

Y11 Parent and Carer Information Evening

St Anthony's Girls' Catholic Academy



Welcome:

Miss Jude Wallis
Senior Assistant Headteacher

St Anthony's Girls' Catholic Academy






Housekeeping

- Evacuation: no planned fire drill; nearest exit is entrance used coming in tonight; assembly point Thornhill Terrace; staff will direct you

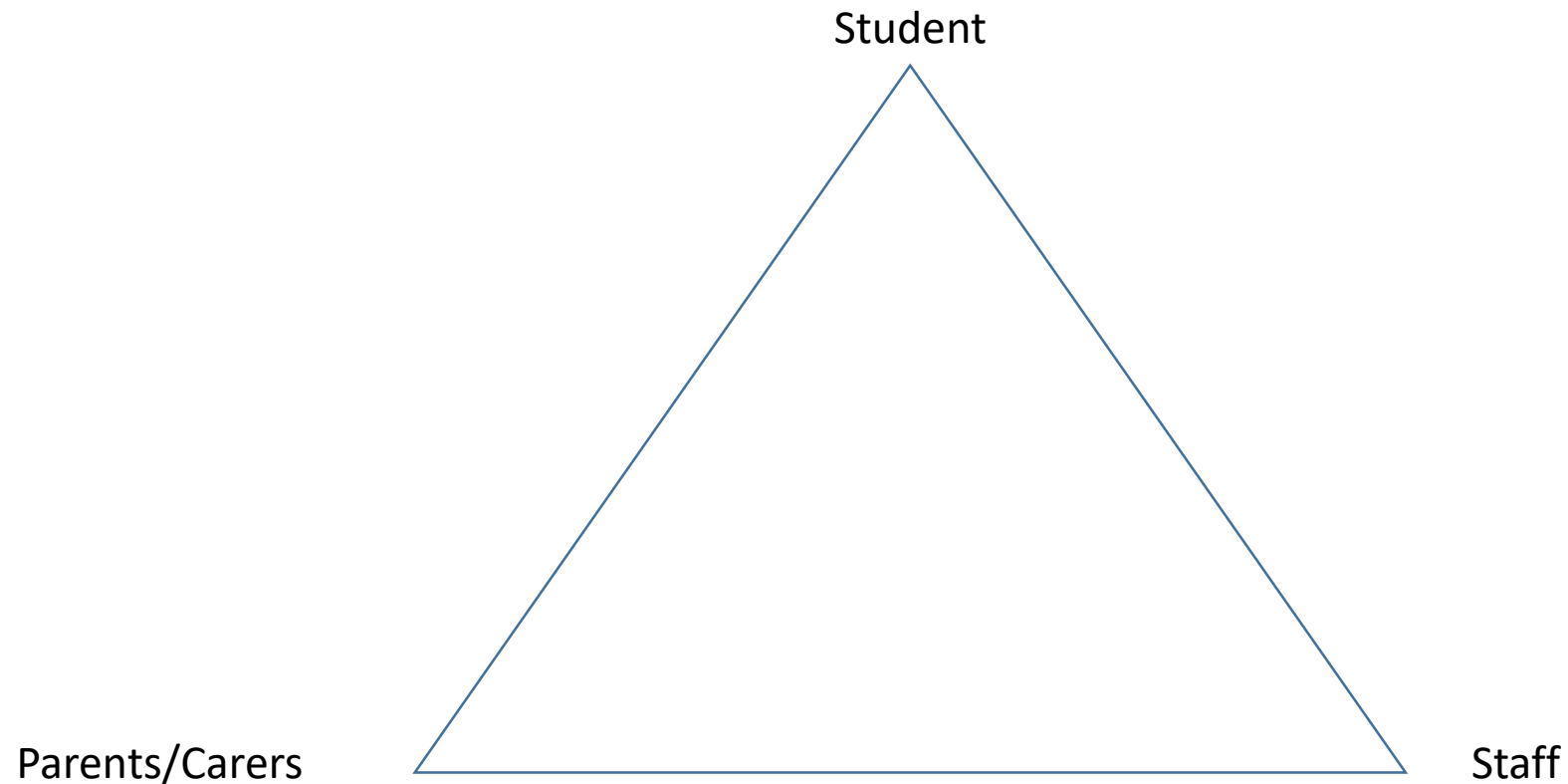


Session aims

-  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 02nd June 2025 – End of Year Exams begin
- Friday 13th June 2025 – End of Year exams end
- 30th June 2024 – Work Experience begins
- Thursday 17th July 2025 – Summer holidays begin
- Tuesday 2nd September 2025 – return to school/Aspirations Day
- Tuesday 7th October 2025 – Y11 Parent and Carer Information Evening
- Tuesday 14th October 2025 – Sixth Form Open Evening
- Wednesday 26th November 2025 – Careers Fair
- Friday 28th November 2025 – cycle 1 Progress Report
- Wednesday 3rd December 2025 – Sixth Form Taster Day
- **Monday 19th January 2026 – Mock exams begin (approx.)**
- **Friday 30th January 2026 – Mock exams end (approx.)**
- February 12th 2026 – Y11 Parent and Carer Evening
- Friday 13th February 2026 – deadline for Sixth Form initial applications
- Friday 20th March 2026 – cycle 2 Progress Report
- Friday 8th May 2026 – first written exam (Sociology)
- Monday 11th May 2026 – First written exam for whole cohort (English Literature)
- Thursday 18th June 2026 – Last Exam
- Wednesday June 24th 2026 – Leavers' Awards Afternoon
- Thursday July 2nd 2026 – Leavers' Celebration
- Thursday 20th August 2026 – Results Day/Sixth Form Registration Opens

The 'Mock' exams:

- We have listened to feedback from students, parents and staff and have decided to have one full set of mock exams
- These will take place in January 2026
- This allows staff to spend more time on the curriculum in lessons – previous feedback suggested that the mocks in term 1 were not allowing much time for students to develop through the curriculum after the summer tests
- Staff are constantly assessing students' progress using exam-style questions in class and through homework
- Progress data sent out in November will be based on rigorous classroom assessment using exam-style questions
- A full set of mocks in January will allow us to give students an experience of what the exams look like and how formal exams work and this is also early enough to allow us to put specific interventions in place where needed before the exams to close gaps

Key Persons:

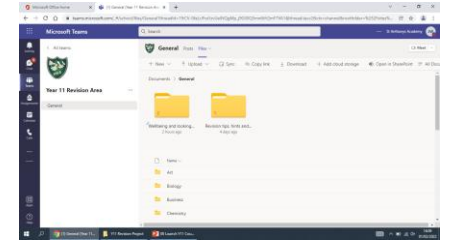
- Miss J Wallis (Senior Assistant Headteacher) – Interventions, progress Y11
- Mrs H Hoey (CPD and TandL Coordinator) – Revision support
- Mrs L Dudley (Assistant Headteacher) - Celebration and enrichment
- Mrs N Frame (SENDCo) – exam access arrangements/specific support
- Mr M McDonagh (Assistant Headteacher) – exams and curriculum structure
- 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?

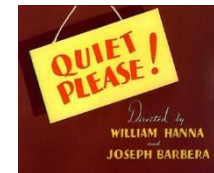
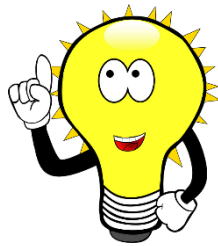
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What we are doing to support Y11...



- Regular dedicated Y11 assemblies with key reminders and support
- 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



Interventions...

- We have a system of interventions timetabled after school (Monday-Friday) and on lunchtimes
- There is a timetable for these which has been shared with students and parents/carers by email (this will go onto the website shortly)
- Students' data from the end of Y10 was used to decide whether they should be asked to specifically attend interventions
- English and Maths are prioritised
- No more than 3 compulsory subjects
- Attendance is tracked and monitored
- The sessions focus on the areas staff have identified are causing the students the most difficulty
- All students are welcome to attend any sessions whether they have been asked to or not
- After the next data point, we will review the progress of students on the monitored cohorts

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

All students have been provided with a pack including the above. If any student needs more of any of these things providing throughout the year they should see myself in S10 at 11am or Wed-Fri lunchtimes.



Get ready!

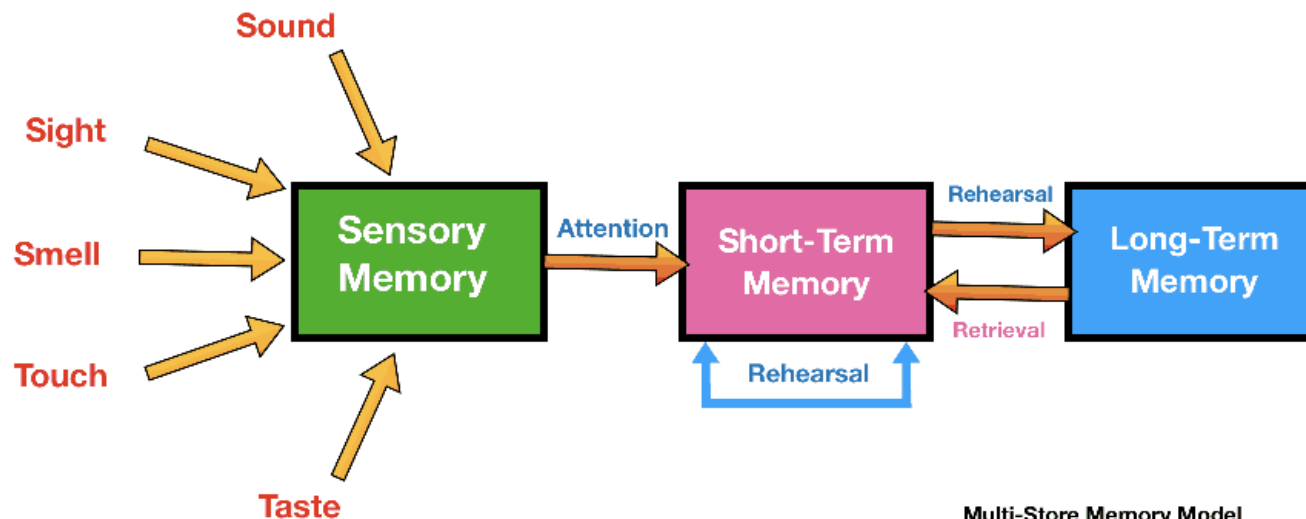
They will also need to consider:

- 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						

Builds in a personal reward for completing the day

Makes sure you consider rest and well-being

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

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/>



31 weeks to go...

- We are now 31 weeks from the beginning of the written exams (May 8th). The first written exam is Sociology. (Slightly earlier for the oral MFL exams.)
- 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 months.



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 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

On the website shortly...

- A dedicated Y11 area
- This will have revision/intervention timetables
- Tonight's information
- Other support materials (the sheets for each subject from tonight)
- Exam board details for all subjects
- Later – timetables for exams and mock exams



Sixth Form

St Anthony's Girls' Catholic Academy



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

