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## Year 11 Information Evening – Pathways to Success

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### Frequently Asked Questions

#### When will I hear about my child's progress?

You will receive A&Es before October half term. Year 11 Mock results will be available before the Christmas holidays and then Year 11 Parents Evening will be held remotely on Tuesday 16<sup>th</sup> and Wednesday 17<sup>th</sup> January with further details being issued closer to the time.

#### When are the mock exams?

The Year 11 mock exams will run from Monday 27<sup>th</sup> November – Friday 8<sup>th</sup> December. This is the final opportunity for students to get used to the exams process. This is an important opportunity to build on Year 10 exams, both for teachers and students to gauge their current process and identify any gaps.



#### What happens if my son/daughter is absent from their mocks?

In order to replicate the true experience of an external exam series and a true reflection of the students' ability, we expect 100% attendance for year 11 mock exams. Any mock exams that are missed will not be re-sat unless a slot is found within the same exam series timetable.

#### How much revision should my son/daughter be doing?

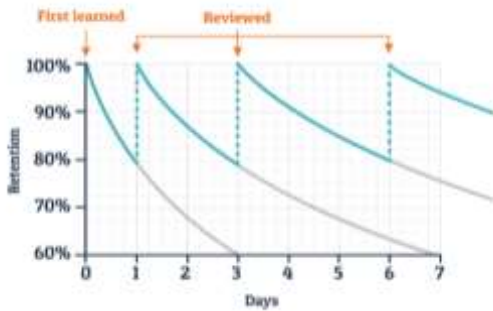
Students should be building towards completing 2 hours of revision per night – this is in addition to homework, with additional revision completed at weekends. A useful strategy is to use a weekly planner, where fun/essential activities are included first – paid work, sports clubs, music lessons, seeing friends, with revision planned around those activities. Students will be given a laminated A3 revision planner next week so this can be completed every week.

Students can complete the revision cards on a weekly basis to register their hours and help their tutor group, and themselves, win a prize. This offers positive reinforcement for those who are investing time in their revision.

Name:		Form:					
Target Revision Hours = 10							
Revision Hours Achieved:							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
No. Hours Revision							
Parent signature							
Tutor signature							
 Reward	Once complete, hand in to your form tutor to enter the Dominos challenge						

## How can I help my teenager revise?

Typical Forgetting Curve for Newly Learned Information



To retrieve information from our long-term memory, we need practice and strategies that work. Regular practice results in students being able to retain considerably more information.

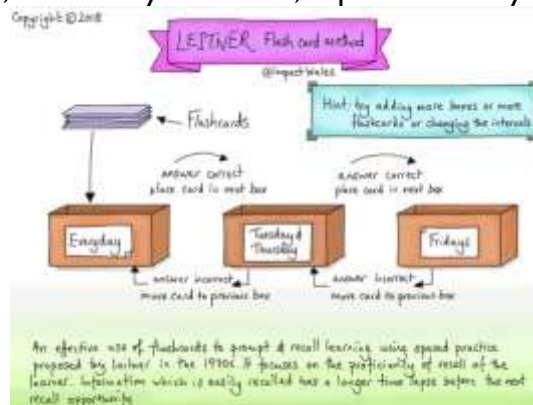
Revision strategies to avoid – re-reading notes, highlighting, revising the easy bits! They do not help commit information to the long-term memory.

### Revision strategies to use

**Retrieval practice** – this can include writing everything they know about a topic before checking for accuracy. Past paper questions are vital. Start with using notes and only completing 1-2 questions at a time, gradually relying less on notes, and attempting more questions at a time. It should be hard – the struggle is needed to move the information into the long-term memory.

**Spaced practice** – spreading study activities over time rather than focussing on one topic, for example, study 3 different subjects in one evening rather than one in depth.

**Leitner flashcard method** – flashcards can include key vocabulary, facts or questions – if incorrectly answered, try again the next day, if correctly answered, repeat a few days later.



It takes on average 66 days to form habits – which is important when considering supporting our teenagers to get into the habit of revising. Steps to help create a new habit include

Cue – make it obvious – **agree a time and place for revision; agreed revision timetable**

Craving – make it attractive – **Set rewards**

Response – make it easy – **remove distractions; purposeful workspace**

Rewards – make it satisfying – **see improvements, track progress; revision cards; long-term goals**

## When will the GCSEs be?

The provisional start date for GCSEs is Monday 13<sup>th</sup> May. There will be a contingency date at the end of the exam series in case of any unplanned disruption on a particular day – which is Wednesday 26<sup>th</sup> June. This date is to be confirmed.

GCSE results day is confirmed as Thursday 22<sup>nd</sup> August, 2024.

## When is the Prom?

The Year 11 Prom is going to be held on Thursday 27<sup>th</sup> June at Stanbrook Abbey. Tickets are £45 – payment plans can be set up for this. Attendance to this special event is for students who show positive behaviour and work ethic in the build up to and during the exam period, including sitting all of their scheduled exams unless in case of extenuating circumstances.

## When my teenager revises, their phone keeps pinging! What can I do?

There are some useful Apps that help to avoid procrastination and help focus attention. They are free to download and some block the use of websites for a given time (time allocated to studying).

- FocusMe
- Cold Turkey
- SelfControl
- Flux/Night-Shift Mode



## If my teenager is showing signs of stress, what advice can I give?

In addition to the following...

- Keep open channels of communication
- Problem solve with them
- Respect their friendships
- Plan enjoyable activities
- Encourage healthy habits

Other advice to give can include

- Listen to calming music
- Try not to compare yourself to your friends
- Replace negative thoughts with positive thoughts such as: 'this is just anxiety, it can't harm me' and 'relax, concentrate - it's going to be okay'
- Keep perspective
- Plan revision – considering when you work best
- Start revising now to avoid last minute cramming
- Take short breaks - every 20-30 minutes
- Plan free time to unwind
- Eat well and drink lots of water
- Keep active
- Try to get at least 8 hours sleep a night
- Allow half an hour or so to wind down before going to bed
- Tidy your bedroom and equip your desk
- Limit technology
- Download apps such as I Giant Mind or Headspace



## How can I help my teenager during an exam series?

Once the exams start, it is likely to be a stressful time for your child. Your support will really help them through this. Some tips on how to make this go smoothly are below.

- Remain positive
- Support early revision
- Pick your battles
- Help them be prepared
- Keep to routines
- Wish them luck
- Ask how it went – without requiring a post-mortem
- Restrict technology
- Use their revision material to test them

## How can I help my teenager on the morning of an exam?

At the start of each day, there will be nerves. Students may need support to leave the house fully equipped and ready for the exam.

- Know the timetable
- Allow time for brain to wake up - shower, eat breakfast
- Check structure of exam in advance
- Be well-equipped - spare pens, pencils
- Keep to the normal daily routine
- Remind them to visit the toilet
- Take water in - 70% better concentration when hydrated

## How will my child be supported with their post-16 options?

All information regarding post 16 study at Hanley Castle 6th form can be found in the link below. Please encourage students to watch the subject and career pathway videos to help them think about their futures. Entry requirements for each subject can be found on a link next to each video. We hope that this will provide inspiration and motivation to work hard in the coming months.

Please book into our 6th form open evening, 23rd November 2023, when a bespoke evening for every family will answer lots of questions about what to expect from level 3 studies at Hanley Castle Sixth Form.

<https://www.hanleycastle.worcs.sch.uk/sixth-form/sixth-form-open-events/>

In addition, Mrs Price (Careers Lead) will meet with all year 11 students to support them with their post 16 options.

Please be reassured that students will have all the support that they need to make these important and exciting decisions.

## How can I get in touch?

Email is the best way to get in touch with us.

If you aren't sure exactly who you need to speak to, email the Key Stage 4 office: [pastoralKS4@hanleycastlehs.org.uk](mailto:pastoralKS4@hanleycastlehs.org.uk)

Mrs Mason [masonj@hanleycastlehs.org.uk](mailto:masonj@hanleycastlehs.org.uk)

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Mrs Anderson-Kirby [andersonkirbys@hanleycastlehs.org.uk](mailto:andersonkirbys@hanleycastlehs.org.uk)

If you have any further questions that are not answered here, please contact us. Thank you.

## IMPORTANT DATES

- Currently – Year 11 Careers Interviews
- Thursday 12<sup>th</sup> October – Elevate Revision Session
- Monday 27<sup>th</sup> November - Friday 8<sup>th</sup> December - Year 11 Mock Exams
- Thursday 23<sup>rd</sup> November - Hanley Castle 6<sup>th</sup> Form Open Evening
- Monday 18<sup>th</sup> December – Hanley Castle 6<sup>th</sup> Form Applications Deadline
- Thursday 21<sup>st</sup> December - Year 11 Mock Results
- Tuesday 16<sup>th</sup> and Wednesday 17<sup>th</sup> January - Year 11 Parents Evening
- Thursday 21<sup>st</sup> March - Year 11 Advice sheets home
- Monday 13<sup>th</sup> May (provisional) - GCSEs start
- Wednesday 26<sup>th</sup> June - Exam Contingency date
- Thursday 27<sup>th</sup> June – Year 11 Prom, Stanbrook Abbey