



Prepare to Perform Update What should you be doing now?

Issue 4 January 2025

“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 to prepare for their GCSE exams.

Happy New Year from Miss Cooper

I hope you all had a restful and enjoyable break and are now recharged and ready to face the challenges ahead.

As we begin this new term, the countdown to exams is on. The next few months will fly by, so it's important to stay focused and motivated. I hope that the practice exams have inspired Year 11 students to maintain their current level of effort or to strive for improvement.

The coming weeks will require great levels of resilience and determination. Now is the time to fully engage with learning and to take advantage of the abundant support available. Remember, there's only one chance at Year 11, and we will continue to provide care and guidance to every individual.

Please continue to work with us to make this time count and ensure your child achieves the outcome they deserve.

Miss Cooper



Mix up revision!

After the practice exams, mix up their revision. Try some of these with them or virtually with a friend!

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

Tweet Tweet!

Reflect on a topic they want to revise.

Now, think about what they would write if they 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.



Top 10 tips to support your child through their exams

Staying calm, feeling good, being effective

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/assessment time later this

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 Macro Cheat Sheet

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

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.

Please send photos of your Pork Chops to our school X @wildernschool or Instagram wildern_school



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>



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

ESP (Extra support programme)

ESPs are in place to provide additional support that students might need in a subject. It is important they attend and ask any questions they have whilst at these sessions. ESP dates can be [found here](#).

Key Dates : Year 11 Parents Evening 2

(Face to Face on School Site): 27th March 2025

Easter Revision: 7th April - 11th April 2025

Half Term Revision: 27th - 30th May 2025



English and Maths Practice Exams 2

Monday 10th February - Eng Lang 8.45AM

Monday 10th February - Maths P1 2PM

Tuesday 11th February - Maths P2 8.45AM

Tuesday 11th February - Eng Lit 11.30AM

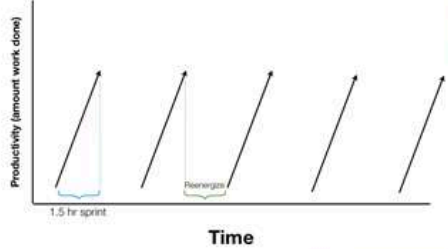
Wednesday 12th February - Maths P3 8.45AM

[Please click here for a full list of Key dates for Year 11](#) throughout the year ahead.

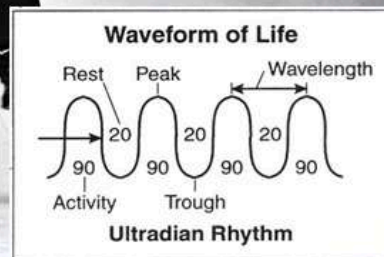
During revision - work in 45 to 90 minute intervals

- 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.



PIXL
Endurance



You might also like to try the [Pomodoro Technique](#) [Read more about this online](#)

How to encourage productive learning

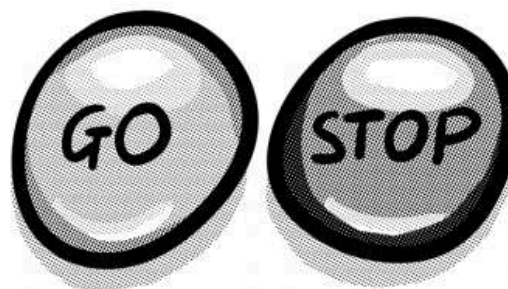
Did you know?



Having a tidy space can reduce stress and improve productivity. Another way to maximise opportunities for work and reduce distractions is to ensure the space is organised with everything needed for studying: laptop, books, pens and any other equipment. If you want to go a step further, plants are shown to not only create a calm space but also aid concentration.

Many people find approaches like the Pomodoro technique help to increase their levels of productivity as it allows for focused 'work' time for 25 minutes, and then a 5-minute reward break. It is often surprising how much we can actually achieve in short bursts of time when we are fully focused, with no distractions, and know that there is a clear end when we'll get to do something we want to.

Experts in nutrition stress the importance of healthy diets for ensuring the most effective working of our brains. For example, although caffeine and sugar can provide bursts of energy, consuming these can lead to significant dips in focus and energy. We also know that easy swaps can lead to more balanced nutrition and energy levels, like using wholegrains, nuts and berries.



What can you do?

Help your child to create a productive learning environment, a quiet space where they can work at a clear surface with as few distractions as possible. Encourage this to be a social media-free space.

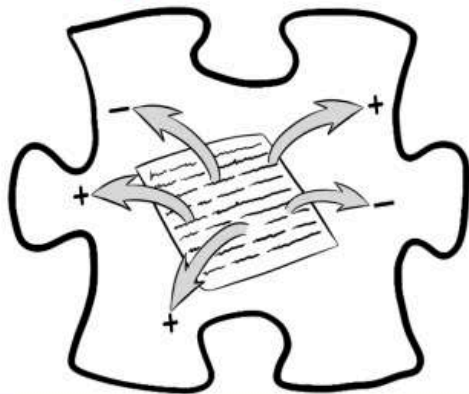
Sit down with your child and offer to help them create a timetable of study. Work with them to map out the free time they could use to study and the free time that should be 'work-free' so they can do things they enjoy. Plan out the subjects and units they know they need to work on and schedule these into their 'work' slots. If your child is receptive to doing this together, it can help them to see that they aren't expected to use

all of their 'free' time to study, and that taking breaks and investing time in their hobbies and friends is important and valuable for them and their wellbeing. If possible, when your child is studying, bring them some snacks and a drink to help sustain them.

Encourage your child to prepare – either by themselves or with you – recipes from our Power to Perform recipe cards to ensure that they are eating brain-boosting foods. These recipes have been designed by an expert in the field to ensure that your child has brain-boosting foods and drink at their fingertips.

How to support revisiting of learning

Did you know?



Remembering information is the first step for students in mastering higher level skills. For students to be able to explain, analyse, evaluate and create, they need to have a firm knowledge of the information and terms involved first.

Ebbinghaus' forgetting curve aims to show us how information can be lost from our memories over time when we don't strive to retain it. This forgetting curve suggests that we will halve our memory of new information in just days, unless we revisit learning to gradually move it into our long-term memory.

The more frequently that information is revisited and used, the more likely it is to move into longer term memories. Research shows that revisiting learning frequently is more effective than mass-revision. Unfortunately, many students report that they don't feel like it's working and they prefer larger and rarer chunks. Knowing this is useful for us, and the young people we care about, so we can talk about it and address this issue, even showing them typical forgetting curves and sharing examples of these.



What can you do?

As early as possible, encourage your child to make notes of the key information for topics they are studying. They may highlight these in a book/on a sheet, write them down onto flash cards, create a mindmap or record them in any other way that they wish. Colour-coding these can be a helpful tool in aiding revisiting as students can identify in green what they are confident with, orange what they are unsure they would remember long term, and code in red that information they didn't know until they wrote it down or don't fully understand and may need to explore further.

Encourage revisiting of topics frequently, using a home-learning schedule. Discuss with your child the need to revisit learning as they progress through units,

move onto next ones and come to the end of a term or year. Revision shouldn't be revising all the knowledge from the entire year; we should aim to revisit learning frequently to embed it into our long-term memories and then revise the higher skills using this knowledge as we go further into the course.

Encourage your child to find ways to address 'red' areas and weaknesses. This doesn't necessarily need to be seeking a teacher's help, it might be reading about it in a textbook, online or practising a particular skill. They may wish to use some of the resources PiXL have created as part of our Independence package to help them to consider areas of weakness and different ways they can address this.

Exam Guidance for Students and Parents Summer Season 2025

Wildern School aims to make the examination experience as stress-free and successful as possible for all candidates. This booklet will prove informative and helpful for you

and your parents. Please read it carefully and show it to your parents so they are also aware of the examination regulations and the procedures to follow if any problems occur. The awarding bodies (or examination boards) set strict criteria that must be followed for the conduct of examinations, and Wildern School is required to follow them precisely. Please pay particular attention to the JCQ Information for Candidates and Warning Notices included at the end of this booklet. If there is anything you do not understand, please let us know. [Click here to read more](#) and [here for the exam timetable 2025](#)

Attendance

The impact of poor attendance on GCSE grades for Year 11 students this year at Wildern and across the country is stark.

Students who had less than 80% attendance achieved two grades lower in EVERY subject in the summer GCSE results in 2024 at Wildern compared to those who attended for over 96% of the time. Students who attended 80-89% of the time achieved a whole grade lower in EVERY subject!

Missing lessons means missing learning opportunities, and valuable teacher feedback and having to spend time catching up, which can be challenging. If there is an unavoidable absence for any reason, it is vital that your child discusses this with their teacher on return to catch up on essential missed content and skills.

As we move into the winter months, students must look after themselves to promote good health. This includes eating well, exercising regularly, and adopting good hygiene and sleeping habits. See the recipe on page 4 for some healthy eating ideas.

