

Key Messages

Tuesday 7th May 2024
15 school days until GCSE exams!

Year 11 Masterclasses have been scheduled - Please click [here](#) to see the information

Weekly Attendance

87.8%

Weekly Praise

158

Next Week Enrichment Sessions

Monday - Music & Maths

Tuesday -

Wednesday - Science

Thursday - DT, English & History

Friday - French & Spanish, Geography & Art

Wellbeing Tip

Post-Mock exam results progress

Studying is only one part of exam success. You have to tackle revision from all angles and make sure that your whole body contributes. A healthy body and mind which is well rested, well fed and fit can support your brain through the tough times ahead much better than one which is exhausted, and lacking in nutrients. Your revision needs to be efficient and effective and the best time to start is now.

1. WHAT ARE YOU MISSING?

Once you get your mock papers back, read the marker's comments carefully and make a list of exactly what you could have done to get a higher grade. If the comment is brief or difficult to understand, go and talk directly to your teachers. Where do your knowledge gaps lie? What skills need to be worked on before the real exam? Do it this week before you forget.

2. GET ACTIVE

Start good habits now. Recent evidence has proved that the mind focuses better if study is broken up with exercise. Everyday do something aerobic which you enjoy to get your heart pumping such as running, dancing, swimming or cycling.

3. PLAN DON'T CRAM

Research shows that people remember things much better if they are given time without pressure. You have time now as the exams are still a few months away. Create a calendar showing the Easter holidays, when study leave starts and when each of your exams are and create a realistic schedule which includes all your subjects, time to rest and time to move.

4. EAT BLUEBERRIES AND AVOCADO



Sit down with your parents and google brain boosting foods. Select ones you enjoy and build them into your weekly meals. This will nourish your overworked grey matter as you head towards the summer. Eating healthy snacks will give you more energy than junk and stodge (top tip: dark chocolate is a brain booster.)

5. FIND SOME VARIETY

Test out different ways to revise. Sitting at a desk may not be the best way for you to learn. Record topics and questions on your phone and walk around your garden talking to yourself, get your family to ask you questions, team up with classmates and teach each other a topic.

6. BREATHE

Schedule mindfulness activities to calm your body and mind. Stress is not helpful for memory. Learning to manage your stress now means you will have a better chance of conquering it when exam nerves try to choke you.

7. DO ACTIVE REVISION

You have to be engaged with your revision, just reading is very ineffective. The best way is to practise questions from past papers to train your brain, get a feel for timing and also discover what you don't know. Get your teacher to mark them or find mark schemes online.

8. SLEEP

Get to bed early in these next few weeks so that you are fully alert in the final lessons. Sleep is essential for your brain to function properly. Minimise screen time before bed as the blue light stimulates your brain at a time when you want it to be feeling sleepy.

9. GIVE YOUR PHONE A BREAK

Learn to turn on the 'do not disturb' setting on your phone, or better still leave it in another room whilst you are revising so you aren't tempted to look at it. But don't spend every revision break on it - honestly what is more important at this time: your mates on social media or resting and refocusing your mind ready to keep revising for the most important exams of your life so far?

10. BE EFFECTIVE AND EFFICIENT

Revise in short bursts with active brain breaks in between. After 90 minutes the brain stops taking in new things so get up, get outside and get moving. Getting into good habits now puts you firmly on the path to success in the summer. Good Luck!

English	Maths
<p>Miss Norman's class only have been invited to Easter school revision with her. Please ensure you attend.</p> <p>All Language and Literature revision materials can be found on our website: revision.english.outwood.com.</p> <p>Take Easter time to look over and revise your key Literature texts: Blood Brothers, A Christmas Carol, Macbeth and the Anthology Poems.</p>	<p>You should have received a letter from me regarding holiday homework. Your child has also been given a copy in school, please help support your child in making sure they complete this piece of work.</p> <p>I have also attached this week's Maths Challenge questions with the examiners report and mark scheme. Please encourage your child to have a go at these and discuss the mark scheme and examiners report together.</p> <p>Maths Questions</p>
<p>Science, Humanities & MFL</p>	<p>Other Subjects - art, computing science, design technology, enterprise, health & social care, hospitality & catering, ICT & PE</p>
	<p>ICT - Unit 2 Controlled Assessment deadline is Friday 19th April 2024</p> <p>-----</p> <p>Design and Technology NEA Deadline Day Monday 22nd April</p>



Art and Design NEA Deadline Controlled Assessment deadline Friday 19th

Have the final piece plan ready and materials ready before the exam starts.

GCSE Art 10 hour exams

Mon 15th & 16th Group 1 students

Wed 17th & 18th Group 2 students

Revision Strategy of the Week!

It's Easter and it's tempting to do one subject at a time to get used to things, but hold on... Does cramming one subject actually improve your knowledge for a long enough time to make an impact on the exams or will you have 24-48 hours of better memory and then forget most?

We all have a forgetting curve, around 80% of what we do is forgotten within around 24 hours if we don't revisit it, so you should INTERLEAVE your revision rather than BLOCK (cram one subject in a day).

Have a look at this University of Arizona site for tips on interleaving, doing small snippets of different subjects each day, to help you improve [Arizona university site](#) and this video from there too: [Video](#)

