



Chingford Foundation School GCSE Preparation Evening

**Year 11 students and parents
Wednesday 9th January**



Plan for the evening

- Parental support for GCSE revision
- Key information for the next term
- Managing exam stress and promoting wellbeing
- Arrangements for the Pre-Public exams and the Summer GCSE exam period
- Post-16 plans



How can parents make a difference?

- Parental support can make a significant difference to how students perform in their exams.
- Your support, encouragement and interest can make a spectacular difference to your child's motivation and ability to cope with the academic and organisational demands of the exam period.



What can parents/guardians do to help?

- Help your child to get in the right frame of mind
- 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



What can students do to help themselves?

- Maximise your attendance: If in doubt over illness – get to school
- Be punctual: Late arrivals miss key lesson starters
- Attend all the intervention and revision sessions you've been selected for
- Revise at home: Make a reasonable revision programme and stick to it
- Take responsibility for your own success



Familiar?

She's always got an excuse – I don't know what to believe.

Surely she shouldn't be going out again when she's got exams soon?

He always leaves everything until the last minute!

I don't understand all the coursework, levels and different modules.

He told me he had done all his revision, now he is playing computer games!

Why won't he just talk to me? I can see he is stressed – I'm not the enemy!



The Facts

- Your parents/carers want you to do well
- They can only help if you let them
- Sometimes them helping, will feel like you missing out or being treated differently



What we know

- Exams start Monday 13th May 2019
- 72 days left of teaching
- 52 days of holiday and weekends
- Wednesday 30th January – Parents Evening



Action Plan

1. Create an action plan:

When are you revising?

2/3 x 45 min. sessions a night; 4 nights a week

What are you revising?

Maths, Science and PE – Monday

Maths, Geography and RS – Tuesday

Where are you revising?

Not in your room! Create a space/use a space



Action Plan

2. Talk to people:

How can parents help?

Share your action plan, help them understand your issues/restrictions

How can teachers help?

They want you to do well – talk to them!

Shared area, revision books/tools, websites



Action Plan

3. Commit:

Stick to your plan – do not make excuses!

17 weeks to stick to YOUR plan

You will get the results you deserve, not the results you are capable of – it is ultimately down to you.



Planning revision

- Revision notes are key – reduce them down to single A4 pages the closer you are to the exams
- Use previous exam questions and match your revision notes to them
- Have a clear goal for each revision period
- Have a start and finish time – and stick to it!



Planning revision

- STOP and take a break if you are becoming frustrated, angry or overwhelmed.
- DO NOT BE INFLUENCED BY FRIENDS WHO TALK ABOUT HOW LITTLE WORK THEY ARE DOING.
- Make yourself start however much you don't want to – the hardest bit is over with then.



Making a revision timetable

HISTORY PAPER 2 CAUSES OF W.W.II	TOTAL – 19 HOURS	Completed / Get help
Appeasement	3	
Role of the individual (difficult)	5	
Failure of the League of Nations	5	
US isolationism	3	
Rise of the Dictatorships	3	



Pastoral Support – Mr Taborda (Deputy Head of Middle School)

- Attendance:
 - 94.7% - Quite good but I would like to see that closer to 96%
 - 31,241/33,173 sessions attended (AM and PM combined)
 - At this stage of the year, we need the students in and to power through any colds or headaches!



Pastoral Support – Mr Taborda (Deputy Head of Middle School)

- Punctuality – Late to AM and PM Registration:
 - 2.8% Late to AM and PM Registration – Overall, 97.2% punctuality which is very pleasing
 - 931/33,173 sessions recorded as late (AM and PM combined)
 - BUT: There are a few students who ‘went the long way around’ therefore contributing to lateness which is easily avoidable!
 - It is important to start the day correctly – on time, calm and organised as opposed to sauntering in late!



Pastoral Support – Mr Taborda (Deputy Head of Middle School)

- Punctuality – Late to Lessons (168 students overall):
 - 4.12% Late to Lessons – Overall, 95.88% punctuality which is good but there is certainly room for improvement
 - 1,369/33,173 sessions recorded as Late to Lessons
 - BUT: There are a few students who ‘went the long way around’ therefore contributing to lateness which is easily avoidable!
 - Valuable Lesson time is lost with students being late!



Pastoral Support – Mr Taborda (Deputy Head of Middle School)

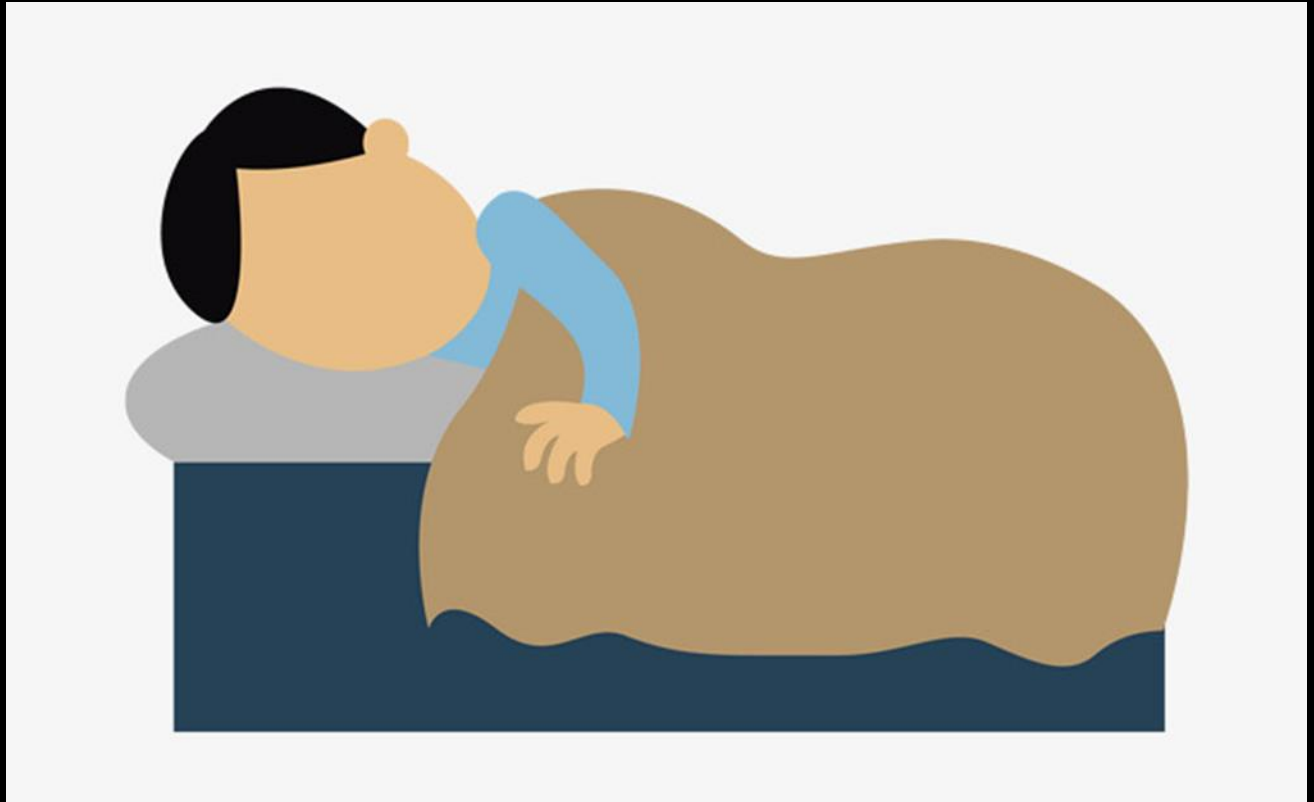
- GCSE 'Pack' – Every student in Year 11 will receive:
 - 1 each of a Black, Blue, Purple and Green pen
 - A Highlighter
 - Revision Cards
 - Exercise/Notebook
 - Ruler
 - Protractor
 - Pencil Case
 - Pad of Sticky Notes
 - Lined White Paper
 - Subject Dividers





Wellbeing

- Sleep
- Managing screen time
- Healthy eating
- Physical and mental health
- Focus on why revision and the exams matter to you
- Sense of purpose – focus on how GCSEs will help you achieve future goals
- Summer



Sleep well – help your child develop a consistent routine and a regular bedtime



Manage your mobile phone:

- Don't have it next to you when you revise
- Turn it on to silent or turn it off
- Don't have it next to you when you sleep – charge it somewhere else in the room
- Use going on your phone as a reward for completing a set amount of revision
- Give it to your parents to look after



Eat well – especially breakfast

- Look after yourself physically and mentally
- Make time for exercise
- Get fresh air between your revision sessions
- Build in times where you are doing something completely different from work – going out, talking to a friend etc



If you feel stressed or anxious talk to someone – at school or home

Create a sense of purpose – think about how revision will help you achieve your future goals to keep you motivated



Year 11 Leaver's Assembly and Prom are not long after you finish your exams!



Remember the long summer you'll have after your exams – use this to motivate you through your revision





Pre-Public Exams

YEAR 11 Pre-Public EXAMS February 2019

- All exams will take place in the Clive Moore Sports Hall except for Music and Language listening and Media Video exam unless otherwise advised

	Monday 4 th Feb	Tuesday 5 th Feb	Weds 6 th Feb	Thursday 7 th Feb	Friday 8 th Feb	Monday 11 th Feb	Tues 12 th Feb	Weds 13 th Feb	Thurs 14 th	Fri 15 th
Session 1: 9.15– 11.00 Meet 9: 00 in the Forum	RS 1– all students 1h 45m	Maths – all students (non-calculator) 1h 30m	Maths – all students (calculator) 1h 30m	English Literature All students – Shakespeare + C19 th Novel 1h 45m	English Language – all students - 1h 45m Paper 2 Writers' viewpoints and perspectives	Media Studies 1 – (video unit) 1 hr 30 mins	Maths – all students (calculator) 1h 30m	History paper 2 (1h 45m)	Electronics – 1hr 30m Art Slot 1	Science – Physics 2 1h 10m Combined Science 1h 45mins Triple Science Physics 2
Session 2: 11.40 – 1.15 Meet 11.25 in Forum	History Paper 1 (1h)	French Reading (1h F- 1h 15m H) Spanish Reading (1h F- 1h 15m H)	Business – 1hr 30m	Geography Paper 3 (45m)	French Writing (1h15m F- 1h 30m H) Spanish Writing (1h15m F- 1h 30m H)	History Paper 3 (1h 20m)	P3: French Listening H (45mins) P4: French Listening F (35mins)	Geography Paper 2 (45m)	P3: Spanish Listening H (45mins) P4: Spanish Listening F (35mins)	Geography paper 1 (1h 30m)
Session 3: 2.30 – 4:30 Meet 2.15 in the Forum	English Language – all students - 1h 45m Paper 1 Explorations in creative reading and writing	Science – Biology 2 1h 10m Combined Science 1h 45m Triple Science Biology 2	English Literature - Modern Texts and Poetry 2h 15m	Science – Chemistry 2 1h 10m Combined Science 1h 45m Triple Science Chemistry 2	Computing -1h 30m Hospitality -1h 30m Music – 1hr 30m	ICT -1hr Computing 1h 30m	PE – 2 hrs Electronics – 1hr 30 mins	Drama – 1h 45m Business – 1hr 30m	Design – 2hrs Art Slot 2	Art Slot 3 Media Studies 2 – 1 hr 30 mins
	Study Leave									
	All students in exam									
	Non-exam students in lessons or supervised in refectory once exam complete									



Summer exam dates

- Most exams are between **Monday 13th May and Friday 14th June.**
- Modern Language Speaking exams and practical exams such as Drama, PE and Art will be earlier.
- Study leave from Monday 13th May although there will be compulsory revision sessions scheduled on some days



Post-16 and Careers

- **Thursday 17th January** – CFS 6th Form Open Evening
- **Wednesday 30th January** – Year 11 Parent's Evening
- CFS Entry requirements – at least 5 GCSEs at grades 4-9
- You will usually be required to achieve at least a grade 5 or 6 in a subject you want to study at A-level
- Wider range of new courses on offer in our 6th form including more vocational and practical routes.



Post-16 and Careers

- Look at what other providers offer - visit other colleges and schools. Make sure you have a back up plan.
- Use the start profile to help think about careers (www.startprofile.com)
- Refer to the careers booklet and the careers information on the school website



Need more information?

- Mr Taborda – Deputy Head of Middle School and Student Progress Leader for Year 11
- Mr Campbell- Head of Middle school
- Ms Davis – Vice Principal (KS4 Raising Standards)
- Mr Sterling – Careers