

Seaford Head School

Achieving Excellence Together



Year 11 Revision Evening
2nd October 2024

Preparing for Success



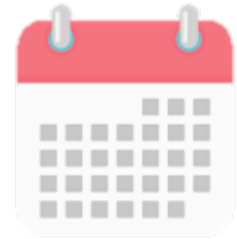


GCSEs

- 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

- 16th and 17th October: **Year 11 Mock Interviews**
- 18th – 29th November: **Mock Exams**
- 9th January: **Parent Consultation Evening (Virtual) 4-7:30pm**
- 3rd – 14th March: **Mock Exams 2**
- 3rd April: **Parents Consultation Evening (F2F) 3:30-7pm**
- 12th May to 20th June: **Summer Exam Series**
- 4th July - Year 11 Prom: **AMEX**





Post 16 help and guidance at Seaford Head



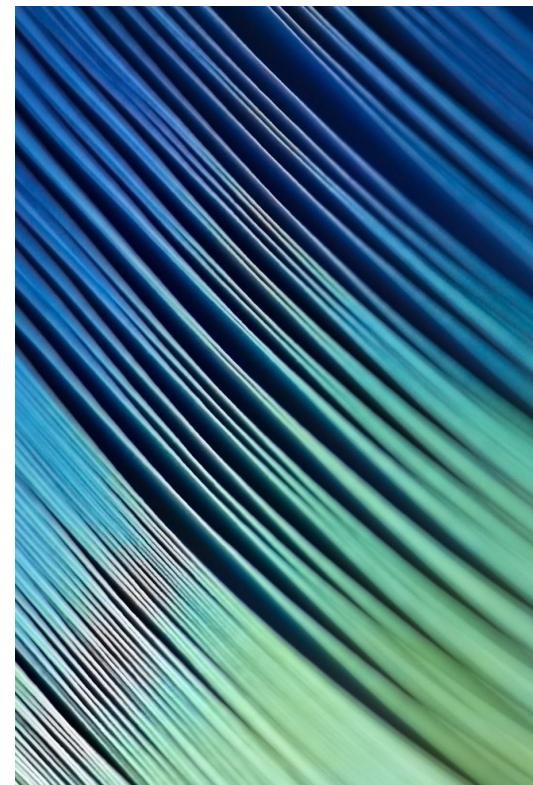
All students should be currently receiving help from their tutors including how to write their "Personal Statement"



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 **eProspectus**

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



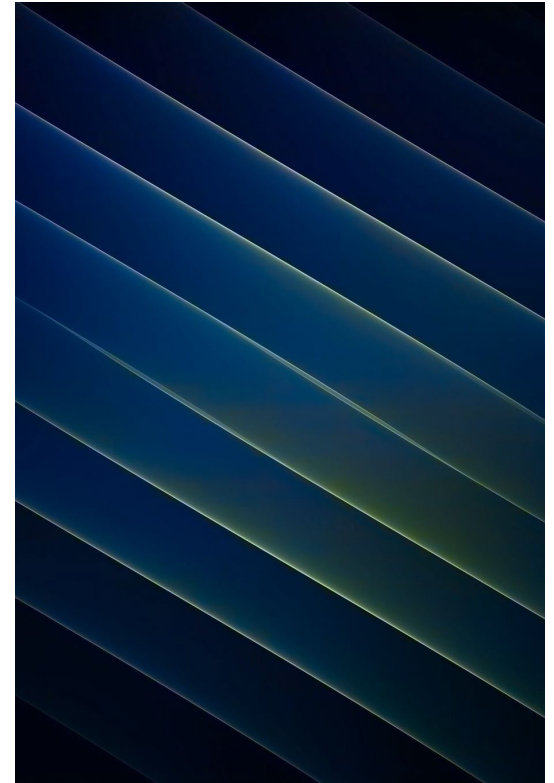
Post 16 route- Apprenticeship/Traineeship

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

Seaford Head School
Achieving Excellence Together



Thursday 10th October 4pm – 7pm

- Presentation
- Subject Stalls

Sixth form that provides:

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



Mock Interviews

16th & 17th October 2024

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.

The students will be able to:

- Reflect upon the employability skills that they consider a personal strength and highlight how they have worked on developing others.
- Plan out and practice answers in a way that will effectively demonstrate their strengths as a learner or future employee.
- Receive some constructive help and advice which means that this experience will help them to prepare for college or job interviews over the coming months.

Mock interviews FAQ

What can I do to prepare for my mock interview?

Students can remind themselves about the key employability skills and choose a couple that they can talk about how they have developed themselves in this area.

Rehearse talking a bit about some of their best achievements.

What do I wear for the interview?

Students can wear their own best interview clothes for the day or can wear school uniform – it's up to them.

Where can I get help?

Mrs Stanyard - see her or the team in the LRC



School Online Resources

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



 Karen Stanyard 9/5 2:09 PM

Varndean College open events


Year 11 - Careers 2024/2025 **Varndean College open events-**

<https://varndean.ac.uk/events/>

OPEN DAY

Sat 28 September 11am - 2pm

[see more](#)

 Karen Stanyard 7/16 3:30 PM

East Sussex College Autumn Open Events

East Sussex College Autumn Open events- Open Events

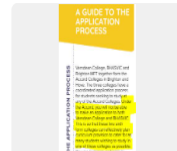
Our Open Events will resume in October and offer a chance for students to visit the campus and speak to our curriculum. The dates are as follows: **Bookings will open on our website from September.**

- 10th October - Eastbourne campus
- 17th October - Lewes campus
- 22nd October - Newhaven campus
- 24th October - Hastings campuses (incl. Station Plaza and Ore Valley)

 Karen Stanyard 9/6 2:51 PM

Future applications- Can't apply to Both Varndean & BHASVIC

I have a lot of students who wonder why they can't apply to BOTH Varndean and BHASVIC so here is the reason (copied from their brochure for information!)



[see more](#)



 Karen Stanyard 9/4 12:15 PM 

Interested in a future Law career? Lewes Court open day

This may be of interest if you are interested in a future Law Career and would like to attend an open day at Lewes Court!



[see more](#)



Student Help

If students need any further help or support :

- They can ask for an appointment via tutors, They or their parents can email Mrs Stanyard directly karenstanyard@seafordhead.org
- They can contact Mr Beverley or Mrs Fleming via e-mail waynebeverley@seafordhead.org or evfleming@seafordhead.org



Progress Reports

The importance of parents evenings this year is based upon understanding where your child/children are in relation to their:

- **MEG:** The minimum expected grade.
- **SAT:** 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).

Teachers will continue to provide a Predicted Grade/Level as students move through Year 11, with the Mock Exams in **November** and **March** giving an accurate prediction of what your child/children are likely to achieve during the **Summer Exam Series** in May/June.



Intervention

- English Form Groups (x2)
- Maths Form Groups (x2)
- Spanish
- French
- Computer Science
- PE
- Maths Club

We also have:

- Subject Specific Mentoring
- AYP Study Pods



Tutor Programme -Bespoke for YR11-

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



Dr Wallace

Revision Support

Mental Health & Wellbeing

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 <u>fifa/fornite/COD</u></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

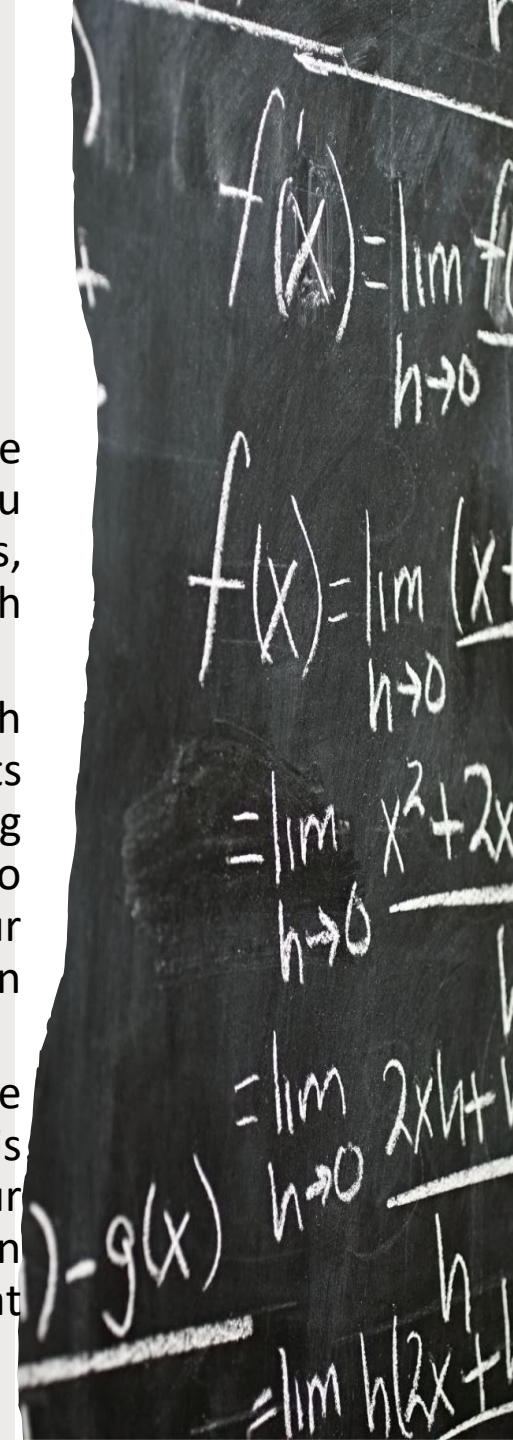


- As year 11 goes on we want you to build up the time you spend each evening revising. One way to help you do this is to use the pomodoro technique
- Try this method now, and as the year goes on start doing more pomodoro's per session, and study more nights a week.


Principles of effective revision

Think S.I.T.

- S = Spacing Pomodoro's 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.

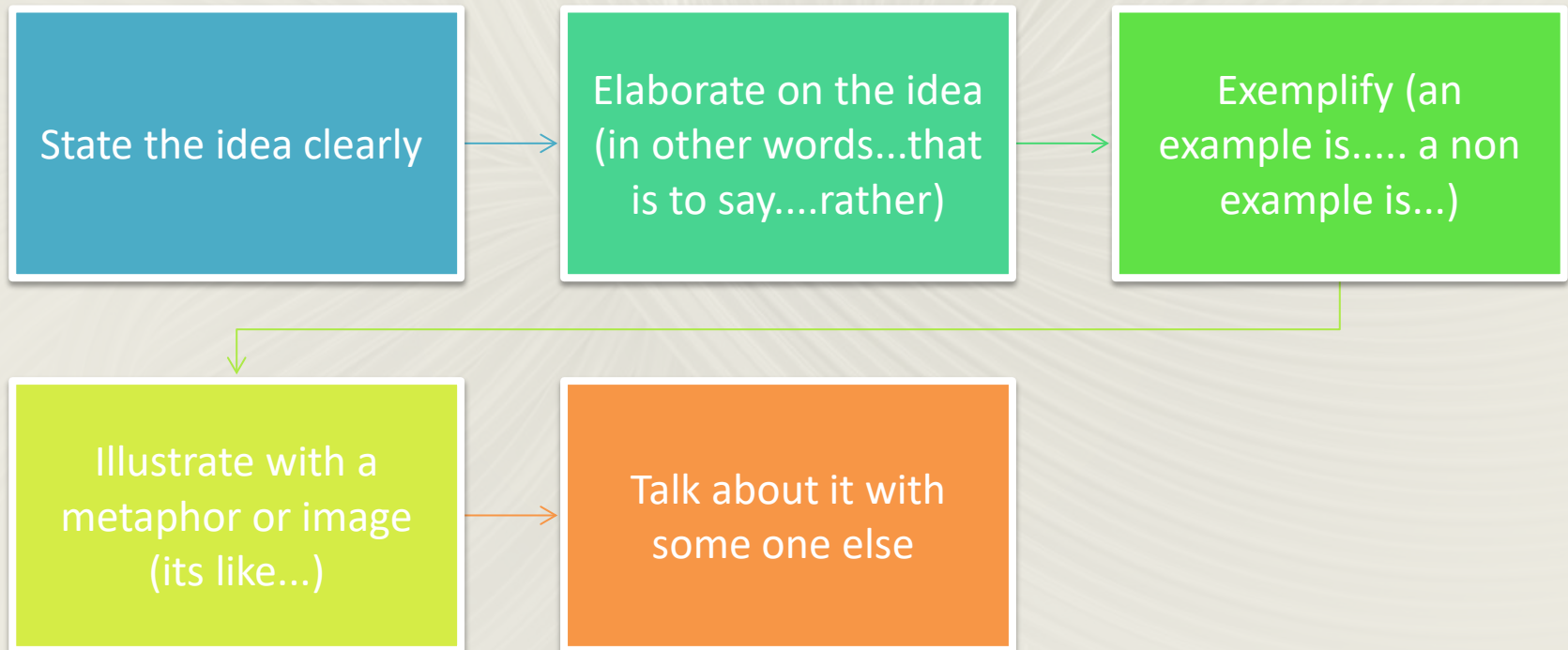


Study capture



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 LIETNER 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

Tutor time programme

Trusted adults in school

Friends and family

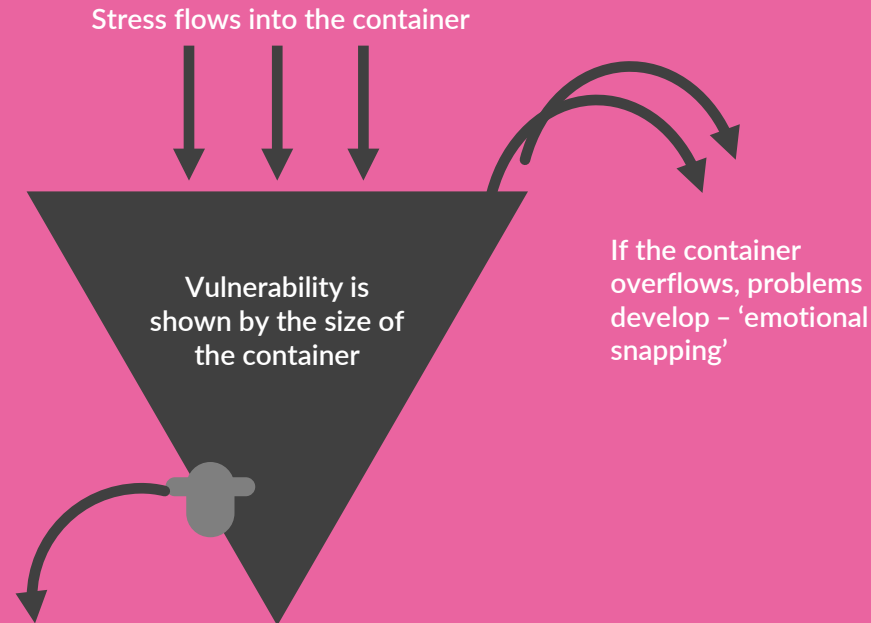
The good stuff and things to look forward to

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 harmful habits if it is not managed

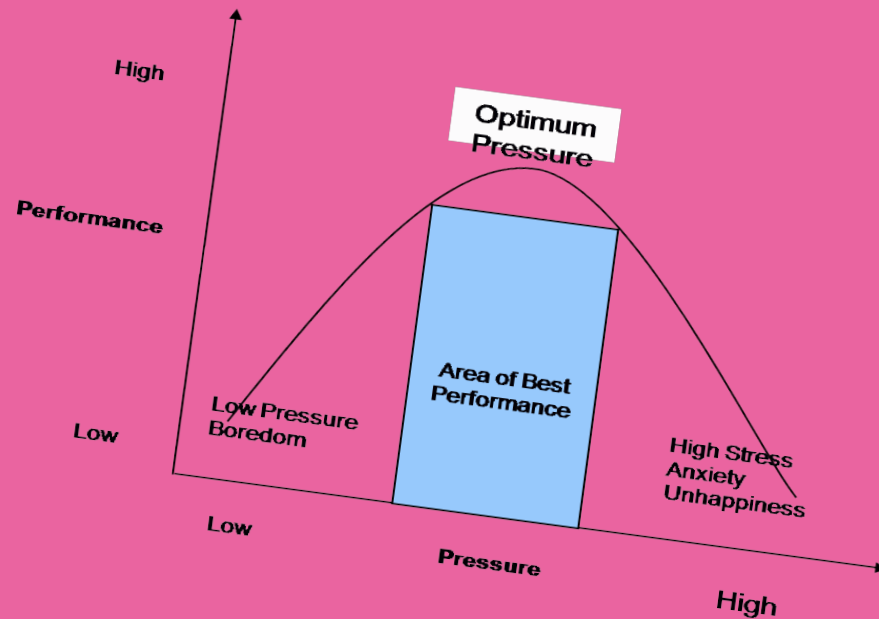
What's in your Stress Container?



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

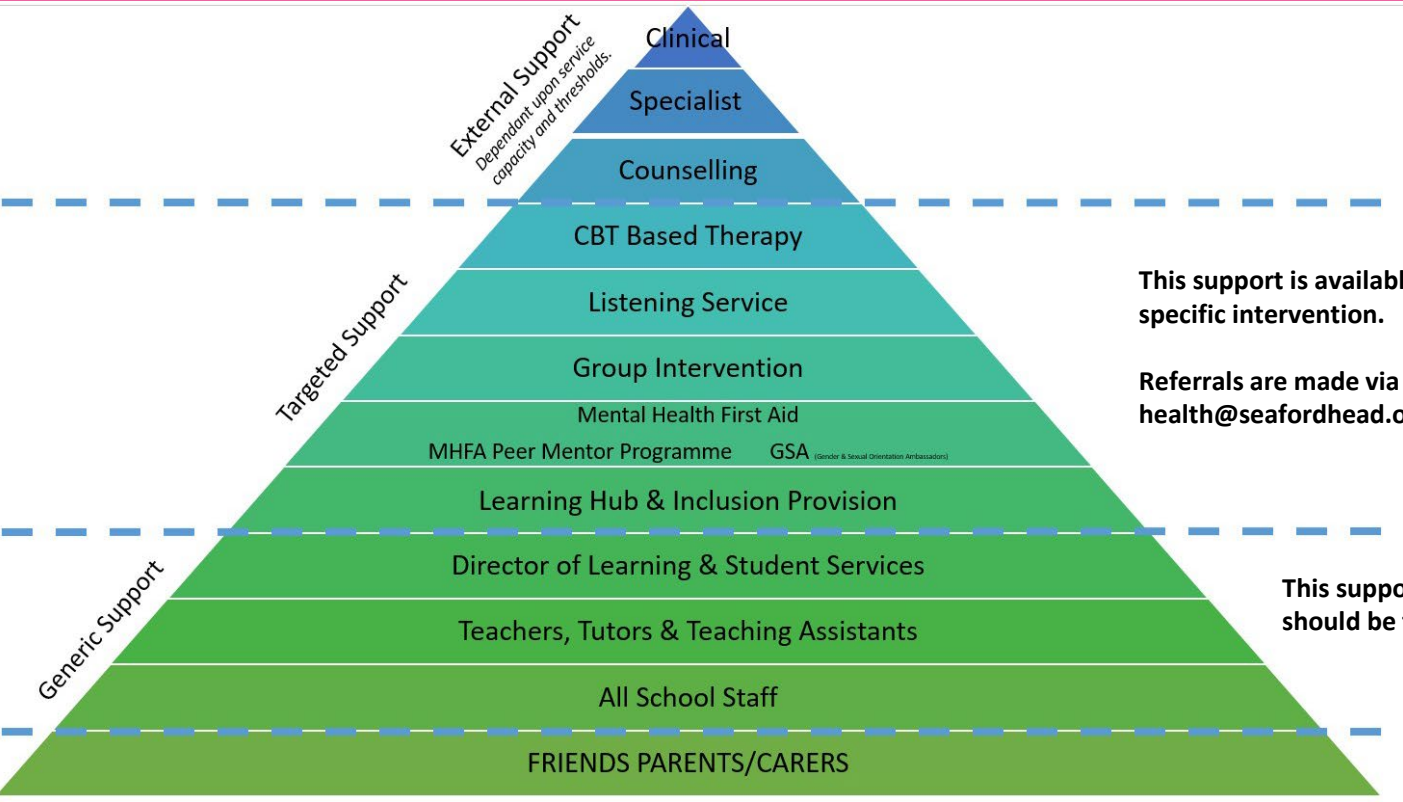
TOP TIPS FOR INCREASING YOUR COPING CAPACITY

- Recognise signs of pressure in others
- Eat and Sleep Well
- Communicate
- Plan
- Take a break
- Set Boundaries
- De clutter
- Be assertive
- Listen
- Take time out -exercise/hobbies
- Share
- Keep things in perspective
- Prioritise
- Socialise and find time for relaxation
- Identify your own support network, friends, group members, personal tutors.



Who is in your support network?

You are NOT alone!



This support is available to all students but is targeted for specific intervention.

Referrals are made via SSO, DoL or self referral to health@seafordhead.org

This support is available to all students and should be the first point of access.



Your language has the power to both enhance and empower a young person's life.

Warning Signs

- 'Acting ' out of character'
- Expressions of hopelessness or helplessness
- An overwhelming sense of shame or guilt
- A dramatic change in personality or appearance
- Fighting/law breaking or behaving 'out of character'
- Changed eating or sleeping habits
- A serious drop in school, college or work performance
- A lack of interest in the future
- Evidence of self harm
- Sudden unexplained 'recovery'
- Withdrawal/Isolation

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

provided by Sussex County Council and Kent Community Health NHS Foundation Trust

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

YR11 GCSE Information Evening

