



# “The road to success has many steps”



**Welcome to issue one of the Year 11 Prepare to Perform Newsletter. Every month we are going to share with you a snippet of what has been happening at Wildern with a focus on supporting Year 11 students as they prepare for their GCSE exams.**

*Message from Mr Hastings*

*The summer seems like a distant memory now and already we are well into Year 11. You will no doubt have noticed that Year 11 has a very different feel about it; there is an even stronger focus on learning and the need to engage with all of the support on offer to them. Each student needs to have faith and trust and allow us to guide them through what will be a very busy and challenging year. My clear and simple message to them has always been the same; work hard, accept the help and they will be absolutely fine. I'm excited for them all, bring it on! #leavenothingoutthere*

### Mix up the revision!

If they have three exams in, say, English, Maths, and French, it's best if they revise English for 30 minutes, then Maths for 30 minutes, then French for 30 minutes and then cycle through again, rather than revising each one for a long time before switching.



### Practise retrieving the information

They don't want to get to the test and find out that they can't actually pull any of that studied material out of your memory. If they practise retrieving the information by asking themselves quiz questions, quizzing with a friend or you, or using flashcards, they will be able to review those areas that they have trouble recalling.

### ESP (Extra support programme)

ESPs are in place to provide any additional support they might need in a subject. It is important they attend and ask any questions they have whilst at these sessions. If you can help 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 have been emailed to all Parents and Students. Printed copies are available on the school reception.



**Key Dates :** Year 11 Parents Evening 1 Wed 10th Oct

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

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



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

**Why Fitness is so important watch this video** <https://goo.gl/NmyoSY>

**This Months Wildern fitness challenge watch this video** <https://goo.gl/6ZeduL>

'Exercise is really important to me – it's therapeutic. So if I'm ever feeling tense or stressed or like I'm about to have a meltdown, I'll put on my iPod and head to the gym or out on a bike ride along Lake Michigan with the girls.'

Michelle Obama



## 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 1.

## 1. Being a role model



**Set a good example by modelling the behaviour you want your child to adopt...**

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



Exam Guidance for Students and Parents Summer Season 2019 [click here](#)

## AAAA Assemblies

All students have this term had a bespoke assembly within one of four groups **Action**, **Aspire**, **Accelerate**, **Ambitions** these 30 minute assemblies were focused on how they can ensure that they achieve their full potential on Results Day next year.



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

(Every little helps as they say)

#### A DIFFERENT FISH FINGER SANDWICH

A DIFFERENT FISH FINGER SANDWICH. OR FISH BURGER.  
SERVES 4 AS A DIFFERENT KIND OF BUTTIE.

#### A DIFFERENT FISH FINGER SANDWICH. OR FISH BURGER. SERVES 4 AS A DIFFERENT KIND OF BUTTIE.

8 slices bread or 4 of your favourite buns  
2 whole haddock fillets, weighing about 300g in total, skinned  
1 small bag spiced or salted nachos, crushed to the size of breadcrumbs  
50g plain flour  
2 eggs, beaten

A pan of vegetable oil for shallow frying or a fryer, set to 175°C.



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

Helps improve mood,  
regulates blood pressure and  
stabilises blood sugars.

#### The best time to eat this dish:

At lunchtime before an exam or  
afternoon of revision.

**Reason:** Haddock is high in protein,  
low in fat and packed full of essential  
B vitamins. All the nutrients in  
this dish are useful for helping our  
bodies stay energised and motivated.  
Omega 3s stimulate brain function  
and increase your concentration.  
Wholemeal bread or buns will  
maintain your energy levels for  
longer and enhance your memory  
function.

#### METHOD:

Blitz or crush the nachos and pour into a bowl.  
Pour the beaten egg into a separate bowl.  
Place the flour into a third bowl and arrange them in the  
following order; flour, egg then crushed nachos.  
Cut fish fillets into finger sized pieces, resembling fish  
fingers.  
Place each piece of fish into the flour, then the egg and  
finally the nacho 'crumbs'.  
Once all the fish has been crumbed, carefully lower into the  
oil and cook for 4 to 5 minutes, until golden brown.  
Now the bun is up to you; I like mine toasted with lettuce,  
tomatoes, gherkins and mayonnaise, maybe even keep a  
few of those nachos for on the side.



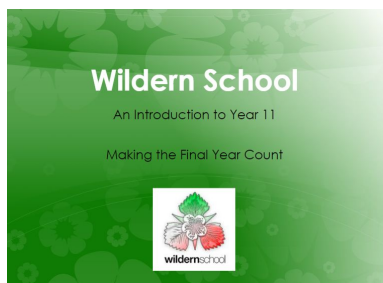
## PiXL Apps for Learning

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.

The apps are also available for iPad/iPhone and Android devices. These can be downloaded from the relevant app store from or by clicking below.

Each student has a login and once logged in they can access the Apps for Mathematics, English Literature, Geography, and History. Have these been downloaded in your house?



It was wonderful to meet so many of you at the Welcome to Year 11 Evening on the 19th September

Please find the slides from the evening by following [this link](#)



Finally, we have emailed the dates of the practice exams to all parents and students please [click here](#) for a copy

We have also shared an important letter about the GCSE Contingency day [click here](#)