

Year 11 Revision Newsletter

October 2017

Welcome to the first edition of the Year 11 revision newsletter which includes vital information, such as: -

- ☑ Dates of mock exams
- ☑ Dates and times of revision sessions
- ☑ Tips on how to revise
- ☑ How to be prepared and stay calm
- ☑ Where to find more information



Dear Students and Parents/Carers

The mock exams are an invaluable opportunity for students to develop their revision skills and prepare revision materials for the summer exams, but most importantly these exams will give students and their teachers vital information regarding what they know and what they need to work on in the few remaining months. Therefore it is essential that students take them seriously and prepare for them as they would the real thing.

Don't forget support is always available from Form Tutors, subject teachers and of course myself, please don't hesitate to contact staff if you have questions or feel you need advice or help.

I wish you all the very best of luck!

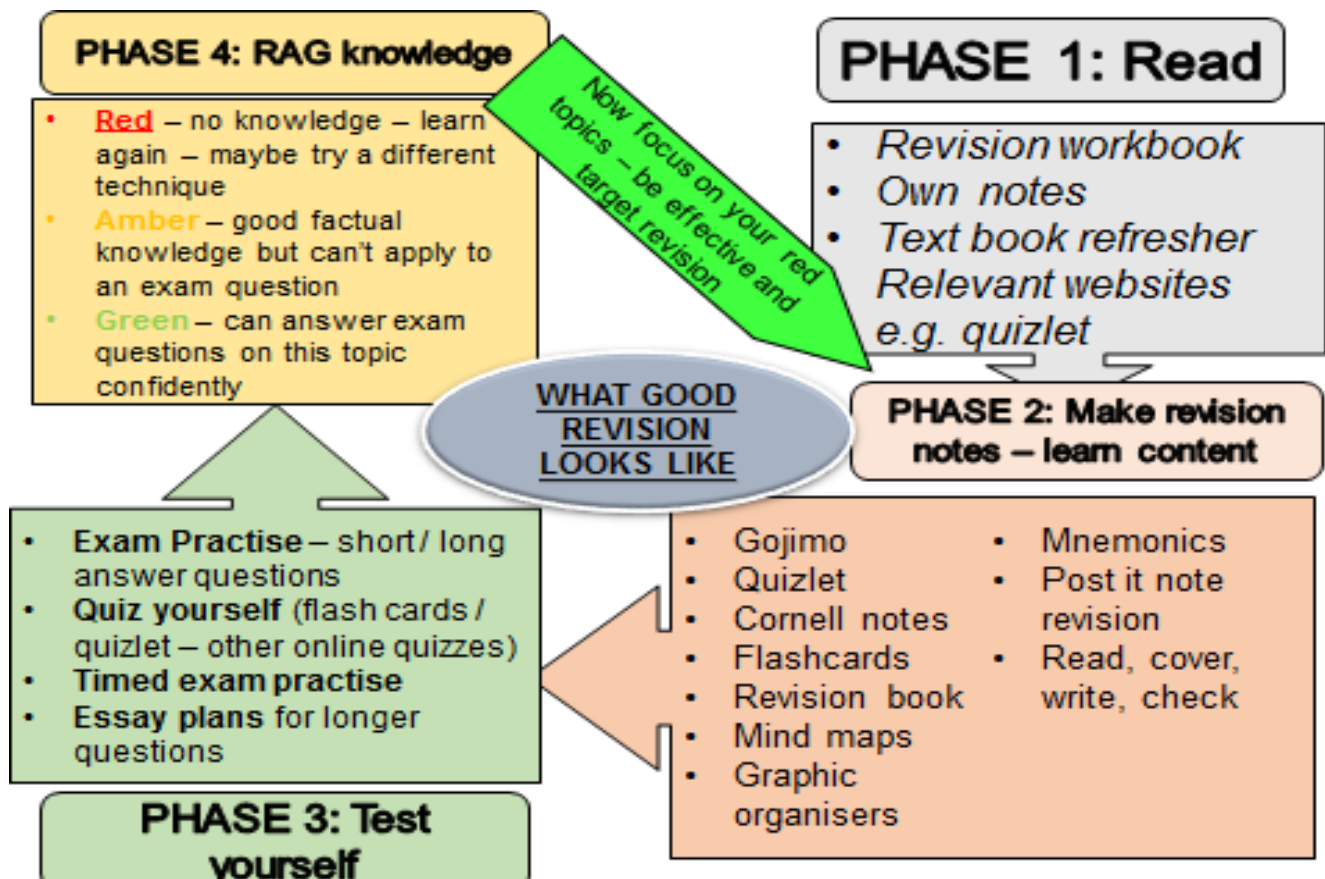
Ms E Brownlee (Head of Year 11)

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email: ebrownlee@caldew.cumbria.sch.uk



Beginners Guide to Revision

- ☺ Revise for between **40 to 60** minutes followed by a 10 minute break.
- ☺ Break subjects down into topics or more manageable chunks.
- ☺ Plan your revision.
- ☺ Remember revision should be **ACTIVE** (see below).
- ☺ Change subjects frequently.
- ☺ Change the method of revision frequently (see suggested revision methods).
- ☺ Always test yourself after your revision session - What have I learned? Could I answer this exam question now?



Revision Timetables

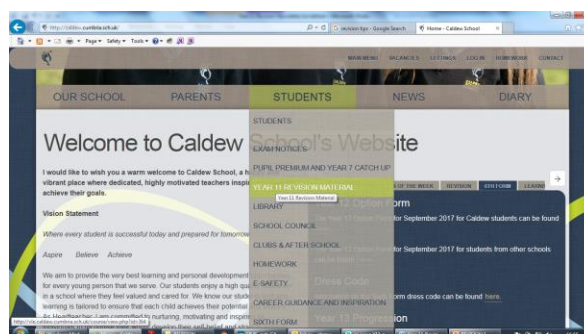


- ⌚ Work out how much time you have – be realistic.
- ⌚ Don't forget to factor in a bit of free time also!
- ⌚ Break it down into manageable “chunks” e.g. ‘revising French verbs’ sounds more manageable than ‘revising for GCSEs’.
- ⌚ Make “To-Do” lists. These are very useful in helping to organise yourself.
- ⌚ Prepare the list every evening for use the next day. Cross off items as you complete them.
- ⌚ Put any left-over items on tomorrow's list.

You have been provided you with a blank timetable with this newsletter – you can find the template on the school website under the Students section - Year 11

Revision

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am-12 noon	School	School	School	School	School	1. 2. 3.	1. 2. 3.
1pm-4pm	School	School	School	School	School	1. 2. 3.	1. 2. 3.
Session 1: From _____ To _____							
Session 2: From _____ To _____							



STRESSED???????

Its normal for you to be stressed (and also for your parents to be stressed on your behalf). It shows you care!

Stress can be a good motivator but occasionally our stress levels become too much to manage and can actually stop us from learning.

It's important to look after your physical and emotional well-being in Year 11 to give yourself the best possible chance.

SLEEP – leave ‘phones outside of bedrooms at night

EAT WELL – avoid high sugar and high caffeine

EXERCISE – the cheapest and best stress buster of all!

PLAN YOUR TIME

TALK – talk to friends, parents or teachers about how you are feeling... you're not alone.

TOP 10 CHECKLIST

Make sure you have all of the following:

1. Mock exam timetable (enclosed)
2. Revision timetable
3. Exercise books/folders for each subject
4. Pens, pencils, post it notes, coloured card etc
5. Clear pencil case and scientific calculator for exams
6. A quiet place to study
7. Online access for revision websites
8. Login details for the online revision resources
9. English guides - Macbeth, Jekyll and Hyde, An Inspector Calls and Conflict Poetry.
10. Revision guides – these have been given for most subjects but contact school if you need advice on this.

Useful websites:

www.caldewenglish.weebly.com	ENGLISH (and PiXL lit app)
www.vle.mathswatch.co.uk	MATHS
www.kerboodle.com	SCIENCE, LANGUAGES
www.caldewhistory.weebly.com	HISTORY
www.getrevising.co.uk	GENERAL REVISION
www.studytracks.education	REVISION USING MUSIC/SONGS
www.kooth.com	Free, anonymous, online emotional support for young people
www.caldew.cumbria.sch.uk	Caldew website will be regularly updated to include more subject specific revision advice and materials.

NEED CAREERS ADVICE?

Call in and see our designated careers advisor Andy, from Inspira, who will be based in Mrs Eastburn's office (opposite MR1) every Friday lunchtime and can offer free, impartial careers advice.