

# Year 11 Information Evening

22<sup>nd</sup> October 2024

While you wait:

See what you can learn from the flashcards

- What are the themes?
- Can you memorise any quotes?
- Are flashcards 1-3 more useful than 4-10



Jon Reeves  
Deputy Headteacher

Henry Ashcroft  
Head of Year 11

Hannah Fleming  
Assistant Headteacher

# Year 11 Information Evening

22<sup>nd</sup> October 2024

- Year 11 Exams
- Flashcards for revision
- Your role?



Jon Reeves  
Deputy Headteacher

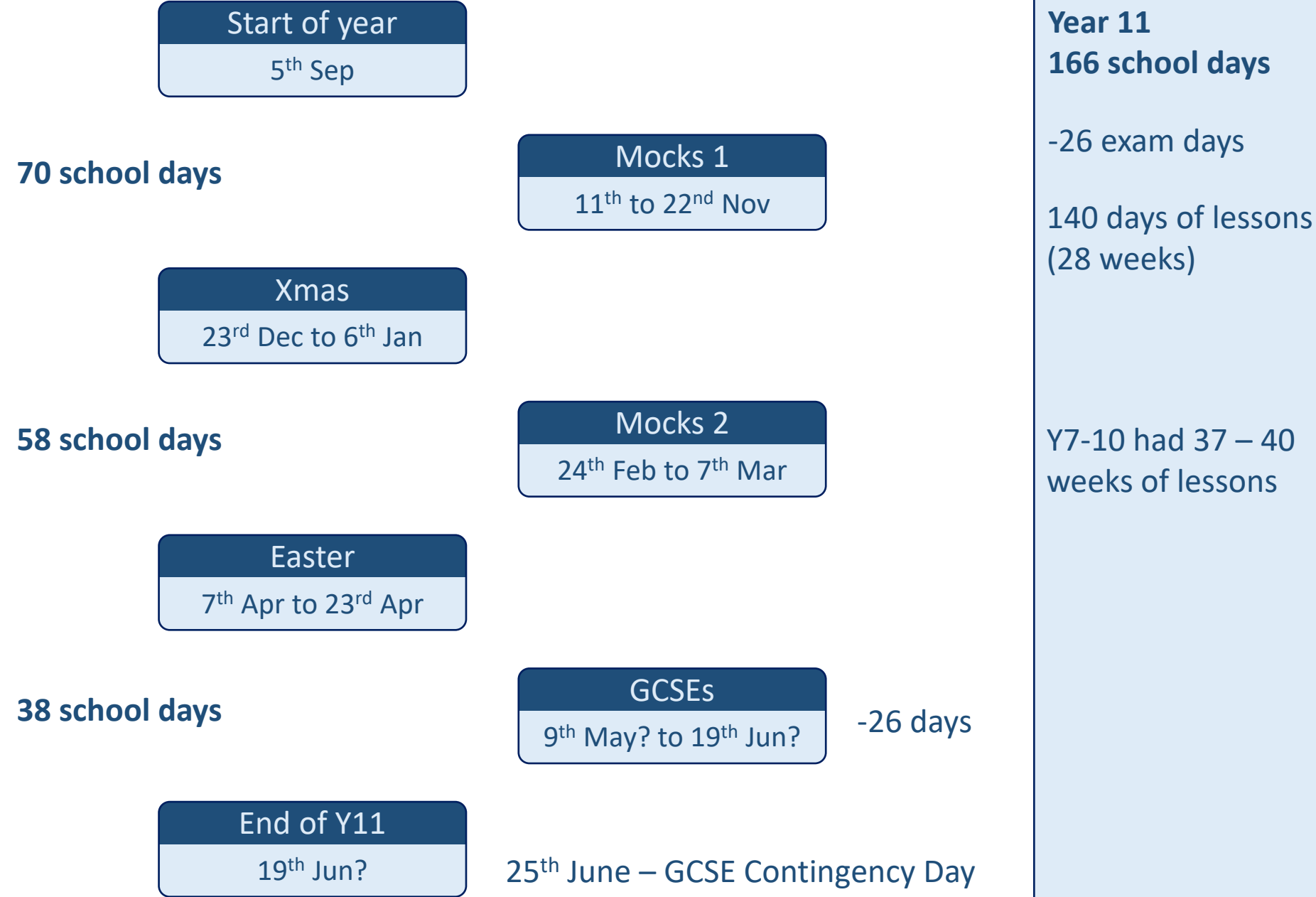
Henry Ashcroft  
Head of Year 11

Hannah Fleming  
Assistant Headteacher

# Year 11 Exams



The flow of the year



## Should we do mocks?

Yes	No
<p data-bbox="410 354 1103 454">Students are familiar with the exam setup</p> <p data-bbox="410 525 1195 625">Students get to practise at writing for up to 2 hours</p> <p data-bbox="410 696 1126 796">Teachers are able to identify areas of weakness</p> <p data-bbox="410 868 1128 968">Students are able to identify areas of weakness</p> <p data-bbox="410 1039 1116 1196">If effective revision is done then it provides a foundation for the end of year revision</p>	<p data-bbox="1347 354 1735 396">We lose lesson time</p> <p data-bbox="1347 468 2147 568">Students have three exam seasons in one year</p>

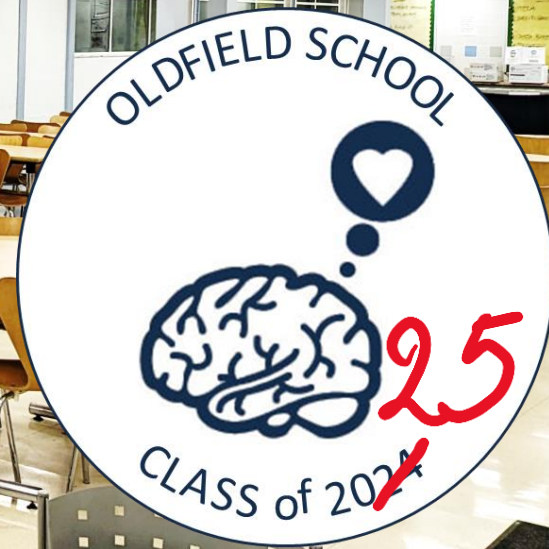
# Starts Monday October 14th

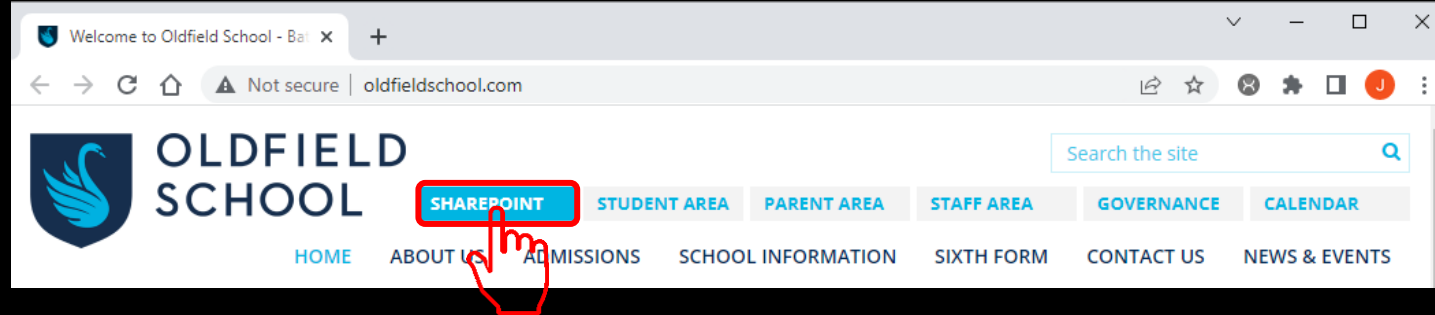
Hot Chocolate, biscuits, pop-up pizza

Laptops  
Teachers

# StudyZone

3 – 4 pm





The school SharePoint site is available from the website homepage.  
Login using your child's school login details.  
Access the Super Curriculum resources to support independent revision.

**Use the link below** for a guide to how it can be used.

[Try the Super Curriculum at home for parents](#)

Students have been given this booklet in tutor time to support their preparation for the mock exam.

It includes:

- Exam timetable
- Subject information
- A grid to create a revision timetable

**Year 11**

**Revision Booklet**



**OLDFIELD  
SCHOOL**

**Name** \_\_\_\_\_

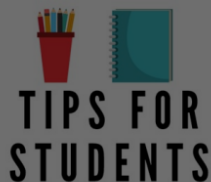
**Tutor Group** \_\_\_\_\_



Thurs 21 <sup>st</sup> = Nov	<b>Business Studies</b> - Component 1: 1hr15minutes		<b>Music Listening:</b> 1hr15minutes	
Friday 22 <sup>nd</sup> Nov	MOP UP		MOP UP	

YEAR 11 MOCK EXAMS 11<sup>th</sup>-22<sup>nd</sup> NOVEMBER

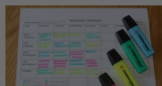
	<b>Exam 1</b> 8.30 – 10.55am	Break	<b>Exam 2</b> 11.20 – 1.20	Lunch	<b>Exam 3</b> 2.00pm – 3.00pm
<b>Week 2</b> <b>Monday 11<sup>th</sup></b> Nov	<b>Maths</b> - Paper 1 non calculator: 1hr30minutes		<b>Geography</b> - Combined Paper: 1hr30minutes		<b>French Higher Listening</b> 45 mins
<b>Tuesday 12<sup>th</sup></b> Nov	<b>History</b> - 1hr30minutes		<b>PE Exam</b> - 1hr 15mins		<b>Spanish foundation listening</b> 35 mins
<b>Wed 13<sup>th</sup></b> Nov	<b>Biology</b> - Paper 1: 1hr15 (combined) 1hr45 (separate)		<b>French and Spanish Writing</b> Foundation-1 hr Higher- 1 hr 15mins		<b>French and Spanish Reading:</b> Foundation-45mins Higher- 1 hr
<b>Thurs 14<sup>th</sup></b> Nov	<b>English Literature</b> - Paper 1: 1hr45mins		<b>Child Development:</b> 1hr15minutes <b>Drama:</b> 1hr30 minutes		
<b>Fri 15<sup>th</sup></b> Nov	<b>Physics</b> - Paper 1: 1hr15 (combined) 1hr45 (separate)		<b>RPE:</b> 1hr30minutes		<b>Spanish Higher Listening</b> - 45mins
<b>Week 1</b> <b>Mon 18<sup>th</sup></b> Nov	<b>Sociology:</b> 1hr30minutes <b>Dance:</b> 1hr		<b>Media Studies:</b> 1hr30minutes		<b>French foundation listening</b> 35 mins
<b>Tues 19<sup>th</sup></b> Nov	<b>Maths</b> - Paper 2 Calculator: 1hr30minutes		<b>Food Prep and Nutrition:</b> 1hr30minutes <b>Computer Studies</b> - Paper 1: 1hr30 minutes		
<b>Wed 20<sup>th</sup></b> Nov	<b>Chemistry:</b> Paper 1: 1hr15 (combined) 1hr45 (separate)		<b>Product Design:</b> 1hr30minutes <b>Textiles:</b> 1hr30minutes		



Rather than allow yourself to get stressed start now. The sooner you start = the least amount of stress. Don't listen to other people just focus on what you want to achieve.



Plan, realistic revision timetable – break it into small chunks, today I will revise (pick one small and easy section). Set goals-have a start and finish time and stick to it.



## SUBJECT HELPSHEET

Subject	First topics to revise	All other topics in the exam
RPE	Same-sex relationships, punishment, Jesus, Prophets Use the pink, yellow, purple or green KOs. Revise the key terms, revise quotes, do the exam practice at the	Comp 1: Issues of relationships: marriage, divorce, same-sex relationships, gender, contraception

Subject	First topics to revise Will appear on the mock exam	All other topics in the exam May appear on the mock exam
RPE	Same-sex relationships, punishment, Jesus, Prophets  Use the pink, yellow, purple or green KOs. Revise the key terms, revise quotes, do the exam practice at the back of the KOs, come to essay masterclasses N13 P6, SC homework videos.	Comp 1: Issues of relationships: marriage, divorce, same-sex relationships, gender, contraception  Issues of good and evil: punishment, reform, retribution, prison reformers, problem of evil, prisons, forgiveness  Comp 2+3: Christian beliefs and teachings: God, Bible, creation, Jesus,  Muslim beliefs and teachings: Prophets, afterlife, angels

Don't put anymore pressure on yourself, the one thing that makes everyone proud is doing your best.

Sleep! Sleep allows you to learn better, when you sleep you commit what you've learnt to memory. Excessive sleep loss increases feelings of stress and makes it harder for you to control your emotions.

When revising, before bed put your phone away. It is addictive, our brains are obsessed with notifications and the blue light emitted keeps our minds awake and stops us getting to sleep.

Sociology	Theories of family, marriage and divorce, internal and external reasons for achievement	Theories (Functionalist, Marxist, Feminist), Research methods (PET strengths and weaknesses of each method), gender roles, marriage and divorce, internal and external factors in education and achievement, marketization, class and achievement
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Subject	First topics to revise	All other topics in the exam
Food Preparation and Nutrition	<ul style="list-style-type: none"> <li>Nutritional needs of preschool age children – what nutrients are required at this stage of life, eating habits and healthy eating ideas (Eat Well Guide) .</li> <li>Fair Trade – Products, why do people choose to buy them, benefits</li> <li>Nutritional needs of adults – ways to reduce fat in their diet, Eat Well Guide, 5 A Day, fat alternatives</li> </ul>	<ul style="list-style-type: none"> <li>Basic nutrition – micro nutrition and micro nutrients</li> <li>Carbohydrates – Functions in the diet, types and uses within the body</li> <li>Fibre - Functions in the diet, types and uses within the body</li> <li>Milk and Milk products – uses, nutritional information, alternatives and types of heat treatments for example pasteurisation</li> <li>Milk and Milk products – homogenization</li> <li>Milk and Milk products – how milk is made into other dishes such as butter, cheese or yoghurt</li> <li>Sensory Testing – setting up a tasting panel and using profile testing (star profiles to record results gathered)</li> <li>Sensory Testing – 5 senses</li> <li>Nutritional needs of preschool age children – what nutrients are required at this stage of life, eating habits and healthy eating ideas (Eat Well Guide)</li> <li>Raising agents – Chemical, biological and mechanical</li> <li>Fair Trade – Products, why do people choose to buy them, benefits</li> <li>Fish – classifications, nutrients, benefits to the body, how to fillet a fish, sustainable fishing supply e.g. fish farming,</li> <li>Protein – High biological value, low biological value, vegetarian and vegan alternatives</li> <li>Preserving Methods –</li> <li>High Temperature – Pasteurisation, Sterilisation, Ultra Heat Treatment (UHT), Canning</li> <li>Low Temperature – Chilling, Blast Chilling, Cook-Chill, Freezing, Dehydration (drying)</li> <li>Using Acids – Vinegar, Salt, Sugar</li> <li>Fats – Functions in the diet, types and uses within the body</li> <li>Nutritional needs of adults – ways to reduce fat in their diet, Eat Well Guide, 5 A Day, fat alternatives</li> <li>Nutritional information and ingredient list – why are these important to the consumer when planning meals.</li> </ul>

Subject	First topics to revise	All other topics to revise
	1) The 5 Anthology Works - lighting, costume, setting and accompaniment as well as the stimulus and intention of each dance.  2) Students will need to revise action, space, dynamic and relationship vocabulary for the choreography section.  3) Students will also need to revise Safe Practice and being a healthy dancer.	Section C The Anthology works - A Linha Curva, Artificial Things, Emancipation of Expressionism, Infra and Shadows.  Students will also have a Section A where they need to choreograph a dance based on a stimulus.
Dance		
Business Studies	Globalisation, legislation (employment law), business ownership (inc. liability), elements of the business plan, quality control and assurance, business location factors, economies of scale, aims and objectives, stakeholders, business plans, benefits of good customer service, methods of production, methods of business growth, recruitment process, training methods, motivation (financial and non-financial methods), organisation charts, the supply chain/procurement	
Design and Technology - Textiles	8. Soldering - electronic components 9. Ergonomics and anthropometrics 6. Quality Control	1. Manufactured boards and Timber (including wood conversation) 2. Wood finishes 3. Tool health and Safety 4. Textiles - Modern materials and Kevlar 5. Just in time manufacturing 6. Quality Control 7. Forces and mechanisms 8. Soldering - electronic components 9. Ergonomics and anthropometrics 10. Modelling and Prototyping
Chemistry (Combined and Separate)	Acids and their reactions, Groups in the Periodic Table; Alloys	C1 – Atomic structure and the Periodic table; C2 - Bonding, structure and properties of matter; C3 – Quantitative Chemistry; C4 – Chemical Changes; C5 – Energy Changes
Biology (Combined and Separate)	Cells and microscopes/magnification; Food tests and digestion; Osmosis	B1 – Cell Biology and Transport; B2 – Organisation; B3 – Infection and response;
Physics (Combined and Separate)	(1) Current, Voltage, Resistance and Power; (2) Energy Stores and Transfers; (3) Nuclear Radiation and half-life	P1 – Energy ; P2 – Electricity ; P3 – Particle Model of matter ;

Revision Timetable

Half term week	Mon 29th	Tues 30th	Wed 31st	Thur 1st	Fri 2nd	Sat 3rd	Sun 4th
Morning <i>Times</i>							
Afternoon <i>Times</i>							
Evening <i>Times</i>							

# Flashcards



Henry Ashcroft  
Head of Year 11

**Further evenings this year**

**Study Skills Evening**

**Exams information evening**

## Flashcards

There are different approaches to this one

Front of card: Question

Back of card: Answer

Tips:

- Index them – complicated to manage with lots of flashcards
- Add images to help remember facts

# Flashcards

There are different approaches to this one


Front


**Index**  
English Literature: **Macbeth** (flashcard 1)


**Question**

**Macbeth**

2 quotes on the theme of **guilt**









**Images**


Back

**Index**  
English Literature: **Macbeth** (flashcard 1)

**Answer**

 "Macbeth shall sleep no more!"

 "My hands are of your colour, but I shame to wear a heart so white"  
(LM to Macbeth)





## Flashcards

There are different approaches to this one

Front of card: Question

Back of card: Answer

Tips:

- Index them – complicated to manage with lots of flashcards
- Add images to help remember facts

Test yourself / get someone to test you

Two piles:        1 Incorrect – test again tomorrow  
                      2 Correct – test again at end of week

Use two paper clips to keep them organized

# Your role?



Hannah Fleming  
Assistant Headteacher

# How can parents/carers help students survive the exam season? (and survive themselves).

**9 GCSE subjects = 26 –33 hours of exams!**



Be Kind, Be Ambitious, Be Resilient



# Routine is Key!



- They have 8-9 months left.
- It is time for our students to get started!
- **What can we do as parents/carers?**
- A quarter of British parents reported their mental health was negatively affected by having children taking exams.



Be Kind, Be Ambitious, Be Resilient





# Tips on how to enjoy the next 8/9 months.

1. Provide a study space.
2. Help your child to plan their revision timetable - Help them to plan their week.
3. Look forward!



Be Kind, Be Ambitious, Be Resilient



## 4. Put phones away!

- The average phone time for UK teenager is 8-9 hours a day!
- Excessive use can lead to a wide range of negative consequences including:
  - **reduced concentration** and **memory**.
  - **increased stress, anxiety** and **FOMO!**

## 5. Do not Skip breakfast!

Research	Include	Add
Research shows that pupils and students who eat breakfast perform better in exams.	For the best breakfast, include slow-release carbohydrates, such as porridge, whole grain toast or muesli, as they provide slow-release energy.	Add a protein food, such as milk, yoghurt or eggs, to keep you feeling full for longer.





# Exam-day breakfasts!



Be Kind, Be Ambitious, Be Resilient

## 6. Stay Hydrated!



## 7. Get Outside!

- A Government report said that **75%** of children in the UK spend less time outside than **prison inmates**.
- Encourage your student to get outside.
- Researchers found that students who take a break in **natural surroundings** felt more refreshed and subsequently performed 20% better on returning to their revision.



Be Kind, Be Ambitious, Be Resilient



## 8. TALK! Do you know where to go for help and advice?

**Stress** is part of normal daily life.

A little bit **can be a stimulus and motivator** for action by encouraging you to drive this energy into something positive and productive.

Talking about how they are feeling will make it easier for students to **recognise the signs** in themselves and help them seek support or advice to remain in control.

**Ask for help. Think about all the practical support you need**



**Staying well during  
revision and exams**



Be Kind, Be Ambitious, Be Resilient

## **Any warning signs?**

- Loss of interest in the things they usually love or stopping activities that they enjoy.
- Withdrawing more than usual from friends, family and community.
- Losing hope.
- Changes in sleep, food habits?

## **We are here to help.**

- Tutor.
- Head of Year.
- Safeguarding team.
- Counselling services.
- GP/ School Nurse / CAMHS /Social Care.



## 9. SLEEP Routine!

- Be firm about bedtime.
- Having a consistent sleeping pattern is one of the most essential things for getting through the next few months. Under- and over-sleeping are as bad as each other. **Aim for between 7 and 9 hours.**
- Working through the night and sacrificing sleep is counterproductive.



Be Kind, Be Ambitious, Be Resilient

## 10. Attendance.

- Have high expectations for them, our shared aim is for all students to attend school 100% of the time
- Contact the tutor if you have any concerns
- Make a plan with your student that enables them to get to school on time everyday.
- Communicate any concerns or issues with the school so that there is a joined-up approach between family and school to support your child



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