



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

Issue 2 November 2018

“Good, better, best. Never let it rest. 'Til your good is better and your better is best.”



**Welcome to issue two of the Prepare to Perform Newsletter. With the Practice Exams nearly here once again we are sharing a snippet of what has been happening at Wildern over the last month to support Year 11 students.**

*November Message from Mr Hastings*

*With the first half term done and dusted, I'm pleased to report that as expected Year 11 are well on the right track to success. Attendance at ESP's, Seminars and even the Library after school has been fantastic and I'm sure students will see the benefits of this extra application as they move closer to their practise exams this month. I hope the revision at home is going well, as well as utilising all those additional tips we have offered in order to help students look after themselves during exam season. The message to all remains simple - prepare well and the results will follow.*

#leavenothingoutthere

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

### A Different Form?

- Think about the information their teacher has given you to learn.
- Can they present it in a different way? E.g. flowchart, table, image etc.
- They have 8 minutes to transform it into a different form.



### Just a Minute

- With friends prepare a speech on a topic given to them by their teacher
- They have to speak about the topic for one minute without hesitation, repetition or deviation.
- The person who speaks for the longest time wins!

### ESP (Extra support programme)



ESPs are in place to provide additional support 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 [www.gcsere.vision/p/calendar.html](http://www.gcsere.vision/p/calendar.html) and also on the school website calendar they are also emailed to all students and parents

**Key Dates :** [Year 11 Practice Exams \(5th Nov - 16th Nov\)](#)

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

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

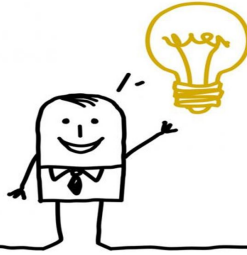
[GCSE Contingency Day - Wednesday 26th June 2018](#)



**Well Being Endurance Power to Perform Fitness Video:**

**How did you get on with last months exercise?**

**This Months Wildern fitness challenge** <https://goo.gl/WHx11w>



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

# Staying calm, feeling good, being effective

A toolkit to help your child control different aspects of their life to help them perform better when it comes to exam time. Every month we will share another top tip. Here is Tip 2; goal setting and links to the work we did in the Year 11 seminar days

## 2. Goal Setting



- **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about **'why'** and **'what'** they want to achieve



*At the recent Year 11 seminar sessions, 1 in 5 students couldn't tell us what their goals were short and long term. Further careers advice is available upon request.*



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

## FLORENTINE PIZZA

**FLORENTINE PIZZA; SPINACH, TOMATO, MOZZARELLA, BAKED EGG. THIS IS MY VERSION OF THE CLASSIC PIZZA, I AM SAYING THIS NOW SO THE 'PIZZA PURISTS' DON'T TELL ME OFF!**

### YOU WILL NEED:

6 eggs  
 1 bag baby spinach, washed and dried as well as possible  
 Mozzarella balls, for tearing

### THIS RECIPE MAKES ABOUT 3 GOOD SIZED PIZZA BASES:

500g flour (plain works but bread flour is better)  
 300ml water at blood temperature (shouldn't be hotter or colder than your finger)  
 10g fresh yeast or 5g dried yeast  
 10g salt  
 2 tablespoons of olive oil  
 For the tomato sauce; this keeps well in the fridge for at least a week!  
 500ml sieved tomatoes or passata  
 A good pinch of dried oregano  
 A bunch of fresh basil, leaves removed and stalks chopped  
 1 clove garlic, peeled and sliced as thinly as you can  
 Salt and pepper  
 A splash of vegetable oil

### METHOD:

Warm the oil in a saucepan, so that it gently sizzles, for 3 to 4 minutes. Pour in the sieved tomatoes, oregano and chopped basil stalks. Increase the heat and reduce the tomato sauce by half, it should be nice and thick. Taste, then add salt and pepper. Remove from the heat and chill until needed for your pizza base. Find the right bowl to make your dough in, or use an electric mixer bowl. It needs to be big enough to incorporate all the ingredients. Combine the yeast with the warm water in the bowl, let the yeast dissolve. To this add 50g of plain flour. Set the bowl aside in a warm place. After 20 to 30 minutes the yeast should have formed a sponge. Add flour, salt and olive oil to the

You can now place the mixture in the bowl of a food processor fitted with a dough hook. Alternatively roll up your sleeves and knead it by hand for 10 to 15 minutes on a lightly oiled work surface. Lightly grease the bowl with olive oil and return the dough to it. Cover with a damp tea towel and allow the dough to rise for 2 hours. Knock the dough back and allow to rise for a further half hour. Divide the dough into 2, 3 or 4 individual balls depending on how many pizzas you wish to make. Roll the pizza out, or if you're feeling brave, give hand stretching a go on a floured work surface to a thickness of 3 or 4 mm. Transfer to a baking tray and top with tomato sauce, spinach, mozzarella. Then, just as you push the shelf into the oven, crack a couple of eggs on top. Bake for 12 minutes or until your eggs are cooked the way you like, I like mine runny to dip my pizza crusts in.



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

Full of great brain food and helps concentration levels, keeps moods under control, feel fuller for longer.

**The best time to eat this dish:** A treat meal after an exam when you still have revision to complete.

**Reason:** Eggs are brilliant for keeping you fuller for longer and maintaining your energy levels. They are a great brain food and when coupled with spinach and tomatoes it is jam packed with anti-oxidants and an array of vitamins and minerals. This recipe will restore your energy.

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

**REVISION LINKS**

- [Year11Revision.co.uk](http://Year11Revision.co.uk)
- [@Year11Revision](https://twitter.com/Year11Revision)
- [Year11facebook.co.uk](https://www.facebook.com/Year11Revision.co.uk)
- [Year11videos.co.uk](https://www.youtube.com/Year11Revision.co.uk)

## PiXL Apps for Learning

At Wildern we are working with PiXL - Partners in Excellence. PiXL is an organisation that works with schools to develop new approaches to engage students in their learning.

We have purchased PiXL Apps to support students with their studies. These Apps are being shown to and launched to students throughout October.

Each student has a login and once logged in they can access the Apps for Mathematics, English Literature, History and Geography.



**Have these been downloaded by your child? Are they being used?**

**Click on the circles to see more**

### **Power to Perform**

### **Student Booklet**

**A guide to help you prepare for your exams**



[Click here](#) for the Student Power to Perform Booklet

Every student in Year 11 was given one of these booklets before half term and have been working on them in tutor time sessions have you seen it?