

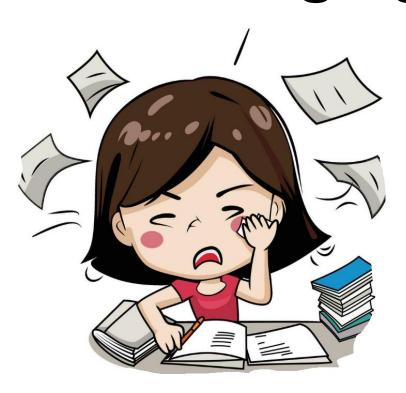
GCSE Success Evening

Tips on how to support your child through their GCSEs

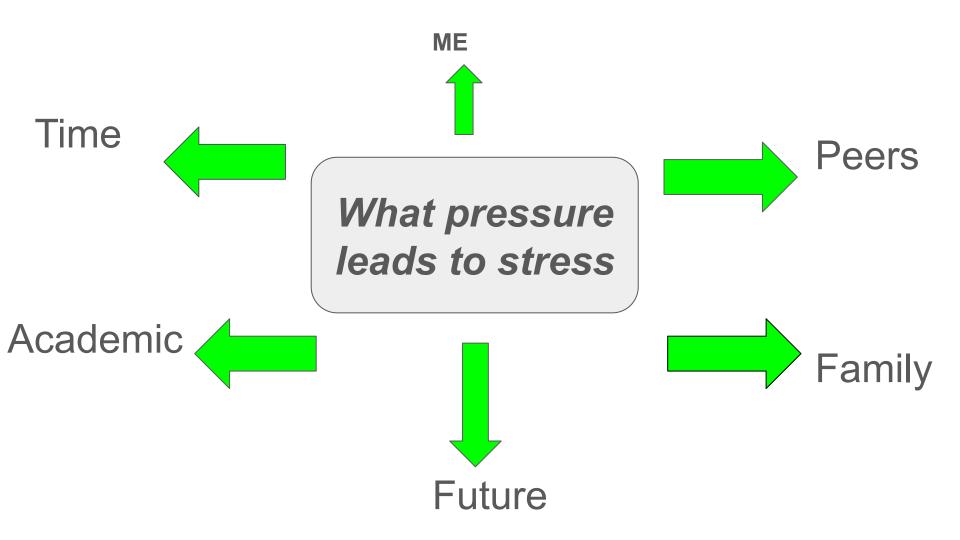
Agenda

4.40 - 5.00	Arrival - Team Meet Tea & Coffee			
5.00 - 5.10	Welcome	Mr J Millbery (Assistant Headteacher - KS4)		
5.10 - 5.20	Managing exam stress	Mr J Datson (Pastoral Intervention Leader)		
5.20 - 5.30	English revision tips	Mr M Mukherjee (Head of English)		
5.30 - 5.40	RE revision tips	Mr J Millbery (Assistant Headteacher - KS4)		
5.40 - 5.50	Exam Procedures	Mrs S Rampal (Exams Officer)		
5.50 - 6.00	Eating for exams	Mrs S Gaffney-Smith (Head of KS4 PE)		
6.00 - 6.10	Maths revision tips	Mrs M Sharma (Head of Maths)		
6.10 - 6.20	Sleep & exercise for exams	Mr K Lalley (Assistant Headteacher)		
6.20 - 6.30	Science revision tips	Mr J Gillin (Head of Science)		
6.30 - 6.40	Our experiences of GCSEs	Year 12 students		
6.40 - 7.00	Q&A Opportunity for parents to speak with presenters/SLT etc			

Managing Exam Stress



Mr J Datson Pastoral Intervention Leader



Things to remember

- Help them create a revision timetable.
- Ensure they have a distraction-free study space
- Work with them to create a study routine
- Make sure they have all their study equipment
- Make sure they get a good night's rest
- Make sure they eat well
- Make sure they schedule in relaxation time
- Instil a growth Mindset

IF ONLY IT WAS THAT EASY!

Reality.....

With the stress around GCSEs and all the studying your child has to do, we can forget to take breaks and relax. Relaxing is very important as helps the child achieve a calm and clear mind, recharge and get ready to start again full of energy. *But......*

Communication is the key, although is one of the hardest things to achieve with a teenager, let alone a teenager who is about to do their GCSEs!!!!!!! **But......**

Frustration quickly happens and it then becomes a battle, **But**

Support

As an Academy we are always looking at opportunities for our GCSE students:

- Boosters after-school
- AM reg interventions
- Pastoral Team
- BCCS, one to one, exam stress group
- Small groups career advice, next transition

Working in partnership with you the parent / carer and the student can hopefully give you the support needed during this time.

"Reaching out isn't failure reaching out is your reality"

Tips for English GCSE



Mr Mukherjee

(Head of English)

In English, we are working towards 2 separate GCSEs: English Language and English Literature.

Exam Board: AQA

Dates: Language Paper 1: 23rd May 2024

Language Paper 2: 6th June 2024

Literature Paper 1: 13th May 2024

Literature Paper 2: 20th May 2024

Students often complain that revising for English is 'difficult' ...

This is simply **NOT** true!!!

Language: they need to know...

- how to <u>respond</u> to each type of question in the Reading section
- how to <u>structure</u> each type of response in the Writing section
- what the <u>different techniques</u> are for each type of writing style, e.g. for transactional writing (argue/persuade): AFOREST

A = Alliteration

F = Facts

O = Opinions

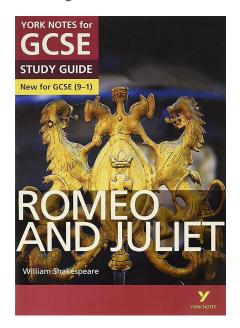
etc.

Literature:

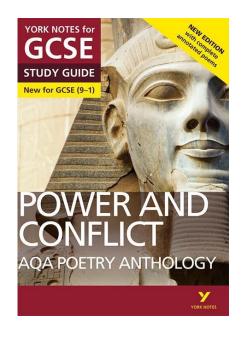
- Shakespeare: Romeo & Juliet
- 20th Century Play: An Inspector Calls
- Novel: A Christmas Carol
- Poetry: War and Conflict selection
- Unseen Poetry

For each of these, there are a variety of places that they can go to for support.

Study Guides:







Online Guides:

https://www.sparknotes.com/shakespeare/romeojuliet/

Video Guides:

https://study.com/academy/topic/romeo-and-juliet-study-guide.html

Youtube:

Mr Bruff: https://www.youtube.com/@mrbruff

Mr Salles: https://www.youtube.com/@MrSallesTeachesEnglish

The Teacher!!!

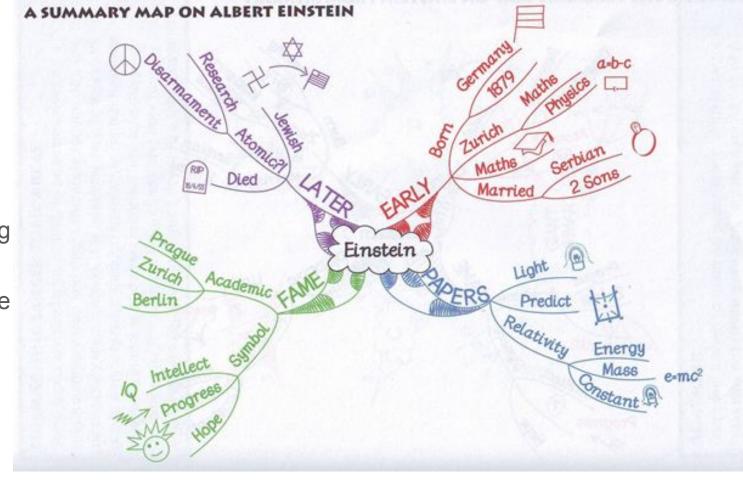
There are also a wide variety of guides for English Language.

JUST MAKE SURE THAT THEY ARE USING REPUTABLE SOURCES.

Revision needs to be:

An <u>active process</u> - students should never just read ... they need to be making notes and abbreviating existing notes

E.g. Mind maps, use of colours, use of pictures



A planned process students should create a revision timetable

100					
MARCH	A.M.	P.M.	EVENING	Support available / TV / etc.	
SAT 3 RD	DAY OFF REVISION / PLANNING				
SUN 4 TH					
MON 5 TH	SCHO	OOL	SCIENCE 1: METALS		
TUES 6 TH	SCHO	OOL	SCIENCE 1: WAVES AND RADIATION		
WEDS 7 TH	SCHO	OOL	SCIENCE 2: ENERGY	BITESIZE – BBC2 – 00:30	
THURS 8 TH	SCHO	OOL	WORK		
FRI 9 TH	SCHO	OOL	EVENING OFF		
SAT 10 TH	WEEKEN	D AWAY			
SUN n TH	WEEKEN	D AWAY			

JUNE MORNING		AFTERNOON	EVENING	SUPPORT AVAILABLE
MON 5 TH	MATHS PAPER 1	1.30 - 2.45 Maths Paper 1	ENGLISH LANG PAPER 1	
TUES 6 TH English Language Paper 1		ICT / SCIENCE PAPER 1	ICT / SCIENCE PAPER 1	MEET MR. X (1.30) FEEDBACK SCIENCE
WEDS 7 TH 9.00 - 10.00 ICT		1.30 - 3.00 Science Paper 1	ENGLISH LANG PAPER 2	
THURS 8 TH	ENGLISH LANG PAPER 2	1.30 - 3.00 English Language Paper 2	EVENING OFF	
FRI 9 TH	HISTORY PAPER 1	1.30 - 3.15 History Paper 1	EVENING OFF	
SAT 10 TH	LIE IN	SCIENCE PAPER 2	EVENING OFF	
SUN 11 TH DAY		AY OFF	MATHS PAPER 2	

Tips for RE GCSE



Mr J Millbery (Assistant Head KS4)

Religious Education GCSE - Exam Board Edexcel

Paper 1: Catholic Christianity (4 sections) 1 hour 50 mins

Paper 2: Judaism (2 sections) 50 mins

Paper 3: Philosophy and Ethics (2 sections) 50 mins

- Each Section will comprise of a Qa (3) b (4) c (5) d (12) +3 SPAG
- In total 64 Topics studied

Revision Resources



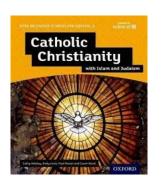
Macmillan Revise....Choose a topic Creation/ The Bible/ Marriage Edexcel Catholic Christianity

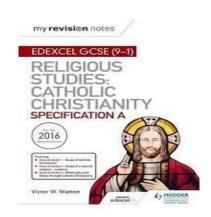
BBC Schools - Edexcel Catholic Christianity- Choose a topic

Class Textbook: Catholic Christianity by Andy Lewis will be available on Kerboodle.

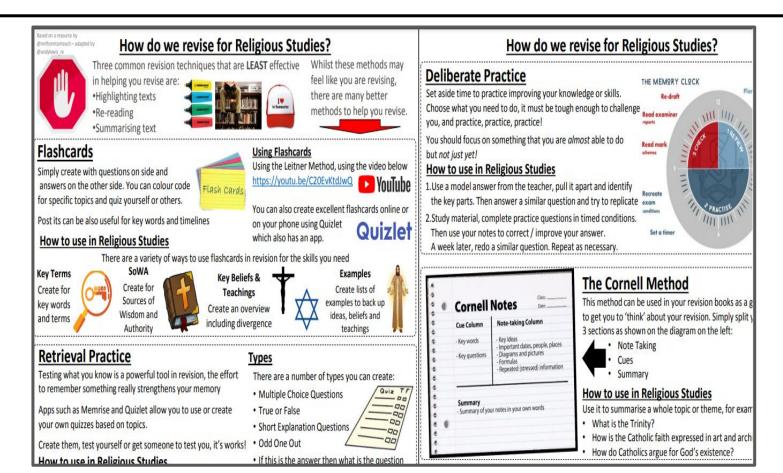
Catholic Christianity Revision Textbook by Viktor Wotton can be purchased on Amazon UK

Most importantly - their exercise books and past assessment papers.





How do we revise for Religious Studies? Please refer to handout.



How to support your child when answering an Exam Question D (12 marks)

- Pupils to have 6 paragraphs in their essay.
- Refer to the right religious groups.
- Have an analysis based on the first two arguments
- Reach a justified conclusion at the end.



Exam Procedures



Mrs Rampal (Exams Officer)

- Awarding body for exams we use: AQA, Pearsons, OCR and Eduqas
- JCQ Joint Council for Qualifications, act on behalf of all awarding bodies - They set the exam rules that exam centres to follow.
- We use these same rules for mocks to help students prepare for the Summer exams
- A copy of the JCQ 'Candidate Exam Handbook' along with personalised exams timetable will be emailed to students, parents/carers
- Please check the details are correct on the timetable, i.e: Name, DOB and exam subjects
- GCSE Mocks: Monday 15th January Friday 25th January 2024

Final opportunity to achieve your target, aspire to exceed it

These grades can impact on your child's sixth form applications

	Monday 15th January 2024	Tuesday 16th January 2024	Wednesday 17th January 2024	Thursday 18th January 2024	Friday 19th January 2024
АМ	GCSE Religious Studies Catholic Christianity (1 HR 50 mins)	GCSE English Language (1 Hr 45 Mins)	GCSE Maths Non-Calculator (1 Hr 30 Mins)	GCSE Combined Science: Biology GCSE Biology (1 Hr 45 Mins)	GCSE English Literature (2 Hr 15 Mins)
РМ	GCSE Business Studies (1Hr 30 Mins)	GCSE Geography (1 Hr 30 Mins)	GCSE History Paper 2 (1 Hr 45 Mins)	GCSE Pyschology (1Hr 30 Mins)	GCSE French & Spanish Reading Higher (1 Hr) Foundation (45 Mins) Writing Higher (1 Hr 20 Mins) Foundation (1 Hr 5 Mins)
	Monday 22nd January 2024	Tuesday 23rd January 2024	Wednesday 24th January 2024	Thursday 25th January 2024	Friday 26th January 2024
АМ	GCSE Combined Science: Chemistry GCSE Chemistry (1 Hr 45 Mins)	GCSE Maths Calculator (1 Hr 30 Mins)	GCSE RE Paper 2 Judaism (50 Mins)	GCSE Science Combined Science: Physics GCSE Physics (1 Hr 45 Mins)	
PM	GCSE Computer Science (1 Hour 30 Mins)	GCSE Music (1 Hr 15 Mins) GCSE Catering (1 Hr 45 Mins)	GCSE Drama (1Hr 45 Mins) GCSE PE (1 Hr)	GCSE RE Paper 3 Philosophy and Ethics (50 Mins)	
		Tuesday 30th January 2024	Wednesday 31st January 2024		
		GCSE Art (26) (ALL Day)	GCSE Art (26) (ALL Day)		

On the Exam Day

- Students need a see-through pencil case with the following stationary:
 2 black pens, pencil, scientific calculator, protractor, compass and a ruler equipment cannot always be provided
- Seating plans for students will be displayed outside the Sports Hall and the Exams Office each morning with the subject name
- Arrive on time
 - o morning exams (8.45 am)
 - o afternoon exams (13.25)
- Full school uniform must be worn for the mocks and summer exams this includes your blazer and school shoes

- GCE and GCSE exams can take place in the same exam hall
- JCQ Exam Rules :No talking when you have entered the exam hall
- Lateness JCQ Rules
- Illness advise the academy by 8.00am for morning exams and 1.00pm for afternoon exams
- JCQ Prohibited items:
 - No Mobile phones
 - No earpods
 - No revision notes
 - No watches
- 5 minute warning will be given at the end of the exams

Important Dates

GCSE Exams Start: Thursday 9th May 2024

End: Wednesday 19th June 2024

Exam Board Contingency dates:

Thursday 6th June

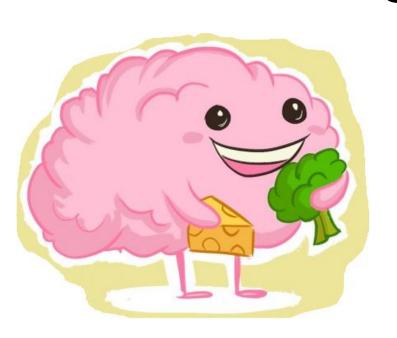
Thursday 13th June

Wednesday 26th June

GCSE Results Day:

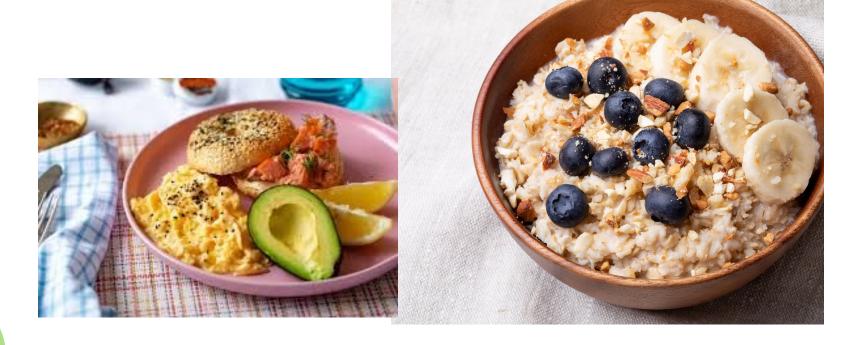
Thursday 22nd August 2024

Eating for exams



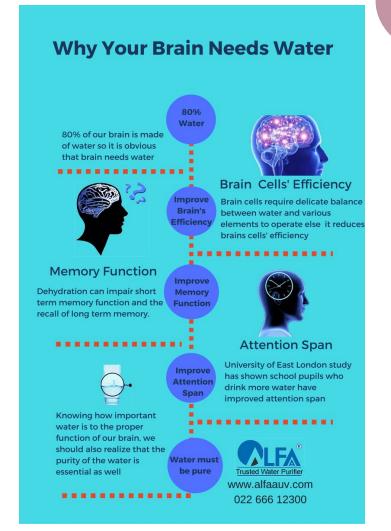
Ms Gaffney Smith (Head of KS4 PE)

The importance of breakfast!



What our brain needs!



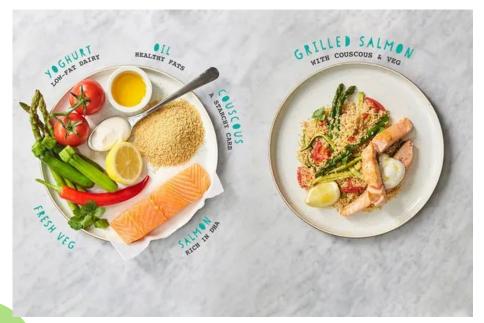


Things to avoid...





Brain foods...



Brain-Boosting Foods

Plus, fun ways to add them to your family's diet





Snacks



But...

Everything in moderation!



Tips for Maths GCSE



Mrs M Sharma (Head of Maths)





What is the key to GCSE Maths success?

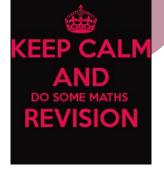
PRACTICE PRACTICE!!

Students should not just be reading through a textbook! The only way to revise <u>maths</u> is to do maths.

What is the key to GCSE Maths success?

Sparx Maths:

- Completing weekly homework: 25% is consolidation
 Parents/carers check Red Sparx books every week.
- Optional learning tasks- Target questions, XP Boost and independent learning to practice on topics covered, and on harder topics- these should at the back of the Sparx red book.
- Sparx Revision list will be given to students can keep track of what topics they feel confident with and what they need to focus on (Red sparx exercise books)



Sparx Maths

Higher Skills List

Number

Topic	Topic code	R	A	G
Calculating with roots and fractional indices	U851, U985, U772, U299			
Converting recurring decimals to fractions	U689			
Surds	U338, U663, U872, U499			
Rationalising the denominator	U707, U281			
Error intervals	U657, U301, U587			

Algebra

Topic	Topic code	R	A	G
Expanding triple brackets	U606			
Operations with algebraic fractions	U685, U457, U824			Г
Factorising quadratic expressions: ax ² +bx+c	U858			
Simplifying algebraic fractions	U294			
Factorising to solve quadratics equations	U228, U960	\top		Г
Using the quadratic formula	U665			
Completing the square to solve quadratics	U397, U589			
Quadratic equations in context	U150			
Quadratic simultaneous equations	U547			
Index laws	U235, U694, U662			
Equation of a straight line: Perpendicular lines	U898			Г



What is the key to GCSE Maths success?

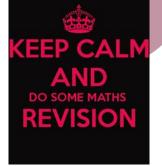
Past papers are key!!!

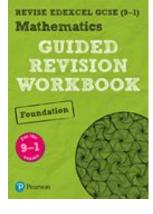


- Students will be doing one exam paper under timed conditions every fortnight in lessons from the start of January (Week 2 Fri p3)
- Pinpoint access: identifies areas of weakness and give questions on these topics. Parents/carers check this every fortnight in orange books
- Students should be doing at least 1 past paper at home per week on top of those completed in class and set by the teacher after February half term in orange books

• PinPoint Matrices (this also give links to Sparx clips)

Grade	Sparx	Торіс	9to1 Edexcel Secure Mock Set3 2H	Conclusion
4	U277	Scattergraphs and Reasoning	100% ★★	Tested Once Only
4	U696	Rotations	100% ★	Tested Once Only
4	U599	Forming and Solving Equations	20% ★★	Tested Once Only
4	U144,U585	Substitute into Formulae	100% ★	Tested Once Only
4	U176	Equivalence of ratio and fractions	100% ★	Tested Once Only
4	U926	Using a Calculator	0% ★	Tested Once Only
4	U556	Changing the Subject of a Formula	100% ★	Tested Once Only
5	U134,U196,U696,U799	Describing Transformations	0% ★★	Tested Once Only
5	U176	Using Fraction Ratio Equivalence	100% ★★★	Tested Once Only
5	U628,U655,U826	Triangles and Parallel Lines	0% ★★	Tested Once Only
5	U921	Combining Ratios	0% ★★★	Tested Once Only
5	U283,U545,U967	Applied Trig Problems	0% ★★	Tested Once Only
5	U369	Counting Methods	0% ★	Tested Once Only
6	U229,U450,U593,U980	Recognising graphs	67% ★	Tested Once Only
7	U229	Exponential Graphs	100% ★★	Tested Once Only
7	U814,U983	Histograms	0% ★	Tested Once Only
7	U110,U630	Similar Shapes Volume and Area SF	0% ★	Tested Once Only
7	U587,U657	Upper and Lower Bounds	67% ★	Tested Once Only





What is the key to GCSE Maths success?

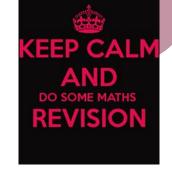


- Targeted grade maths boosters every week 1 Tuesday 3.30-4.30
- Maths guided workbook
- Key formula to be learnt on revision/flash cards & posters that can be displayed around the house



What is the key to GCSE Maths success?

Online resources:



Maths genie: topic and by grade & walk through papers

https://www.mathsgenie.co.uk/gcse.html

 Websites with past papers, videos and exam style questions and online mini mocks

https://www.mathsgenie.co.uk/1fjune2022.html

https://www.onmaths.com/mock_exams/non-calcmini-mock-1/ Maths Genie (https://www.mathsgenie.co.uk/gcse.html)

Corbett Maths (https://corbettmaths.com/)

Sparx Maths (https://sparxmaths.com/)

Physics and Maths tutor (https://www.physicsandmathstutor.com/mathrevision/)

Khan Academy (https://www.khanacademy.org/)

Exercise and Sleep



Mr K Lalley Assistant Headteacher KS5

Aims

- What are the recommendations?
- How does exercise help the mind?
- How can we foster a positive exercise routine?
- What is the impact of a good night's sleep?

RECOMMENDED GUIDELINES



- NHS recommend that children ages 5-18 aim for an average of 60 minutes per day of moderate-vigorous physical activity
- Take part in a variety of types and intensities of physical activity across the week - cardio and resistance training

What is moderate-vigorous activity?

Exercise that *increases your heart rate* - "still speak but not sing"

REFLECTION

- What is your child's exercise routine/schedule?
- Do they do enough, with your knowledge of the guidelines?
- Do they do too much? Do they neglect other aspects of their life?

Sunday	Monday
29	30
Power	Run
League	
5	6
Power	Run
League	
Loague	
12	13
12 Power	13 Run
Power	
Power	
Power League	Run



Friday	Saturday
3	4
Revision	Revision
10	11
Revision	Revision
17	18
Revision	Revision
24	25
Revision	Revision

How does exercise help the mind?

3 Keep on moving

- T Being in good shape physically boosts your ability to learn.
- ⁶ Dr Barry says that if a student is stressed or anxious, a good brisk walk will
- make them feel "brighter and more alive. It literally livens up your brain. It's almost like a positive jolt to the brain."

Handpicked article: Fitness your kids will actually do with you

The Science (in short!)

- We hear healthy body, healthy mind thrown around a lot but some of us may not know the specifics:
 - Boost memory function
 - Improve concentration
 - Increase mental health
 - If anything, it is a *release*

Exercise and the Brain





after sitting quietly

after 20 minute walk

Encouragement?

- Plan the time allow them to build it in to the revision timetable
- Find something you enjoy doing as a family no opting out
- Home workouts on YouTube, Netflix and Nike collab!
- Yoga good for the mind
- Steps target for a day (aim for a number and work your way up)
- Parkrun
- Let them go to their football/netball/gymnastics/basketball training
- Extracurricular clubs

Sleep - Impact/How?

- 8-10 hours per night recommended. Why?
- Preventing illness or helping you recover from illness
- Sleep helps everyone to retain and consolidate memories
- Quality sleep is associated with improving overall mood
- Increased academic performance
- How to improve sleep?
- Consistent sleep schedule
- Cool sleep environment
- Bye bye phone/ipad/TV
- Exercise

FINAL THOUGHTS (you'll be glad to know!)

- The physical is vital
- It impacts on other aspects of our lives
- Mental health
- Social health
- Emotional health
- Sleep routine

EVERY ASPECT - HABITUAL

Tips for Science GCSE



Mr J Gillin (Head of Science)

Active Revision in

Science

In Science students are either studying for AQA GCSE Trilogy science worth 2 GCSEs or AQA GCSE Biology, GCSE Chemistry GCSE Physics

Biology Paper 1 10th May 2024

Chemistry Paper 1 17th May 2024

Physics Paper 1 22nd May 2024

Biology Paper 2 7th June 2024

Chemistry Paper 2 11th June 2024

Physics Paper 2: 14th June 2024

What we want a revision topic rotation to look like...

Well Balanced



How pupils revise if there are topics they want to avoid...

Favourite topic

Least favourite topic



Sandwich the Pain

How pupils can revise if there are topics they want to avoid

What we want a revision topic rotation to look like-well balanced





Red Flag Responses for favoured topics...

"I've spent two hours on **Seneca** and got over 80% everytime."

"Look at the beautiful poster I've made!"

"I've watched loads of Youtube/Tiktok videos on grade 8 questions."

"I don't need to revise this, I got 100% in my test in September."

"Look at my pretty notes."

Past papers Past Papers Past Papers

Learn from the *mark scheme*Look for commands



Give **one** adaptation shown in the image above that helps to prevent the cactus from being eaten by animals.

Which two defence systems prevent microorganisms infecting the human body?

Tick (√) two boxes.

What is a hydrocarbon?

(molecule) made up of <u>only</u> carbon and hydrogen (atoms)

Hornets are insects that sting other animals and cause pain.

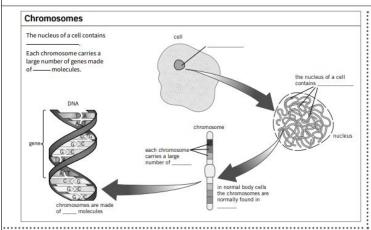
Hornet moths do not sting other animals.

Explain why animals avoid eating the hornet moth.	[2 marks]

Question	Answers	Extra information	Mark
05.8	it looks like the hornet	allow animals think it is a hornet	1
	(so) animals avoid the risk of being stung	allow (so) animals avoid the risk of pain	1

Chapter 2: Cell division

Knowledge organiser



Stem cells in medicine				
There are two	types of stem o	ell in:	elop into one or more types of adult stem cells and numbers of identical cells. Cor	stem cells.
Type of stem cell	Where are they found?	What can they differentiate into?	Advantages	Disadvantages
adult stem cells				
embryonic stem cells				

The cell cycle Body cells divide to form _____identical daughter cells by going through a series of stages known as the cell cycle. Cell division by ______ is important for the growth and _____ of cells, for example, the replacement of skin cells. Mitosis is also used for ______ reproduction. There are three main stages in the cell cycle: stage 1 · increase in number of ·cell grows sub-cellular structures, (chromosomes are such as duplicated) stage 2 (mitosis) ·a complete set of chromosomes is _____ to each end of the cell •the nucleus divides to form divide to form two identical daughter cells

Binary fission	
multiply as often as every 20	is called binary fission. In Joacteria can Joacteria can Joacteria can Joacteria can Joacteria can Joacteria can Joacteria can
so that can st	t be sealed but not all the way ill get in. This is so that harmful eed oxygen aren't able to grow.

plant

meristem

Therapeutic cloning

In therapeutic cloning

- cells from a patient's own body are used to create a cloned early ______ or themselves
- · stem cells from this embryo can be used for medical treatments and growing new
- these stem cells have the same genes as the patient, so are less likely to be _____ when transplanted.

(P) Key terms

Make sure you can write a definition for these key terms.

adult stem cell binary fission cell cycle chromosome clone daughter cells embryonic stem cell gene meristem mitosis nucleus therapeutic cloning

Answers
•
•

Do's and Don't

Don't	Do
Focus on your favourite/best topics.	Balance your revision across all topics including those you need to improve the most.
Focus on Biology because you want to study it at A Level.	Balance your revision across all three sciences.
Spend revision time making your own flashcards, revision notes, poster.	Buy a quality revision guide and set of flash cards to reference when revision (Free versions available online)
Spend revision time reading from a textbook/revision guide	Practice Questions Recall questionsPast Paper Practice

Suggested Websites

- AQA Past Paper Bank
 https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-8464/assessment-resources?f.R
 esource+type%7C6=Question+papers
- Physics and Maths Tutor
 https://www.physicsandmathstutor.com/
- Seneca https://senecalearning.com/en-GB/
- Save my Exam
 https://www.savemyexams.com/gcse/#aqa
- Primrose Kitten
 https://www.primrosekitten.com



Our experience of GCSEs



Ben Charles-Creegan Samuel Oladapo Joshua Mayah Collins Olafusi Mr Downey - Headteacher

Mrs Mayer - Deputy Headteacher (pastoral & safeguarding)

Mr Larkin - Deputy Headteacher (academic)

Mr Millbery - Assistant Headteacher KS4

Mrs Pascoe-Matthew - Assistant Headteacher SENCO

Mr Datson - Pastoral Intervention Leader

Mrs John-Oloni - Head of Year 11

