

# Y11 Parent and Carer Information Evening

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St Anthony's Girls' Catholic Academy



# Our School Prayer

Loving God,

Bless our school community here in St. Anthony's.

Let us follow in the footsteps of Catherine McAuley.

May we be inspired by her determination to educate, empower and serve the poor.

Let us work together to create a just world in the true spirit of our Mercy tradition

and as she said: "...to resolve to be good today but better tomorrow."

We ask this through Christ our Lord.

Amen.

# Welcome:

Miss Jude Wallis

Senior Assistant Headteacher

St Anthony's Girls' Catholic Academy

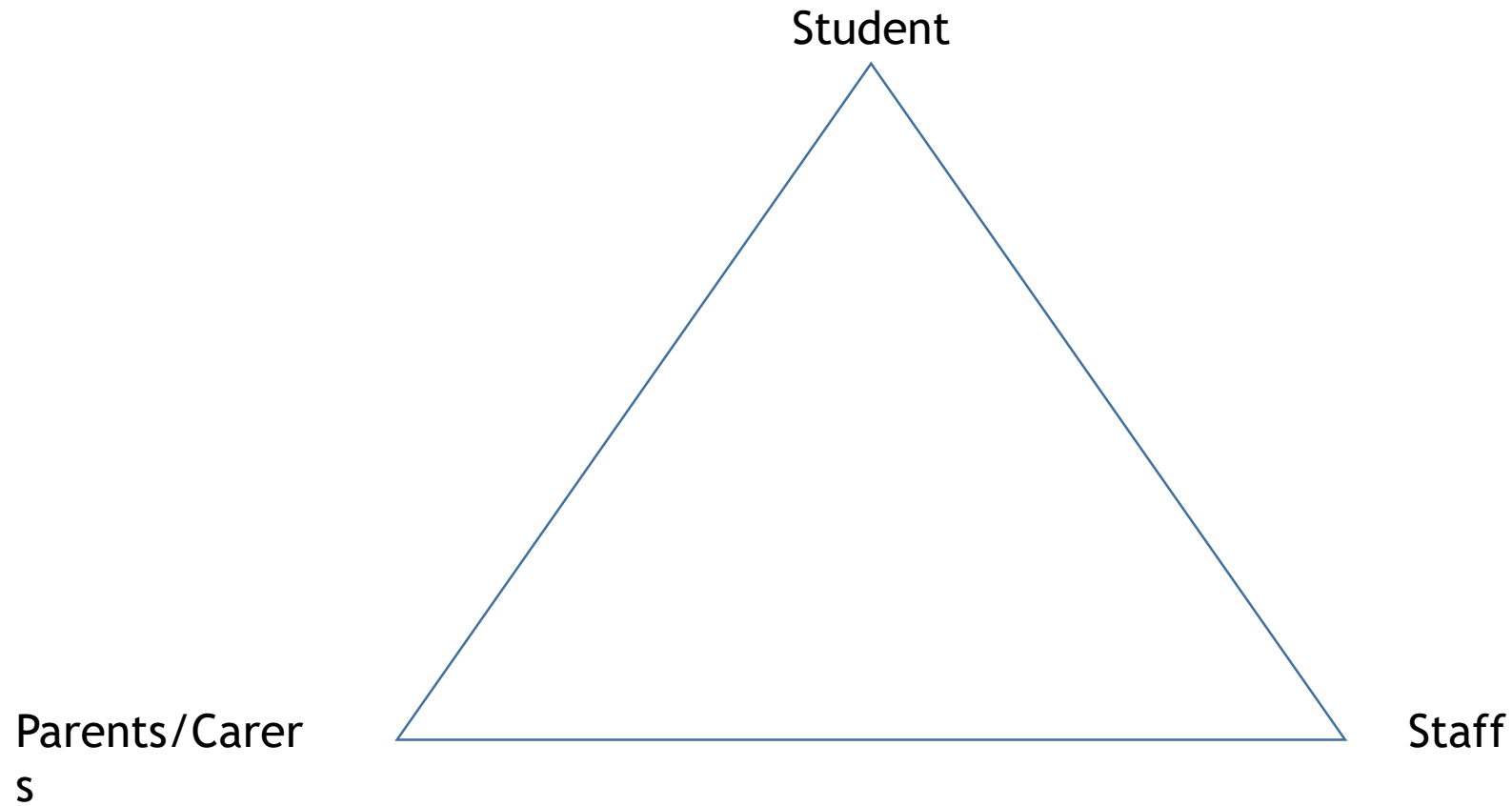


# Session aims

- 🛡️ 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



# Working Together...



# Timeline to success...

- **Monday 10<sup>th</sup> June 2024 - End of Year Exams begin**
- **Friday 21<sup>st</sup> June 2024 - End of Year exams end**
- **1<sup>st</sup> July 2024 - Work Experience begins**
- **Friday 19<sup>th</sup> July 2024 - Summer holidays begin**
- **Tuesday 3<sup>rd</sup> September 2024 - return to school/Aspirations Day**
- **Tuesday 8<sup>th</sup> October 2024 - Y11 Parent and Carer Information Evening**
- **Tuesday 15<sup>th</sup> October 2014 - Sixth Form Open Evening**
- **Monday 21<sup>st</sup> October 2024 - Mock 1 Begins**
- **Friday 8<sup>th</sup> November 2024 - Mock 1 Ends**
- **Wednesday 27<sup>th</sup> November 2024 - Careers Fair**
- **Wednesday 4<sup>th</sup> December 2024 - Sixth Form Taster Day**
- **Monday 3<sup>rd</sup> February 2025 - Y11 Parent and Carer Evening**
- **Monday 10<sup>th</sup> February 2025 - Mock 2 Begins**
- **Friday 14<sup>th</sup> February 2025 - deadline for Sixth Form Applications**
- **Thursday 9<sup>th</sup> May 2025 - First written exam (RE)**
- **Wednesday 18<sup>th</sup> June 2025 - Last Exam**
- **Thursday 21<sup>st</sup> August 2025 - Results Day/Sixth Form Registration Opens**

# The 'Mock' exams:

- Will take place over two weeks
- The timetable has been issued to students and parents (paper copies available in Dining Hall)
- Form time (11-11.30) each day during the exams will be for supervised study - students should bring revision materials with them for this
- They will be taking place in OLH in the same conditions as the 'real' exams
- Students are registered on a morning and then come straight to the Dining Hall. Students are registered in Lesson 4b in the afternoon and then go straight to the Yard.
- For those with special access arrangements for exams - these will be in place throughout the mocks. Tuesday and Thursday after school is homework support for SEND students with Mrs Frame.
- The information from these exams is important:
  - To identify strengths and gaps for staff to support students going forward
  - To familiarise students with the procedures and timings of exams
  - To support identification of students who may need extra support or interventions
  - To help make key decisions around foundation/higher tier for Science, Maths and MFL and also around separate sciences and combined science

# Key Persons:

- Miss J Wallis (Senior Assistant Headteacher) - Interventions, progress Y11
- Mr L Milne (Assistant Headteacher) - Revision support
- Mrs L Dudley (Assistant Headteacher) - Celebration and enrichment
- Mrs N Frame (SENDCo) - exam access arrangements
- Mr M McDonagh (Assistant Headteacher) - exams
- Mrs K Richardson Dunn (Pupil Support Manager and DSL) - Mental Health support
- Mrs S Ward (Senior Assistant Headteacher) - Head of Sixth Form
- Dr G Emery (Subject Leader, Science)
- Mrs T Armstrong (Subject Leader Maths)
- Miss R Robertson (Subject Leader, MFL)

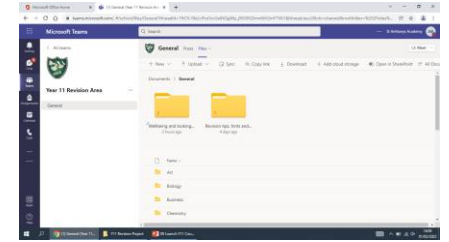


# What are we doing as an Academy?

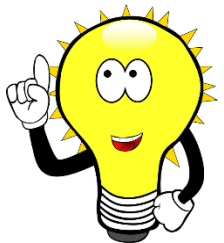
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# What we are doing to support Y11...



- 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



# Effective Study and Revision

Mr Liam Milne - Assistant  
Headteacher

St Anthony's Girls' Catholic Academy



# 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 plan out their revision in advance.
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!
3. **They rely on cramming.** 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. Cramming also increases stress; too much stress prevents effective thinking.



# 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.
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

*All students will be provided with a pack including the above items next week.*



# 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!)



# The Key Principles of Effective Revision



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**Principle One:**  
Revision should be spaced and planned for learning to take place over time

2

**Principle Two:**  
Revision should be active

3

**Practice Three:**  
students must practice for the real thing



# Principle One: Revision should be spaced and planned for learning to take place over time

Students need to return to their revision topics often - it is not enough to just revise something once or the night before the exam!

The more often students retrieve information, the less they will forget.

**How can they make sure that they do this?**

 Create a revision timetable

# 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						

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

# Principle Two: Revision should be active

This means students need to **think hard** about what they are revising and complete as much of it as possible **from memory**.

## Some examples:

-  Creating revision cards
-  Self quizzing
-  Peer quizzing
-  Mind mapping

<https://st-anthonys-academy.com/parents/revision-strategies-that-work/>

# Principle Three: students must practice for the real thing

Once a student's knowledge is secure and they are confident, they need to apply their knowledge to past paper exams.

## Why?

- 🛡️ The testing effect means by testing yourself you are strengthening your long-term memory.
- 🛡️ It will allow them to feel more confident and less anxious in the exam.
- 🛡️ It gives them the chance to identify any knowledge gaps.

# 30 weeks to go...

- We are now 30 weeks from the beginning of the written exams (May 9<sup>th</sup>). The first written exam is RE.
- Tutors will be reminding Y11 regularly about planning their revision and effective techniques and allowing time for them to practice this during 11am form time slots.
- 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

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# 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 or a Head of House 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

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# Next Tuesday is our Sixth Form Open Evening...

- This will enable you to make some decisions about what you want to do next
- We have specific entry requirements for entry to Sixth Form but also for each individual subject - please ensure you are aware of these (see Sixth Form website for details)
- If you are planning on going to College - you need to investigate the entry requirements for the courses you are interested in
- It is a legal requirement that, if you do not achieve a Grade 4 in English or Maths you must resit these exams until you either achieve a Grade 4 or turn 18

