

Welcome to the Year 11 Information Evening

1. Key dates & events

Mrs Barrett

2. Post 16 updates

Mrs Scott

3. Effective revision

Mr King

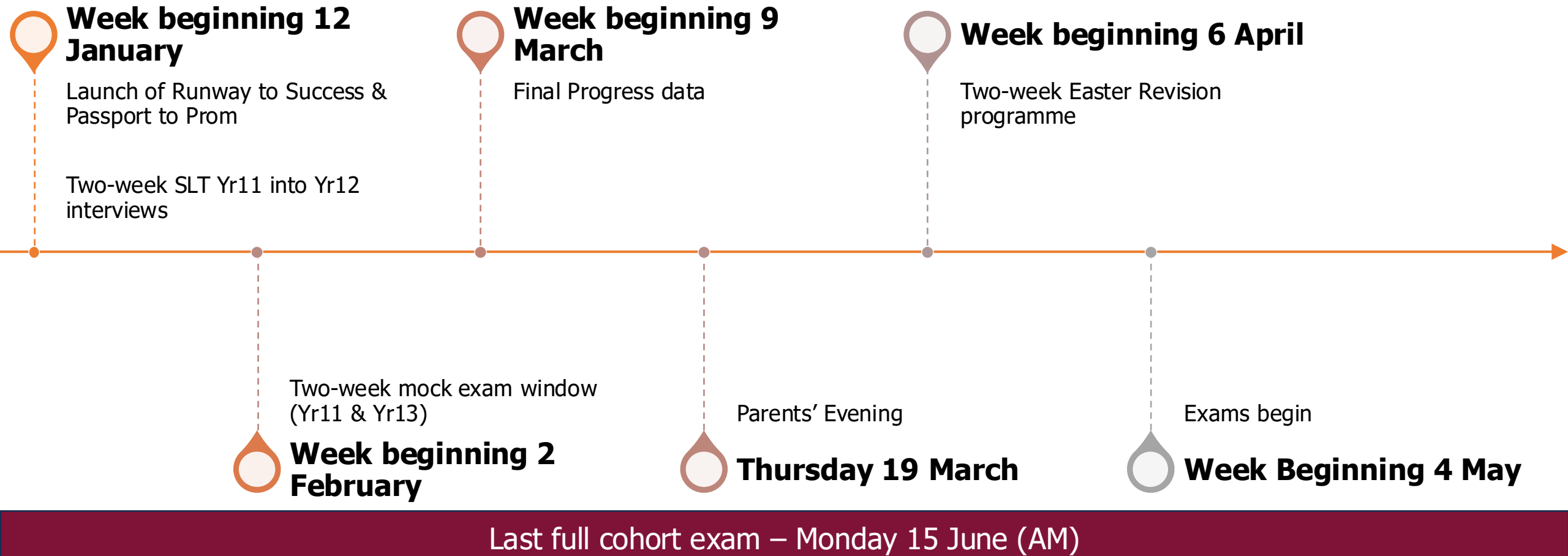
4. Managing exam stress & anxiety

Miss Yale

5. Closing & key messages

Mrs Barrett

Year 11 Timeline



Mock exam window

	02-Feb	03-Feb	04-Feb	05-Feb	06-Feb	09-Feb	10-Feb	11-Feb	12-Feb	13-Feb
AM (9am)	English Lang. Paper 1 (1hr 45min)	Spanish Listening & Reading (F - 1hr 30min / H - 2 hrs)	English Lit. Paper 1 (2hr)	Maths Paper 2 (1hr 30min)	English Lit. Paper 2 (2hr 30min)	Science Biology (C - 1hr 15min T - 1hr 45min)	Maths Paper 3 (1hr 30min)	Science Physics (C - 1hr 15min T - 1hr 45min)	French Writing (F - 1hr 15min H - 1hr 20min)	Mandarin Listening & Reading (F - 1hr 25min / H - 1hr 50min)
	A Level History paper 1 (2hr 30min)	Drama (1h 45min)	A Level History paper 2 (2hr 30min)	A Level RS Paper 1 (3 hrs)	A Level Physics Paper 1 (2hr 15min)	A Level RS Paper 2 (3 hrs)	A Level Maths Pure 2 (2hrs)	A Level English Lit Paper 2 (3hrs)	Spanish Writing (F - 1hr 20min H - 1hr 15min)	Drama practical (2 hours)
	A Level Media Studies Paper 1 (2hrs)	A Level Politics Paper 1 (2hrs)		A Level English Lit. Paper 1 (2hr 30min)	A Level Politics Paper 2 (2hrs)	A Level English Lang. Paper 2 (2hr 30min)			Mandarin Writing (F - 1hr 20min H - 1hr 25min)	Engineering (L2) Paper 1 (1hr 30min)
		A Level English Paper 1 (2hr 30min)		A Level PE Paper 2 (2hrs)	A Level Product Design Paper 1 (2hr 30min)	A Level Further Maths paper 2 (1hr 30min)			Business Paper 2 (1hr 45min)	A Level Sociology Paper 3 (2hrs)
									A Level Maths Applied (2hrs)	A Level Physics Paper 2 (1hr 30min)
PM (1:30pm)	History Paper 1 (2hr)	English Lang. Paper 2 (1hr 45min)	Maths Paper 1 (1hr 30min)	French Listening & Reading (F - 1hr 30min / H - 2hrs)	Design Technology Paper 1 (1hr 45min)	Computing Paper 1 (1hr 30min)	Science Chemistry (C - 1hr 15min T - 1hr 45min)	Geography Paper 1 (1hr 30min)	History Paper 2 (2hr)	Computing Paper 2 (1hr 30min)
	A Level Psychology Paper 1 (2hrs)	A Level PE Paper 1 (2hrs)	A Level Media Studies Paper 2 (2hrs)	Business Paper 1 (1hr 45min)	PE Paper 1 (1hr 15min)	RS Paper 1 (1hr 45min)	A Level Product Design Paper 2 (1hr 30min)	RS Paper 2 (1hr 20 min)	A Level Biology Paper 1 (2hr 15min)	A Level Psychology Paper 3 (2hr)
			A Level Further Maths Paper 1 (1hr 30min)	A Level Maths Pure 1 (2hrs)	Music (1hr 15 mins)	PE Paper 2 (1hr 15min)		A Level Sociology Paper 2 (2hrs)		A Level Further Maths paper 4 (1hr 30min)
					A Level Chemistry Paper 1 (2hr 15min)	A Level Psychology Paper 2 (2hrs)		A Level Further Maths paper 3 (1hr 30min)		
					A Level Sociology Paper 1 (2hr)					

	Year 11
	Year 13

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**Leisure
Centre**

Sc1 & Sc2

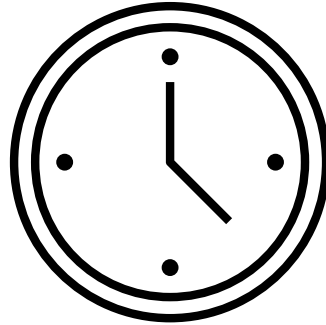
Theatre

- Media Suite
- Stockton room
- Connaught room
- Dunstable room

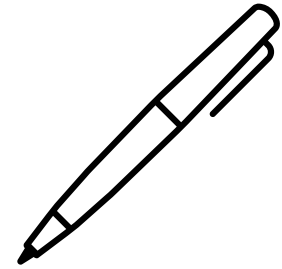
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Where do you need to be?



What time do you need to get there?



What equipment do you need?

During the exam windows...

- Make sure your child has all the equipment they need.
 - Pens, pencils, calculator, geometry set – all stored in a see-through clear case
 - Clear bottle of water – no label
- No watches or phones allowed



Student exam timetables

Candidate Timetables Report

Macmillan Academy

Name:

DoB:

Tutor Gp:

Candidate No:

UCI:

Date	Start	Option Title	Option Code	Exam	Room	Seat	Length
03/02/2025	9:00AM	GCSE English Language Paper 1	0006A	GCSE English Language Paper 1	LC	D5	105m
04/02/2025	9:00AM	Cambridge National IMedia	0008A	Cam Nat Imedia	LC	B1	90m
	1:30PM	GCSE English Language paper 2	0006B	GCSE English Language Paper 2	LC	C8	105m
05/02/2025	9:00AM	GCSE English Literature Paper 1	0007A	GCSE English Literature Paper 1	LC	E1	105m
	1:30PM	GCSE Mathematics Higher	0001A	GCSE Mathematics Higher Paper 1	LC	B2	90m
07/02/2025	9:00AM	GCSE English Literature Paper 2	0007B	GCSE English Literature Paper 2	LC	D1	135m
	1:30PM	GCSE Design Technology Paper 1	0021A	GCSE Design Technology Paper 1	LC	H4	105m
10/02/2025	9:00AM	GCSE Combined Biology Higher	0012E	GCSE Combined Biology Higher Paper 1	LC	G4	75m
11/02/2025	9:00AM	GCSE Combined Chemistry Higher	0017B	Combined Chemistry Higher Paper 1	LC	H4	75m
	1:30PM	GCSE Mathematics Higher	0001A	GCSE Mathematics Higher Paper 2	LC	A4	90m
12/02/2025	9:00AM	GCSE Combined Physics Higher	0018A	GCSE Combined Physics Higher Paper 1	LC	H4	75m
13/02/2025	9:00AM	GCSE Mathematics Higher	0001A	GCSE Mathematics Higher Paper 3	LC	B3	90m
14/02/2025	9:00AM	GCSE Geography Paper 1	0023A	GCSE Geography Paper 1	LC	A6	90m
	1:30PM	Cambridge National Engineering Paper 1	0022A	Cam Nat Engineering L2 Paper 1	LC	E4	150m

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Macmillan Academy

English

Macmillan Academy

Exam Timetables







YOU ARE HERE: Dashboard > Exam Timetables

Search:

School Name	Exam	Exam Date	Exam Time	Exam Duration	Exam Room	Seat Location In Exam Room
Macmillan Academy	Biology Tier H (Biology Paper 1 Tier H)	13/05/2025	13:30	105		
Macmillan Academy	Biology Tier H (Biology Paper 2 Tier H)	09/06/2025	09:00	105		
Macmillan Academy	Chemistry Tier H (Chemistry Paper 1 Tier H)	19/05/2025	09:00	105		
Macmillan Academy	Chemistry Tier H (Chemistry Paper 2 Tier H)	13/06/2025	09:00	105		
Macmillan Academy	English Language (Paper 1)	23/05/2025	09:00	105		
Macmillan Academy	English Language (Paper 2)	06/06/2025	09:00	105		
Macmillan Academy	English Literature (English Lit Component 1 Shakespeare)	12/05/2025	09:00	120		
Macmillan Academy	English Literature (English Lit Component 2 Prose & poetry)	20/05/2025	09:00	150		
Macmillan Academy	GCSE Biology Higher (Paper 1)	10/02/2025	09:00	105	LC (Leisure Centre)	Col:A Row:3
Macmillan Academy	GCSE Chemistry Higher (Paper 1)	11/02/2025	09:00	105	LC (Leisure Centre)	Col:A Row:3
Macmillan Academy	GCSE English Language Paper 1	03/02/2025	09:00	105	LC (Leisure Centre)	Col:D Row:4
Macmillan Academy	GCSE English Language paper 2	04/02/2025	13:30	105	LC (Leisure Centre)	Col:C Row:7
Macmillan Academy	GCSE English Literature Paper 1	05/02/2025	09:00	105	LC (Leisure Centre)	Col:E Row:2
Macmillan Academy	GCSE English Literature Paper 2	07/02/2025	09:00	135	LC (Leisure Centre)	Col:D Row:2
Macmillan Academy	GCSE Geography Paper 1	14/02/2025	09:00	90	LC (Leisure Centre)	Col:A Row:7
Macmillan Academy	GCSE History Paper 1	03/02/2025	13:30	120	LC (Leisure Centre)	Col:E Row:7
Macmillan Academy	GCSE History Paper 2	13/02/2025	13:30	120	LC (Leisure Centre)	Col:D Row:7
Macmillan Academy	GCSE Mathematics Higher (Paper 1)	05/02/2025	13:30	90	LC (Leisure Centre)	Col:B Row:3
Macmillan Academy	GCSE Mathematics Higher (Paper 2)	11/02/2025	13:30	90	LC (Leisure Centre)	Col:A Row:5

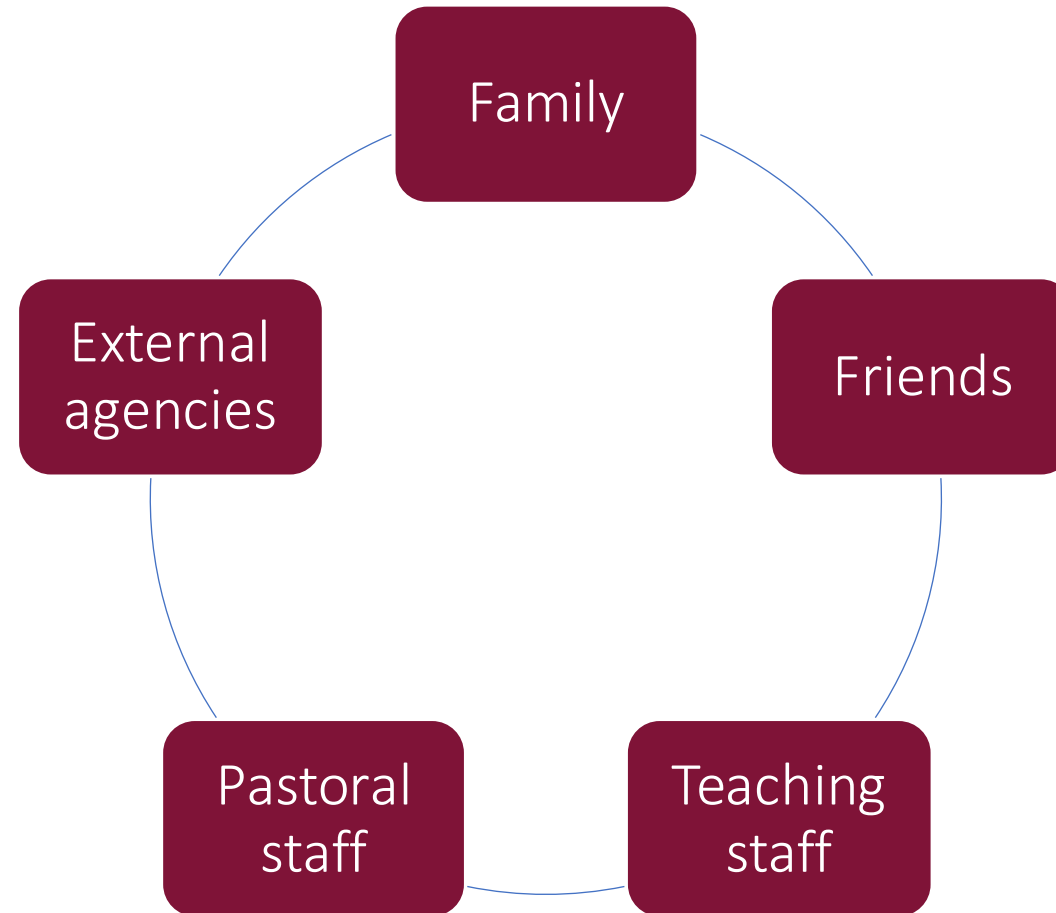
Dashboard
Data Collection Form
Announcements
Assessment
Attendance
Exam Timetables
Parents Evening
Reports
Timetable
Academic Calendar
School Payments
Outstanding Payments
Curriculum Assessment

Support available

59 Period 6 sessions each week	Tutorial revision focus days	Flash cards	Revision room every Monday / Wednesday / Thursday	Easter Revision programme	Grade gain training programmes
					

- 53 students in the Revision Room last night.
- ***‘The conduct in all exam rooms was spot on. Students took exams incredibly seriously and we were really impressed...’***
- Over 3500 achievement points since we returned.
- KS5 Taster Sessions.

Team effort!



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This evening's information

- | | |
|-----------------------------------|------------------|
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| 3. Effective revision | Mr King |
| 4. Managing exam stress & anxiety | Miss Yale |
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Macmillan Academy

Post 16

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Post 16

News Update

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Year 13 Student destinations 2025

University - 80% (23% placed at Russell Group)

Employment - 10%

Apprenticeship - 3%

Further Education - 2%

Gap Year – 5%

(100% of students were placed)

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Year 13 Student Results 2025

Our combined A-level and vocational value-added score of **+0.12** indicates that students made **significantly better progress than expected last summer**, representing a strong Post 16 performance.

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Macmillan Academy JOBS FAIR

WEDNESDAY 21ST JANUARY 2026

4.00-6.00PM

COME ALONG TO FIND OUT WHAT OPPORTUNITIES ARE AVAILABLE



HIGHER IDEAS EXCHANGE



Tuesday 24th March 2026, 4.00-6.00pm

An interactive carousel for **Year 9, Key Stage 4 and Key Stage 5** students and their families to speak with university representatives, to find out about courses available in Higher Education, accommodation, bursaries, sandwich years and much more.

**You are invited with your parents/carers to
explore Higher Education choices.**

Macmillan Academy - **removing barriers and working in collaboration, to
offer the best chances for our students and their families.**



Curriculum changes

Information about our curriculum can
be found at post16.co.uk

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Entry Requirements

- To study Vocational courses you will need to have achieved 5 grade 4s or better at GCSE.
- To study A Levels you will need to have achieved 5 grade 5s or better at GCSE (as well as achieving at least grade 4 in GCSE English and mathematics).
- In some subjects there are more specific entry requirements. These are indicated under each subject in the A-Z of courses on our website – www.post16.co.uk

Subject Blocks – www.post16.co.uk

BLOCK A	BLOCK B	BLOCK C	BLOCK D
Chemistry	Biology	Art	Chemistry
French	Drama	Biology	Eng. Literature
Further Mathematics	Physics	Eng. Language	Geography
History	Religious Studies	Mathematics	Mathematics
PE/Sport	Spanish	Politics	Media Studies
Physics		Psychology	Music
Sociology			Psychology

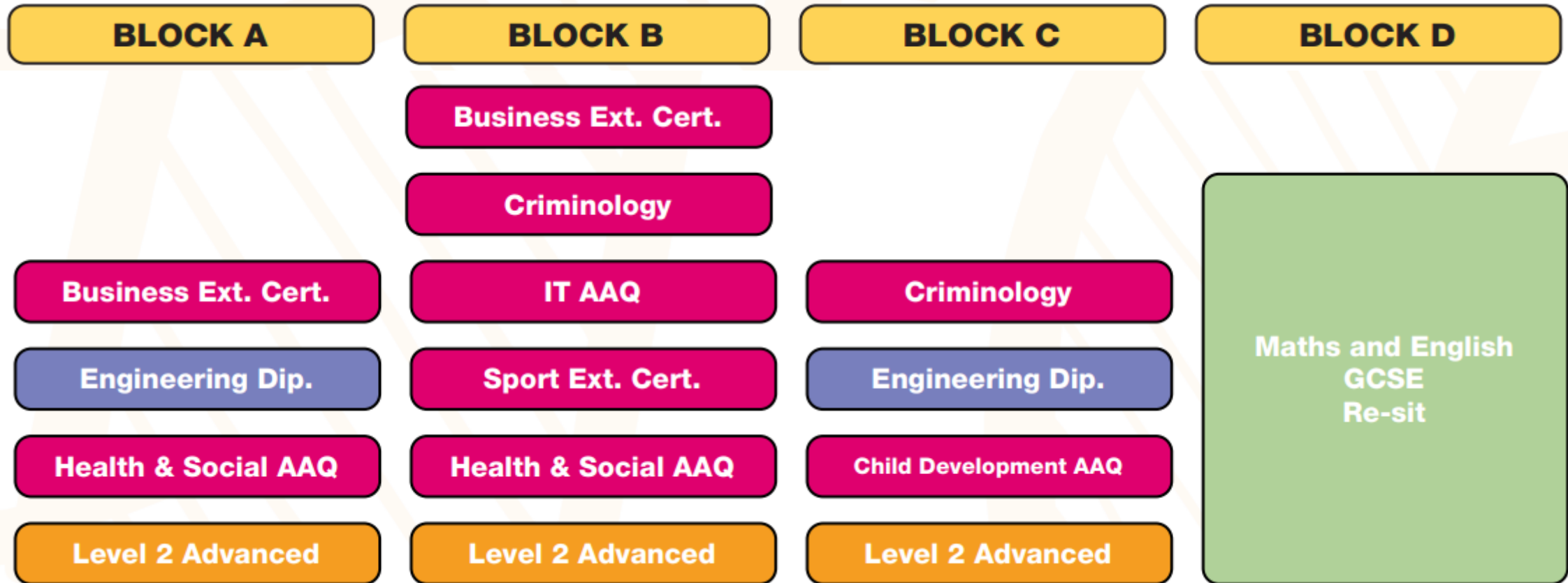
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Subject Blocks – www.post16.co.uk



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**Students can change their
mind on courses at any point...**

**They must meet the entry
requirements for the new
courses.**

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POST

The next few months...

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Winter 2026

- **Post 16 taster lessons.**
- **Option blocks announced**
- **Year 11 into 12 Interviews**
- **Mock exams**

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Spring 2025

- **Post 16 treats. Use of Post 16 facilities to aid in revision.**

Summer 2025

- **Transition work is issued.**
- **Taster Day – we invite our new students from other schools into Post 16 and our current Year 11 students are welcome to attend.**

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GCSE Results Day – 20 August 2026

- Once students have received their GCSE Results, Post 16 Enrolment takes place on Thursday 20 and Friday 21 August 2026.
- They can still change their mind!
- Start of term is Wed 2 Sept 2026.

Final changes....

- **The absolute final deadline for course changes or for students to return to Post 16 from other providers is the end of September 2026.**

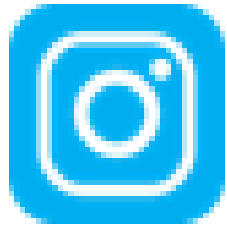
Find out more



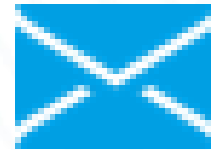
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Post 16
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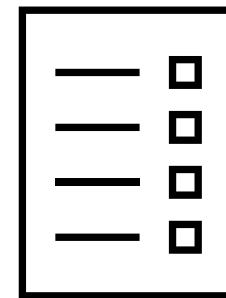
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More content added to
specifications

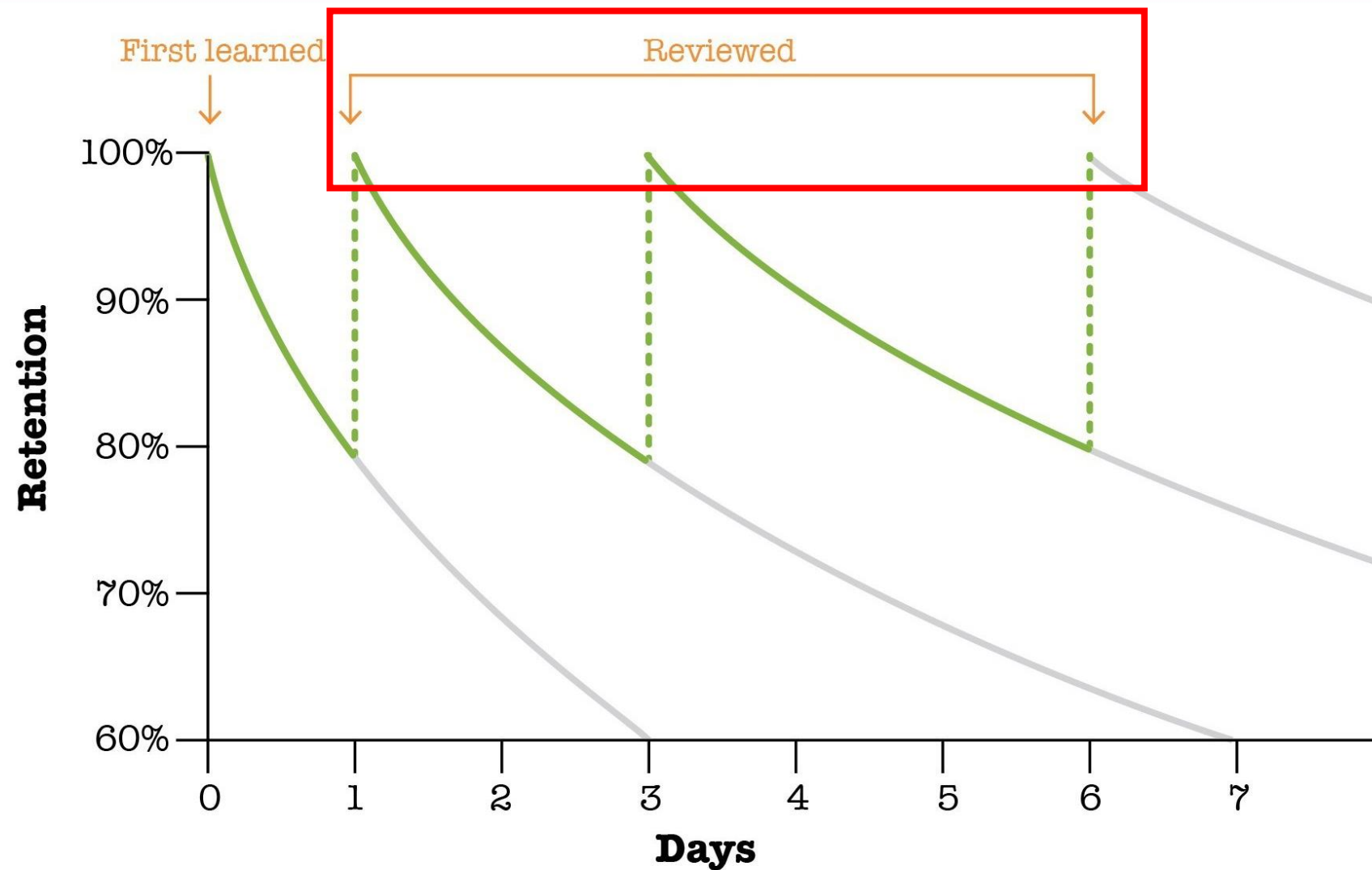


Much greater emphasis on
terminal exams

A typical student will sit between **15 – 20 exam papers** in the summer series

4.6.1.1 Calculating rates of reactions

Content	Key opportunities for skills development
<p>The rate of a chemical reaction can be found by measuring the quantity of a reactant used or the quantity of product formed over time:</p> $\text{mean rate of reaction} = \frac{\text{quantity of reactant used}}{\text{time taken}}$ $\text{mean rate of reaction} = \frac{\text{quantity of product formed}}{\text{time taken}}$ <p>The quantity of reactant or product can be measured by the mass in grams or by a volume in cm³.</p> <p>The units of rate of reaction may be given as g/s or cm³/s.</p> <p>For the Higher Tier, students are also required to use quantity of reactants in terms of moles and units for rate of reaction in mol/s.</p> <p>Students should be able to:</p> <ul style="list-style-type: none">• calculate the mean rate of a reaction from given information about the quantity of a reactant used or the quantity of a product formed and the time taken• draw, and interpret, graphs showing the quantity of product formed or quantity of reactant used up against time• draw tangents to the curves on these graphs and use the slope of the tangent as a measure of the rate of reaction• (HT only) calculate the gradient of a tangent to the curve on these graphs as a measure of rate of reaction at a specific time.	<p>MS 1a</p> <p>Recognise and use expressions in decimal form.</p> <p>MS 1c</p> <p>Use ratios, fractions and percentages.</p> <p>MS 1d</p> <p>Make estimates of the results of simple calculations.</p> <p>MS 4a</p> <p>Translate information between graphical and numeric form.</p> <p>MS 4b</p> <p>Drawing and interpreting appropriate graphs from data to determine rate of reaction.</p> <p>MS 4c</p> <p>Plot two variables from experimental or other data.</p> <p>MS 4d</p> <p>Determine the slope and intercept of a linear graph.</p> <p>MS 4e</p> <p>Draw and use the slope of a tangent to a curve as a measure of rate of change.</p>



Nathan knew that to revise properly he would need a technology 'black out'. With a little help from his father, Nathan made his bedroom more like an office than a games room during his GCSE revision.

Each evening at seven o'clock, just after dinner, Nathan would switch off his phone and go upstairs to revise. First, he'd check his revision plan and get out what he needed before steeling himself to do some hard work. Strategy number one was always a quick flashcard challenge, mixing up his cards from his different subjects, before testing himself. Then Nathan would test himself on different topics, with past questions or simply seeing what he could recall with a blank piece of paper, before ticking them off his revision plan.

Expecting his usual lull after forty-five minutes, Nathan would grab a drink and a biscuit (or three) before getting back to his revision. At the end of his revision session, he would end with the nightly ritual of returning to his revision plan to chalk up his victories and losses.

What students typically get wrong

1. Read through book / revision guide / notes
2. Copying out notes

Too passive

3. Having phone in the same room
4. Having the TV on in the background
5. Listening to music

**Too many
distractions**

Getting the environment right



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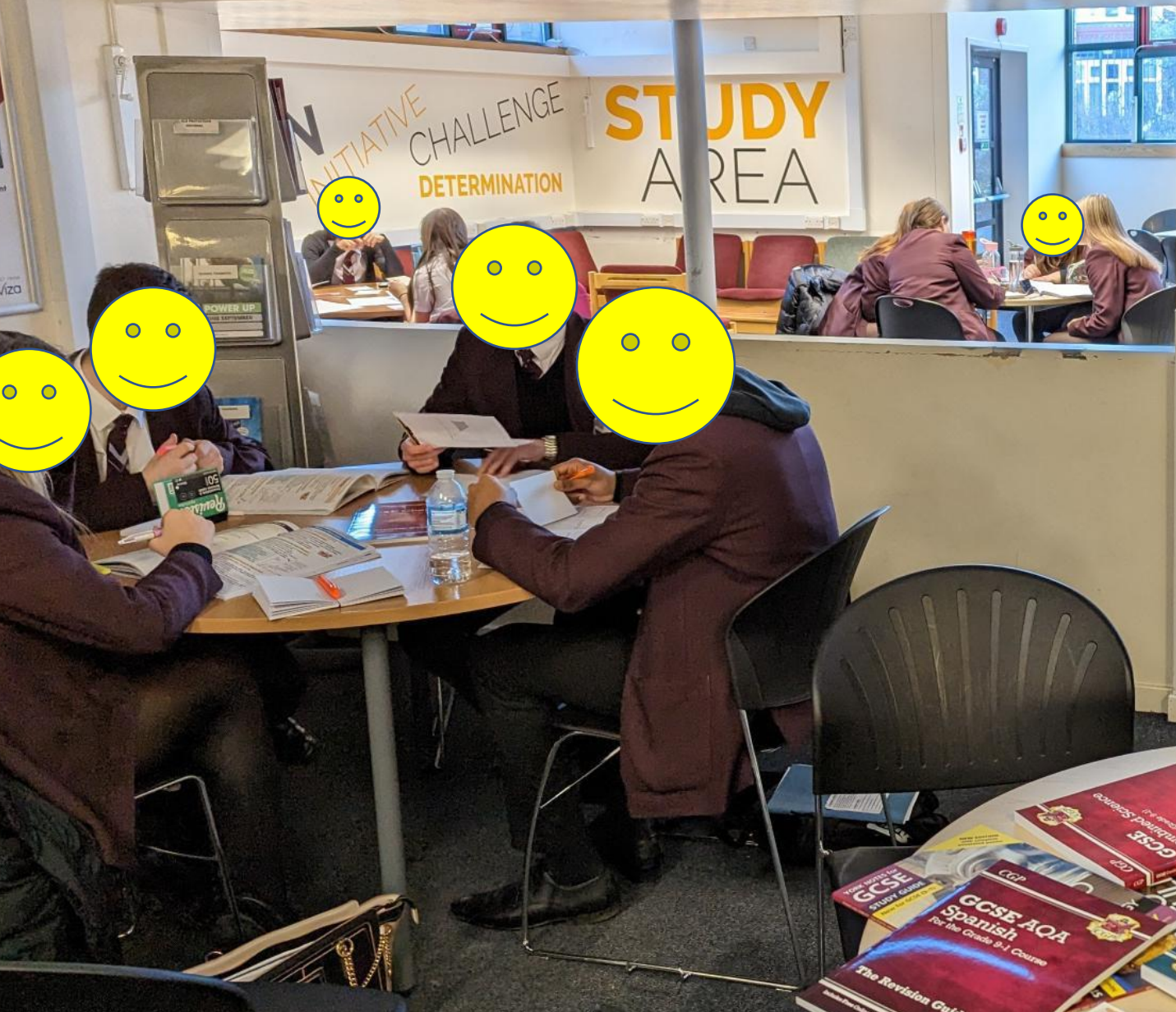


POST 16 Study Room

Year 11 exclusive Revision room
Silent Study

Every Monday / Wednesday / Thursday 3pm – 5pm

STUDENT UNION



Revision plan

Revision Timetable						Week beginning __ / __ /			
	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday	
Tutorial						8am			
						9am			
						10am			
						11am			
Period 6						12pm			
						1pm			
						2pm			
						3pm			
4pm						4pm			
5pm						5pm			
6pm						6pm			
7pm						7pm			
8pm						8pm			
9pm						9pm			

My Topic focus this week...

Subject									
Topic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Revision Timetable						Month <u>June & July</u>	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							

Tutorial	Make revision cards.	Assembly	Make revision cards & revise.	Revise for Friday Mock.	Make revision cards & revise.		
Lunch	go through revision cards for exam.	go through revision cards for exam.	go through revision cards. (July 3/4).	go through revision cards.			
Afterschool	Composition.	Song w/ Mr McArthur	Composition	Song w/ Mr McArthur			
4pm	Walk home	Walk home	Walk home.	Walk home.	Walk home.		
5pm	Make revision cards.	Revise for Wednesday Mock.	Revise for Thursday Mock.				
6pm	Make revision cards.	Revise for Monday Mock (Jul 3).	Revise for Monday Mock (Jul 4).	Revise for Friday exam.			
7pm	for Monday Tues exam.	Make revision cards.					
8pm							
9pm							

8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							

My Topic focus this month...									
Subject	English lang	French	Biology	maths	Physics	chemistry	Business	music	English lit
Topic									

Har's Shakesl OKCA
Revision Timetable

And 10 hours revision

Month

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tutorial							
Lunch							
After-school							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							

My Topic focus this month...

Subject	Maths	English	Biology	Chemistry	Physics
Topic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Revision Timetable

And 2 more hours to make up your perfect month

Month

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tutorial	History		maths	French	Science		
Lunch							
After-school							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							

My Topic focus this month...

Subject	Maths	English	Biology	Chemistry	Physics
Topic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Loie Revision Timetable

great !!

Month

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tutorial	English		Maths	science	RS		
Lunch							
After-school							
4pm							
5pm	English	French	Maths	science	RS		
6pm							
7pm	English	French	Maths	Science	RS		
8pm							
9pm							

My Topic focus this month...

Subject	English	English	Maths	French	Biology	Chemistry	Physics	RS
Topic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Two pillars of effective revision...

FLASH CARDS



To help
remember
the key information

STAR

Topology

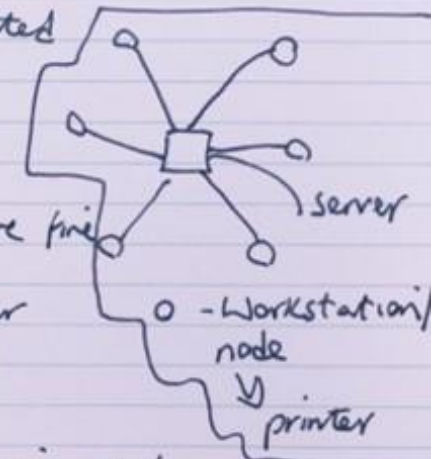
Each device has a dedicated connection to the central hub/switch/router

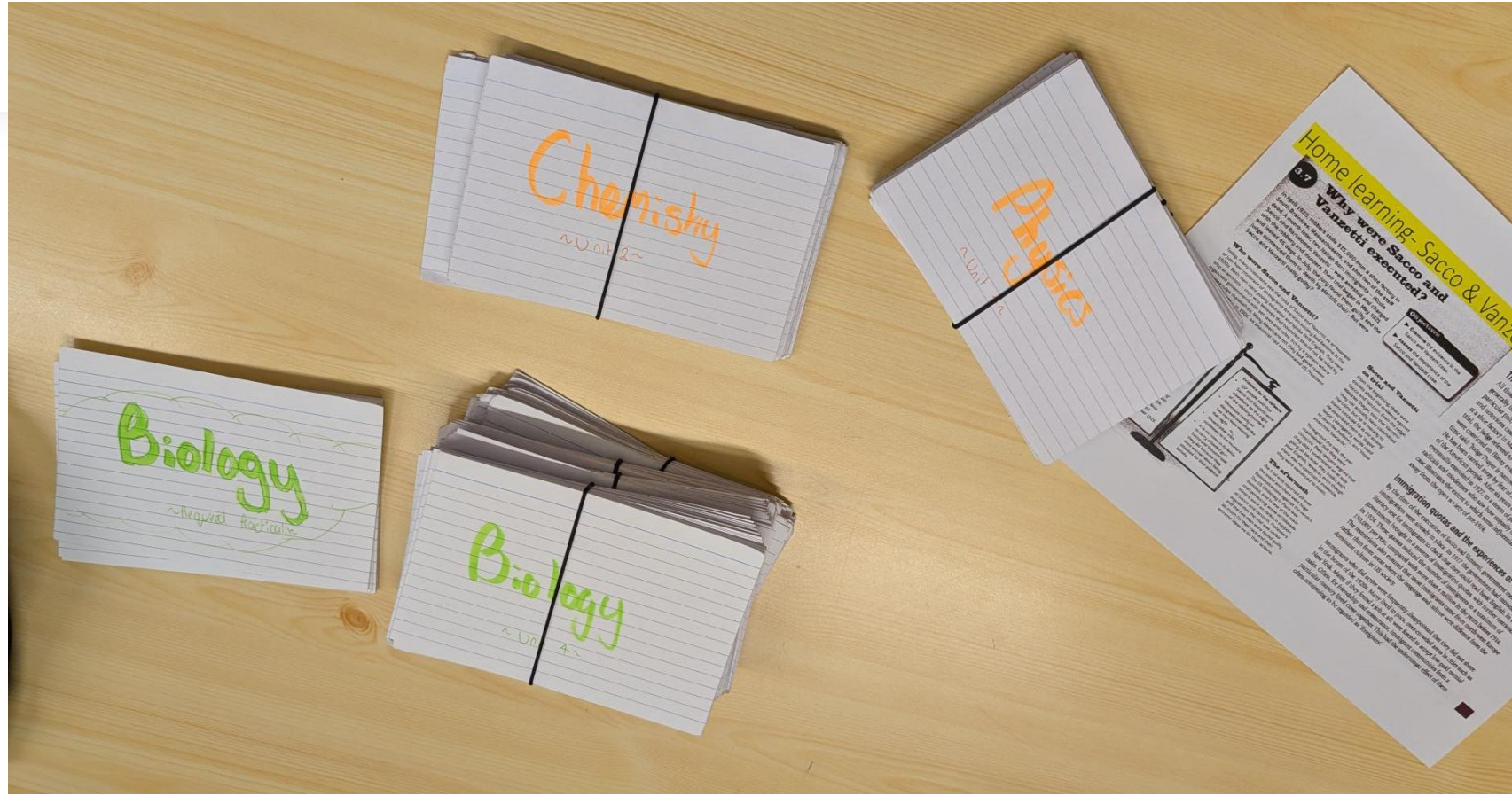
Advantages

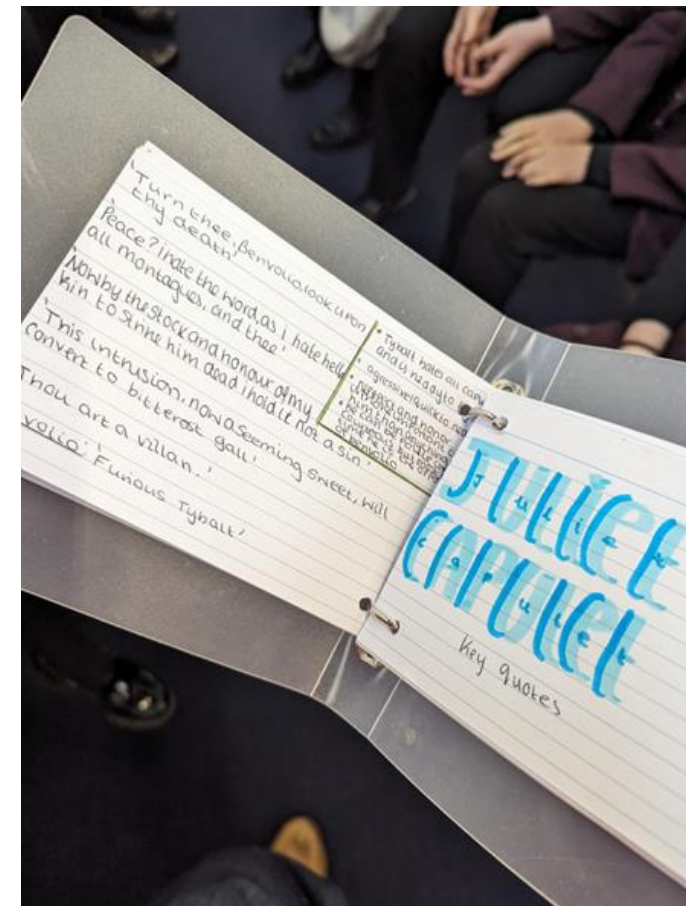
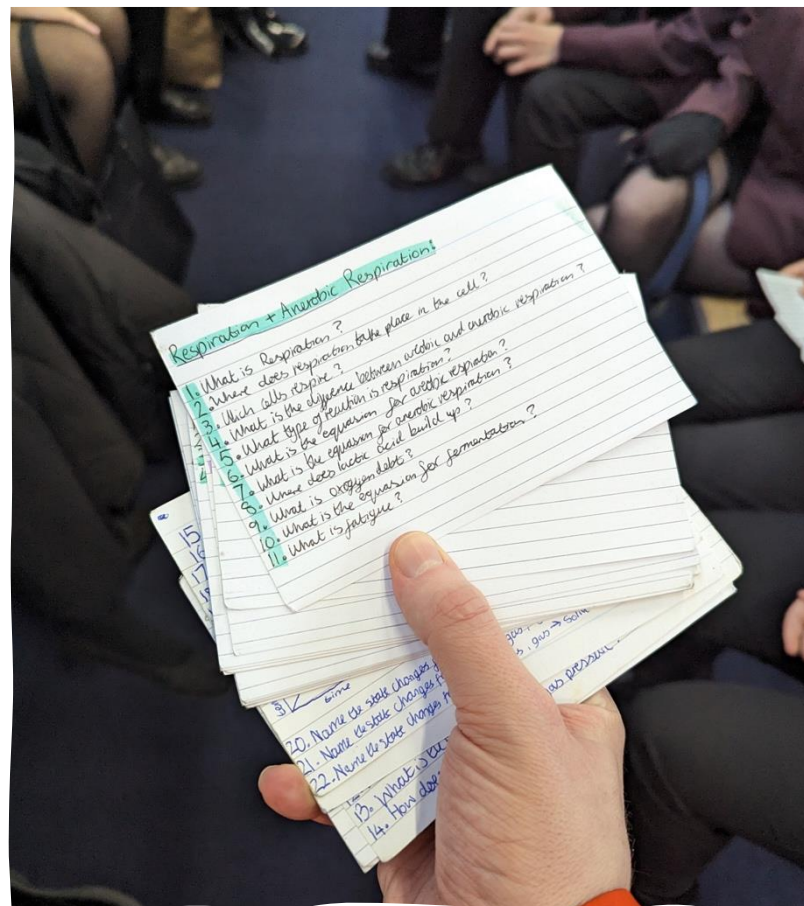
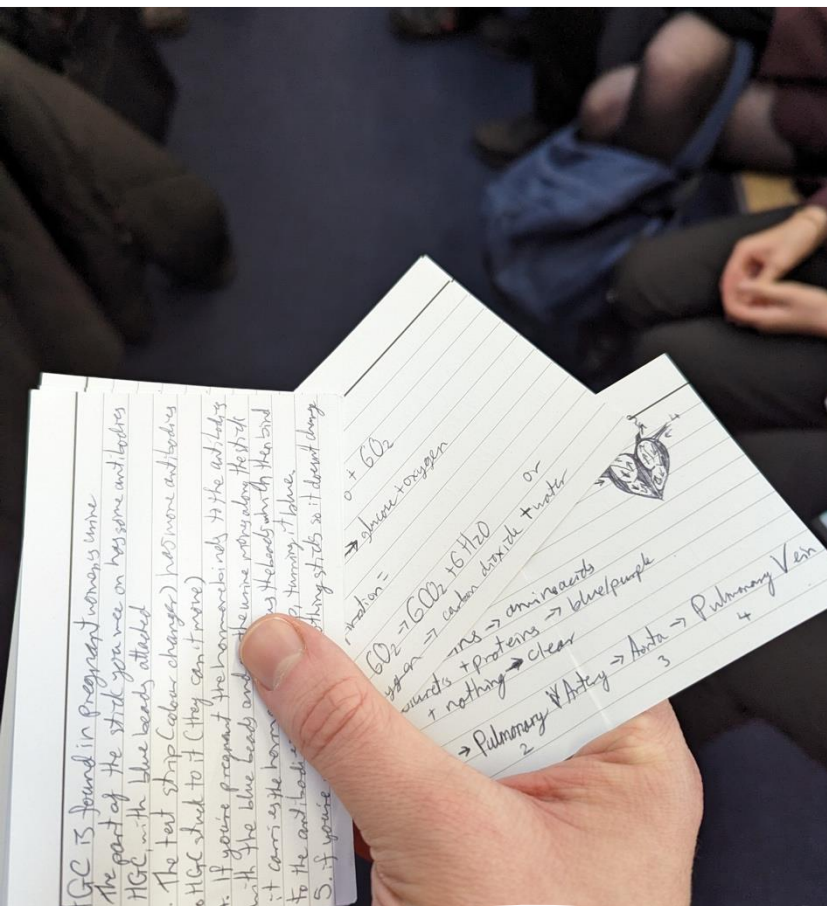
- * if one device fails, the rest are fine
- * Easy to add more devices
- * Better performance than other layouts - fewer data collisions

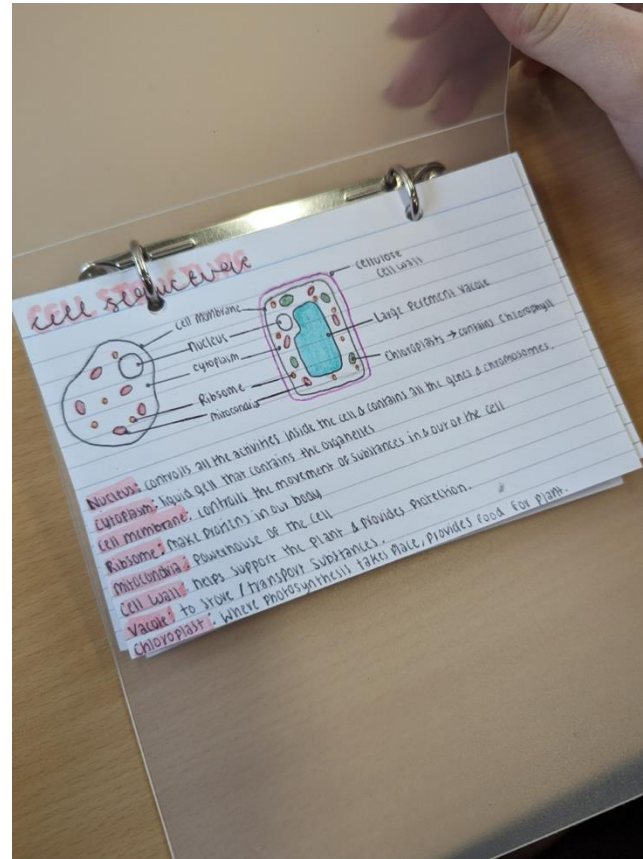
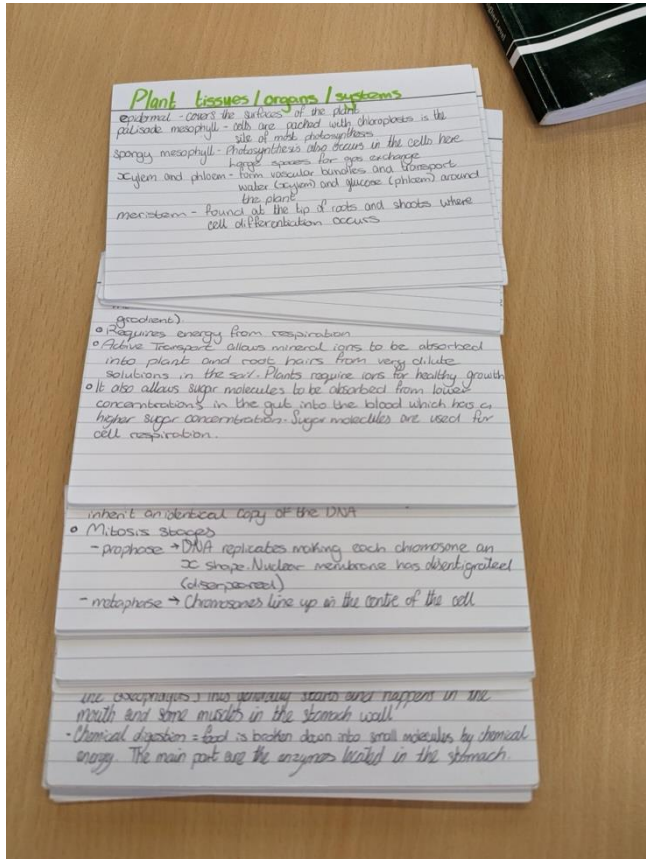
Disadvantages

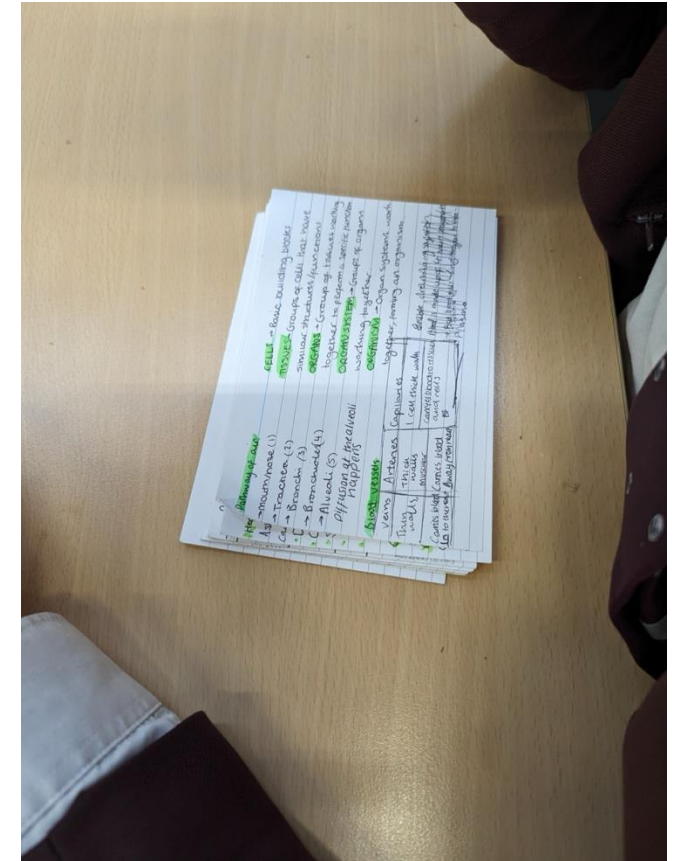
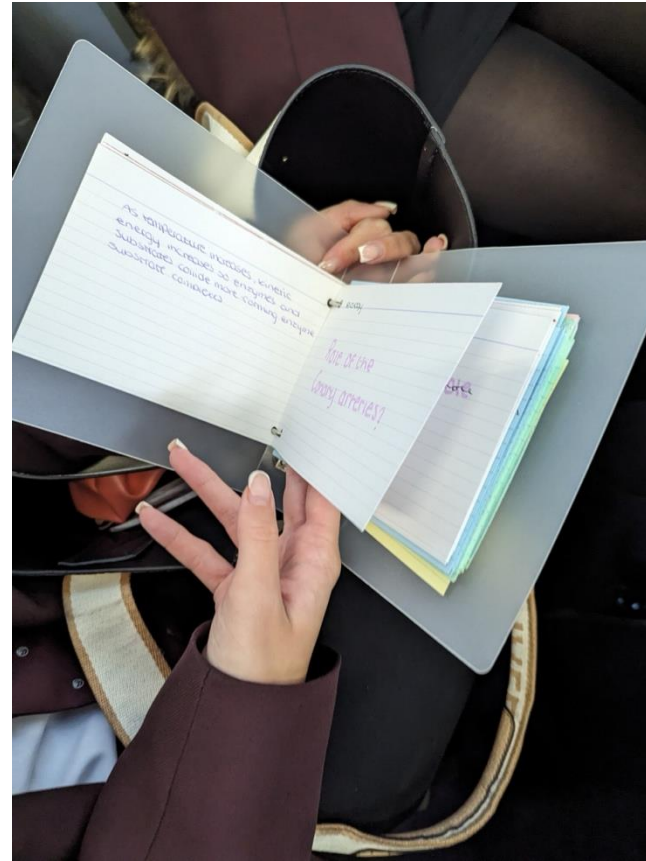
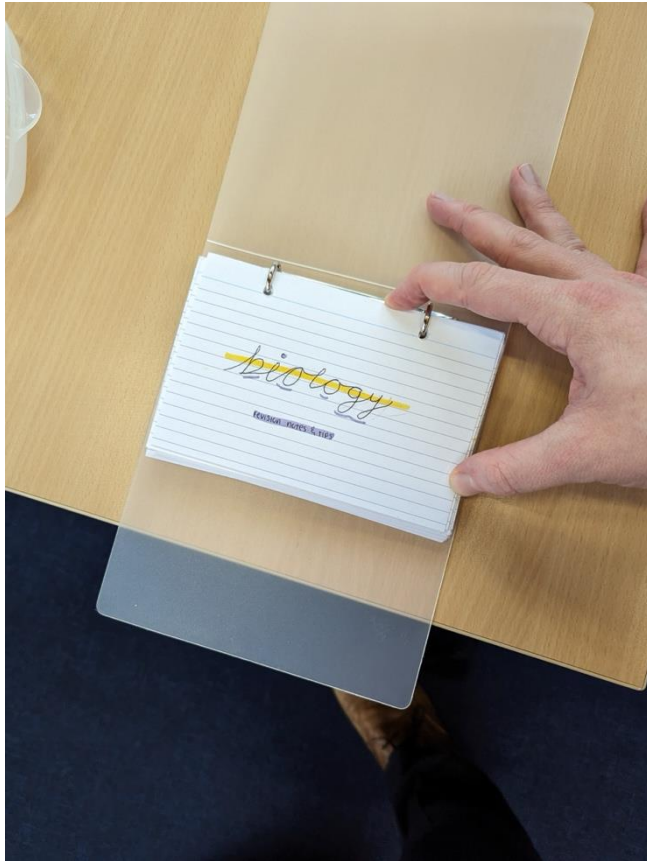
- * Can be expensive - each device needs a cable
- * if there is a problem with server - whole network down.

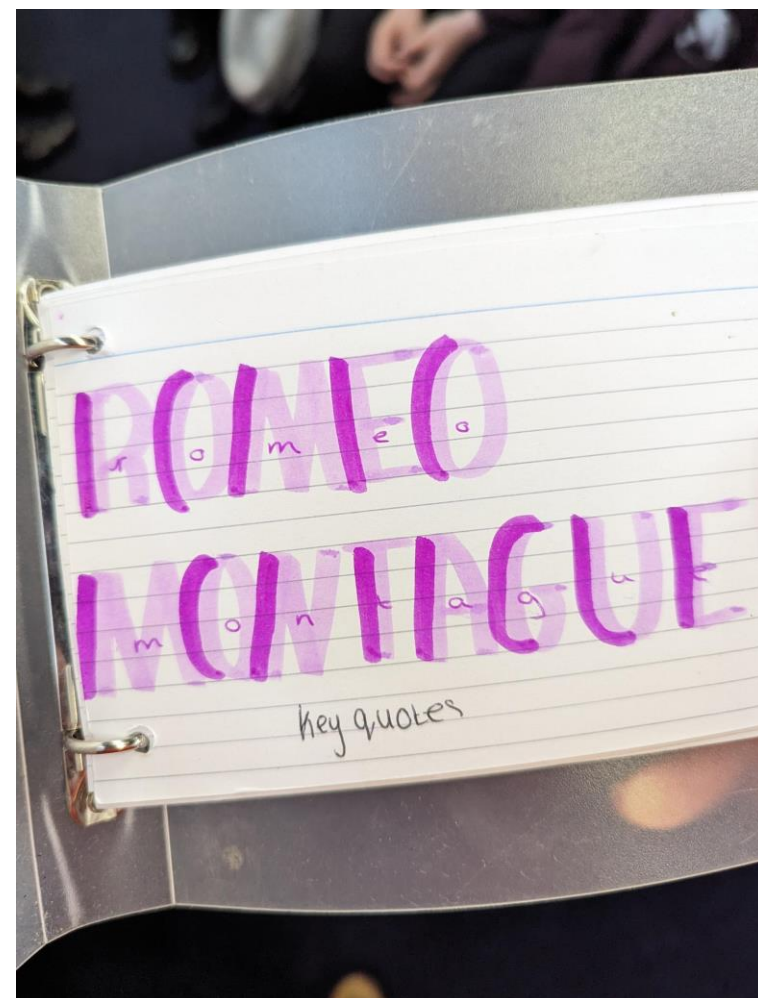
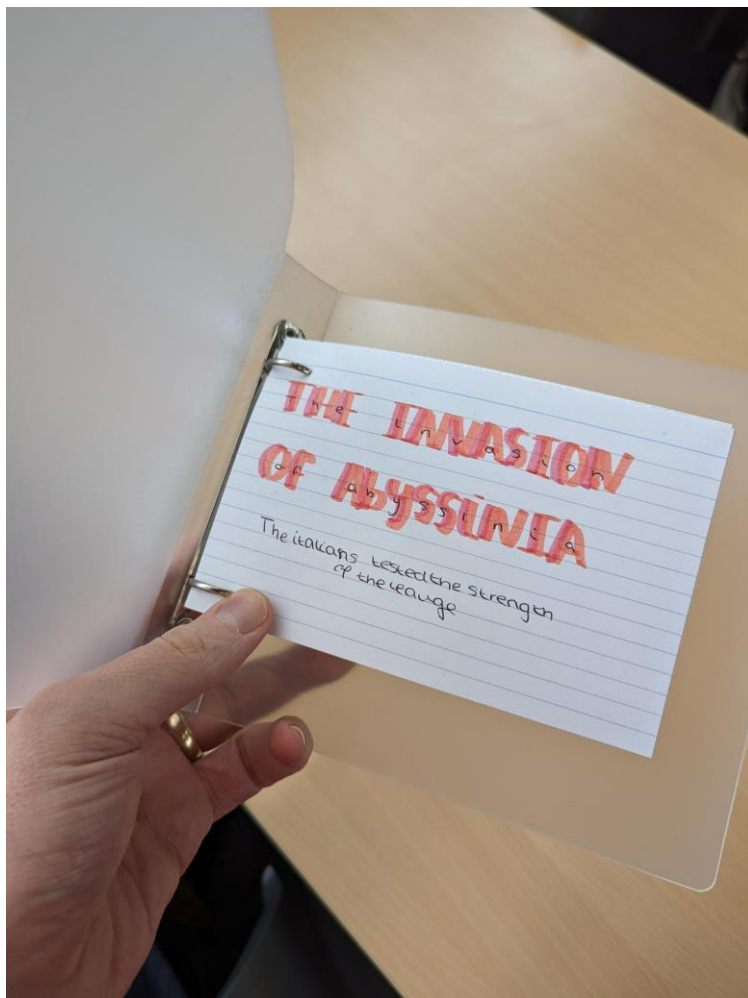


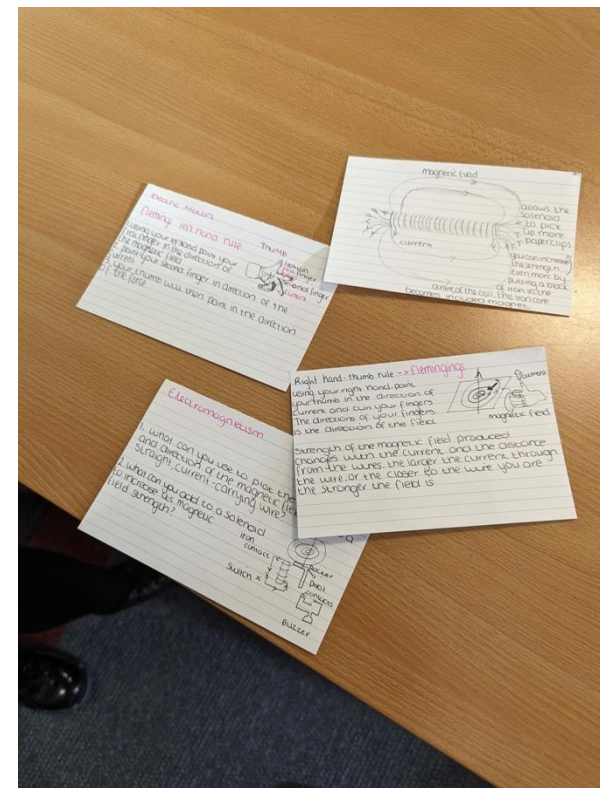
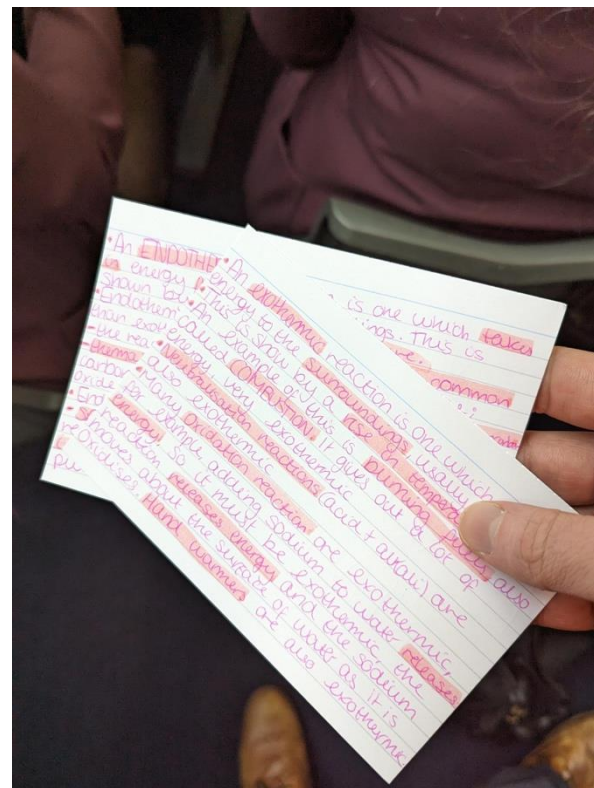
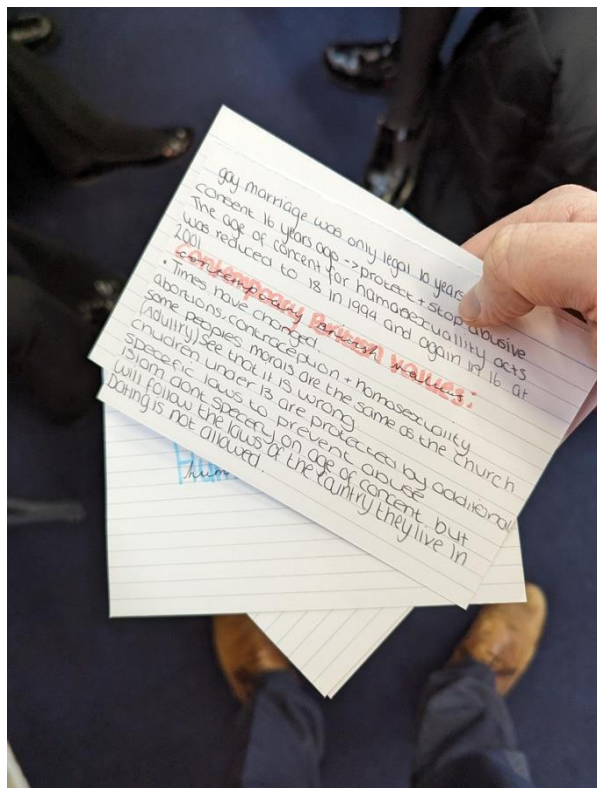
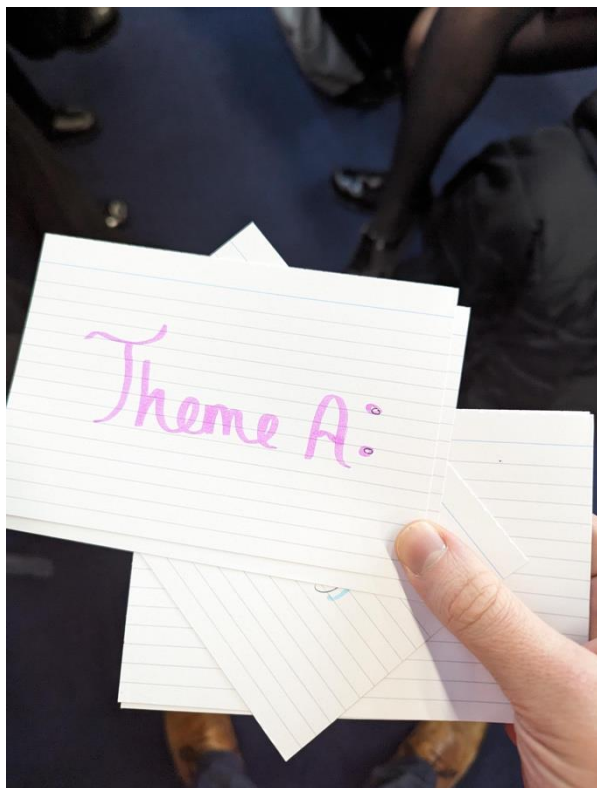


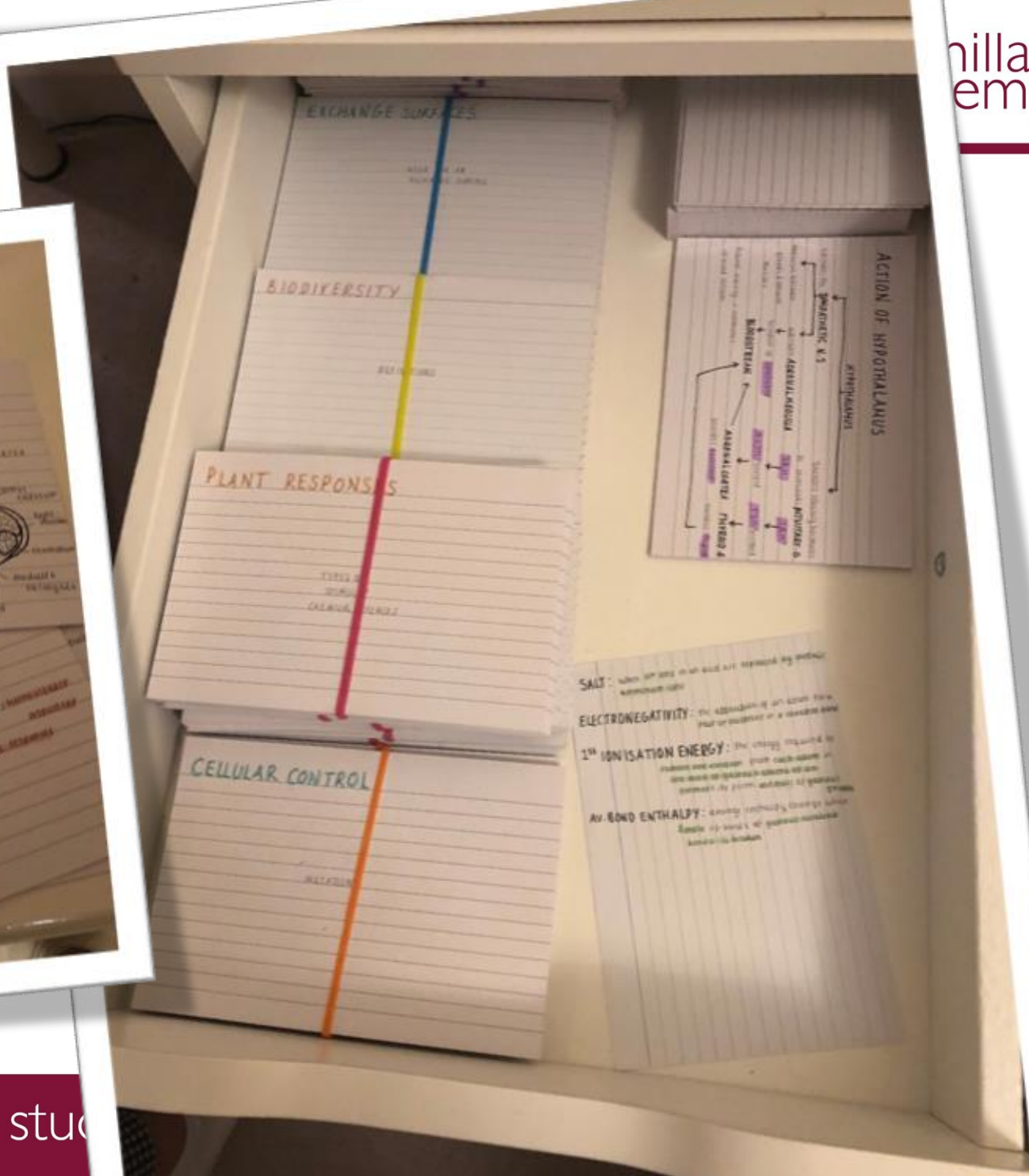


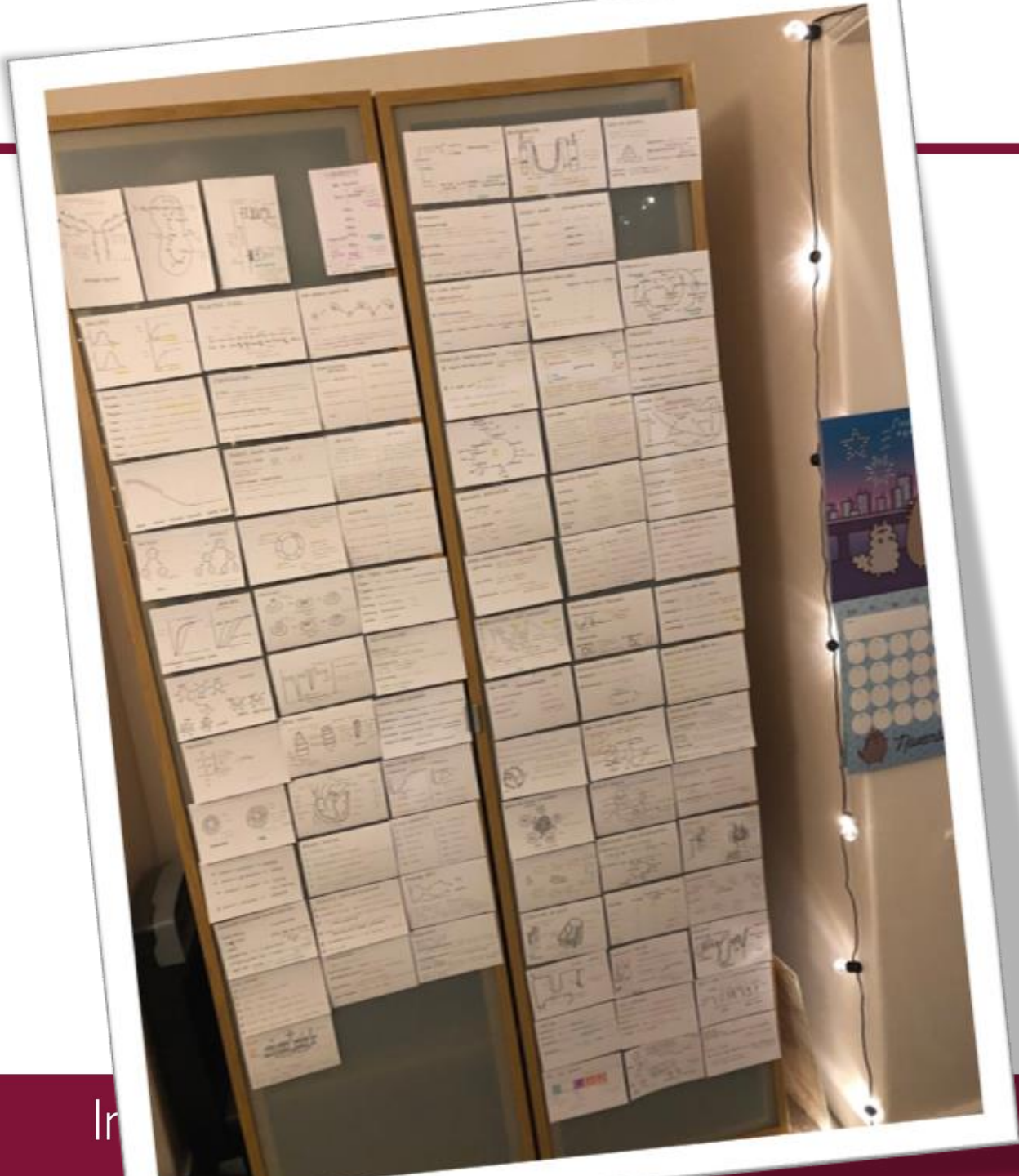










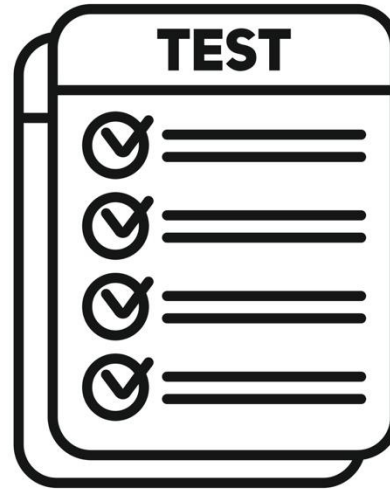


**DON'T PRACTICE UNTIL
YOU GET IT RIGHT
PRACTICE
UNTIL YOU
CAN'T GET IT WRONG**

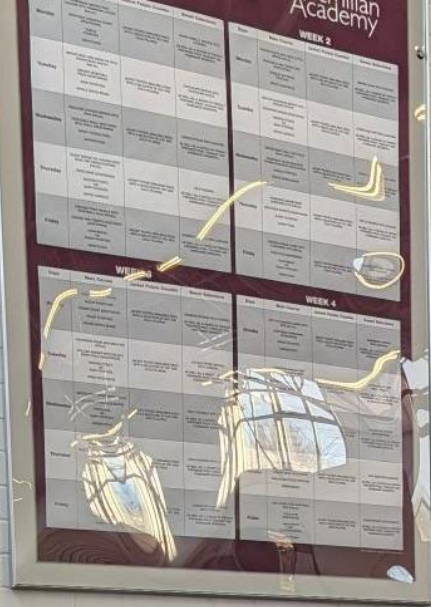


Two pillars of effective revision...

PAST EXAM PAPERS



To help improve
exam technique



Macmillan Academy

YEAR 11 PARENTS' GUIDE 2025



Inspiring every student to succeed

YOUR INVOLVEMENT

Your child's success this summer needs everyone pulling in the same direction – it is a real team effort. You know your child better than anyone and your support, working closely with us, will ensure your child reaches their full potential.

Here are a few simple things you can do to help:

Progress updates - Each time you get a progress report, have a talk with your child and make targets about what you would like to see in the next report. Challenge your child to explain any 3s or 4s for attitude and independent study – this year is the time to make every lesson perfect. Targets could be about improving their attitude scores, but also trying to improve the grades that teachers are predicting your child will get in the summer.

Consultation with teachers - We have planned to have two events throughout the year which will give you the opportunity to discuss your child's progress with teachers. Communication with the school should not be limited to these events – if you have any concerns or queries, please do not hesitate to get in touch. Contact information can be found at the back of this booklet.

Working environment - It is important that your child has a tidy, quiet place to study at home. Whilst working on homework or revising, insist they leave their phone in another room – it can be a major distraction.



Homework - Challenge your child to complete all homework. Have regular conversations about what homework has been set and the deadlines for these. Monitor your child's conduct via ClassCharts, looking out for any negative behaviour points for "No Homework".

Attendance - Try your best to minimise any absence from school. In this crucial year, every day is important. If your child has 95% attendance this means they will miss two full weeks of learning throughout an academic year.

Holiday intervention - Throughout holiday periods in Easter and May there will be intervention sessions to get caught up on coursework and get targeted revision support. Encourage your child to engage with these opportunities as much as possible.

Revision - Try to play an active role in your child's revision. You're not expected to be a subject expert, but you can ask your child to explain topics to you. We encourage all students to create flash cards to aid revision, and you can use these to test your child's knowledge – see the revision strategies section.

Healthy Living - During the mock and real examination windows, try to ensure your child is eating well, getting plenty of fresh air and exercise and is getting to bed early – sleeping well is vitally important during these weeks. We would encourage you to try to ensure a screen-free bedtime routine – see Health & Wellbeing section.

REVISION STRATEGIES

THE IMPORTANCE OF MAKING A PLAN

Students often lack the discipline and motivation to revise consistently throughout Year 11. Revision shouldn't be something students start just before their exams – it is an ongoing process that should start now.

A study into healthy lifestyles found that a group of participants who were made to create a simple plan detailing the day, time and location of their exercise were far more likely to maintain a healthy exercise regime.

Working with your child to identify the days and times in the week where they can revise is an important first step.

If you are going to be involved in helping your child to draw up a revision timetable, try using these steps:

Step 1 - Get hold of the revision templates that students have been issued during tutor time.

Step 2 - Ask your child to make a list of all of their subjects.

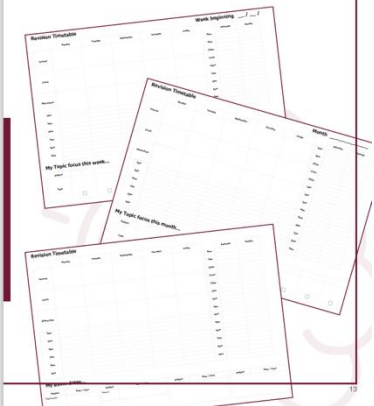
Step 3 - Get them to write in all non-school commitments for that week such as leisure activities, going out, watching TV, general time to relax etc.

Step 4 - Get them to enter when to revise each subject for that week, keeping in mind the following:

- Balance the revision time between all subjects
- Space out the revision for each subject over the week
- Be realistic about the amount of time spent revising. Short chunks of revision around 35-40 minutes followed by quick breaks are recommended.

Step 5 - Pin up the revision timetable in a prominent place at home so that everyone in the house knows what's going on.

Note: Templates such as the one shown below have been provided to students at school – more are available upon request.



REVISION STRATEGIES

REFLECTING ON AREAS OF WEAKNESS

Students often prefer to revise old content that they find easiest – tackling the difficult concepts is challenging, but essential!

Asking your child to reflect on their areas of weakness is a good starting point. Students should dedicate the most time to the subjects and topics they find most difficult.

Using a simple traffic light system is a good way of organising your child's priorities. Each teacher will be more than happy to provide a list of topics required for each qualification to help with this.

RED

This topic is very difficult. I'm really struggling to understand this topic. We haven't covered it yet, so I need to learn this.

AMBER

I'm comfortable with some of this topic, but other bits are tricky. I have forgotten some of the learning points in this topic so I need to revisit them.

GREEN

I'm comfortable with this topic. I still need to revise it, but I find this topic easy and I can remember all the main learning points.

FLASH CARDS

Flash cards are a simple and excellent revision tool. This is the one technique that we encourage students to do most. All students have been provided with revision card packs to use in tutor time and lesson changeovers.

How to make:

- Write a topic title large on one side of the card.
- Summarise all the key points on the other side.
- Your child should be encouraged to build these up as they move through Year 11.

How to use:

- Pick out a card and look at the topic title. Try to remember and write down everything you need to know.
- Check how much you have remembered by looking at the back of the card.
- Try testing your child using the flashcards and give them time to digest the question before answering. If they get the answer right, don't discard the card – they need to keep repeating it again and over time.
- The 'Letter system' is an effective way of using Flash cards. Watch the video to see how it works.



SCAN ME



In summary...

- This year is a marathon, not a sprint – students need to be revising now
- A distraction free environment for effective revision is important
- Creating a revision weekly plan will make it far more likely your child will stick with effective revision
- We encourage the creation and use of flash cards and attempting past papers

This evening's information

- | | |
|--|------------------|
| 1. Key dates & events | Mrs Barrett |
| 2. Post 16 updates | Mrs Scott |
| 3. Effective revision | Mr King |
| 4. Managing exam stress & anxiety | Miss Yale |
| 5. Closing & key messages | Mrs Barrett |

Understanding exam stress

Exam Stress is normal

It will build over the next **15 (12) Weeks**

Natural ups and downs – there will be triggers

This could intensify from **Week beginning 4 May**



Eustress (Positive Stress)

Motivates action

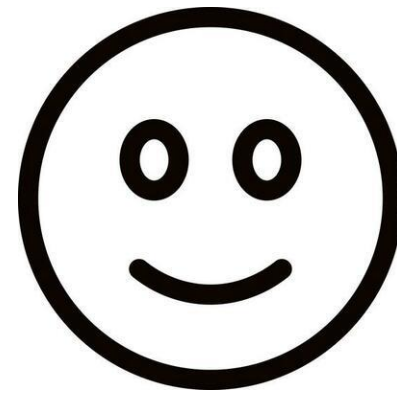
Short term - repeats

Ensures energy levels are high.

Coping capacity heightened

Generates excitement

Improves performance



Distress (Negative Stress)

Can be short or long term

Impair performance




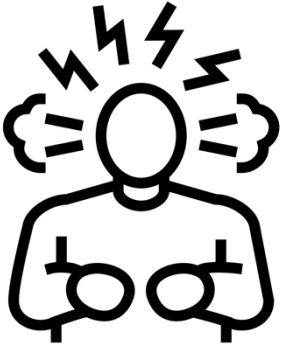
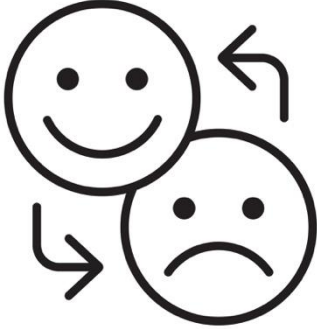

A feeling of being overwhelmed

Panic / Anxiety / Hopelessness





Debilitating



Recognising signs of stress

PHYSICAL SIGNS		
 <p>Headaches</p>	 <p>Low Energy</p>	 <p>Unable to sleep</p>
EMOTIONAL SIGNS		
 <p>Anger</p>	 <p>Mood swings</p>	 <p>Hard to concentrate</p>

Healthy Lifestyle Habits

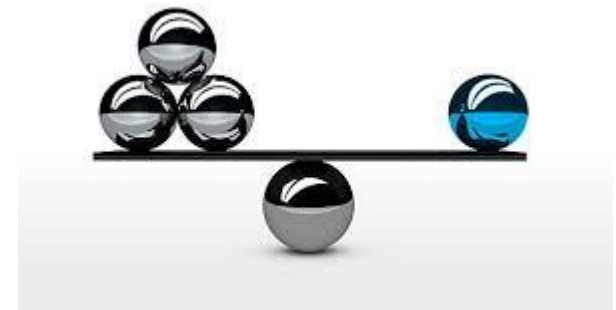
Regular Exercise	Balanced Diet	Good sleep schedule	Avoid...
			

What we currently offer

- Quiet study space in the revision room where you can discuss issues with key Year 11 staff
- Group wellbeing sessions each week focused on exam stress
- 'Support Me' sessions
- Onsite emotional wellbeing practitioner
- Supportive expert tutor team
- Academic support
 - Additional intervention – during period 6 and tutorial
 - Exam warm-ups

How can you support at home?

- The ability to **prioritise** - is an ADULT skill
 - * Academia
 - * Out of school interests / hobbies / pursuits / interests
- Think **space & time...**
- **Monitor** stress levels - regular breaks to protect cognitive load
- **Provide** breakfast & hydration



Please focus on Effort



Focusing on the effort young people make towards their exams is crucial in terms of reducing stress, building confidence and ultimately securing a better performance across May and June 2026

Where and when can I recognise effort?

Attending **Period 6**, Being in our **Revision Room** P6 / P7, Using our **Grade Gain programme**, getting involved in our **Easter Revision** schedule, creating & following a **Revision Plan**, **Exam Paper Practice**, completing all **mock exams**, being in for **exam warm-ups**, wanting to be the best version of themselves...

If you have any concerns

Please do not hesitate to get in touch

This evening's information

- | | |
|--------------------------------------|--------------------|
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RUNWAY **TO SUCCESS**



Inspiring every student to succeed



- Final 11-week run-in from now until start of exams.
- Personalised programme of period 6 intervention to maximise your child's grades.
- Your child's intervention programme has been sent home – can also be viewed on ClassCharts app.

Passport to Prom

**from week beginning 12 January through to week
beginning 27 April**

GOLD

You are going to Prom as a VIP!

Criteria:

0 Negative behaviour points

100% attendance

100% attendance to period 6

10+ hours registered in Revision room

SILVER

You are going to Prom!

Criteria:

No more than **5** missed Period 6 sessions

No more than **10** missed homeworks

No more than **20** lates to lesson

Year 11 Prom
Friday 19 June

Year 11 Results Day
Thursday 20 August

Thank you