

Seaford Head School

Achieving Excellence Together



Year 11 Revision Evening
14th September 2023
Preparing for Success





GCSEs

- Much higher number of papers 25+ in contrast to the old GCSE where there were only 19 papers taken
- Your child has already taken their Ethics and their 'option A' exams which will reduce this
- It is important that we support children throughout this challenging period by helping them prepare now.
- "You have to believe that you can achieve"

Key dates

- 10th and 11th October Year 11 mock interviews
- 13th – 24th November: Mock exams
- 14th December: parent Consultation evening (virtual)
- 8-26th January: Languages speaking mocks.
- 15th December & 30th March: Year 11 Parents' evening
- 26th Feb – 8th March : Mock exams series 2
- 18th April: Parent Consultation evening 2
- 13th May to 28th June: Summer exam series
- 5th July : PROVISIONAL prom date .





Post 16 help and guidance at Seaford Head



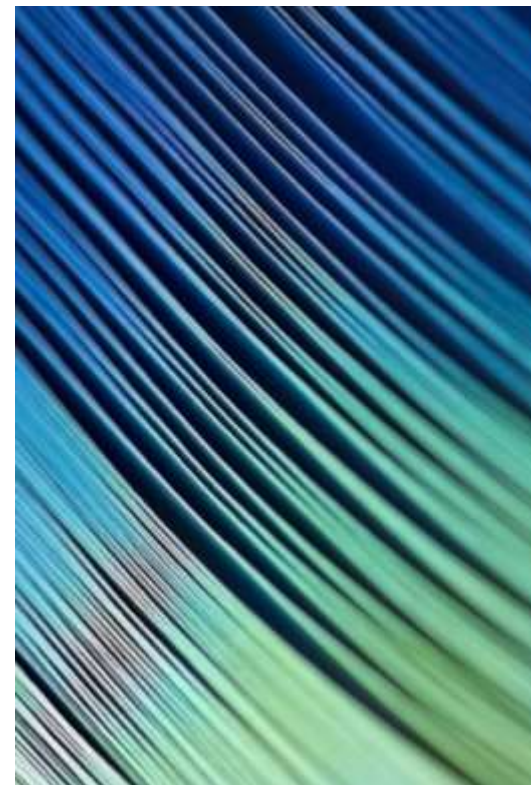
All students should be currently receiving help from their tutors including how to write their "Personal Statement"



The majority of year 11 students have now had either a group career session or a 1-1 guidance interview. However we are currently still working on this with some students.



If students then still feel they need help and advice they can request a further 1-1 guidance interview with Mrs Stanyard.



Post 16 routes – Applying to a Post 16 college



Students apply for the MAJORITY of local colleges via e-prospectus

However some Brighton Colleges such as Varndean and BHASVIC only accept applications via their own online application form on their website



Post 16 route- Apprenticeship/Traineeship

Applying for an Apprenticeship/Traineeship?

Still apply for a college place as a back up plan. This is due to timescales of applying to colleges and apprenticeships.

Individuals will need to then find a suitable Apprenticeship and apply. Extra help and advice may then be required with further 1-1 appointments in school if necessary or with YES (Youth Employability Service). Mrs K Stanyard is available to offer further advice as required



Seaford Head Sixth Form Open Events

Thursday 12th October 6pm – 8pm

Presentation at 6pm (repeated at 6.45) in Steyne Road site hall followed by subject stalls in the sixth form centre

Saturday 14th October 10am -12pm Informal drop in at the sixth form to speak to senior teachers

Sixth form that provides :

- Outstanding results
- Bespoke teachers
- Excellent pastoral support
- Work experience and careers

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Mock interviews will take place on 10th and 11th October

The most common feedback that schools get from employers is that employability skills need to be developed further and we are working hard at Seaford Head School to find different opportunities to help us achieve this.

“Really enjoyed this experience, taught me a lot of useful skills”

“It was a very good Opportunity”

“Really enjoyable and built up my confidence. It was definitely an experience worth taking. I think this experience will definitely help me in the future.”

“It was a really good experience that showed me what an interview was like and how to prepare”

“It was a great experience because it allowed you to practise interview skills and experience the actual interview”





What we want to achieve

We would like all Year 11 students to have the opportunity to experience an interview situation in a safe, low risk environment:

You can reflect upon the employability skills that you consider a personal strength and highlight how you have worked on developing the others.

You will have the opportunity to plan out and practice your answers in a way that will effectively demonstrate your strengths as a learner or future employee.

You will get some constructive help and advice which means that this experience will help you to prepare for college or job interviews over the next few months.

SKILLS THAT EMPLOYERS WANT	WHAT THAT MEANS
1 Communication and interpersonal skills	The ability to explain what you mean in a clear and concise way through written and spoken means. To listen and relate to other people, and to act upon key information / instructions.
2 Problem solving skills	The ability to understand a problem by breaking it down into smaller parts, and identifying the key issues, implications and identifying solutions. To apply your knowledge from many different areas to solving a task.
3 Using your initiative and being self-motivated	Having new ideas of your own which can be made into a reality. Showing a strong personal drive and not waiting to be told to do things.
4 Working under pressure and to deadlines	Handling stress that comes with deadlines and ensuring that you meet them.
5 Organisational skills	Being organised and methodical. Able to plan work to meet deadlines and targets. Monitoring progress of work to ensure you are on track to meeting a deadline.
6 Team working	Working well with other people from different disciplines, backgrounds, and expertise to accomplish a task or goal.
7 Ability to learn and adapt	To be enthusiastic about your work, and to identify ways to learn from your mistakes for the benefit of both you and your employer.
8 Numeracy	The ability to use data and mathematics to support evidence or demonstrate a point.
9 Valuing diversity and difference	Knowing the value of diversity and what it can bring. Understanding and being considerate of the different needs of different individuals.
10 Negotiation skills	To take on board other people's feelings and express your own requirements in an unemotional clear fashion to achieve a win-win outcome.

Top Ten Employability Skills

'Oracy is a crucial skill – we're in danger of producing a generation unable to speak in public'

One English teacher describes how her school has put oracy skills back into the heart of the curriculum – and how the benefits, for both teachers and pupils, have been immeasurable

By Yvonne Williams
04 March 2018

Share this



Developing Oracy

Oracy is the ability to communicate verbally in an effective way.

Mock interviews FAQ

What can I do to prepare for my mock interview?

Remind yourself about the key employability skills and choose a couple that you can talk about how you have developed yourself in this area.

Rehearse talking a bit about some of your best achievements (you can use a simple PEE structure)

What do I wear for the interview?

You can wear your own best interview clothes for the day or you can wear school uniform – it's up to you.

Where can I get help?

Mrs Stanyard - see her or the team in the LRC



School Online Resources available

- **Students also have access to various online resources via our college website and TEAMS site which includes regular updates from our careers advisor.**

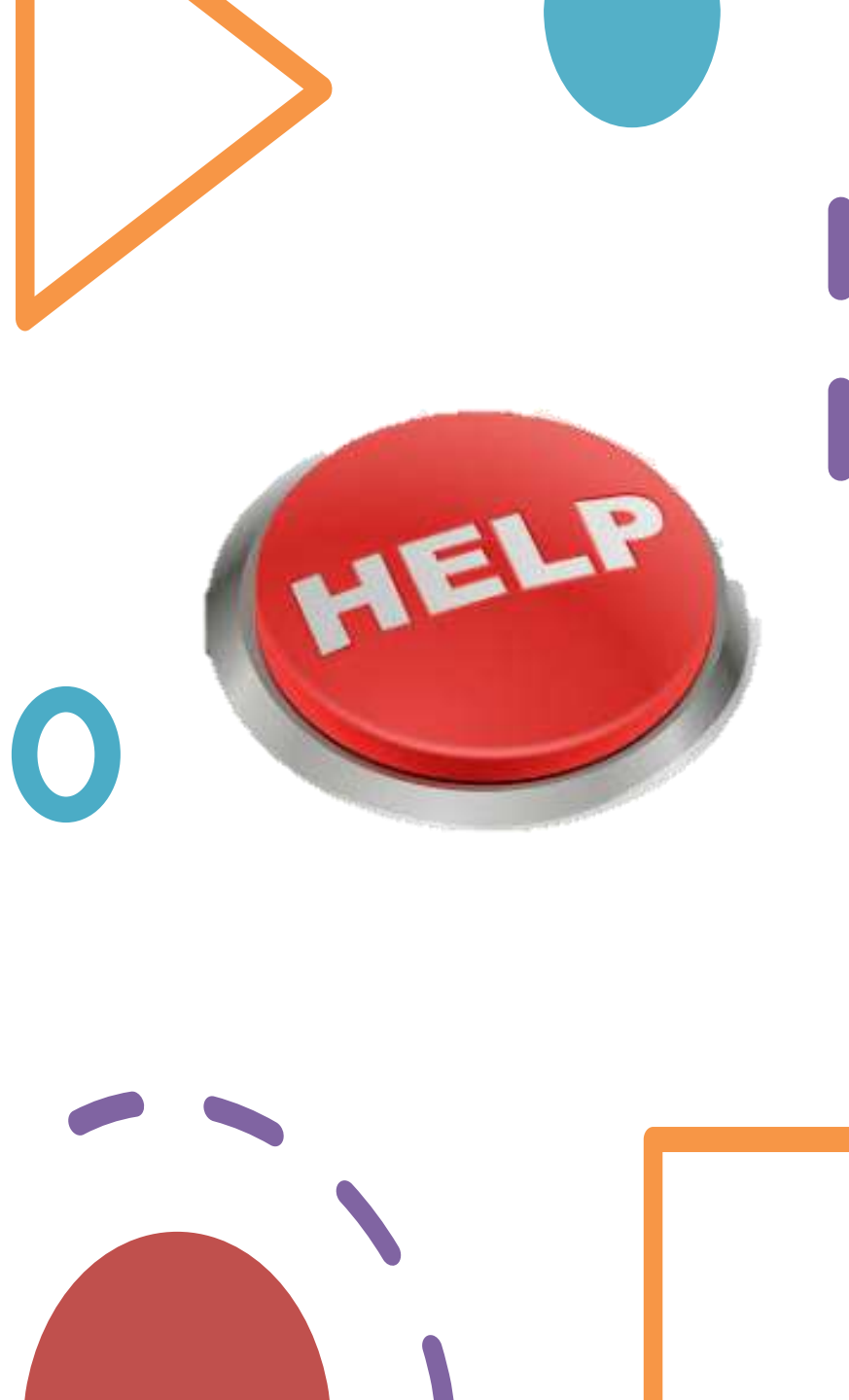


Student help

If you need any further help or support :

Students can ask for an appointment via tutors, Students/parents can email Mrs Stanyard directly

Contact Mrs Moloney or Mr Miller via e-mail



Leadership opportunities

- Opportunity to show leadership skills
- A wide range of roles and responsibilities
- Advertised in assembly by Miss Salisbury
- Huge value in college and future applications

Reports

- The importance of parents evenings this year
- MEG – the minimum expected grade
- ASP – the aspirational grade that your son daughter IS capable of achieving with hard work and dedication
- Both based on flightpath data from the end of KS2 for large datasets of young people (have real value)



Intervention

- There are 3 tranches of subject based intervention.
 - Current group until results are in from Mock 1
 - Next Group mock 1 till mock 2
 - Post mock 2 until final exams
- All top Sussex School have additional intervention sessions. We are a top school!
- Coaching and mentoring – AYP one to one
- AYP webinars
- AYP and other motivational/academic speakers



Tutor programme

- College applications and careers
- Intervention groups
- AYP well being skills
- Study skills – term 2
- Assemblies – information, inspiration, motivation
- Oracy , literacy , PSHE elements



Revision Tips



BEFORE THE EXAMS





Plan your Revision Programme

- **Setting Goals**
- Sitting GCSE's can be a really challenging experience and at times your motivation may be low, so its important to be able to remind yourself of the big picture and writing down your goals can help you do that.
- Goal tips:
 - Make goals specific e.g., “achieve a 6 or above in science” is a better target than “do well in science”
 - Come up with short-, medium-, and long-term milestones e.g., short - plan revision timetable, Medium – stick to timetable in run up to mocks, Long – reevaluate topics to work on after mocks.

counterintuitive but the results are immense.

M	T	W	T	F
ENGLISH	GEOGRAPHY	MATHS	SCIENCE	FRENCH
ENGLISH	GEOGRAPHY	MATHS	SCIENCE	FRENCH
ENGLISH	GEOGRAPHY	MATHS	SCIENCE	FRENCH

M	T	W	T	F
ENGLISH	GEOGRAPHY	MATHS	SCIENCE	FRENCH
MATHS	FRENCH	SCIENCE	GEOGRAPHY	ENGLISH
SCIENCE	ENGLISH	FRENCH	MATHS	GEOGRAPHY

By mixing up or 'interleaving' what you revise and when you will remember that material far more effectively

Planning a revision timetable

- It may feel overwhelming at times how many subjects you are assessed on so having a well thought out revision timetable which allows you cover each subject regularly will give you one less thing to think about.
- It will also allow you to “interleave” your subjects, this means leaving time between study sessions which forces you to revisit material more often and takes advantage of the fact that forgetting and then trying to remember information helps to improve the strength of a memory in the future.

A simple example

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time 4.30 - 5.00	<i>Biology B1, microscopes and cell structure</i>						
Break	<i>Relax, short walk, 10 minutes</i>						
Time 5.10 – 5.40	<i>Maths simultaneous equations</i>						
Break	<i>Relax, have a refreshment. 10 minutes</i>						
Time 5.50 - 6.20	<i>Chemistry C1, periodic table.</i>						
Break	<i>Quick game of fifa/fortnite/COD</i>						
Review 6.30 – 7.00	<i>Quickly go through tonight's study. Flashcards.</i>						

How
much
time do I
spend
revising?

THE POMODORO TECHNIQUE®

A SIMPLE METHOD TO BALANCE FOCUS WITH DELIBERATE BREAKS



1 PLAN YOUR TASKS
How many pomodoros might you need?

2 DO 1 POMODORO
Time for 25 mins then take a 5 min break

NO SNEAKY
WORKING!

PROTECT
YOUR POMODORO!



3 REPEAT x 4 POMODOROS
Then take a longer break

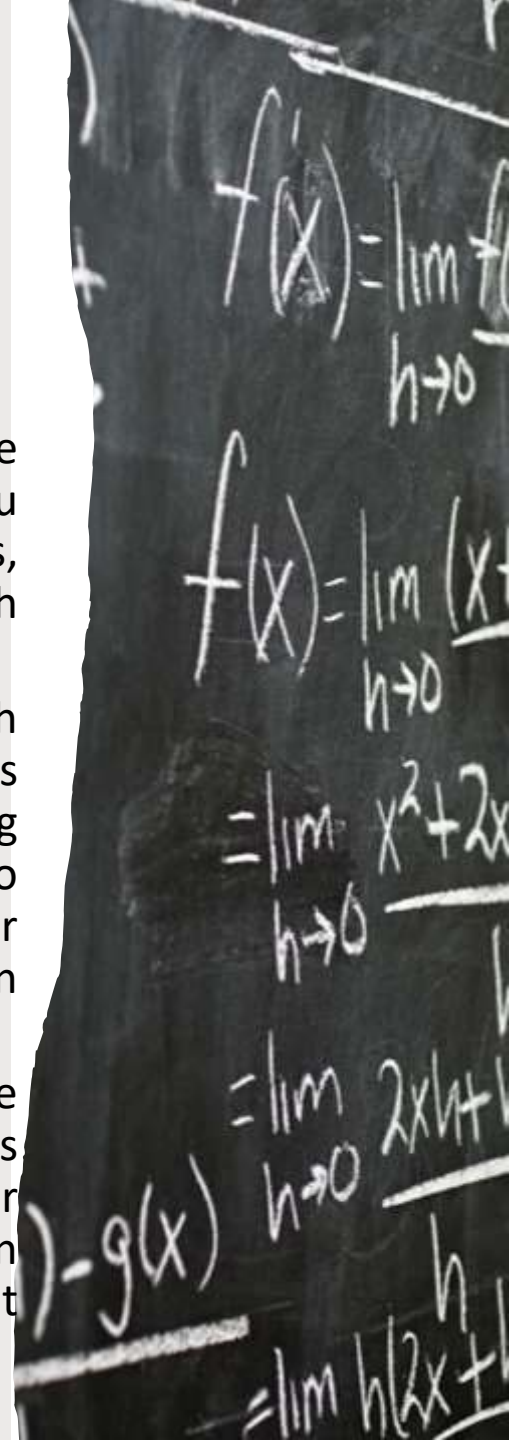


- As year 11 goes on we want you to build up the time you spend each evening revising. One way to help you do this is to use the pomodoro technique
- Try this method now, and as the year goes on start doing more pomodoro's per session, and study more nights a week.

Principles of effective revision

Think S.I.T.

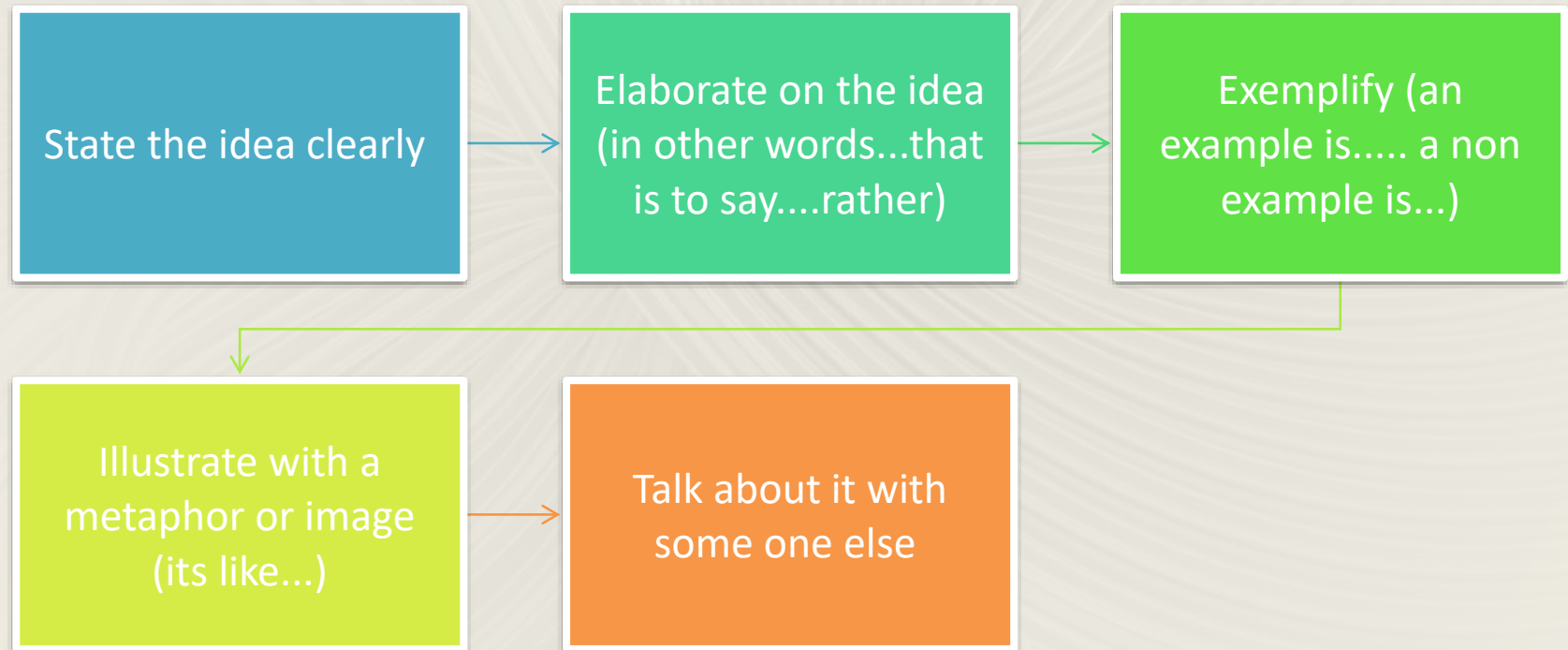
- S = Spacing Spacing is where you revise chunks of knowledge repeatedly over long periods of time. It's about making sure you do not try and cram. You must revise everything several times, with space between each attempt. In order to build in enough time to appropriately space revision, you must start early!
- I = Interleaving Don't be tempted to revise topic by topic. Research shows that revision is much more effective when students interleave. This means dividing a topic into chunks, and revising parts of one topic followed by parts of another before returning to the original topic to continue. The best way to make sure that your revision is SPACED and INTERLEAVED is to create a revision timetable that you can stick to.
- T = Testing When you actually sit down to revise, you need to make sure that in some way shape or form, you are testing yourself. This is by far the best way to ensure you are storing material in your long term memory. The more we have to try and recall information from memory, the stronger those memories become. This is what matters for exams.



Study capture

Monday	English	An Inspector calls	Characters admitted to ruining a woman's life and the woman committed suicide.	
20.09.2021	History	The Berlin wall	Stalin would prevent food from going into the border. Stalin stated 36days of food. Then he woud stop flying the planes. People were employed to load the planes. The candy man would bring gum and chocolate for the children and he dropped this in small parachutes. Stalin didn't like this.	
	Ethics	Consent	Know when you're ready to consent.	
	Hospitality	Hospitality	Serving from the left. Serve the youngest, then females, then males. Learning how to use a spoon and a fork as tongs.	
	Science	Immune system	Viruses infect cells and then multiply/replicate and leave cells. White blood cells kill the virus. 100 trillion white blood cells in your body. These are dying and being made constantly.	

S.E.E.I.T flashcards



The Leitner box system



ONCE YOU HAVE MADE A SET OF FLASHCARDS FOR A UNIT IT'S IMPORTANT YOU COVER AND RECOVER THE INFORMATION UNTIL IT IS STORED IN YOUR LONG-TERM MEMORY. ONE WAY TO DO THIS IS TO DO "SPACED PRACTISE" USING THE LEITNER BOX SYSTEM.



SET UP FIVE "BOXES" TO PUT YOUR FLASHCARDS IN, EACH BOX WILL BE STUDIED AT DIFFERENT INTERVALS OF TIME. TEST YOUR MEMORY USING YOUR FLASHCARDS, IF YOU GET THE ANSWER TO THE QUESTION ON YOUR CARD CORRECT THE CARD MOVES INTO THE NEXT BOX, IF YOU GET IT WRONG IT GOES BACK TO BOX 1.



THE IDEA IS THAT YOU WILL COVER THINGS YOU DO NOT KNOW MORE OFTEN THAN THINGS YOU DO AND SPEND INCREASING LENGTHS OF TIME BETWEEN RESTUDYING WHICH HELPS MEMORY BECAUSE FORGETTING IS ACTUALLY AN IMPORTANT PART OF THE LEARNING PROCESS.

Practicing exam questions



- Once you have studied a topic and are beginning to feel more confident the best way to solidify your understanding is to complete as many exam-style questions as you can get your hands on!
- When answering exam questions, you should use the mark scheme to self-mark, this will not only help to improve your recall but will also get you used to the way examiners ask questions, and develop your exam technique. All of this will help you feel more confident and less daunted about sitting exams.
- [gcse-maths-past-papers](#)
- Past papers are available online for other subjects, simply search for your exam body (AQA, OCR, Edexcel) and the subject you are looking for followed by GCSE past papers. (E.g. AQA Sports studies GCSE past papers)

Top revision techniques...



Flashcards (powered up!)



Mind Mapping – but link to flashcards



Discussion – got to know it to share it



Interactive resources eg Seneca



Past Papers and mark schemes

Behaviours into Habits

- Remember, difficult things feel easier when we make them into habits, so choose a specific time and place to revise each evening afterschool, and stick to it!
- This will be more effective than waiting for the inspiration to strike you (which let's face it, won't be that often) and will help you avoid procrastination!



Ineffective revision is

- Trying to learn lots of new materials and concepts
- Memorising vast amounts of information
- A last minute cram before the exam
- Just reading
- Too much time on one subject/topic



How can parents help ?

- Get a copy of exam timetable and engage in school events
- Encourage son/daughter to time plan and share this with you
- Encourage systematic approach and then praise/reward/treat
- Discuss what they can do to help themselves and what you can do to help.
- Access AYP parent webinars
- [Empathy not sympathy](#)



Looking after our young people during year 11

AYP – webinars, sign up details to follow

AYP - one to one coaching – contact Mrs Moloney / Mr Miller

Tutor time programme

Trusted adults in school

Friends and family

The good stuff and things to look forward to

WHAT IS STRESS?

A term referring to the adverse reaction people have to excessive demands placed on them.

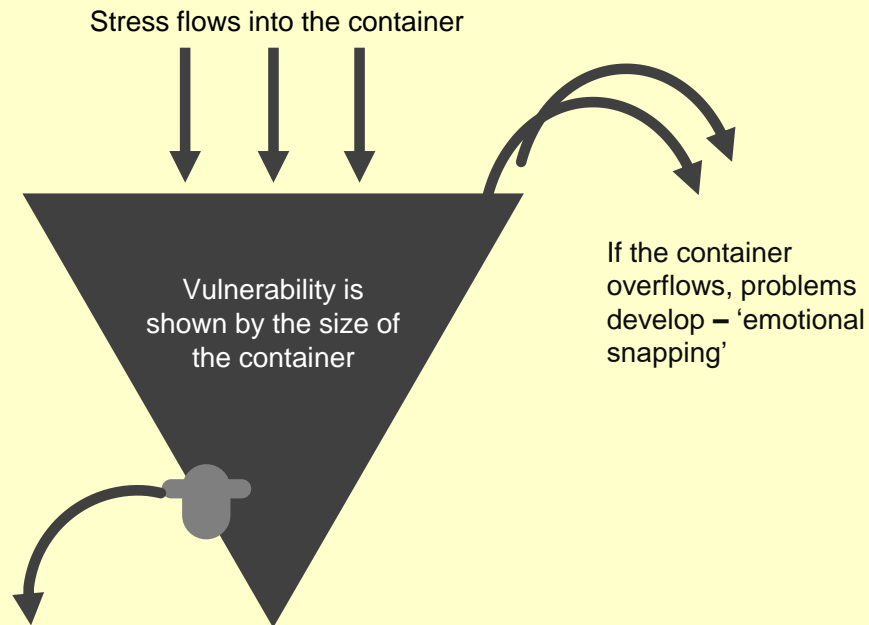
Both emotional and physical stress can cause an over use of the bodies 'fight, flight or freeze' mechanisms

Leading to hormonal imbalances that disrupt sleep, eating, concentration, learning

Stress is linked to hypertension, migraines, ulcers, eczema and stomach problems.

Stress may lead to even more harmful habits if it is not managed

What's in your Stress Container?



Helpful coping strategies = tap working, lets the stress out
Unhelpful coping strategies = tap blocked, so water fills container and overflows

Cognitive Distortions



Personalisation – Where it's all about you

Blaming – It's always someone else's fault

All or Nothing thinking – It's all terrible or all great

Mental filtering

- *Negative – hearing only the bad*
- *Disqualifying the positive – explain away as a fluke or luck*

Jumping to conclusions

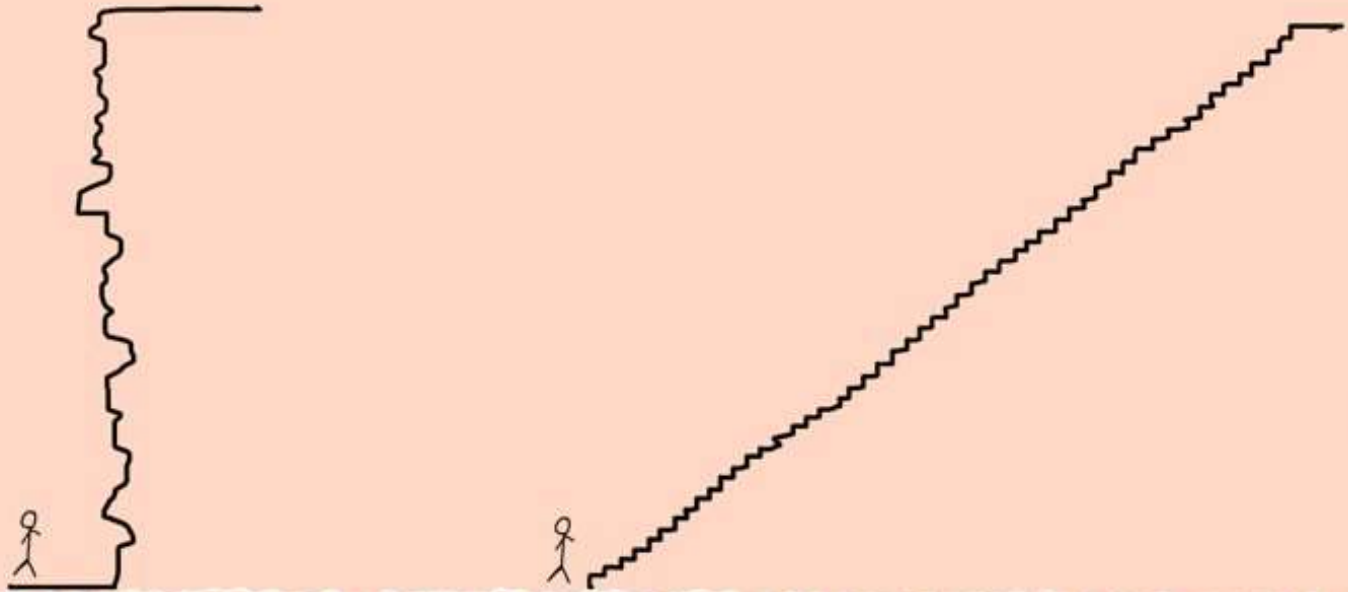
- *Mind reading – assuming what others are thinking*
- *Fortune telling – assuming the worst about future events*

Catastrophising

- *Magnification – exaggerating worries*
- *Minimisation – downplay success*

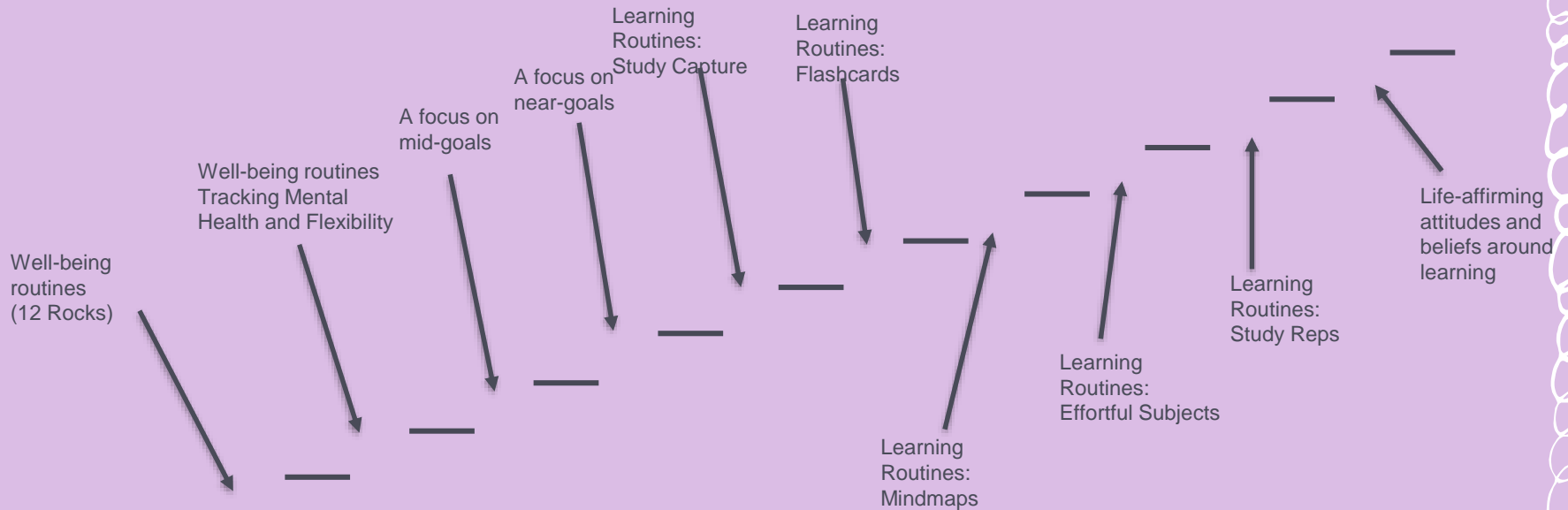
Overgeneralisation – assume from what happened today that all future events will be the same

How do we do this? - Graded exposure





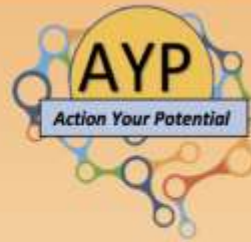
10 Steps to Matilda's Success



*Physical and mental health are not
separate...*



50% of how we feel right now is down to what we've done in the previous 24 hours...





12 Rocks Of Well-Being – Weekly Check

Rock 1 – Sleep – 8-9 Hours a night

Rock 2 – Exercise – 20 mins per day

Rock 3 – Eat and Drink Healthily – complex carbs, protein, low sugar

Rock 4 – Mindfulness – be present without judgement 5-10 mins

Rock 5 – Mind Wandering – allow your mind to social problem solve

Rock 6 – Manage Emotions – notice, accept, share with trust

Rock 7 – Walk Outside in Nature

Rock 8 – Listen to Music – 20-30 minutes

Rock 9 – Connect meaningfully with friends and family

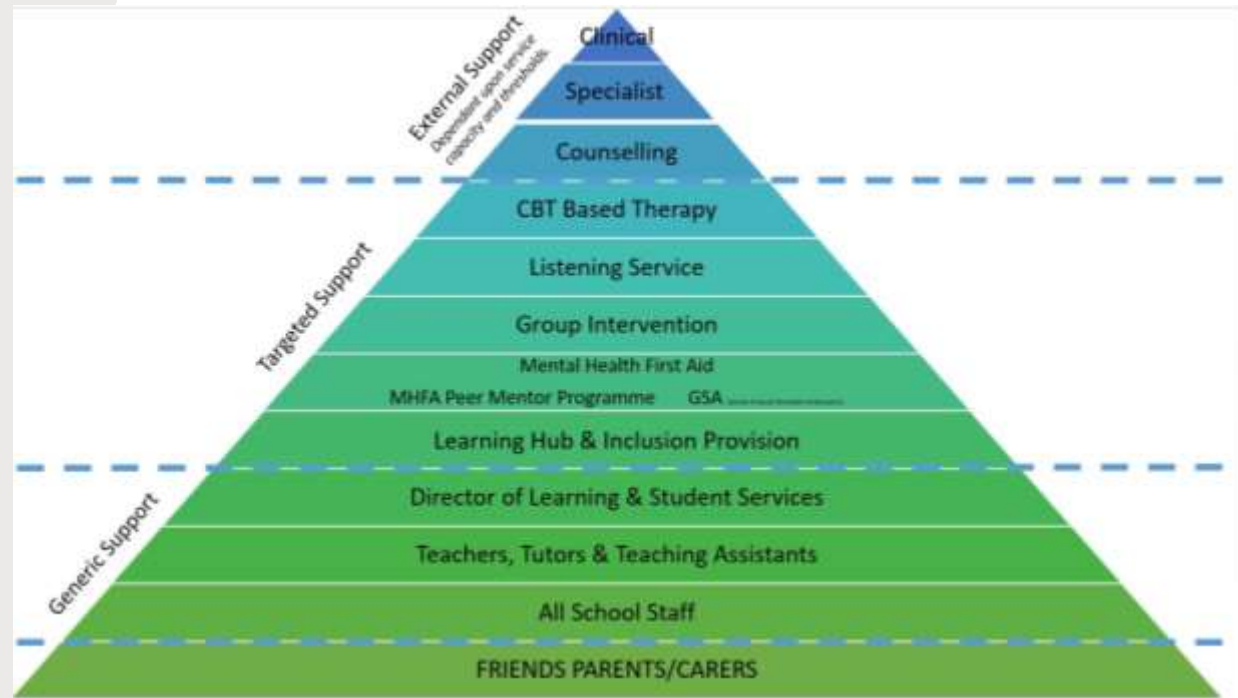
Rock 10 – Gratitude and Kindness- express both explicitly each day

Rock 11 – Engage in activities important to your life's purpose

Rock 12 – Learn, Play, Create, Read

	mon	tues	wed	thurs	fri	sat
total						

- You are NOT alone!



NHS

If you are worried or concerned about a health issue and need advice, text the ChatHealth service on **07507 332473**

The number is monitored by the School and College Health service Monday to Friday, 9 to 5.

You can also meet one of our nurses at our drop-in clinics.

ChatExams
ChatDepressed
ChatStress
ChatSex
ChatBodies
ChatHealth

It is confidential, private and here for you

School Health Service
East Sussex

Did You Know...

YOU can see a qualified nurse at your school in a

CONFIDENTIAL
FREE
DROP-IN

Clinic. It's **confidential**, so we won't tell your teachers, friends or parents (unless you want us to or if we think you might be at risk), it's completely **free** and it's a **drop-in**, so you don't need an appointment!

Drop In
Alternate
Thursdays
on AS