

St Cuthbert's RC High School

Supporting your child through their GCSE examinations and preparation.



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St. Cuthbert's
Roman Catholic High School

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Introduction

The aim of this booklet is to give you some ideas to support your child through the stressful build up to their GCSE examinations and support them through their remote learning.

We believe that a positive relationship between school, pupil and parents is essential in unleashing student potential. Should you need any support from school, please do not hesitate to contact us. Below are some key contacts who can answer any of your questions.

Key contacts

Year 11 academic mentors:

Miss L Mundy- STLM04@scrchs.com

Miss M Davis- STMD01@scrchs.com

Mr G Hilton- STGH01@scrchs.com

Assistant Head Teacher

Miss J Holt- STJH03@scrchs.com

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Page 3 and 4 – Exams update and key remote learning information

Page 4 - Helpful tips for a good revision environment and how St Cuthbert's can support revision.

Pages 5, 6 and 7 – Exam dates and advice on how much time your child should spend revising. Methods of revision; different ideas for your child to try out when revising.

Page 8 – Advice for during the mock exam period and dealing with a stressed teenager.

Exams update

As you will be aware your child's GCSEs have been cancelled for summer 2021. However, your child will complete a mock for every subject on their school return which is currently anticipated to be after 8th march. All new learning has now stopped and currently remote lessons are focusing on recap and revision of previous learning to prepare them for their mocks. Your child will have been given a condensed Mock revision list for each subject.

Remote Learning

Remote learning is currently taking place for each lesson. Your child should be following their pre-existing timetable and logging onto team's meetings with their subject teachers. Work is also being set on class charts alongside these lessons. If your child has any issues logging on or accessing the work set, please inform them to email their class teacher and/or academic Mentors as soon as possible to inform them of the issue so this can be quickly resolved.

Lesson Timings:

Session 1- 9.15am- 10.45am

Break- 10.45am-11am

Session 2- 11am-1pm

Lunch- 1pm-1.40pm

Session 3- 1.40pm-2.40pm

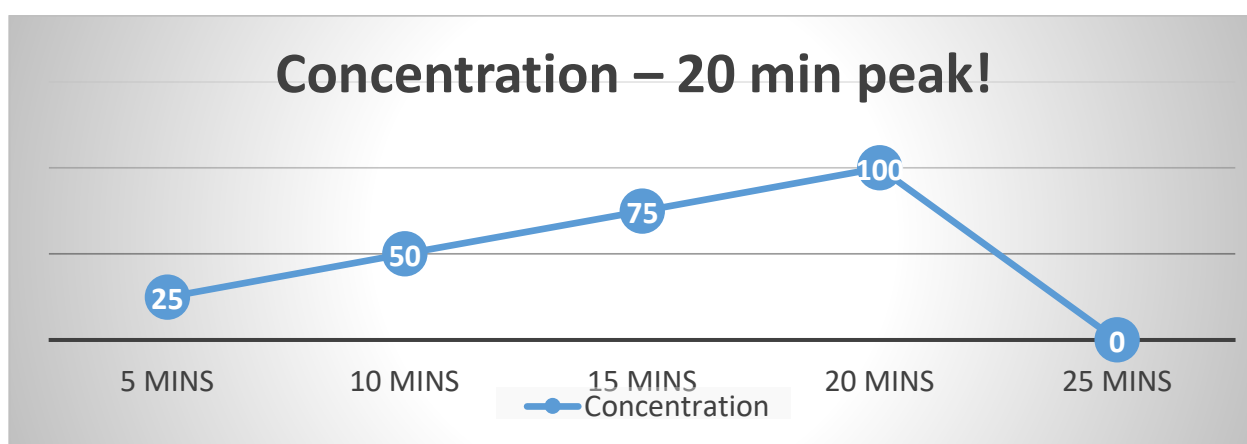
School ends- 2.40pm

It is vital your child logs onto every lesson otherwise their attendance will be affected, this is being monitored closely in school. Your child's final GCSE grade will be submitted by their subject teachers based on prior performance, performance in the mock and any work which students have submitted during

lockdown. It is therefore vital your child engages and participates in their remote learning. Any completed work must be emailed directly to their teachers as this is evidence of their learning.

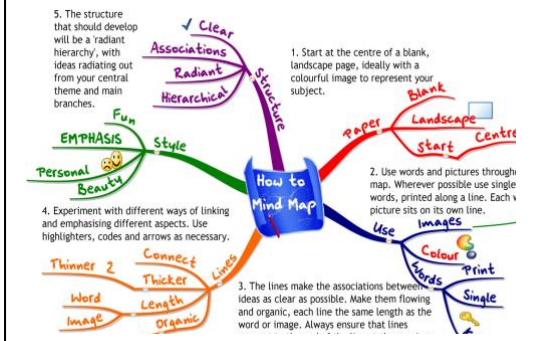
Revision time

- Learning the content of two years' work in nine different subject areas is a big task and will take a significant amount of time.
- To be successful, we recommend that your child is completing at least **2 hours** of high quality revision on school nights and **3 hours** on each weekend day.
- Each hour should be split into short bursts of around **20 minutes**, with a short rest between each session to allow concentration to remain high.
- After each hour, we recommend that your child has a longer break and takes the opportunity to get a drink and keep hydrated.
- At the start of the next session it is important that your child goes back to review the work that they have just studied. Short, regular bursts of revision is the most effective way of making the learning stick!



IDEAS FOR REVISION

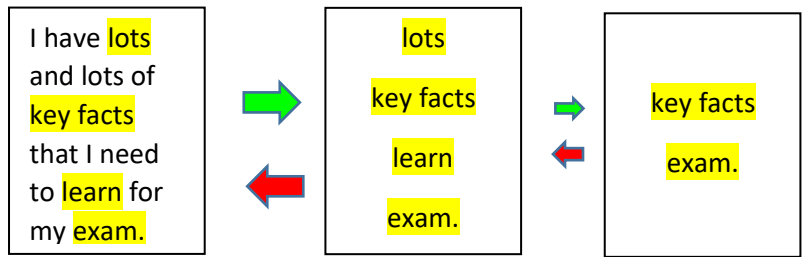
Mind Maps – Colourful spider diagrams that help you to put your revision into key words and pictures – Great for visual learners!



Flip cards – These can aid your recall – they can be used to put questions on one side and answers on the reverse, or just key parts of the course. They can also be used by others to test you. Great for active learners!



Condensing your notes into key words – You have a lot of work to revise, can you condense your notes down into key words and numbers. Learn these and then use the key words to get back to your notes – highlighters are useful in this task.



Mnemonics – Learning tricky to remember dates or topics by remembering the first letter of each key point

e.g.

SMART – Specific, Measurable, Achievable, Realistic, Time Phased

Past Papers – If you want to get better at something – **PRACTICE!** Collect some past papers from your teacher and practice doing the exam under exam conditions. The answer booklets also provide you with lots of vital information to aid your learning.



Pictures/Hooks – When learning a difficult topic, try and create a picture in your head (or draw it) and write the key facts next to it. Hook key words/facts onto areas you associate with them. E.G. Water aids chemical reactions in the body – hook this onto your Chemistry lab. Use old wallpaper or large sheets of paper to hang the pictures/hooks around your bedroom.

Podcasts – record yourself reciting your important topics and listen back to them. Think about how easily you learn song lyrics by listening to them. This might be particularly useful for audial learners and those trying to master a speech for an MFL oral exam.



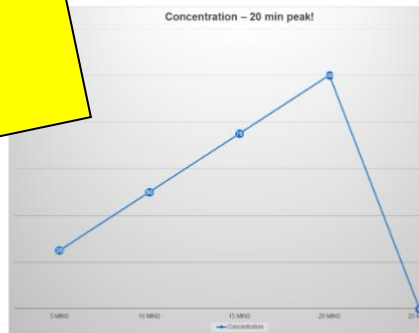
Interactive revision – Organise to revise with a friend or use family and friends to test you from your revision notes. Great for active learners!

An area has been created JUST FOR YOU on the St Cuthbert's website. It contains revision materials for EVERY subject. Log onto www.scrchs.net, click on parents and students, then revision and then select Year 11 revision. There is information for all subject areas.

St Cuthbert's top tips for effective revision

Find a quiet place for study with no interruptions

Sshh
Quiet Please!

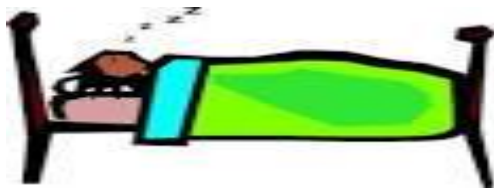


Break down your study into short sessions (maximum 20 minutes) with short breaks to allow your concentration to remain high.

Devise a revision timetable to cover ALL of your subjects – AND – Stick to it!

Eating and drinking well on the day of the exam is essential. Your body works at its optimum when it is well fuelled!

Keeping hydrated (WATER) will aid your concentration in the exam.



A regular sleep pattern (getting a minimum of 8 hours sleep per night) will aid your ability to revise and concentrate in the exam.

Keep active – Exercise releases endorphins which make you feel good and relieve stress.

Display your exam timetable in a prominent place so that you are organised on the morning of your exam.



Be organised – have all of your revision resources in one place.

Use highlighters to make your revision notes COLOURFUL and eye-catching. Revise in bite sized chunks and RE-TEST yourself regularly – use it or lose it!

Finally... KEEP CALM AND ANSWER THE QUESTIONS... Your brain works at its best when it is not stressed. REMEMBER THE 5 'P'S – PROPER PREPARATION PREVENTS POOR PERFORMANCE



Where should my child start with revision?

- ***'My child says they don't have any homework or any revision to do.'*** The school has produced revision materials for each subject area which can be accessed via class charts. Your child also has a topic revision list from each of their subjects which outlines what will be included in their mocks. This can guide and structure their revision. At the beginning of this year your child was provided with revision guides for each subject, they can work through these alongside their revision lists.
- Encourage your child to devise a revision timetable and help them to stick to it by showing an interest in the work they are doing and helping to ensure they have a quiet place to work.

Year 11 Weekly Revision Timetable – Week A:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before School							
Lunchtime							
After School (Period 6)							
Evening							

- Your child needs to try out a range of different revision methods to find out what works best for them. There are a range of revision ideas in the centre pages of this booklet. You could help your child by testing them on some of the information that they have learnt at the end of their revision session.
- It is essential that your child has completed a number of past practice revision questions for each subject, their class teachers will be sending these regularly and completing them within their

remote lessons. This will allow them to plan their timings for each exam and look at the terminology used in the exam papers. If your child would like extra revision they can email their class teachers directly or the academic mentors who will provide them with extra revision resources.

Helpful tips for a good revision environment

- Encourage your child to work at a well-lit desk/table with as few distractions as possible.
- Encourage your child to look at what time of the day they work best (most students find this is the morning) and then encourage them to look at the topics/subjects they find most difficult during these times.
- Mobile phones and electronics can be a real distraction - encourage your child to keep them out of their study space when revising.
- Make sure your child is drinking plenty of fluids (preferably water) as this will help to keep them hydrated and aid their concentration.

School intervention/revision sessions

- On return to school all students will be welcome to stay after school and attend study hall where staff from each of their different subject areas will be there for support, these are a great way of building up knowledge and gaining support from staff on how to attack exam questions. **Please support us in ensuring your child attends these sessions.**

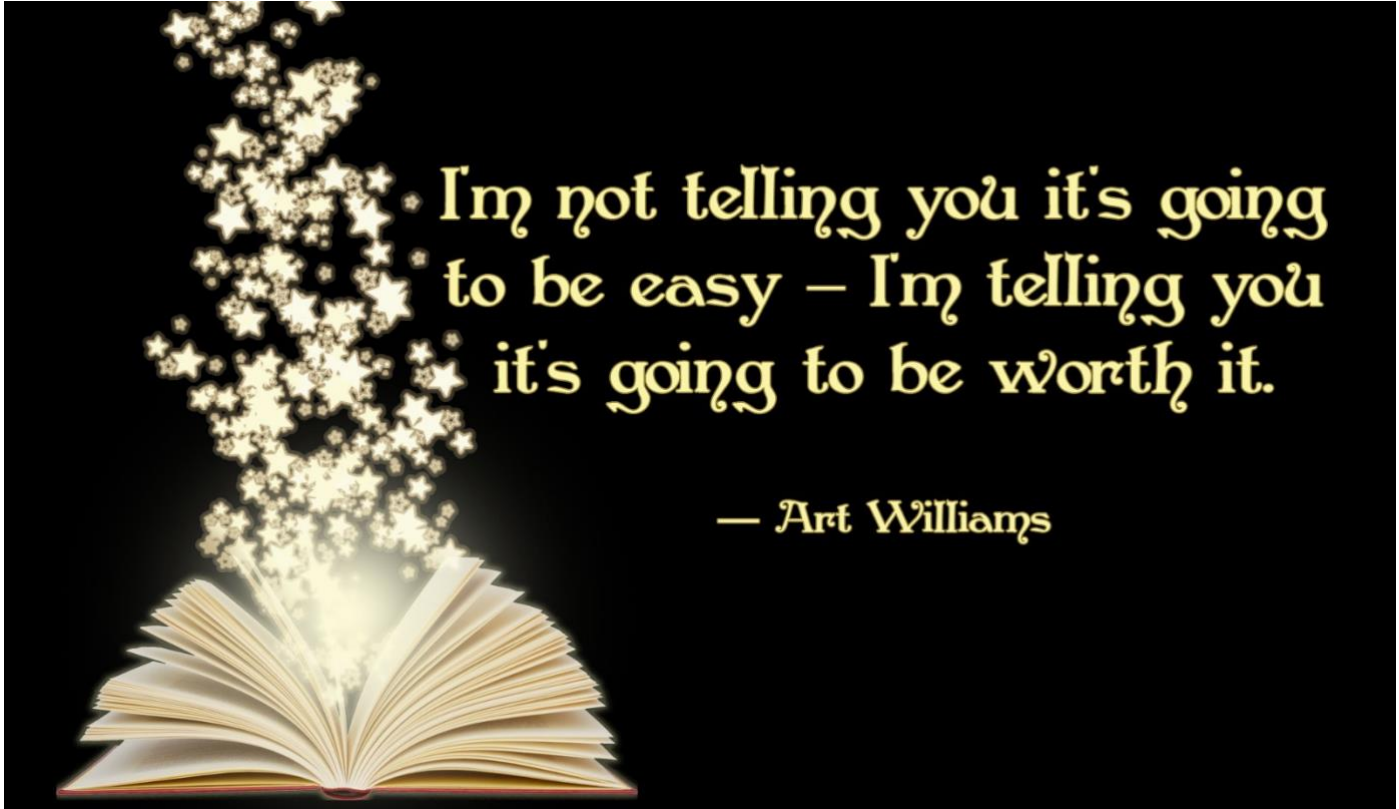
Mock exam period

- Make sure the exam timetable issued to your child is placed where it is easy for them, and you, to check regularly. This will have been emailed to your child this week.
- Make sure your child has all the equipment they need for the exam; pens, rulers, pencils etc. It is particularly important that they have **their own scientific calculator for their Maths exam** – one they are familiar with and know how to operate.
- Encourage your child to pack their bag the night before.
- Try to encourage your child to get an early night prior to their exam – a rested brain will be able to think more clearly in the exam.
- Ensure that your child gets up in plenty of time to eat breakfast and arrives in school in good time for their exam.
- All students who attend morning revision sessions are entitled to a free breakfast prior to their exam.

Stressed teenager???

- Encourage your child to talk to you about how they are feeling about their exams.
- Encourage them to ask for help if they need it. We are here to help and happy to go the extra mile for your child.
- Encourage your child to take time out from revision and have fun. Exercise in particular is very good for reducing stress levels and releasing endorphins which help your child feel good about themselves.
- Eating well helps to reduce stress levels – perhaps cook your child's favourite meal.
- Please contact school if your child needs support.





I'm not telling you it's going
to be easy – I'm telling you
it's going to be worth it.

— Art Williams

“
THOUGH NO ONE CAN
GO BACK AND MAKE
A BRAND NEW START,
ANYONE CAN START
FROM NOW AND MAKE
A BRAND NEW ENDING.”

Carl Bard