

Year 11 Revision Newsletter

February 2018

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

- ☑ Dates of summer exams
- ☑ Tips on how to revise
- ☑ How to stay motivated
- ☑ How can parents can support 'Just a note...'
- ☑ Rules and guidance for exams and what you need to do with the summer exam timetable.



Dear students and parents

Motivation is a key ingredient for success at any level. It can be a challenge at this time of year to stay motivated as students often feel weary from the long journey they have had since the start of year 11 and it can feel like the end of the road is still a long way ahead. However the end is getting closer and we are now into single figures in terms of school weeks left until exams start – 9 to go! The thing that will make the biggest difference to students achievement is lessons. By making the most of every minute of every lesson students can make huge leaps forward in the time left.

Regularly reviewing strengths and weaknesses in terms of subject knowledge and exam technique will help students to see the progress they're making and this in turn will keep them **motivated**. I recommend RAG Rating the lists of topics in the front of the revision guides as a way of doing this. We are also asking parents to offer their support and encouragement by taking part in our "Just a note" event (read on for more details).

The new form groups should have provided a bit of welcome change in routine for students and as I have gone round the new form groups this week I have been impressed with how **focused** students are so keep it up!

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.

Ms E Brownlee (Head of Year 11)



Revision – Getting It Right



1. It's all part of a plan! By setting out when and what you are revising and what you will do in that time, it stops you wasting time. Spending 10mins writing up a revision plan will save you wasting time. Have a task list, write down the subjects, topics and how you are going to revise them. Tick them off as you go as this will give you some satisfaction and remind you that you are making progress. I do like a good list!

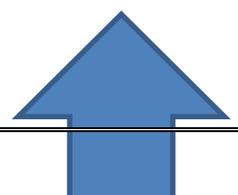
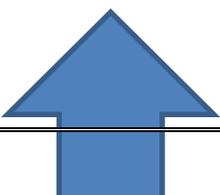
2. Mix it up - 20-30 mins sessions with short breaks in between are best. Knowing you haven't got long will push you to make the most of the time and stop you from becoming overwhelmed.

3. Establish good revision habits - A habit is something you do automatically. Things you do automatically are really easy, so it's useful to make your revision automatic by establishing a routine. Try and set the same pattern of working each time you revise - the where and when - that way, you don't have to try. However make sure you are using different methods of revision to stop you from becoming mind numbingly bored!

4. Don't put it off - most of the stress and effort in revision lie in thinking about doing it, rather than actually doing it. The solution is always just to begin, and not waste time worrying what will happen when you begin.

5. Review - The biggest frustration with revision is forgetting what you've learnt and then having to learn it all again the night before the exam. You can fight this by revising cyclically. At the end of each day, look over what you've revised. Do the same at the end of each week, and at the end of each fortnight. These reviews help bake in your learning, save you from forgetting what you've just learned, and allow you to pick up and understand things you'd missed before.

That's it! It's very simple really. Establish your goals and a realistic routine that includes time for review, and then.... Just go for it!



KEEPING THE MOTIVATION UP

FOR STUDENTS

- ✓ Don't stop working in lessons you find hard or dislike – talk to someone about any difficulties you are having – there is always a solution
- ✓ Create a revision schedule and stick to it – even when you don't feel like it. Don't wait until you are in the mood – the further behind you get the less you will be in the mood (agree the schedule with your parents for a hassle-free life)
- ✓ Don't waste time struggling – note down anything you are finding hard and take it to your next lesson or if on study leave, phone friends or your teachers
- ✓ DO NOT BE INFLUENCED BY FRIENDS WHO TALK ABOUT HOW LITTLE WORK THEY ARE DOING Get you head down – your results don't matter to your friends – but they are crucial to your future. Tell yourself it's not for long and think about that long summer holiday
- ✓ Make yourself start however much you don't want to – the hardest bit is over with then.
- ✓ Resist the temptation to bury your head in the sand if things are getting out of hand – talk to your parents/tutor/teachers/Head of Year .



FOR PARENTS

- ✓ Understand how important you are - Your support, encouragement and interest can make a huge difference to your child's motivation and ability to cope – don't let them tell you it's "none of your business" or tell you that "nobody else's parents interfere" because that's simply not true!
- ✓ Agree the balance between work and social life and stick to the agreement. Again, flexibility is the key – if a special night comes up, agree that they can make up the work at a specified time
- ✓ All students fall behind, feel demotivated or overwhelmed, or struggle with the balance of social, work and school demands at times. When your child feels like this, berating and threatening them will have a negative effect. Talk to them about the issues, acknowledge their feelings and adopt a sensible attitude in wanting to find a solution
- ✓ If your child asks for your support, encourage them by helping them to see the difficulties in perspective. Teenagers often take an all or nothing 'catastrophic' approach to difficulties – "I've messed up this essay, I might as well give up."
- ✓ Be flexible – use the 80/20 rule. If your child is sticking to what they are supposed to be doing 80% of the time, they will be doing alright

Exam Timetables – What you need to do



- ⌚ Enclosed with this newsletter is an individual exam timetable, a statement of entries and several exam board notices.
- ⌚ Students should familiarise themselves with the exam board notices, **return the signed statement of entry** to Student Reception and **keep the exam timetable.**
- ⌚ If there are any changes to tiers of entry you will be sent an updated statement of entries. If you have any queries regarding this information please contact the school as soon as possible.
- ⌚ Dates and times of exams should be put on the calendar at home, added to any calendar apps and used to create revision timetables nearer to the exams.

Just a note.....

We are asking parents and carers to write a short note of encouragement to their children. The letter doesn't need to be long and could include telling them how proud you are, recognising how hard they have worked, reassuring them that it's not too late to start and that they have your support and backing.

Please send the letter by emails to office@caldew.cumbria.sch.uk marked just a note... post it to Caldew School, Dalston Rd, Carlisle CA57NN or hand it in to main reception by **Friday 23rd March.**

We will be handing these letters out in a special assembly and are aiming for every year 11 student to have a letter to open so your support is vital.

Caldew School Leavers Prom 2018 – Friday 22nd June
Invitations will be handed out next week which will contain information regarding time, venue, cost and menu.

Leavers Hoodies 2018

Leaflets have been handed out for this year's Leavers Hoodies. Students need to see Mrs Eastburn if they want to try on a sample for size. Deadline for orders and payment is **22nd March**

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.

