





Year 11 Strategy Evening

Welcome

Mr McGinty





We Have An Opportunity To Achieve Something Special

Mr Clark

Why Is This Year So Important?

We want every pupil to leave with everything they need to take the next step in their journey.

- Without a grade 4 in Maths and English, pupils will be required to resit at College. The pass rate at College is about 20% when resitting.
- Most colleges and employers want at least 5 qualifications at grade 4+ inc. English and Maths.
- We cannot be aiming to just 'pass' this year.
 - We all must have a 'grade 5 or higher' mindset.
- Only 20% of pupils nationally achieve a Grade 7 in Maths or English. This percentage is similar and, in many cases, lower in other subjects.
- Competition for jobs is fierce and your qualifications will help set you apart from the rest.

Tonight is about making sure our pupils achieve everything they need for a bright future.

Your Child Needs To Thank You

Five years ago, as parents and carers, you made a decision that now places your child in the best school in Rochdale for outcomes.

1st for Maths & English at 4+ & 5+

1st for English at 4+ & 5+

1st for Maths at 4+ & 5+

1st for Science at 4+

1st for average grade achieved across all subjects

The main reason we are number one is the partnership between Hollingworth and our Year 11 pupils, parents and carers.

Record Breakers

Last Year's Y11 pupils broke records in all areas.

Maths & English at Grade 4+, 5+ & 7+ - All records broken!

Maths at Grade 4+, 5+ & 7+ - All records broken!

English at Grade 4+, 5+ & 7+ - All records broken!

Science at Grade 4+, 5+ & 7+ - All records broken!

Average grade achieved across all subjects - Record broken!

Can we be record breakers this year?

How Do We Compare?

- These Year 11 pupils conducted themselves during the mock exams even better than our previous Year 11 pupils did when they were in Year 10.
 - They also had more of a desire to 'prepare' for the mocks.
- Their attendance was 1.1% higher than our previous Year 11 pupils when they were in Year 10. It is also currently higher when compared to our previous Year 11 pupils at this time last year!
- Their A2L average at the end of the Year 10 was higher than our previous Year 11 pupils at the end of Year 10.

How Do We Compare?

	End of Year 10	End of Year 10
	Forecasts 2024	Forecasts 2025
Maths and English 4+	76%	81%
Maths and English 5+	48%	58%
Maths 4+	79%	83%
Maths 5+	56%	70%
English 4+ (Best of)	83%	87 %
English 5+ (Best of)	63%	64%
5 x Grade 4+ (Inc. EM)	74%	78%
Grade 4+ (2 x Sciences)	76%	79%
Average Attainment	4.8	4.9

How Are We Going To Break Records?

Below are just a selection of what our Year 11 pupils will be involved in this year:

- Period 6, Monday to Thursday until 4pm starting mid-January.
 - For some pupils period 6 has started.
 - If a pupil is unable to attend, we need contact from the parent/carer just like we would for a pupil needing to leave during the school day.
- Subject-specific tutor groups every day.
- Extra sessions on Saturdays and Sundays.
- Revision sessions during the school holidays.
- Revision sessions at 8am before every morning exam.
- Online revision sessions in the evenings.

There is an 'even bigger' buzz about our new Year 11 pupils.

Qualifications

In previous years, Year 11 pupils took examinations in nine qualifications. This included four option choices.

However, following feedback from pupils, parents and teachers, along with visits to several other schools, we decided to reduce this to eight qualifications by only doing three option choices. We firmly believe this will benefit our pupils this year because:

- They now have an extra hour in Maths, English and Science.
- They have less exams to prepare for during an already busy exam season.

These benefits come at no cost as pupils are still sitting the number of qualifications recommended by the DfE (8).

Last year's Year 11 pupils were the first year group to benefit from this change.

Can We Drop A Qualification?

We do get requests each year for a child to drop qualifications.

We are obligated to provide our pupils with at least eight qualifications, so this is not something we can accommodate.

There are occasions where extreme circumstances mean a pupil is removed from a subject for the wellbeing of the child. However, this does require extensive supporting documentation from relevant professionals and is a very rare occurrence.

Year 11 Dates To Look Out For

Year 11 Strategy Evening	7th and 9th October 2025	
Mock Preparation Guidance	Autumn Term	
Mock Exams (All subjects)	10th November to 5th December 2025	
Mock Results Day	Week commencing 15th December 2025	
Be the Best Week	19th January to 23rd January 2026	
Parents' Evening	22nd January 2026	
Compulsory after school revision sessions begin	After February half term	
Mock Exams (All Subjects)	2nd March to 31st March 2026	
Saturday School (Selected Pupils)	25th April onwards	
GCSE and BTEC Examinations begin	Provisionally 5th May 2026- TBC	

Also keep your eye on the following:	
Departmental assessments throughout the year	Masterclasses
Additional after school sessions	Holiday sessions

Year 11 Reports

You will be sent progress reports on 18th December and April 2nd. Please keep an eye out for these in your emails. They will also be available on the Arbor app.

Attendance* 100.0%	Lates 1	Unauthorised Absences 0	Authorised Absences 0	
RISE Points 189	FALL Points -1			Report date 31 Mar 2025

Course	Target	Forecast Grade	KS4 Progress Comment	Year 11 Mock Exam Grade	Year 11 Mock Grade (Double Award)	KS4 A2L	KS4 A2H
English: English Language	6	6	Working AT expected progress	6		3	3
English: English Literature	6	7	Working ABOVE expected progress	7		3	3
French: French	6	6	Working AT expected progress	5		3	3
Geography: Geography	7	5	Progress is a CONCERN	5		4	4
Mathematics: Mathematics	6	6	Working AT expected progress	5		3	3
Religious Education: Religious Studies	7	8	Working ABOVE expected progress	9		4	4
Science: Combined Science	8-7	6-6	Working BELOW expected progress		6-6	3	3

Attendance

Your child's attendance this year will have a hugely significant impact on the qualifications they leave Hollingworth with.

- If their attendance is **above** 90% they are:
 - Twice as likely to secure a Grade 4 or above in both Maths and English.
 - Four times more likely to get a Grade 5 or above in both Maths and English.
 - Four times more likely to get 5 x GCSEs Grade 5 or above (including Maths and English).
 - Four times more likely to get a Grade 5 or above in those 5 qualifications.
 - Eight times more likely to get a Grade 7 or above in Maths and English.

Our pupils achieved 577 Grade 7s or higher last year. 95% of those came from pupils with an attendance above 90%.

85% of those came from pupils with an attendance above 95%.

Attitude

Attendance will play a huge part in your child's success this year but turning up is not enough. Your child's attitude this year will also have a hugely significant impact on the qualifications they leave Hollingworth with.

Group A A2L

3s and 4s

Group B

A2L

2s and 3s

Group C

A₂L

1s and 2s

Average Grade

6.1

Average Grade

3.54

Average Grade

1.33

Pastoral Support

It is crucial we speak to each other.

- Form Tutors are your first port of call.
- Mrs Begum Pastoral matters rbegum@hollingworthacademy.co.uk
- Mr Drews Behavioural matters cdrews@hollingworthacademy.co.uk
- Mrs Robinson Safeguarding matters brobinson@hollingworthacademy.co.uk
- Mrs Wallace Attendance matters kwallace@hollingworthacademy.co.uk
- Mr Clark Academic matters kclark@hollingworthacademy.co.uk

Exam Policies

Information relating to GCSE exam policies and guidance can be found on the Hollingworth Academy website under – **Exams Information**

Here you can find information on:

- JCQ Regulations Information for Candidates
- Subject Exam Boards
- Exam Policies
- Exam Timetables

Please note that exam policies will be updated over the next few months in line with official JCQ policy changes.

Access Arrangements

Access arrangements allow pupils with specific needs to have equal access to assessments. In line with JCQ policy, they **must** be a pupils 'normal way of working'. This means that pupils will be using their access arrangements currently within lessons and assessments.

If your child is entitled to access arrangements, then you will have received an email from the SEND team at the end of last week.

If you have any queries, then please email Mrs Inman: cinman@hollingworthacademy.co.uk

Trust Us

If you have any concerns, please communicate with us.

Your child's best interests are at the forefront of everything we do at Hollingworth.

You may not always agree with our approach and please contact us straight away if you have any concerns.

If we all work together this year, I firmly believe our Year 11 pupils can achieve something truly special.







English Language and English Literature

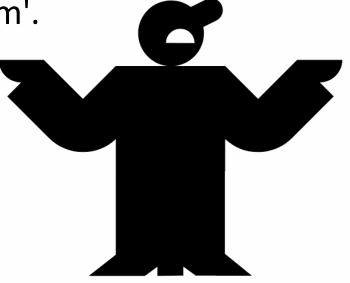
Mr Rogers

Why?

• 'Sir I revised but it didn't stick in my head'.

'Miss, I revised but forgot it all when I got into the exam'.

'Sir, how do you even revise?'



Created by Ivan Colic from Noun Project

Revision

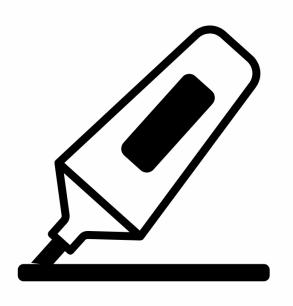
The difference between knowing and 'thinking you know....'





Memory

Some pupils have misconceptions about revision strategies....



One of the most common is that re-reading notes and highlighting them is a form of revision.

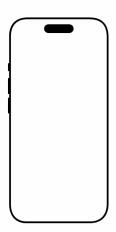
It isn't.

Because pupils are doing something, they think they are revising, but this isn't effective revision.

Example

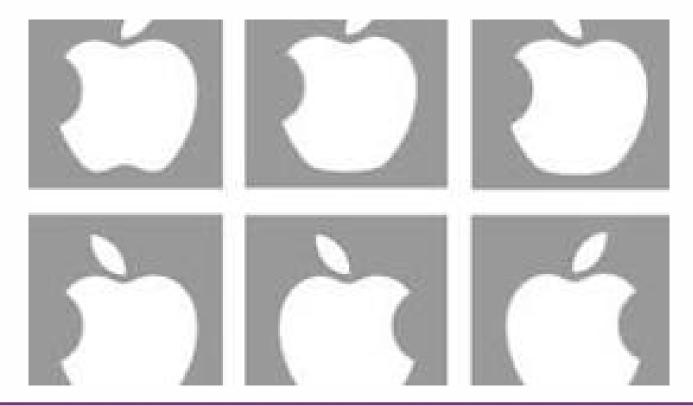
- If I asked everyone in this room if they know what the Apple logo is, most of you, if not all, would say yes.
- Some of you see the logo every time you go into Manchester.
- Some of you see it on television commercials.
- Some of you will even have an iPhone...





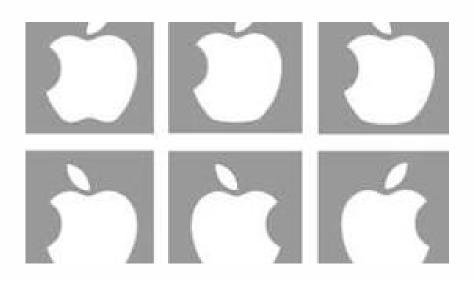
Example

- But then if I put these up on the screen, and ask you again...
- How confident are we all now (without looking at our phones).



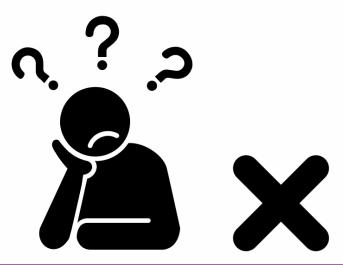
Example

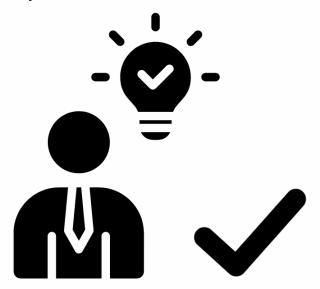
- This is the same thing pupils go through when they use ineffective revision strategies.
- They go into the exam thinking they know, but when they are faced with the actual exam, the discover that, they don't...



Revision

- This is how your memory and your mind can play tricks on you.
- Unless you are using effective revision strategies, you will not remember information for your exams.
- This is what myself and my colleagues will be speaking about today.





English Language Exam:

- 1) We know what the questions are going to be.
- 2) We know what skills are being tested on each question.
- 3) The only thing that changes is the text (Fiction/Non-Fiction).

PAPER ONE - 1 hour 45 minutes	PAPER TWO - 1 hour 45 minutes
Q1 – List four things about	Q1 – True or False?
Q2 – Language Analysis	Q2 – Summarising
Q3 – Structure Analysis	Q3 – Language Analysis

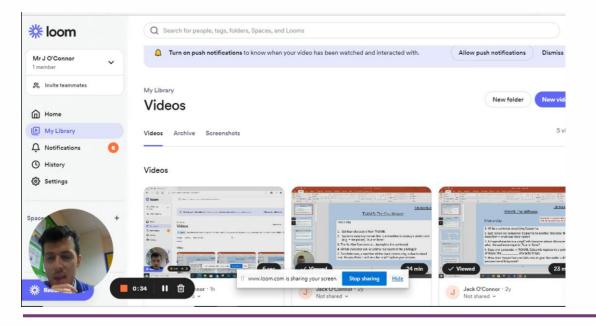
Q4 – Evaluating a Statement	Q4 – Comparing Perspectives
Q5 – Creative Writing	Q5 – Transactional Writing

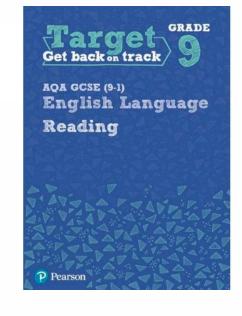
Practice Makes Perfect

Because we know what the questions are going to ask us; because we know the skills that each question requires; we can practice until we are hitting those top marks.

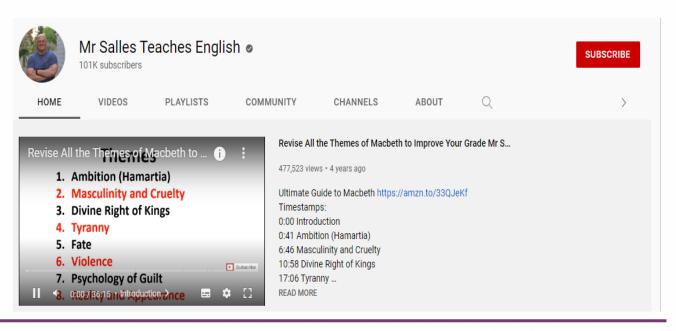
How can we practice?

Teacher Walk and Talk videos:





Revision Guides



English Language Exam: QLA Sheets

- 1) Practice a question from a past paper.
- 2) Hand it in to your teacher.
- 3) Update your score.
- 4) Work on your next weakness/question.

Q	Topic	Marks			Redo Score
1	List 4 things	4	1	4	
2	How does the writer use language?	6	1	8	
3	How does the writer use structure?	3	1	8	
4	To what extent do you agree?	11	7	20	
5	Content and Organisation	0	1	24	ASSESSED FOR
5	Technical Accuracy	0	7	16	

English Literature

How is it different?

- 1. We don't know the questions.
- 2. Pupils will have to remember quotes; contexts and how these framed intentions.
- 3. Paper 2 is more demanding.

PAPER ONE – 1 hour, 45 minutes

SECTION A - Shakespeare

Macbeth

SECTION B - 19th Century Texts

A Christmas Carol

PAPER TWO – 2 hours, 15 minutes

SECTION A – Modern Prose (30

marks + 4 SPaG marks)

An Inspector Calls

SECTION B – Anthology Poems (30

marks)

Power and Conflict Poetry

SECTION C.1 – Unseen Poetry (24

marks)

SECTION C.2 – Unseen Poetry

Comparison (8 marks)

Two Essential Steps To English Literature Revision

STEP 1:

To make sure pupils retain and remember the knowledge they have.



STEP 2:

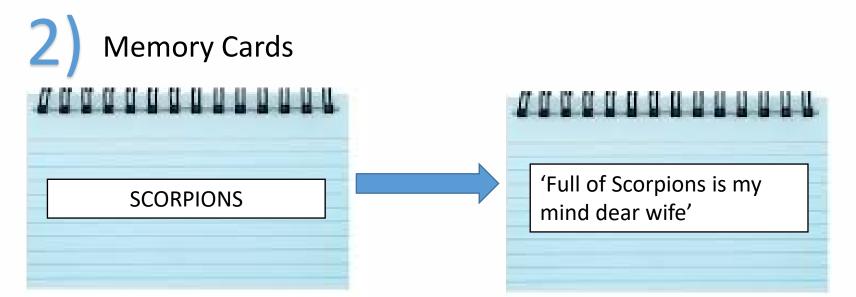
To make sure pupils can communicate this knowledge, in the time provided, in an essay response.



How Can Students Revise To Remember?

Post it Notes





3) Images to Remember





Not enough to remember the quotes, we must remember:

- 1) What to say.
- 2) How to write it.
- 3) Write it in the time provided.



To achieve a level 7-9. Pupils should be completing **at least** one essay a week.



REVISION IS DIFFICULT!

We will answer a question wrong.

We will run out of time.



• This is a process... It's not that 'we can't do it', it's just that 'we can't do it yet'.







Core Study Skills

Mathematics

Mrs Chadderton

The GCSE

- Edexcel Exam Board
- Two tiers Higher or Foundation
 - Foundation Grades 1 5
 - Higher Grades 3 9
- Split into 3 papers Equal weighting

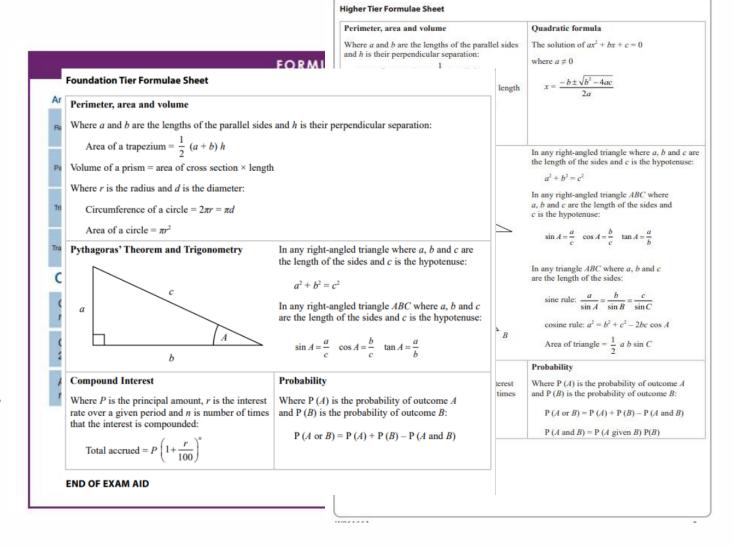
Paper 1	Paper 2	Paper 3
Non Calculator 1 hour 30 Mins $\frac{1}{3}$ of the GCSE	Calculator 1 hour 30 Mins $\frac{1}{3}$ of the GCSE	Calculator 1 hour 30 Mins $\frac{1}{3}$ of the GCSE

GCSE (Grading
New Grading Structure	Old Grading Structure
9	A*
8	
7	A
6	В
5	
Standard Pass 4	С
3	D
2	E
4	F G
- <u>-</u>	
U	U

Formulas

Use your book wraps for all formulas you will need.

Make notes and put them where you will see them often, you will need to remember these.



Best Ways to Revise

The best way to revise maths is.....practice!

Sparx Maths

Corbett Maths

Mr Barton Maths

Maths Genie

How to Use Your QLA Sheet

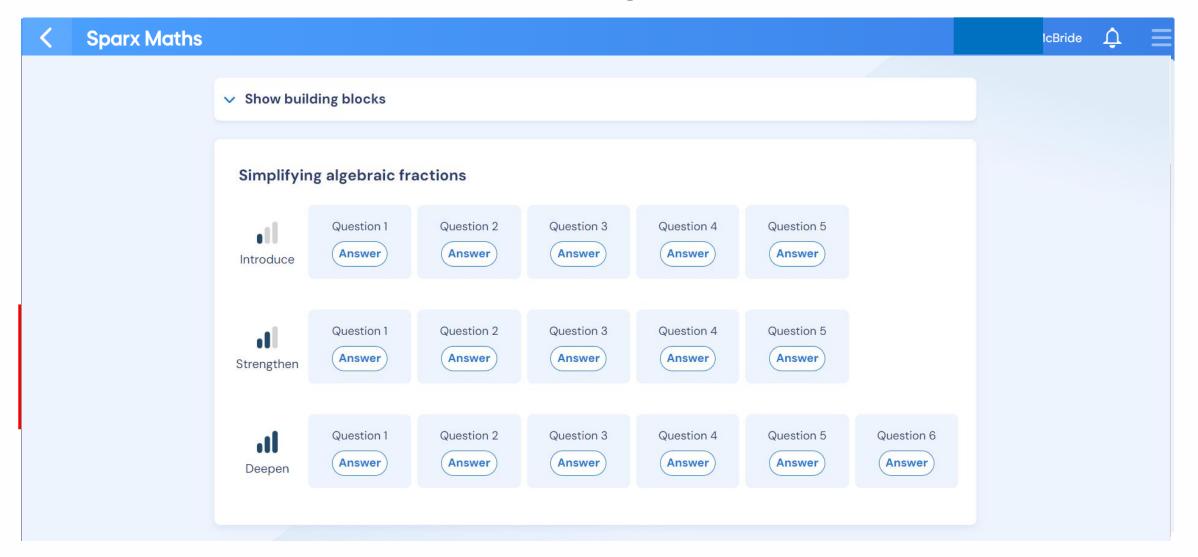
After each Maths mock, you will be given a QLA WIN Sheet

Each question has the topic name, marks, your score and Sparx clips.

Search for any red topics to practice on Sparx.

Q	Topic	Ma	ırks	Spa		To Desertion 2	Completed?	Q	Торіс	M	arks	Sparx	To	Completed?	Q	Topic Sparx To Marks Clips Practice
1a	Dividing Indices	2	/ 2	U6	_	Practice?		1	Two way tables	3	/ 3	Clips U291	Practice		1	Gradient between 2 points 3 / 3 U315
1b		1	/ 1	X	_			2ai	Listing Elements in a Venn diagram	1		U748			2	*Exchange Rates* 3 / 3 U610
10	*Indices - Negative Indices*	1	/ 1	U6	\rightarrow			2ali	Listing Elements in a Venn diagram	1		U748			3a	Surface Area of Cuboids 5 / 5 U929
2a		1	/ 1	U7.	_			2aiii	Listing Elements in a Venn diagram		_	U748			3b	How will this affect your answer? 2 / 2 X
2b		1	/ 3	U4				2b	Probability from a Venn Diagram	_	_	U699			4ai	Adding Column Vectors 1 / 1 U903
3	Algebraic Perimeter Problem	2	/ 3	U9				3	Rotation	1	/ 2	U696			4aii	Scalar Multiples of Column Vectors 2 / 2 U564
4	Graphs of constant rates	2	/					4a	Analyse a scatter graph	0	/ 1	Х			4b	Drawing Vectors 1 / 1 U632
5	*Compound Measures - Speed*	1	1	U1	51			4b	Describe the correlation	0	/ 1	U277			5a	Drawing a Conversion Graph 2 / 2 U652
6	Loci Problem involving 3 points	0	/		_			4c	Estimating from a scatter graph	1		U128			5b	Using a Conversion Graph 1 / 1 U638
7	*Simultaneous Equations - Linear*	1		U6	06			4d	Analyse a scatter graph	1		U128			_	Trigonometry 0 / 2 U283
8a		2	/ 2	U3	_			5a	Standard Form to Ordinary Number	1		U330			7	*Distance Speed Time* 3 / 3 U151
8b		1	/ 1	X	-			Sb	Ordinary Number to Standard form	1	/ 1	U534			8a	Volume of a Sphere and Cylinder 0 / 3 U426
9	*Regular Polygons*	0	/ 4	U4	27			5c	*Standard form - Multiply/Divide*	0	/ 2	U264			_	How does this affect your answer 0 / 1 X
10:		1	/ 2	U2	06			6	*Circles - Circumference Problem*	4	/ 5	U604			9	*Compound Measures - Density* 2 / 5 U910
10t	Find a term in quadratic sequence	0	/ 1	U5	30			7	Plans and Elevations	0	/ 2	U743			10	Ordering Numbers in Standard Form 2 / 2 X
11		2	/ 2	U9	03			8a	*Percentages - Depreciation*	4	/ 4	U988			_	Scale Diagrams with Bearings 2 / 5 U525
12:		4	/ 4	U2	25			8b	Analyse your answer	1	/ 1	х			12	*Product Rule for Counting* 2 / 2 U369
12t	er/Under estimate	1	/ 1	×				9	Box Plot	1	/ 2	U879			13a	Expand Triple Brackets 3 / 3 U606
	Reverse Mean	3	/ 3	U2	91			10a	Algebraic Pythagoras	3	/ 3	U228			13b	Index Laws - dividing 0 / 1 U662
14	Increase percentage Problem	3	/ 3	U2	78			10b	Solving a Quadratic Equation	0	/ 3	U228			14	Ratio Problem 0 / 3 X
15	*Cumulative Frequency and Box Plots*	2	/ 2	U8	37			11a	*Indices - Index Laws in brackets*	1	/ 1	U662			15	*Similar Shapes - Area and Volume* 0 / 3 U110
16	*Percentage Change*	3	/ 3	U2	78			11b	Index Laws with division	0	/ 2	U606			16	*Conditional Probability* 0 / 3 U357
17	Volume of a sphere problem	0	/ 3	U6	17			11c	*Indices - Fractional Index Laws*	2	/ 2	U772			17a	*Proof* 0 / 3 X
18	Vectors with ratio	1	/ 1	U7	81			12	*Histogram - Draw*	3	/ 3	U814			17b	Justify your answer 0 / 1 U582
198	Algebraic Ratio	2	/ 3	U6	76			13	*Matching Graphs to the equations^	1	/ 3	х			18a	*Histogram - Interpret* 0 / 3 U983
19t	*Algebraic Fractions - Simplify*	0	/ 3	U2	94			14	*Recurrence Relationships*	4	/ 4	U171			18bi	*Histogram Median* 0 / 2 U267
20	*Surds - Simplifying*	0	/ 2	U3	38			15	Perpendicular Lines problem	0	/ 5	U898			18bii	Justify your answer 0 / 1 X
21	Proving Similar Shapes	0	/ 3	U8	87			16	*Circle Theorems*	0	/ 4	U808			19	*Quadratic Inequalities* 0 / 3 U133
22	Quadratic Simultanous Equations	0	/ 5	U5	47			17	Vectors - Straight Lines	0	/ 5	U560			20	*Conditional Probability* 3 / 3 U806
23	*Surds - Rationalising*	0	/ 4	U2	81			18	*Functions - Composite*	0	/ 2	U895			21a	*Functions - Substitute* 0 / 2 U637
24	Graph Transformations	0	/ 1	U8	95			19a	Show a Solution is between 2 values	0	/ 2	Х				Analyse your answer 0 / 1 X
258	Exact Trig Values	0	/ 1	U6	27			19b		0	/ 1	Х			21c	Algebraic Fractions with Functions 0 / s U685
25b	Exact Trig Values Problem	0	/ 3	U6	27			19c	*Iteration*	0	/ 3	U434				
								20	*Conditional Probability*	0	/ 5	U357				

How to Use Sparx Maths



Past Papers

Once you understand a topic, you need to be prepared for how it will look in an exam.



2 + 2 = 4

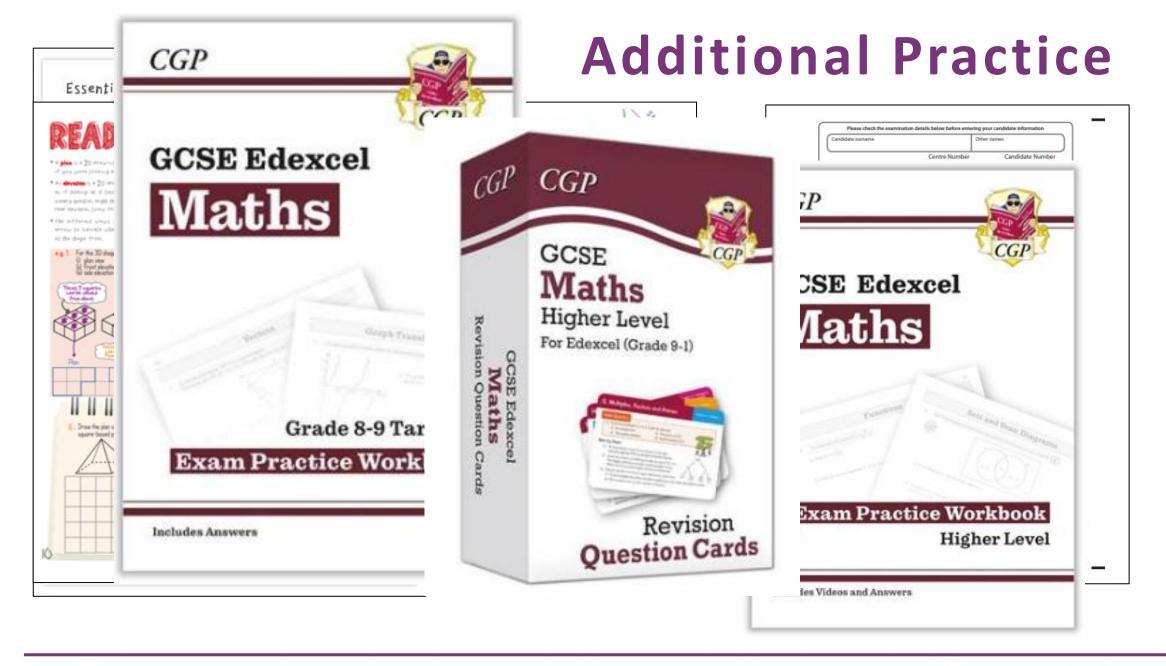
Homework:

734 + 555 - 432 : 69 = 77

Test:

With two sheep flying, one yellow, the other headed right, how much does a pound of asphalt cost, given that the cow is 10 years old? This is not true! It is all perception!

The BEST way to prepare for an exam, is to sit an exam! – **former pupils.**



Realistic Expectation

Lots of students become disheartened at not achieving the grade they want in the November mocks.

This is OK!

This is the expectation for the end of the year.

Positivity and resilience to persevere and carry on is key.

Comparing scores and looking at the progress made at each stage is more important through the year.

Aiming for an increase of 10-20 marks per paper each time is a good start.

Key Maths Motto

Don't practice until you get it right,

practice until you can't get it wrong!







Core Study Skills

Science

Miss Mills

Science Qualifications - Combined Science

- Combined Science Trilogy.
- Double Award **two** GCSE grades.
- Examined as **two** written papers for each subject (**six** papers altogether):
 - Biology
 - Chemistry
 - Physics
- Each paper is 1 ¼ hours, 70 marks
- Marks from all six papers are **totalled** to give the overall double grade.



	GCSE Double Award																		
Subject Code	Subject Title	Maximum	Grade Boundaries																
oubject code		Mark	99	98	88	87	77	76	66	65	55	54	44	43	33	32	22	21	11
8464F	COMBINED SCI: TRILOGY TIER F	420									242	222	203	175	148	121	94	67	40
8464H	COMBINED SCI: TRILOGY TIER H	420	276	257	238	220	202	183	164	145	126	107	89	80					
																			\Box

Science Qualifications – Separate Sciences (Triple Science)

- Biology, Chemistry & Physics.
- Examined as two written papers for each subject
 - Biology
 - Chemistry
 - Physics
- Each paper is 1 ¾ hours.
- Marks from each pair of papers are totalled to give a separate grade for each subject.

Biology	Chemistry	Physics
9	7	8



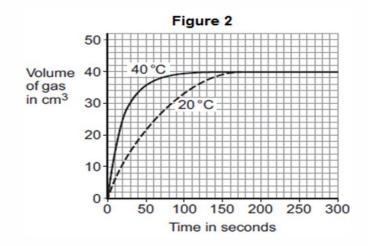


Combined & Triple Science - Maths Skills

- Biology- approximately 10% Maths skills
- Chemistry- approximately 20% Maths skills
- Physics- approximately 30% Maths skills

This could be assessed as:

- Equations
- Graph work
- Calculating averages
- Calculating the range
- Using standard form



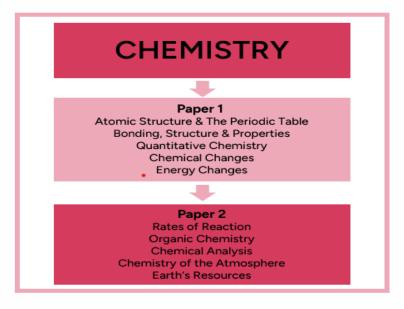
	Mass in g											
Type of water	Watch glass	Watch glass and dissolved solids	Dissolved solids in 5 cm³ of water	Dissolved solids in 1000 cm ³ of water								
Sea water	9.34	9.48	0.14	28.00								
River water	9.15	9.23	0.08	Х								
Rainwater	8.93	8.93	0.00	0.00								

Paper 1 & Paper 2 Content

It is crucial that you are aware of which topic is on which paper.

You can find this information on the front & back of all of your Science books.

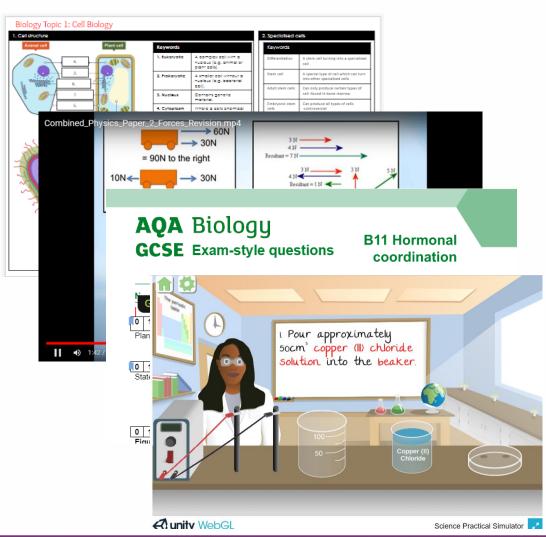
This will help you to plan your revision effectively.

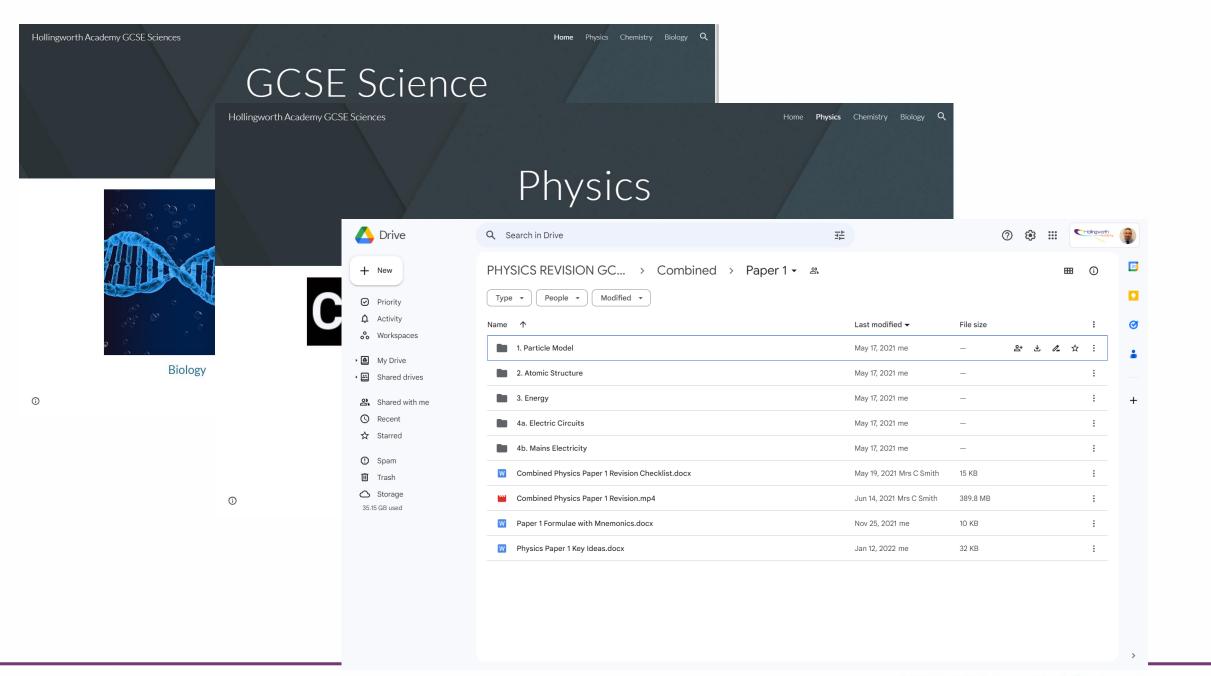


MY PROGRESS	
ASSESSMENT	GRADE
Paper 1: Atomic Structure & The Periodic Table	
Paper 1: Bonding, Structure & Properties	
Paper 1: Quantitative Chemistry	
Paper 1: Chemical Changes	
Paper 1: Energy Changes	
Paper 2: Rates of Reaction	
Paper 2: Organic Chemistry	
Paper 2: Chemical Analysis	
Paper 2: Chemistry of the Atmosphere	
Paper 2: Earth's Resources	

Core Study Skills Hollingworth Science Website

- Hollingworth GCSE Science Website.
- EXCLUSIVE for Hollingworth pupils.
- Key content includes:
 - Knowledge Organisers & revision tasks to match.
 - Tiered revision videos made by Hollingworth staff.
 - Practice paper questions & mark schemes for independent study.
 - Access to the required practical simulator.





Hollingworth Science Website

To access the revision website and the online practical simulator, you can use the QR codes on the back of your Science books.

You must be logged into a Hollingworth account to gain access to the website.

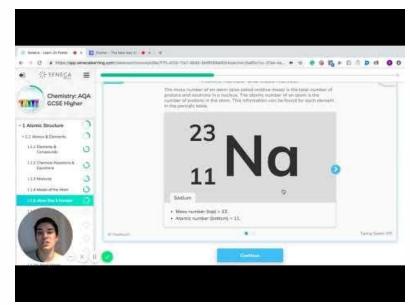
The access code to the simulator is **HO583**.



MY PROGRESS						
ASS	SESSMENT	GRADE				
Paper 1: Cell Structure						
Paper: Transport in Cells						
Paper 1: Digestive & Circulatory Systems						
Paper 1: Cell Division & Non-Communicable Disease						
Paper 1: Plant Organs and Tissues & Photosynthesis						
Paper 1: Disease						
Paper 2 : Ecology						
Paper 2 :Homeostasis & Ho	Paper 2 :Homeostasis & Hormonal Control					
Paper 2: Reproduction						
Paper 2: Variation & Evolution						
RESPECT	RESPONSIBILITY	RESILIENCE				

Core Study Skills - Seneca

- Seneca's smart learning algorithms are academically proven to help pupils remember topics 2x faster than traditional methods.
- If pupils gets a question wrong, Seneca will show them the content again in a different format and at the perfect moment.
- You can monitor your child's progress and study time through the **free** parent platform.
- Seneca recommends 20-30 minutes a day,
 building up to 1-2 hours in the run up to exams.





Science Revision Guides

Revision guides can be purchased through Arbor. The revision guides complement the homework and are a useful resource when preparing for end of unit tests and examinations.

Year 11 pupils – Non-Triple Science

Combined Science (AQA) Revision Guides – **Higher** or **Foundation** options (choose **one** option only) - **£6.50** each. This will be useful for Year 10 and Year 11.

Year 11 – Triple Science ONLY

Triple Science (AQA) Pupils - **Biology**, **Chemistry** and **Physics** options - **£3.50** each — you will need to purchase **one of each**

ORDERS ARE CURRENTLY OPEN AND CLOSE ON MONDAY 3RD NOVEMBER THIS PRICE IS ONLY OFFERED ONCE THIS YEAR









How You Can Support Your Child

Mr Clark

- 1. Be a strong role model. Be a good example by modelling the behaviour you want your child to adopt...
 - Talk about your planning for the week. Model being organised.
 - Make sure that you eat healthily.
 - Be active together with your child.
 - Model good sleep habits.

2. Goal Setting

- Encourage your child to keep their goals visible. Get them to put up a picture that represents or shows their goal.
- Keep the goals 'live' talk about their goals regularly.
- Keep a positive message no matter what your child says, it is never too late!

3. Keeping Active 60 minutes per day

- Plan to do active things together on a weekend.
- Encourage them to keep active every day. Could you go out for a walk together to get some fresh air?
- After exercise, is a good time to revise as exercise increases brain function.

4. Time Out

- Seeing friends
- Listening to music
- Doing a hobby
- Going shopping
- Going to the cinema
- Reading a book

Preparing for GCSEs should be the top priority this year but taking time out is as important as putting time in.

5. Healthy Eating

- Eating the right food can energise your child. It improves alertness and sustains your child through lessons and exams.
- Encourage your child to join family meals, even if it's a busy revision day.
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them.
- Snacks for school avoid high sugary and fatty foods or drinks.
- Make sure they have breakfast, every day.

6. Positive Revision Space

- Don't ask them to do too many chores or look after younger brothers and sisters.
- Encouraging the rest of the family to help by not disturbing revision.
- Ensuring your child has a quiet place for study at home, where their work can be safely kept.

7. Sleep Patterns

- Young people need between 8 9 hours sleep per night.
- Working backwards from a 7am get up, means them being in bed by 10pm.
- Going to bed after 10pm = sleep deficit.
- Prepare for sleep:
 - Don't eat too late at night or drink fizzy drinks with sugar/caffeine.
 - Don't work or revise before going to bed.
 - Switch off from social media / technology at least an hour before bedtime.
 - Hand in game controllers when revising.
 - Leave the mobile phones outside bedroom.

8. Building Confidence

- Be positive, help them put the whole thing into perspective. There is life after exams.
- Be supportive and help alleviate worries by talking to them.
- Resist the urge to compare them with other young people, whether friends or siblings 'saying your brother worked hard and got B's' won't motivate.
- Praise/reward them for the amount of effort they put in and trying their best.
- Tell them that they can only try their best and even if they don't do as well as you'd hoped, you still love them just as much.







Thank You

Mr McGinty