



Prepare to Perform Update What should you be doing now?

Issue 7 April 2024

“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 Mrs Fearon

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 reach this point. I was incredibly impressed at how many and how well year 11 carried out the Easter revision; with this part of the revision process 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. We all know and can appreciate how difficult and stressful life becomes as we move towards the exams. My message to the Year group is really simple, it is all in the preparation, revising often to give themselves the best opportunity that they can. It is also 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

Throughout this academic year, our Y11 students have been learning different types of revision strategies to support their learning and revision. They have had 20 sessions on Friday mornings during tutor time which have been building on the most effective method to support them through the year. We do appreciate that many of our parents will be keen to support their child through managing their revision schedule.

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.

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

SMILE

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

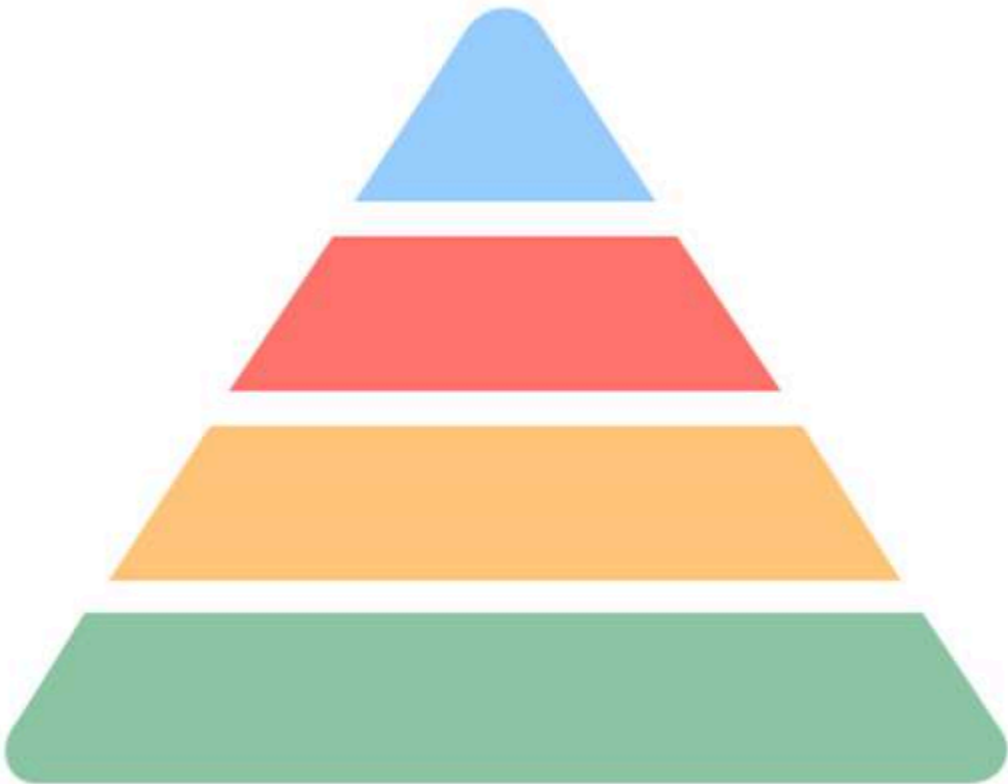
9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

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!

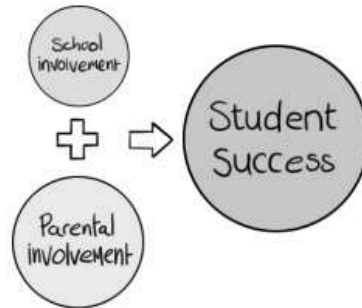
Did you know?



Healthy habits are essential to living a long and happy life, and they are important to 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 tutor groups in each house are working together to achieve the most Moirai and therefore the most points between Tuesday 5th March and Thursday 2nd May. The Moirai awards are worth ten points (more than two golds).

Year 11 had a launch assembly in March and there will be a follow up Morai House Assembly taking place between 16th and 26th April.

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, which will take place on Friday, April 26th, at 3 p.m. in the Sports Hall.

Key Dates : Leavers Assembly & Shirt signing - Tuesday 7th May P4 & 5
Seminar timetables from Thursday 9th May
Half Term Revision: 28th - 31st May 2024
(Individual Revision Timetables will be emailed to parents)

[GCSE EXAM Timetable 2024, including the contingency day](#)

CONTINGENCY DAYS

Thursday 6th June 2024

Thursday 13th June 2024

Wednesday 26th June 2024

(All students should be available if needed)

GCSE Results Day Thursday 22nd August 2024 (10am)



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

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

