

# For Parents and Year 11



It's a marathon, not a sprint...

# What do we know?

- Studying for GCSEs is a marathon, not a sprint.
- Long-term learning works better.
- Students need to build their ‘exam stamina’.
- Students need to face their fears and train for the hardest questions and long periods of working (reading *and* writing) to make the real exams feel easier next year.
- Reading, and reading fast, matters.
- Whenever you get an exam question or a piece of work back, give **3** excuses for why you didn’t get the next grade up, then plan how you will tackle them.



# What is marathon revision?

- You must **TRANSFORM** the information: use pictures, a diagram, a chart...
- You must **REDUCE** the information: summarise, break down into bullet points, etc.
- You must **SORT** the information: arrange information into different groups, or sort it into a rank order...
- You must **LINK** the information: across subjects, topics...



# What **else** is marathon revision?

- **RESTORE** the information from your bullet points, images, etc.
- Create **STEPS** that explain it all.
- **TEST** yourself with some quick quizzes, etc.
- Then **REFINE** your revision by going over any bits that you didn't know so well, creating a new summary list, reducing the number of bullet points, etc.



# Think like an Olympian!



Our very own James Fox who won Gold in the Rio and Tokyo Paralympics rowing.



And - another ex-student - Lee Manning who won Bronze in both Rio and the Tokyo Paralympic wheelchair basketball.

You need to be in this for the long haul and you need a clear timetable...

"The difference between ordinary and extraordinary is that little extra" "I'm a greater believer in luck, and I find the harder I work the more I have of it"

Day / Time	4.00pm to 5.00pm	5.00pm to 6.00pm	6.00pm to 7.00pm	7.00pm to 8.00pm	8.00pm to 9.00pm	9.00pm to 10.00pm	
<b>Monday</b>	History Revision Cold War	Rest / Eat / TV	PE Muscles Skeleton	Get ready for football	Football Training Grange	Rest / Recover / Shower	English Of Mice and men
<b>Tuesday</b>	History Nazi Germany	Rest / Eat / TV	Maths My Maths (Topic??)	Maths My Maths (Topic??)	Rest	English Of Mice and men	
<b>Wednesday</b>	History Nazi Germany	Rest / Eat / TV	Maths My Maths (Topic??)	Maths My Maths (Topic??)	PE Stages of Learning Info Processing	PE Somatotypes	Rest
<b>Thursday</b>	History Liberal reforms	Rest / Eat / TV	Geog Rivers	Geog Rivers	Geog Eco systems	Geog Eco Systems	English Of Mice and Men
<b>Friday</b>	Afterschool Badminton Club	Rest / Eat / TV	Going Out Cinema	Going Out Cinema	Going Out Cinema	Going Out Cinema	
<b>Sunday</b>	10.00am to 11.00am	11.00am to 12.00pm	12.00pm to 1.00pm	1.00pm to 2.00pm	2.00pm to 3.00pm	3.00pm to 4.00pm	
	History Coursework	History Coursework	History CWK	Lunch	History Coursework	History CWK	Walk the dog!
	4.00pm to 5.00pm	5.00pm to 6.00pm	6.00pm to 7.00pm	7.00pm to 8.00pm	8.00pm to 9.00pm	9.00pm to 10.00pm	
					English Of Mice and Men	English Of Mice and men	

# Also consider....

- Athletes need a **training base** – where can your son / daughter do their school work in peace and quiet?
  - **Rest and recovery** time is important alongside work.
  - **Exercise** keeps the brain alert and ready to work well.
  - **Eat well** and regularly – use this as a time to discuss and plan. Can you help in any way?
  - **Hydrate** their brains with water, not fizzy energy drinks.
  - Consider a **reward** scheme / incentives!
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- Be supportive, positive and encouraging – do not allow excuses!





# Sleep matters!



Have a routine – go to bed at the same time and wake up at the same time each day. This trains your body clock and helps you manage distractions and get to sleep easily.



Do some exercise 2 hours before you go to bed. A bit of exercise tires you out, increases blood flow in your arteries and releases feel good hormones. Go for a relaxing walk!



*Do not do this*

Turn your phone off, or at least dim the screen and put it on silent 2 hours before bedtime. Even better – charge it outside your bedroom. Also, avoid having any bright lights from other IT equipment in your room – it stops you releasing the melatonin you need to get to sleep.



# Sleep matters!



Eat a turkey and/or cheese sandwich 90 minutes before you go to bed. No really. Turkey, cheese and bread all contain tryptophan which helps you fall asleep.



Drink some cherry juice an hour before bedtime. Cherries contain melatonin which means that you will fall asleep easier and for longer.



Finally, about 45 minutes before bedtime, have a nice long (30 minutes) hot bath. Add some lavender oil, candles, go the whole hog. Read a good book... drift off to sleep...

# Other ideas?



**KEEP CALM  
BECAUSE**

*it gets  
better*

## Talking Tricks

*Talking to a teenager can be tricky. Here are a few ideas that might come in handy when beginning a chat.*

1. What was the best thing that happened at school today?
2. Tell me something that made you laugh today.
3. If you had a free choice, who would you/would you not sit with in class? Why?
4. How did someone help you today?
5. Tell me one thing you learned today.
6. When were you happiest today?
7. When were you bored today?
8. What word did your ..... teacher say most today?
9. Tell me about something good that happened today.
10. What do you think you should be doing more/less of to prepare for the exams?
11. What about using a Mind Map for this essay plan/revision?
12. Remember that Memory Journey thing to link ideas? Why not use that for this?
13. Have you looked on Kite yet?
14. What would you like to happen to make this better?
15. I love you!

*Remember, this is worth the effort – don't give up!*



## Study Strategies

*These are a few things you could suggest if your son/daughter is at a loss for what to do next.*

### Mind Maps

Don't just re-read notes, turn them into mind maps and then stick them up in your room. Add pictures and colours to help you remember key areas of information.

See [thinkbuzan.com](http://thinkbuzan.com)



### Flashcards

Write key information on colour coded cards for each subject/topic. This will force you to condense what you need to know and fit nicely in a pocket to carry around.



### Study Buddies

Lots of our students deliberately work together, particularly when they are revising for a key test or exam. Let your child invite some friends over and then give them a quiet space to work, and maybe some biscuits...



### Memory Journey

Pick a familiar room or a route and then 'hang' key bits of information at different points. Honestly, it works!

Remember Kite – there's a link on [www.jackhunt.net](http://www.jackhunt.net) and a mountain of materials to help with every subject.





And finally... remember Heather Dorniden and that there will be pitfalls for everyone along the way.



**“I didn’t tell myself it was over, or I had lost. I just knew I had to keep running.”**

## September

- Twilight sessions start
- Year 11 motivation evening – students and parents (21<sup>st</sup> September)
- Silver Duke of Edinburgh practice

## November

- Prospective year 12 evening (2<sup>nd</sup> November)
- Pre Public exams (7<sup>th</sup> to 18<sup>th</sup> November)

## Year 11 Roadmap 2022-23

## December

- Pre Public Examination results day
- Parents' evening (6<sup>th</sup> December)

## February

- Pre public exams (20<sup>th</sup> February to 3<sup>rd</sup> March)
- 6<sup>th</sup> form interviews begin

## March

- Practical Food exams
- Year 11 information evening (29<sup>th</sup> March)

## June

- Examinations continue
- Leavers' day
- Prom

## July

- Silver Duke of Edinburgh assessment

## October

- Academic mentoring with personal tutors and Heads of House begins

## January

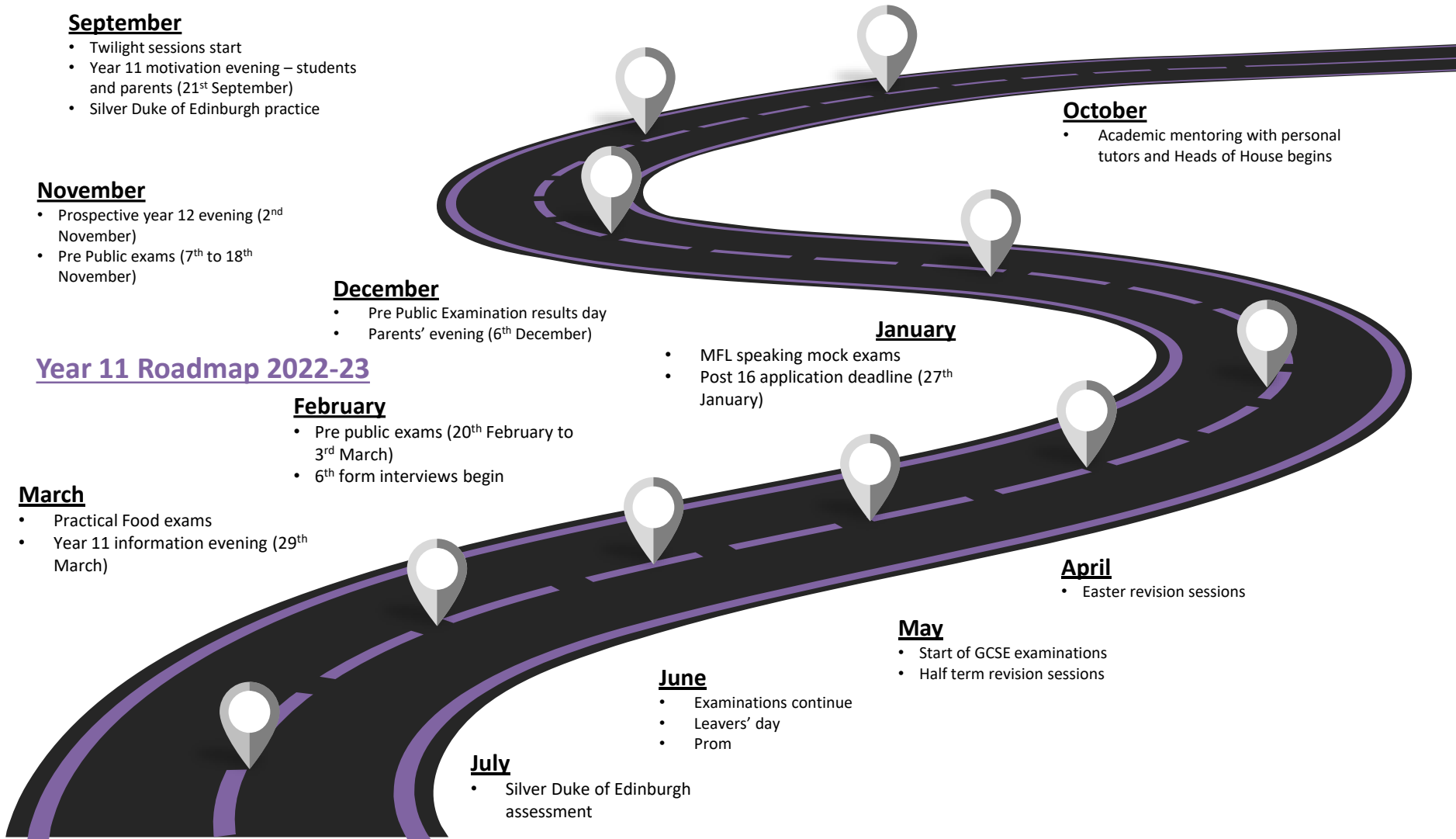
- MFL speaking mock exams
- Post 16 application deadline (27<sup>th</sup> January)

## April

- Easter revision sessions

## May

- Start of GCSE examinations
- Half term revision sessions







Thank you!