

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



Issue 4 January 2019

“You can't cross the sea merely by standing and staring at the water”



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

January Message from Mr Hastings

‘Happy New Year!’ As we have now entered the year 2019 it will no doubt, be getting very real for the ‘Class of 2019.’ I’m pleased to report, as expected, that students have come back in a refreshed and rejuvenated mood and are ready to tackle the last term and half. A full ESP programme will still be in place as well as a variety of other subject specific interventions. I know the Practise Exams have thrown up a number of emotions, mostly positive I hope, but I certainly hope they have served their designed purpose to show where all students are achieving, as well as where they need to apply themselves more. I was pleased to meet with a number of students and parents in the aftermath of results day and really hope students are feeling a lot happier about what needs to be done as we move closer to the summer exams. As I keep referring to in assemblies, year 11 is a process with a number of stages that all students need to go through and experience in order to best place themselves for success in May and June. As a school, we will continue to support and nurture your child, both academically and emotionally and look forward to your continued support in what is a very busy, but exciting time in the lives of all Year 11 students.

#leavenothingoutthere

Mix up your revision!



Mix up their revision after the Practice Exams. Try some of these with them!

Flash Cards

Write a question on one side of the card and an answer on the back. Show someone the question - can they get the answer?



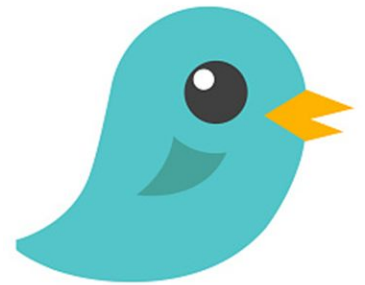
With you son or daughter, how many can you get right in two minutes?

Tweet Tweet!

Reflect on the a topic they want to revise.

Now, think about what they would write if you had to tweet about this.

Write their tweet – try to stick to **140 characters**.



Show Me What You've Learned!

Draw and label a picture which represents what they have learned today.

Next ask them to talk through their 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 4 is in two parts to help your child control different aspects of their life to help them perform better when it comes to exam time next year.

4. Healthy Eating



- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple of 'treat' meals / or meals out per week
- Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



4. Healthy Eating

Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams



A BALANCING ACT

Keep your sugar levels under control.

Carbohydrates

- Breads
- Rice
- Couscous
- Cereals
- Bran
- Potatoes
- Pasta
- Oats
- Cream of Wheat
- Corn
- English Muffins
- Pancakes
- Whole Wheat!
- Whole Grains
- Vegetables
- Squash
- Pumpkin
- Berries
- Fruits
- Sugars

Proteins

- Beans
- Chicken
- Turkey
- Egg Whites
- Fish
- Buffalo
- Bison
- Whey Protein
- Turkey Bacon
- Lean Beef
- Low/Non-fat cottage cheese
- Low/Non-fat greek yogurt
- Sprouted
- Grains
- Quinoa
- Most Yogurts
- Skim Milk
- Peas
- Eggs
- Salmon
- Bacon
- Chia Seeds
- Cottage Cheese
- Whole Fat Milk
- Duck
- Whole-Fat Yogurt
- Acocado
- Nut Butters
- Egg Yolks
- Nuts
- Oils
- Olives
- Flaxseed

Fats

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

- Green vegetables
- Nuts
- Pulses
- Fish
- Bananas

UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

- Green vegetables**
- Asparagus / Spinach
- Broccoli
- Yoghurt
- Chicken / Salmon
- Whole Grains / Brown rice
- Almonds / Pecans
- Eggs

MEXICAN CHICKEN ENCHILADAS

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

MEXICAN CHICKEN ENCHILADAS, CHIVE YOGHURT, BASHED AVOCADO, ROASTED TOMATOES. MAKES 2 ENCHILADAS PER PERSON.

METHOD:

Preheat oven to 180°C/Gas 4.

In a medium, non-stick frying pan over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the pan. Add the onion, yoghurt, chives, 125g Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, half of the chopped tomatoes, water, chilli powder, green pepper and garlic. Roll even amounts of the mixture in the tortillas. Arrange in a baking dish. Cover the rest of the tomatoes and the remaining 85g Cheddar cheese. Bake uncovered in the preheated oven for 20 minutes. Cool for 10 minutes before serving.



FOR THE AVOCADO SMASH:

Split the avocados, remove the stone and scoop out the flesh, roughly chop or smash and squeeze over the lemon juice, this adds flavour, but also stops the avocado from turning brown.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Energises you over a long period, makes you feel great, boosts memory and promotes healthy brain cells.

The best time to eat this dish: For lunch or an evening meal during peak exam period.

Reason: High in protein from the chicken and the yoghurt which will keep you full, give you energy and make you feel good. Tortillas are high in fibre and complex carbohydrates for more sustained energy and the iron content will help blood move oxygen around your body. Avocado is a superfood rich in stress relieving B vitamins, potassium and healthy fats

- 4 skinless, boneless chicken breast fillets
- 1 onion, chopped
- 225ml yogurt
- 1 bunch of chives, cut into thin rings
- 125g grated Cheddar cheese
- 1 tablespoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt (optional)
- 400g tomatoes, roughly chopped
- 125ml water
- 1 tablespoon chilli powder
- 5 tablespoons chopped green pepper
- 1 clove garlic, minced
- 8 flour tortillas
- 85g grated Cheddar cheese
- 2 avocados
- Juice from 1/2 lemon



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

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



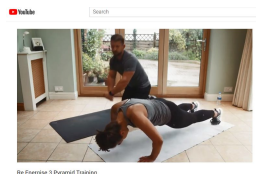
Following the year 11 practice exams, we have been able to link all of the question level analysis to the PiXL Maths App. This means that on each student's login of the PMA there will be personalised revision resources based on their areas of weakness from each of the three Maths papers. This is an excellent 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/8RtazD>

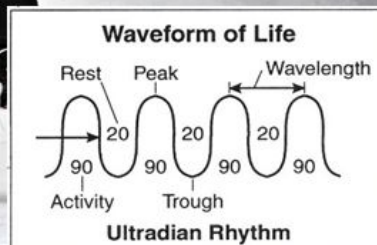
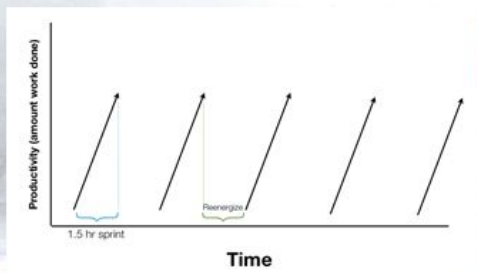


SS

During revision - work in 45 to 90 minute intervals

- Your brain uses up more glucose than any other bodily activity. Typically you will have spent most of it after 45-90 minutes
- So take a break: Get up, go for a walk, have a snack, do something completely different to recharge.

PRODUCTIVE PEOPLE WORK SMARTER, NOT HARDER.



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 :

Revision Wink 22nd Jan

PiXL Wave exams 25th Feb - 1st March

Year 11 Parent Eve 2 13th March

Easter Revision: Friday 5th April - Friday 12th 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