

Year 11 Parent Information Evening



"A tree planted by streams of water, which yields its fruits in season."
(Psalm 1:3)

Discovering and learning together, so all can flourish.

Key Information:

Dates:

- Year 11 mock exams are scheduled to take place between the **15th and 26th of January 2024**.
- Year 11 parents evening is scheduled for the **29th of February 2024 4-7pm**.
- Summer Public exam dates are now finalised and will take place between the **9th of May and 25th of June 2024**. Parents should note there are three contingency sessions in next year's timetable: the afternoon of 6th of June, the afternoon of 13th of June and the whole day of 26th of June. Pupils must ensure they remain available on all of these dates in the event of national or significant local disruption to examinations in the UK during the exam season that may cause exams to be postponed.
- Prom is booked for the **5th of July 2023** at the Hilton.
- GCSE results are scheduled to be released to pupils on the **22nd of August 2024**.

Staff:

- Ms Heather Penny-Larter - Head of Year 11 heather.penny-larter@dcea.org.uk
- Mr David McDonald - Deputy Headteacher (Curriculum) david.mcdonald@dcea.org.uk
- Mrs Sarah Parry - Assistant Headteacher (Pastoral) sarah.parry@dcea.org.uk
- Mrs Freya Koza - Assistant Headteacher (Mathematics) freya.koza@dcea.org.uk
- Mrs Elizabeth Scotford - Assistant Headteacher (English) elizabeth.scotford@dcea.org.uk
- Mrs Debora Mathews - Assistant Headteacher (Performing Arts) debora.mathews@dcea.org.uk
- Mrs Claire Hockin - Associate Assistant Headteacher (Science) claire.hockin@dcea.org.uk
- Mrs Sarah Gallagher - Associate Assistant Headteacher (Humanities) sarah.gallagher@dcea.org.uk
- Mr David Harmer – Head of Sport & Enrichment david.harmer@dcea.org.uk
- Ms Emma Pickles – Head of Art & Technology emma.pickles@dcea.org.uk
- Mr Matthew Oldroyd – Head of MFL matthew.oldroyd@dcea.org.uk
- Mr Pete Campbell – Head of Computing peter.campbell@dcea.org.uk

Maths

Revision:

- Sparx (homework)
- Pearson Edexcel Grades 9-1 revision guides (higher or foundation tier)

Key Facts

Qualification Name: GCSE Mathematics

Type: GCSE

Assessment: 100% Examination

Examination Board: Edexcel

Ebacc Subject: Yes

Further Information: Mrs Koza
(freya.koza@dcea.org.uk)

Foundation Tier 100% examination

Achievable grades: 1-5

Paper 1 - Non-calculator, 90 minutes, 80 marks

Paper 2 - Calculator, 90 minutes, 80 marks

Paper 3 - Calculator, 90 minutes, 80 marks

20 units of study

Higher Tier 100% examination

Achievable grades: 4-9

Paper 1 - Non-calculator, 90 minutes, 80 marks

Paper 2 - Calculator, 90 minutes, 80 marks

Paper 3 - Calculator, 90 minutes, 80 marks

19 units of study

Examination code	Title	Date	Time	Duration
1MA1 1F	Paper 1 (Non-Calculator) Foundation Tier	Thursday 16 May	Morning	1h 30m
1MA1 1H	Paper 1 (Non-Calculator) Higher Tier	Thursday 16 May	Morning	1h 30m
1MA1 2F	Paper 2 (Calculator) Foundation Tier	Monday 03 June	Morning	1h 30m
1MA1 2H	Paper 2 (Calculator) Higher Tier	Monday 03 June	Morning	1h 30m
1MA1 3F	Paper 3 (Calculator) Foundation Tier	Monday 10 June	Morning	1h 30m
1MA1 3H	Paper 3 (Calculator) Higher Tier	Monday 10 June	Morning	1h 30m

GCSE (9-1) Foundation

Unit 1 Number
Unit 2 Algebra
Unit 3 Graphs, tables, and charts
Unit 4 Fractions and percentages
Unit 5 Equations, inequalities, and sequences
Unit 6 Angles
Unit 7 Averages and range
Unit 8 Perimeter, area and volume 1
Unit 9 Graphs
Unit 10 Transformations
Unit 11 Ratio and proportion
Unit 12 Right-angled triangles
Unit 13 Probability
Unit 14 Multiplicative reasoning
Unit 15 Constructions, loci and bearings
Unit 16 Quadratic equations and graphs
Unit 17 Perimeter, area and volume 2
Unit 18 Fractions, indices and standard form
Unit 19 Congruence, similarity and vectors
Unit 20 More algebra

GCSE (9-1) Higher

Unit 1 Number
Unit 2 Algebra
Unit 3 Interpreting and representing data
Unit 4 Fractions, ratio and proportion
Unit 5 Angles and trigonometry
Unit 6 Graphs
Unit 7 Area and volume
Unit 8 Transformations and constructions
Unit 9 Equations and inequalities
Unit 10 Probability
Unit 11 Multiplicative reasoning
Unit 12 Similarity and congruence
Unit 13 More trigonometry
Unit 14 Further statistics
Unit 15 Equations and graphs
Unit 16 Circle theorems
Unit 17 More algebra
Unit 18 Vectors and geometric proof
Unit 19 Proportion and graphs

English Language

Revision:

Thursdays after school
Homework
Mr Bruff – Youtube
Mr Salles – Youtube
CGP books

Spoken Word

Separate compulsory element
Marked by the teacher
Individual presentation to the class

Key Facts

Qualification Name: GCSE English Language

Type: GCSE

Assessment: 100% Examination – 2 exam papers

Tiered: No – all students sit the same papers

Examination Board: AQA

Ebacc Subject: Yes

Further Information: Mrs Scotford
(elizabeth.scotford@dcea.org.uk)

Exam Paper	Length of Exam	Topic	Questions	Marks	/160
Language Paper 1 50% of Language GCSE	1hr 45mins	Explorations in Creative Reading and Writing: 1x Fiction extract	Reading: 1 short form question 2 longer form questions 1 extended question	/4 2x /8 /20	/80
			Writing: 1 extended writing question	/24 content & organisation /16 SPAG	
Language Paper 2 50% of Language GCSE	1hr45mins	Writer's viewpoints and perspectives: 2x Non Fiction extracts	Reading: 1 short form question 2 longer form questions 1 extended comparison question	/4 1x /8 1x /12 /24	/80
			Writing: 1 extended writing question	/24 content & organisation /16 SPAG /	

English Literature

Revision:

Thursdays after school
Homework
Mr Bruff – Youtube
Mr Salles – Youtube
CGP books

Key Facts

Qualification Name: GCSE English Literature

Type: GCSE

Assessment: 100% Examination – 2 exam papers

Tiered: No – all students sit the same papers

Examination Board: AQA

Ebacc Subject: Yes

Further Information: Mrs Scotford
(elizabeth.scotford@dcea.org.uk)

Exam Paper	Length of Exam	Questions	Marks	/160
Literature Paper 1 40% of Literature GCSE	1hr45mins	Macbeth	30 + 4 SPAG	/64
		A Christmas Carol	30	
Literature Paper 2 60% of Literature GCSE	2hr15mins	An Inspector Calls	30 + 4 SPAG	/96
		Power and Conflict Poetry	30	
		<i>Unseen Poetry (1 poem)</i>	24	
		<i>Compare unseen poems</i>	8	

Exam Dates:

Language Paper 1 23rd May am
Language Paper 2 6th June am
Literature Paper 1 13th May am
Literature Paper 2 20th May am

Biology

Key Facts

Qualification Name: GCSE Biology

Assessment: 100% Examination

Examination Board: AQA

Further Information: Mrs Hockin

claire.hockin@dcea.org.uk

How Assessed?

Examination code	Title	Date	Time	Duration
8461/1F	Paper 1 Foundation Tier - Biology	Friday 10 th May 2024	Morning	1h 45m
8461/1H	Paper 1 Higher Tier - Biology	Friday 10 th May 2024	Morning	1h 45m
8461/2F	Paper 2 Foundation Tier - Biology	Friday 7 th June 2024	Afternoon	1h 45m
8461/2H	Paper 2 Higher Tier - Biology	Friday 7 th June 2024	Afternoon	1h 45m

- Multiple choice, structured, closed short answer and open response
- Each paper worth 100 marks

Foundation Tier- 100% examination

Achievable grades: 1-5

Paper 1 – Topics 1-4

Paper 2 – Topics 5-7

Plus Key Ideas

Higher Tier- 100% examination

Achievable grades: 4-9

Paper 1 – Topics 1-4

Paper 2 – Topics 5 -7

Plus Key Ideas

Subject Content

- 1. Cell biology
- 2. Organisation
- 3. Infection and response
- 4. Bioenergetics
- 5. Homeostasis and response
- 6. Inheritance, variation and evolution
- 7. Ecology
- 8. Key ideas

Revision:

Tuesday Afternoon – 3.30 – 4.30 - Science Corridor

CGP Biology Revision Guide – Foundation or Higher

<https://www.aqa.org.uk/subjects/science/gcse/biology-8461/specification-at-a-glance>

<https://www.physicsandmathstutor.com/biology-revision/gcse-aqa/>

Chemistry

Key Facts

Qualification Name: GCSE Chemistry

Assessment: 100% Examination

Examination Board: AQA

Further Information: Mrs Hockin

claire.hockin@dcea.org.uk

How Assessed?

Examination code	Title	Date	Time	Duration
8462/1F	Paper 1 Foundation Tier - Chemistry	Friday 17 th May 2024	Morning	1h 45m
8462/1H	Paper 1 Higher Tier - Chemistry	Friday 17 th May 2024	Morning	1h 45m
8462/2F	Paper 2 Foundation Tier - Chemistry	Tuesday 11 th June 2024	Morning	1h 45m
8462/2H	Paper 2 Higher Tier - Chemistry	Tuesday 11 th June 2024	Morning	1h 45m

- Multiple choice, structured, closed short answer and open response
- Each paper worth 100 marks

Foundation Tier- 100% examination
Achievable grades: 1-5
Paper 1 – Topics 1-5
Paper 2 – Topics 6 -10

Higher Tier- 100% examination
Achievable grades: 4-9
Paper 1 – Topics 1-5
Paper 2 – Topics 6 -10

Subject Content

1. Atomic structure and the periodic table
2. Bonding, structure, and the properties of matter
3. Quantitative chemistry
4. Chemical changes
5. Energy changes
6. The rate and extent of chemical change
7. Organic chemistry
8. Chemical analysis
9. Chemistry of the atmosphere
10. Using Resources

Revision:

Tuesday Afternoon – 3.30 – 4.30 - Science Corridor

CGP Chemistry Revision Guide – Foundation or Higher

<https://www.aqa.org.uk/subjects/science/gcse/chemistry-8462/specification-at-a-glance>

<https://www.physicsandmathstutor.com/chemistry-revision/gcse-aqa/>

Physics

Key Facts

Qualification Name: GCSE Physics

Assessment: 100% Examination

Examination Board: AQA

Further Information: Mrs Hockin

claire.hockin@dcea.org.uk

How Assessed?

Examination code	Title	Date	Time	Duration
8463/1F	Paper 1 Foundation Tier – Physics	Wednesday 22 nd May 2024	Morning	1h 45m
8463/1H	Paper 1 Higher Tier - Physics	Wednesday 22 nd May 2024	Morning	1h 45m
8463/2F	Paper 2 Foundation Tier - Physics	Friday 14 th June 2024	Afternoon	1h 45m
8463/2H	Paper 2 Higher Tier - Physics	Friday 14 th June 2024	Afternoon	1h 45m

- Multiple choice, structured, closed short answer and open response
- Each paper worth 100 marks

Foundation Tier- 100% examination

Achievable grades: 1-5

Paper 1 – Topics 1-4

Paper 2 – Topics 5-8

Higher Tier- 100% examination

Achievable grades: 4-9

Paper 1 – Topics 1-4

Paper 2 – Topics 5 -8

Subject Content

- 1. Energy
- 2. Electricity
- 3. Particle model of matter
- 4. Atomic structure
- 5. Forces
- 6. Waves
- 7. Magnetism and electromagnetism
- 8. Space

Revision:

Tuesday Afternoon – 3.30 – 4.30 - Science Corridor

CGP Physics Revision Guide – Foundation or Higher

<https://www.aqa.org.uk/subjects/science/gcse/physics-8463/specification-at-a-glance>

<https://www.physicsandmathstutor.com/physics-revision/gcse-aqa/>

Science

Key Facts

Qualification Name: GCSE Combined Science - Trilogy

Assessment: 100% Examination

Examination Board: AQA

Further Information: Mrs Hockin

claire.hockin@dcea.org.uk

How Assessed?

There are six papers: two biology, two chemistry and two physics. Each of the papers will assess knowledge and understanding from distinct topic areas. **This examination is worth two Grades.**

Examination code	Title	Date	Time	Duration
8464/B/1F	Paper 1 Foundation Tier - Biology	Friday 10 th May 2024	Morning	1h 15m
8464/B/1H	Paper 1 Higher Tier - Biology	Friday 10 th May 2024	Morning	1h 15m
8464/B/2F	Paper 2 Foundation Tier - Biology	Friday 7 th June 2024	Afternoon	1h 15m
8464/B/2H	Paper 2 Higher Tier - Biology	Friday 7 th June 2024	Afternoon	1h 15m
8464/C/1F	Paper 1 Foundation Tier - Chemistry	Friday 17 th May 2024	Morning	1h 15m
8464/C/1H	Paper 1 Higher Tier - Chemistry	Friday 17 th May 2024	Morning	1h 15m
8464/C/2F	Paper 2 Foundation Tier - Chemistry	Tuesday 11 th June 2024	Morning	1h 15m
8464/C/2H	Paper 2 Higher Tier - Chemistry	Tuesday 11 th June 2024	Morning	1h 15m
8464/P/1F	Paper 1 Foundation Tier - Physics	Wednesday 22 nd May 2024	Morning	1h 15m
8464/P/1H	Paper 1 Higher Tier - Physics	Wednesday 22 nd May 2024	Morning	1h 15m
8464/P/2F	Paper 2 Foundation Tier - Physics	Friday 14 th June 2024	Afternoon	1h 15m
8464/P/2H	Paper 2 Higher Tier - Physics	Friday 14 th June 2024	Afternoon	1h 15m

- Multiple choice, structured, closed short answer and open response

Foundation Tier- 100% examination
Achievable grades: 1-5
Each paper worth 70 marks

Higher Tier- 100% examination
Achievable grades: 4-9
Each Paper worth 70 marks

Examination code	Title	Subject Content
8464/B/1F	Paper 1 Foundation Tier - Biology	Topics 1 - 4
8464/B/1H	Paper 1 Higher Tier - Biology	Topics 1 - 4
8464/B/2F	Paper 2 Foundation Tier - Biology	Topics 5 – 7
8464/B/2H	Paper 2 Higher Tier - Biology	Topics 5 – 7
8464/C/1F	Paper 1 Foundation Tier - Chemistry	Topics 8 - 12
8464/C/1H	Paper 1 Higher Tier - Chemistry	Topics 8 - 12
8464/C/2F	Paper 2 Foundation Tier - Chemistry	Topics 13 - 17
8464/C/2H	Paper 2 Higher Tier - Chemistry	Topics 13 – 17
8464/P/1F	Paper 1 Foundation Tier - Physics	Topics 18 – 21
8464/P/1H	Paper 1 Higher Tier - Physics	Topics 18 – 21
8464/P/2F	Paper 2 Foundation Tier - Physics	Topics 22 – 24
8464/P/2H	Paper 2 Higher Tier - Physics	Topics 22 – 24

Subject Content

Biology

- 1. Cell biology
- 2. Organisation
- 3. Infection and response
- 4. Bioenergetics
- 5. Homeostasis and response
- 6. Inheritance, variation and evolution
- 7. Ecology

Chemistry

- 8. Atomic structure and the periodic table
- 9. Bonding, structure, and the properties of matter
- 10. Quantitative chemistry
- 11. Chemical changes
- 12. Energy changes
- 13. The rate and extent of chemical change
- 14. Organic chemistry
- 15. Chemical analysis
- 16. Chemistry of the atmosphere
- 17. Using resources

Physics

- 18. Energy
- 19. Electricity
- 20. Particle model of matter
- 21. Atomic structure
- 22. Forces
- 23. Waves
- 24. Magnetism and electromagnetism

Revision:

Tuesday Afternoon – 3.30 – 4.30 - Science Corridor

CGP Combined Science Revision Guide – Foundation or Higher

<https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-8464/specification-at-a-glance>

<https://dev.physicsandmathstutor.com/biology-revision/gcse-aqa/>

<https://dev.physicsandmathstutor.com/chemistry-revision/gcse-aqa/>

<https://dev.physicsandmathstutor.com/physics-revision/gcse-aqa/>

Religious Studies

Key facts

Qualification Name: GCSE Religious Studies A

Type: GCSE

Assessment: 100% Exam

Examination Board: AQA

EBacc Subject: No

Sarah.gallagher@dcea.org.uk

Paper 1 - Beliefs, teachings and practices

Christianity:

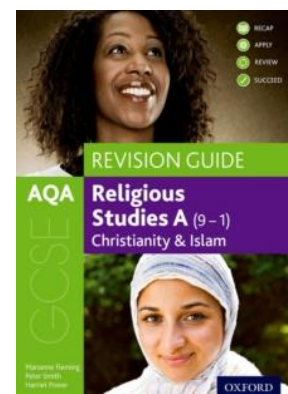
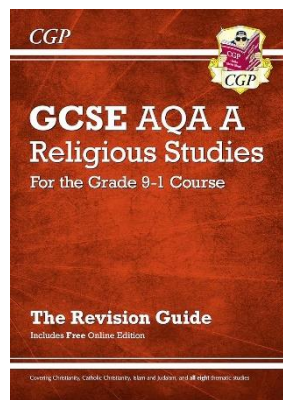
- The nature of God: omnipotent, loving, just; the problem of evil
- Creation and the role of the Word and Spirit
- Life after death: resurrection, judgement, heaven and hell
- The incarnation
- Jesus' crucifixion, resurrection & ascension
- Salvation: grace, law and spirit
- Christ in salvation and atonement
- Different forms of worship
- Sacraments: baptism and Eucharist
- Pilgrimage: Lourdes and Iona
- Church in the local community: street pastors and food banks
- Mission and evangelism
- Christian persecution
- Christian charity

Islam:

- The 6 articles of faith in Sunni Islam and the 5 roots of Usul ad-Din in Shi'a Islam
- Tawhid and Surah 112
- The nature of God
- Angels, including Jibril and Mika'il
- Predestination and human freedom
- Akhirah (life after death) human responsibility and accountability; resurrection, heaven and hell
- Prophethood
- Holy books
- The imamate in Shi'a Islam
- The 5 pillars and 10 obligatory acts
- Shahadah
- Salah and its significance
- Sawm
- Zakah
- Hajj
- Jihad: lesser and greater
- Festivals: Id-ul-Adha, Id-ul-Fitr and Ashura

Paper 1 = Study of two religions:
Christianity & Islam
(1hr 45mins exam - AM 9th May 2024)

Paper 2 = Study of 4 themes:
1. Religion & life
2. Religion, peace & conflict
3. Religion, crime & punishment
4. Religion, human rights & social justice
(1hr 45mins exam - PM 16th May 2024)



Paper 2 - Thematic studies

Religion and life

- The origins of the universe, including different interpretations
- The value of the world: stewardship, dominion, responsibility
- The environment
- Animal experimentation and use of animals for food
- The origins of life
- The sanctity of life and the quality of life
- Abortion
- Euthanasia
- Beliefs about death and the afterlife

Religion, peace and conflict

- Peace, justice, forgiveness and reconciliation
- Violent and violent protest
- Terrorism
- Reasons for war
- The just war theory
- Holy war
- Pacifism
- Religion and war in the 21st century
- Nuclear weapons and nuclear deterrence
- Weapons of mass destruction
- Religion and peace making
- Responses to victims of war

Religion, crime and punishment

- Good and evil intentions
- Reasons for crime, including poverty and upbringing; mental illness and addiction; greed and hate; opposition to unjust law
- Views about people who break the law for these reasons
- Different types of crime, including hate crimes, theft and murder
- Aims of punishment, including: deterrence, retribution and reformation.
- Treatment of criminals, including: prison, corporal punishment and community service.
- Forgiveness
- The death penalty, including ethical

Religion, crime and punishment

- Good and evil intentions
- Reasons for crime, including poverty and upbringing; mental illness and addiction; greed and hate; opposition to unjust law
- Views about people who break the law for these reasons
- Different types of crime, including hate crimes, theft and murder
- Aims of punishment, including: deterrence, retribution and reformation.
- Treatment of criminals, including: prison, corporal punishment and community service.
- Forgiveness
- The death penalty, including ethical argument

The Oak Academy has some brilliant lessons, which cover what we need to know and will be a good revision tool: <https://classroom.thenational.academy/subjects-by-key-stage/key-stage-4/subjects/religious-education>

Additionally, BBC Bitesize also has some useful revision and quizzes to test your knowledge:

<https://www.bbc.co.uk/bitesize/examspecs/zjgx47h>

All knowledge organisers are also available on the school website:

<https://www.dcea.org.uk/parent-information/our-curriculum/subjects/religious->

Revision

Revision is an independent task that requires three key components; motivation, cognition (learning to take place) and metacognition (a check to see how effective your learning has been).

Motivation

Dos

1. Be realistic with how much time you are going to spend revising.
2. Revise for periods of 30 minutes to 1 hour a day, 2 hours as a maximum.
3. If it helps create a timetable of when you are going to revise and the subjects you want to revise during those times. "Monday 5:30 -6:00 maths, 6:15-6:45 science".
4. Ensure your revision doesn't clash with things you enjoy such as sports and clubs. Make time to enjoy yourself and relax.
5. Set up a dedicated space that you are going to revise in. It helps if this is in a quiet place and away from where you sleep or watch TV.

Don'ts

1. Don't try to do too much too quickly or conversely don't leave everything until the last minute. Year 11 is a marathon not a sprint.
2. Don't spend too much time revising (said no teacher or parent ever), but seriously don't try and take in too much information at once or you will just forget most of it. It is better to revise "little and often".
3. Try not to have any distractions in the background, it is easy to give into temptation.
4. Try not to revise when you are really hungry or tired, try to make the time you spend revising "high quality" revision time.
5. Only revise in groups or with friends if you are actually going to revise.

Cognition

There are marks in most exams for three main areas:

AO1: Knowledge recall, being able to state facts.

AO2: Apply your knowledge, usually by describing or explaining.

AO3: Linking of knowledge and understanding, usually analysis or evaluation style questions,

Each style of question (Assessment Objectives) builds upon the skills needed for the previous. It is good therefore to start your revision with the recall of key facts and then build this into trying past exam questions later when you have built-up and refreshed your knowledge.

The following revision strategies generally work well for each;

AO1 – Knowledge recall

1. Creating or using flash-cards
2. Creating or reading knowledge organisers
3. Watching You-Tube clips
4. Multiple choice quizzes
5. Reading revision guides or textbooks and making notes

AO2 – Applying knowledge

1. Try summary questions in revision guides or textbooks

2. Practice some past exam questions and check these with the mark scheme.
3. Try some online quizzes.
4. Ask friends and family to question you on a particular topic using key command words from the exam “describe or explain”.
5. Ask your teacher for subject specific advice.

AO3 – Linking your knowledge

1. Try whole past exam papers. You may want to do this with a textbook or revision guide and no time limit to start with and then build up to the most effective technique which is to do past papers in timed exam conditions.
2. Use the mark scheme to mark your own paper. You could then even swap papers with friends and mark each other’s to see if you gave yourself the same mark as they did. Arguing about why there maybe a difference can be helpful for you to see your mistakes more clearly.
3. Read the mark-scheme and annotate both the past paper and the mark-scheme, you may know all of the content, but you need to become fluent in the language of exams.
4. Ask your teacher for a past paper question to take home, bring it to them ask them to go over it with you.
5. If you are secure in your understanding, you could write your own exam questions and mark scheme to go with them. You could even ask your friends to do the question and discuss how good your question was.

Metacognition

It is important that you don’t just waste time revising stuff you already know or use revision techniques that don’t suite how you learn. There are a few things that you can do to make sure your revision is more effective.

1. Use a checklist that is linked to the specification, these can be provided or have been in many cases already provided to you. Use the checklist to highlight areas you need to work on and focus on these.
2. Check your understanding of content you have revised by completing a quiz.
3. Check your understanding of content you have revised by completing a past exam question on that topic and marking it using the mark-scheme. Be careful to consider if you knew the content but just didn’t understand the question... if this is the case you need to practice more past papers rather than revise more content.
4. Practice a past paper first, particularly in maths, if you did well on a certain topic revise this last and prioritise other topics or questions you may be struggling with first.
5. Think about how productive you are being. Did you really need to make that pretty picture or could you have printed it off/sketched it roughly instead?
6. Think about how effective that revision strategy is for you. If you are making a million and one flash cards but cannot remember anything you wrote on them, perhaps think about using a different strategy.
7. Make the most of your strengths, if you learn a lot watching YouTube clips this isn’t necessarily less effective than writing lots of notes.
8. Think about how you can best use your time to get the best outcome. Is there a point to what I am doing? Could I be doing something that is more effective?
9. Practice past paper questions to test and examine your current grade and work on how you approach the exam. How could you improve the way in which you approach the paper? Would it be good to read the question again before answering? Are you answering the question being asked or are you answering the one you thought was being asked?
10. Don’t panic if you don’t get your desired grade in a past paper, have a growth mindset. Ask yourself “how can I do better next time?”, then make adjustments and improvements to reach your goal.

Top 10 Ultimate Revision Tips

Here are the absolute must-know, save-your-life-in-a-fight-with-a-zombie-exam-paper, ultimate revision tips.

- Start revising **as soon as possible**.
- Plan your revision using a timetable.
- Set up a **tidy study space**.
- **Revisit topics** several times with a gap in between.
- **Vary** your revision with different activities.
- Do lots of **practice papers** and questions.
- Set aside time to do fun things.
- Keep your ~~phone~~ and other ~~distractions~~ away.
- ^{zzz} **Sleep and eat properly.**
mmmmm
- Don't panic! **Plan your work and work your plan** and you'll be eating your eggs-ams for breakfast!

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BRIYM – Building Resilience In Young Minds are delighted to be working at The Deanery School. We will be visiting all the Year 11 tutor groups to teach techniques to build resilience in preparation for their examinations.

The practical techniques are designed to reduce cortisol in their bodies, to enable them to deal with stress more effectively.

It would be great if you could ask them about the techniques and encourage them to use them when they are feeling stressed, nervous, or anxious.

Here is a list of some of the techniques we will be teaching Year 11s. These techniques are described on the 'parent' area of our website. www.briym.co.uk

- Bi-lateral Stimulation
- The Tapping Technique
- Breathing exercises

If you have any further questions, please do not hesitate to contact us at school or through the website.

Kind regards,

The BRIYM team