

Year 10 – Everyone Succeeds Evening



EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS

Things to Consider...



- Is your child trying their best? Are their current achievements a true reflection of their capabilities?
- If they achieved their mock or current performance results in August - would you/they be happy?
- Did they/are they focusing their energies in the right areas?
- Is there a plan in place for September? Motivation and aspiration can often go hand in hand....

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So – how do I move forward with my child?



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Y10 Mock Examination Timetable June – July 2023

	AM – Paper and Exam Length	PM - Paper and Exam Length
19 th June		Maths Paper 1 - 1 hour 30 mins
20 th June		Maths Paper 2 - 1 hour 30 mins
21 st June	PE Paper 1 & Paper 2 – 2 hours	Maths Paper 3 - 1 hour 30 mins
22 nd June	English Language - 1 hour 45mins	Science: Biology Higher: 1 hour 45mins Foundation: 1 hour 45mins
23 rd June	INSET	INSET
26 th June	English Literature - 1 hour 45mins	Spanish Writing Higher: 1hour 20 mins Foundation: 1 hour
27 th June	Science: Chemistry Higher: 1 hour 45mins Foundation: 1 hour 45mins	Geography -1 hour 30 mins
28 th June	Science: Physics Higher: 1 hour 45mins Foundation: 1 hour 45mins	Computer Science: Paper 1 - 1 hour 30 mins
29 th June	History - 2 hours	French - Reading and Listening Foundation: 1 hour 20mins Higher: 1 hour 45mins
30 th June	Resistant Materials - 2 hours Religious Studies - 1 hour 45mins	Food & Nutrition -1 hour 30 mins Hospitality and Catering -1 hour French Writing Higher: 1hour 20 mins Foundation: 1 hour
3 rd July	Spanish Reading & Listening Foundation: 1 hour 20mins Higher: 1 hour 45mins	Graphics Paper - 1 hour 30 mins Computer Science P2 - 1 hour 30 mins
4 th July	Performing Arts & Photography - all day	
5 th July	Music & Fine Art - all day	
6 th July	Music & Textiles - all day	

1. Exam timetable
2. Highlight their exams with them
3. Stick it up!
4. Students' individual timetables distributed this week

So – how do I move forward with my child?



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**16 days until the
1st written examination on May 19th**

1. RAG rate your subjects –
use the simple template in
the booklet
Identify actions that need to be taken

Pre-Mock Action Plan

Subject	Mock grade	On, above or below target	RAG	Action required by student	Any support needed?
Science					
English					
Maths					

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- ✓ Create revision timetables
- ✓ Use the RAG rating to prioritise
- ✓ Plan it
- ✓ Commit to it!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School 9.00 -15.00	School 9.00 -15.00	School 9.00 -15.00	School 9.00 -15.00	School 9.00 - 15.00	Homework 10.00 - 12.00	General Revision 10.00 - 11.30
Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	General Revision 13.00 - 14.00	Homework 12.00 - 13.30
Chemistry 17.00 - 17.40	English 17.00 - 17.40	History 17.00 - 17.40	Maths 17.00 - 17.40	English 17.00 - 17.40	General Revision 17.00 - 18.00	General Revision 16.30 - 17.30
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Maths 18.40 - 19.20	French 18.40 - 19.20	Biology 18.40 - 19.20	Physics 18.40 - 19.20	Geography 18.40 - 19.20		

Where do we find the information?



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Subject	Which papers will I sit?	What do I need to revise?	Where can I find this information?	What are top revision tips for this paper and how should I prepare?
Science (Combined Trilogy)	Biology Paper 1	Biology Paper 1 1. Cell biology 2. Organisation 3. Infection and response 4. Bioenergetics		<ul style="list-style-type: none"> Condense information into key points onto fact cards/flashcards Summarise key content onto revision mind maps Apply knowledge to quick fire questions Past exam paper practice Write exam questions to test yourself Construct mark schemes and become the examiner Exam timing practice – 1 min per mark training
	Chemistry Paper 1	Chemistry Paper 1 1. Atomic structure and the periodic table 2. Bonding, structure, and the properties of matter 3. 10. Quantitative chemistry 4. 11. Chemical changes 5. 12. Energy changes	www.tassomai.com www.freesciencelessons.co.uk	
	Physics Paper 1	Physics Paper 1 1. Energy 2. Electricity 3. Particle model of matter 4. Atomic structure	https://www.bbc.com/bitesize/subjects/zs6hvcw www.physicsandmathstutor.com www.aqa.org.uk www.savemyexams.com	<ul style="list-style-type: none"> All students must learn the equations on the physics equation sheet. Students will be expected to recall and apply any relevant equations Try writing down the list of equations then cover them up and see how many you can remember. Make up mnemonics like 'Sid drinks tea' for speed=distance/time or make words from the terms in the equation i.e. QIT for $Q=Ixt$.
	All papers are 1 hr 15mins			Learn the key terms for each topic so that you can gain easy marks for recall questions and so that you have a starting point for any questions involving application (which will be most of the questions in the paper).

Subject	Which papers will I sit?	What do I need to revise?	Where can I find this information?	What are top revision tips for this paper and how should I prepare?
Physical Education	Component 01 OCR J587 – Paper 1, Physical factors affecting performance 1 hour	Paper 1 <ul style="list-style-type: none"> Applied Anatomy and Physiology <ul style="list-style-type: none"> Major bones and functions of skeleton Synovial joints, ligaments, tendons and cartilage Movement at hinge/ball and socket joints Major muscle groups and roles they can play Lever, planes and axes Physical Training <ul style="list-style-type: none"> Components of Fitness Applying the Principles of training (principles, warm up, cool down, types of training) Optimising training 	Google classroom www.ocr.org.uk/qualifications/gcse-physical-education-j587-from-2016 www.everlearner.com www.gcsebitsize.com	Be familiar with the assessment objectives and the command words associated with each objective that could be used in exam question Mnemonics / Acronyms:- Movement analysis:- ALPS – Axis=Longitudinal / Plane = Sagittal, 123=FLE, SPOR (Specificity, Progression, Overload and Reversibility). Memory principles – Senses: practical activity to help recall types of muscle contraction / antagonistic pairs
	Component 02 OCR J587 – Paper 2, Socio-cultural issues and sports psychology 1 hour	Paper 2 <ul style="list-style-type: none"> Sport Psychology <ul style="list-style-type: none"> Characteristics of skilful movement and skill classification Goal setting Mental preparation Guidance and feedback Health, fitness and well being <ul style="list-style-type: none"> Benefits of physical activity and consequences of a sedentary lifestyle Diet and Nutrition 	www.youtube.com (OCR related information for GCSE PE only)	Mind maps – extended questions, burger/sandwich structure, conjunction links. Flashcard quizzes: Key terms/glossary recall. Peel – for longer questions PRACY EXAMPS – make sure you know practical examples

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2. Get them to create flashcards

3. You can then support them with self-testing and quizzing until 'it sticks' – guidance for how to do it is in the booklet

Retrieval and Flashcards 'Do':	Retrieval and Flashcards 'Don't':
<ul style="list-style-type: none">• Put a single piece of information on each flashcard.• Sort your flashcards according to your confidence with them (see above).• Create 'decks' for each topic. This may be a different colour card for each subject/unit.• Mix up topics so you aren't always testing yourself on the same topic.• <i>Practice the information you struggle and need to improve on.</i>• <i>Use PLCs, checklists or revision guides as a way to monitor your retrieval practice.</i>• <i>Move beyond recalling simple facts to detail and analysis.</i>	<ul style="list-style-type: none">• Spend more time making the flashcards than using them.• Put lots of information onto each flashcard.• Revise the flashcards in the same order every time that you use them.• Only read the flashcards – test your memory!• <i>Assume everything you've written is correct.</i>• <i>Throw away your quizzes or brain dumps.</i>• <i>Avoid testing yourself on tough topics or ones you dislike. You want it to be difficult.</i>

So – how do I move forward with my child?



Need some additional input?

- ContinuityOak provides subject revision tutorials and activities –

Lesson 9: Conflict (Part 1/2)

KS4 English Literature

Revisiting Romeo and Juliet

Conflict (I)

Lesson Resources

English | Year 10 Download Unit

Unit 2: Romeo and Juliet

Lesson 1: Shakespeare's Romeo and Juliet: The Prologue

Lesson 2: Feuding Families

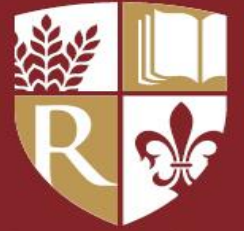
Lesson 3: Introducing Romeo

Lesson 4: Courtly Love

Year 10	Unit 1: Macbeth	Unit 2: Romeo and Juliet	Unit 3: An Inspector Calls
	Unit 4: Blood Brothers	Unit 5: Revisiting: Macbeth	Unit 6: Revisiting: Romeo and Juliet
	Unit 7: Revisiting: An Inspector Calls	Unit 8: Revisiting: Blood Brothers	
Year 11	Unit 1: A Christmas Carol	Unit 2: Jekyll and Hyde	Unit 3: AQA Power and Conflict Poetry
	Unit 4: Revisiting: A Christmas Carol	Unit 5: Revisiting: Jekyll and Hyde	Unit 6: AQA Love and Relationships Poetry
	Unit 7: Edexcel Conflict Poetry	Unit 8: Edexcel Time and Place Poetry	Unit 9: Edexcel Relationships Poetry
	Unit 10: Eduqas Poetry	Unit 11: OCR Conflict Poetry	

KS4 Maths (Foundation) KS4 Maths (Higher) English History Geography KS3 Science

So – how do I move forward with my child?



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- Google Classroom GCSE Master Classes
- Classroom Code is: ysim5u7

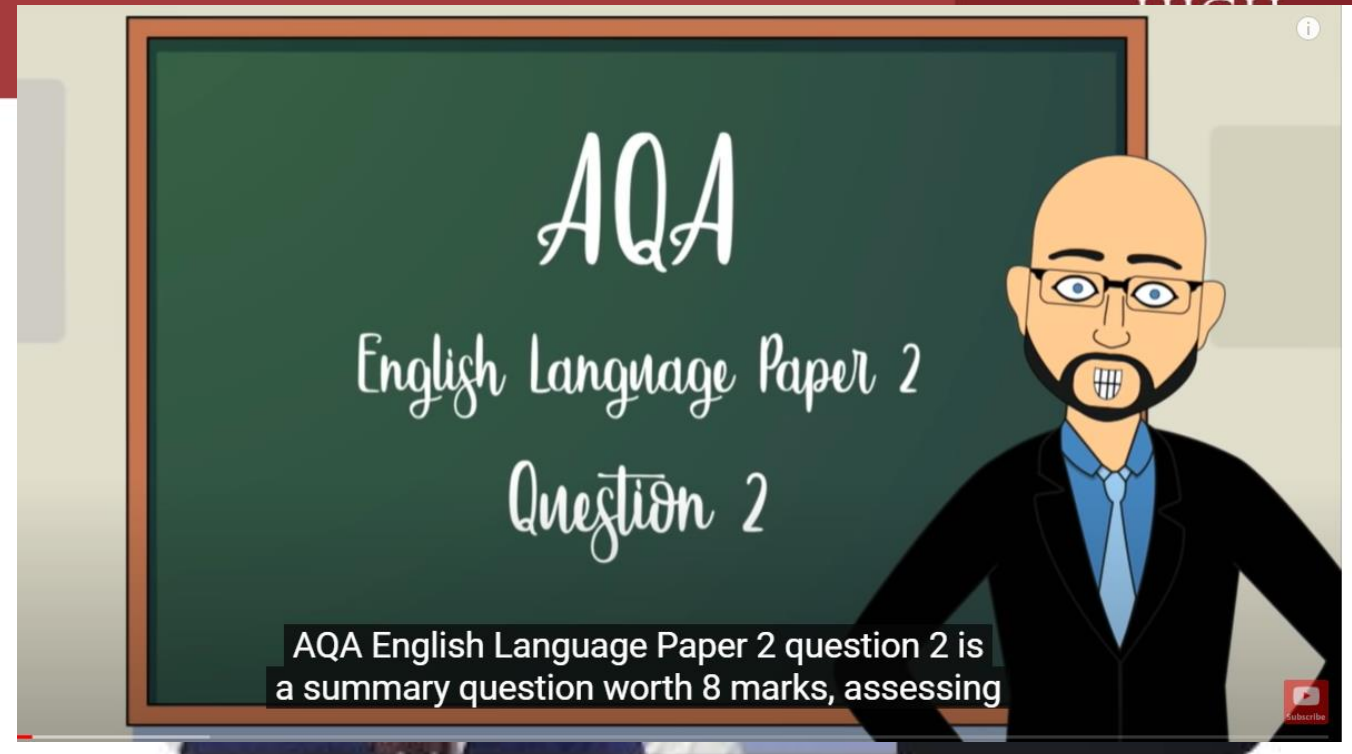
The screenshot shows a Google Meet interface. The main window displays a screen share of a PDF document from AQA. The document is titled 'GCSE SAMPLE SET (2021 exams only) Higher Tier Paper 4 Writing Materials'. It includes a disclaimer: 'This is a sample exam paper to demonstrate the paper layout and structure for 2021 exams only. The questions have been taken from existing question papers and there is no new content. This sample paper is in French but demonstrates the layout to the Writing paper for all GCSE languages in 2021.' Below the disclaimer are fields for 'Surname', 'Forename(s)', and 'Candidate signature', followed by a declaration: 'I declare this is my own work.' The Meet interface also shows a 'Customise' button in the top right, a 'miss.google.com' notification, and a 'Miss Charlesworth' profile picture in the bottom right. The system tray at the bottom shows the time as 16:16 on 29/11/2020.



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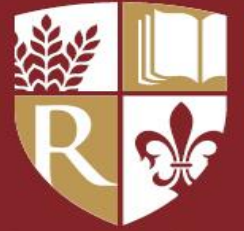
**YouTube Tutorials as defined by
subject teachers -**

**eg Mr Bruff for English provides
provides revision summaries for
English texts and AQA examination
paper support**



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Download the School Synergy APP



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Available through the APP or your Synergy Account

- Behaviour
- Praise
- Attendance – Daily breakdowns
- Student timetable with visual cues for the attitude to learning entered for each lesson.
- School calendar – so you never miss any events
- Copies of assessment reports through linked documents

.....And Homework in mid-June



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Contacting Staff



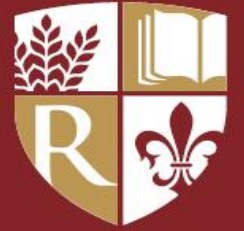
Email teachers if you need support –
website / About Us / Staff

If you don't get what you need – email
Heads of Departments

Year 10 Learning Leader – Mr Penfold
j.penfold@rainford.org.uk

Year 10 Pastoral Leader - Mrs McCartney
a.mccartney@rainford.org.uk

- SEND
- KEY STAGE 3: YEARS 7, 8 & 9 STAFF
- KEY STAGE 4: YEARS 10 & 11 STAFF
- RAINFORD SIXTH FORM STAFF
- English
- Mathematics
- Science
- Art & Technology
- Computing/Media
- Humanities
- Modern Foreign Languages
- Physical Education



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**It is a myth that stress is always
bad.**



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Delayed gratification



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Organisation



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Time	Activity
8:30 – 11am	Revision
11 – 11:15	Break
11:15 – 12:30pm	Revision
12:30 – 1pm	Lunch
1:00 – 3:00	Revision

= 5.75 hours per day

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Space out your revision



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Phones



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“The mere presence of a mobile phone leads to a 20% reduction in attention, concentration and performance in tasks that are demanding and complex”



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Revising to music



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THE POMODORO TECHNIQUE



1
Decide on the
Task That
You Need to
Do



2
Set the
Timer to 25
Minutes



3
Work on the
Task Until the
Timer Rings



4
Take a Short
5 Minute
Break



5
After 4
Cycles Take a
15-30 Minute
Break

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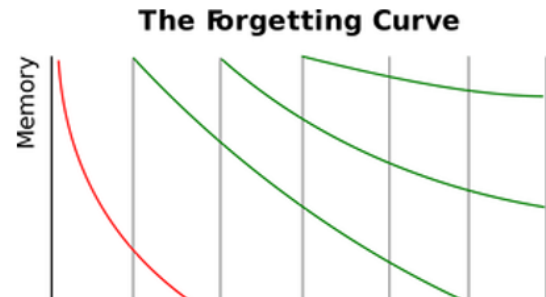
Make use of staff and school resources

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Remember v

- Flashcards & self testing
- Spacing and retrieval
- Desirable difficulties
- Create an effective revision environment
- Get family involved at home!

“Each time ‘to-be-learned’ material is revisited by retrieving it from memory, the knowledge of the material is brought back up to 100%, with the recollection of that material being strengthened such that the forgetting of the material is slowed”.



The Dunlos

Students therefore need to start revision early so that they have time to revisit and consolidate their learning!



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Wellbeing

Mental Health & Wellbeing

Students Exams 2023 Parents **Wellbeing**

Everyone Matters Schools Trust Six



Be Your

Mental
Wellbeing

Safety

You

Thinking about suicide?
Worried about someone?
STAYALIVE

if I feel I cannot stay safe from suicide, I will talk to:

Download on the App Store | Get it on Google Play

Don't Suffer In Silence, Make A Report.

MAKE REPORT HIDE PAGE MENU

11:45

the sharp system

Tue 16

SUICIDE
the biggest killer of young people in the UK.

HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141
Text: 07860 039 967
Email: pat@papyrus-uk.org

Open every day 9am - midnight

www.papyrus-uk.org

PAPYRUS

kooth

Free online counselling support for young people!
Discover everything Kooth has to offer

DISCUSSION BOARDS
FREE COUNSELLING
KOOH MAGAZINE
HELP ARTICLES
SELF-HELP TOOLS

Sign up for free at Kooth.com

Text SHOUT to 85258

shout 85258 here for you 24/7

NHS

North West Boroughs Healthcare
NHS Foundation Trust

Urgent mental help support

- Halton: 0800 051 1508
- Knowsley: 0800 051 1508
- St Helens: 0800 051 1508
- Warrington: 0800 051 1508
- Wigan: 0800 051 3253

Some Key Dates Left



Event	Date
Year 10 Everyone Succeeds Event	Thursday 18 th May
Year 10 Rewards Evening	Wednesday 28 th June
Yr10 Mock Examinations Start (Written papers)	Monday 19 th June
Mock Examinations end	Friday 7 th July
Year 10 Results Day	Monday 17 th July
Yr10 6 th Form Open Evening	Monday 10 th July TBC

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Tonight – ‘Everyone Succeeds’

- Making Outstanding Progress Booklet
- Mock GCSE exam timetable
- Information to support MHWB – Self-care during exams, healthy recipes, positive steps to wellbeing, how does sleep support your mental health etc

All information from tonight's event and beyond will be uploaded under the 'Exams 2023' tab of the school website

Yr10 –so what do I need to do now?



- ✓ Make a plan – not just the subject but the topic, paper, skill you are going to focus on
- ✓ Organise your time – make allowances for extra curricular activities, school revision sessions or family commitments 
- ✓ Organise your learning environment & have all of your resources readily available – revision guides, work books, past papers, flash cards from previous topics, stationery
- ✓ Keep to rhythms on non school days & get up in the morning and stick to school times- this will help you to maximise revision time and still get a break!
- ✓ Ditch the phone – leave it in another room, use a watch / clock or a kitchen timer to stay on track
- ✓ Make use of school resources, including staff – attend revision sessions after-school to subject teachers if you need support, ask your teacher to mark an essay or exam 
- ✓ Use effective revision techniques – Flashcards, Self –quizzing, Spacing and Retrieval
- ✓ Manage your stress – remember it's normal and healthy to feel some stress yourself by thinking positively and clearly – **you've got this!!** 