



# Year 11 Parents' Information Evening

10<sup>th</sup> September 2019

Supporting your child's study

Jon Reeves  
Deputy Headteacher

Lucy James  
Assistant Headteacher

Justine Macalister  
Head of Year 11

## 1 The importance of acquiring knowledge

The new GCSE qualifications rely far more on memory than the previous courses did.

Knowledge needs to be acquired over a long period of time, not just immediately before the exams.

Re-visiting subject matter regularly over the coming months is key.

### On-line resources

#### **GCSEpod**

For all subjects.

Content is largely in the form of short video lectures.

Good for reviewing content of courses.

#### **SAMLearning**

For all subjects.

Variety of activities from reviewing content to answering questions with varying levels of demand.

Good for practising using the content.

#### **Seneca Learning**

A free online resource that has large question banks for each subject.

Log-in credentials will be sent out to students and parents once some housekeeping has been done.

<b>gcsepod.com</b>	Login using email address and password
<b>samlearning.com</b>	Centre ID: BA1OS User ID: Date of birth followed by your two initials (ddmmyyXX) Password: same as user ID unless you have changed it
<b>senecalearning.com</b>	Visit the site and sign up to use it.

## 2 Techniques for acquiring knowledge

### Revision posters

They should be largely image-based with the minimum amount of text possible.

Once they have been produced they need to be looked at frequently.

Good places include galleries up the stairs or along corridors, or around the bathroom mirror.

### Flashcards

Could be of the form of miniaturised posters – very good for reviewing in the car or bus.

Alternatively can be of the form of short answer questions, with questions on the front and answers on the back – good for self-testing or for a family member to do the testing.

Both should be produced and stored for use in the November mocks.

Make sure that they are clearly labelled with the subject and exam to allow them to be organised.

There is a second set of mock exams in March – resources produced for both sets of mocks will be useful in the summer.

### 3 Relaxation exercises

Primarily aimed at enabling students to calm themselves immediately before and exam, or during the exam if necessary.

Exercises need practising regularly in the coming months to program the brain during times of low-stress.

The aim of the exercise is to allow the rational, thought-making part of the brain to regain control in situations where the more primitive regions of the brain have taken over.

Mindfulness breathing exercises can achieve this quickly if they have been frequently practised.

Two examples are: *Take Five Breathing* and *Ratio Breathing*.

Self-help videos will be posted on the Instagram account @embrace\_the\_geek.

Mindfulness can also be used to reduce stress over the coming months.

Headspace.com is a commercial website but offers a free introductory course of 10 minute meditation exercises.

Further reading on the cognitive theory:

*The Marshmallow Test* by Walter Mischel.

## 4 General Information

Students will be given information about all of the extra-curricular support being offered by each subject.

Where teachers specifically request students to attend this will be communicated to students and emailed home.

Loyalty card is primarily aimed at rewarding attendance, but would also allow parents/carers to monitor which sessions have been attended.

Exam board websites have past exam papers and mark schemes to download, or specimen material if it is a new course.

As a rule of thumb the time available for each question is one minute per mark.

Subject details are listed opposite, the QAN code is unique to each qualification and is included in case there is any confusion over exactly which course is being studied.

### Exam board websites

[www.aqa.org.uk/qualifications](http://www.aqa.org.uk/qualifications)

<https://qualifications.pearson.com>

[www.ocr.org.uk/qualifications/gcse/](http://www.ocr.org.uk/qualifications/gcse/)

[www.eduqas.co.uk/qualifications/](http://www.eduqas.co.uk/qualifications/)

<b>Subject</b>	<b>Exam Board</b>	<b>QAN</b>
Art (Fine Art)	OCR	60180869
Art and Design: Photography	AQA	60180882
Biology	AQA	60187529
Business Studies	EDUQAS	60303050
Chemistry	AQA	60187578
Child Development	OCR Cambridge National Level 2 Certificate	60175370
Combined Science (Trilogy)	AQA	6018758X
Computer Science	OCR	6018355X
Creative iMedia	OCR Cambridge National Level 2 Certificate	60070432
Dance	AQA	60185491
Design and Technology: Textiles	AQA	60309842
Design and Technology: Product Design	AQA	60309842
Drama	EDUQAS	60184206
English Language	EDUQAS	60145055
English Literature	EDUQAS	60152461
Food prep and nutrition	EDUQAS	60180936
French	AQA	60189009
Geography	AQA	60184103
History	AQA	60182179
Maths	PEARSON EDEXCEL	60147003
Media	EDUQAS	60311150
Music	AQA	60183615
PE	AQA	60182799
Physics	AQA	60187517
Religious Studies A	AQA	60184000
Sociology	AQA	60307985
Spanish	AQA	60181606
Sports Studies	OCR Cambridge National Level 2 Certificate	60051231

## Notes

A series of horizontal dotted lines for writing notes.