



Prepare to Perform Update What should you be doing now?

Issue 7 April 2023

“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 Wood

The Easter break marks the end of the last full term for the Year 11s at Wildern School. Having talked about it so much in recent weeks, it still always amazes me at how quickly we get to this point. The Year 11s on the whole have been incredibly impressive in their approach to their studies in the past few weeks. We all know and can appreciate how difficult and stressful life has become at times as we approach the closing stages of the Spring term and move towards the exams. My message to the Year group has been clear; with Easter revision now completed, students are in a good position to improve their grades and a concerted/focussed effort on learning will positively impact their overall grades. This coupled with targeted revision set by classroom teachers will help to consolidate those topics that they may still be a bit unsure of. A favorite quote of mine sums up the ideal approach to the next 6 weeks nicely and that is ‘Great things are not done by impulse, but by doing the small things well’ It is vitally important for their wellbeing that the students do have some rest when they can ready to accelerate towards their exams and reap the rewards of their hard work, positive attitudes and resilience over the past 5 years. There will of course be extra revision suggestions on subject area Google Classroom should your son or daughter wish to do a bit extra.

'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"/>
Headline: <input type="text"/>	Headline: <input type="text"/>	Headline: <input type="text"/>	Headline: <input type="text"/>	Headline: <input type="text"/>
Page number: <input type="text"/>	Page number: <input type="text"/>	Page number: <input type="text"/>	Page number: <input type="text"/>	Page number: <input type="text"/>
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"/>
Headline: <input type="text"/>	Headline: <input type="text"/>	Headline: <input type="text"/>	Headline: <input type="text"/>	Headline: <input type="text"/>
Page number: <input type="text"/>	Page number: <input type="text"/>	Page number: <input type="text"/>	Page number: <input type="text"/>	Page number: <input type="text"/>

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

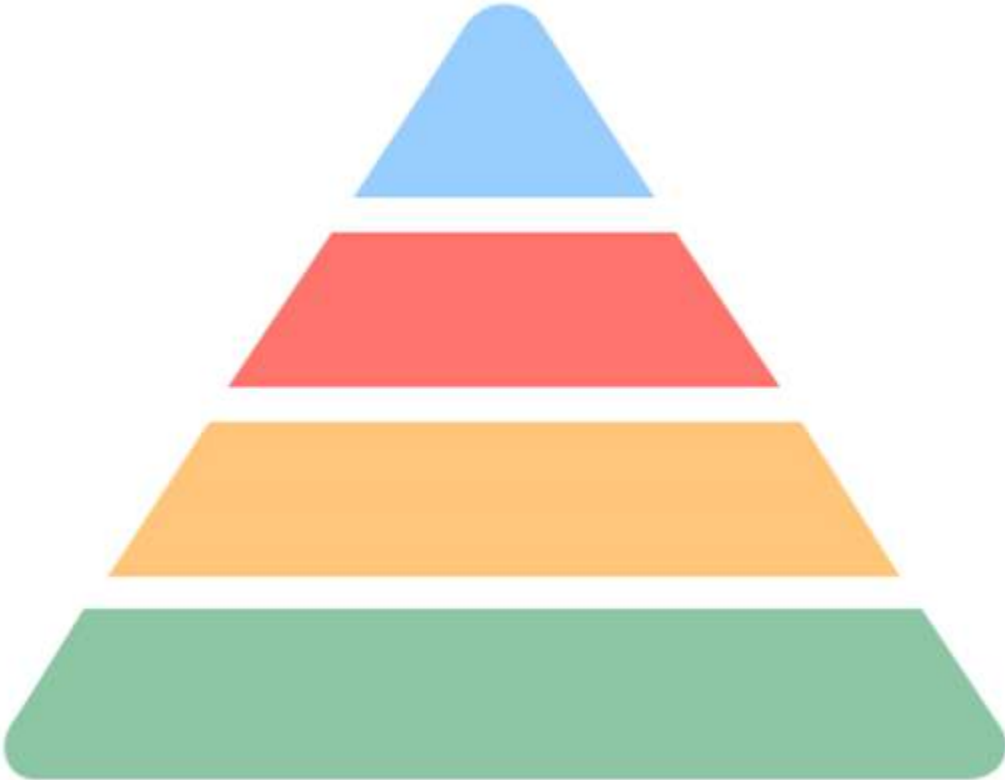
2) **Reduce:** Reduce the key information into 12 words

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



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





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!

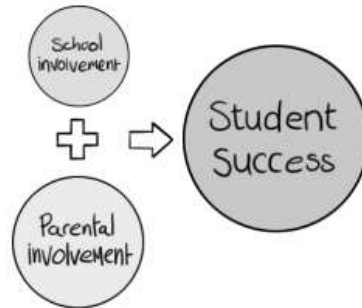
Did you know?



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.





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 tutor groups in each house are working together to achieve the most Moirai and therefore the most points between Tuesday 7th February and Thursday 4th May. The Moirai awards are worth ten points (more than two golds).

Moirai Recommendations are given to students who are demonstrating something special e.g. exceptional performance or effort in a piece of work/assessment or sustained excellence over a number of lessons.

Students must place their Moirai in the black postbox outside the Exams Office in Block 6. This will be emptied regularly to add the points up for each house.

The final part of the Moirai Challenge is King Ball! This is taking place on Friday 28th April at 3pm in the Sports Hall.

Key Dates :

Half Term Revision: 30th May - 2nd June

(Individual Revision Timetables will be emailed to parents)

[GCSE EXAM Timetable 2023 including the contingency day](#)

CONTINGENCY DAYS

Thursday 8th June 2023

Thursday 15th June 2023

Wednesday 28th June 2023

(All students should be available if needed)

GCSE Results Day Thursday 24th August 2022 (10am)



[Click here for the Wildern School Wellbeing Hub for further support](#)

Need help with Google Classroom / Google Apps [click here](#)

