

Supporting Your Child's Progress throughout Year 11

Attendance

There is a proven link between attendance and attainment at GCSE. Whenever a student is absent from school they are missing learning and feedback from their teacher. We expect all students, including Year 11, to be aiming for 100% attendance.

We appreciate that there are odd days when your son/daughter will not be well enough to come into school, however it is crucial they catch up on missed work.

Support at home

Talk to your son/daughter about how you can support them and what they will find helpful. If you are going to help with their revision, then please source this information from the relevant exercise book or revision guide (if there is one) and use the Subject information under the headings on this page.

Below are some examples of how you could effectively support your child through the remainder of Year 11:

- Helping them to create a revision timetable
- Testing them on work
- Sitting with them whilst they complete homework / revision
- Making revision materials with them
- Providing incentives for completing work to a good standard
- Read through key texts / revision guides / textbooks with them. This could include asking them questions about it to help them explain things to you.

On a practical level you can also do the following:

- Ensure they attend school
- Agree the balance between work and social life and stick to the agreement
- Show interest in what they are doing both in school and in revising for their exams
- Make sure they get enough sleep (see below)
- Make sure they take enough breaks to enjoy their hobbies and interests – they will focus much better with regular breaks
- Provide a healthy balanced diet and ensure they drink plenty of water to stay hydrated
- Provide materials for making revision materials (see below)
- Provide a suitable place to study and revise – away from distractions

Equipment list

For Revision	For Exams
Post-stick notes	Clear pencil case
A4 lined and plain paper	Several black pens
Flash cards and/or sheets of card	Pencil and sharpener
Bright coloured pens/pencils	Rubber and ruler
Highlighters	Highlighter (to annotate exam papers)
Folders/plastic wallets/dividers to organise notes	Scientific calculator
	Other specialist equipment will be advised by teachers

If you need any assistance in providing these materials please contact your son/daughter's tutor

Revision Strategies

Students should start revising early – the resources they make for the Mock exams in November and January can be stored and used again. Revision for the main GCSEs should start early, in order to give time and reduce pressure.

The key to good revision is active learning. This means that students are doing something other than reading through their notes. By being active they are more likely to fully engage with the information moving it into their long-term memory. Through active learning students create resources they can use to revisit information in the run up to exams.

Examples of active learning methods for revision include:

- Reading through book and making summary notes
- Completing past paper questions
- Highlighting key facts in your work
- Cover up work and test yourself or ask someone else to test you
- Key word/ Definition Flash cards
- Recording information in a different format e.g. PowerPoint presentation, Pictures, Sound clips
- Concept mapping / Mind Map
- Hiding parts of mind map and recalling information
- Annotating blank diagrams to check for understanding
- Playing Pictionary or Articulate with the key terms
- Playing word association games
- Playing visual remembering games – adding pictures that link to content and are easy to recall
- Creating pneumonics
- Classification exercises

Homework

Students are responsible for completing all homework that is set, reviewing their homework tasks set on "Show my Homework". discussing deadlines, will help them manage their time and ensure that homework is completed to good effect.

We ask parents to support us in seeing that homework is done conscientiously and in the best possible conditions. To do their homework well students need somewhere quiet, where they can sit comfortably, at a table to work.

Children work at different speeds and so home learning tasks will take longer for some than for others. If there is a repeated difficulty, we encourage parents to contact the subject teacher or form tutor. Similarly, we will make contact if we are concerned about home learning problems which parents could help resolve.

Sleep

To help make sure your son/ daughter is getting enough sleep try some of these tips:

- Stick to regular bedtimes
- Make sure they get regular exercise
- Allow time to relax and switch off before going to bed
- Don't try to force them to sleep if they are feeling very active
- Avoid caffeine after 6.00pm
- Avoid 'blue light' devices an hour before bedtime i.e. Mobile phones, laptops, tablets etc.
- Remove phones and tablets from bedrooms at night
- It is generally recommended that teenagers aim for at least 8 hours of sleep a night
- Spotting and supporting students suffering with stress and/or anxiety

Mental Health

Cardinal Newman Catholic High School is committed to supporting all students who feel unable to cope at times. Tutors, teachers and the pastoral team are able to offer guidance. There are also some online resources which can help:

<https://www.studentminds.org.uk/examstress.html#>

https://stem4.org.uk/?gclid=EAlaIQobChMI4a2A48DK2AIVzJPtCh3YVAmWEAAYAiAAEgIPAPD_BwE

<https://www.youngminds.org.uk/young-person/my-feelings/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>