m	Friday 5 June	Music Component 3: Listening	C660U30-1	WJEC	1h 15m Approx.
Morning Exams (09:10)				8 - 12 June	Afternoon Exams (14:00)			
Exam	Code	Board	Duration		Exam	Code	Board	Duration
Combined Science T Paper 2: Biology F	8464/B/2F	AQA	1h 15m	Monday 8 June	French Paper 4 Writing Tier F	1FR1/4F	Edexcel	1h 15m
Combined Science T Paper 2: Biology H	8464/B/2H	AQA	1h 15m		French Paper 4 Writing Tier H	1FR1/4H	Edexcel	1h 20m
Biology Paper 2F	8461/2F	AQA	1h 45m		Creative iMedia	R093/01	OCR	1h 30m
Biology Paper 2H	8461/2H	AQA	1h 45m					
Spanish Paper 1 Listening Tier F	1SP1/2F	Edexcel	50m	Tuesday 9 June				
Spanish Paper 1 Listening Tier H	1SP1/2H	Edexcel	1h 05m					
Mathematics Paper 3	8300/3F	AQA	1h 30m	Wednesday 10 June				
Mathematics Paper 3 (calculator)	8300/3H	AQA	1h 30m					
Geography Paper 3	J384/03	OCR	1h 30m	Thursday 11 June				
Combined Science T Paper 2: Chemistry F	8464/C/2F	AQA	1h 15m	Friday 12 June	Dance	8236/W	AQA	1h 30m
Combined Science T Paper 2: Chemistry H	8464/C/2H	AQA	1h 15m		Hospitality and Catering	5409U80-1	WJEC	1h 20m
Chemistry Paper 2F	8462/2F	AQA	1h 45m					
Chemistry Paper 2H	8462/2H	AQA	1h 45m					



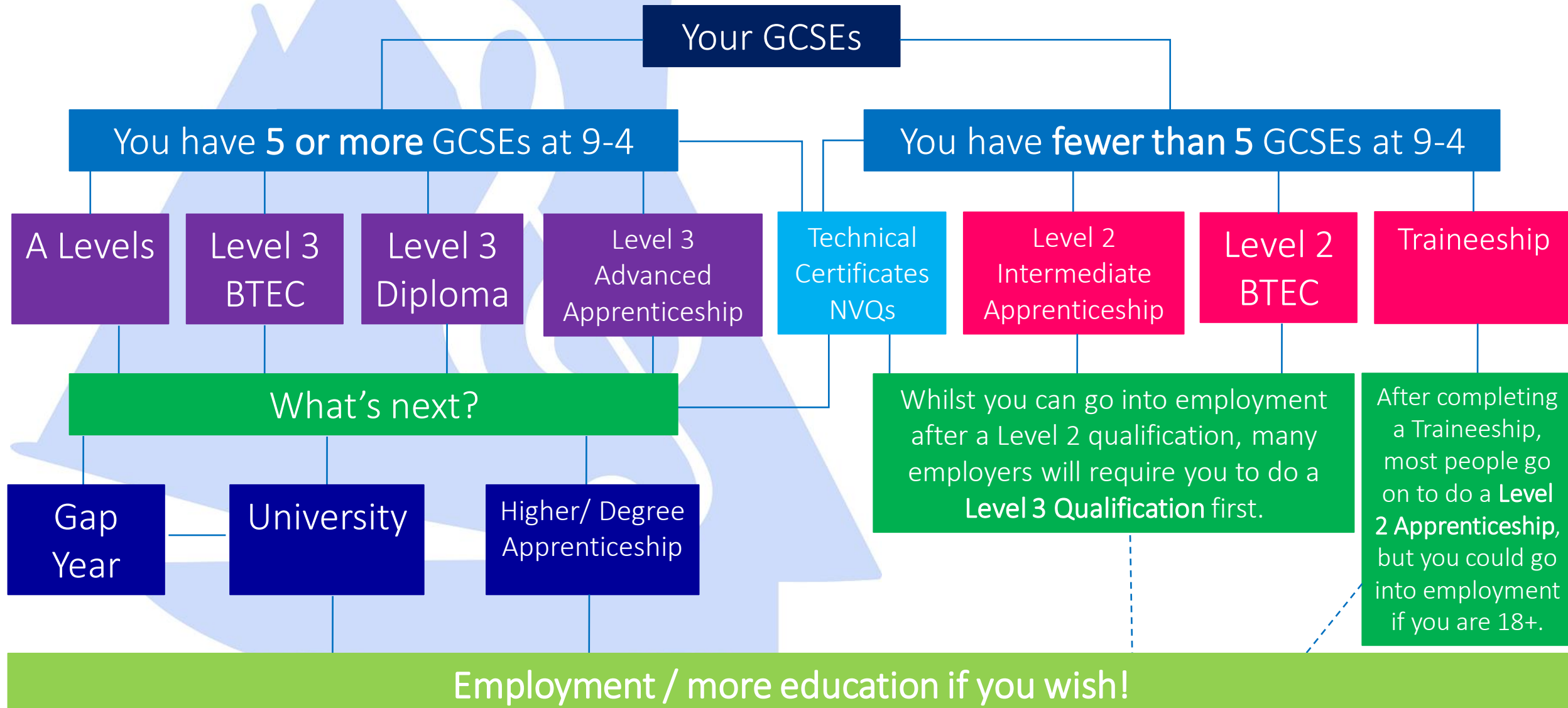
POST 16

ALL STUDENTS ARE REQUIRED TO BE IN FULL TIME EDUCATION UNTIL THE AGE OF 18.

As a general guide:

- **5 GCSE** or equivalent passes at a **Grade 5 or above** to progress to **A level courses**
- At least one grade 4 or above in English and/or Maths for some post 16 courses
- To study a subject at A level, students usually require at least a Grade 5 in that subject at GCSE.
- A level Biology, Chemistry, Physics, Maths and French require a Grade 6 at GCSE.
- Most **apprenticeships** require a minimum **grade 4 in English and Maths**

What's your next move?



CAREERS PROVISION FOR STUDENTS IN YEAR 11

- Every student will have a one-to-one meeting with the Careers team.
- Additional 'drop-in' guidance and support will be available in the Library every Monday-Thursday, 3:30-5:00pm.
- This is particularly useful for help with completing post-16 applications and creating CVs.



CAREERS PROVISION FOR STUDENTS IN YEAR 11

- **Local colleges and education providers** will be delivering assemblies.
- Subject specific **extra-curricular workshops** and workshops aimed at enhancing general skills, such as effective revision techniques, will be delivered throughout the year.
- **The school website** will be regularly updated with useful careers information and notifications of upcoming open days, information evenings and trips.



TARGETED INTERVENTION

- After Mocks starting in the New Year we will be running a series of specific afterschool classes for each student
- You will receive a letter, with your child assigned to two or more sessions.
- Whilst not compulsory, students are strongly encouraged to attend



<u>Monday</u> <u>(3:15 – 4:00)</u>	<u>Tuesday</u> <u>(3:15 – 4:00)</u>	<u>Wednesday</u> <u>(3:15 – 4:00)</u>	<u>Thursday</u> <u>(3:15 – 4:00)</u>	<u>Friday</u> <u>(3:15 – 4:00)</u>
Maths		English	Art	

EXAM RESULTS DAY

- Children will receive their examination results on **Thursday 20th August** from 9.30am-12 pm.
- Results will be handed to students in the Sports Hall.
- It is important that students **sign permission slips for access to exam papers**
- Allows teachers to review exam papers for students who are close to grade boundaries



PASS RATES IN ENGLAND

English Language



Source: Ofqual and Joint Council for Qualifications

- These are national pass rates
- They aren't the pass rate awarded to each school
- **YOU CAN ALL PASS**

PASS RATES IN ENGLAND

English literature

- These are national pass rates
- They aren't the pass rate awarded to each school
- **YOU CAN ALL PASS**



Source: Ofqual and Joint Council for Qualifications

PASS RATES IN ENGLAND

Mathematics



Source: Ofqual and Joint Council for Qualifications

- These are national pass rates
- They aren't the pass rate awarded to each school
- **YOU CAN ALL PASS**

REVIEW OF MARKING AND RETAKES



WHAT IS THE GCSE REVIEW OF MARKING?

- A GCSE review is a process of requesting a review of a [GCSE grade](#) assigned by an exam board.
- The process is usually initiated by the school, student or their parents, who believe that their grade is an unfair representation of what they demonstrated in the exam.
- The process involves several steps, including contacting the secondary school, which then contacts the exam board to request a review of the student's paper.

HOW MUCH DOES A GCSE REVIEW COST?

A GCSE clerical re-check typically costs between **£9.40 for the AQA** and **£13.10 EdExcel** per unit or component.

Review of marking checks whether the mark scheme was applied correctly.

Typical Costs

- **AQA: £43.50 per unit/component for GCSEs.**
- **Edexcel: £46.70 per paper for GCSEs.**
- **OCR: £65.25 for a review of marking per paper.**



MARKING REVIEW STATISTICS

**Reviews requested for
GCSE, AS and A level**

510,000

administrative error reviews, reviews of
marking and reviews of moderation

**Grades changed for
GCSE, AS and A level**

1.1% of all 6.2 million
grades awarded

up from 0.9% in
previous June series

RE-SITS AT COLLEGE

- The **government's resits policy** forces students who have **not achieved a pass in English and/or maths GCSE** by age 16 to continue to work towards achieving these qualifications as a **condition of their places being funded**.
- Students who achieve a **grade 3** have to **retake their GCSE**
- Students with a **grade 2 or below** can either take a **functional skills level 2** or **resit their GCSE**.
- Typically students can resit in **November** or the **following Summer**.



FEWEEK



GCSE RESULTS DAY

Just 16.4 per cent of students resitting GCSE maths in England passed with at least a grade 4 this year – down 4.8 percentage points on pre-pandemic levels.

Pass rates for English resits meanwhile hit 25.9 per cent, down by a similar level of 4.4 percentage points on the year before Covid-19 hit.

[More from this theme](#)

**More research needed
into GCSE resit teaching
methods, charity says**

🕒 4mo



MR FLANAGAN
HEAD OF UPPER SCHOOL

WHAT IS YOUR ATTITUDE TO LEARNING LIKE?



Attendance

Behaviour

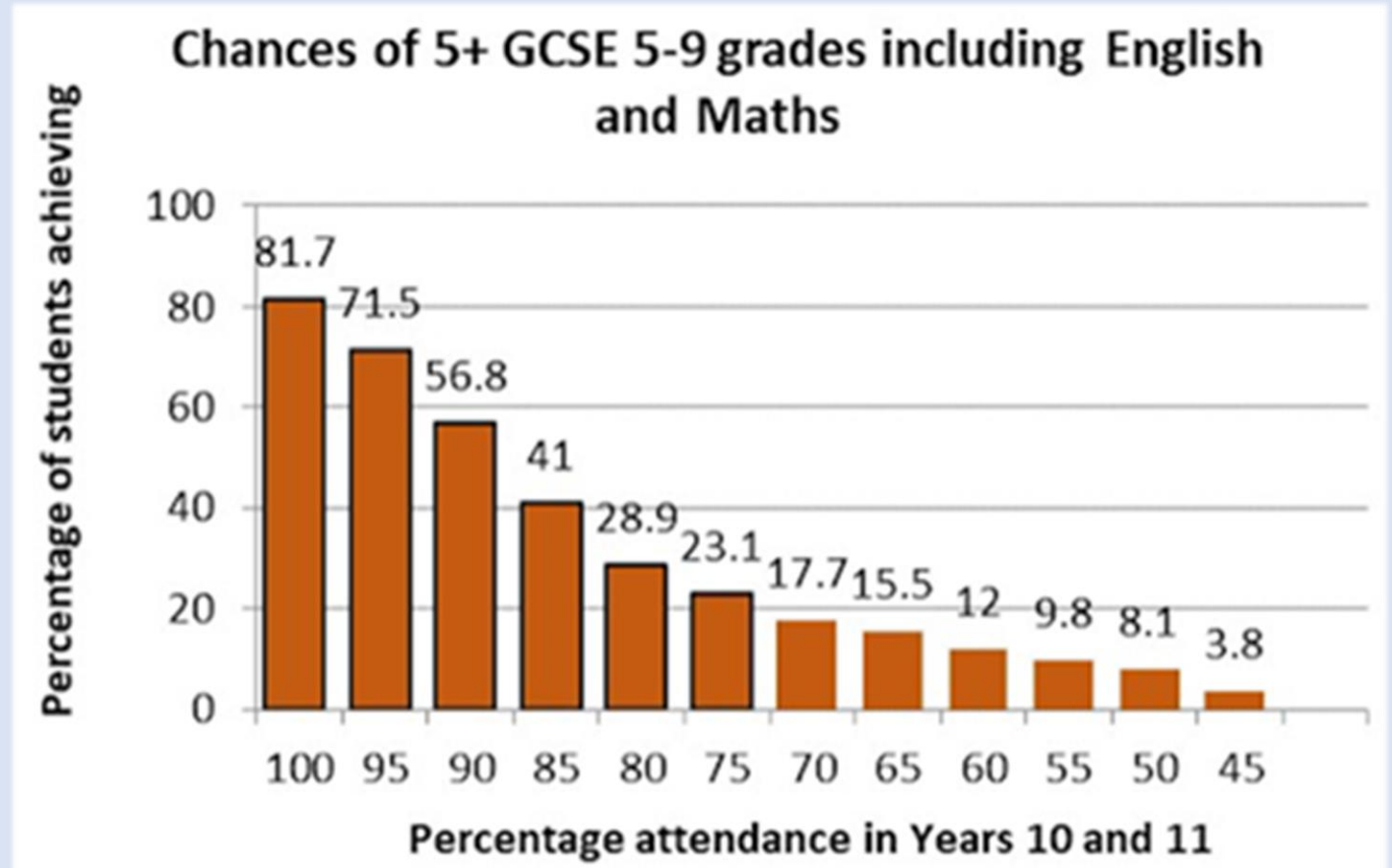
Coursework, class work and of course, homework

CONCERN	WORKING TOWARDS	GOOD	VERY GOOD	OUTSTANDING
----------------	----------------------------	-------------	------------------	--------------------

ATTENDANCE = ATTAINMENT



- On average **71.5%** of students who have **95%** attendance and above achieve **5 GCSEs at a grade 5+.**
- Missed lessons = **less understanding and lower confidence.**




KEEP ON TOP OF THINGS

- Check you are up-to-date with your **Non-Examined Assessments (NEA)** / coursework.
- Drawing up a basic **revision timetable** where time is set aside to focus on studies can help to keep you on track and **save a last-minute panic**.



**YEAR 11 REVISION
PLANNER 2024**



NAME: _____

TUTOR GROUP: _____

MY AFTER SCHOOL SESSIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

DAY	SUBJECT	TOPICS AND TIME	COMPLETED (Y/N)
MONDAY			
	YOUR TREAT		
TUESDAY			
	YOUR TREAT		
WEDNESDAY			
	YOUR TREAT		
THURSDAY			
	YOUR TREAT		
FRIDAY			
	YOUR TREAT		

Mr Sidell is updating this – please see him for last year's example

A large, vibrant collection of school supplies is arranged on a white background. In the center, there's a stack of four spiral-bound notebooks in pink, green, yellow, and white. To the left, a wooden pencil holder contains several sharpened pencils. Next to it is a large, multi-colored pencil holder filled with many pencils. In the foreground, a red calculator sits next to a pink heart-shaped eraser. A yellow ruler is placed diagonally across the lower right. Various other items are scattered around, including blue and yellow scissors, colorful markers, pens, paper clips, a blue stapler, and a small blue and yellow container. The overall scene is bright and organized, showcasing a wide variety of educational tools.

Ensuring that they've got the equipment they need is a good starting point.

TEENAGE BRAINS CAN BE EASILY DISTRACTED...

- Ensure they've got somewhere **quiet** to focus, without **distractions**
- A **desk** in their **bedroom** or a **clear table** is perfect.
- School breakout areas
- **After school revision classes...excellent**



SLEEP



- To revise successfully, teenagers need to **be well rested**.
- Encourage them to get at least **eight hours** of sleep a night.
- They'll benefit from some **wind-down time** before bed with time **away from screens and revision**.



EATING WELL



- To revise successfully, it's important to eat a **balanced diet** and drink **plenty of water**.
- Scientists recommend eating a diet rich in **omega 3** to boost brain power.
- It is also imperative to **eat breakfast** before exams.



BREAKS

You might think you've struck gold with a teenager who just can't get enough of revision.

In fact **working constantly** can cause them to be **less productive overall**.



A hand holding a pencil is positioned over an open notebook. The background is blurred, showing a person's face and upper body. The text is overlaid on the image in a dark blue, serif font with a white outline.

This is one of the most significant periods in a child's life; it can also be one of the most stressful – for parents and our children alike!

MENTAL HEALTH

9 Ways to Beat Revision Stress

by @inner_drive | www.innerdrive.co.uk



1
Do the actual work – revise!



2
When really stressed, talk to someone about it



3
Get some fresh air each day



4
Stick to regular mealtimes



5
Do something to switch off an hour before bed



6
Don't dwell on worst case scenarios



7
A good sleep the night before is better than last minute cramming



8
Once you've done the exam, move on to the next one



9
Don't aim for perfection – it's a myth and doesn't exist

Stress and anxiety seem to go hand in hand with exams.

“It’s not the end of the world if you don’t get what you want or expected.”



The role of parents in ensuring academic success is invaluable.

News > Education > Education News

Key to exam success is not wealth or social class but parents who help with homework

By Sarah Cassidy, Education Correspondent |
Wednesday 8 October 2003 00:00 |



Click to follow
The Independent

Having a parent who takes an active interest in a child's education is eight times more important in securing good exam results than wealth or social class, research claims.

Children whose parents are involved in their schooling do up to 25 per cent better than pupils with families who are not involved, according to the study for the educational charity the Campaign for Learning.

Dr Leon Feinstein from the London School of Economics estimated the statistical importance of active parenting from the findings. He said: "The interest that parents take in education is much more important than the parents' own education, social class or income in explaining how well the children are likely to do."

"This does not mean that these other factors do not matter, because they may, in turn, explain parental interest. However, the results do imply that it is through parental interest that social class impacts upon education. Interested parents make a huge difference, regardless of class or income."

ADVERTISEMENT

...

...

Parents not schools boost exam success, study suggests

By Judith Burns
Education reporter, BBC News

12 October 2012



Supportive parents do more than good schools to boost children's exam results, a study suggests.

Parents who help with homework and attend school events can outweigh the effect of weak schools, according to researchers in America.

The team analysed data on more than 10,000 teenagers across the US.

Co-author Dr Toby Parcel, of North Carolina State University, said: "Our study shows that parents need to be aware of how important they are."

Dr Parcel, a professor of sociology, said parents "should invest time in their children, checking homework, attending school events and letting kids know school is important. That's where the payoff is."



Thank you for attending this evening.

CONTACT DETAILS

EMAIL:

- k.jenkins@benjaminbritten.school
- d.flanagan@benjaminbritten.school
- e.smith@benjaminbritten.school
- m.sidell@benjaminbritten.school
- N.wright@benjaminbritten.school
- N.Norton@benjaminbritten.school

TELEPHONE: 01502 582312

WEBSITE: www.benjaminbritten.school

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