



# Year 11 Parents' Information Evening November 2019

# Start Revision Now

Students will be happier and more relaxed in the exam room if they are fully prepared and confident.

Starting revision now will spread the load. There is a lot of content to revise for 8/9 subjects students are taking this summer.

With good quality revision students and teachers will gain a real insight into strengths and weaknesses.

Students and parents will have time to seek advice from teachers and school.



# The Science

Students will have a huge amount to LEARN for their exams.

Memory is based on connections between the neurons in the brain.

These connections are weak to start with , they break and disintegrate easily. This means we easily forget new knowledge or skill.

Revision , repetition and practice strengthens the neural connections in the brain.

Making it easier to remember the knowledge and skills needed for exam success.

# Revision Techniques

- Not one strategy works for all students or all subjects.
- Organise time, space, equipment and the information needed.
- **Memorise information** you need to learn, then,
- Practise, practise, practise – using exam style questions.

These things help:

- Spaced out study sessions, going back over things several times.
- Testing with quick questions , quizzes and challenges.

Start as soon as possible.

## Top Tips:

**Plan your revision – which subjects when?**

**Find a place to work without distractions**

**Turn the ipad, TV off**

**Remove mobile phones from the room**

**Time sessions with breaks**

Know what you need to learn

Prepare and organise what you are going to learn:

Flash cards

Mind maps

Key definitions

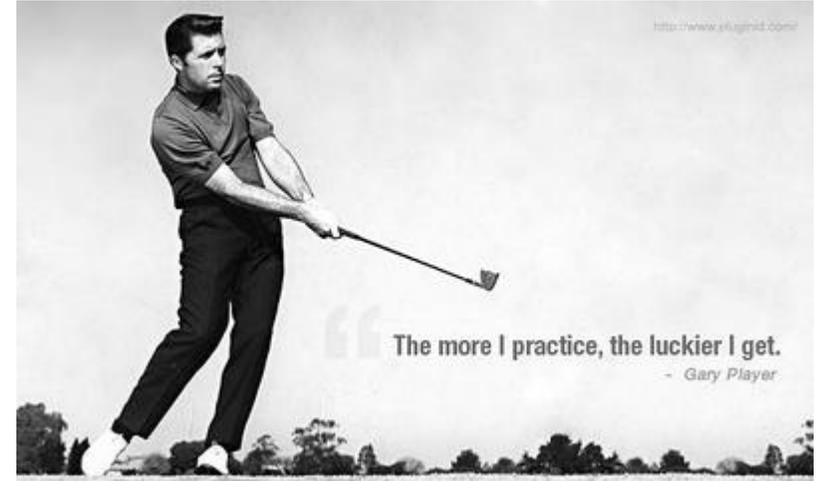
Summarise

Sub topics



The Order is:

Learn  
then.....



**Practise**

# How Can Parents Make a Difference?

Parental support is a key factor in determining a student's academic success.

You do not need to be an expert in any one subject, to make a difference you just need to know how best to spend the time you do have.

One of the hardest demands on students is that of understanding the long-term importance of doing the best they can vs. short term interests.

You know your child best – their motivations, barriers and maturity.

# How much revision should my child be doing?

## Internal Exams in November

**Now** = Start revising now, find out what revision techniques work well for you – flash cards, mind maps, Seneca learning – At least 1 hour a day on revision and practice

## Before the exams start:

**Term 3** = Ensuring that your preparation is completed for revision - flash card, mind maps are all completed

**Term 4** = At least 4 x 1 Hr during the week, plus 4 Hrs at the weekend (8 x 1 Hr sessions per week)

**Easter** = 6 Hrs per day (33 x 2Hr sessions)

**Term 5** = 3 Hrs per day (Mon – Fri) plus week days plus 8 - 10 hrs per weekend

**May Half Term** = 6 Hrs per day

## During the exams:

**School week** – 3 Hrs per evening (Mon – Fri), 4 - 5 Hrs per day over the weekend

Most importantly plan in breaks, rest, activities and sleep.

45 minutes study – 15 minutes break.

Exams will last up to 2 Hrs 15 mins – students will need to concentrate for this length of time – past papers should be sat in one go.

Your support, encouragement and guidance can make a difference.

### Top Tips:

- ✓ Agree the balance between work and social life and stick to an agreement. Flexibility is the key. Check how they are getting on weekly, review the plan honestly.
- ✓ All students fall behind , feel demotivated or overwhelmed, or struggle with the balance of social, work and school demands at times. Talk to them , acknowledge their feelings and adopt a sensible attitude to seeking a solution.
- ✓ Be flexible – if you child is sticking to 80% of a suitable plan, they will be doing alright.
- ✓ If your child asks for support, encourage them by helping them to see the difficulties in perspective. Teenagers often take an all or nothing ‘catastrophic ‘ approach to difficulties – be the voice of reason with small goals and solutions

**Talk to teachers and the school**

# 9 Ways to Beat Revision Stress

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



Do the actual work - revise!



When really stressed, talk to someone about it



Get some fresh air each day



Stick to regular meal times



Do something to switch off an hour before bed



Don't dwell on worst case scenarios



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



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



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

# Examination Information 2019-20



## Make sure the students understand the rules and regulations

We have been running internal mock exams, following the JCQ rules and regulations.

We will conduct a formal assembly prior to the start of the summer exam season to refresh students with expectations.

In essence students are not to become involved in any unfair or dishonest practice during the exam.

Two useful documents to collect tonight: Information for candidates and information regarding social media

AQA	City & Guilds	CCEA	OCR	Pearson	WJEC
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### Information for candidates For written examinations – effective from 1 September 2017

This document has been written to help you. Read it carefully and follow the instructions. If there is anything you do not understand, especially which calculator you may use, ask your teacher.

A	Regulations – Make sure you understand the rules
1	Be on time for all your exams. If you are late, your work might not be accepted.
2	Do not become involved in any unfair or dishonest practice during the exam.
3	If you try to cheat, or break the rules in any way, you could be disqualified from all your subjects.
4	You <b>must not</b> take into the exam room: <ul style="list-style-type: none"><li>• notes;</li><li>• potential technological/web enabled sources of information such as an iPod, a mobile phone, a MP3/4 player, a smartwatch or a wrist watch which has a data storage device.</li></ul> <p>Any pencil cases taken into the exam room must be see-through.</p> <p><b>Remember:</b> possession of unauthorised material is breaking the rules, even if you do not intend to use it, and you will be subject to penalty and possible disqualification.</p>
5	If you wear a wrist watch the invigilator will ask you to remove it and place it on your desk.
6	Do not use correcting pens, fluid or tape, erasable pens, highlighters or gel pens in your answers.
7	Do not talk to or try to communicate with, or disturb other candidates once the exam has started.



### Information for candidates Using social media and examinations/assessments



**This document has been written to help you stay within examination regulations. Please read it carefully.**

We all like to share our experiences when taking examinations. However, it is important to consider what you say and to think about what information is being shared.

Sharing ideas with others online could be helpful when you're studying or revising. However, there are limits to the amount of information you can share and you need to be careful not to break the rules. We'd like to ask you to act responsibly when discussing online. If you're in doubt about what you can and can't discuss online regarding your exams, it's always best to check with your teacher.

If you receive what is or what looks to be assessment related information through social media, or any other means, you must tell your teacher or another member of staff. You must show them what you have received. They will then report the matter to the awarding body and it will be investigated.

Where candidates breach the rules for examinations, controlled assessments, coursework or non-examination assessments, awarding bodies have an obligation to investigate and may apply penalties.



**You should be aware that the following might constitute malpractice:**

- copying or allowing work to be copied – i.e. posting written work on social networking sites prior to an examination/assessment;
- collusion: working collaboratively with other candidates beyond what is permitted;
- allowing others to help produce your work or helping others with theirs;
- being in possession of confidential assessment related information in advance of the examination;
- exchanging, obtaining, receiving or passing on assessment related information by any means of communication (even if just attempting to);
- failing to report to your centre assessment related information being shared online; or
- passing on rumours of exam content.

**Penalties that awarding bodies apply include:**

- a written warning;
- the loss of marks for a section, component or unit;
- disqualification from a unit, all units or qualifications; or
- a ban from taking assessments or exams for a set period of time.

**Please take the time to familiarise yourself with the JCQ rules:**  
<http://www.jcq.org.uk/exams-office/information-for-candidates-documents>

JCQ 2017 – Effective from 1 September 2017

# Basics

- Arrive on time for the examinations, 15 mins early if possible. We will speak to our transport providers about getting to the exams on time.
- Exams run twice a day, an AM session and a PM session (Some students could have three exams on a day if two exams clash at the same time).
- We can accommodate lateness in special circumstances but only within a given time frame.
- Students **must** follow the instructions given by the invigilator, as soon as they enter the room they are subject to examination conditions, which in effect is silence unless the student puts up their hand and the invigilator will come to them and discuss any issues without disturbing other candidates.
- Students cannot leave the examination room until they are dismissed, they must sit in silence and not create any form of disturbance for any other student.

# Equipment

- It is the students responsibility to have the required equipment necessary for the exam they are sitting

A basic equipment list is:

- Black biro pens
- Pencils
- Colour pencils
- Rule
- Protractor
- Pair of compasses
- Rubber
- Pencil sharpener
- Calculator

All equipment must stored in a clear pencil case if used.

# What can and can't be taken into the exam room

You must not take into the exam room:

- Notes.
- potential technological/web enabled sources of information such as a phone, ipod etc...
- Any pencil case must be see through.
- All water bottles must have no labels on the outside of the bottle.

## Some do's and don'ts

- Do not use correcting pens, tippex etc.. use only a black biro.
- Do not talk or try to communicate with any other candidates once the exam has started.
- You must not write inappropriate, obscene or offensive material.
- if you leave the exam room unaccompanied you will not be allowed to return to the exam room.
- Do not borrow anything from any other candidates during the exam.

# Examination Timetable

- Students will be provided with a detailed examination timetable, early next term.
- They will need to sign this to confirm its accuracy.
- In the main we only use two rooms for examination (Lecture Theatre and F15 old conference room).
- For internal examinations we collaborate with Wellsway school and use the sports hall for subjects taught by Wellsway

# Revision Timetable

As we are a small school we can re-write the timetable during the examination period, we will do this to provide the students with revision slots with specialist teachers prior to the examination they are going to sit.

For example:

A physics exam on a Tuesday AM - A revision slot will be arranged for the PM Session before (or if clashing with the exam the earliest point possible)

A maths exam on a Wednesday PM - A revision slot will be arranged for the AM session of that day.

# What one single thing can make a massive difference to students attainment?

## NEWS

Home | UK | World | Business | Politics | Tech | Science | Health

Family & Education | Young Reporter | Global Education

## We're not lazy, we just need more say pupils

By Paige Neal-Holder  
BBC News

🕒 11 February 2019



**As MPs prepare to debate a petition for schools to start at 10:00, teenagers tell the BBC about their own experiences with early school starts.**

It takes 100,000 signatures to trigger a Parliamentary debate and this one, saying early school starts make pupils "so tired", has gained 180,000.

"I remember how miserable I was from waking up early," says sixth form student Leah.

Her college is experimenting with a later start for classes.

But Leah recalls the early starts at her old school with horror.

"In the mornings of our GCSEs, everyone would be so tired, you could see on their faces that they weren't ready for the exam, they weren't awake enough."

- **Sleep scientists urge later school starts**
- **Teenage lie in could boost GCSE grades**

The **Parliamentary Petitions Committee** heard evidence from more than 5,000 students, parents and teachers that teenagers need more sleep than younger children or adults.

# Until guidelines are changed...

- We start learning early at 08.30 at IKB
- What can you do to support your children's learning?

Encourage good sleep hygiene!

Lets see how much you know about sleep..

with age, with teenagers needing more than adults. It has been shown that overall 45% of adolescents get insufficient sleep on a school night, with this figure rising to 62% amongst the oldest students at school (sixth form).

But what is the optimum amount of sleep? Many students incorrectly think it is 8. However, this is more accurate once you are an adult. The optimum amount of sleep for a teenager is thought to be 8-10 hours.

Therefore, it is recommended that students have a regular bedtime throughout the week that ensures they get the recommended 8-10

Recent research showed people who are sleep deprived find it harder to remember things compared to those who had got a good night's sleep. One explanation for this is that **sleep allows the brain to prioritise the information we need to remember.** Therefore, a good night's sleep could facilitate improvements in both revision and in exam performance

It may sound counter-intuitive, but if students are **unable to get to sleep within 20-30 minutes, they should get up and complete another task** such as a jigsaw, as the longer you lay in bed the less you come to associate bed with sleep.

Research has also demonstrated that counting sheep may not be the best strategy to help you sleep. In one study, those who imagined a relaxing beach took on average 20 mins less to get to sleep than those who counted sheep, as that is too boring and hence other distracting thoughts enter the brain

One fascinating study looked at the relationship between being very tired and your ability to manage your emotions. The researchers found that tired participants remembered less positive things and a similar amount of negative information. This partly explains why **students tend to be more stressed, anxious and frustrated when they are tired**, as the negative moments carry more weight in their mind.

Students often spend the last hour of their evening watching TV or using their phone as they believe this helps them relax, thus facilitating a better night's sleep. However, this is not the case. **Many electronics (especially mobile phones and tablets) emit a bright light, which reduces the production of melatonin, a hormone that makes you feel sleepy. This not only leads to a reduction of sleep duration, but also sleep quality.**

Sleeping for longer at the weekend can ruin your sleep cycle, potentially making it harder to sleep on Sunday evenings and to wake up Monday mornings. Recent research has shown that many believe that one long night of sleep restores performance; but the positive effects of this may last as little as 6 hours.

Sleep deprivation has a big impact on the area of the brain responsible for decision making. Research has shown that **sleep deprived participants are more likely to make poor decisions and choose risky options**. This is thought to occur because a lack of sleep does not allow the area of the brain responsible for decision making to recover and replenish.

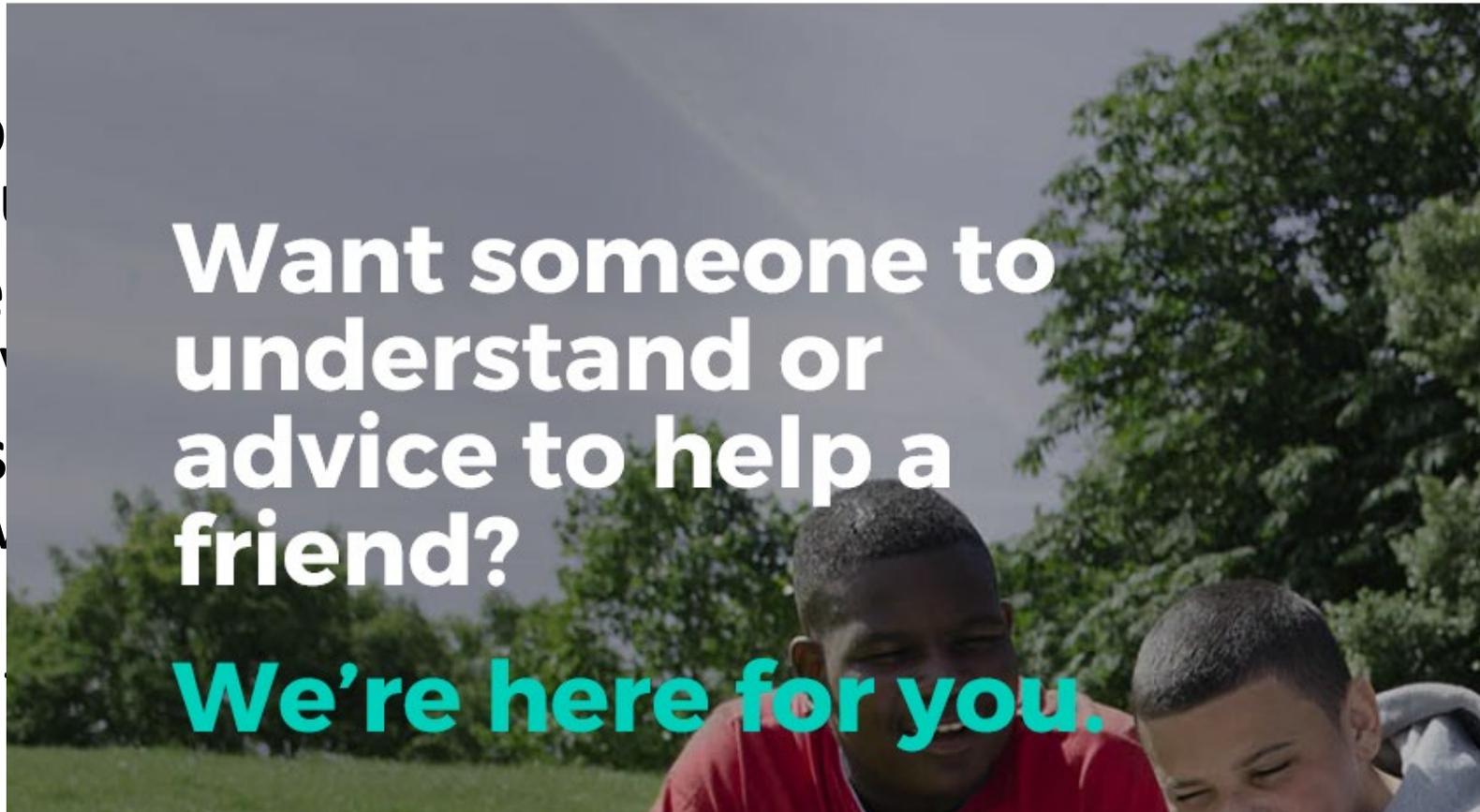
# Stress: the result of an overworked, under-rested



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- Exam
- Burnout
- Interest
- Counselling
- Kooth



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o talk

Please discuss these following graphics at home

We will make this presentation available through the IKB website



# Don't **CHEAT** Your Revision

by @inner\_drive | www.innerdrive.co.uk



**C**

## **CONFUSED**

If you don't know what you should be revising then don't be shy, ask for help.

**H**

## **HUNGRY**

Teenagers who eat breakfast have better focus and concentration than those who don't.

**E**

## **EMOTIONAL**

Find out about and use stress management techniques.

**A**

## **ABSENT MINDED**

Students with phones on their desk are up to 20% less effective when revising.

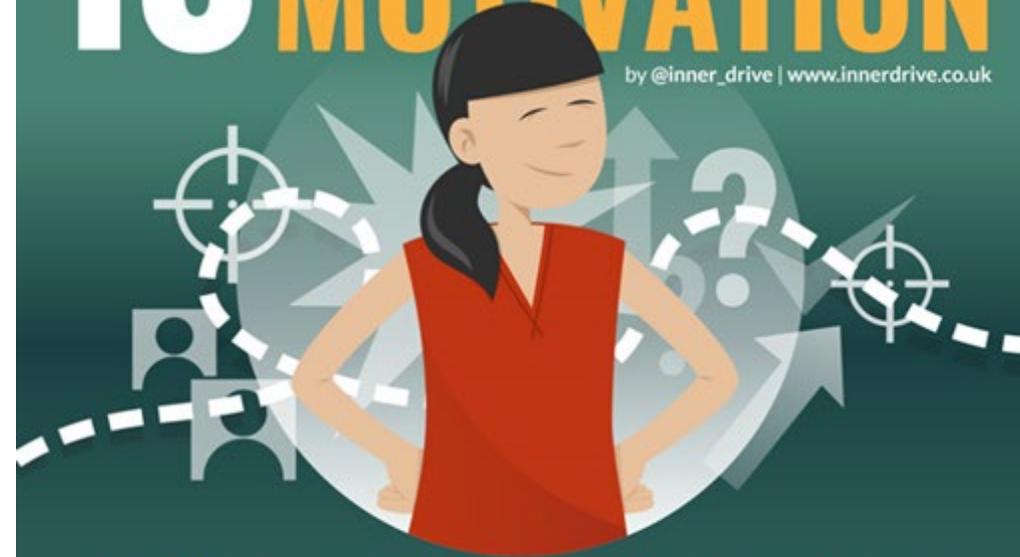
**T**

## **TIRED**

GCSE and A-Level students need around 9-10 hours sleep a night whilst revising to take all that information in.

# 10 WAYS TO BOOST YOUR MOTIVATION

by @inner\_drive | www.innerdrive.co.uk



**Targets** Set yourself a clear, ambitious and accurate target

**Think Why** Remind yourself why you are doing this

**Improvements** Measure success by how much you've improved (not comparing to others)

**The Right People** Surround yourself with positive hard working people

**Choose** View decisions as active choices, not sacrifices

**Enjoy** Find enjoyment in what you are doing

**Travel** Embrace the journey, not just the outcome

**Break it Down** Focus on your next step. This helps break the challenge down into manageable steps

**Challenge Yourself** If the task matches and stretches your ability, you will get immersed in it

**Manage that Stress** Some stress is good. Too little and you won't care, but too much and you may get overwhelmed

# 7 Tips to Help You Concentrate Better

by @Inner\_Drive  
www.innerdrive.co.uk



## 1 Eat Breakfast

Students who eat breakfast score better on attention and memory tests. Cereals that are rich in complex carbohydrates are good as they fuel your brain.



## 2 Exercise at Lunchtime

A study by researchers at Bristol University found that a 45 minute workout at lunchtime significantly improved people's concentration, mood and ability to do their job.



## 3 Worry About it a Little More

In certain situations, a bit of stress may make you perform better. The extra worry releases adrenaline which increases the intensity of your focus.



## 4 Don't Think Don't

Attempts at thought suppression make you think about the thing you want to avoid more and distract you from the task at hand.



## 5 Drink Some Water

If you are just 1% dehydrated your concentration drops dramatically. Students who take water into an exam have been found to outperform their thirsty peers.



## 6 The Great Outdoors

Those who take a walk in green space return feeling more focused than those who have a break walking in urban areas.



## 7 Pictures of Nature

No green space near you? No problem. Studies have found that those who look at photos of nature, especially those with water in them, feel the same sort of benefits.