



YEAR 11 ACHIEVEMENT EVENING & MOCK EXAM RESULTS

TUESDAY 1ST APRIL 2020 @ 6PM
CHICKEN & CHIPS PROVIDED TO FAMILIES!





- ✓ Opportunity to touch-base before the exams
- ✓ Last Time Guidance on GCSE Preparation
- ✓ **Issuing Mock 2 Exam Results**

INFORMATION



WHAT YOU CAN DO

- ✓ Test your child knows exactly what exam board they are studying – information on next page.
- ✓ Ensure your child has a personal Easter revision timetable – template on next pages.
- ✓ Have the [Exam Calendar](#) pinned up on your walls.
- ✓ Ensure they complete every past exam paper for each qualification.








WHAT YOUR CHILD CAN DO

- ✓ Easter GCSE Revision Sessions.
- ✓ Period 6 Sessions.
- ✓ Complete your 2 week Easter Revision Timetable and keep to it
- ✓ Use GCSE Pod and the nominated website packages for each subject area.

GUIDANCE

QUALIFICATION BREAKDOWN



ENGLISH	MATHS	SCIENCE	HUMANITIES	LANGUAGES	BUSINESS & COMPUTING	VTC (CREATIVE)
<p>ENGLISH LANGUAGE - AQA ENGLISH LITERATURE – AQA FUNCTIONAL SKILLS ENGLISH LEVEL 2 - AQA STEP UP TO ENGLISH - AQA</p>	<ul style="list-style-type: none"> MATHS (HIGHER) - AQA MATHS (FOUNDATION) - OCR ENTRY LEVEL MATHS - AQA 	<ul style="list-style-type: none"> BIOLOGY - AQA CHEMISTRY - AQA PHYSICS - AQA COMBINED SCIENCE TRILOGY - AQA ENTRY LEVEL SCIENCE - AQA 	<ul style="list-style-type: none"> GEOGRAPHY – AQA RELIGIOUS STUDIES – AQA HISTORY - PEARSON EDEXCEL ENTRY LEVEL GEOGRAPHY – OCR ENTRY LEVEL HISTORY - OCR 	<ul style="list-style-type: none"> GERMAN - PEARSON EDEXCEL FRENCH - PEARSON EDEXCEL ARABIC - PEARSON EDEXCEL PORTUGUESE - PEARSON EDEXCEL PERSIAN - PEARSON EDEXCEL TURKISH - PEARSON EDEXCEL SPANISH – AQA PUNJABI - AQA 	<ul style="list-style-type: none"> BUSINESS & ENTERPRISE – NCFE COMPUTING (DIT) - PEARSON EDEXCEL 	<ul style="list-style-type: none"> ART & DESIGN (ART, CRAFT & DESIGN) - AQA ART & DESIGN (PHOTOGRAPHY) - AQA PERFORMING ARTS – WJEC MUSIC - PEARSON EDEXCEL HEALTH & FITNESS - NCFE FOOD & COOKERY – NCFE
	 		  	 	 	   



WEEK STARTING 7TH APRIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 am							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							



WEEK STARTING 14TH APRIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 am							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							



Newsome Academy



USEFUL LINKS

1. [Summer GCSE Timetable](#)
2. [Study Support Pack](#)
3. [Y11 Prom Info](#)

GCSE RESULTS DAY

Thursday 21st

August

8.30 - 10.00am

YEAR 11 GCSE RESULTS DAY

THURSDAY 21ST AUGUST

- Your child can collect their results from school on Thursday 21st August between 8.30am - 10.00am.
- If your child cannot collect their results in person, they can opt to receive their results via email or nominate someone to collect them on their behalf. They must provide the name of the nominated person by completing an online form which will be sent nearer the time.
- The representative must provide photographic I.D. Alternatively, you can provide a stamped self-addressed envelope for results to be sent in the post. Again, this must be provided before the end of the summer term.
- **Results will not be released to anyone other than the student without prior written permission from the student as outlined above.**



Newsome Academy



USEFUL LINKS

1. [Summer GCSE Timetable](#)
2. [Study Support Pack](#)
3. [Y11 Prom Info](#)

GCSE RESULTS DAY
Thursday 21st August

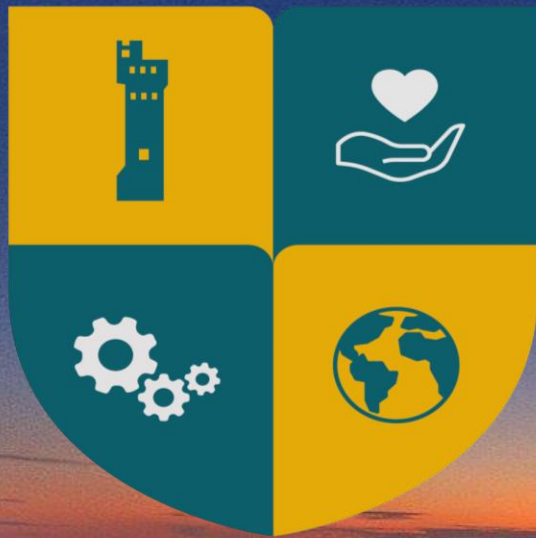


YEAR 11 EASTER REVISION SESSIONS

	5-Apr	7-Apr	8-Apr	9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	21-Apr
Department	Sat	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Mon
English					English										
Maths															
Science											9 to 12	9 to 12			
Geog											Geog 9 - 12				
Hist											Hist 9 - 12				
RE			RE 9-12												
Music		Music													
Art			Art			Art									
Food			Food	Food		Food AM									
PE/H&F				H&F											
PA										PA					
Business & Computing										Business					
MFL									MFL						

Additional Sessions

- Computing: Saturday 26th April



Each subject area uses additional software to support learning - this provides learning outside the classroom...

Subject-Specific Software Packages to Support Study

<p>ENGLISH Mr Bruff's Video Guides (KS4) Spark Notes</p>	<p>MATHS Corbett Maths Sparx Maths</p>	<p>SCIENCE Educake</p>
<p>GEOGRAPHY GCSEPod Seneca Learning Tutor2u</p>	<p>HISTORY GCSEPod</p>	<p>RE Seneca Learning GCSE Bitesize GCSEPod</p>
<p>LANGUAGES Active Learn - Y7-9 Active Hub - Y10 and 11</p>	<p>MUSIC Music - BBC Bitesize BandLab: Make Music Online</p>	<p>VTC BFI iAchieve</p>
<p>GENERAL Oak National Academy GCSEPod BBC Bitesize Reading Plus</p>		

SUBJECT WEBSITES



WELLBEING WEBSITES

MINDSHIFT

MindShift app is based on to help young adults cope with anxiety, by acting as a portable coach that guides users through challenging situations. Designed in collaboration with Anxiety Canada, this app teaches users how to relax and helps them identify active steps to directly face and take charge of their anxiety. The app provides a variety of methods for young people to respond to anxiety including; developing their knowledge of anxiety and symptoms, engaging in relaxation tasks, evaluating their level of anxiety in particular situations, developing realistic thinking patterns and changing behaviour. Specific tools help users tackle issues such as improving their sleep quality, dealing with perfectionism, and handling conflict. These tools address everyday situations that contribute to increased levels of anxiety to help users change their overall relationship with anxiety. The goal is to help young people learn and practice anxiety coping skills.

MOODPATH

Moodpath is an interactive depression and anxiety screening program. This app tracks psychological, emotional and physical health over a two-week period in order to generate a personalised mental health assessment that users can discuss with their doctor or counsellor. The app also contains an educational component to teach users about the psychology behind their mood, signs of depression, and psychotherapy. It's one of the best apps that help youth and young adults with mental health struggles that include CBT and wellness.

HEADSPACE

Headspace: Guided Meditations and Mindfulness takes a calm, relaxed approach to bringing calm relaxation into the lives of adults and kids. Headspace app, aims to keep children "calm and focused" through short meditation exercises.

The app will help children fall asleep and wake up peacefully. It uses common meditation techniques like becoming aware of environmental sounds, breath awareness, breath counting, and more. Children can learn the basics of meditation and mindfulness. Children can follow the instructions and are reminded by the app to meditate each day. They can develop the habit of making time for personal growth and self-reflection in different situations, such as bedtime and waking up. It is also being used by mental health professionals and licensed therapists in medical sector.

SMILING MIND

Smiling Mind is designed to help people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom. An especially good choice for the younger users out there, as it was created specifically with students in mind. Smiling Mind offers programs for a variety of age groups, including 7-9, 10-12, 13-15, 16-18 and adults. The app has an easy-to-use interface for keeping track of your progress over time, both in terms of how many sessions you complete and how your emotions change.



Taking a moment

Taking a moment when you feel especially frazzled or anxious to calm yourself can be a useful one to master both during revision and exams.

For some, meditation, grabbing a cup of tea, deep breathing or taking a few minutes outside in nature even if only for a couple of minutes, can be beneficial.

Taking care of your needs

Drink plenty of water and try to eat regular meals. Staying hydrated really can help you feel better, both physically and mentally, as it's important you meet your brain's energy needs.

Especially during times of revision, where you're reading and straining your mind a lot, water is important to help avoid dehydration headaches. While regular meals can help you maintain a good routine.

Switching off

Avoid screens at least an hour before bedtime. Switching off can go a long way in helping you to fall and stay asleep which will help keep your mind fresh for your exams and can help you manage or reduce your stress level.

If possible, having an environment where to rest or relax which is different to where you study, can help you switch off.

Moving your body

Try 'shaking it out', or getting up from your desk and doing some light stretches. Moving your body is a great way to avoid stiffness and to better concentrate well for longer periods of time overall.



Coping with Exam Stress

Exam season can be incredibly stressful for students of all ages. Here's a few tips and tricks to help you cope with exam stress.

These are just a few techniques to try, what really matters is finding what works best for you.

Take a break

Scheduling regular breaks and being able to recognise when you need a break when you're feeling stressed or overwhelmed, can be really helpful.

This can be really difficult, especially when you're under pressure and may feel like a waste of time or bring up feelings of guilt.

However a change of scenery may make your time revising afterwards feel fresher and more productive.

Mapping out your studies

It may also help to try out a few ways to feel more on top of your studies. This might include:

- Writing down what you feel you know well and the areas you'd like to know better.
- Make a revision plan and mark off each module or topic area you've covered.
- Or, if you're feeling creative, you could draw a pathway towards exams and out the other side, where you can chart your progress along the way.

Really, anything from a spreadsheet to some rough notes can work--do what you feel most comfortable with.



Talking about what's on your mind

- Talk to a friend or other trusted person about how you're feeling. Sometimes just venting it out can be such a destressor!
- Reach out to your supervisors, tutors, or student support if you're struggling. It may be that you could apply for a deadline extension for a piece of work or find some help with time management or study skills.

Positive affirmations

Try repeating some positive affirmations to yourself, such as "I'm doing my best," "I can do this," or "Just keep swimming!"

Journaling and music

Writing down what's on your mind in a journal or listening to some calming music- are great ways to get tensions and anxieties out of your body.

Whatever you choose to do, be kind to yourself. Give yourself some space to do the things that might help you feel calmer or help you gain a bit of perspective.

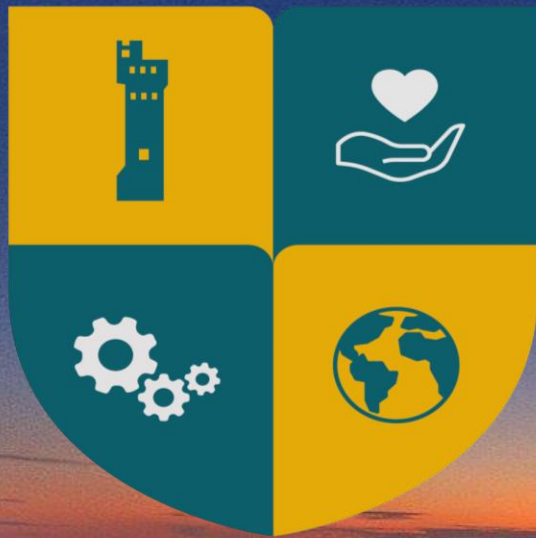
Find Support

Explore free, safe and anonymous mental health and wellbeing support on **Kooth.com**





ISSUING OF MOCK EXAM RESULTS



MOCK RESULTS

Please collect your Results envelope
(alphabetical by first name)

These include:

- **March Mock grade**
- **Current working grade**
- **Predicted Grade***
- **Attitude to Learning including independent study**

*This may be the same as mock/current grade depending on how secure the mock grade is.



MOCKS