



The Sutton Academy

Year 11 Exam Preparation



The following pages will give you some tips on how to help your child prepare for their exams

How to help your child prepare for exams

- ➡ Year 11 Intervention Programme
- ➡ SAM Learning for all students
- ➡ After school classes in English and Maths
- ➡ Saturday morning revision classes
- ➡ February half-term revision
- ➡ Easter revision
- ➡ Individual programmes for intervention
- ➡ Parent's booklet

Dear Parent

We are really pleased with how well our Year 11 students did in the November English & Maths GCSE exams and in their mock exams. Last week we held a very successful 'Mock Results Day' which gave a clear focus for improvements over the next 2 terms. The countdown to GCSE exams has already begun, with coursework deadlines soon upon us.

As parents, you play a crucial role in supporting your son or daughter over the coming months. With this in mind, we have detailed in this booklet, some of the interventions and extra classes which are available to Year 11 students. Please encourage your son or daughter to get involved and make the most of the opportunities we offer.

All Year 11 students have been issued with a 'Passport to the Prom', so that they can record their attendance at school and at additional classes. Please take a look at the passport and note how often your child is getting involved.

If you have any concerns or queries, please don't hesitate to get in touch with us.

Why do they need support?

Exams can be very stressful for students, especially when they are important national exams like GCSE's. This can also be a stressful time for parents.

Students who do best in exams:

- ▶ Have revised thoroughly
- ▶ Feel confident
- ▶ Have parents who take an interest in their revision
- ▶ Have eaten a proper breakfast or lunch
- ▶ Have had a good nights sleep
- ▶ Have good attendance

How can parents help?

- ▶ Offer help as a tester, reader, source of knowledge, buyer (of books)
- ▶ Organise fun activities for them to reward their hard work
- ▶ Offer praise and rewards
- ▶ Work out time limits (for revision and social time)
- ▶ Ensure they have a suitable place for study (a quiet place without distractions)

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What to avoid...

- ▶ Forcing them to revise in the way you think is best
- ▶ Getting stressed with them
- ▶ Making comparisons between them and others
- ▶ Believing the revision lies

The revision lies and the answers

It's too early to start revising

It is never too early to start revising, the most effective revision starts early and continues with a little and often.

No-one else has started revising yet

Yes they have, students tend not to talk about it because it is not cool to do so.

You can't revise for....

You can revise for all subjects, remember you can read the book for English, do practise questions, create revision cards, draw mind maps.

It's too late to start revising now

It is never too late to start revising, best to start early but late revision is better than no revision.

You don't need to do well in...

Yes you do, Employers and Universities like to see consistent results, they will start to ask questions if they see D and E grades next to A's and B's

I can revise and listen to music/watch T.V. at the same time

Not if you are going to concentrate on it properly.

Revision is boring because it is just sitting there looking at books

The best revision should be active and varied, this could include: Questions and answers, revision cards, recording MP3 files, answers questions, matching games, websites.....

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The Revision Timetable

Students need to have a structure timetable for their revision, this should include the times they are going to revise, the subjects they are going to revise and exactly what they are going to do. Remember revision is best done in short sharp bursts with a break in between.

Date	Subject	Time	Tasks	Complete (✓)
1/2/11	Maths	3:00 - 3:30	Practise use of algebra	
	Science	3:45 - 4:15	Revise how to balance equations	
	French	7:00 - 7:30	Record MP3 of vocab	
	English	7:45 - 8:15	Read Chapter 4 & 5 of Lord of the Flies	
2/2/11	Business	3:00 - 4:30	Make revision cards on profit and loss	
	RE	3:45 - 4:15	Create a mind map of the comparison between Christianity and Buddhism	
	PE	7:00 - 7:30	Draw and label the skeleton	
	History	7:45 - 8:15	Write an essay plan for the causes of the 2 nd World War	

Managing Time

- ▶ Some time is better than none, a lot is better than too much.
- ▶ It is unwise to do too much on one day and nothing at all on another.
- ▶ 30 minutes is an average. But sometimes it could be as short as 10 minutes and other times it could be 3 hours.
- ▶ Students should have one day per week free from revision to allow them to relax.
- ▶ Breaks are essential when revising to keep the mind fresh. Going outside for some fresh air is a good idea during these breaks.
- ▶ Students will also work better at different times of the day, it is worth working out which time of the day is best for them and using this as their revision time.



Remember if a student does two 30 minute revision sessions a day from February to June they will complete 150 hours of revision, so get started now!

Varying revision

The best way to revise is to keep the brain alert and active. To do this students should revise in a variety of ways and try to find novel approaches. Sometimes working in groups can be a good way of revising as long as the time is spent revising.

10 ways to revise

1. Make mind maps/flow diagrams and put them on the wall of your bedroom so that you see them everyday
2. Make up songs or mnemonics
3. Keep a learning log of what you have learnt each day
4. Watch BBC Bitesize
5. Use internet revision sites or revision guides
6. Do exam questions
7. Create revision cards
8. Summarise your knowledge on a topic in 500 words, then 200 words, then 50 until you get the information down to 10 key words.
9. Read sections of books that summarises the information
10. Make recordings of the information and listen to it each day.



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Stress

Exams will be stressful for both students and parents alike. Sources of stress include: fear of failure, not being able to answer the questions, disappointing their parents. To help your child reduce their stress levels you can try:

- ▶ Encouraging them and telling them what they are good at on a regular (daily basis)
- ▶ Take an interest in their work and revision and point out what they have done particularly well
- ▶ Plan rewarding activities for them and ensure that they still have a social life as well as working hard
- ▶ Encourage them to think positively and tell them that you are proud of them and that you know they can do well
- ▶ Remain calm as a parent

Study space

Ensure students have a suitable study space, this should include:

- ▶ A proper place to work – a desk or table
- ▶ Quiet
- ▶ No distractions – No TV, music or younger siblings to disturb them

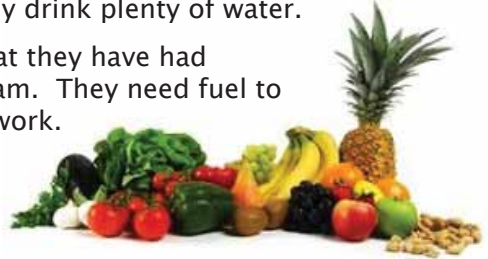


Preparing for Exams

Diet

It is important that students have a good diet when revising and also doing exams so that their bodies and brains are ready. Try to ensure that they have fresh fruit and vegetables, try to reduce sugar and fat and ensure that they drink plenty of water.

On the day of an exam ensure that they have had breakfast / lunch before their exam. They need fuel to ensure their bodies are ready to work.



Rest

So that the body and brain are ready for the stresses and strains of revision and exams try to ensure that your child has a regular sleep pattern, making sure that they get enough sleep and that they are not tired.

Exam Days

To try and make sure that these go as smoothly as possible you can:

- ▶ Make sure that students arrive to school in plenty of time
- ▶ Ensure students have had a proper breakfast / lunch
- ▶ Ensure that they have had a proper nights sleep – staying up all night the night before an exam revising is likely to be counter productive
- ▶ Ensure that students have all the correct equipment – pens, pencils, rulers, calculators, texts for English exams. All equipment should be in a clear plastic pencil case or plastic bag
- ▶ Make sure that students have a bottle of water for the exam – dehydration severely affects the performance of the brain.

What we will be doing in school to support your child



February Revision Programme



Easter Revision Programme



Individual Learning Programmes



Mentoring Programme



The service, which is accessible to all students, covers a wide range of subjects across the curriculum and can be used both in the academy and at home.

Students can log in and complete interactive tests, exam practice questions and exam papers, while staff can assign homework and monitor students' progress.

SAM has a proven track record: studies have shown that using the service leads to better exam results.

To log on you need to follow the instructions below:

Go to www.samlearning.com

Centre ID: WA9SC2

User ID: Date of Birth followed by two initials
(first name then last name)

Example: 010895DJ is the User ID for David Jones,
born 1 August 1995

Password: Learner account passwords are initially
the same as User ID

Centre ID

User ID

Password

[Can't log in?](#)



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Living to **learn**. Learning to **live**.