



Success at GCSE Evening



Overview of the evening

- Introduction presentation: how can parents support their children?
- Subject specific support sessions: led by Heads of department.
- English Lit: (MA1)
- English Lang: (MA6)
- Maths: Miss Lynch (MA7)
- Science: Mr Pugh (IT6)

What to expect from GCSE qualifications

Students will be working at their highest level yet.

Lessons will be challenging and rigorous with lots of different learning opportunities.

Homework will stretch students learning and prepare them for next topic/focuses

Regular feedback will be given so students know how they can improve within their subjects.

What you can
also expect from
GCSE's

Frustration

Stress

Nerves

Anxieties


Tears

All of this is
okay and
normal!

Many students will feel a range of emotions over the next 2 years!

This is absolutely normal!

Stress, nerves and anxieties largely come from students: wanting to do the best they possibly can and make parents and family members proud!

A black and white photograph showing several hands of different sizes and skin tones clasped together in a supportive gesture. The hands are arranged in a circular pattern, with fingers interlaced. The background is dark and textured, possibly a wooden surface. The text "How can you help?" is overlaid in the center in a white, sans-serif font.

How can you help?

Make time for open conversations

- Try to ensure that time is given to conversations about “how school is going”
- This could be away from other siblings as what they want to share could be in their minds embarrassing.
- Share your own experiences with them. Believe it or not they do help!

Encourage good routines

- Establish suitable places of study
- Identify the best revision style - not necessarily what others are doing!
- Revision/work schedule
- Past papers
- Revision guides/apps
- Hobbies/passions

YEAR 11 2017 EXAM PREPARATION TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
Revision	Computing	Computing	Computing	Computing	Computing
	Science	Science	Science	Science	Science
	Drama	Drama	Drama	Drama	Drama
				Art	Drama
				History	
All students attending exam preparation classes must first go to the Library to register					
Session 1 15.30 00	Maths	Science	English	RPS	RPS
	IM & ALA Rm 52/55	Various Rm 18	Various Rm 33	SBM/LGW - Rm 48/87	AMN - Rm 111
	Dance	Art & Phot	PE	Drama	Maths - Foundation
	NML - Studio	RAO/JSB Rm 114/112	SJM Rm 133	AMT Rm 111	IM Rm 111
	Geography	Rock School	Food Tech	French	
	Various Rm 46	JAC Rm 76	KL/JCD Rm 82	LJI Rm 63	
	Resistant Materials			German	
	AME Rm 88			MM Rm 67	
			CIDA		
			NJH - Rm 25		
Session 2 16.05 35	Maths	Science	English	Art & Phot	
	IM & ALA Rm 52/55	Various Rm 18	Various Rm 33	RAO/JSB Rm 114/112	
			Geology	Business Studies	
			CMD Rm 35	NJH - Rm 25	



Support
Healthy
choices

Eat Well



Maintain a balanced diet

Avoid high fat/ high sugar /high caffeine foods and drinks

Healthy snacks

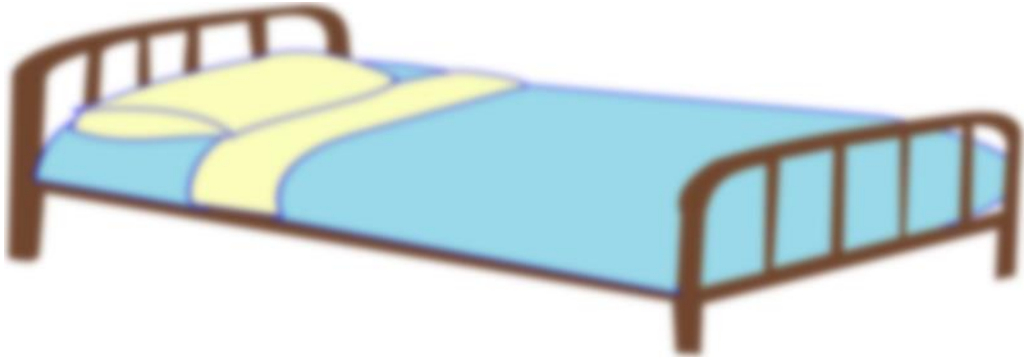
Don't skip meals to study

Try to eat before exams

Keep well hydrated

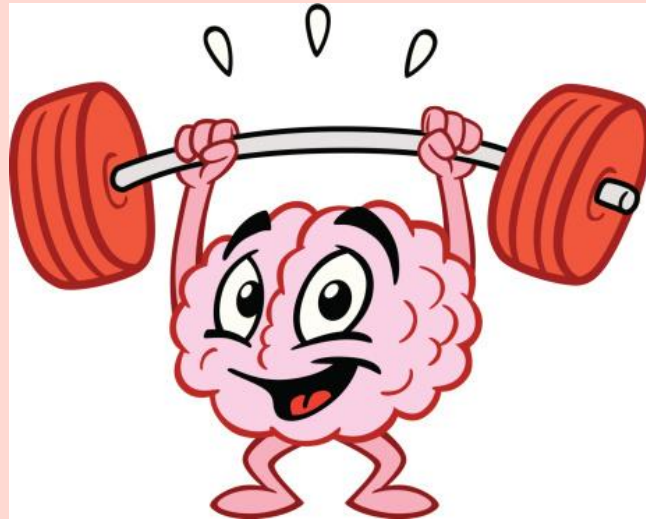
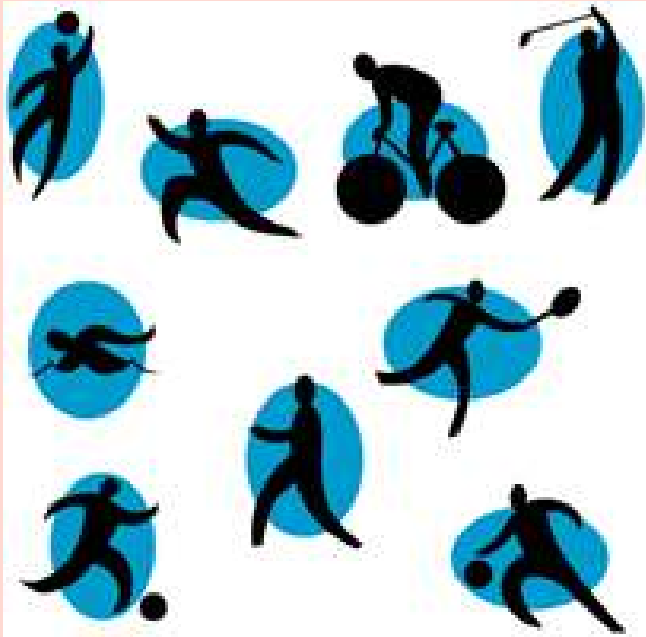


Sleep



- Good sleep improves thinking and concentration
- Most teenagers need 8-10 hours sleep
- Try to have at least half an hour 'down time' between studying and trying to go to sleep
- Avoid cramming all night as this will not be productive meaningful study

Exercise



- Boosts energy levels
- Clears the mind
- Great stress reliever
- Group activities

Support with revision ideas



Brain Dump

Choose a topic and write down as much as you can remember, without referring to your notes. Check your notes and see what you missed then try to fill the gaps without the notes. Check your notes a third time and add the missing information.



Map it out

Take an essay question or writing question and map out your answer, without writing a full response. Look at the mark scheme and decide if your plan meets the criteria. Do this for a number of questions, then choose one and write the full response.



Flash Cards

Write flashcards for each topic, in all subjects, then mix them up for the most effective revision. Keep your flashcards simple – one question, one answer per card. You can use friends / family to complete this task with you.



Quizzes

Write a set of questions and answers and ask someone else to test you. It's important to either write or say your answers aloud. Reading through quizzes in your head can give you a false sense of security.

Seek guidance and support

- As a school we are always here to support our young people on their school journeys. But there are also other agencies which parents can contact.

- Ask Normen
- NHS Moodzone
- Anxiety BC Youth
- School Nursing Team – 01933 235360
- Young Minds – Parent helpline 08088025544
- Chat Health – 07507329600
(text service run by the School Nursing service)

Study sessions:

- We will now split into 4 groups. We will rotate between the 4 subject areas.

Start time	English Lang (MA6)	English Lit (MA1)	Science (IT6)	Maths (MA7)
6:10	Group 1	Group 2	Group 3	Group 4
6:30	Group 2	Group 3	Group 4	Group 1
6:50	Group 3	Group 4	Group 1	Group 2
7:10	Group 4	Group 1	Group 2	Group 3

End of the evening – please leave via the main gates.

