



RAINFORD
HIGH

30

School days left until Yr10 written mocks...

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS



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



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Delayed gratification



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Things to consider...

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

So – how do I move forward with my child?



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- **Get organised & manage your time efficiently**
- **Use the most effective revision techniques**
- **Use the support available to you**

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Exam timetable

- Highlight their exams with them
- Stick it up!
- Students' individual timetables distributed later

Y10 Mock Exam Timetable Summer 2024

Date	Morning	Afternoon
W/c 10 th June	MFL Speaking	MFL Speaking
Monday 17 th June	English Literature Paper 1 (not 10h/En6) 1hr 45 mins	Biology Paper 1 - 1hr 45 mins Combined Science Biology - 1hr 15mins
Tuesday 18 th June	English Language Paper 2 (not 10h/En6) 1hr 45mins	Maths Paper 1 1hr 30mins
Wednesday 19 th June	Chemistry - 1hr 45mins Combined Science Chemistry - 1hr 15mins	English Literature Paper 2 1 (not 10h/En6) 45 mins – Section B only
Thursday 20 th June	Maths Paper 2 1hr 30mins	Religious Studies 1hr 45mins
Friday 21 st June	Physics - 1hr 45mins Combined Science Physics - 1hr 15mins	Maths Paper 3 1hr 30mins
Monday 24 th June	History 2 hrs	French Listening & Reading 1hr 45mins H / 1hr 20mins F Spanish Listening & Reading 1hr 45mins H / 1hr 20mins F

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**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 a revision timetable – do what the top students do

- ✓ Use the RAG rating to prioritise
- ✓ Plan it – when, where, what
- ✓ Commit to it!

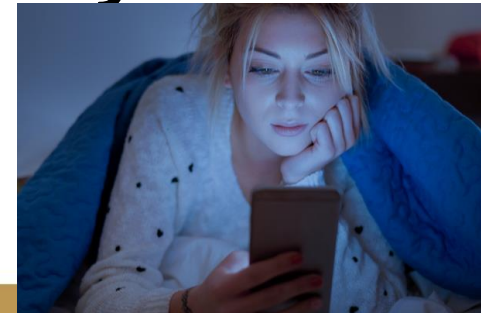
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
School 9.00 -15.00	School 9.00 -15.00	School 9.00 -15.00	School 9.00 -15.00	School 9.00 - 15.00	Homework 10.00 - 12.00	General Revision 10.00 - 11.30
Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 16.00 - 16.40	Homework 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		

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- **2 hours** per school night
- **6 hours** on non school days – weekends, half-term, Bank Holidays



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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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**How many hours on average
does a 16 year old spend on their
phone each day?**

- A. 2 hours
- B. 5 hours
- C. 7 hours**
- D. 15 hours



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Phones

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



Revising to music

Students that revise in silence achieve better results.



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Note taking	Highlighting notes or work completed	Post-it notes of key facts	Mnemonics
Re-reading of old notes	Summarising key points	Creating visual representations of knowledge	Testing yourself with short quizzes
Completion of practice papers	Flashcards	'Bulk revision' – revising one subject for a long period	Revision timetable

Rainford Revision Strategies



The strategies that we have been pushing as a school across all key stages are flashcards and self quizzing – these are both excellent ways of doing all the things that research tells us are the most effective things to do – spacing our revision, testing, creating desirable difficulties and retrieving information from memory to strengthen our long term storage. They are proven as some of the most effective ways to revise by a huge amount of research. We will go through the best ways to create and use these revision methods to maximise learning and your outcomes in exams.

Flashcards & self quizzing

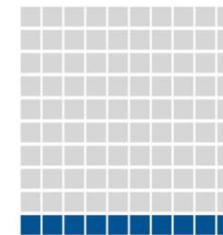
Flashcards

- Flashcards make you revise actively
- You should make your own flashcards
- Keep the information brief
- Add an image
- Say your answers out loud while studying (or write them down!)
- Space out your revision – remember you need to learn something 3-6 times before it sticks in your long term memory! Leave enough time to revisit.
- Use the Leitner System
(see information booklet for additional support)

EVERYONE SUCCEEDS

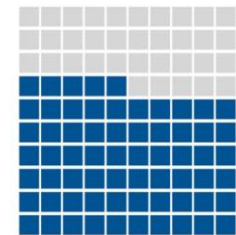
MOTHER SHIPTON 	Soothsayer, notorious for prophesying events
JOHN SNOW 	1854: Plotted cholera cases during epidemic. Removal of handle @ Broad St. pump.
LIND 	1753: Identified cause of scurvy. Insisted sailors given lime juice daily.
GORDON 	1795: Advocated washing hands + clothes in Chlorine to prevent child-bed fever.
LADY MARY MONTAGU 	1721: Introduced inoculation to England. (Smallpox)
JENNER 	1798: Published works on vaccination after testing on 9 year old Phipps + his 10 month old son (smallpox)

Memory retention after 3 days



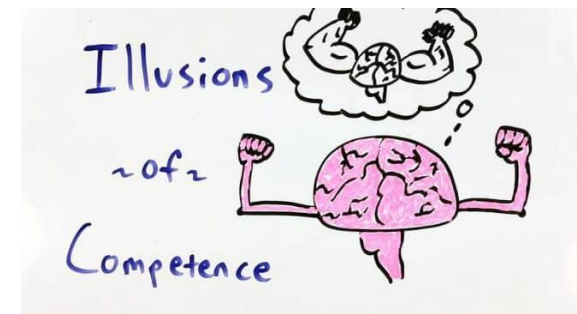
10%

Text or Audio Only

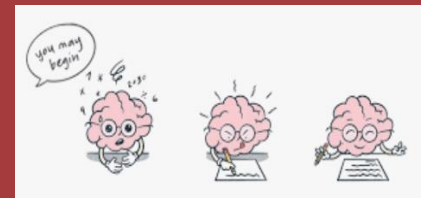


65%

Text + Picture



Self-quizzing



Look, read, cover, write, check

- Turn over / cover the information you are studying and write as much as you can down from memory as accurately as you can.
- Then flip over / uncover the information and check the accuracy of what you have written down.
- Use a different coloured pen to correct any errors and fill in any gaps.
- Read over the information again.
- Clean your whiteboard (or use a new sheet of paper at home) and see if you can remember more information this time.
- **Revisit the topic again in another session**

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Use the support available to you



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- PD sessions – Mock revision and preparation & guidance
- Pre learning and pre testing
- Revision information booklet
- Revision support workshops – Mrs Begley

- Website & Google classroom – all information available here, additional templates, guidance & advice to support with preparation

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Use the support available to you



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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?
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.gcsebitesize.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

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	www.tassomai.com	<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.freesciencelessons.co.uk https://www.bbc.com/bitesize/subjects/zs6hvcw	<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. 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).
	Physics Paper 1	Physics Paper 1 1. Energy 2. Electricity 3. Particle model of matter 4. Atomic structure	www.physicsandmathstutor.com www.aqa.org.uk www.savemyexams.com	
	All papers are 1 hr 15mins			

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Stream

Classwork

People

Marks

Yr10 Everyone Succeeds

 Meet

[Generate link](#)


Class code

wwg7dj2


Upcoming

No work due in soon

[View all](#)

 Announce something to your class



 Mrs Begley
12:19


Yr10 Mock exam revision information



Y10 Mock Exam Revision I...
PDF

 Add class comment...



 Mrs Begley
12:19

Yr10 Mock exam timetable



Y10 Mock Exam Timetable ...
PDF

 Add class comment...





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EXAMS 2024

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RAINFORD HIGH SCHOOL FORM

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Exams 2024

[Exam timetable GCSE 2024](#)

[Exam timetable A Level 2024](#)

[After school revision sessions 2024](#)

[GCSE examination – Revision guidance 2024](#)

[Parents Evening Information Booklet.pdf](#)

[A-Level Examination Revision Guidance 2024](#)

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Principal's Welcome

About Us

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Home > About Us > Mental Health & Wellbeing

Mental Health & Wellbeing

At Rainford High, we believe in promoting positive mental health and emotional wellbeing. Prioritising the wellbeing of students and staff ensures that outstanding teaching and learning can take place, and that the school is a community where everyone feels able to thrive.





RAINFORD
DAILY LIFE

TERM DATES

RAINFORD HIGH GOVERNORS

ACCESSIBILITY

EQUALITY AT RAINFORD

WAYS TO US

STAFF

POLICIES

PUPIL PREMIUM

GRANTS & FUNDS

SEVERE WEATHER

VACANCIES

FACILITIES HIRE

SEND

KEY STAGE 3: YEARS 7, 8 & 9 STAFF

KEY STAGE 4: YEARS 10 & 11 STAFF

Rainford High Sixth Form

English

Mathematics

Science

Art & Technology

Computing/Media/Social Sciences

Humanities

Modern Foreign Languages

Performing Arts

Physical Education

Social Sciences/Business Ed

Technology

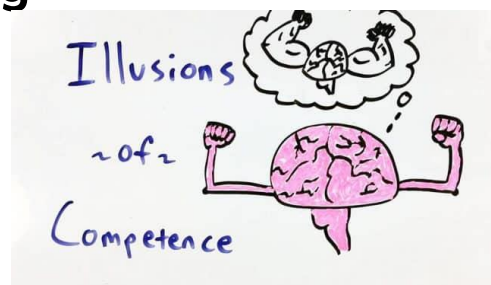
Non-Teaching Support Staff

WORKING TOGETHER
KIND AND RESPECTFUL

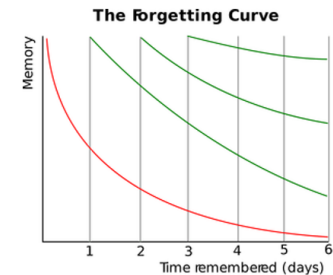
Remember what really works...



- 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 Dunlosky Review

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



So what now?



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Aim to work hard doing the right things!

- Use the most effective revision techniques
- Get organised & manage your time efficiently
- Use the support available to you



*If you get the process right, the marks, the grades,
the results will take care of themselves!*

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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
- ✓ Use effective revision techniques – Flashcards, Self –quizzing, Spacing and Retrieval
- ✓ Manage your stress – remember it's normal and healthy to feel some stress but help yourself by thinking positively and clearly – **you've got this!!** 

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