



Help Your Child Learn

at

Stafford Manor High School

## Introduction:

This booklet is designed to keep you informed about your child's flight path through year 11, and how you can support them through the ups and downs that they will inevitably experience.

## Contents:

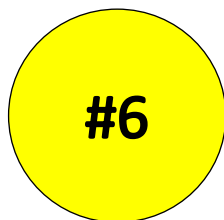
1. Exam Timetable
2. Expectations (#6)
3. School holiday revision expectations
4. How you can support your child
5. Careers Guidance

## 1. Exam Timetable: PPE1

<b>Date:</b>	<b>Day:</b>	<b>Exam:</b>	<b>AM/PM:</b>
<b>31<sup>st</sup> October</b>	Monday	Biology	AM
<b>31<sup>st</sup> October</b>	Monday	Maths	PM
<b>1<sup>st</sup> November</b>	Tuesday	Geography	AM
<b>1<sup>st</sup> November</b>	Tuesday	Maths	PM
<b>2<sup>nd</sup> November</b>	Wednesday	Chemistry	AM
<b>2<sup>nd</sup> November</b>	Wednesday	English (11A)	PM
<b>3<sup>rd</sup> November</b>	Thursday	English (11W/E/S)	AM
<b>3<sup>rd</sup> November</b>	Thursday	French Listening	PM
<b>4<sup>th</sup> November</b>	Friday	History	AM
<b>4<sup>th</sup> November</b>	Friday	Philosophy & Ethics	PM
<b>7<sup>th</sup> November</b>	Monday	English (all students)	AM
<b>7<sup>th</sup> November</b>	Monday	French Reading	PM
<b>8<sup>th</sup> November</b>	Tuesday	History	AM
<b>8<sup>th</sup> November</b>	Tuesday	PE	PM
<b>9<sup>th</sup> November</b>	Wednesday	Physics	AM
<b>10<sup>th</sup> November</b>	Thursday	Maths	AM
<b>10<sup>th</sup> November</b>	Thursday	Design Technology	PM
<b>10<sup>th</sup> November</b>	Thursday	PE	PM
<b>10<sup>th</sup> November</b>	Thursday	Health & Social Care	PM
<b>11<sup>th</sup> November</b>	Friday	Geography	AM
<b>14<sup>th</sup> November</b>	Monday	French Speaking	Various
<b>28<sup>th</sup> November</b>	Monday	Art	All Day

## 2. Expectations

We have a very simple list of 6 things that we expect our Y11 students to achieve in order to be successful. We call this, being #6. It is a simple way for them to stay focussed on what really matters this year.



### 1. Turn up (attendance is above 95%)

If they are not in school they are not receiving the information needed to pass their GCSE course. Remember, although 95% looks like good attendance, over the whole year that adds up to 2 weeks missed.

**GET THEM TO SCHOOL EVERY DAY, ON TIME...**

Well, my child's got a 95% attendance record – that seems pretty good to me!

**Think again....**

95% Attendance = **Half a day** of lessons missed every two weeks.

95% Attendance = **Two weeks** of lessons missed each year.

This is the equivalent of almost a **whole years' lessons** for one GCSE subject!

**...BECAUSE EVERY LESSON COUNTS!**

**A GCSE in 19 days?**

They may think they've got forever BUT look at how much time they typically have over the two years...

<b>Citizenship</b>	<b>19 days</b>	(3 x 1 hour lessons a fortnight)
<b>French</b>	<b>32 days</b>	(5 x 1 hour lessons a fortnight)
<b>Maths</b>	<b>50 days</b>	(8 x 1 hour lessons a fortnight)

They will cover most topics **only once** in these hours – learning first time around is the key to successful revision and exam results!

## 2. Work Hard in class (A2L above 3+)

We measure their attitude 2 Learning score from 1-4. With 1 being 'unacceptable' and 4 being 'great'. It goes without saying that students should be striving for 4's in every subject. If it drops below 3.5, then we are concerned that their student is 'coasting'. If it goes below 3, then we have major concerns about their attitude towards their studies.

How can you help?

- Help your child organise a work area at home
- Talk about yours and their expectations
- Agree regular 'check ins' with them to see how they are doing
- If you have any concerns, contact the school. Teachers really appreciate supportive parents.
- Encourage and praise them

## 3. Complete your homework (Homework grade 3+)

As mentioned earlier, homework is a vital part of a student's success. If they are not completing it, we will be letting you know.

How can you help?

- Make sure they have a quiet place to do their studying
- Students should not have their phone near them when working. It is a distraction.
- Provide help where you can or support them in finding out things you both are unsure of.
- Use show my homework to track what homework they have

#### 4. Revise at home

With the current circumstances, we are not able to offer revision after school at the moment. We would recommend that you are revising at home using the revision material set by your teachers.

##### Quick tips for revising

- Make yourself start however much you don't want to - the hardest bit is over with then!
- Build in short breaks.
- Do frequent short exercises - stretches, neck and shoulder rolls, walking around etc.
- Drink water and get fresh air. Keep the temperature cool.
- Eat 'brain food' - avoid sugar and have lots of healthy snacks around to eat little and often.
- Take a day off and do something completely different.
- Don't leave the difficult bits to the end.
- Do something relaxing between revising and bedtime.
- STOP and take a break if you start feeling frustrated, angry, overwhelmed. Make a note of the problem to take to your next lesson, and move on to something else.
- Focus on what you have done, not all the things that you haven't - every little helps.
- Promise yourself little rewards after each session - a favourite TV programme, reading a trashy novel or going out with friends.
- At the end of each session, file away your notes and clutter so that your work-area is clear for the next session.

As soon as we can, we will have everyone back in for revision sessions to help to prepare them for the exams in Summer.

## 5. Complete your coursework

Some subjects have a coursework or project module. It is vital that our student's keep to deadlines set by their teachers. If it is left too late, then work can pile up and make things extremely stressful. Especially towards the end of the year.

## 6. Punctuality (Lates)

If a student is late, it means they not only miss vital instruction, but it also suggests a casual attitude towards their learning. We need our students focussed and ready to learn. If a student is late to, or misses an assembly, they will be set an after-school detention.

How can you help?

- Make sure they are up in good time
- A good healthy breakfast to start they day
- An alarm clock if they are oversleeping

## 3. School holiday revision expectations

During the school holidays, the teachers will set Y11 student's extra homework in order that they don't go backwards over extended periods. We know students in other schools are doing this, and our students grades depend on how well they do compared to all other students.

The work set will be relevant to their exams, and topics that we know they need more work on. (See revision timetable)

## 4. How to revise

What makes good revision?

1. **Start revising early** – don't leave it to the last minute!
2. **Don't spend ages making your notes look pretty** - it will waste time you need to learn!
3. **Make flash cards!** - condense the main things you need to know onto card. Question on the front. Answers on the back. Quiz yourself every day until you know it all!
4. **Take short breaks every hour**
5. **Use revision guides** to focus your learning.
6. **Stick revision notes all around your house**
7. **Get set up before you start** – all the notes, drinks, food, etc... that you'll need so you don't get distracted.
8. **Sit at a proper desk** if you can.
9. **Don't put it off** – it will add to stress levels!
10. **Don't just read your notes** - you have to WRITE IT DOWN!
11. **Do lots of practice exam papers / questions**
12. **Read the exam timetable properly** – make sure you're preparing for the correct exam!



## Revision Timetable

Day	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Sat 8 <sup>th</sup> Oct												
Sun 9 <sup>th</sup> Oct												

Day	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00
Mon 10 <sup>th</sup> Oct									
Tue 11 <sup>th</sup> Oct									
Wed 12 <sup>th</sup> Oct									
Thu 13 <sup>th</sup> Oct									
Fri 14 <sup>th</sup> Oct									

Day	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Sat 15 <sup>th</sup> Oct												
Sun 16 <sup>th</sup> Oct												

Day	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00
Mon 17 <sup>th</sup> Oct									
Tue 18 <sup>th</sup> Oct									
Wed 19 <sup>th</sup> Oct									
Thu 20 <sup>th</sup> Oct									
Fri 21 <sup>st</sup> Oct									

Day	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00
Sat 22 <sup>nd</sup> Oct												
Sun 23 <sup>rd</sup> Oct												
Mon 24 <sup>th</sup> Oct												
Tue 25 <sup>th</sup> Oct												
Wed 26 <sup>th</sup> Oct												
Thu 27 <sup>th</sup> Oct												
Fri 28 <sup>th</sup> Oct												
Sat 29 <sup>th</sup> Oct												
Sun 30 <sup>th</sup> Oct												

<p style="text-align: center;">Half Term (per day):</p> <p>Bronze Day = 2 hours          Silver Day = 3 hours          Gold Day = 4 Hours</p>	<p style="text-align: center;">Term time:</p> <p>Bronze Day = 30 minutes          Silver Day = 1 hour          Gold Day = 1.5 Hours</p>
<p>Try to aim for 25 hours of revision between now and the PPE's. This can be made up of bronze days, silver days, gold days and rest days.</p>	

## 5. Careers



### Future Pathways - Next Steps

This can be a difficult time, making sense of all the different qualifications and apprenticeships. Then to decide on best course/s to take and where to take them. Students may have a clear idea about what they want to do and others may be unsure either is perfectly normal.

The best way to support your son/daughter is to talk to them about their choices, encourage them to listen to all options and attend Sixth form talks and Open evenings and visit employers/college if interested in an apprenticeship.

All Year 11 students will get a careers interview with our Careers Advisor and these will start shortly after half term. Hopefully this meeting will help students think more clearly about their possible options.

#### What grade will I need?

Level 3 Courses generally a minimum of Grade 4/5 in English and Maths with Grade 6/7 in some subjects

Level 2 Courses generally 4 passes including Maths and English at Grade 3 +