



## *Prepare to Perform Update What should you be doing now?*

Issue 8 April 2021

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



### **Welcome to issue seven of the Prepare to Perform Newsletter**

*April Message from Mr Denman*

*The Easter break marks the end of the last full term the Year 11s will have at Wildern School. I can't quite believe that is true, it feels like only yesterday that they joined us here. The Year 11s on the whole have been incredibly impressive in terms of how they have approached the last half term. We know how difficult the adjustment has been for them all and the uncertainty has been incredibly challenging and unfair on them. Hopefully now you all feel a little more confident in what we can expect after Easter. My message to the Year group has been clear. In terms of students being able to uplift their grades it is still all to play for. After Easter classroom teachers will be revisiting topics and setting assessment tasks based on the evidence that they still require. The final details of this will be released to us over Easter from the exam boards so I have asked students to trust their teachers and the process and not try and predict the topics. In my final assembly of this term I urged all students to make sure that over the break they made time for rest and play. It is vitally important for their wellbeing that they rest up and come back to us on the 19th April ready to see the job out until the end. That being said I have given some suggestions for some lighter revision and activities that students may want to do, focussing on the weaker areas of their WAD data. Please do congratulate your child on what has been a great first few weeks back and help them in any way you can over the Easter break to relax and unwind and prepare for the final straight. Happy Easter everyone.*

# 'Preparing for your assessments after Easter'

## 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
27 April	27 April	27 April	27 April	27 April
Start time: <input type="text"/> End: <input type="text"/>	Start time: <input type="text"/> End: <input type="text"/>	Start time: <input type="text"/> End: <input type="text"/>	Start time: <input type="text"/> End: <input type="text"/>	Start time: <input type="text"/> End: <input type="text"/>
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27 April	27 April	27 April	27 April	27 April
Start time: <input type="text"/> End: <input type="text"/>	Start time: <input type="text"/> End: <input type="text"/>	Start time: <input type="text"/> End: <input type="text"/>	Start time: <input type="text"/> End: <input type="text"/>	Start time: <input type="text"/> End: <input type="text"/>
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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

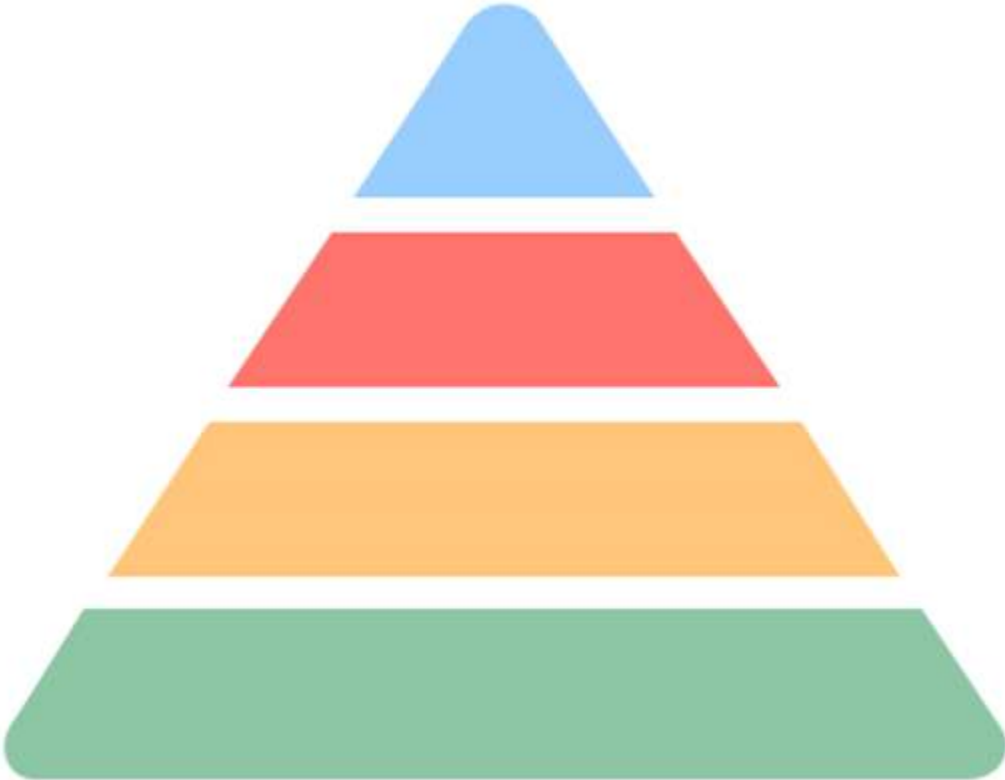
2) **Reduce:** Reduce the key information into 12 words

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.

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## 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

## 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



## Key Dates :

- Year 11 WAD 3 collected from teachers on Thursday 22nd April
- Year 11 WAD 3/report sent home wk beg 10th May
- GCSE Results Day 12th August 2021
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## 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, Maths and Geography

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

Click on the circles to see more

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



Also Google classroom where their teachers will direct them to dedicated revision

### CORONAVIRUS IS STILL WITH US

FACE COVERINGS CAN PROTECT PEOPLE AROUND US WHEN WORN CORRECTLY



1. COVER MOUTH, NOSE & CHIN
2. ADJUST SO NO GAPS AT THE SIDE
3. REMOVE USING STRAPS BEHIND EARS / HEAD

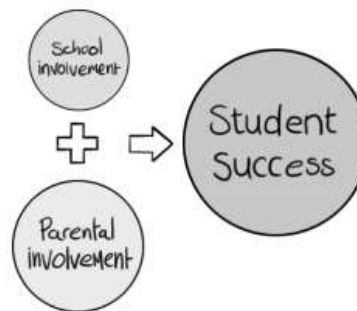
# Did you know?



Healthy habits are essential to living a long and happy life, and they are important to instill 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.







## 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>



# Moirai Challenge

The Moirai Challenge is a House competition for Year 11 students. The two tutor groups in each house will work together to get the most erf points. They will soon have a virtual assembly I.

Students are looking to collect Moirai recommendation cards which will be given to students between now and the 21st May who are doing something of the highest order in a subject. This can be an exceptional performance or effort in a test or sustained excellence over a number of lessons but something extra special. Where they are showing that they want to #BeRemarkable

Completed recommendations should be put in the Moirai Postbox by the staffroom so they can receive the erf points for the Moirai house challenge house.

Results Assembly and then a Celebration Pizza Lunch for the winning house will be held on the 28<sup>th</sup> May

Has your son or daughter won one of these Moirai Recommendations 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.

