

Wallingford School

'Able and Qualified'

A Guide to Year 11

At Wallingford School we aim for every child to leave us 'able and qualified'. We know how important it is to work in partnership with families and students to ensure every child is successful and has the best chances of securing excellent outcomes. This guide should help you, as parents and carers, over the course of year 11 to support your child's learning at home.

As ever, do get in touch if you have any questions or if we can help in any way.

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Year 11 Tutors:

Miss Gibson

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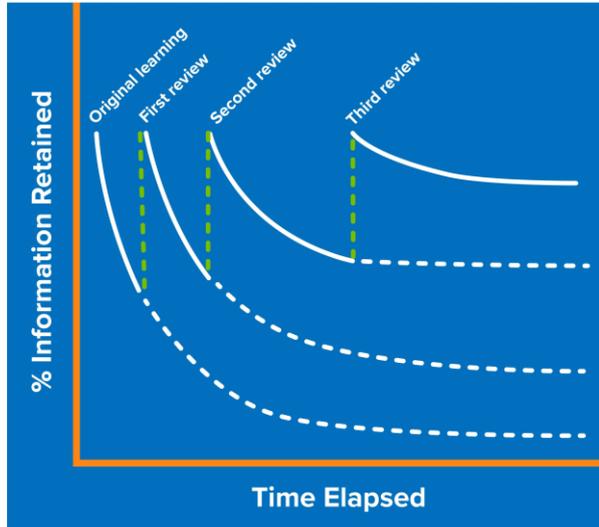
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The Year Ahead – some key dates

- **Tuesday 12th October** – Progress Report 1
- **Wednesday 13th October** – 6th Form Open Evening
- **Thursday 11th November** – Y11 Parents' Evening 1
- **Monday 6th December until Friday 17th December** – Mock Exams 1
- **Friday 14th January** – Mock results envelopes
- **Wednesday 19th January** – “Disappointing Mocks – What now?” *Invite only*
- **Wednesday 9th February** – Progress Report 2
- **Monday 14th February until Friday 18th February** – Mock Exams 2
- **Thursday 10th March** – Y11 Parents' Evening 2
- **Wednesday 23rd March** – “Getting revision right” Y11 Information Evening
- **Friday 6th May** – Y11 Celebration Day and Ball
- **Thursday 23rd June** – Founders Day
- **Thursday 18th August** – Results Day

A note on forgetting!

We all know how frustrating it can be when you feel you've worked really hard in lessons and done everything the teacher has asked, but you still can't remember how to answer a question – this is really normal and the forgetting curve below shows what happens when we are exposed to information for the first time:



The good news is there is plenty you can do to overcome the forgetting curve:

1. Plan to revisit topics (this is called revision!)
2. Revise topics shortly after learning them (normally this is homework)
3. Space your learning out – don't only focus on one thing for a long period of time
4. Reduce your cognitive load (reduce

We'll be launching our mock exam revision programme the week before October half term. During this week, students will plan their revision and explore different revision techniques like the ones on the following pages.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18 th Oct							
25 th Oct	HALF TERM						
1 st Nov							
8 th Nov							
15 th Nov							
22 nd Nov							
29 th Nov							
6 th Dec	MOCKS						
13 th Dec							

We'll go through a similar process with students before the external exams start in May.

Summarising information

Can you summarise a text of 500 words down to 200?

How about summarizing it down to 50?

Now can you make **flash card** of the important information?

Quizzing

You can help your child by quizzing them at the end of their revision. Make a note of anything they didn't get right and focus on this during the next revision session.

Online Resources

There are plenty of really good online resources for revision – class teachers will share details of the ones we subscribe to.

COMMON STUDENT STATEMENTS
TRUE OR FALSE ???

- 'I need regular breaks'**
TRUE
Revision is much more effective when done in intense bursts with short breaks in between.
- 'I have no work to do!'**
FALSE
There is plenty of revision to be getting on with on each subject's home revision programme.
- 'No-one else has started revising yet'**
FALSE
Some students started their exam preparation before October half term.
- 'I need time away from studies to relax'**
TRUE
Students need to stay relaxed in order to be re-ceptive to revision. Some time spent doing sports and hobbies can be helpful.
- 'I can revise and watch TV'**
FALSE
Studies have shown that trying to revise while following a TV programme is very unsuccessful. Quiet background music can be helpful, but loud music and screens make revision ineffective.
- 'Revision is just reading over your notes'**
FALSE
Just reading notes is an ineffective way to revise. To make the information stick the mind needs to process the information and make links.
- 'It's too early to start revising'**
FALSE
It's never too early. Starting early will allow you to get through all the material in plenty of time avoiding last minute panic!

Wellbeing

There's no getting away from it, year 11 is a really important year and we know that at times students can feel overwhelmed.

The prospect of exams is stressful and this can induce a 'fight, flight or fright' response in students. As parents and carers, it is really important that you don't show your panic if this happens. Stay calm, keep positive and reassure your child!

The following may help your child keep calm and deal with stress:

Sleep – teenagers need a lot of sleep, especially when their brains are working so

A good diet – try and make sure your child is eating healthily. They may have a huge appetite and need lots

Spending time with friends and family

Exercise releases endorphins - walking, running, playing sport are all great forms of exercise

Limit time on phones and screens

Keep up with clubs and other activities

What can parents / carers do to help?

- Make sure your child attends school on time and ready to learn
- Help your child to get in the right frame of mind when revising at home
- Be ready for stress – stay calm and help them deal with it
- Help your child plan revision
- Agree a reasonable revision programme and help them stick to it
- Provide a quiet calm environment for them to revise in
- Provide plenty of food and drink, treats and rewards
- Provide resources – revision guides / stationery / past exam papers and mark schemes
- Be overwhelmingly positive

Our school library

Our school library is open to students for quiet revision before and after school. It is well stocked with revision guides and computers to access online revision websites.

There's help in school, so do get in touch with someone at school if you think your child may need some extra support.