



# Year 11 Information Evening

Ms Kelly and Miss Zysemil

Thursday 6<sup>th</sup> October 2022

# The Aims of the Evening

To provide parents and carers with the information they need to support their children in being successful in their exams, including:

- ▶ Important dates, arrangements and administration
  - ▶ Guidance on homework and revision and how to help
  - ▶ Information about GCSE English and Maths
  - ▶ Managing anxiety and stress
  - ▶ Exam arrangements and progress tracking
  - ▶ Rewards
- 
- ▶ FOR YOU: Info booklets, planning sheet

# Important Dates and Documents

- ▶ Year 11 Drama devised mock: 3rd November, after school
- ▶ Year 11 Drama devised performance **exam**: Wednesday 16<sup>th</sup> November
- ▶ 6<sup>th</sup> Form Information Evening 17<sup>st</sup> November
- ▶ Pre-Public Exams (PPEs) 21st November - 9th December
- ▶ PPE RESULTS ASSEMBLY 11<sup>th</sup> January
- ▶ PARENTS EVENING and Report 2 26th January
- ▶ PPE - CORE SUBJECTS 7th-18th March
- ▶ School Report 3 w/c 17th April
- ▶ Holiday Revision Classes Easter and May Half Term holiday
- ▶ WRITTEN EXAMS 15<sup>th</sup> May-27th June
- ▶ LEAVERS ASSEMBLY AND BRUNCH TBC
- ▶ PROM AND END OF YEAR 11 30th June
- ▶ Sixth Form Taster Days 5th and 6th July
- ▶ GCSE Results and 6th Form Enrolment 24th August from 9am

# What Makes a Student Successful?

- ▶ Excellent Attendance
- ▶ Excellent Punctuality
- ▶ Completing all homework
- ▶ Using lessons wisely-listening, working hard, asking questions if needed
- ▶ Good organisation
- ▶ Enough revision
- ▶ Effective revision
- ▶ Exam practice questions
- ▶ Maintaining motivation-having a post-16 goal
- ▶ Support and encouragement at home

## How Can You Help?

1. Check they are doing all homework (you can have parent login for Satchel One)
2. Ask them how you can help to support them with their revision
3. Help to make a revision timetable or tally chart.
4. Explore with your child different revision techniques
5. Encourage your child to attend after school revision classes
6. Help them to avoid distractions, e.g., agree where the mobile phone will go during revision time, set time limits for computer games
7. Offer to test them if they've been learning something
8. Praise/motivate/reward if needed

# Maths-PRACTICE,PRACTICE,PRACTICE

- ▶ Complete practice papers at home
- ▶ MathsWatch online tool with help videos
- ▶ Maths revision sessions after school on **Mondays**
- ▶ Intervention - students will be selected to attend revision sessions in the morning during registration
- ▶ Students should ask any Maths teacher for help if needed
  
- ▶ Predicted papers in between each exam-students should collect them from Maths and complete them at home

# Revision- what is appropriate?

2+ hours most nights  
either revising or  
completing homework  
(15 min slots)

Making notes,  
mindmaps, flashcards,  
memorising

Different strategies, e,g  
pacing, reciting notes  
to a rhythm or tune,  
reading notes out loud  
or in an accent

Completing exam  
papers and self-marking

Youtube videos-Science,  
Maths explanations

Use Personalised  
Learning Checklists or  
exam specifications to  
organise folders and  
tick off topics that have  
been completed

Use revision guides and  
workbooks

# CGP's 17 Essential Revision Tips

At CGP we know just how difficult (and tiring) the exam period can be — we've all been there. We pinky-promise that revision is a really good use of your time, even if it looks a bit daunting. And if it's worth doing, it's worth doing right. To give you a gentle nudge in the right direction, check out some of our toppest tips:

## 1. Start revising early

— i.e. months, not days before the exam.

## 2. Plan your revision using a timetable

Planning out your revision means you can spend more time revising and less time worrying you've forgotten something. CGP's amazing **How To Revise** book has plenty of timetables for you to fill in yourself, with loads of great tips on how to make the most of the revision period.

## 3. Don't spend ages making your notes look pretty

This is just wasting time. For diagrams, include all the details you need to learn, but don't try to produce a work of art.



## 4. Set up a nice, tidy study space

You'll need somewhere with good lighting, your pens close by, your phone out of sight and your TV unplugged. Try not to revise on your bed, or you'll be dreaming of pink igloos and elephants before you know it.

## 5. Vary your revision with different activities

Try a variety of different revision techniques — answering practice questions, writing down notes from memory, and using Revision Guides, Flash Cards, Exam Practice Workbooks etc. CGP have the best revision books money can buy (blatant advert, we know). Check out [cgpbooks.co.uk](http://cgpbooks.co.uk) for the full range!

## 6. Stick revision notes all around your house

So in the exam you think, "Aha, quadratic equations, they were on the fridge..."



# GCSE Revision Timetable

Don't forget to take regular breaks!

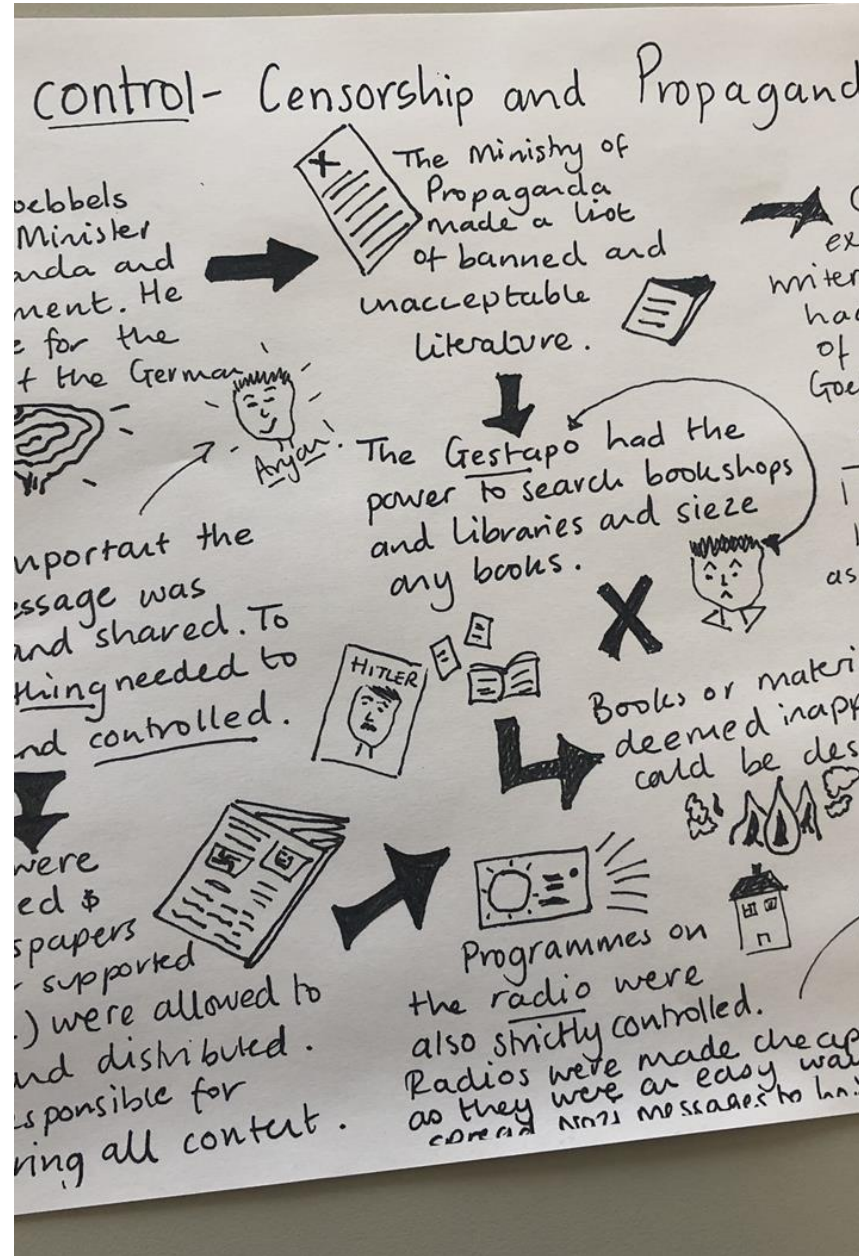


Day \ Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am							
10am							
11am							
12noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							

Add in school commitments first and add extra-curricular clubs / jobs.

Leave room to increase study time as the year progresses and be sure to include 'down -time'. It's important that students get the balance right -they shouldn't be working every waking hour of the day and at the same time, should not be cramming the night before a mock or real exam.

It's a good idea to break subjects down into specific topics / areas to revise.



## 8. Do lots of practice papers and questions

You'll find it far easier to answer questions in the exam if you've tried similar ones at home beforehand. Check out CGP's amazing range of practice papers for some top practice at [cgpbooks.co.uk](http://cgpbooks.co.uk). Alternatively, have a look at your exam board's website for a selection of sample papers — but you'll have to get your printer working to get a hard copy of those. Yikes.



## 9. Set aside time to do fun things — don't be a revision zombie

Don't totally stop yourself from having fun. This'll help you stay motivated, relax, and allow you to keep up with your favourite hobby

## 10. Keep your phone and other distractions away.

Phones are great, but they're a one-stop shop for procrastination. Heed our warnings and stick it in a drawer while you're revising.

## 11. Try reading bits in different accents

Australian is particularly fun.

## 12. Don't just read your notes

You have to WRITE STUFF DOWN. This is really basic "how to revise" stuff. For the full details, get yourself a copy of CGP's How To Revise book (oops, there we go again).



## 15. Sleep and eat properly.

Sleep is more important than you'd imagine — it helps your brain store all the juicy information you've learned throughout the day. Drinking plenty of water and eating healthy foods will also boost your concentration throughout the day.

## 16. On exam day, make sure you arrive in plenty of time

Nothing adds extra pressure to exam day like the fear of being late. Just make sure you set off at a little earlier than usual. While you wait, if people around you seem stressed about the exam, try to relax and not let their worries affect you. You've prepared well, and you've used all the best Revision Guides money can buy! (Ok, we're done now.)

# Revision Websites/Resources

## Useful Websites/ Youtube channels



Sparx Maths, Seneca Learning,  
BBC Bitesize, GCSE Pod, Erevise



Youtube: Primrose Kitten - Science,  
Mr Bruff - English, FreeSciencelessons,  
The History Teacher



# Academic revision support

We run an extensive series of revision sessions to support academic progress. Staff run these extra sessions throughout the year. Sessions are run in small, targeted groups so that students receive much more personalised intervention. These sessions are not compulsory, but we encourage all to attend.

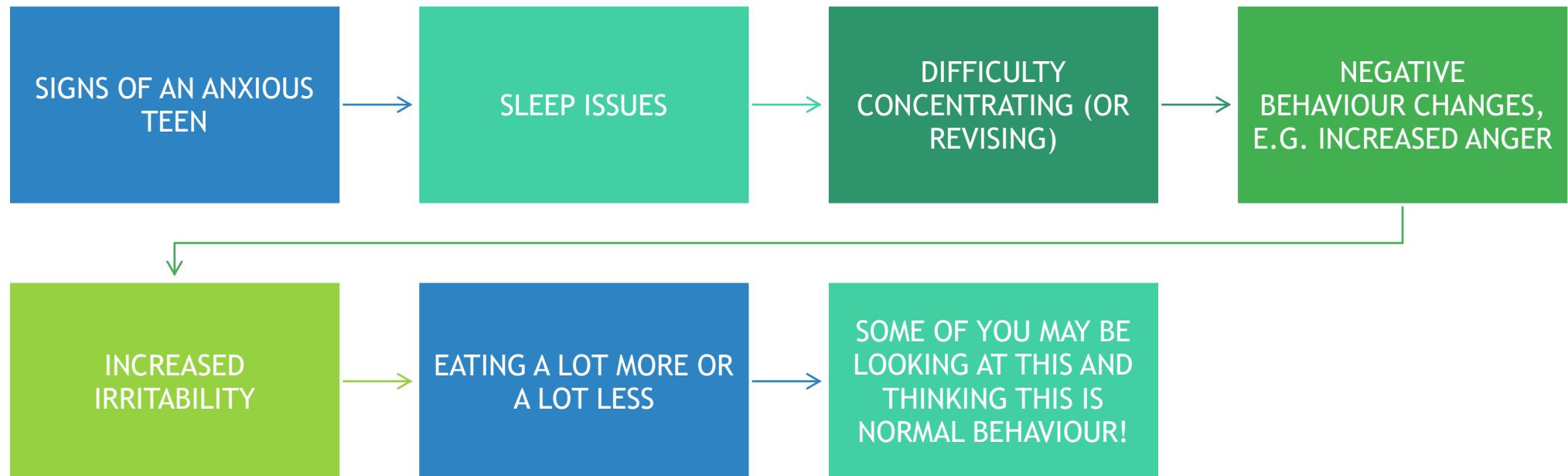
- ▶ Year 11 Study room Tuesday after school
- ▶ Subject staff will run revision sessions after school (Maths on Monday, English on Thursday)
- ▶ Easter School
- ▶ May half term school





**KEEP  
CALM  
AND  
FACE  
IT**

# EMOTIONAL WELLBEING



# How Can You Help Them Cope?

Keep listening and helping them to find a solution

Calm environment and a space for study

Positive attention and time together on your own, e.g meal times

Discuss time management-hobbies, jobs, socialising-is the balance right?

Help with organisation and resources if needed, e.g. equipment ready the night before, check travel arrangements for exams to reduce stress

Healthy Lifestyles



# Counselling



A promotional banner for Kooth, a digital mental health service. The banner features a background image of a person's hands clasped in prayer. A yellow box at the top contains a quote. Below it, three icons represent different services: chat, reading articles, and live forums. The Kooth logo and website URL are at the bottom.

**"I don't think I could've spoken to someone face-to-face."**

 **Chat to our friendly counsellors**



 **Read articles written by young people**

 **Join live moderated forums**

**kooth**  
[www.kooth.com](http://www.kooth.com)

# www.bromley-y.org

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## Understanding my child's emotions

As a parent or carer, it can be difficult to understand what might be going on for your child, even when you know they are not quite themselves. See below for more information about common difficulties they can experience and practical tips on how you can help:

[Anxiety - information and advice](#)

[Low mood - information and advice](#)

[Challenging behaviours - information and advice](#)

[Unhealthy eating patterns - information and advice](#)

[About Self-Harming](#)

[About Suicidal Thoughts](#)

[ASD and ADHD support](#)



# In school counselling



**Wellbeing**

**Supporting your mental health at  
Charles Darwin School**

**We have counsellors in school 5 days a week.**

**For referrals and appointments: Please  
speak to your Achievement Co-ordinator or  
Pastoral Manager**

**We also offer a drop-in service:  
Tuesday & Wednesday 8:00 -8:30am**



HELP TIPS  
ASSISTANCE GUIDANCE  
SUPPORT ADVICE

**Useful Numbers:**  
The Signpost: Text 07480 635 025  
Monday-Friday 9am-5pm  
(excluding Bank Holidays)  
The Samaritans: 116 123  
24hr service ~ 365 days  
ChildLine: 0800 11 11  
24hr service ~ 365 days  
Kooth.com  
Confidential online support

# Healthy Lifestyles

- ▶ Eat breakfast and a drink
- ▶ Drink water
- ▶ Healthy snacks
- ▶ Eat lunch
- ▶ Plenty of fruit and vegetables

## AVOID

- ▶ fizzy drinks
- ▶ Excessive sweets or chocolate
- ▶ caffeine especially before bed



# Healthy Living

- ▶ 8 hours sleep or more
  - ▶ Calm time before sleep
  - ▶ Exercise
  - ▶ Balance between revision and relaxation
  - ▶ Early night before exams
- 
- ▶ NOT computing before sleep
  - ▶ NOT texting in the night
  - ▶ NOT online computer games at night



# Exam Advice

- ▶ Know dates and times - students get an individual timetable with their final report and the whole school one will be given out
- ▶ Text message reminders before all exams
- Am or pm?

Morning exams: should be in the canteen at 8.30,  
Afternoon exams: should be in the canteen by 1.10

## Equipment

- Black pens ( not erasable) you can write neatly with
- Water bottle must not have labels on
- Clear pencil case with a range of equipment
- Must have their usual calculator for Maths and Science exams
- Must hand in mobile phones or leave them at home
- Don't wear smart watches

# Exam Expectations

## Lateness

- ▶ If running late, phone student services or reception or e-mail [examsofficer@cdarwin.com](mailto:examsofficer@cdarwin.com)
- ▶ Students arriving late may not be admitted to the exam room

## Illness Procedures

- ▶ If **very** ill and so unable to attend the exam, need to get a doctor's note the same day and contact school (exams office by e-mail or students services by phone) that morning to tell us you aren't coming
- ▶ We will send this to the exam board but they make very small/no consideration-they could end up with no score for that paper so should try to come in if at all possible
- ▶ Students failing to attend their exam for no reason will be charged the cost of the entry for that exam, which will be from £35 to £48.50

# Reports explained

## Common Assessment of Progress and Performance Year 11 November 2019

John Smith      11DNu

Dear Parents/Carers

Please find below the grade summary for subjects being studied by John.

GCSE SUBJECTS	CAPP 1 November 2019	Classwork Effort Grade	Homework Effort Grade	Behaviour	End of Yea Target
English Language	3	2	3	2	6
English Literature	3	2	3	2	6
Maths	5	1	1	1	5
Combined Science	5-4	3	3	1	5-5
Drama	5	1	2	1	6
History	4-	2	2	2	6
Product Design	3	2	2	2	5
BTEC/CAMBRIDGE NATIONAL SUBJECTS					
Media Vocational	M2-	1	2	1	M2



## All pupils

	Pupils	Average GCSE Grade	Average GCSE Value Added
All Pupils	225	4.6	0.0

## Attendance groups

Above 95%	83	5.3	+0.5
90.1 - 95%	62	4.7	0.0
80.1 - 90%	53	4.2	-0.2
50.1 - 80%	20	3.4	● -0.5
0 - 50%	7	2.6	● -1.6

# Next Steps- Post 16 choice and application

- ▶ Careers Interviews
- ▶ College open days Autumn Term for vocational courses
- ▶ Sixth Form Open Evening
- ▶ November 17th-apply soon after
- ▶ Sixth form taster days 5th and 6th July
- ▶ Sixth form admissions Thursday 24th August

# Prom and rewards

## Prom is a reward for those pupils who:

- ▶ Have no exclusions during year 11
- ▶ Are NOT in the red lowest band for effort or behaviour
- ▶ Have 95% attendance or above
- ▶ Are punctual to form and are not late more than 6 times in a half term
- ▶ Are respectful and cooperative with staff in school
- ▶ Behave appropriately in the wider community this includes travelling to and from school

# And Finally.....

Please get in touch if you need to

- ▶ Form Tutor
- ▶ Class Teacher
- ▶ Heads of Department
- ▶ Mrs Gater
- ▶ Miss Zysemil
- ▶ Ms Kelly
- ▶ Contact Details are in the booklet

*Do you receive The Link every Friday? If not, we do not have your current e-mail address on the system*