

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



Issue 3 December 2018

“The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.”



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

*December Message from Mr Hastings*

*A well-earned break is nearly upon your son or daughter at the end of a very long and busy term. They will all no doubt have felt the stresses and strains of a number of challenges, including exam season, college applications and revision seminars to name but a few. As expected, I'm pleased to report that as a year group we continue to conduct ourselves brilliantly, especially as we are currently in the very nery process of receiving feedback from exam papers prior to results day on the 20th December. The results, no doubt, will be mixed for each and every one of them; they are reminded to take great comfort from those areas they have done well in but not be complacent; but equally, to pay close attention to those subject areas that need development.*

*Self-evaluation is key here and they are reminded that every stage of year 11 is a tried and tested process in preparation for the summer of 2019.*

*I'd like to take this opportunity to thank you for your continued hard work and application and wish you a very relaxing, safe and enjoyable Christmas.*

#leavenothingoutthere

## Mix up your revision!



## Mix up their revision after the Practice Exams Try these!

### Stand and Deliver

Your son or daughter with friends will be given a topic/theme/question. They then have 30 seconds each to write down as many answers as they can. Everyone will stand up and the quiz master (You) will call out names, they must not repeat any of the answers already given. How long can everyone stay in the game?



### A Graphic Reminder

Think of each of the exam questions on the paper and draw a picture that reminds them of what they have to do in each one.

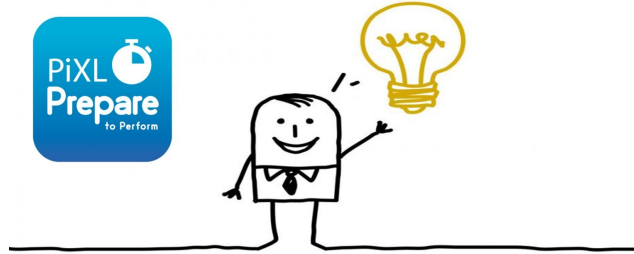
### Revision Blackout

Design a poster with all of the key facts/formulas/examples for the topic. Swap with a partner. They will have two minutes to look at their poster, then turn it over and try to recreate it.



### Ping Pong

Split into two groups: A and B. Group A will be given a series of questions and a time limit to answer them. Person A will answer first, but is **not** allowed to write anything down - they have to explain to person B how to do the question. After the time limit, they will swap roles. Finally, they will check each others' answers.



## Top 10 tips to support your child through their exams

# Staying calm, feeling good, being effective

TOP TIP 3 to help your child control different aspects of their life to help them perform better when it comes to exam time next year.

## 3. Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

60 minutes per day





**Boost Brain Power with this easy to make snack**

**(Every little helps as they say)**

## PORK CHOP, SAGE ROASTED APPLES

**PORK CHOP, SAGE AND OREGANO ROASTED APPLES, BUTTERNUT MASH, SPINACH. SERVES 4.**

4 pork chops, 1 big one or two smaller ones, you decide  
2 butternut squash, peeled and chopped into chunks, no seeds  
50g butter  
2 tablespoons of vegetable oil  
3 good eating apples, maybe Pink Lady, Braeburn or Granny Smiths  
1 bag baby spinach or other greens, washed and drained  
1 teaspoon dried oregano  
1 tablespoon chopped sage leaves, you can use dried

### **METHOD:**

Preheat the oven to 190°C.

Heat a frying pan, toss the apples in the vegetable oil and fry the apples until golden, transfer them to a roasting dish.

Now brown the pork in the same pan 3 to 4 minutes on each side, before placing them on top of the apples in the baking dish. Sprinkle over the sage and oregano.

Put the pork and apples in the oven for 20 minutes, then remove from the oven and leave to rest for 5 to 6 minutes, while you cook the spinach in boiling water for 2 to 3 minutes.

Place all the chopped squash into a pan of salted water and boil until tender. Drain into a sieve or colander and leave for a few minutes to allow the squash to steam away any extra water. Mash the squash with the butter, adding salt and pepper to taste.

To serve: big dollop of mash, pork and apples on top and a little of the juices from the roasting dish, BAM!



### **EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**

Boosts memory recall, increases concentration levels, enhances immunity.

**The best time to eat this dish:** During revision for lunch or an evening meal.

**Reason:** Pork contains iron and potassium which can help with cognitive development. Butternut squash has potassium and high levels of Vitamin A to boost your immune function and help lower blood pressure. The Omega 3s in spinach will help brain function and increase your concentration levels. Apples, sage and oregano are an excellent combination for your mental wellbeing.

**Please send photos of your Pork Chops to our school twitter @wildernschool or Instagram wildern\_school**

## PiXL 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. This is an excellent resource that we really need to encourage your son or daughter to fully engage with.



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/u1Yq1a>

## The effects of physical activity on our brains

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In the lead up to exams, and any stressful time in our lives, exercise is crucial for relieving stress and helping our minds and bodies to cope.

You may think that taking a short period away from your studies would be counter-intuitive, but it is proven to be of significant benefit.



### 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](http://www.gcser.e.vision/p/calendar.html) and also on the school website calendar and also have been emailed to you

**Key Dates :** Practice Results Day: Thursday 20th December (available from 8 am)

CiDA exams 8th-11th Jan 2019,

PiXL WAve exams 25th Feb - 1st March

Year 11 Parent Eve 2 13th March

Easter Revision: Thurs 29th March— Fri 4th April

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

**'BELIEVE' (ft.Will Smith) - Motivational video Recently used in Assembly with all Year 11 students**

[https://youtu.be/9q\\_\\_aQFmhig](https://youtu.be/9q__aQFmhig)