

Prepare to Perform Update What should you be doing now?



Issue 5 February 2019

“Set your goals high, and don’t stop until you get there”



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

February Message from Mr Hastings

Year 11 are now looking to overcome their next challenge in the form of PiXL exams starting the first week back after February Half Term. Students should be looking forward to receiving improved grades from the November Practise Exams having had an extensive period of feedback and subject specific interventions. We have been working hard on supporting all students with their self-study and independent revision strategies; they should all be committing themselves to regularly attending ESP’s and making use of drop-ins in the LRC and various subject areas. We have placed great emphasis on the completion of exam questions under timed conditions at home rather than simply reading a revision guide or textbook, and teachers are expecting to receive these for marking. Whilst exam technique will be an ongoing focus for Year 11, all students are to be expected to be preparing themselves as best as they can for their forthcoming exams.

With the long, dark month of January done, Spring is firmly on the horizon and I know that our fantastic students are also starting to see their bright futures coming in to view also.

#leavenothingoutthere

Mix up their revision!



Same but different



Ask them to list four similarities and four differences between XXXXX and XXXXX.

A-Z (For revising in groups)

Give them a topic. They then have three minutes to try and think of a word related to the topic for every letter of the alphabet.

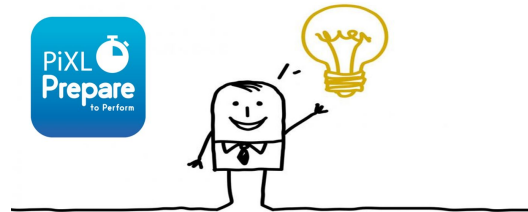
They then with a partner have two minutes to complete any spaces. Finally, they have one minute with a group to try and complete any outstanding spaces / compare ideas.



Show Me What You've Learned!

Ask them to draw and label a picture which represents what they have learned at school today. Ask them to talk through the picture and what it means to them.

Staying calm, feeling good, being effective



Top 10 tips to support your child through their exams

This month's TOP TIP 5; help your child control different aspects of their life to help them perform better when it comes to exam time next year.

5. Time Out

Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema

TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN



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

TUNA NICOISE

TUNA NICOISE, IT'S AN OLDIE BUT A GOODIE. SERVES 4.

2 large eggs
100g fine green beans, fresh or frozen
4 large, ripe tomatoes
100g pitted black olives, try to get the ones in oil
225g can tuna
1 Iceberg lettuce, ripped into chunks, washed and drained
8 teaspoons olive oil
Juice ½ lemon
40g croutons, you could use toast, cooled and cut into cubes
6 anchovy fillets, they add a lovely saltiness, but aren't for everybody

METHOD:

Bring a pan of salted water to the boil, add in the eggs and cook for 5 minutes, remove the eggs and add the green beans and cook for 4 minutes. Run both under cold water until fully cold.

Tip the tomatoes, olives and half of the olive oil into a bowl and mix gently.

Arrange the lettuce on plates and then top with the tomato-olive mixture, saving their flavoursome juices in the bowl.

Drain the tuna and build up the salad with roughly broken chunks.

Using the reserved juices left in the tomato mixture's bowl, make the dressing: whisk in the olive oil, lemon juice and pour over the salad.

Peel and quarter the almost but not quite hard-boiled eggs and add to the salad along with the croutons, anchovy fillets (if using).

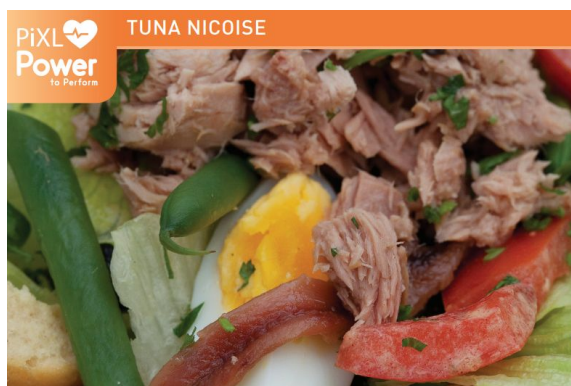
EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Maintains blood sugar levels, improves mood, mental alertness and promotes brain functioning.

The best time to eat this dish:

Lunchtime before an exam or revision session.

Reason: Eggs and tuna are both high quality protein sources and contain B vitamins, minerals, iron and zinc for improved mental functioning and immunity. Tuna and anchovies are high in Omega 3s which are essential nutrients for your brain. Green beans are rich sources of vitamins A, C, and K as well as Omega 3s again making them an awesome vegetable.



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

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. 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





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/CWp9R8>



Nutrition: Power to Perform – Energy levels

It is important that your son or daughter eats regularly throughout the day and avoids foods that are high in sugar such as pastries, sweets and fizzy drinks. Although they may taste delicious, they bring energy highs and crashes.

Aim to keep their blood sugar and energy levels stable by providing them with a combination of whole grain carbohydrates, proteins and healthy fats such as sandwiches, jacket potatoes, pasta etc.

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 : PiXL Wave exams in English, Maths and Science 25th Feb - 1st March

GCSE Drama Exams: 14th and 15th Feb

GCSE Food Exams: week beginning 4th March 2019

Year 11 Parent Eve 2 13th March

Easter Revision: Friday 5th April - Friday 12th April

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

Ten Top Tips For Success



START REVISING EARLY

An athlete does not train the day before a competition! Space out your revision. For example one hour over ten sessions is more effective than cramming. Spacing allows you time to forget and relearn.



GET FRESH AIR AND EXERCISE

You can't work all day and nor should you! Getting fresh air allows you to refocus and exercise helps you deal with stressful situations, reduces anxiety and increases self-esteem.



TEST YOURSELF

Test yourself at the end of a revision session. The most effective way to re-learn information is to practice using past papers or by quizzing yourself.



PUT YOUR PHONE AWAY

Phones (particularly social media) are distracting. When revising place your phone out of sight and out of mind.



TEACH SOMEONE

Teach what you have learned to a friend or family member. This requires you to learn and organise your knowledge in a clear and structured way.



CREATE A TIMETABLE

Revise in blocks (45 minutes studying, 15 minutes resting). Spend each hour on a different topic and schedule a longer break every 2.5 hours.



SLEEP

Have regular bedtimes, don't use your phone, turn off your TV or computer and keep your room dark and quiet to allow yourself to be refreshed for the day ahead.



EAT BREAKFAST

Skipping breakfast can reduce your ability to recall information effectively. Even something small can help your levels of concentration.



USE MIND MAPS

Don't simply highlight large chunks of text and hope to remember all of the information. You learn and recall information better by connecting key facts. Use mind maps to test your understanding and make these links.



UNDERSTAND HOW YOU LEARN BEST

What kind of learning suits you best? Are you a visual learner (uses mind maps and spider diagrams), auditory learner (revises out loud with a friend using Q&A techniques) or a kinaesthetic learner (uses games, revision cards and post it notes).