

Harton
Academy

Y11 parent information evening

2023 – 2024

Miss Kirstine Walker
Deputy Headteacher



Welcome

The purpose of this evening is to deliver information aimed at supporting your child through the coming examination season.

All resources from this evening will be made available to you electronically on the school website.

Key dates for Y11

Date	Event
Tuesday 14 th November	6 th form open evening
Monday 27 th November	Mock exams begin
Friday 8 th December	Mock exams end
Wednesday 15 th November	6 th form applications open
Wednesday 31 st January	6 th form application deadline
WB 29 th April	MFL speaking exams
Thursday 9 th May	First written exam (RE)
Wednesday 19 th June	Final written exam
(NB there is a contingency day on Wednesday 26th June)	
Tuesday 2 nd July	Y11 Prom Beamish Hall
Thursday 22 nd August	GCSE and BTEC results day
Thursday 22 nd August	6 th form registration day

Mock exams

- The aim is to mimic to conditions of the real examinations as closely as possible.
- All students will need to bring a black ballpoint pen, a pencil and ruler to each exam. Pencil cases must be clear and without decoration.
- Students can bring in water but all bottle labels need to be removed.
- Mobile phones and all watches are forbidden from entering the exam room and should be left in the secure bag drop area.
- Results will be reported to parents in January and students will also receive a results slip during a registration period.



Exam nerves v stress v anxiety

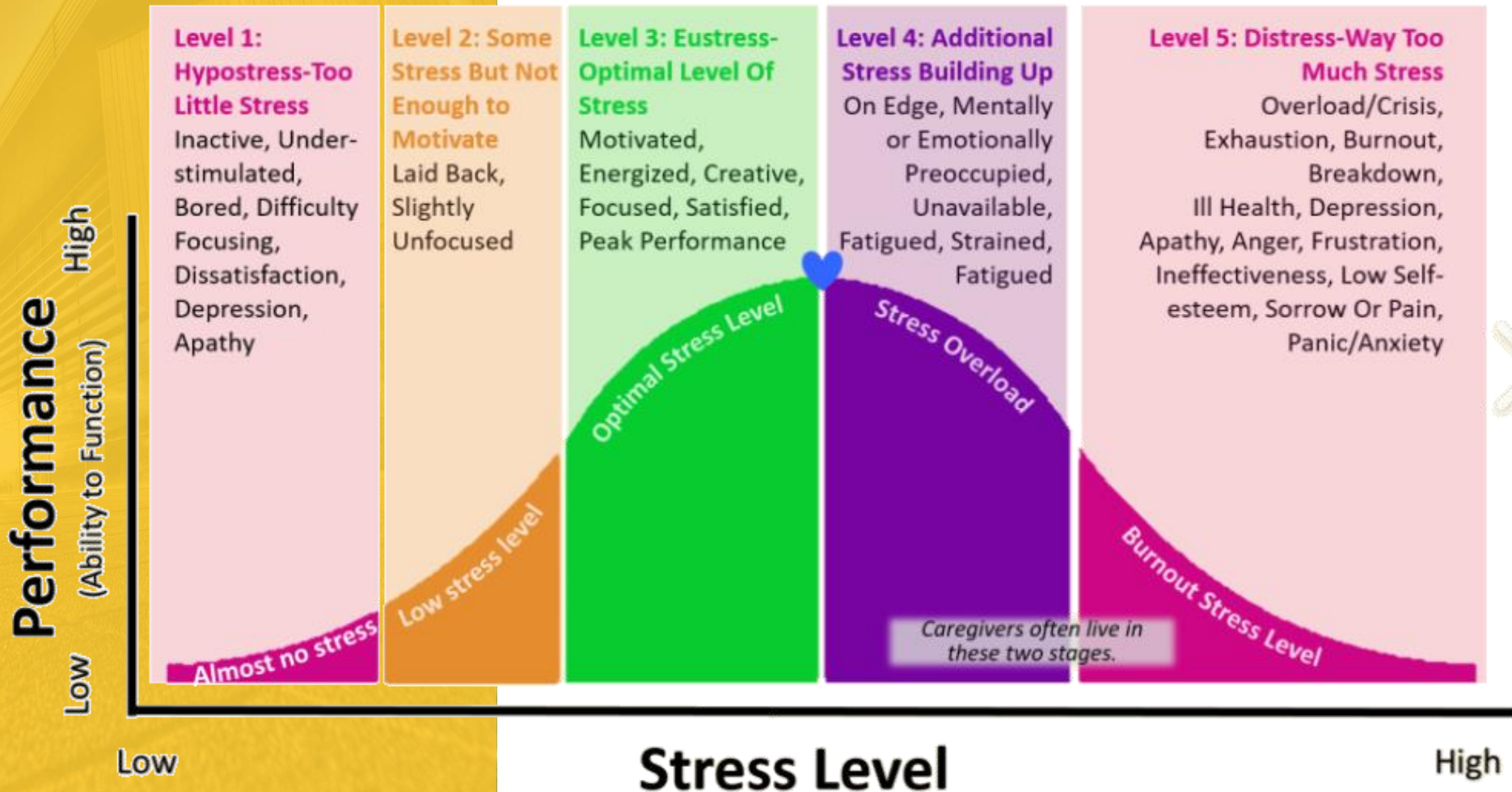
Stress is a **normal emotion** that everyone will feel at some point in their lives.

It is **very normal** for students to feel nervous or anxious or stressed when exams are approaching.

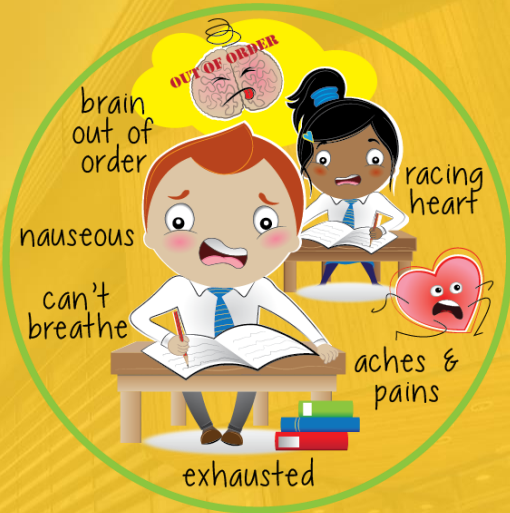
Sometimes stress can be helpful and will enhance our performance, however it can **become a problem** when it starts to **interfere with our everyday life**.

Exam nerves v stress v anxiety

Stress Levels & Performance



Coping with exam stress



1. Encourage them to talk about how they are feeling in the run up to exams. They can seek support from their teachers or other sources such as Kooth.
2. Finding ways to relax and take regular breaks throughout their revision will help. Tell them to set a timer so you don't forget!
3. Make sure they eat 3 healthy meals a day and stay hydrated.
4. Exercise. Staying active can clear their mind and give them more energy.
5. Self care. Encourage them to do things that make them feel calm and relaxed.
6. Get enough sleep. Make sure they avoid staying up late revising. Avoiding caffeine and devices when preparing to sleep is also a good idea.



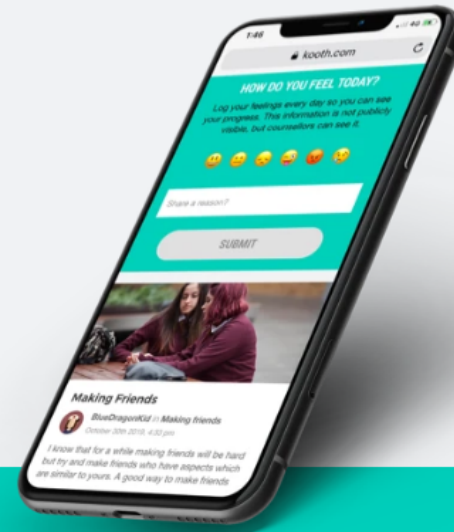
[Log in](#)

Your online mental wellbeing community

Free, safe and anonymous support

▶ [Watch our Kooth video](#)

[Join Kooth](#)



Just some of the things you'll find on Kooth



Articles

Helpful articles, personal experiences and tips from young people and our Kooth team.



Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



Do you need immediate help? See services that can support you urgently →

[Sign up to Qwell](#)

[Log in](#)



Whatever's on your mind, we're here to listen

Free digital mental wellbeing support for adults across the UK

▶ [Watch video to find out more](#)

Year 11 Exam Stress/Anxiety Workshop

Will be delivered to all students in their PD lessons

Additional session 12th March

3.30- 4.30pm



**Your online mental
wellbeing community**

KOOTH – www.kooth.com

To book a space email – Clinklater@hartonacademy.co.uk

Y11 Personal Development

Students have 1 lesson per fortnight

Focus this term is on researching **progression options, including:**

- Apprenticeships
- Colleges
- 6th Forms

Students have been informed about qualification levels:

- Level 1 – Equivalent to GCSE's grades (1-3)
- Level 2 – Equivalent to GCSE's grades (4-9)
- Level 3 – A Level standard and Advanced Apprenticeships

Students are encouraged to have a plan A, B and C

Students can use Personal Development lesson time to research progression options using UNIFROG and other websites and to start making applications.

Students will also cover topics such as:

Time management / Stress management / Effective study skills / Making yourself stand out / Digital footprint / Networking.

Learning and memory

MY ABILITY TO REMEMBER SONG LYRICS FROM THE 80S FAR EXCEEDS MY ABILITY TO REMEMBER WHY I WALKED INTO THE KITCHEN.

How would you describe your memory?

Attention & Encoding

New information enters your **working memory**. This happens in lessons.



Storage

By revisiting the information it becomes part of your **long term memory**.



Retrieval

Being able to recall the information when needed is achieved by attempting to **retrieve it**.



Recipe for effective revision and successful results

Spaced Practice

Retrieval Practice

Mindset

Support

Attendance

=

Success

Spaced practice

“Start planning early for exams and set aside a little bit of time everyday. Five hours spread out over two weeks is better than the same five hours all at once.”

This is spaced practice & it is regarded as one of the most effective revision strategies.

Retrieval practice

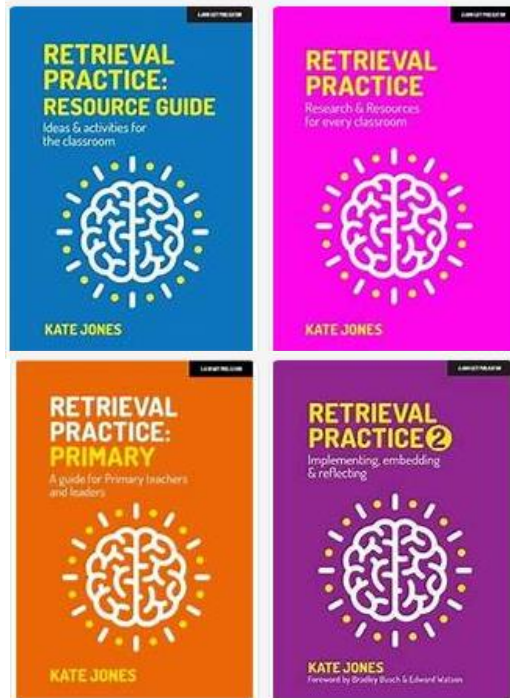
“The act of recalling information from long term memory in order to enhance and improve long term memory.”

Retrieval practice is a powerful tool for improving Learning and for revision.

Recipe for effective revision and successful results

Spaced Practice	Retrieval Practice	Mindset	Support	Attendance	=	Success
Spaced Practice	Retrieval Practice	Mindset	Support	Missing	=	Lower results
Spaced Practice	Retrieval Practice	Mindset	Missing	Attendance	=	Anxiety
Spaced Practice	Retrieval Practice	Missing	Support	Attendance	=	Under performance
Spaced Practice	Missing	Mindset	Support	Attendance	=	Ineffective strategies
Missing	Retrieval Practice	Mindset	Support	Attendance	=	Cramming

Kate Jones

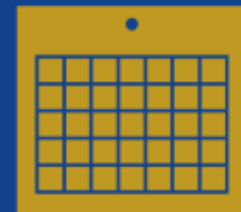


[Effective Study Strategies: Webinar for parents and carers - YouTube](#)




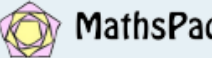






Effective revision habits & strategies:
A study guide for pupils & parents.



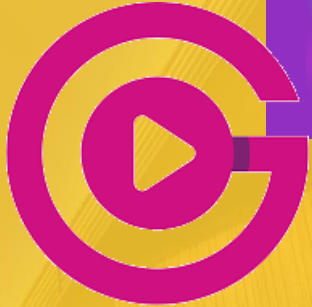
Retrieval Practice
Spaced Practice
Concrete Examples
Elaboration
Interleaving
Dual Coding
Exam vocabulary
Well-being strategies & revision tools



HARTON ACADEMY - RECOMMENDED REVISION PLATFORMS

PLATFORM	DETAILS	ACCOUNT DETAILS	SUBJECTS
 gcsepod education on demand	Series of Pods available to listen to with questions that can be answered to check understanding. Some videos also available.	Set up by school. Please ask your teacher.	All
 SENECA	Resources to read with short quizzes at the end of each piece of information.	Own account set up for free. May be asked to join classes by teachers.	All, especially Geography, Science and Business studies
 MyMaths.co.uk	Covers the whole maths GCSE specification. Use a lot by Maths for homework activities.	Set up by school. Please ask your teacher or click this link to request a reminder of your details.	Maths
 MathsPad	Covers the whole maths GCSE specification. Ideal for students who wish to print off practice worksheets.	Set up by school. Please ask your teacher or click this link to request a reminder of your details.	Maths
 Active Learn	Gives students access to certain textbooks as well as interactive quizzes to test understanding.	Set up by school. Please ask your teacher.	Science, French and Spanish
 Kahoot!	An online quiz platform. Students can create their own quizzes to complete with friends or take part in quizzes which already exist.	Own account set up for free.	All
 BBC Bitesize	Online revision notes, specific to exam boards. Questions are embedded into the notes to check understanding.	Own account set up for free but not needed to access content.	All
 kerboodle	Lessons, resources, quizzes and Kerboodle subject textbooks.	Set up by school. Please ask your teacher.	Geography, RE, Citizenship
 PHYSICS & MATHS TUTOR	Detailed revision notes and access to past exam questions.	Not needed.	Science, Maths, Economics, Geography, English, Psychology, Computer Science
 Quizlet	Learning tools, flashcards and quizzes.	Own account set up for free.	All

Check
&
Challenge



gcsepod
education on demand

Parent Webinars

16th January @ 5pm: **Supporting students through their Mocks**

23rd April @ 5pm: **Supporting students through exams**

[Access GCSEPod: Supporting students through their Mocks - 1627791 \(webcasts.com\)](https://www.webcasts.com/1627791)

[Access GCSEPod: Supporting students through exams - 1627795 \(webcasts.com\)](https://www.webcasts.com/1627795)

GCSE Pod

- GCSE Pod is an online revision platform which the school pays a subscription for.
- Revision takes the form of short 'pod' videos. Questions are then available so students can test their understanding.
- There are also new 'Check and Challenge' activities designed for retrieval practice.
- Apps are available for mobile devices and the pods can be downloaded to be played back later.
- This allows students to download them when on Wi-Fi and avoid using up their data or accumulating large bills!

GCSE Pod





Enter search term or Pod Code



My Account
Advanced Admin
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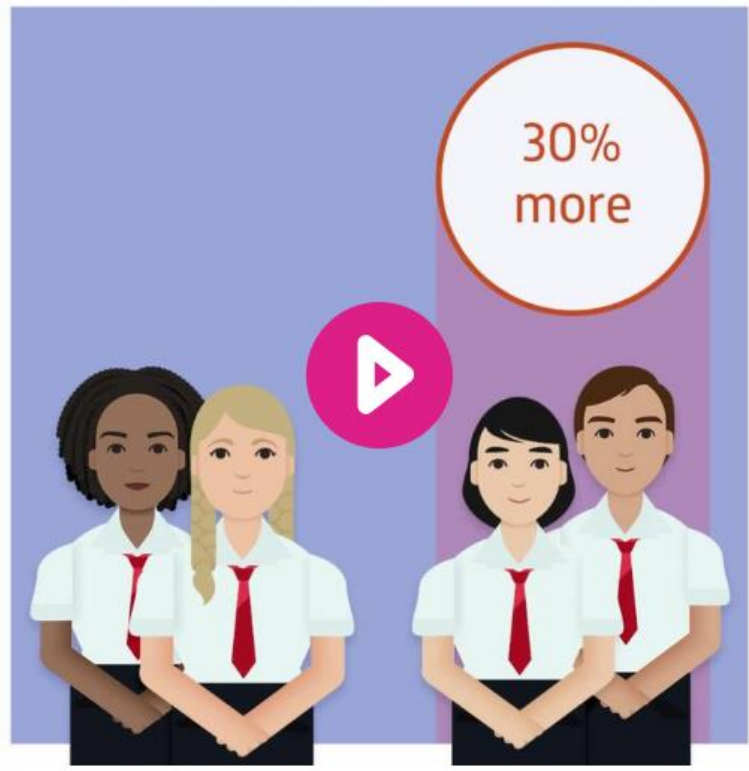
- HOME
- TEACH
- ASSESS
- MANAGE
- ENGAGE
- REPORTS
- REFER

+ | Pencil icon STUDENT LEARNING ACTIVITIES

Study Smart / Study Smart

Study Smart

Share & Assign



Retrieval Practice

CC BY-NC-SA ET-01-001

Narrators: Ellie Grassick
[View copyright information](#)

Study Smart
Study Smart 1 Titles - 6 Pods

Study Smart - 6 Pods

- ▶ Retrieval Practice
00:00 / 03:07
- ▶ GCSEPod and Retrieval Practice
00:00 / 02:44
- ▶ Spaced Practice
00:00 / 02:20
- ▶ GCSEPod and Spaced Practice
00:00 / 03:37
- ▶ Interleaving
00:00 / 03:21
- ▶ GCSEPod and Interleaved Practice
00:00 / 03:37

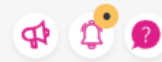


GCSE Pod - Example

https://members.gcsepod.com/shared/podcasts/title/11142/66626



Enter search term or Pod Code



My Account
Advanced Admin **K**
Logout



HOME

+ | STUDENT LEARNING ACTIVITIES



TEACH



ASSESS



MANAGE



ENGAGE



REPORTS

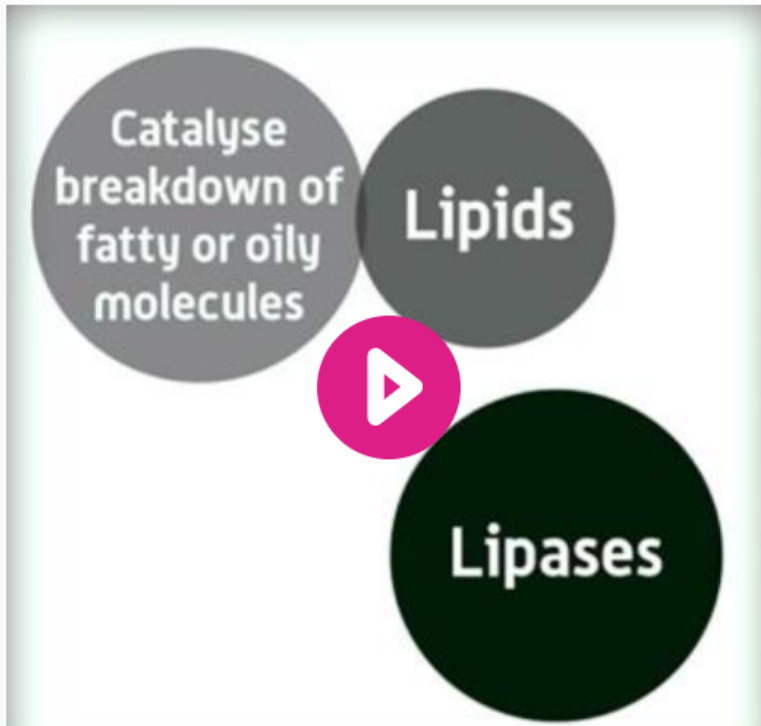



REFER


Biology / 1/Key concepts in biology





1/Key concepts in biology

Share & Assign







 1/Key concepts in biology
Biology 1 Titles - 4 Pods

1/Key concepts in biology - 4 Pods 

 Digestive Enzymes
00:00 / 04:02   

 Cell Differentiation
00:00 / 03:07   

 Cell Structures and Microscopes
00:00 / 04:56   

 Osmosis
00:00 / 03:54   

Revision timetables

- These are really useful in helping students plan their revision time.
- The hardest part for students is often getting started. Planning a timetable will give them a focus.
- Students need to be realistic with their time! For example: don't plan to revise maths for 12 hours solid on a Saturday, because it won't happen and they won't benefit from it.
- They should break the time into manageable pieces and NOT spend hours trying to do the same thing – it won't help!
- They should have their revision timetable somewhere where they will see it everyday, so it acts as a reminder of what they need to do.
- Putting a copy on their phone or setting alarms/reminders will help them stick to their plan.

First task...

- Students should list all the subjects that they need to do revision for.
- They should then rank them in order, with the first being the subject in which they need to do the most revision.
- They should think about their current estimated grades and recent assessment results to work this out.
- They can discuss this with their teachers if they need to.

An example:

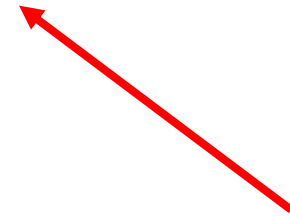
Subjects to revise for:

- Maths
- English
- Science
- Geography
- RE
- Music
- Business Studies



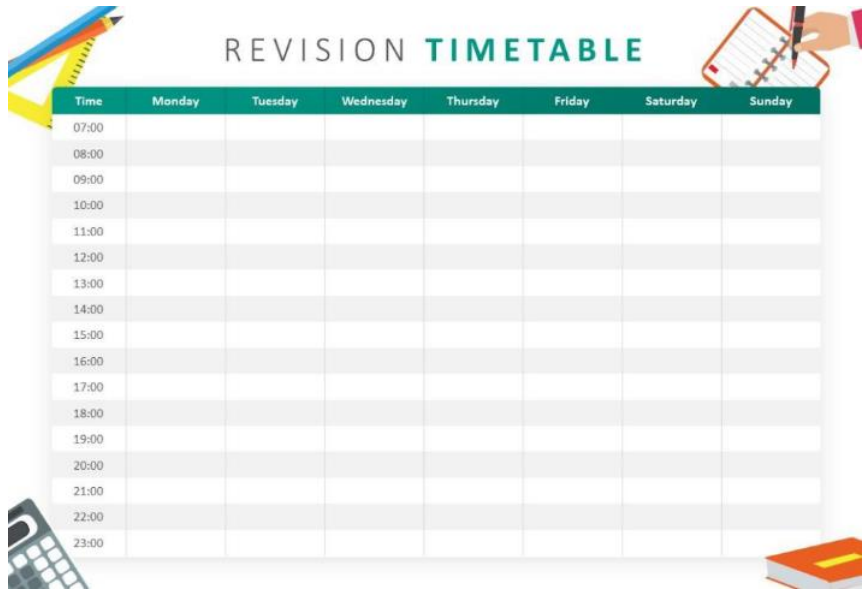
Rank order (most revision needed)

- 1st. Science
- 2nd. Maths
- 3rd. Geography
- 4th. English
- 5th. Business Studies
- 6th. Music
- 7th. RE



**Subjects
at the top
of this list
will need
more
revision
time**

Revision timetable - examples



REVISION TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

REVISION TIMETABLE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM							
10AM							
11AM							
12PM							
1PM							
2PM							
3PM							
4PM							
5PM							
6PM							

Weekly Revision Timetable

Name: _____

Day	9:00 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:00	2:00 – 3:00	4:00 – 5:00	5:00 – 6:00	6:00 – 7:00	7:00 – 8:00	8:00 – 9:00	9:00 – 10:00
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

School Day

Revision Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

Revision timetables: Example

Weekly Revision Timetable

Name: _____

Day	8:30 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:00	2:00 – 3:00	4:00 – 5:00	5:00 – 6:00	6:00 – 7:00	7:00 – 8:00	8:00 – 9:00	9:00 – 10:00
Monday							RE	Break	Music	English	Relax	Relax
Tuesday							Break	Break	Maths	Geography	Relax	Relax
Wednesday							Geography	English	Break	Maths	Music	Relax
Thursday							Science	Break	Business Studies	Relax	Relax	Relax
Friday							Break	English	Break	Maths	Business Studies	Relax
Saturday	Science	Maths	Geography	Science	Football	Football	Football	Football	Relax	Relax	Relax	Relax
Sunday	Geography	Football	Football	Relax	Relax	Science	Maths	Break	Geography	RE	Relax	Relax

Colour-coding their subjects will make a timetable easier to read and they can glance at it quickly and know what they are doing.

They MUST include sessions that allow them to relax and unwind. They still need time to see friends and family and do the things they enjoy.

Sessions 2 and 3

Many
thanks!

Session 2 – Thursday 16th November 6pm

We will explore the variety of post-16 options available to young people as well as take a dive into the world of work by looking at which businesses are based here, which sectors young people could go into, and some of the jobs and opportunities you may not know exist in South Tyneside and the North East.

Session 3 – Thursday 23rd November 6pm

We will be joined by the National Apprenticeship Service to unpick the world of apprenticeships, what they mean, and how young people could earn while they learn. We will also be joined by Elaine Bell from the Department for Work and Pensions, who will explore how it is better off to be in work and discuss the impact that employment and earning could have on household benefits.