

Year 11 Information Evening



This information will also be shared with students in form time, and we will continue to communicate with you as we progress in the coming weeks.

If you have any questions following this presentation please feel free to contact me.

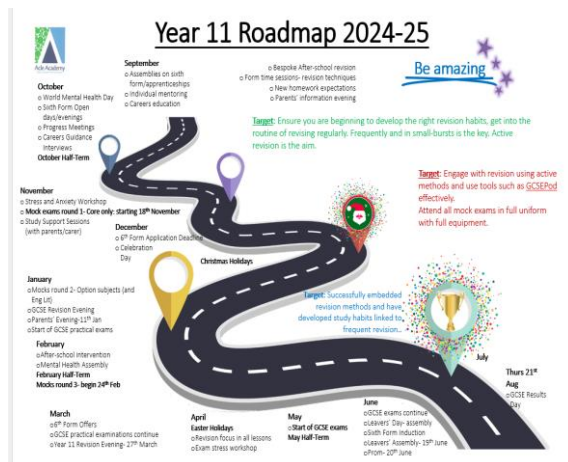
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Purpose of the Evening:

- Give you key information to help you maximise your child's potential at GCSE.
- To share our high expectations of Year 11 students.
- To give you an overview of the key subject specific information surrounding your child's GCSEs in their final year.
- Allow you to access all the key information which can support your child at home with their GCSEs. Updates and support in place
- Answer any questions you might have about your child's final year at secondary school.



Handouts to take away and look back at!



The All You Need to Know Information Guide to Your GCSEs in Year 11- 2025-26



1. **Short bursts of revision** (25-30 minutes) are most effective. Your concentration lapses after about an hour and you need to take a short break (5-10 minutes).
2. Find a **quiet place to revise** - your bedroom, school, the library - and refuse to be interrupted or distracted.
3. Make sure you don't just revise the subjects and topics you like. **Work on your weaker ones** as well.
4. **Make your own revision notes** because you will remember what you have written down more easily. Stick key notes to cupboards or doors so you see them every day.
5. **Use the tools in your arsenal** - You have access to a wide array of resources which are incredibly useful and are powerful revision support. Use the School revision zone, Google Classroom, **GCSEPod** and all the revision guides given to you.
6. **Use different techniques**. Make your own learning maps, use post-it notes to write key words on, create flash cards. Record your notes on tape and listen to them back on your Walkman. Ask friends and family to test you. Use highlighter pens to mark important points. Chant or make up a rap song.
7. **Practise past exam papers** or revision tests. These will be online and either on the School revision zone or via **GCSEPod**. Initially do one section at a time and progress to doing an entire paper against the clock.
8. **You will need help** at some stage, ask parents, older brothers and sisters, teachers or friends. If there is a teacher with whom you get on well at school ask for their e-mail address so you can clarify points you are unsure of whilst on study leave. Use websites specifically designed for revision.
9. **Don't get stressed out!** Eat properly and get lots of sleep!
10. **Believe in yourself and be positive**. If you think you can succeed you will; if you convince yourself that you will fail, that's what will probably happen



1- The year ahead mapped out for.

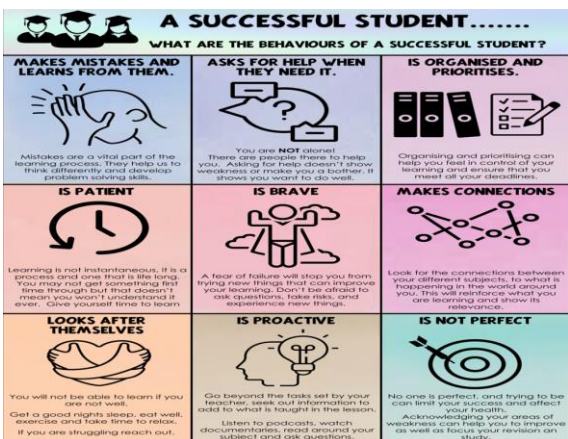
2- All subjects- key information

Making use of the resources available to you

We have wealth of incredibly useful and proven revision resources at our disposal to help GCSE students attain highly.



4- The characteristics of a successful student



5- The resources to use for revision at home

3- Top 10 most important tips

Mocks 1- Revision Timetable							Date
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:55-9:25							To do
9:25-10:25							
10:25-11:25							
11:25-12:45							
12:45-1:30							
1:30-2:30							
2:30-3:30							
3:30-4:45							
4:45-5:15							
5:15-5:45							
5:45-6:15							
6:15-6:45							
6:45-7:15							
7:15-8:45							
8:45-10:00							

6- Revision timetable schedule

Creative Industries

NEA Coursework deadlines



Art: 16th January

Construction (Unit 3): 24th October

Hospitality & Catering: 19th March

Product Design: 19th March

Textiles: 19th March

We are part of...



This is an important resource- Refer to it regularly!

- This checklist and key info sheet is being given to you tonight.
- It would be best deployed being pinned to your fridge at home.
- Refer to often and ensure you follow these techniques and advice as they are proven to be highly effective.

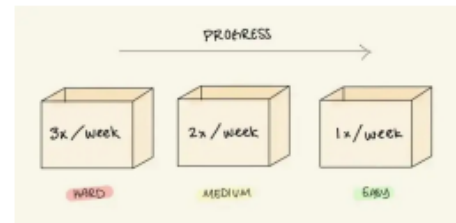
Year 11 Weekly Revision checklist

- ☐ Start the week by planning your schedule - 20 mins - write it out - be specific with what you plan to revise - make it public. Aim for 2 hours per night (1 hour if completed period 6) and 2-4 hours over the weekend. Build in time for rest/ exercise/ recreation.
- ☐ UNPLUG - and don't revise in bed
- ☐ Work smarter, not harder- focus on high impact revision strategies
- ☐ Avoid just re-reading / highlighting. Do something active with your revision
- ☐ Focus on the topics which you struggle with- not just subjects you enjoy.
- ☐ **Maths** - complete Mathswatch and a Maths past paper
- ☐ **English Language** - complete a Section A or Section B of a past paper
- ☐ **English Literature** - 30 mins of re reading a text- mind map a sample character or theme question including key quotations
- ☐ **Science** - Create flashcards from core questions and practice exam Qs

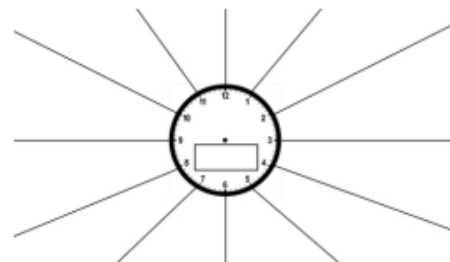
For option subjects rotate the following methods:

Create Resources

Create **flashcards**- use the Leitner System



Create **Revision Clocks**- spend 5 mins on each segment (an hour in total)



20 minutes of GCSE pod- ensure you complete the Check and Challenge questions

Practice Paper

Complete a practice paper or large section of a past paper

Feedback and Review

Hand in the practice paper

Get feedback

Identify gaps in knowledge - where you need to improve and revise / practice the gaps.

Take a 5 minute break every 25 minutes

Following this evening



1. Speak to members of the Senior Leadership Team, SENDco and HoY.
2. Watch any section of the event you need further clarification on via the website.
3. Buy revision guides online via Scopay. Signpost your child regularly to what and where they should be looking for their revision work.



Your support network

- ✓ Mr Sayce and all of LT
- ✓ Miss John-Head of Year 11
- ✓ Form tutors
- ✓ Subject teachers
- ✓ Heads of subject
- ✓ Intervention staff
- ✓ Inspire



Work with us- Teachers aren't the enemy

Communication is key- if you need specific help or guidance then please speak with us.

Looking ahead- March Revision Evening...

- Focusing more on...
- Importance of revision.
- How to revise effectively.
- Balancing time and stress to cope with the exam workload.

A logo for Year 11 Information. The text "Year 11" is written in a large, white, cursive script font. Below it, the word "INFORMATION" is written in a smaller, white, uppercase sans-serif font. The logo is set against a solid teal background.

Year 11
INFORMATION

Every subject counts

- Every GCSE subject you take gives you points depending on your grade
- Many sixth form colleges are now asking for your average point score in your best 8 subjects or ask you to reach a threshold on your best 8 subjects.
- Applications for sixth form places have been so oversubscribed by students who meet the entry criteria, they are now selecting students with highest average point score.
- Some students were offered places in the morning, only to then be denied places in the afternoon ! Even though they had met the published entry requirements!

Every subject counts.....

- **Notre Dame**- 42 points from your best 8 subjects; GCSE Maths and English (Language or Literature) at a minimum of grade 4; and, in addition, individual subjects have their own minimum entry requirements (6+) - No resits for Eng/ Maths allowed
- **Sir Isaac**- six or more GCSEs at grade 5+, including English and mathematics. (Grade 6 + in the subjects you wish to study)
- **Wymondham College**- An average GCSE of Grade 5 across a student's best 8 subjects . At least, a Grade 5 in both English Language and Maths
- **Jane Austen**- Six or more GCSEs at grade 5+ including maths, English literature and English language.

Overall point score



You study 9 GCSE's, 10 if you study Triple Science

Best 8 GCSEs, 42

divided by 8 = 5.25

6x GCSEs at grade 5, 2
x GCSEs at grade 6 = 42
points

When in life is 90% not good enough?

90% attendance is classed as persistent absence and adds up to missing 4 weeks of learning throughout the year. Good attendance and punctuality is important life skill that is needed for all students future success





Children with good attendance are more than twice as likely to pass their English and Maths GCSEs compared to those who are persistently absent.

Every moment in school counts, and days missed add up quickly. For example, a child in Year 11 who is absent for three days over a half term could miss 15 lessons in total.

What you need to do in order to succeed with in Year 11

Effort

We expect students to...

- Stay positive

Behaviour for learning

We expect students to...

- Arrive on time ready to

Home Learning

We expect students to...

- Notice how I didn't include 'being clever' or anything to do with natural ability...
- Working hard and having the right attitude will ensure your success.

best of your ability

- Keep going when things are difficult

- Be polite and listen to everyone

- Treat others the way you would like to be treated

- Complete independent revision at home- flashcards, GCSEPod and Seneca

Don't just take my word for it! Advice from Year 11s on results day

'Enjoyed the extra support with Maths, which I passed, thank you!!'-

'Pace yourself and you'll enjoy Year 11 more. Use Seneca and GCSEPod regularly'.

'Start revision early and I know it is easier said than done but don't over stress it if you've done the revision. Stressing too much takes away your energy'

'Revise, it actually does pay off!'-

'Put in the hard-work and it will pay off. Trust me, if I can do it, then you can do it!' .

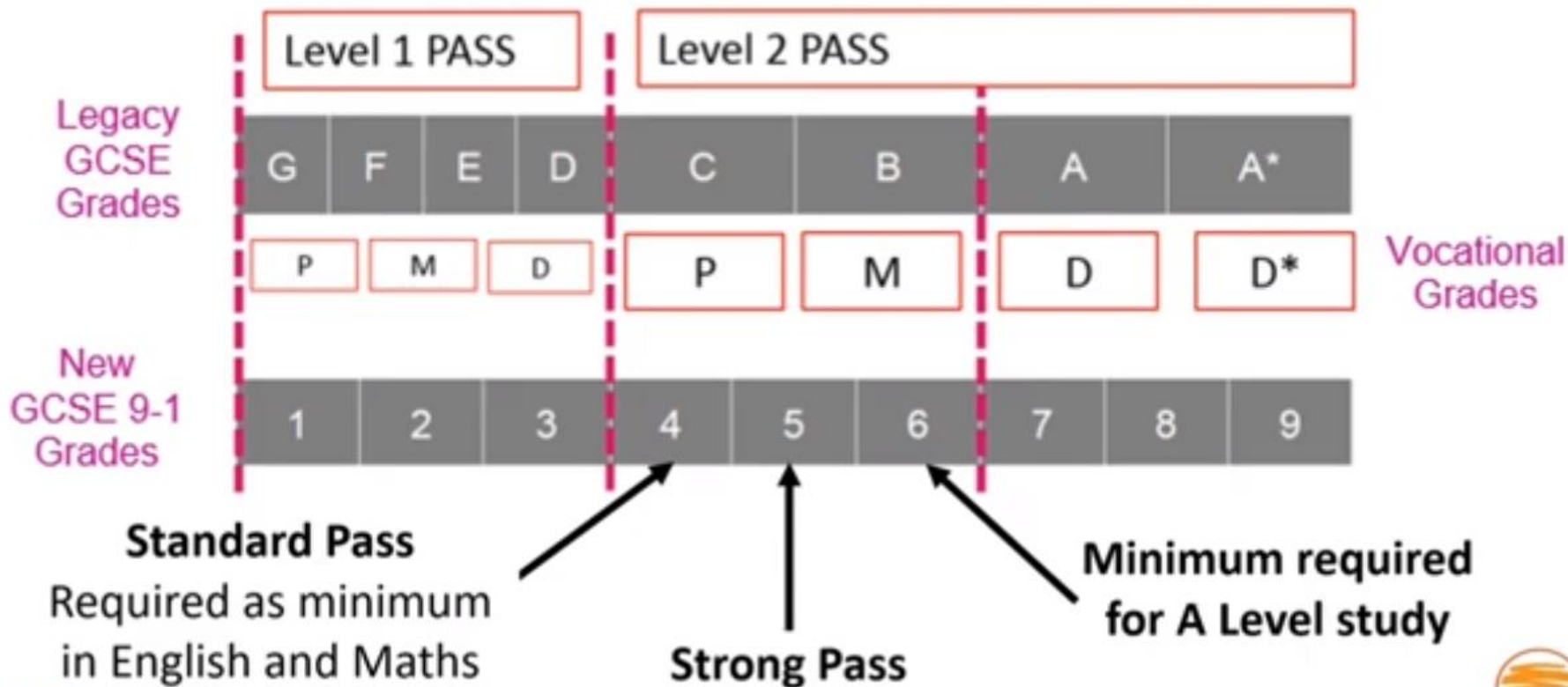
'Make a revision timetable, it helped me so much to have a schedule to follow'

'Start doing revision whenever you finish a unit so you don't have as much at the end of the year'-

'Revise earlier than later, it all helps!'-

'Revise more than you think! I revised more than I thought I should do for some subjects, and I did so much better than I thought I could'

GCSE grades explained



GCSE

The importance of English and Maths

- **Core requirement for further study and employment-** Both English and Maths are compulsory GCSEs that almost all post-16 courses and employers require. Students must achieve at least Grade 4 to pass; otherwise, they will have to retake the exam post-16, which can affect confidence and progression.
- **Minimum benchmark for progression-** Achieving Grade 5 or above is increasingly seen as the standard for studying A-Levels and many vocational courses. Students below this level may face limitations in the courses they can take at college.
- **Higher grades open more opportunities-** A Grade 7 or above in English or Maths can significantly enhance a student's profile for: Selective sixth form colleges. Competitive A-Level courses. UCAS applications for selective universities and specific degree courses (e.g., Law, Medicine, Engineering).

The importance of English and Maths

Form time has been adapted to support students in Maths/English this year

Why intervention matters

- To maximise student success, we have adjusted our form time programme:
- Each week, students now have a specialised, bespoke English or Maths intervention session.
- Sessions are taught by subject specialists, focusing on key skills, exam techniques, and targeted gaps in knowledge.

The impact of taking it seriously

Consistent participation in these intervention sessions can:

- ✓ Improve core knowledge and confidence
- ✓ Increase the likelihood of achieving Grade 5 or above
- ✓ Support students aiming for higher grades (6–9) that widen future opportunities
- ✓ Parents' support and encouragement can make a significant difference in motivating students to attend and engage fully.



Year 11 Form time intervention- From Tuesday September 23rd

Each form will now follow the same basic experience of form time sessions but on different days led by subject specialists.

You will all have the following as part of your weekly form time programme:

- 1- Assembly every Monday
- 2- Personal Development day
- 3- English specialist revision session
- 4- Maths specialist revision session
- 5- English or Maths day in Room 9 completing Mathswatch or GCSEPod

Week 1- Mathswatch

*Week 2- English-
GCSEPod*



Why are we doing this?

We all know the importance of you achieving highly in English and Maths and how vital this in terms of improving your opportunities for your next steps.

This will enable you all to receive 30 mins additional English/Maths specialist support every week which will add up to over 20hrs of extra study before your exams begin.

This will best help prepare you for your upcoming exams.

11IKE

<u>Day</u>	<u>Activity</u>
Mon	R10- Assembly- Mr Kennedy
Tues	Maths with Miss Halpin and Ms White- R9 or R43
Weds	PD Day-R10- Mr Kennedy
Thurs	English/Maths-Computer Room 37- Mr Kennedy
Fri	Eng with Mrs Webb and Mr Carrier- R6 or Elevate

Structure of the year- key dates

Mock exams 1- from Monday 17th Nov- in hall- lasting 2 weeks- all subjects



Year 11- tracking 1 and Mock 1 results- December 2025- reports to follow shortly after this (before Xmas)



Year 11 mock results morning-
Thursday 18th December 2025



Year 11 parents evening- Thursday
8th January 2026



Mock exams 2- Monday 9th Feb- one week- Core only



Mock exams 3- Monday 23rd Feb- one week- Non Core and Eng Lit



Summer exam series- May-June 2026



Leaver's assembly- 18th June 2026

Year 11 Prom- 19th June 2026

GCSE Results Day- Thursday 20th August 2026





Year 11 Roadmap 2025-26



October

- o World Mental Health Day
- o Sixth Form Open days/evenings
- o Progress Meetings
- o Careers Guidance Interviews

October Half-Term

September

- o Assemblies on sixth form/apprenticeships
- o Individual mentoring
- o Careers education
- o **Engagement Evening- 25th Sept**

- o Bespoke After-school revision
- o Form time sessions- revision techniques and specialist Eng & Maths sessions
- o New homework expectations
- o Parents' information evening

Target: Ensure you are beginning to develop the right revision habits, get into the routine of revising regularly. Frequently and in small-bursts is the key. Active revision is the aim.

November

- o Stress and Anxiety Workshop
- o **Mock exams round 1- All: starting 17th November- 2 weeks**
- o Study Support Sessions (with parents/carers)

December

- o 6th Form Application Deadline
- o Celebration Day

Christmas Holidays

January

- o GCSE Revision Evening
- o Parents' Evening-8th Jan
- o Start of GCSE practical exams

February

- o After-school intervention
- o Mental Health Assembly
- o **Mocks round 2- begins 9th Feb**
- o **February Half-Term**
- o **Mocks round 3- begin 23rd Feb**

March

- o 6th Form Offers
- o GCSE practical examinations continue
- o Year 11 Revision Evening- 26th March

April

- o **Easter Holidays**
- o Revision focus in all lessons
- o Exam stress workshop

May

- o **Start of GCSE exams**
- o **May Half-Term**

June

- o GCSE exams continue
- o Leavers' Day- assembly
- o Sixth Form Induction
- o Leavers' Assembly- 18th June
- o Prom- 19th June

Target: Engage with revision using active methods and use tools such as GCSEPod effectively. Attend all mock exams in full uniform with full equipment.

Target: Successfully embedded revision methods and have developed study habits linked to frequent revision..

July

Thurs 20th Aug

- o GCSE Results Day

Changes to our mock exam schedule

- We are aware that like many schools, we had previously been cramming an entire series of mock exams into a **two-week cycle** which presents a lot of **challenges for pupils**.
- Most aptly, it **doesn't really offer the real exam experience**. Your real exams are mostly spread over about a 5-week period. Having them all-in two-week blocks means you cannot properly prepare for every exam as you would for the real ones.
- As such, dividing the blocks into Core and Non-Core weeklong cycles means **you have more time between each set of mocks for the second set of mocks**.
- This will enable you to prepare more, **revise effectively** and really see where you at in an accurate way. It was also then allow you to get **valuable feedback** in preparation for the next set of mocks.

Mock exams 1- from Monday 17th Nov- in hall- lasting 2 weeks- All subjects



Mock exams 2- Monday 9th Feb one week-CORE ONLY- Eng Lang, Maths (3 papers) and Science (3 papers)



Mock exams 3- Monday 23rd Feb- one week- Non Core and Eng Lit- All four option choice exams and Eng Lit

The mocks are on the horizon...

Mock exams begin on Monday 17th November 2025

This is **7 weeks from today.**

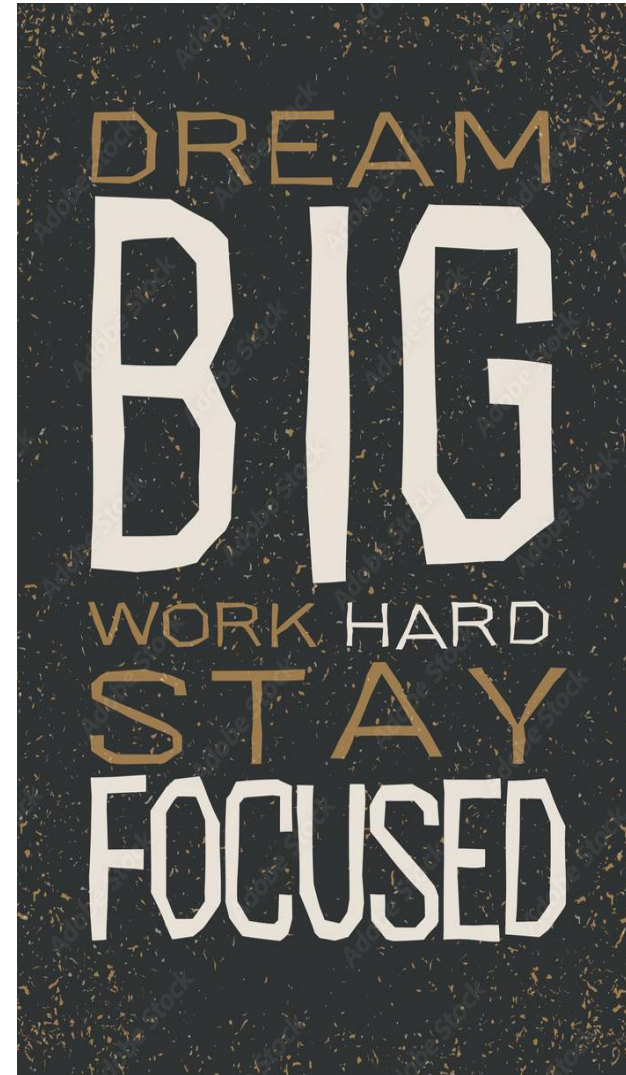
College offers will often **ask for your mock results** and it is important that these are taken seriously, and you apply yourself effectively

You do not want to take the attitude that- *'I'll just see what I get without any revision'*

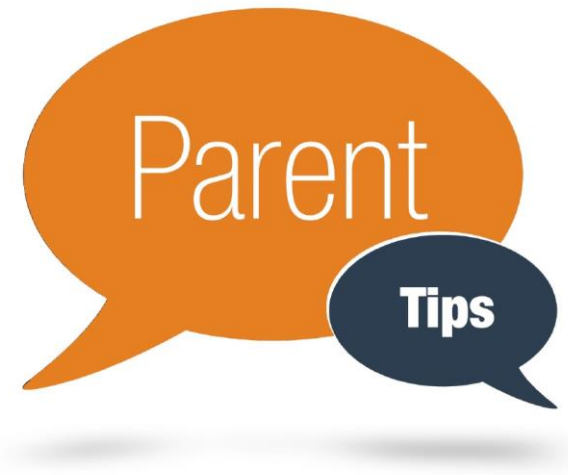
This will be a **waste of time.**

The purpose of the mocks is to ensure teachers **can give you guided feedback** on what you're doing well and what you still need to **focus more on.**

How can you possibly know your areas for improvement if you haven't put the effort in first?



Mock exams- top tips for parents



- Provide a good study environment
- Help with scheduling / time management- creation and maintenance of a good revision/study timetable.
- Encourage use of practice papers and feedback
- Support wellbeing, sleep, and mindset
- Monitor and review progress

Mock exams- top tips for pupils



- Use evidence-based revision techniques- Listen to me!
- Simulate exam conditions
- Plan revision in advance
- Maintain good daily routines
- Focus on weak spots, but review strengths
- Use multiple sources / ways of re-visiting content
- Practice exam technique & strategy

IT WILL
ALL
WORK
OUT.
=

Things to avoid- Pitfalls

- **Leaving revision until very close to mocks** (cramming). It may give short-term recall, but harms long-term retention and adds stress.
- **Passive revision** (just reading or highlighting without testing). These feel productive but are much less effective than active methods.
- **Overloading with too many subjects at once** without focus — spreading yourself too thin. Better to address fewer topics well than many poorly.
- **Ignoring feedback:** if you don't check why you made mistakes, you may repeat them.



7 Stages of Revision Success

1. Plan your revision – timetable your study

Map out all subjects and topics across the weeks leading up to mocks. Break big topics into smaller chunks to make them manageable. Include rest breaks, exercise, and catch-up time.

2. Check topics against knowledge organisers or topic lists

Use school-provided checklists, knowledge organisers, or exam specifications. Tick off what you feel confident with and highlight weaker areas to focus on.

7. When ready, answer exam questions under exam conditions

Sit full papers, timed, without notes. Build exam stamina and practise managing time across all sections. Review performance to refine final revision focus.

6. Hand in exam questions and get feedback

Share practice answers with teachers and ask for feedback. Act on the feedback: redraft, correct mistakes, or practise similar questions.



3. Go through content and make revision resources (active revision)

Use active strategies: flashcards, mind maps, summary notes, or Cornell Notes. Avoid just re-reading or highlighting — always do something with the information.

4. Practise revision with materials regularly – recall and retrieval

Test yourself frequently without looking at notes. Use flashcards, online quizzes, or quick written recall activities.

5. When knowledge is retained, apply it to exam practice questions

Start with short questions or single topics. Use mark schemes to check how answers should be structured. Identify any gaps or misconceptions.

WHY ARE MOCK EXAMS GOOD FOR YOU?

Mock exams are an essential component of exam preparation for your annual MOT assessment. They allow you to mimic the real exam experience under timed conditions, with exam standard questions.

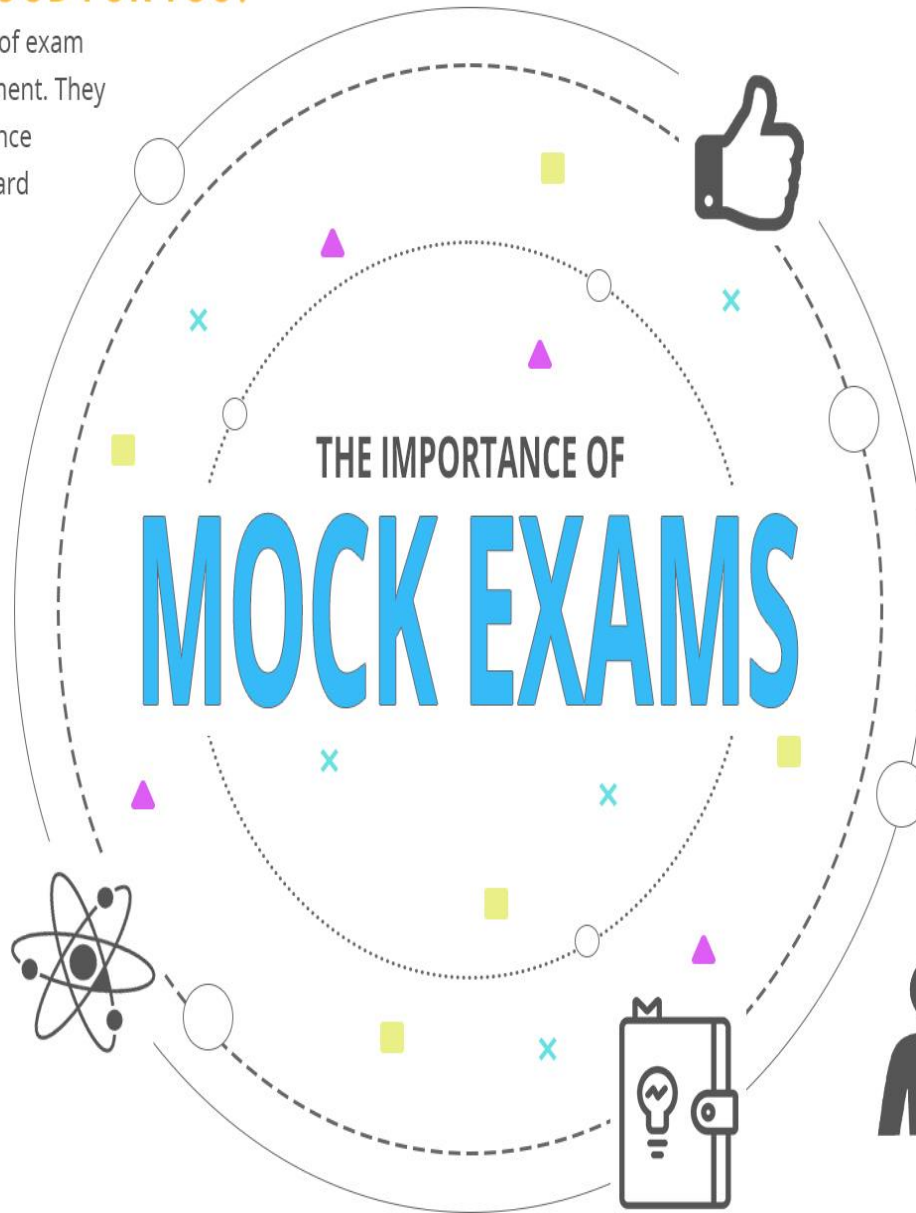
EXERCISE YOUR BRAIN
TO BUILD EXAM STAMINA



HELPS TO
IDENTIFY TOPICS
YOU NEED TO REVISE



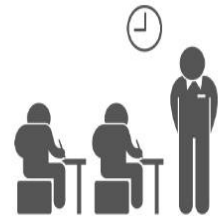
TEST YOUR
REVISION STRATEGIES



HELPS YOU GET USED
TO EXAM PRESSURE



ALLOWS YOU TO PRACTICE
EXAM TECHNIQUES



GIVES YOU EXPERIENCE OF
EXAM CONDITIONS



IT'S THE PERFECT OPPORTUNITY
TO ASK FOR HELP

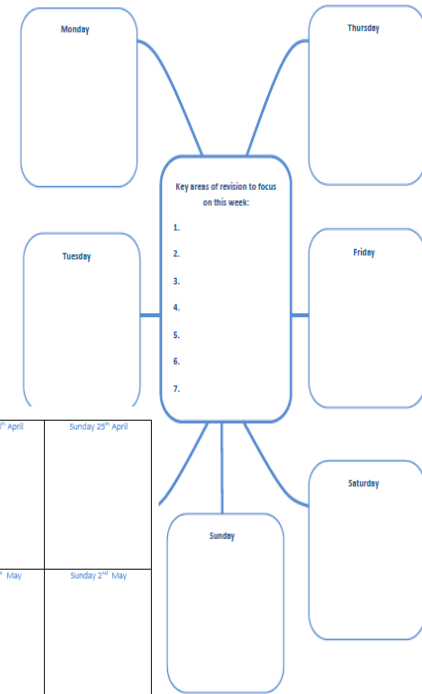


The mock exams (PPEs)...

The purpose of the mock exams are to:

- **Experience** a realistic, extended exam programme.
- Develop and embed **revision techniques** and **organisational skills**. Find what works for you!
- Sit exams in the **exact conditions** the final exams will be in, following the correct protocols.
- Get into good **habits** of checking the exam **notice board**.
- Provide us with **accurate information** and data for intervention and support.
- Receive **positive news** as well as potentially less positive!

Fail to plan, plan to fail'



Week 1	Monday 19 th April	Tuesday 20 th April	Wednesday 21 st April Maths Paper 1 90 mins Gym	Thursday 22 nd April German Reading and Writing exam- pd 1&2 (Rm13)	Friday 23 rd April	Saturday 24 th April	Sunday 25 th April
Week 2	Monday 26 th April	Tuesday 27 th April Biology unit 1 Combined 1 hr 15 Triple 1hr 45 Gym	Wednesday 28 th April	Thursday 29 th April	Friday 30 th April Biology Unit 2 Combined 1 hr 15 Tripe- 1hr 45 Gym	Saturday 1 st May	Sunday 2 nd May
Week 1	Monday 3 rd May Bank Holiday- no school	Tuesday 4 th May Maths paper 2 90 mins Gym	Wednesday 5 th May GCSE PE Theory 1 hr 15 Gym	Thursday 6 th May H&C Practical- pd 1- 3 food room Art Practical- pd 1- 3 Art room French Reading Exam 1 hour- AM- Rm 14	Friday 7 th May H&C Practical- period 1-3 Food room Art Practical- Periods 1-3 Art room Hand in deadline for Sports Studies coursework	Saturday 8 th May	Sunday 9 th May
Week 2	Monday 10 th May D&T Industrial Processes 2 hour NEA- Room 8	Tuesday 11 th May	Wednesday 12 th May Geography Paper 1- 90 mins Gym	Thursday 13 th May	Friday 14 th May Geography Paper 2- 90 mins Gym	Saturday 15 th May	Sunday 16 th May

✓ Revision timetables

✓ Study planners

✓ Short-term week
priority sheet

Little but often

Embed the organisational skills
necessary to succeed

Is it ever too early to begin revising?

- Students who do their best in the GCSE exams, **work hard all through Year 11** rather than relying on last minute revision.
- It is best for students to start revision early and to keep revising during the year by doing little but often.
- This will give your child time to review what he/she has studied and to strengthen the memory and this will avoid the panic of leaving things to the last minute.



Period 6- This academic year

- There will be several questions about Period 6 and our after-school intervention, as there are every year.
- This year it will be running a bit differently.
- We want to **shift the focus onto independent revision** and need to build a culture of the priority being to revise at home firstly and then seek support at school as an alternative measure.
- We always have offered additional sessions (after-school and in the holidays) and we will continue to do this. However, there **needs to be less of a reliance** on this and **more responsibility placed upon revising independently at home.**



Period 6- When will it start?

explained

- This year, period 6 will precede each of the blocks of mock exams.
- As such, there will be 3+ weeks of focused period 6 sessions which are linked to the upcoming mocks before they take place.
- The first set of **mocks take place from Monday 3rd November**, there will be 3 weeks of revision sessions after-school from the 13th October onwards.
- The **second set of mocks will begin in February** and the Period 6 sessions for these will begin as soon as the first round of mocks finish after Christmas.
- After the mocks have concluded, it is then the responsibility of pupils to complete independent revision at home. Teachers will still be able to offer period 6 sessions if this is preferable for them/students and small group sessions will be the primary focus.

Period 6 AKA Academic Tutoring- The specifics-

explained

Purpose of the programme

- Period 6 is an after-school academic intervention designed to support students in achieving their full potential. It is called Academic Tutoring and targets core gaps, exam skills, and upcoming exam content.

Selective and targeted-

- Students are chosen by class teachers and Heads of Department, guided by data on progress, assessments, and specific needs. Selection is individualised: some pupils may attend for one subject, others for multiple subjects, and some may not need it at all. Groups are small (6–12 pupils) to maximise support and engagement. Groups will change each time the programme resumes, allowing teachers to respond to evolving student needs.

Focus of sessions

- Sessions are highly targeted on areas where pupils need the most support: Closing knowledge gaps, developing exam techniques, practising and consolidating content for upcoming exams

Period 6 AKA Academic Tutoring- The rationale

Small group interventions are widely recognised as highly effective in raising achievement. Research shows:

- ✓ Pupils make faster and more sustained progress in small groups compared to large classes.
- ✓ Students are more likely to engage actively and ask questions when the group is small.
- ✓ Teachers can provide individualised feedback and adapt teaching on the spot.
- ✓ Large, whole-group interventions often result in low engagement and variable outcomes. smaller, targeted groups have high effect sizes on learning outcomes.

Why this matters for your child

- ✓ The Period 6 programme is a strategic investment in your child's exam success.
- ✓ Consistent attendance and engagement can lead to improved exam results
- ✓ Stronger confidence in weaker subjects
- ✓ Greater options post-16 and better preparedness for further study

explained

Period 6/Academic tutoring matters

- Period 6 is not optional enrichment; it is a targeted, evidence-backed strategy to maximise progress in key subjects.
- The combination of small group, targeted teaching with expert subject teachers gives pupils the best opportunity to close gaps and perform to their potential in their GCSE exams.



Making use of the resources available to you

We have wealth of incredibly useful and proven revision resources at our disposal to help GCSE students attain highly.



GCSEPod



Acle Academy GCSE Revision Zone



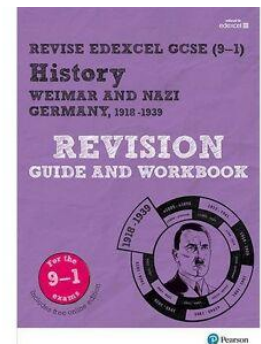
Seneca



Pixl Apps



Oak National Academy



Traditional revision materials

Why GCSEPod works!

Year 11 Impact Analysis

On average, regular users of GCSEPod achieved

1.1

more Progress 8 points than non-users

On average, the highest users achieved

20

Attainment 8 points more than non-users

Regular users of GCSEPod achieve, on average

1

grade higher per subject than non-users

Year 11 Academic Focus- Support and intervention

- We will be ensuring all pupils are supported in their attempts to be successful this year.
- The primary way to ensure success is for pupils to be in all their lessons and working hard and putting in effort in class.
- **This, coupled with effective revision at home will lead to success.**
- However, we will be working with some pupils to assist them in gaining their goals of either achieving 7+s or 5+s dependent on their circumstances.
- We will be launching our **Aspire 9** and **Strive For 5** study groups in the next week or so. These pupils will receive a mentor and extra guidance and support.

S	M	A	R	T
Specific	Measurable	Attainable	Realistic	Time-bound
Do: Set real numbers with real deadlines. Don't: Say, "I want more visitors."	Do: Make sure your goal is trackable. Don't: Hide behind buzzwords like, "brand engagement," or, "social influence."	Do: Work towards a goal that is challenging, but possible. Don't: Try to take over the world in one night.	Do: Be honest with yourself- you know what you and your team are capable of. Don't: Forget any hurdles you may have to overcome.	Do: Give yourself a deadline. Don't: Keep pushing towards a goal you might hit, "some day."



Exams- organisation is key- Building a revision timetable

- Without a plan, it's easy to feel overwhelmed or to over-analyse to the point of paralysis. The solution is to take action, devise a realistic and workable revision timetable, and – most important of all – stick to it!
- I will hold **lunchtime sessions before the mock exams** (In October) if pupils want to know how to make one before then.



The best way to get
something done...

...is to begin.

Timetabling your revision

- A solid revision timetable not only guarantees you cover everything you need to in time for the assessments, but it also breaks everything down into more manageable chunks – much less scary!

Once you start getting everything out on paper or screen, you'll have a proper idea of the task ahead. The ideal revision timetable will be prepared enough in advance that you have a bit of balance and don't burn yourself out.

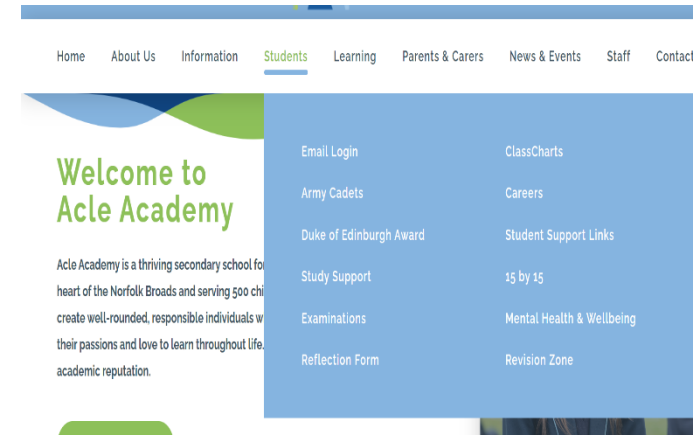


How to plan for your revision- Short-term for the next few weeks- and long-term for the final exams!

Revision Timetable								Date _____
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	<u>To do</u>
8:55-9:25	Tutor Time	Tutor Time	Tutor Time	Tutor Time	Tutor Time			.
9:25-10:25	LESSON	LESSON	LESSON	LESSON	LESSON			.
10:25-11:25	LESSON	LESSON	LESSON	LESSON	LESSON			.
11:25-11:45	BREAK	BREAK	BREAK	BREAK	BREAK			.
11:45-12:45	LESSON	LESSON	LESSON	LESSON	LESSON			.
12:45-1:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH			.
1:30-2:30	LESSON	LESSON	LESSON	LESSON	LESSON			.
2:30-3:30	LESSON	LESSON	LESSON	LESSON	LESSON			.
3:30-4:45								.
4:45-5:15								
5:15-5:45								<input type="checkbox"/>
5:45-6:15								<input type="checkbox"/>
6:15-6:45								<input type="checkbox"/>
6:45-7:15								<input type="checkbox"/>
7:15-8:45								<input type="checkbox"/>
8:45-10:00								<input type="checkbox"/>
								<input type="checkbox"/>

Google Classrooms

- We already have the **school revision zone** which is an excellent, ready-made revision tool for your child to use to prepare for their exams in all subjects.
- We have now embedded **Google Classrooms** again this year to support your child in every class they take.
- Teachers are uploading all lessons (within 24hrs of them taking place), homework and revision materials directly to their classroom.
- This is great if your child misses a class because of illness or another reason. The expectation is that they **MUST catch up on the missed work**. All the resources are now in place for them to do this.



Revision Resources

REVISION ZONE RESOURCES - GOOGLE DRIVE ►

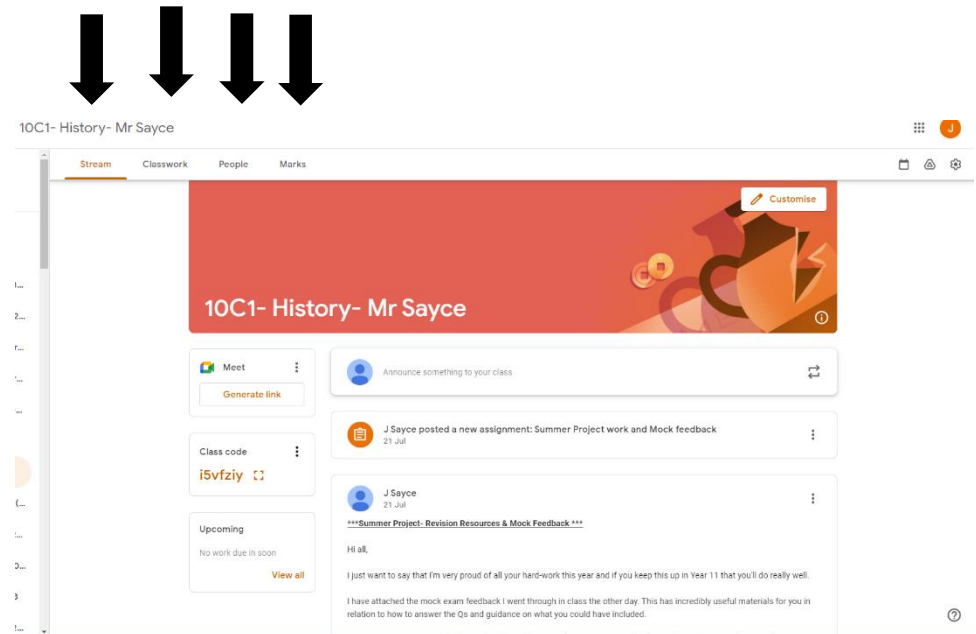
A presentation was held in school on Thursday 29th September and all supporting documents and videos can be found below. This is a comprehensive guide to GCSEs for parents and pupils. If you have any questions about a particular GCSE please contact your child's Head of Subject or if it is a general query about GCSEs or progress then get in touch with Mr Sayce.



Google Classroom

Recap- what does Classroom look like?

- Every **Class** is comprised of four pages: **Stream**, **People**, **Classwork** and **Marks**.
- Teachers (and students, if we allow them) can post **Announcements**, which can include weblinks and uploaded resources.
- Homework can be set (and marked, if you want), as **Assignments**.
- Courses can be set up for different topics



What it will look like

All topics ▾

Paper 1-Medicine Through Time ⋮

Students will see this topic once work is added to it

Paper 2-Elizabethan England ⋮



Summer Project work and Mock feedback

Due 6 Sept, 23:59 ⋮

Paper 2- Superpower relations and the Cold W... ⋮

Students will see this topic once work is added to it

Paper 3- Weimar and Nazi Germany ⋮

Students will see this topic once work is added to it

+ Create

All topics ▾

Paper 1-Medicine Through Time ⋮



Lessons

Posted 14:46 ⋮




Knowledge questions

Posted 14:46 ⋮



Past papers

Posted 14:46 ⋮



Revision guides

Posted 14:45 ⋮



ACLE ACADEMY > STUDENTS > CAREERS

Careers

Careers Education, Information Advice and Guidance (CEIAG)

At Acle Academy we believe that good provision of CEIAG is fundamental in helping young people to reach their potential, broaden horizons, and explore their own career aspiration and to be ambitious. Equipping our young people to leave school and move successfully in to further education, employment or training has always held high priority at Acle.

The careers programme we offer takes a practical approach, giving students the employability skills so essential to both finding and being

In This Section

[Email Login](#)

[ClassCharts](#)

[Revision Resource Zone](#)

[Army Cadets](#)

[Careers](#)

[Duke of Edinburgh Award](#)

Careers

Post 16 options and the application process.

[Year 11 Post 16 Applications](#)

Help You Choose- college applications.

Independent careers advisor appointments

Careers fair – 14th November

Mock interviews – 5th December

Careers cafes

Post 16 Routes

The Parents' Guide to
www.theparentsguideto.co.uk

Level	Qualification / educational route				
8	Doctorate (PhD)		NVQ 8		
7	Masters degree (MA)		Degree apprenticeship / NVQ 5, 6, 7		
6	Bachelors degree BA or BSc				
5	Foundation degree FdA or FdSc	Higher National Diploma (HND)			
4			Higher National Certificate (HNC)	Higher apprenticeship / NVQ 4	
3	A levels Grades A-E	International Baccalaureate	T Levels	BTEC diploma BTEC certificate	Advanced apprenticeship / NVQ 3
2	GCSE Grades 4- 9 (C, B, A or A*)		BTEC first diploma		Intermediate apprenticeship / NVQ 2
1	GCSE Grades 1- 3 (D,E,F or G)		Foundation diploma / entry level qualifications		Traineeship / NVQ 1
Academic route		Vocational route		Applied / work route	

- Continue education at Sixth Form or College (A-levels/ BTEC/CTEC)
- Learn and earn at the same time through an apprenticeship
- Employment with accredited training.

Help You Choose

Why Apply Online via Help You Choose?

- All the learning options are all in one place.
- Young people can apply to multiple providers using the same information.
- They will receive emails to keep them up-to-date with the progress of their applications.

You can find lots of useful information to help support your child in the parents section of Help You Choose

What Happens After Applying?

- The student gets an **email receipt** to confirm their application's been sent.
- They'll then get an **email acknowledgement** from each sixth form and college when they start processing the application.
- Some sixth forms and colleges then contact the student to arrange an **advice interview**.



Apprenticeships & Training

- If you/your child are interested in an apprenticeship go to the Apprenticeships & Training section on Help You Choose.



Apprenticeship levels



LEVEL 2 *Intermediate apprenticeships*

Typical length
12-18 months

Entry requirements:
None or few

Qualifications obtained:
GCSE, BTEC or equivalent

Who's it for?
Mostly for 16-year-olds with limited or no academic qualifications.



LEVEL 4/5 *Higher apprenticeships*

Typical length
3-5 years

Entry requirements:
A Levels or equivalent

Qualifications obtained:
Higher national diploma / foundation degree

Who's it for?
Mostly for those who want to qualify for professional career paths without attending university or college. Sometimes referred to as 'school leaver' or 'non-graduate' programmes.



LEVEL 3 *Advanced apprenticeships*

Typical length
12-24 months

Entry requirements:
Usually 5 GCSEs

Qualifications obtained:
A levels or equivalent

Who's it for?
Mostly for 16-year-olds with reasonable academic achievements but who don't want to study in sixth form.



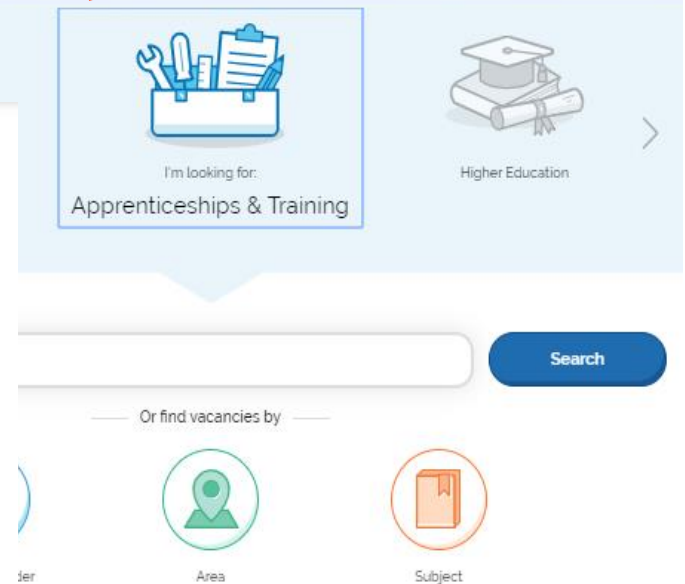
LEVEL 6/7 *Degree apprenticeships*

Typical length
3-7 years

Entry requirements:
At least 2 A Levels or equivalent

Qualifications obtained:
A BA or BSc degree or higher

Who's it for?
Mostly for those with excellent sixth form results that want to study for a degree or similar whilst working.




Apprenticeships Norfolk

You can find further information about apprenticeships in Norfolk on the Apprenticeships Norfolk website at:
www.apprenticeshipsnorfolk.org




[Employ An Apprentice](#) | [Apprenticeships Reforms](#) | [Become An Apprentice](#) | [Contact Us](#)



APPRENTICESHIP GRADUATION 2017

Well Done!



REAL LIFE STORIES

Apprenticeships Norfolk 2016 Brathay Finalists >

EMPLOY AN APPRENTICE

Want to hire an apprentice?

[Click here to search local Apprenticeship Providers >](#)

<https://www.apprenticeshipsnorfolk.org/>

GET IN TOUCH

Want to speak to a member of our very helpful team?

[Click here to send us a message. >](#)

BECOME AN APPRENTICE

Find out what's available from local Apprenticeship Providers.

[Click here to search >](#)

Latest News

Apprenticeship funding: how it will work
6th April 2017 12:01am
Apprenticeships Levy starts today! Do you have a company of ...
[More >](#)

Community & Social Enterprise support
30th August 2017 11:40am

National apprenticeships website

You can register for apprenticeship vacancies at
www.gov.uk/apply-apprenticeship



[Home](#) > [Education and learning](#) > [Apprenticeships, 14 to 19 education and training for work](#)

Find an apprenticeship

Find an apprenticeship in England.

You can apply for apprenticeships in [Scotland](#), [Northern Ireland](#) and [Wales](#).

[Search >](#)

You can also:

Related content

[Become an apprentice](#)

[Find a traineeship](#)

Explore the topic

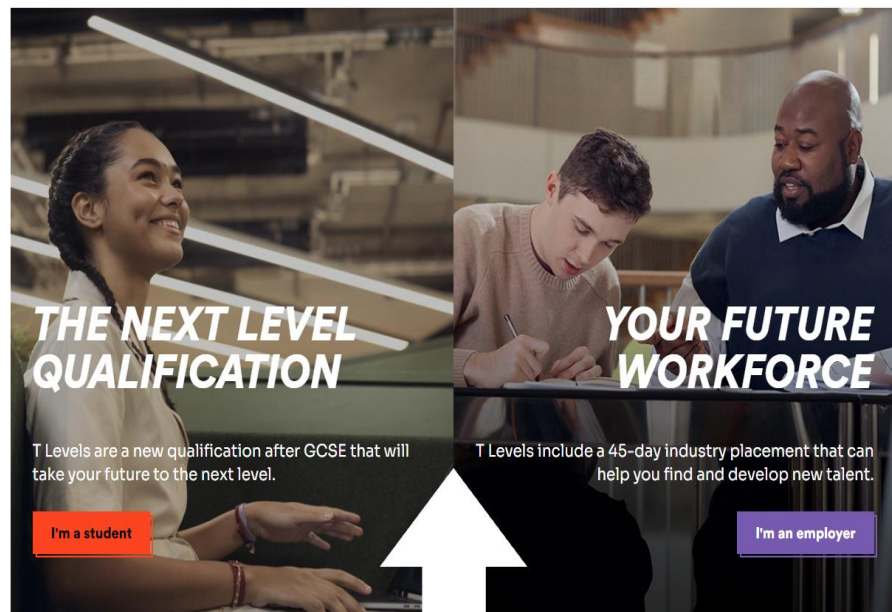
[Finding a job](#)

[Apprenticeships, 14 to 19 education and training for work](#)

[Apprenticeships](#)

National Apprenticeship week
(9-15th February 2026)

Support with applications



What are T Levels?

T Levels, or Technical Level Qualifications, are a new government backed qualification introduced as of September 2020 and will be equivalent to 3 A Levels. These 2-year courses have been developed in collaboration with employers and businesses so that the content meets the needs of industry and prepares students for working life.

T Levels involve a mix of classroom learning (about 80% of the course time) and practical experience (about 20% of the course time) including a 45 day on-the-job placement in a genuine business. Afterwards, students may go on to university, alternative higher education, another job, an apprenticeship or they may be offered an opportunity with the company where they were placed.



EQUIVALENT TO 3 A LEVELS

T Levels are an alternative to A levels, apprenticeships and other 16 to 19 courses. Equivalent to 3 A levels, a T Level focuses on vocational skills and can help students into skilled employment, higher study or apprenticeships.

A 45-DAY INDUSTRY PLACEMENT

Each T Level includes an in-depth industry placement that lasts at least 45 days. Students get valuable experience in the workplace; employers get early sight of the new talent in their industry.

80% CLASSROOM, 20% WORK

T Level students spend 80% of the course in the classroom, learning the skills that employers need. The other 20% is a meaningful industry placement, where they put these skills into action.

More information...

Careers page on Acle Academy website
Parents section on Help you Choose
mjacotine@acle.Norfolk.sch.uk











Please do ask for help!

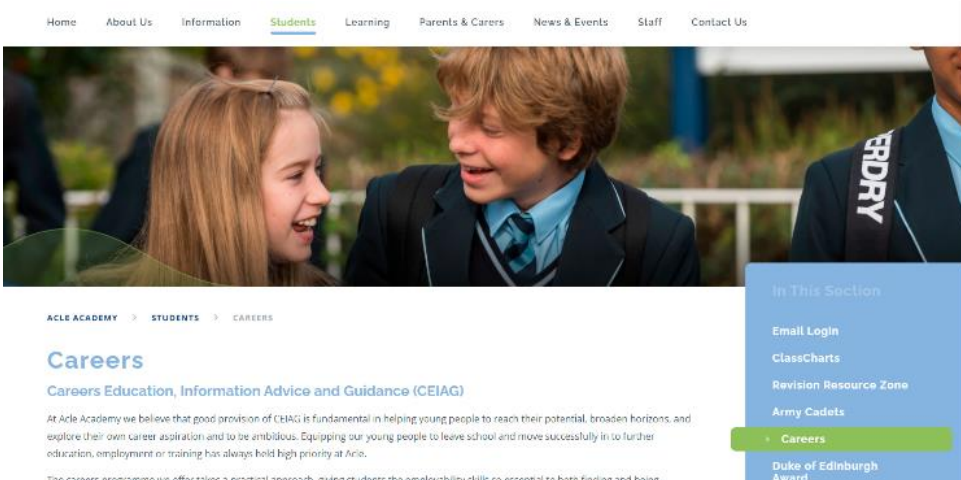
We would like all students to have completed an application by Christmas.

- *Remember colleges will receive a lot of applications and may be oversubscribed. Every grade counts.*

Choices at 16

More within Choices at 16

 What are the options for 16 - 18's? >	 How do qualifications compare? >
 Further education (FE) >	 Apprenticeships and traineeships >
 Year 11 - planning the year ahead >	 Questions for open events at sixth forms, sixth form colleges and FE colleges >
 Finance for learning >	 Travel and transport >
 Where will the future jobs be? >	 Using Help You Choose >



Home About Us Information **Students** Learning Parents & Carers News & Events Staff Contact Us

ACLE ACADEMY > STUDENTS > CAREERS

Careers

Careers Education, Information Advice and Guidance (CEIAG)

At Acle Academy we believe that good provision of CEIAG is fundamental in helping young people to reach their potential, broaden horizons, and explore their own career aspiration and to be ambitious. Equipping our young people to leave school and move successfully in to further education, employment or training has always held high priority at Acle.

The careers programme we offer takes a practical approach, giving students the employability skills so essential to both finding and being

In This Section

- Email Login
- ClassCharts
- Revision Resource Zone
- Army Cadets
- Careers**
- Duke of Edinburgh Award

Memory and starting with Revision

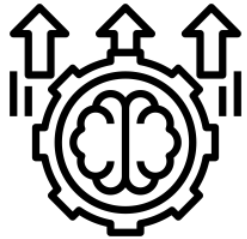
What do we know about memory?



Your working memory is easily overloaded, cramming doesn't work



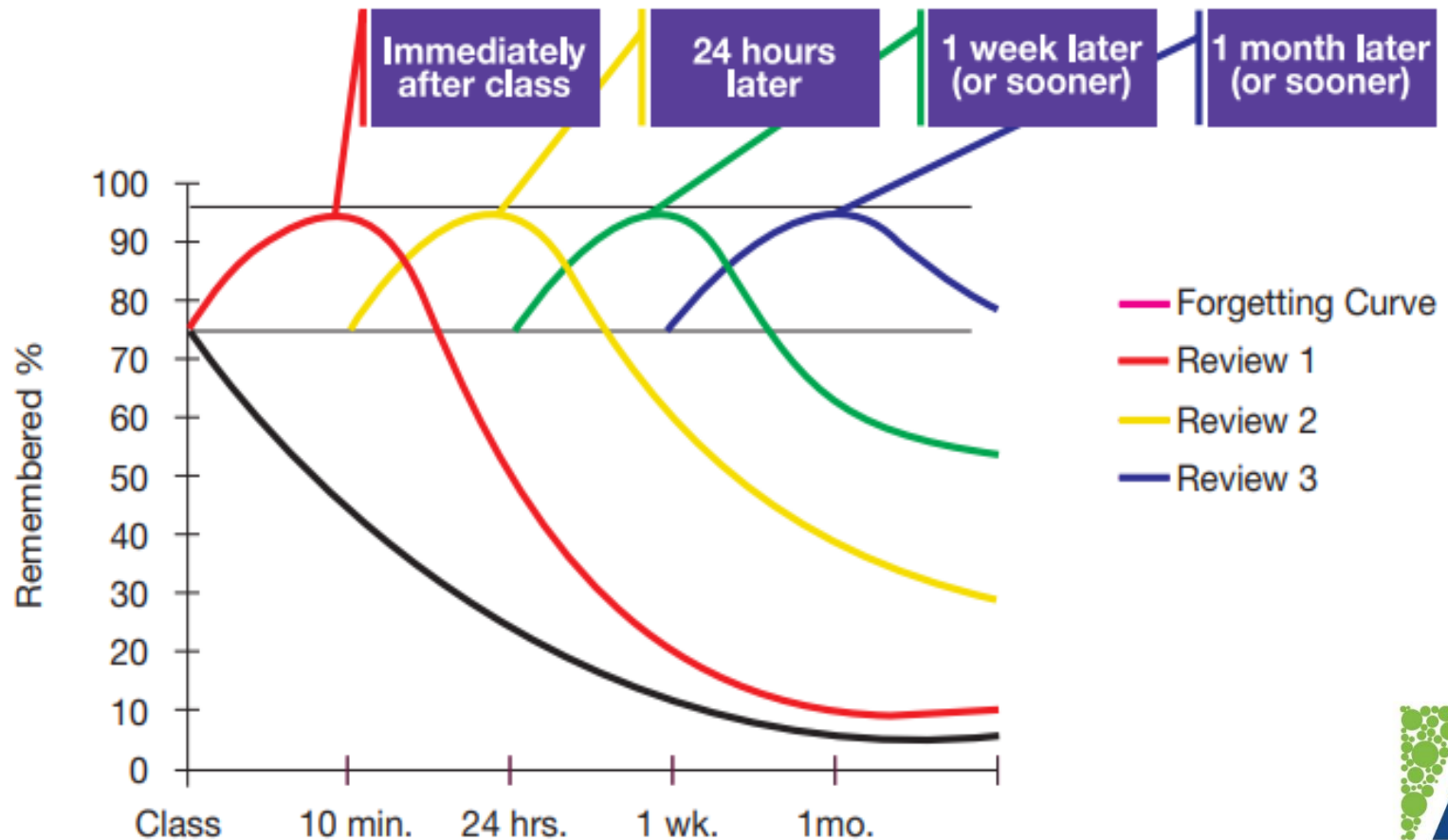
Information is forgotten if not revisited, it's natural.



Practice and retrieval helps strengthen long term memory & boosts learning

Why is home learning and revision at home so crucial to success?

This diagram called the Ebbinghaus Forgetting Curve – it illustrates how information is quickly forgotten unless it is reviewed at spaced intervals.



What can parents do to help to reduce the memory burden?

- If homework and revision are left to the last minute, this will limit your child's chance of doing their best.

Over the next few months:

1. Ensure that your child **attends school** and is always on time. Every day lost in attendance reduces their chance of achieving their best at GCSE. If they miss days, make sure they log onto Google Classroom and catch-up on missed content.
2. Encourage your son/daughter to persevere and to begin working hard now in preparation for the exams. Check that they are **keeping up with homework** and **attending any and all in-school revision sessions** on offer.
3. Encourage your child to **begin revising now at home!**

How much time should they be spending on home learning?

- This will vary occasionally as sometimes homework will come in patterns.
- On average most studies say that Year 11 students should be completing approximately **1 and half hours homework a day.**
- Getting into good habits linked to completing homework and using time effectively will benefit pupils when revision starts to step up.



Staying motivated

- GCSEs are hard and they can become very pressurised.
- One of the hardest things to maintain in this situation is motivation.
- Without motivation, very little can be achieved.

So, how do you stay motivated when it gets difficult?



KEEPING THE MOTIVATION UP

Students:

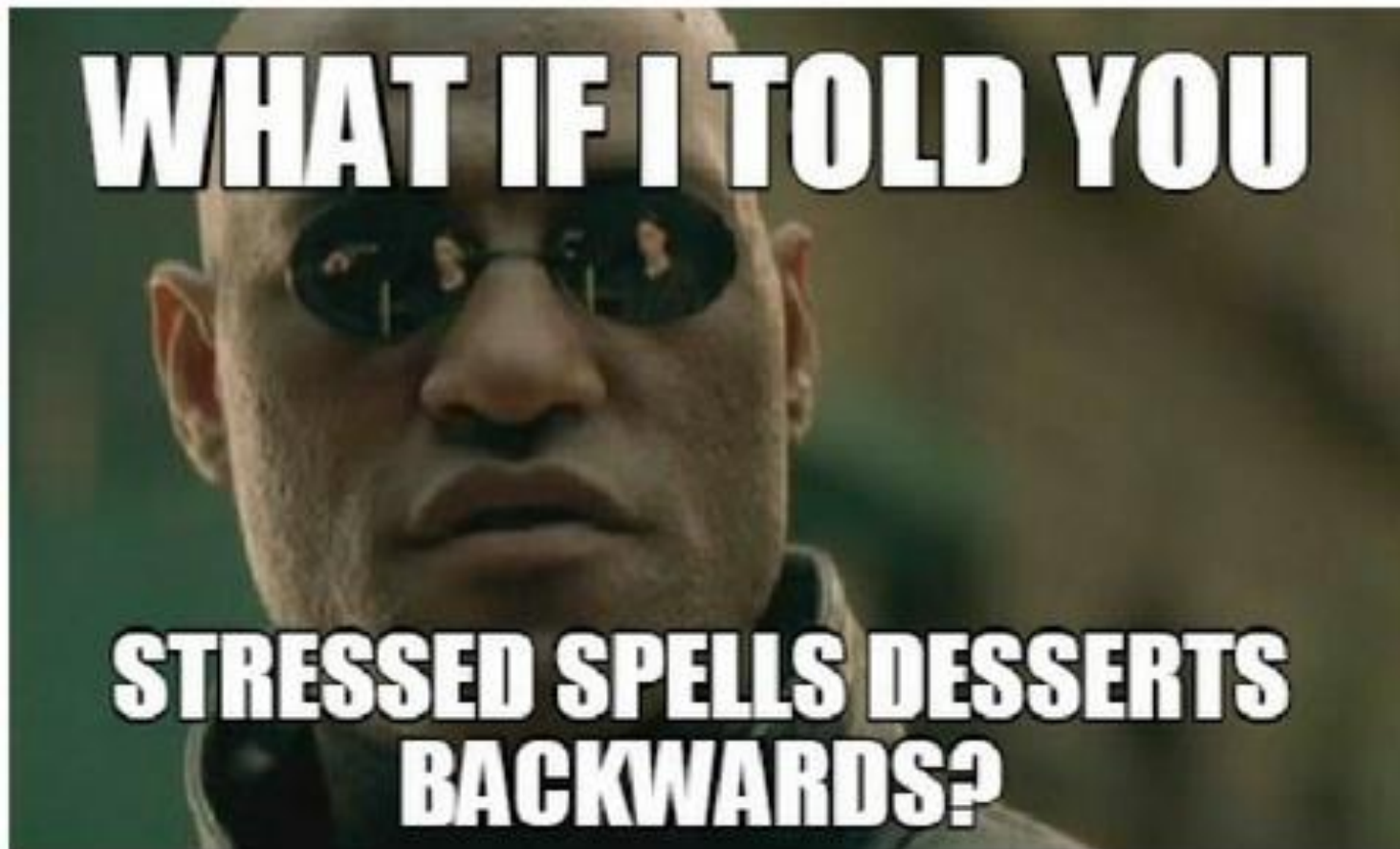
1. Don't stop working in lessons you find hard or dislike – talk to someone about any difficulties you are having – there is always a solution
2. Prepare a home learning schedule if necessary and stick to it – even when you don't feel like it. Don't wait until you are in the mood – the further behind you get the less you will be in the mood (agree the schedule with your parents for a hassle-free life)
3. Resist the temptation to bury your head in the sand if things are getting out of hand – talk to your parents/tutor/teachers/Engage/ Mr Sayce
4. Ignore what friends and others are doing or saying – you are working for an easy life for YOU now and later – let your friends have the hassle of redoing coursework or even their GCSEs

KEEPING THE MOTIVATION UP

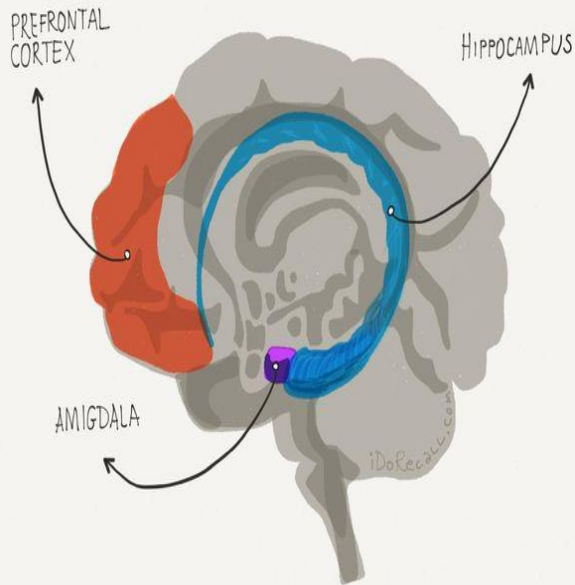
Parents:

1. Agree the **balance between work and social life** and stick to the agreement. Flexibility is the key – if a special night comes up, agree that they can make up the work at a specified time.
2. **Be flexible** – use the 80/20 rule. If your child is sticking to what they are supposed to be doing 80% of the time, they will be doing alright.
3. If your child asks for your support, encourage them by helping them to see the difficulties **in perspective**. Teenagers often take an all or nothing ‘catastrophic’ approach to difficulties – “I’ve messed up this essay, I might as well give up.”

Dealing with GCSE stress



What is exam stress and who is the 'Exam Stress Gremlin'?



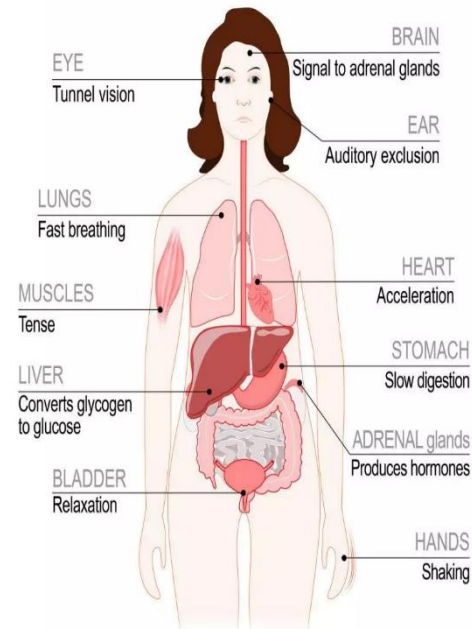
Amygdala is the caveman.

Filters information based on emotional state. Reaction without thought.

Fight/flight/freeze!



Fight-or-flight response



These bodily changes help us to;

- Run faster
- Think faster
- See better
- Be stronger
- Hear better
- Heal quicker

Why do some students feel exam stress more acutely than others?



Our stressors (causes of stress) can be people, actions, places, attitudes, things or situations. However, the fact that we can be in the same situation causing stress e.g. exams but not all experience exam stress in the same way suggests that it's not the exam which feeds out exam stress gremlin but the way we *think* about it.

Some students become stuck in the 'Fight, Flight, Freeze' response. They may study compulsively to 'fight' the exam or put off revision, effectively fleeing from it.

Students can tackle their exam stress gremlin by thinking differently about the exam and their ability to cope with it. By thinking **realistically** and **positively** and **acting in constructive ways** they can get through it

CLASSIC EXAM STRESS BEHAVIOURS



- Wasting time doing other things instead of revision
 - Don't stick to the revision plan you created
 - Give up on revision before even trying
 - Avoid school revision sessions
- Planning escape routes out of revision and exams
- Hide away from others and become withdrawn
 - Hide how you are feeling from others
 - Take your feelings out on others
 - Act in ways to please other people
 - Act in defiant or non-compliant ways
 - Skip meals or binge-eat
 - Ignore the advice of others



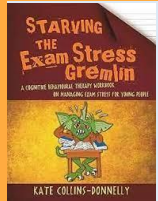
- Reduce self-defeating behaviours
- Stop avoiding-start achieving those things you keep telling yourself you can't so that your confidence grows
 - Stop procrastinating;
 - Don't study to excess
- Work on solving the problems that are causing exam stress
- Use the 'Stress Time' technique-set a time of 15-30 mins to focus on your exam worry, address the causes, consider strategies to tackle it and then shelve it
 - Create a Revision Plan
- Personalise your revision techniques so that they motivate you
 - Break revision down into easy achievable steps
 - Change your Self-Talk with Positive Affirmations
 - Try Relaxation Techniques

IN SUMMARY, STUDENTS CAN STARVE THE EXAM STRESS GREMLIN BY REMEMBERING THAT...



- THEY can't control the exams but they can control how they RESPOND to the exams
 - Stressing won't help-choose constructive thoughts and behaviours which tackle the problem rather than fight or flight
- They can starve their Exam Stress Gremlin and be rid of it for good
- They just need to keep calm and do their best-no one can ask any more of them than that!

Great resources to support with exam stress



- 'Starving the Exam Stress Gremlin' book by Kate Collins-Donnelly
 - Anna Freud 'On My Mind' online resources
<https://www.annafreud.org/on-my-mind/self-care/>
 - ZenTeens guided relaxations <https://zenmuma-zenkids-zenteens.thinkific.com/enrollments>
- Place 2 Be Exam Stress resources <https://www.place2be.org.uk/our-services/services-in-schools/navigating-exam-season-free-resources/>

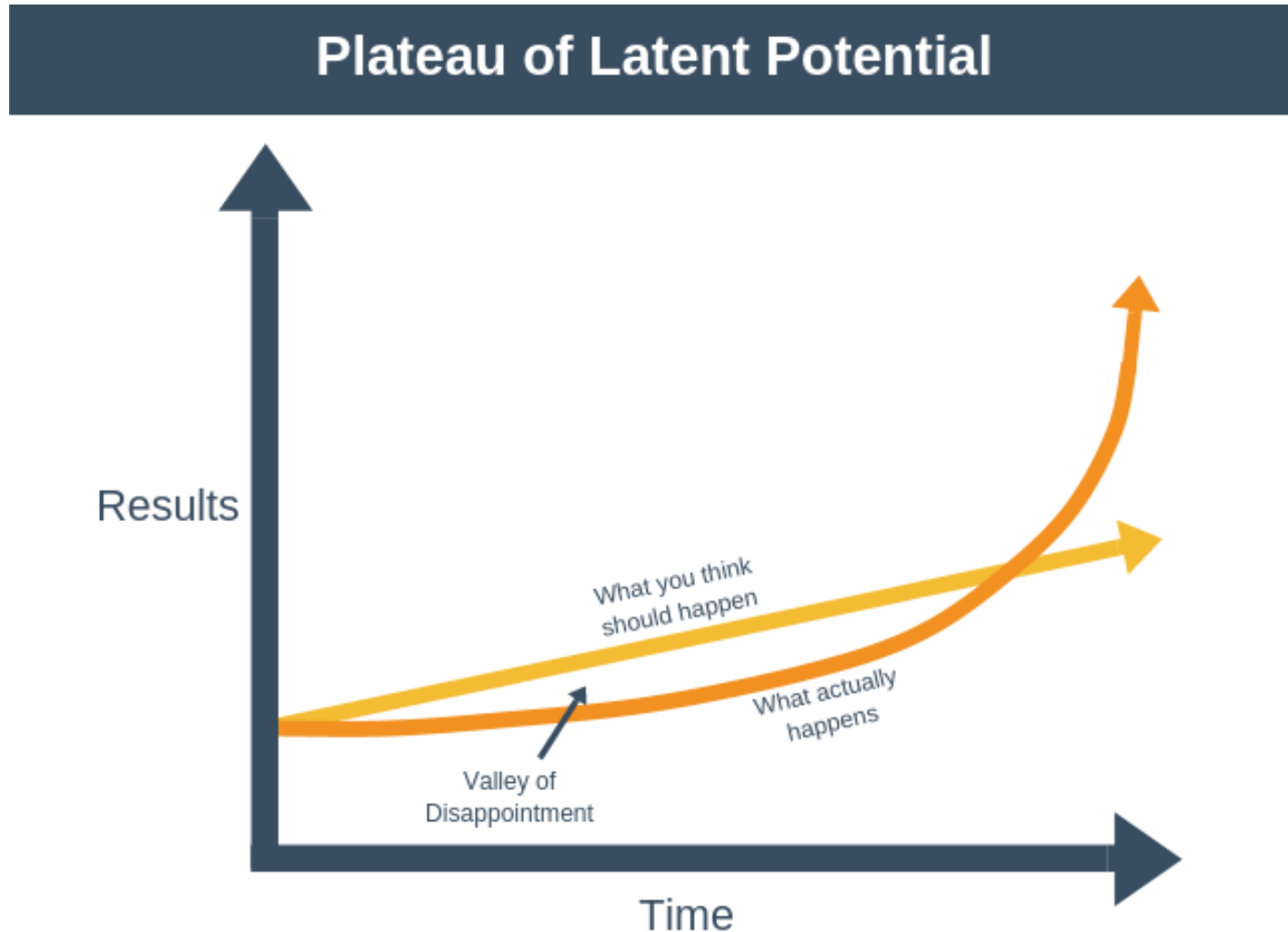
If your child needs targeted support



- Contact Ms John/Mrs Frary to access well-being or counselling support in school for your child
- Just One Norfolk (NHS) Parentline **07520 631590** where you can text to a speak to a health professional about your child's mental health
- ChatHealth service- run by school nurses who young people can message on **07480 635060**
 - Kooth confidential online counselling at www.kooth.com

You will not see instant results

Creating a new habit

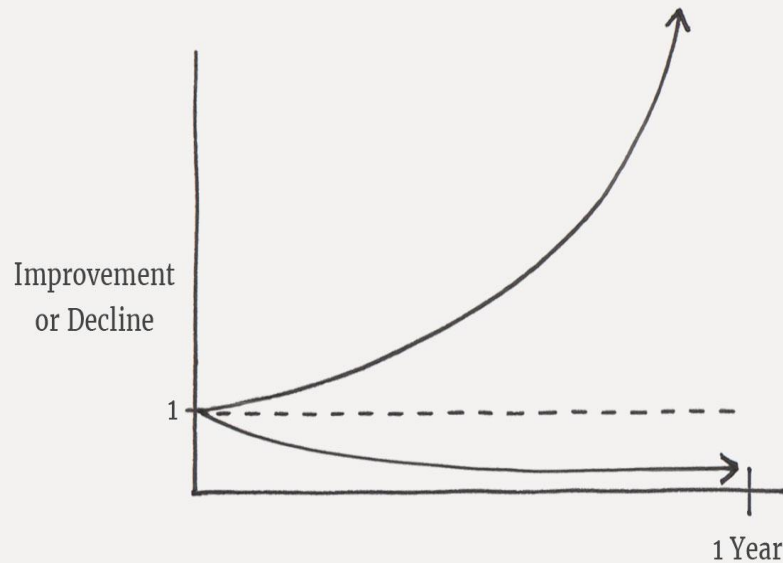


The impact of Marginal Gains

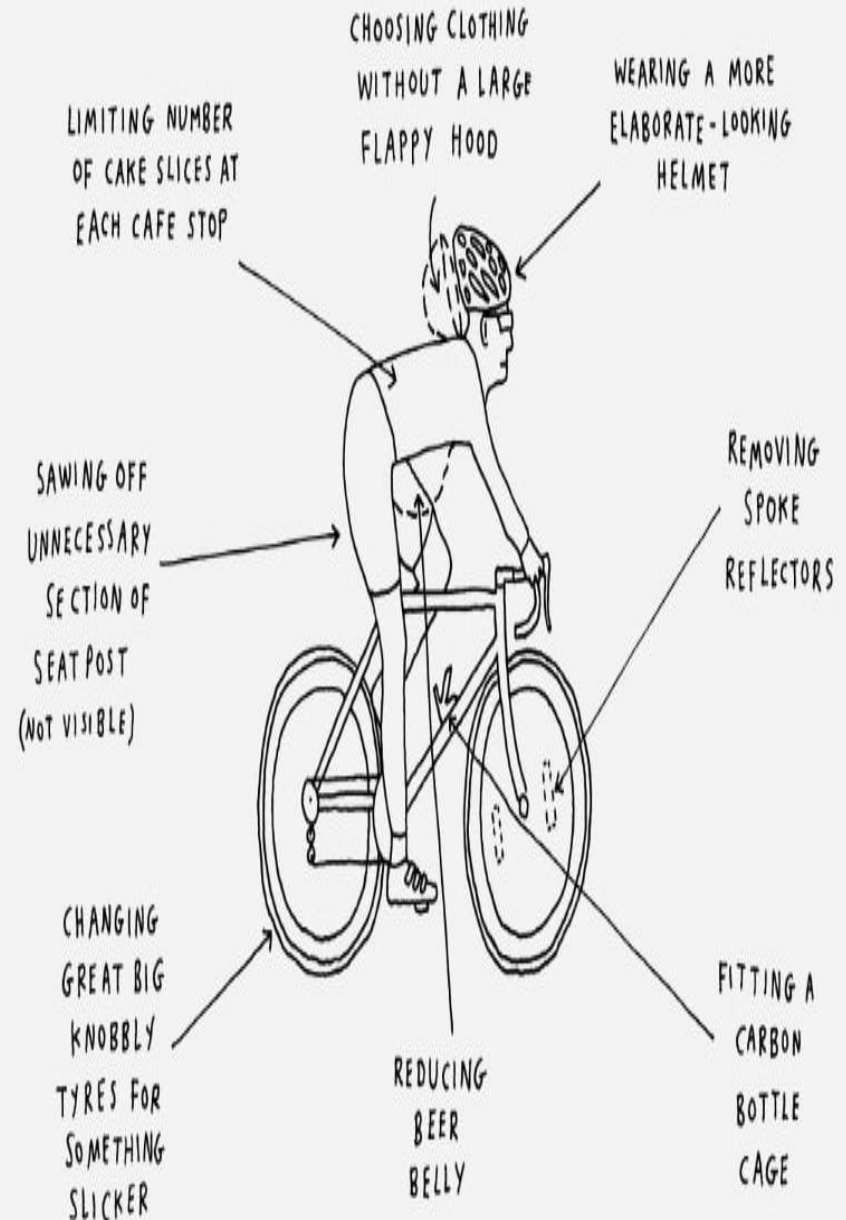
The Power of Tiny Gains

1% better every day $1.01^{365} = 37.78$

1% worse every day $0.99^{365} = 0.03$



JamesClear.com



The impact of Marginal Gains

- Implementing ideas such as Marginal Gains is another great way to make progress and to do it over a sustained period of time.
- Originally designed to help the **UK Olympic cycling team** and it focused on making **small improvements** which would each add 1% efficiency at each stage- e.g. changing water filters, washing hands for longer, having specialised pillows. Each little improvement contributed in a very small way to improving the success of the team. Eventually they were the most successful team at the 2012 Olympics and won 12 medals, including 8 golds.
- **Improving by 1 percent isn't particularly notable** —sometimes it isn't even noticeable—but it can be far more meaningful, especially in the long run. The difference a tiny improvement can make over time is astounding. **If you can get 1 percent better each day for one year, you'll end up thirty-seven times** better by the time you're done
- This could include small changes, e.g. spending 10 minutes less a day on social media, watching a couple of GCSEPod videos each evening, Going through your lesson notes the day of a lesson, creating a flashcard for each lesson etc.

What can **you** do to get 1% better each day?

THE DIFFERENCE BETWEEN IMPROVING
AND REGRESSING BY 1 PERCENT EVERY
DAY FOR 1 YEAR

$$1.01^{365} = 37.8$$

$$0.99^{365} = 0.03$$

- ✓ Adopt a positive attitude to each and every lesson
- ✓ Don't think of cover lessons as 'doss' lessons or lessons where you don't need to work. That's on you!
- ✓ Work out where you are struggling and ask for help.
- ✓ Consolidate your learning by following on from it- e.g. GCSEPod, Cornell Notes or making flashcards.
- ✓ Work with your teachers and not against them.
- ✓ Consider 'flipped learning' by looking up topics you're due to be taught in advance and doing research on them.
- ✓ Practise exam questions and act on feedback.
- ✓ Make the most of every minute in lessons.
- ✓ Stop procrastinating- aim to spend 10 mins less a day on your phone and instead add 10 mins of study time.

Strategies

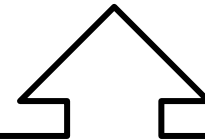
The Science of Learning

Most Powerful Strategies

- Practice
- Quizzing
- Flashcards
- Mind-maps
- Spacing out your revision

Least Powerful Strategies

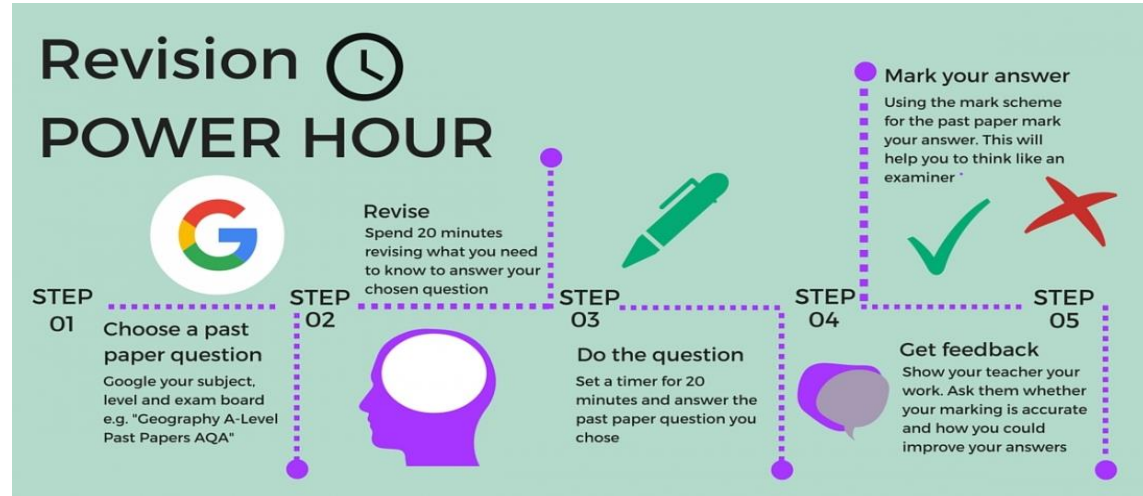
- Re-reading
- Summarising
- Highlighting



These three make you **feel** you are doing something, but your brain isn't working hard!


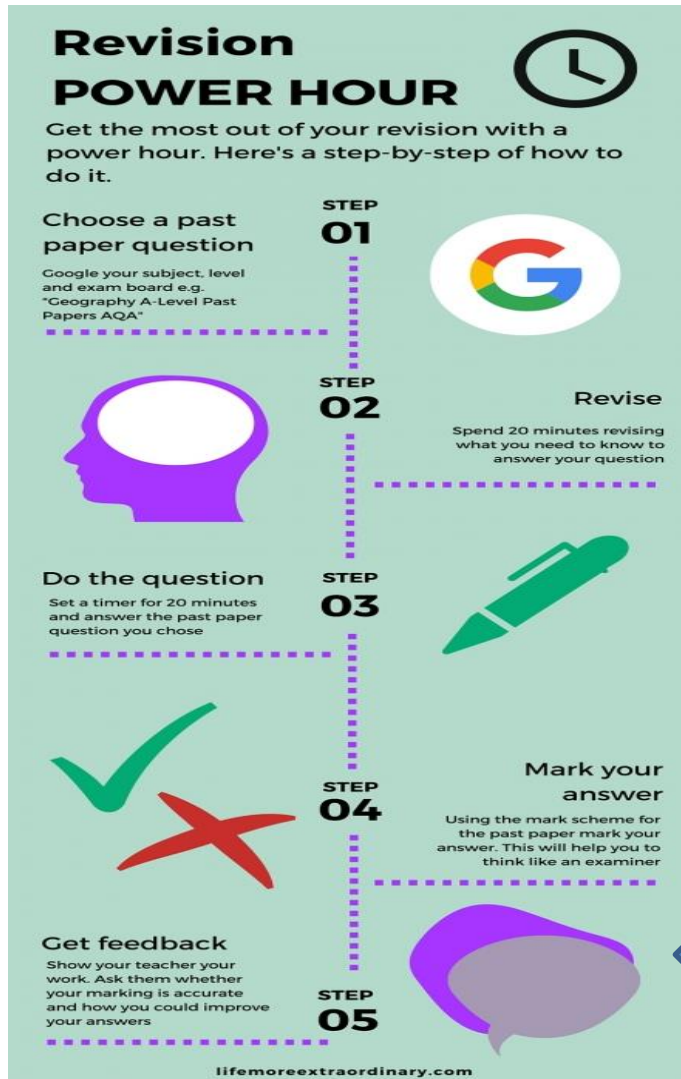
- Cramming

Power Hour technique




- *'We were bored with you going on about the Power Hour'*
- *'It was so repetitive and you were so annoying...'*
- *'It clearly worked though, so thanks!'*


What is the 'power hour'?




1. Speak to your teachers or use the school revision zone to access all the past papers you could need.




2. Take notes, create a mind-map/ flashcards. You have revision guides and resources provided by teachers.



3. Practising exam questions is hard but it is effective.



4. Again, ask your teacher for a mark scheme or check the revision zone.



5. Hand in your exam answer. Your teacher will be happy to check it and provide further feedback.

Advice from **ALL** key subjects!

- What follows is an overview of key advice and guidance from all GCSE subjects.
- The information has been condensed but full presentations and videos recorded by each head of subject will be on the website ready for early next week.

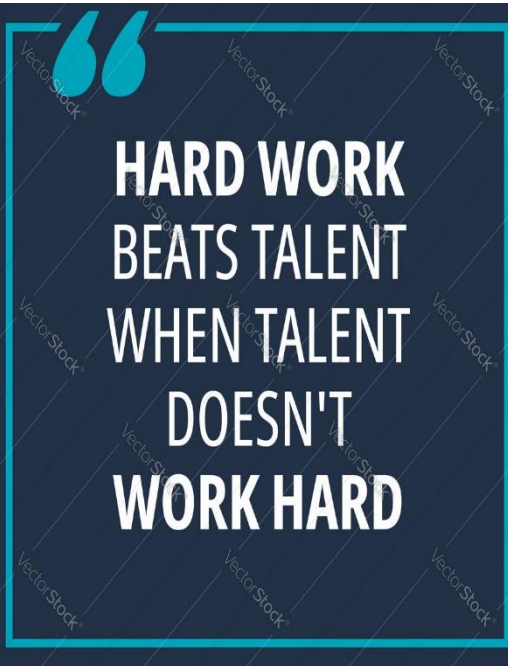


More to come in March 2026

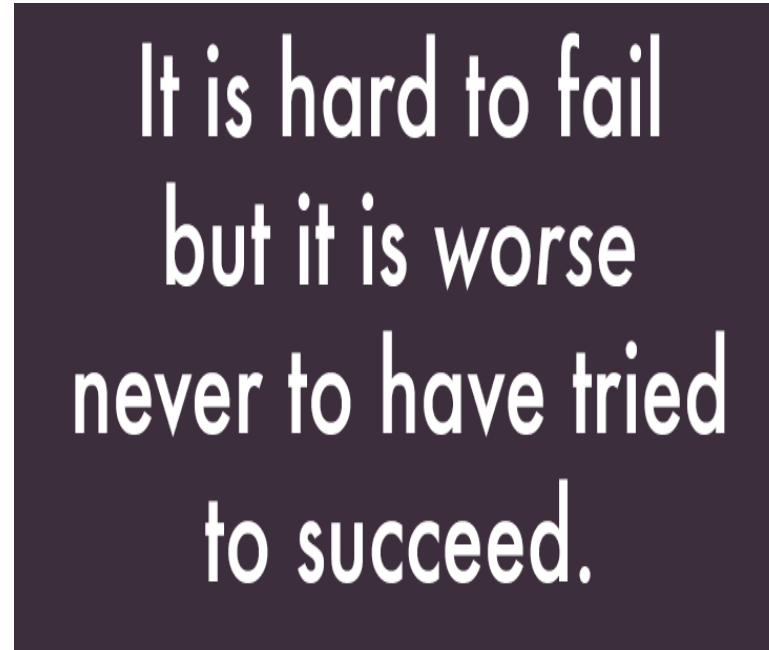
- Focusing more on...
- Importance of revision.
- How to revise effectively.
- Balancing time and stress to cope with the exam workload.



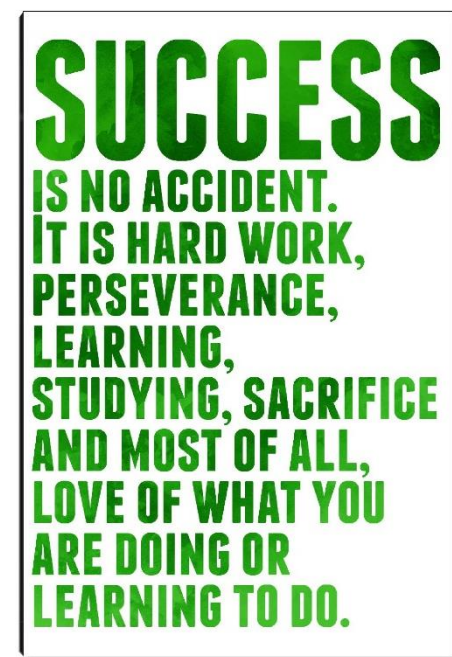
Quotes to live by this year...



Tim Notke- high school basketball coach



Theodore Roosevelt- 26th President of the United States



Pele- The greatest footballer of all time...