

# Y11 Parent and Carer Information Evening

St Anthony's Girls' Catholic Academy



# Welcome:

Mrs Catherine Hammill  
Acting Head of School

St Anthony's Girls' Catholic Academy



# Session aims

- 🛡️ To share ways the Academy is supporting Y11 academically as they move towards examinations and explain how you can be part of this
- 🛡️ To look at key ways we can support our young people with their well-being through this period
- 🛡️ To remind everyone about the Sixth Form offer and requirements for entry



# What are we doing as an Academy?

Miss Jude Wallis

St Anthony's Girls' Catholic Academy





- Revision for your October Mocks 1
- You will receive your October Mock 1 exam timetable

- Revision for your October/November Mocks 1
- ~~WKA~~ 17/10/22
- Half Term Revision

- Revision for your October Mocks 1
- Period 6 Revision 3:30-4:30pm (Monday – Thursday)
- October Mocks 1
- ~~WKA~~ 4/10/22
- You will receive your Mock 1 exam results
- Targeted intervention for specific pupils

- Revision for your February Mock 2
- Period 6 Revision 3:30-4:30pm (Monday – Thursday)
- Targeted intervention for specific pupils



**October**

- Revision timetables
- Evidence-based revision techniques

**November**

- Acting on feedback from mock exams – target-setting and development

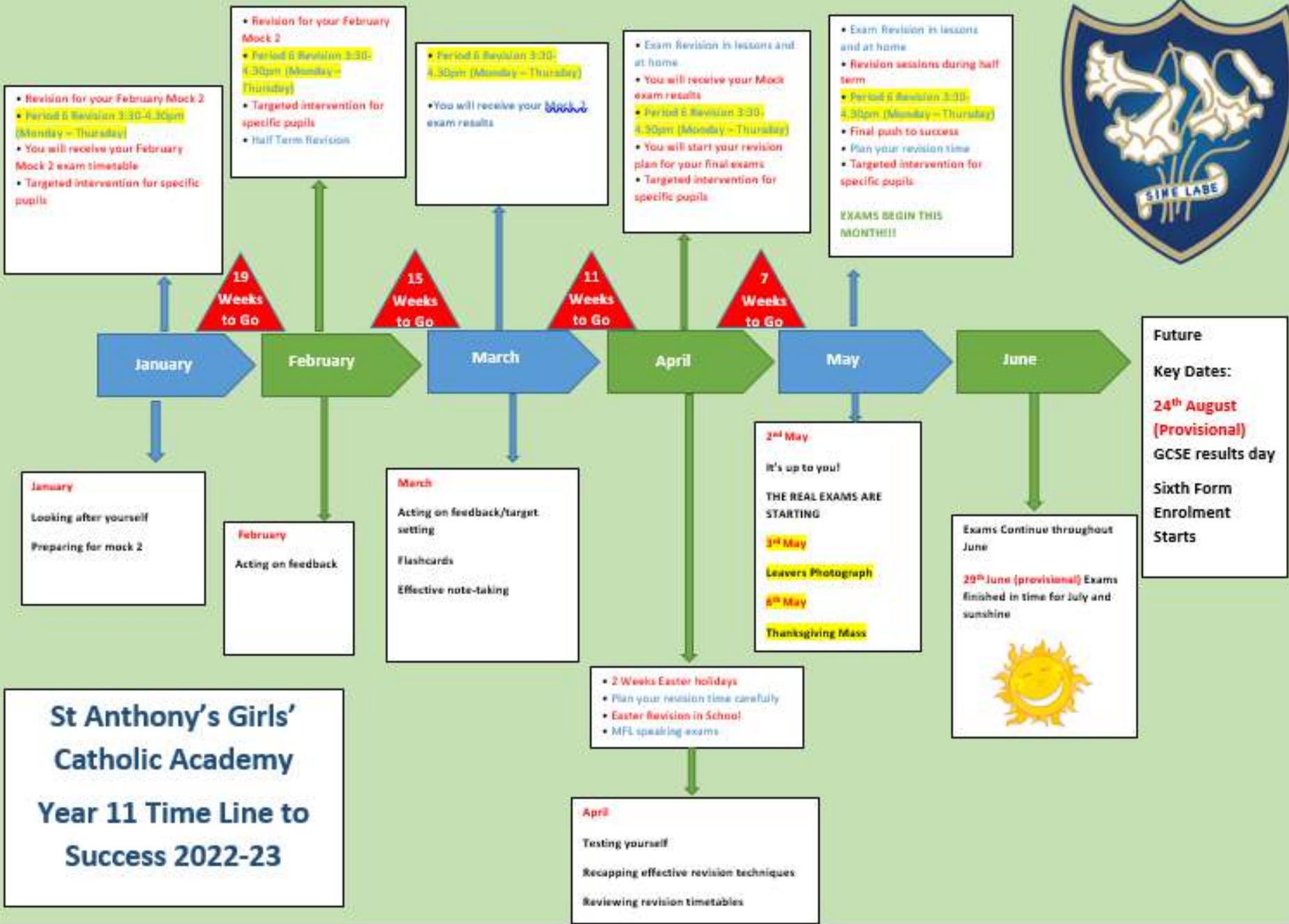
**December**

- Revision techniques (2)

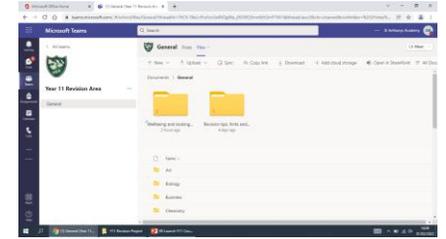
**Future Key Dates:**

**9<sup>th</sup> February 2022**

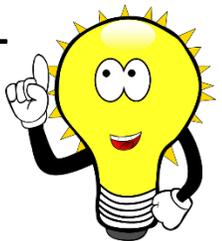
**SIXTH FORM OPEN EVENING**



# What we are doing to support you...



- We have built a dedicated Y11 revision area on TEAMS for Y11 so they can easily access support and bespoke and general revision materials
- Providing bespoke personalised interventions for those who need extra support to reach their goals in the exams
- Created a study support programme to help Y11 learn the best evidence-based ways to plan for and revise for your exams
- Providing a dedicated space for quiet after-school revision
- Helping support Y11 to look after themselves and stay mentally and physically healthy during exam time
- Providing information for you as parents and carers so you can help support your child effectively



# 5 reasons why students' revision is not as effective as it could be:

- 1. They struggle to manage their time effectively.** It is very important that, to be successful, they have a revision plan and you stick to it! Effective planning also means knowing how best to split their time and also removing distractions – no mobile phones anywhere near them!!!
- 2. They are overconfident about what they already know.** If they 'revise' by flicking through notes, they will inevitably think 'oh yes I know this!' when in fact they wouldn't have remembered it without reading it! Make sure revision always begins by recalling BEFORE they go to their notes.
- 3. They rely on cramming.** They might have a phenomenal short term memory, but they still won't be able to hold everything they need in it. Cramming also increases stress; too much stress prevents effective thinking. This is a marathon, not a sprint – they need to keep plugging away at revision over time, and things will become embedded in their memory.



# 5 reasons why students' revision is not as effective as it could be:

- 1. They don't use the right revision techniques.** Students often say they don't know how to revise – but we have been teaching them this since Year 7! There is no magic bullet that makes revision easy – if it feels too easy it's probably not working. They mustn't simply read over notes and highlight things (feels nice and easy!) – they need to use the methods teachers have been using such as mind maps, quizzing, flash cards. We have been going over these regularly.
- 2. They use good revision aids badly!** Take flash cards for example. Some people make them and then never look at them again.



# Get ready!

- Make sure they have all the equipment needed to study effectively:
  - Paper (lined and plain)
  - Pens (some different colours will be helpful)
  - Highlighter (NOT for highlighting everything randomly!)
  - Post-it notes
  - Flash cards

The school has provided these things for everyone (no excuses!). If anyone is struggling with other equipment you might need, they should talk to their form tutor.



# Get ready!

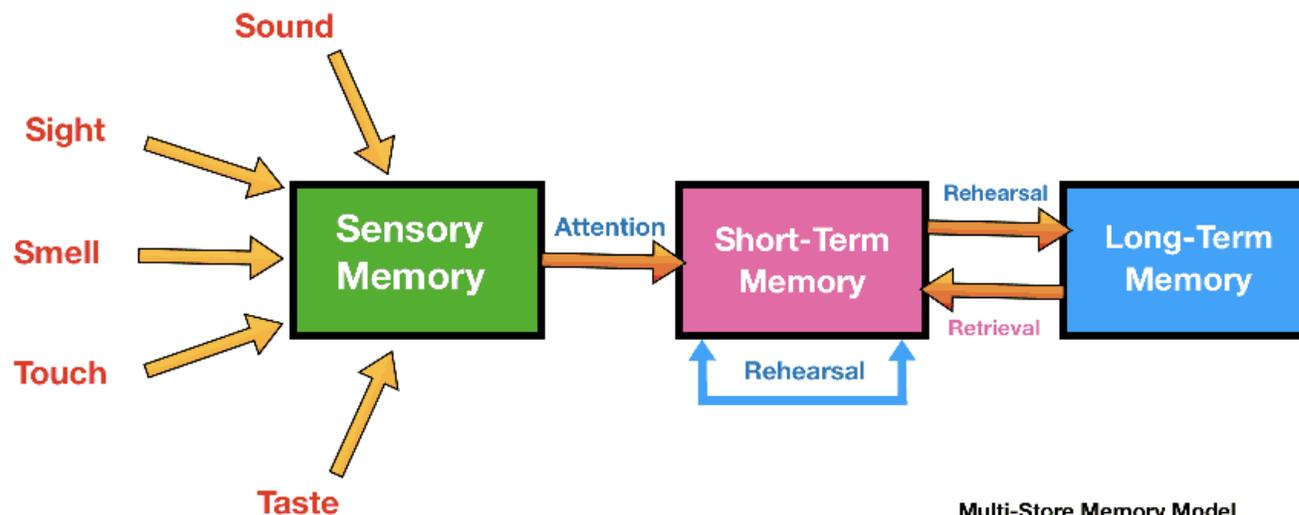
They will also need to consider:

- Ensuring they have a quiet place to study (available in school if you prefer)
- Water to keep hydrated
- Snacks to keep energy levels up
- Removing distractions (phone off and away from the study area!)



# What do the experts say???

- Spaced practice v Cramming = doing small amounts of revision over a longer time has been shown to increase knowledge retention. This means that students can remember stuff for longer when they do it this way.
- Cramming relies on your short-term memory. This has limited space:



Multi-Store Memory Model  
Atkinson & Shiffrin (1968)

So, students learn new things in class, then teachers set tasks that practice these new things. Then, at different points, they test students on them – small parts at a time.



# Revision Planner...

- This is the revision planner all students have been encouraged to use...

Builds in short breaks

Shows countdown to exam

Blocks are manageable amount of time

Supports distributed practice.

Includes specific topic focus

Week -13							
Day:	25 Minute block 1	25 minute block 2	25 minute block 3	25 minute block 4	25 minute block 5	25 minute block 6	Reward:
Monday	Maths Monday	Maths Monday	Biology – photosynthesis	History – Battle of Hastings and early Rebellions	English – Characters in an Inspector Calls	Spanish - Holidays	Watch an episode of my latest Netflix series
Tuesday	English Tuesday	English Tuesday			BLANK	BLANK	Spend time with friends
Wednesday	Chemistry – rate of reaction						Go for a walk with the Dog
Thursday					BLANK	BLANK	Self-pampering session
Friday					BLANK	BLANK	Bake some cupcakes
Saturday							
Sunday	Day of Rest – spend time relaxing and doing what you enjoy						
How did I do this week?							

Builds in a personal reward for completing the day

Allows you to assess how the week went to plan for next week

Makes sure you consider rest and well-being

# What the research says about effective revision...

- **Start early and spread it out**
- **Test yourself**
- **Teach someone**
- **Think twice about using highlighters**
- **Don't listen to music**
- **Get some fresh air and exercise**



# So what do we do...

- Revision Cards
- Note taking (e.g. Cornell method)
- Graphic organisers (e.g. mind maps)
- Knowledge organisers
- Quizzing (e.g. online revision sites often have these)
- Complete practice exam questions (these are available on the exam board websites).
  - More information on these can be found on the school website:
- <https://st-anthonys-academy.com/parents/revision-strategies-that-work/>



# 6 weeks to go...

- We are now 6 weeks from the beginning of the written exams (May 16<sup>th</sup>). The first written exam is RE.
- Tutors will be reminding Y11 each day about planning their revision and effective techniques and allowing time for them to practice this.
- It is equally important that students do enough revision and that they don't try to do too much.
- Your child's well-being is very important to all of us and so we will work with you to fully support them through the next few weeks.



# Well-being

St Anthony's Girls' Catholic Academy



# DEALING WITH EXAM STRESS

A Guide for Parents



# Help your child beat exam stress

- Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.



# Watch for signs of stress

- Children and young people who are stressed may:
- worry a lot
- feel tense
- have headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food or eat more than normal
- not enjoy activities they previously enjoyed
- be negative and have a low mood
- feel hopeless about the future



- Having someone to talk to about their work can help.
- Encourage your child to talk to a member of school staff who they feel is supportive.
- Try to involve your child as much as possible.



# Make sure your child eats well

- A balanced diet is vital for your child's health, and can help them feel well during exam periods.
- Some parents find high-fat, high-sugar and high-caffeine foods and drinks, such as energy drinks, cola, sweets, chocolate, burgers and chips, make their children hyperactive, irritable and moody.
- Where possible, involve your child in shopping for food and encourage them to choose some healthy snacks
- Ensure your child has a healthy breakfast before exams



# Help your child get enough sleep

- Good sleep improves thinking and concentration. Most teenagers need 8 to 10 hours' sleep a night.
- Allow half an hour or so for your child to wind down between studying, watching TV or using a computer and going to bed, to help them get a good night's sleep.
- Cramming all night before an exam is usually a bad idea. Sleep will benefit your child far more than a few hours of panicky last-minute study.



# Be flexible during exams

- Be flexible around exam time. When your child is revising all day, do not worry about household jobs left undone or untidy bedrooms.
- Staying calm yourself can help. Remember, exams do not last forever.



# Help them study

- Make sure your child has somewhere comfortable to study. Ask them how you can support them with their revision.
- Help them come up with practical ideas that will help them revise, such as drawing up a revision schedule or getting hold of past papers for practice.
- To motivate your child, encourage them to think about their goals in life and see how their revision and exams are related to them.
- Take an active part in your child's revision – test them on topics at regular intervals



# Talk about exam nerves

- Remind your child that it's normal to feel anxious.
- If anxiety is getting in the way rather than helping, encourage your child to practise the activities they'll be doing on the day of the exam. This will help it feel less scary.
- Help your child face their fears and see these activities through, rather than avoiding them.
- Encourage them to think about what they know and the time they've already put into studying to help them feel more confident.



# Encourage exercise during exams

- Exercise can help boost energy levels, clear the mind and relieve stress.
- Activities that involve other people can be particularly helpful.



# Do not add to the pressure

- Support group Childline says many children who contact them feel that most pressure at exam time comes from their family.
- Listen to your child, give them support and avoid criticism.
- Before they go in for a test or exam, be reassuring and positive.
- After each exam, encourage your child to talk it through with you.



# Make time for treats

- With your child, think about rewards for doing revision and getting through each exam.
- Rewards do not need to be big or expensive.
- When the exams are over, help your child celebrate by organising an end-of-exams treat.



# When to get help

- Some young people feel much better when exams are over, but that's not the case for all young people.
- Get help if your child's anxiety or low mood is severe, persists and interferes with their everyday life. Seeing a GP is a good place to start.
- School can also help – contact Mrs Richardson-Dunn, Miss Prestwood or Miss Clarke if you feel your daughter needs some extra support.



# Useful Websites

- Anna Freud
- Childline
- Family Lives
- Mind
- British Red Cross
- Young Minds
- Kooth



# Sixth Form

Mr M McDonagh

St Anthony's Girls' Catholic Academy

