

Prepare to Perform Update

What should you be doing now?



Issue 7 April 2019

“Setting goals is the first step in turning the invisible into the visible.”



Welcome to issue seven of the Prepare to Perform Newsletter supporting Year 11 students prepare for their GCSE exams.

April Message from Mr Hastings

Another month down and another month closer to the final hurdle. As always I am pleased to report that the momentum remains strong and on the whole Year 11 are working incredibly hard. It's so nice to walk around the school site during lesson time, and after school, seeing students engaged and working hard. The general atmosphere is really positive; obviously there are wobbles and worries but at the moment I remain incredibly confident that those who are applying themselves and going the extra mile will reap the rewards come August. It's not easy, it's not supposed to be, and students are benefitting from a plethora of additional support in the form of revision seminars and ESP's. There will be a full ESP programme in place during the first week of Easter break; the expectation is that all are to attend where possible. These revision days have proved to be hugely beneficial in years gone by and should serve in addition to independent revision. It is also important that students take some time for themselves over the holiday and hopefully enjoy some sunshine. When we come back, it will be a matter of weeks before the seminar and exam timetable comes into effect with the first exam starting on 13th May. As always, I'm genuinely excited for what's in store for our brilliant students; the exams will come and go and I know those who want it enough will be enjoying the longest summer, having bagged some great results.

#leavenothingoutthere

Revisit – a strategy for revision

All Year 11 students have been emailed a Chunk it revision timetable to complete between now and the last exam. It includes a calendar to enable your son or daughter to be more independent in their revision. This is most effective when used to plan for each subject on it's own timetable to ensure that revision is targeted and precise. If you would like printed copies please contact the school.

Revisit: Chunk It Revision Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
1 st April	2 nd April	3 rd April	4 th April	5 th April
<input type="checkbox"/> Not sure <input type="checkbox"/> OK <input type="checkbox"/> Great	<input type="checkbox"/> Not sure <input type="checkbox"/> OK <input type="checkbox"/> Great	<input type="checkbox"/> Not sure <input type="checkbox"/> OK <input type="checkbox"/> Great	<input type="checkbox"/> Not sure <input type="checkbox"/> OK <input type="checkbox"/> Great	<input type="checkbox"/> Not sure <input type="checkbox"/> OK <input type="checkbox"/> Great
I must recap:	I must recap:	I must recap:	I must recap:	I must recap:
Page number:	Page number:	Page number:	Page number:	Page number:
6 th April	9 th April	10 th April	11 th April	12 th April
<input type="checkbox"/> Not sure <input type="checkbox"/> OK <input type="checkbox"/> Great	<input type="checkbox"/> Not sure <input type="checkbox"/> OK <input type="checkbox"/> Great	<input type="checkbox"/> Not sure <input type="checkbox"/> OK <input type="checkbox"/> Great	<input type="checkbox"/> Not sure <input type="checkbox"/> OK <input type="checkbox"/> Great	<input type="checkbox"/> Not sure <input type="checkbox"/> OK <input type="checkbox"/> Great
I must recap:	I must recap:	I must recap:	I must recap:	I must recap:
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So how do you ensure your son or daughter is working effectively outside of the classroom? What does good revisiting look like? The newly reformed exams mean that they will have to recall greater amounts of facts and knowledge quickly. While rote learning and regurgitating content doesn't lead to deep thinking, we know that **firstly** the information needs to go in, through memorisation of key facts. Fundamental knowledge needs to be embedded, even imprinted on their minds to facilitate quick and easy recall. **Next** they need to deepen their knowledge through higher-order thinking as information learned and processed through higher-order thinking processes is remembered longer and more clearly than information that is processed through lower-order, rote memorisation. **Finally**, they need to retrieve, demonstrate, apply and test their learning.

Revisit is a simple revisiting method that ensures students are preparing for external exams in an effective way. It is based on the three key stages explained above

Stage 1 - **Upload** - Embedding the knowledge.

Stage 2 - **Process** - Deepening the knowledge.

Stage 3 - **Download** - Demonstrating the knowledge.

This newsletter contains templates we have produced to embed the use them in the Revisit Strategy.

Mix up their revision! Print and try these

Revisit Strategy

Name of Topic:

Take a section of text and do the following:

1) Prioritise: Underline the three most important sentences here. Rank 1-3, briefly explain number 1. Cross out the least important sentence

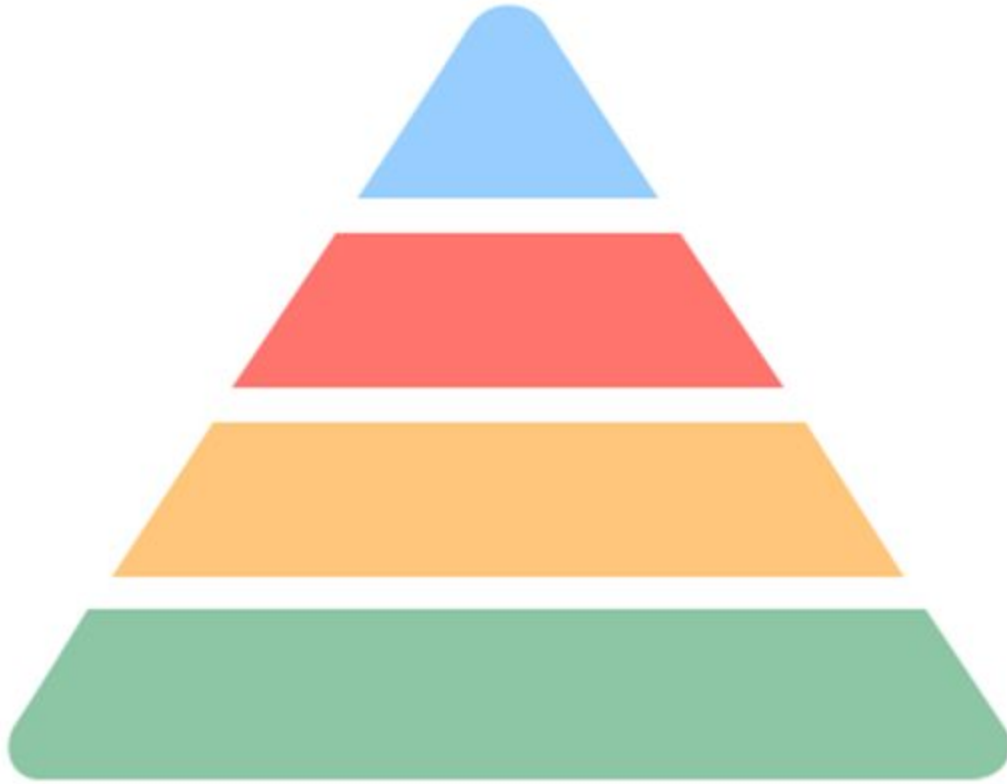
2) Reduce: Reduce the key information into 12 words

3) Transform: Transform this information into 4 pictures or images (no words allowed)

4) Categorise: Sort this information into three categories. Highlight and think of a suitable title for each category.

5) Extend: Write down three questions you'd like to ask an expert in this subject.

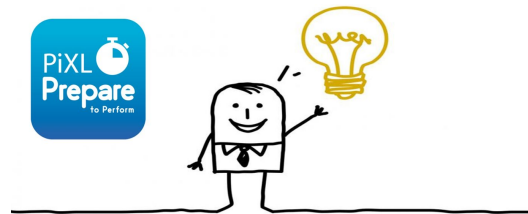
Revisit: Ranking Triangle



Name of Topic:

The most important information goes at the top and then the least important at the bottom. Make sure you justify WHY you think it the most/least important.

Staying calm, feeling good, being effective



Top 10 tips to support your child through their exams

This month's TOP TIP 7; help your child control different aspects of their life to help them perform better when it comes to exam time this summer.

7. Unplugging

- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them





Boost Brain Power with this easy to make meal (Every little helps as they say)

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Keeps you hydrated, cleanses the stomach, gives steady energy release.

The best time to eat this dish: Lunch time before an exam or revision session.

Reason: Cucumber will re-hydrate you and flush out bodily toxins. Tomatoes, onion and chilli will help your brain to function optimally and enhance your memory and focus. Coriander, mint and lemon will all cleanse and soothe your stomach.



FOR THE CACHUMBER SALAD:

1 small cucumber, split lengthways and seeds removed with a teaspoon (watch the tips video if you are unsure).

3 tomatoes, cut into 2cm dice, leave the seeds in for extra flavour

1 medium white onion, peeled and diced the same as the tomatoes

1 green chilli, cut lengthways and seeds removed, then finely sliced

1 bunch fresh coriander, leaves removed and chopped roughly

½ bunch mint, leaves removed and roughly chopped or torn

1 lemon, juice only

Salt and pepper, add this once everything is mixed, to taste

METHOD:

Mix all the ingredients and a large bowl, tasting and adjusting the flavour by using the lemon, salt and pepper. Pop into the fridge until needed.



This dish has been specially created by celebrity chef, Mark Lloyd.

SPICED CHICKEN WRAP, MINT CACHUMBER SALAD AND YOGHURT DRESSING.

FOR THE CHICKEN WRAPS:

8 tortilla wraps
2 tablespoons vegetable oil
4 skinless, chicken breasts, sliced into fingers
1 large onion, peeled and thinly sliced
1 clove garlic, peeled and crushed
1 green pepper, de-seeded and sliced
1 red pepper, de-seeded and sliced
2 teaspoons cumin
1-2 teaspoons dried chilli flakes
1/2 teaspoon paprika
1 tin chopped, peeled tomatoes
1 tin red kidney beans, rinsed and drained
2 tablespoons sweet chilli sauce
Juice ½ lemon
75g sweetcorn, rinsed and drained
100ml of Greek yoghurt
100g grated Cheddar cheese

METHOD:

Take the sliced chicken and place into a large bowl with the vegetable oil, lemon juice, onions, garlic, peppers and spices and mix well so that all the ingredients are well coated, cover and put in the fridge for at least an hour. Heat a large saucepan over a high heat, then add the spiced chicken mix and cook until the chicken is well cooked, turning the mix over so the bits on the bottom don't burn, once the chicken is cooked, add the kidney beans, sweetcorn and chopped tomatoes. Cook for another 10 minutes over a medium high heat, this will thicken the sauce.

Now to build your wraps: Spoon the chicken mix into the centre of a tortilla, top with the Cachumber and a spoon of yoghurt, then roll it up and get yourself a big bite!

Apps for Learning are these being used in your home?

What score do they have on each of them?



English, History and Geography

Have these been downloaded by your child? Are they being used?

Click on the circles to see more



Following the year 11 practice exams, we have been able to link all of the question level analysis to the PiXL Maths App. This means that on each student's login of the PMA there will be personalised revision resources based on their areas of weakness from each of the three Maths papers. The PiXL Maths App will update in early April when we have the PiXL Maths Exam results. This is an excellent resource that we really need to encourage your son or daughter to fully engage with. Also, available to all students is MyMaths.co.uk



Seneca Revision is being used by the Science and Geography Departments to support learning and revision



Helping your child get into good habits

Information for parents and carers

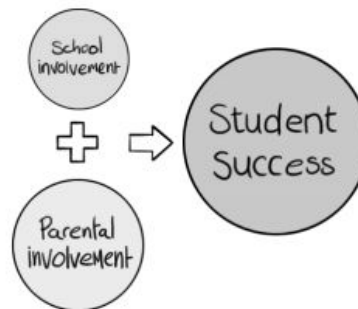
Did you know?



Healthy habits are essential to living a long and happy life, and they are important to instil in children from a young age. If you help them form these habits now, you will be giving them the tools to navigate any obstacles they may face as they grow into adulthood.

Research highlights that the late teenage years have been identified as the peak age for exposure to health risks with lifelong implications. The report, by the Association for Young People's Health (AYPH), revealed teenagers eat eight times the recommended sugar allowance and almost half have tooth decay. This worrying research also found out that most smokers start by the age of 25.

Research reveals that there is a strong link between healthy habits and pupil achievement. Poor health habits add up to poor grades, and research suggests that healthy habits and good health-related decisions can lead to improved academic performance. For instance, research has shown that students who eat breakfast exhibit improved concentration when compared to their peers who skip it.



What can you do?

Cultivate healthy habits by being a role model to your child. Try to exhibit good habits, offer health advice and build fun healthy activities into your family life. Examples include being active as a family, having evening and sleep routines, providing a water bottle to encourage hydration, or making family meals together.

Good nutrition can help improve concentration, so pay attention to the food you buy for your family. Provide a healthy balanced diet of meals which include fresh vegetables, fruit, proteins, good fats and whole grains. Encourage your child to snack on low sugar foods and drinks, which you could make together.

Help and encourage your child to get enough sleep, live a physically active life and feel good about themselves. Work with them to map out their week to include healthy habits such as exercise, relaxation and seeing friends. Set some healthy lifestyle goals together, and keep each other motivated to stay on track.



Handling the pressure of external exams

Information for parents and carers

Did you know?



Exam stress can be really challenging, not only for children but for those that live with them. Research shows that having someone to talk to about their work can help. Support from a parent, teacher or friend can help young people share their worries and keep things in perspective.

Survey research has identified that exams are a significant source of stress and worry for pupils in secondary school. In particular, failing important examinations, and the consequences of failing these examinations, are rated as more important than a range of other personal and social worries. (Optimus education)

The NHS highlight that Children and young people who experience stress may:

- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food, or eat more than normal
- not enjoy activities they previously enjoyed
- seem negative and low in their mood
- seem hopeless about the future



What can you do?

Watch out for signs of stress and encourage your child to talk to a member of school staff or someone who they feel is supportive. If you feel your child isn't coping, it may also be helpful for you to talk to their teachers at school.

Encourage and support your child to build and maintain healthy habits before and during the exam period, such as eating a healthy balanced diet, staying hydrated, getting enough sleep, doing exercise, having time to relax and to socialise with friends.

Remind your child that feeling nervous and anxious is

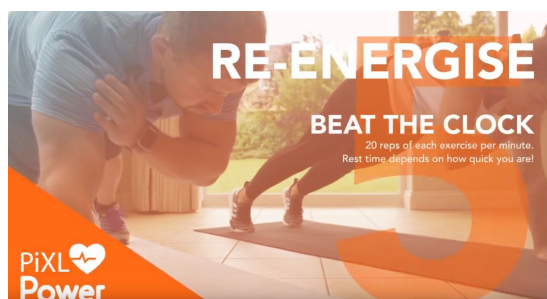
normal. Support them to be organised, have a routine and build a revision timetable. Try not to add to their pressure by being flexible with them. Talk to them about how they feel, remind them of their goals in life and motivate them to stay focused. Staying calm will help them remain calm - and exams don't last forever.



Well Being Endurance Power to Perform Fitness Video:

Why Fitness is so important <https://goo.gl/NmyoSY>

This Months Wildern fitness challenge <https://goo.gl/mDYgpN>



ESP (Extra support programme)

ESPs are in place to provide additional support your son or daughter might need in a subject. It is important they attend and ask any questions they have whilst at this sessions. They need to plan their time to ensure they can do this.

ESP Dates can be found here www.gcser.e.vision/p/calendar.html and also on the school website calendar and also have been emailed to you

Key Dates : Easter Revision: See email from the school with individual timetables

- Fri 5th April (Maths, RE & MFL)
- Mon 8th April (CiDA Web Exam, iMedia, PE, Science, & MFL)
- Tue 9th April (Comp Sci, English, MFL & Business)
- Wed 10th April (Music, CiDA Web Exam, Business & Drama)
- Thur 11th April (D&T & Geography)
- Fri 12th April (Art & Photography)
- Fri 3rd MAy Moirai KingBall

May Half Term Revision: Tues 28th - 31st May

Has your son or daughter won one of these Moirai Recommendation for outstanding work or effort? They are limited to only 276 available and feed into the last House competition Year 11 will be able to take part in.

