

Key Messages

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

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

Mock Exams Timetable

Week 2 - 04/03/24

Monday	Tuesday	Wednesday	Thursday	Friday
Computer Science P2/Spanish L&R	English Literature P1	Physics	English Literature P2	Design Tech/French L&R/Art
Geography P1	Maths P3	History P2	Geography P2	Music / Art

Weekly Attendance

93.72%

Weekly Praise

236

Next Week Enrichment Sessions

Monday - Hospitality & Catering, Music & Maths

Tuesday -

Wednesday - Science, Computer Science & ICT & Music

Thursday - DT, English, History, Health & Social Care & Art

Friday - DT, French & Spanish, Geography , Music & Art

Wellbeing Tip

Exam Stress

Exam stress can feel like a lot to cope with, but there are things you can do to improve your wellbeing. We have tips and ideas to help you cope at different times.

Looking after yourself during exam period:

- Make time for things you enjoy
- Talk to others about how you feel
- Try to find balance
- Take care of your physical health

Looking after yourself while preparing for an exam:

- Make a revision timetable
- Work in the best way for you
- Revise in the best place for you

Looking after yourself on the day of your exam:



- Prepare your items the night before
- Start your day the best you can
- Try to ground yourself with a breathing exercise
- Take your time
- Remind yourself that it'll be over soon

Looking after yourself after your exam:

- Try not to compare your answers to others
- Reward yourself
- Focus on next steps
- Relax before your next exam

English

Remember to complete the Literature poetry homework quizzes and get involved with the 100 Lit challenge!

Science, Humanities & MFL

History - Reminder to be preparing for the March mocks.
 Paper 1 - Medicine in Britain
 Paper 2 - Elizabethan England/American West

Maths

Other Subjects - art, computing science, design technology, enterprise, health & social care, hospitality & catering, ICT & PE

ICT - Unit 2 Controlled Assessment deadline is **Friday 19th April 2024**

Design & Technology - your practical work deadline is **Friday 1st March!**

Revision Strategy of the Week!

Question and answer cards. The Leitner System is excellent for repetition of knowledge that you are unfamiliar with and need to repeat.

Here's how the Leitner System works:

All flashcards start off in pile 1. Review each card and test yourself on the contents. Every time you get the facts or questions on the card correct you move the card to pile 2. You repeat the process on each card in pile 1 at frequent intervals.

You repeat the process on the cards in pile 2 less frequently, such as every two days. When you correctly recall the answers to the questions or facts on these cards you move them to pile 3.

Cards in pile 3 can be reviewed less frequently again, such as every three days. Once you're confident you know the information on the cards you can move them to pile 4.

Pile 4 contains information which you should feel you know well and could recall easily. These cards can be reviewed less frequently than any others, such as every four days.

