

Year 11 2023- 2024

Supporting Your Child

Key Dates

- Careers Fayre in School Friday September 22nd
- Sixth Form Open Evening Thursday November 9th
- Monday November 20th Friday December 1st Mock 1 Exams
- Monday January 8th Results Returned
- Tuesday January 9th Y11 Parent/Carer Evening
- Monday January 29th Friday February 9th 2023
 Mock 2 Exams
- w/b 25th March 2023 Year 11 Reports issued
- Monday May 6th Friday 14th June External Exam Series (26th Contingency date)
- Monday 17th June 6th Form taster week





NEA (Coursework/Practical) Deadlines

GCSE Media Studies (30%)

- NEA (coursework) First draft: w.b. 25/09/2023
- Final NEA Submission: w.b. 13/11/2023

This has been started in class and needs to be completed for homework, the pupils are creating a magazine or film marketing materials. Pupils have access to Photoshop at home via Creative Cloud or can attend support in room 18 any lunchtime or after school. Resources and support is available on Teams.

BTEC Creative Media (60%)

Component 2 - fully completed by 30/11/2023

10h low controlled project. This is completed in class though some photography will need to be completed outside of school. The pupils have been asked to create an 'innovate media product'. It is up to the pupils how they interpret this, though they will be supported in class.

Component 3 - completed during Jan 24 - April 24

Examination conditions 10h controlled project with will require pupils to collect photos – brief/topic is released in January.

NEA (Coursework/Practical) Deadlines

OCR Sport Studies (60%)

- Leadership and Practical Unit Due in December 2023
- Outdoor Education Unit Due in Easter 2024

GCSE PE (40%)

Coursework and all practical evidence - Due in March 31st

Art and Graphics

Portfolio of work (60%)

Food Investigation and Practical (50%)

OCR Child Development (60%)

- All NEAs completed for submission at the end of this month
- 40% Exam left to do (May/June series)

OCR ICT (60%)

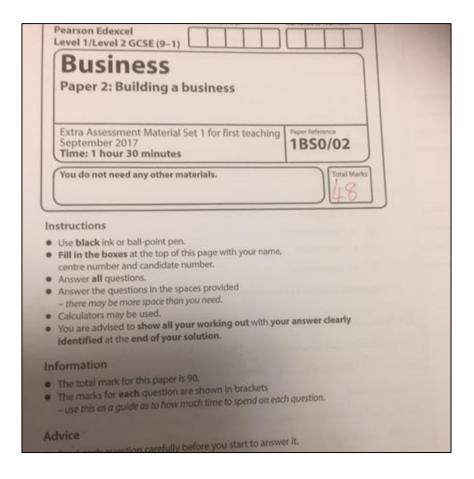
- 1 (30%) unit has been completed and 'augmented reality' project due in January 2024 (30%)
- 40% Exam left to do (May/June series)

Final grades depend upon your child's ranking



This mock paper scored 48 out of 100.

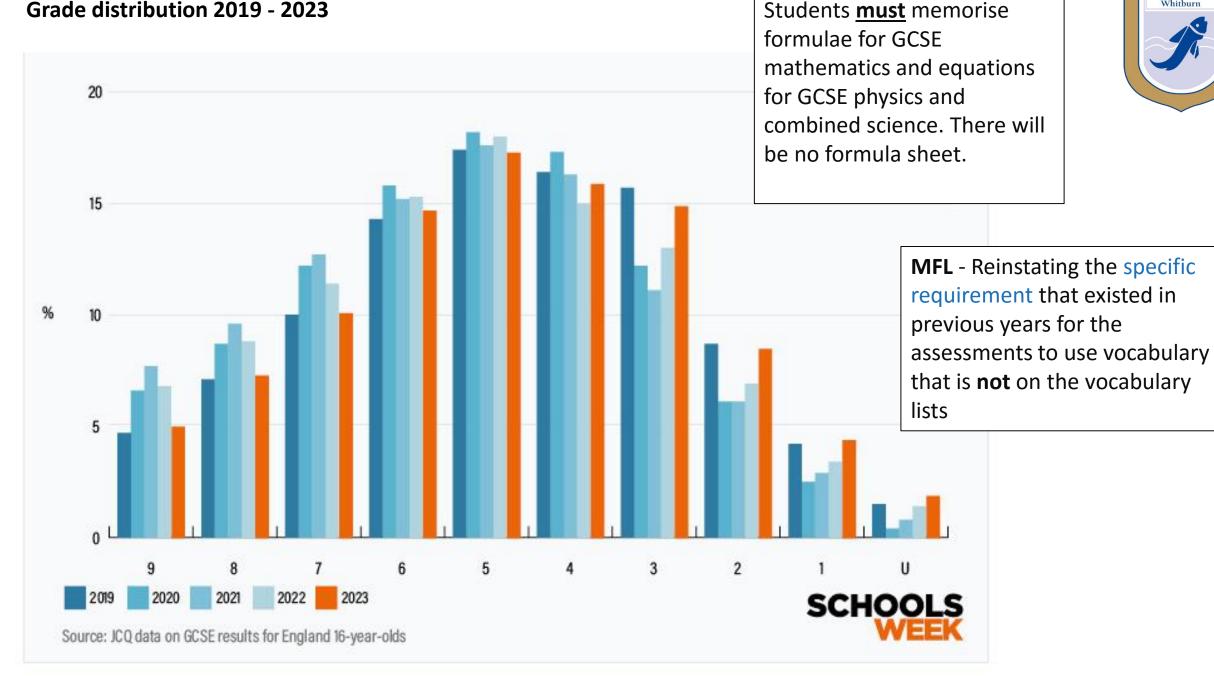
If all other students in the country get 47 or less this is a level 9.



If all other students in the country get 49 or above this is a U grade

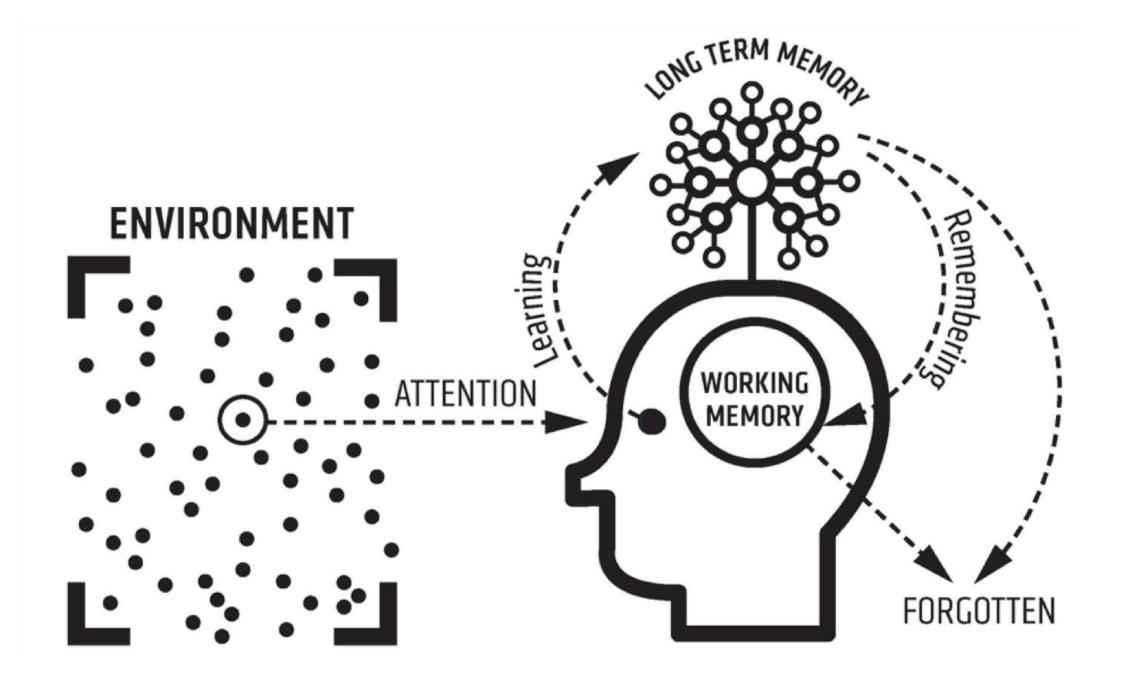
Treat target / current grades with caution

Grade distribution 2019 - 2023



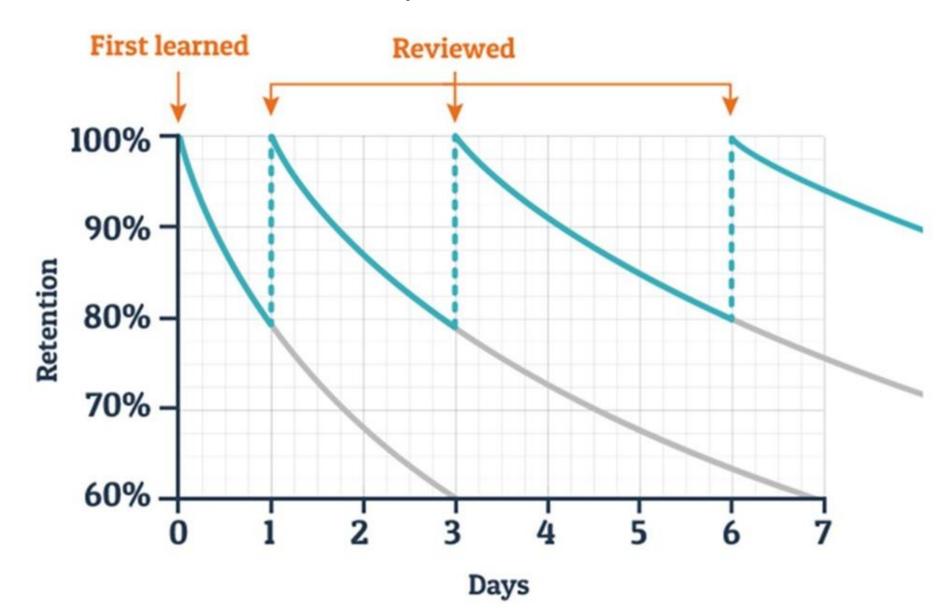


Study!



Why we need to study







How you can support your child's study

The purpose of study is to embed in students' long term memory the knowledge and techniques / skills that they will need to reproduce in their exams.

This can only be done through repeated, purposeful practise

You can support this through by ensuring that your child's study is:

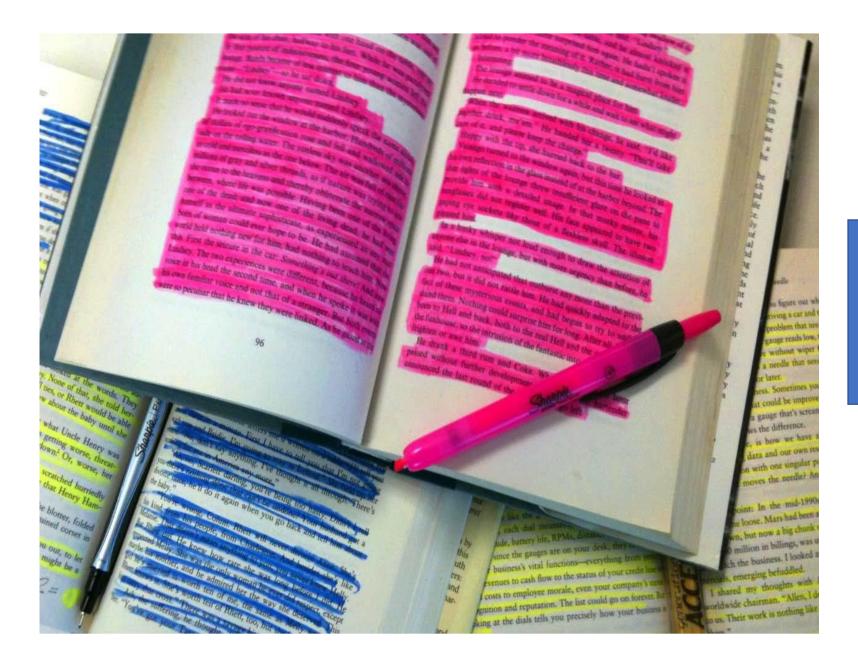
Organised, Purposeful and Active







Procrastination is the enemy of progress





Ineffective Study





Effective Study

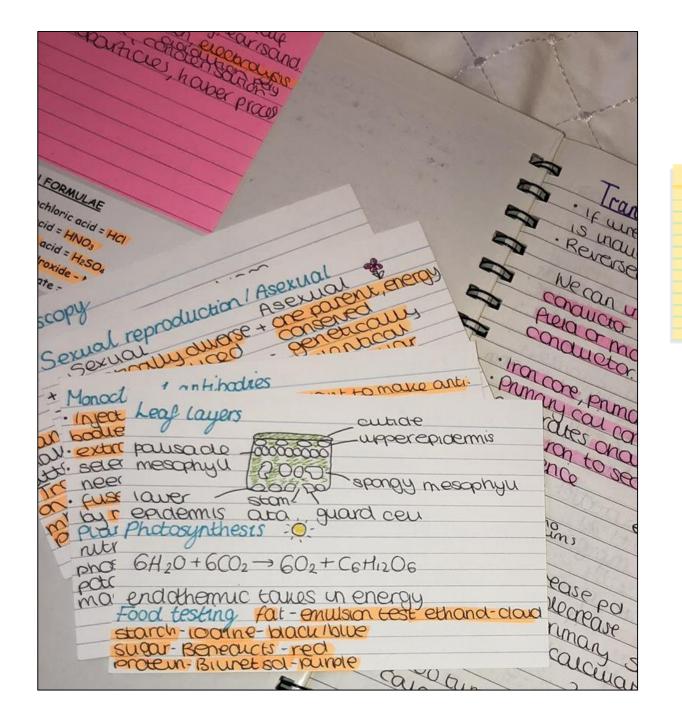




Split Attention Effect

The working memory can hold around 4-7 pieces of information at a time. Successful study requires silence and no distractions.

Music may *relax* students but it will divert attention and reduce the effectiveness of studying



Effective Study- Active

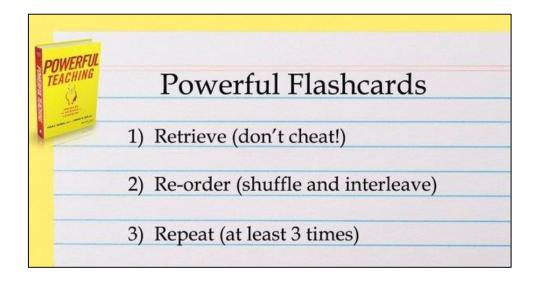


How tall is Mount Everest?

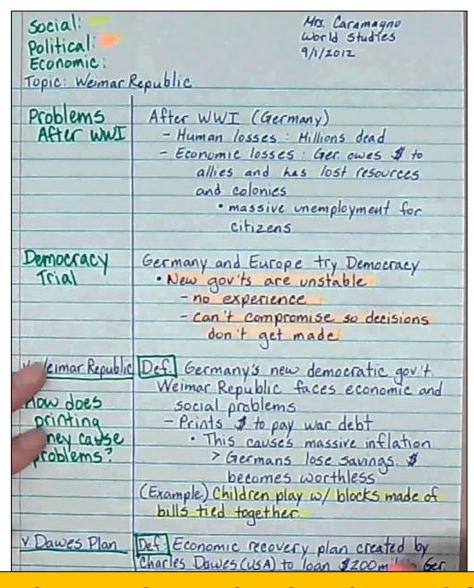
8,848 metres above sea level

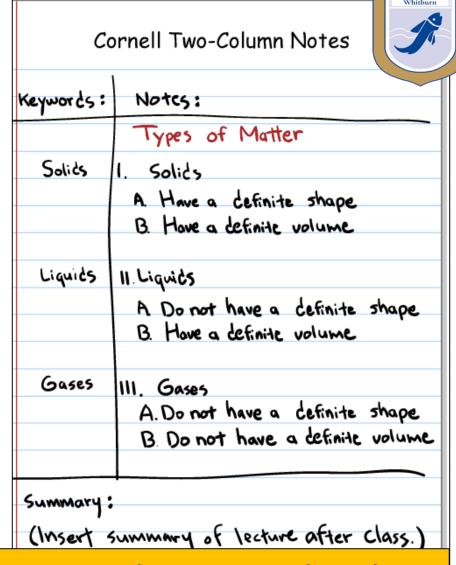
FRONT

BACK

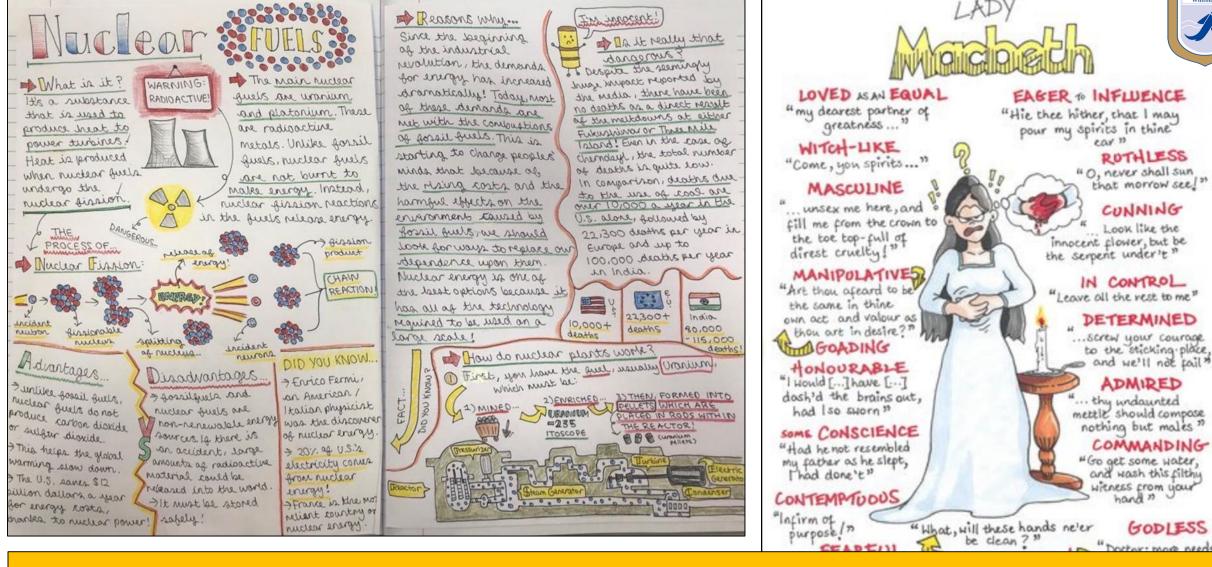


Use Concrete examples. These help to fix ideas into your memory





The **pen is mightier than the keyboard** for note taking. Pupils who made **handwritten notes** are proven to perform the best.



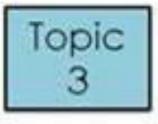
Using Pictures and Organising notes with visual cues means you have 2 ways to remember. 2 ways in 2 ways out.

Most Effective Study - interleaving

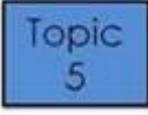






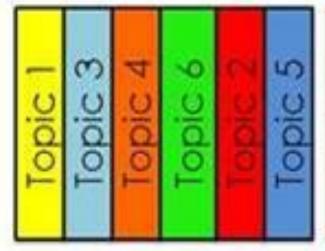


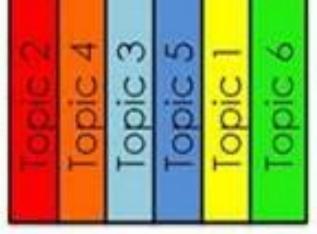


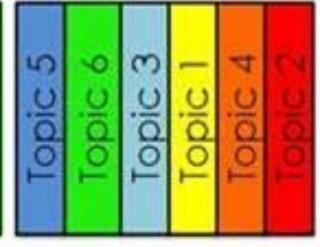














Helping Organise Revision



- Make a revision timetable with them, have copies pinned up in strategic locations in the house
- Ensure there is a quiet place to do revision and materials eg pens/ highlighters / paper / texts / revision guides are available
- Ensure there are proper rest breaks (10 minutes per each hour)
- Build in time off for friends, but enforce the agreed schedule
- Take phones / devices off them unless they are used for active revision

Practical Suggestions for parents / carers



- Get them to start NOW
- Make sure their revision is goal orientated (this topic, 3 mind maps, that page in the revision guide, etc)
- Make sure it includes practising the skills / techniques of answering GCSE level questions
- Get actively involved / ask what they are doing / test them on their work / time their practice questions
- Reinforce the idea that revision is never 'done'

Physical activity

for children and young people



(5-18 Years)





STRENGTHENS MUSCLES & BONES



IMPROVES SLEEP

MAINTAINS HEALTHY

WEIGHT



IMPROVES CONCENTRATION & LEARNING





MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day





All activities should make you breathe faster & feel warmer

























Sit less



Move more

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive

THE BRAIN BENEFITS OF EXERCISE



INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR



IMPROVES MEMORY



LENGTHENS ATTENTION SPAN



BOOSTS DECISION-MAKING SKILLS



PROMPTS GROWTH OF NEW NERVE CELLS AND **BLOOD VESSELS**



IMPROVES MULTI-TASKING AND PLANNING



Monday Lunchtime

12.30 - 12.55

Basketball – Mr Mackey in the **Sports Hall**

Fitness Room Session – Mr Furniss in the Fitness Room

12.50 - 1.20

'Jane Austen' Book Club – Mrs Bengston – Room 25 (Week 1)

Choir – Miss Cresswell – Room 1

Monday After School 3.20 - 4.20

Girls Football - Mr Furniss in the Sports Hall / AWP

Y10 & Y11 GCSE PE / OCR Sport Drop In / Catch Up - Room 18 (Week 1)

Monday After School – Y11 Targeted Intervention - 3.20 - 4.00

Y11 English Study Support (Invited students) – Rooms 43 to 50 (Week 1)

Option X – Y11 GCSE PE Support - (Invited students) - JL / CWR / LCH (Week 2)

Option X – Y11 Sport Support - (Invited students) - RWA / SMA (Week 2)

Option X – Y11 Geography Support - (Invited students) - OU - Room 22 (Week 2)

Option X – Y11 Creative Media Support - (Invited students) - CT - Room 18 (Week 2)

Option X – Y11 Computing Support - (Invited students) – TM – Room 20 (Week 2)

Option X – Y11 Business Studies Support - (Invited students) – NT – Room 21 (Week 2)

Option X - Y11 Sociology Study Support - (Invited students) – JAB/TC – Room S11 (Week 2)



Monday













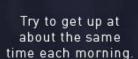
TEENAGERS: 8-10 HRS/DAY ADULTS: 7-9 HRS/DAY



TIPS FOR TEENS TO PROMOTE A

GOOD NIGHT'S SLEEP







Enjoy some physical activity during the day, preferably outside.



Worrying about things at night? Set time aside during the day for problem-solving.



Avoid drinking caffeine after 4pm as it's a brain stimulant.



Allow time to wind ______ down at night.
If you're working or studying, stop at least 30 minutes before bedtime.

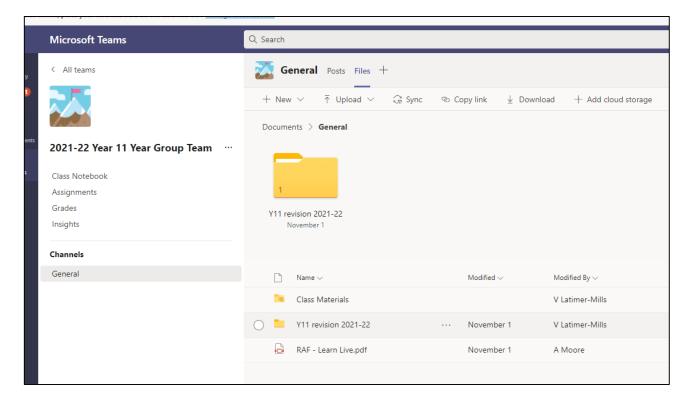


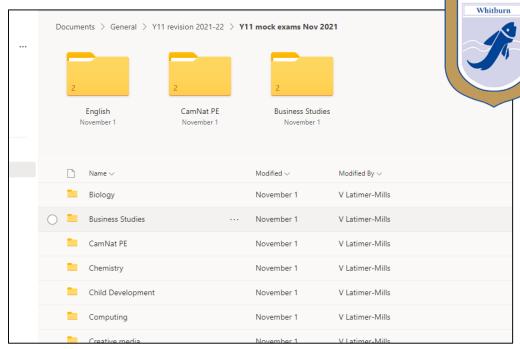
Avoid phones, tablets and watching TV just before bedtime.

How we support our students

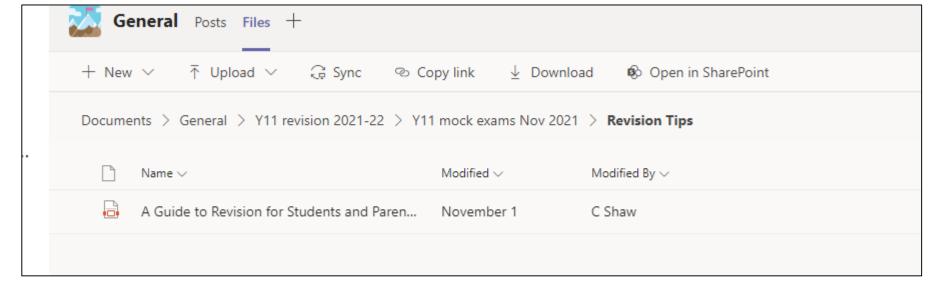


- In lessons, 'Quality First teaching' complete curriculum by Easter
- Lunchtime sessions
- Targeted after school sessions
- Homework Club in the Library
- Collapsed Registration groups this will commence after the 2nd mock
- Teams Revision folders
- Super Revision week
- Pastoral Support
- Silent Study





Year 11 Suggested
Revision Guides for
2024 Examinations.pptx



Top tips



- Start Early!
- Talk to them about revision but avoid 'high stakes' conversations
- Avoid negative talk about lockdown/ 'lost learning' etc
- Make sure they get fresh air and exercise
- Agree the schedule make it a routine
- Praise effort 'I know you have worked hard'
- Don't replay exams
- Please contact if you have any concerns

A Partnership

