



**31st January**  
**2024**



# **YEAR 11 PARENT POWER**

## SUPPORTING YOUR CHILD THROUGH THEIR GCSEs



## Whole-school priorities

### **An ambitious curriculum**

- Ensure that our subject curriculums are ambitious, diverse and inclusive.
- Relevant and thought-provoking PSHE & mentoring curriculums, and a rich and varied extra-curricular offer

### **Excellent behaviour, and a safe & happy school**

- A strong focus on our three school values
- Embedding our whole-school anti-bullying strategy

### **High quality teaching**

- Based on our 4 collective teaching strategies; ensuring that all students are thinking hard, retrieving & practising

### **Life-transforming outcomes & destinations**

- Secure the highest attainment, excellent achievement and high quality destinations for all



## Working towards the March PPEs

### Year 11 to do list

- Make sure you know what you'll be tested on & focus on your 'gaps'
- Plan your work between now and 11th March
- Practise often
- Use your most effective techniques (avoid wasting your time on techniques that don't work)
- **Be kind to yourself:** forgive yourself, take breaks, sleep well, exercise, eat healthily
- **Be principled:** act with integrity, honesty and do the right thing



# We're in this together



- Your first set of GCSE exams; the staff team have been through this many, many times
- Subject leaders & your class teachers have a plan for every week
- Subject leaders have designed March PPEs so that you'll be ready for the final push
- Miss Jessiman, Mrs Howard-Lubendo & your mentors have a plan to make the most of mentor time - they are experts on getting Year 11 students through a successful exam period
- We're going to provide your parents with information that will enable them to help you (Parent Power Evening on 31st January)





## Five Steps to Success

### 1. Help them get organised

- Create a revision timetable/routine that works for your family.
- Use the resources we provide.
- Remove 'thought-barriers' to revision.
- Gradually build their stamina.



## Five Steps to Success

### 2. Show them how committed you are

- Tell them how proud you are of their **efforts.**
- Model the behaviour you want to see.
- Get the tone right on individual subjects.



## Five Steps to Success

### 3. Help them (and yourself) manage anxieties.

- Don't overestimate what other students (and parents) are doing.
- Talk about feeling stressed.
- Reiterate that your child **does not** need to be perfect to get 9s.
- Build in days off, distractions and downtime.



## Five Steps to Success

### 4. Focus on the big picture

- Discuss aspirations for next year and beyond.
- Talk about the **long-term value** of the habits they are forming.
- Make plans for the summer.





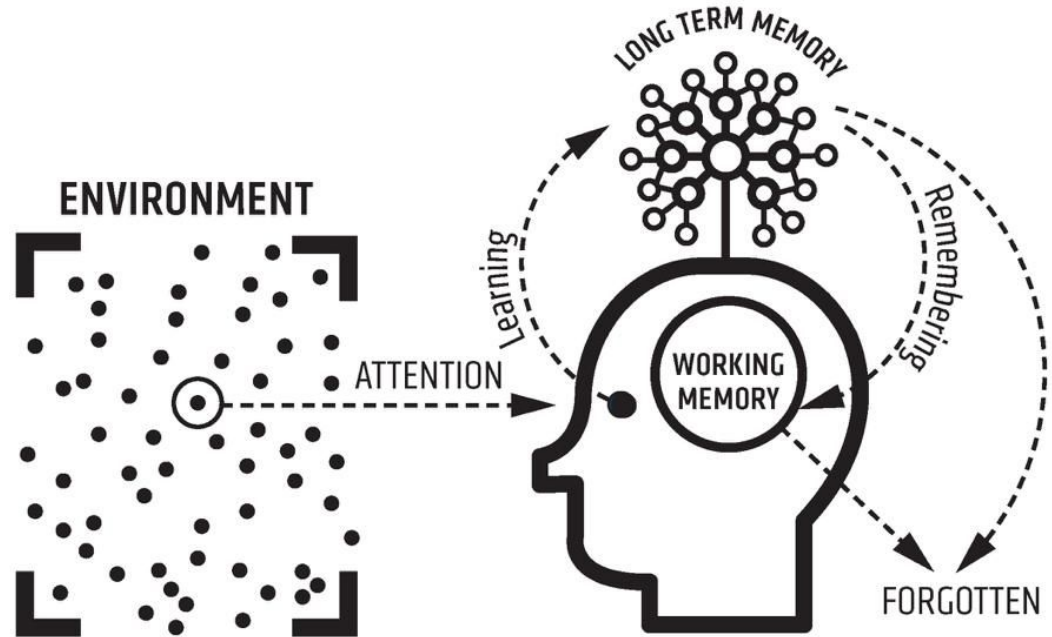
## Five Steps to Success

**5. Don't underestimate how important you are.**

- Talk to us if you need help or advice.



How do  
students  
learn?





What  
your child  
**should**  
**not** be  
doing



RE-READING



HIGHLIGHTING



RE-WRITING



What  
your child  
**should** be  
doing



RETRIEVAL



SPACING

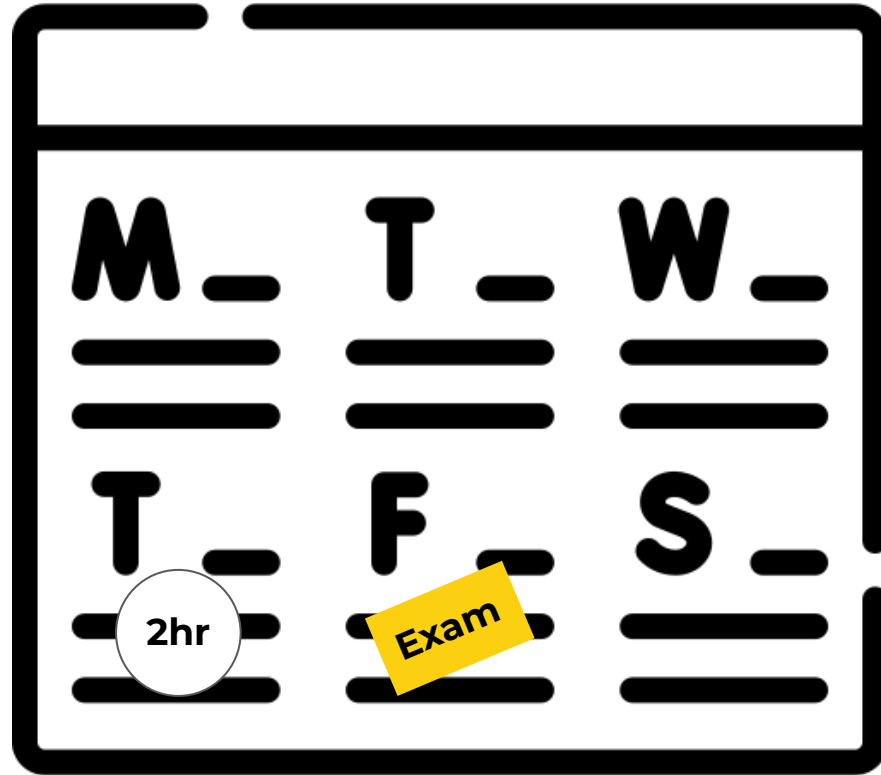


INTERLEAVING

# YEAR 11 PARENT POWER



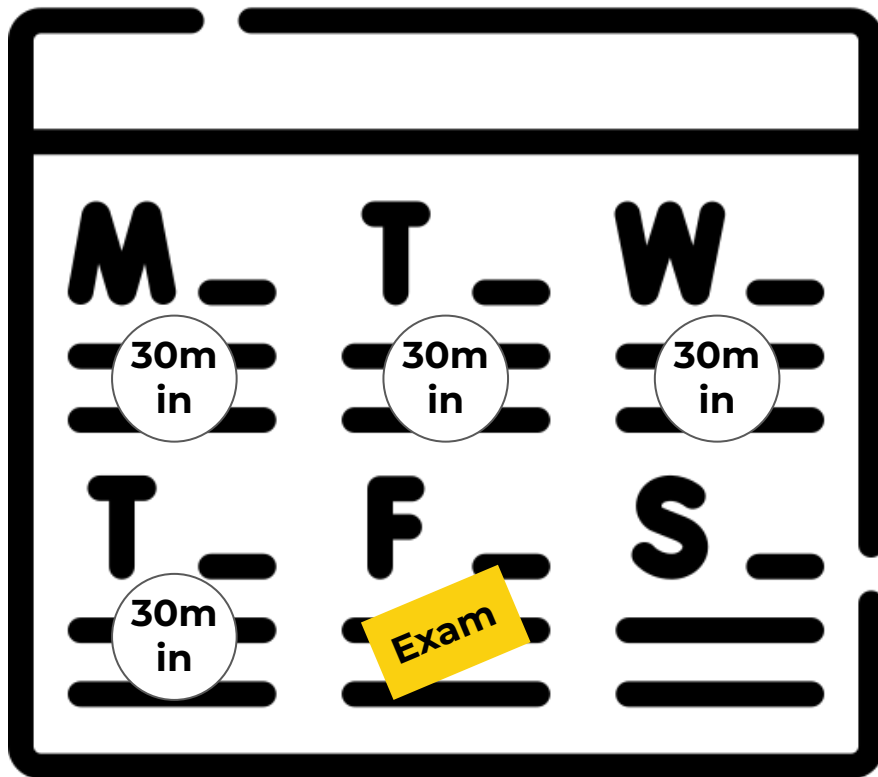
Encourage  
your child  
to **avoid**  
cramming



# YEAR 11 PARENT POWER



Encourage  
your child  
to **try**  
spacing  
instead













# YEAR 11 PARENT POWER



Blocking

Avoid this



Mon	Tue	Wed	Thu	Fri
An Inspector Calls	Much Ado	Poetry	A Christmas Carol	Creative writing
				
				

# YEAR 11 PARENT POWER



Interleaving

Do this



Mon	Tue	Wed	Thu	Fri
An Inspector Calls	Much Ado	Poetry	An Inspector Calls	Much Ado
A Christmas Carol	An Inspector Calls	Much Ado	A Christmas Carol	Creative writing
Creative writing	Poetry	An Inspector Calls	Much Ado	A Christmas Carol





Strategies  
your child  
is **familiar**  
with



Brain dump



Past papers



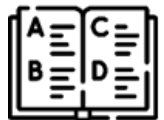
Flash cards



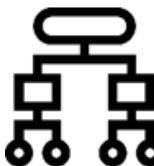
Quizzes



Thinking hard: reduce



Key vocabulary



Map it out



Practise introductions



## Flashcards

Self generated  
better than  
pre-made

Digital or  
paper both  
work

Don't make  
them too easy!



Use existing  
resources to  
generate questions

Get others to  
help with  
testing

# YEAR 11 PARENT POWER



## Subject specific strategies

### HOW TO PREPARE FOR GCSE PHYSICS



Most helpful ↑

01



#### Exam questions

The more past paper questions you see the more likely you will have seen a similar question during the real exam. Physics and Maths tutor has questions based on topics as well as whole papers.

02



#### Equations

Rearrange the equations - yes, you get all the equations this year but you still need to know how to rearrange them. Practise this for each equation.

03



#### Calculations

About a third of the GCSE is calculation questions. The best source of questions is Isaac Physics. Practise, practise, practise!

04



#### Flashcards

You should use these to help you recall knowledge like, definitions, laws, and errors. Use the knowledge organisers on the Physics Students Shared Drive as a source of content.

05



#### Required practicals

Required Practicals - you will need to know how to conduct each practical and be able to identify potential sources of error.

06



#### Extended response questions

These are the most challenging questions at GCSE and where you can really set yourself apart from the rest of the country. Practise planning these and then writing a response, you will have about 10 minutes to do this in the exam.

#### Websites & resources



Physics and Maths Tutor



Isaac Physics



Shared Drive



Free Science Lessons (Youtube)



Required practicals



Extended response questions

#### How can others help?

Parents, carers, family members and friends can help by:

- Use your child's flashcards to test them.
- Ask the following questions: Select a required practical and ask: Can you name the independent, dependent and control variables? Can you tell me the units of specific heat capacity? (repeat for different quantities on the equation sheet)
- Tell as much information as possible about the following: Alpha, beta and gamma radiation; Different energy resources; The various models of the atom; An object in freefall; The electromagnetic spectrum

### HOW TO PREPARE FOR GCSE FOOD & NUTRITION



Most helpful ↑

01



#### Past papers

Practise questions in the revision guide and online textbook. Use AQA as well as other exam boards. There are past papers on the AQA website. Make use of these as well as mark schemes and examiner reports to check your answers.

02



#### Daily questions

In term 5 - log in to Google Classroom once per day to answer the daily questions.

03



#### Flashcards

Particularly for knowledge of nutrition, food science and advantages and disadvantages of various topical food issues. Make your own or borrow some from the Food department.

04



#### Online textbook

This includes interactive quizzes and videos as well as everything that is already in the paper copy.

05



#### Seneca Learning

As well as teacher set assignments, SENeca learning can be used to do practice questions

06



#### Discussions

Have discussions with family and friends around topical food matters such as food waste, food security, special dietary needs, animal welfare, Genetic modification of crops, eating seasonally, buying locally produced foods etc.

07



#### Buddying up

Buddy up with other students and send each other a question every day to answer.

#### Websites & resources



Online textbook  
username: Sdane3  
Password: Student3



Seneca Learning  
exam prep



Seneca Learning  
content revision



GCSE Bitesize

#### How can others help?

Parents, carers, family members and friends can help by:

- In terms 3 & 4, asking your child to talk through the requirements of NEA2. Help them to prepare for their three hour practical exam by reading through the recipes with them, helping to facilitate shopping for and organisation of ingredients. Encourage your child to talk through their time plan - help them to visualise themselves doing each step.
- If feasible, encouraging them to practise cooking elements of a dish prior to the final exam.
- Talking through ideas for presentation of dishes
- In Terms 4 and 5 making use of flash cards to test them on various topics. Micronutrients and food science are great areas for use with flash cards.
- Having discussions around topical food matters such as food waste, food security, special dietary needs, animal welfare, Genetic modification of crops, eating seasonally, buying locally produced foods etc Can they think of advantages and disadvantages of each?

# YEAR 11 PARENT POWER



## Subject specific strategies

### HOW TO PREPARE FOR GCSE ENGLISH LITERATURE



Most helpful ↑

01



#### Exam questions

Practise writing full responses to questions on *Much Ado About Nothing*, *A Christmas Carol*, *An Inspector Calls* and the Poetry anthology. When possible, only allow yourself 45 minutes per essay.

02



#### Detailed essay plans

List the key themes in each text. Select one and decide which characters and events will support a response. Pair up poems from the anthology and plan essays. Practise writing introductions/thesis statements.

03



#### Exemplar answers

Ask your teacher for copies of full mark answers - pick out the good bits and steal for your own essays! Compare your own past essays to the exemplars. How could you improve on what you wrote?

04



#### Patterns and motifs

Consider each of the set texts and identify patterns, repeated methods and recurring motifs. What effect do they have? How could you incorporate this into an essay?

05



#### Flashcards

Front: Quotation - Back: Analysis  
Front: Vocabulary - Back: definition  
Front: Quotation - Back: text/character  
Front: Text - Back: Thesis statement  
How else could you use flashcards?

06



#### Re-read the texts

Re-read all or parts of the texts - particularly parts you have forgotten. There are PDF versions online, or you can borrow copies from the English Department.

07



#### Watch the films

The Branagh version of *Much Ado*; Disney's *A Christmas Carol*; BBC's *An Inspector Calls*. Be careful, though - some of the details are slightly different and you must NOT write about the films!

#### Websites & resources



MASSOLIT  
Lectures on all the Literature texts



Mr Bruff on YouTube  
Revision, full mark answers, key themes

Check Google classroom for resources shared by your teacher, or go to the English office for practice questions and exemplar essays.

#### How can others help?

Parents, carers, family members and friends can help by:

Using the flashcards to test quotations and vocabulary.

Asking these questions:

- What is a key theme in *An Inspector Calls* / *A Christmas Carol* / *Much Ado* and what characters or events support it?
- Summarise one of the 15 poems in 10 words; now relate it to another poem and explain how.
- What is the main purpose of *An Inspector Calls* / *A Christmas Carol* / *Much Ado*?
- Tell me three key quotations from *An Inspector Calls* / *A Christmas Carol* / *Much Ado* / the poetry anthology.
- How does each text (*An Inspector Calls* / *A Christmas Carol* / *Much Ado* / individual poems) begin and end? What is the significance of each?
- What type of question will you be asked on each text?

### HOW TO PREPARE FOR GCSE SPANISH



Most helpful ↑

01



#### Digital Revision Notebook

Activities, links and resources to help with Listening, Reading, Speaking, Writing, Translation, Vocabulary and Grammar.

02



#### Flashcards

Especially helpful in preparation for the Speaking exams, but also useful to revise for Writing exams. General conversation question on one side and answer on the reverse. Use the Quizlet app as well.

03



#### Past paper practice

Ask your teacher, or access the digital revision notebook, to attempt past Reading, Listening and Writing papers.

04



#### Listening websites

Access the Spanish Listening website to listen to short conversations on various topics and complete quizzes to check your vocabulary knowledge.

05



#### Exemplar answers

Available in the digital revision notebook, look at example 40 word, 90 word and 150 word answers (choose Foundation or Higher Tier).

06



#### BBC Bitesize

Use the BBC Bitesize website that has revision material by topic, by skill and some exam style questions. Choose AQA as the exam board.

07



#### Grammar resources

Use a mixture of online games and grammar worksheets to test your grammar knowledge - eg. <https://conjuguemos.com/> - and don't forget to access resources on Google Drive, via the digital notebook.

#### Websites & resources



Digital Revision Notebook



BBC Bitesize



Lyrics training



Spanish Listening



Spanish Grammar games



Yr 11 Quizlet Class

Use the revision notebook to access lots of activities and Collins past papers. It also has links to a Grammar booklet, a folder of Grammar worksheets, translation booklets and much more.

#### How can others help?

Parents, carers, family members and friends can help by:

Using the flashcards we created in class: ask the question on the front of the card (written in Spanish) and listen to the reply, checking the reverse side of the card.

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## How can you help?

### English Lit

#### How can others help?

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Asking these questions:

- What is a key theme in *An Inspector Calls*/ *A Christmas Carol* / *Much Ado* and what characters or events support it?
- Summarise one of the 15 poems in 10 words; now relate it to another poem and explain how.
- What is the main purpose of *An Inspector Calls*/ *A Christmas Carol* / *Much Ado*?

### Art

#### How can others help?

Parents, carers, family members and friends can help by:

- Knowing that students are already undertaking the Externally Set Assignment which is the Art Exam project. All the artwork that they are currently doing is directly contributing to marks for this project.
- Asking to see their sketchbooks and asking them to explain what they are doing. The sketchbook is where the evidence for the marks is collected and managing this essential. Talking through their ideas and progress will enable them to be more reflective in their thinking, annotations and art making.

### Spanish

#### How can others help?

Parents, carers, family members and friends can help by:

Using the flashcards we created in class: ask the question on the front of the card (written in Spanish) and listen to the reply, checking the reverse side of the card.



## Routines and habits

Put mobile phone  
in a different room

Make exam and  
revision timetables  
visible

Have  
resources  
handy



Stay hydrated

Declutter the  
workspace

Avoid music -  
especially with lyrics





## Sleep







## Recent parent survey

- 56% of you limit your child's phone use in some way (eg. times, apps)



## Recent student survey

- 22% of year 11 students read a book the night before the survey (compared to 62% in year 7)



## Final thoughts

### Discussing their day

- Content of lessons
- Interventions
- Plans for revision
- 94% of you discussed your child's report with them



## Further support

### Some support which might help...

We are aware of how the run up to exams (such as the March PPEs) may place a certain amount of pressure on our Year 11 students.

Whilst we must maintain our high expectations, we also have to consider the balance between productive levels of stress, and anxiety which feels overwhelming. We are here to help and support your young person to approach their exams with confidence. We wanted to signpost a couple of things we are doing in school and some external resources which may help to guide conversations to a more positive place when preparing for exams.

#### *In school:*

- *Mentor time has been reviewed to allow for more space to discuss personal anxieties around exams with mentors and peers (if appropriate)*
- *We are running a conversation and support group specifically for students who struggle with feeling overwhelmed during exams - this is by invitation for now but if you feel that your young person needs additional support please contact us below.*
- *If your young person would benefit from more individual support, our Emotional Wellbeing Team are happy to host in-person or online sessions - please see contacts below to express an interest in this.*
- *We are affiliated with Anna Freud, who offers specific online training designed to manage exam anxiety - again, please get in touch with us to arrange for some additional information and support.*
- *If the anxiety around exams becomes overwhelming, please seek support from our school's safeguarding team - who can offer further advice.*

#### *In the community:*

- Kooth - an online 'talking resource' that allows students to anonymously seek support to manage anxiety.



- NHS - beat exam anxiety - a parent-centric resource with practical insight and ideas to help your child.



- Young Minds - An online guide for students to work through and gain a personal insight into what stress-management techniques work for them,





A date for  
your diary

## Thursday 22nd February

Yr 11 students and parents/carers

- Advice to students
- Presentations by subject leads

**4.15pm for 4.30pm start**

