Good Morning
Year 11

Mr S White (Vice Principal)
Dear Parents & Carers,

Year 11 - The Year Ahead

As we have completed our first few weeks of Year 11, I thought it would be helpful to give you a brief overview of our programme for the year ahead along with some key dates.

As you may know, the previous Year 11 group of students left SBL with really pleasing examination results and a large number have remained with us for post 16 study. We are delighted for them and have every expectation that we will be able to do the same for your daughter and/or son.

As you begin to plan ahead, we hope to see you at our forthcoming Post-16 Open Evening on Wednesday 9th October at 6.30pm. Here you will be able to find out more about our Post 16 (Sixth Form) and the courses available to all students.

At this point in term 1, students are building towards our week of practice (mock) exams which will begin on Monday 11th November. A precise timetable will follow nearer the event. The results of these examinations will be provided before the Christmas holiday to give you and your child time to understand the progress that has been made up to now and work on the areas to improve when we come back in January 2020.

In advance of these practice exams, you may wish to come to our special advice evening “Parents briefing on revision and preparation for exams” which will take place on the same evening as our Post 16 Open Evening on Wednesday 9th October at 6.30pm.

In order to keep you fully updated on progress with studies, we will be sending home reports to you which will tell you the grades we are predicting for your son or daughter in the summer exams. Please look out for these reports around the following dates:

- Report 1: Mid-October 2019
- Report 2: Mid-December 2019
- Report 3: Mid-February 2020
- Report 4: Mid-March 2020
- Report 5: Mid-May 2020
- Report 6: End of March 2020

In order to secure the best possible grades, you will notice the increased amount of homework being set for your child on our Insight portal. Completing this “Home Study” activity is a crucial part of the independent learning necessary to succeed in the examinations that will take place in the summer term.

In terms of careers guidance, we will follow on from our Industry Day in Year Ten with Work Experience and our “World of Work” Day in November. Students will benefit from guest speakers, workshops and mock interviews in order to give students the information they need at this point. To complement this, we have a weekly slot in our tutor programme where tutors will work with students to better understand the options available post 16. If you want to take advantage of meeting an Independent Careers advisor, please do speak with Mrs Murray in our exams office.

Later in the year, students will have another opportunity to take additional practice exams in many of their subjects (including English, Maths and Science). These exams will begin on Monday 2nd March 2020.

The majority of the external summer exams will begin in late April and Early May and will finish in late June. Students are expected to attend school full-time until the end of term 5. In term 6, some study leave is granted, but this will depend on the examination timetable. We do know that students need to be available for exams until 24th June 2020.

Whilst rest and family time are important parts of holiday time, it is vital that revision and independent learning at home also has a prominent part to play in holiday times during Year 11. We encourage students to take a balanced approach to work, rest and play but it is important also to make sacrifices if students want to secure excellent grades to take into the rest of their lives. While we want the students to be ambitious, work hard and to aspire to post 16 study, apprenticeships, university and the world of work, it is very important that your children feel able to talk to their parents and teachers about the challenges ahead and also that they have a clear sense of how they will get there.

Please do speak with your daughter or son when the opportunity presents itself.

Hopefully, you will feel that you have our support as parents and carers and that you will feel welcome to approach us at SBL if you feel that we can help or guide you further. Please do contact your daughter or son’s Head of House if you feel that we can assist you further.

With every best wish for the year ahead,

Yours faithfully,

S.A White
Vice Principal

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<table>
<thead>
<tr>
<th>Summary of Key Dates for Year 11</th>
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<tbody>
<tr>
<td>Parental briefing: “Revision and Preparation for Exams”</td>
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<tr>
<td>11th Post-16 Open Evening</td>
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<tr>
<td>Report 1 to parents/carers</td>
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<tr>
<td>Report 2 to parents/carers</td>
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<tr>
<td>Report 3 to parents/carers</td>
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<tr>
<td>Report 4 to parents/carers</td>
</tr>
<tr>
<td>Report 5 to parents/carers</td>
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<tr>
<td>Report 6 to parents/carers</td>
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<tr>
<td>External summer examinations begin</td>
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<tr>
<td>Event</td>
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<tr>
<td>--------------------------------------------</td>
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<tr>
<td>Parents’ briefing: “Revision and Preparation for Exams”</td>
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<tr>
<td>SBL Post-16 Open Evening</td>
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<td>Report (1) to parents/carers</td>
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<tr>
<td>Practice (mock) exams</td>
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<tr>
<td>World of work Day (Careers)</td>
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<tr>
<td>Work Experience</td>
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<tr>
<td>Report (2) to parents/carers</td>
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<tr>
<td>Report (3) to parents/carers</td>
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<tr>
<td>Practice (mock) exams</td>
</tr>
<tr>
<td>Report (4) to parents/carers</td>
</tr>
<tr>
<td>External summer examinations begin</td>
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Excuses will always be there for you, Opportunity won't.
Holidays ahead

• Sleep and rest

• Revise – preferably daily – even for short periods

• Focus on priorities

• Use advice from teachers
THE MEMORY MODEL: the way we process and retrieve information

- **SENSORY MEMORY**
  - Environmental stimuli
  - Information lost if not encoded

- **SHORT-TERM MEMORY**
  - Selective attention
  - Information lost if not encoded

- **LONG-TERM MEMORY**
  - Storage
  - Information lost due to retrieval failure, interference, decay
  - Retrieval
REVISION TECHNIQUES

Bad Revision
Past Papers & Mark schemes

- You wouldn’t run a marathon without practicing running, why would you sit an exam without trying to sit some papers first?
QUALITY not quantity

What and how you revise is more important than how much revision you have done.

Revision needs to be planned and structured.
GENERAL TIPS

Produce a REVISION PLAN or TIMETABLE

Plan what you are doing and when, and when you are not going to revise. This should achieve a balance between revision and social activities.

Also, vary what you are revising, do not revise one subject or one topic for too long. Variety helps revision.
GENERAL TIPS

ORGANISE your materials

Organise all your materials – notes, books, questions, etc., before you start a session.
GENERAL TIPS

Create a REVISION ENVIRONMENT

Choose a suitable place for this work. Use it visually with posters, post-its, lists etc. This may help you remember key points for the exam.
Revision Check list

GCSE Science Revision Resources & Strategies

Current Year 11 students are studying Edexcel Science

Revision Cards
- Flash Cards
- The students have made revision cards throughout the year 11. Please encourage students to frequently use them.
- You could support them with this by going through the cards in a question and answer style to test their knowledge.

Knowledge PowerPoints
- Powerpoints are available which break the entire specification down into key points. These can be accessed via "Foldr" on the school website.

Foldr
- To sign in students use their school computing login. The Year 11 revision foldr, located below:
- Learning Resources > Science > Year 11 Revision
- The resources are then divided into the separate subjects.

Revision Guides
- Double science students should have 2 revision guides (core & additional); triple students should have 2 (biology, chemistry & physics).
- These are great as they show the subject content in a clear format. Students can draw a page and then make a mind map / draw a diagram / bullet point key points to show what they can remember.

BBC Bitesize
- BBC Bitesize can be used as a revision and quick testing tool.

Past Papers
- Completing and marking past papers is one of the most useful forms of revision as it increases students' confidence and enables them to achieve greater success in their exams.

Walking Talking Mocks
- In the final few days before each exam all students will complete a walking talking mock. These mocks form

Core Science Revision Tracker

Core Biology (B1)
- Exam Date: Thursday 18th May
- The Earth's sea & atmosphere
- Materials from the Earth
- Acid: Rainwater & acids
- Problems & solutions in the environment
- Ozone

Core Chemistry (C1)
- Exam Date: Thursday 18th May
- The electromagnetic spectrum
- Waves & the Universe
- Waves & the Earth

Core Physics (P1)
- Exam Date: Wednesday 24th May
- Visible light & the Solar System
- Visible light & the Solar System
- Generation & transmission of electricity

SBL SIR BERNARD LOVELL ACADEMY
Mind Map Guidelines

Clarity
- hierarchy
- order
- outlines

Center
- Start
- image colors
- at least 3

Style
- personal development

Use
- Links
- Emphasis
- Colors
- images
- codes
- dimension

Keywords
- print case
- UPPER, and lower
- organised
- central
- more important
- outer
- less important
- free flowing
- style
- organic
- length
- same as
- word
- image

Connect
- for each
- center
- radiate out
GENERAL TIPS

Work in **SHORT SHARP BURSTS**

Your concentration decreases the longer you revise. You will be motivated at the beginning of a revision period and towards the end.

If you revise for too long you will have a long period in the middle of the session, which is not as useful as it could be.
GENERAL TIPS

Use Revision Aids

Try different revision techniques and make sure of revision guides, web sites etc.

www.getrevising.co.uk
www.bbc.co.uk/schools/gcsebitesize
www.s-cool.co.uk
Retrieval using flashcards - knowing without looking!
# REVISION TECHNIQUES

## Bones

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
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<tbody>
<tr>
<td>skull</td>
<td>cranium</td>
</tr>
<tr>
<td>jawbone</td>
<td>mandible</td>
</tr>
<tr>
<td>collarbone</td>
<td>clavicle</td>
</tr>
<tr>
<td>shoulder blade</td>
<td>scapula</td>
</tr>
<tr>
<td>breast bone</td>
<td>sternum</td>
</tr>
<tr>
<td>funny bone</td>
<td>humerus</td>
</tr>
<tr>
<td>spine</td>
<td>vertebrae</td>
</tr>
<tr>
<td>hips</td>
<td>pelvis</td>
</tr>
<tr>
<td>wrist</td>
<td>carpals</td>
</tr>
<tr>
<td>hip</td>
<td>pelvis</td>
</tr>
<tr>
<td>thigh bone</td>
<td>femur</td>
</tr>
<tr>
<td>kneecap</td>
<td>patella</td>
</tr>
<tr>
<td>shin bone</td>
<td>tibia</td>
</tr>
<tr>
<td>ankle</td>
<td>tarsals</td>
</tr>
</tbody>
</table>

After you have taken a few minutes to study the scientific names of some of your bones, you can try a quiz to see how many you remember.
The causes of World War 2
SOME OTHER USEFUL REVISION TECHNIQUES

POST-ITS
Use post-its on your notes to help you remember things that you are having difficulty with. You can also stick them on your bedroom wall or on the back of the loo door and keep testing yourself.

LISTS
Very useful to help you remember key information and to help you remember the sequence of things or how different pieces of information link together.

GAMES
Produce your own simple game e.g. matched pairs

LOOK, COVER, WRITE, CHECK
A simple and effective method for self testing. Really useful for learning spellings or grammar
SOME OTHER USEFUL REVISION TECHNIQUES

RECORDING & LISTENING
A really effective method for ‘audio’ learners and for preparing for language oral exams.

USE HIGHLIGHTER PENS
To highlight key words and help them stick in your memory

USE A COMPUTER TO SUMMARISE NOTES, PRODUCE DIAGRAMS ETC
You will end up with a neat and professional looking set of revision notes.

TEST YOURSELF WITH PAST EXAM PAPERS
This will really help you to see the relevance of your revision. It will also help you to get your timing right, which is a crucial aspect of exam preparation.
EVERYONE WANTS TO BE SUCCESSFUL UNTIL THEY SEE WHAT IT ACTUALLY TAKES
The More I Practice
The Luckier I Get

Arnold Palmer - www.quoteikon.com