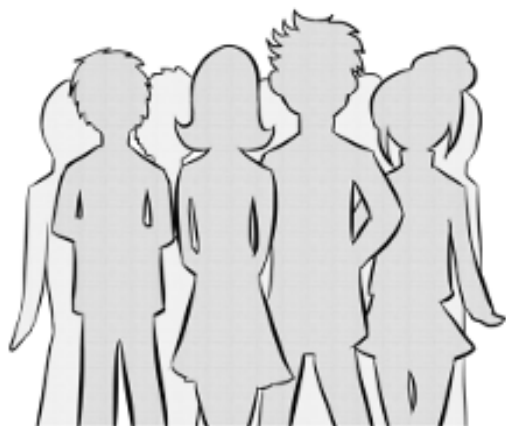


**Year 11 Parents'  
Information Evening  
7<sup>th</sup> March 2024**

## Did you know?

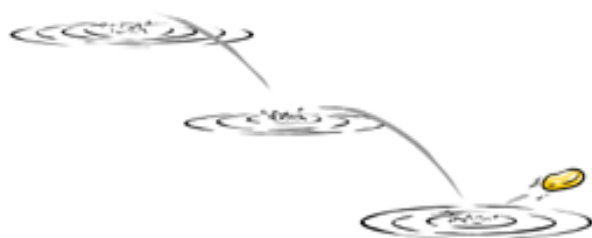


Aspirations reflect teenagers' hopes or desires to reach a particular level of education or reach a career. Studies shows that students with either high aspirations or high expectations have higher school achievement than those with both low aspirations and low expectations.

Research suggests that there is a correlation between teenage goals, aspirations and psychological wellbeing. Raising aspirations is also believed to incentivise improved attainment.

Further studies have shown that parents believe their child will find it harder to achieve their life goals than they did because there is more competition for job roles than they faced when they started their careers. According to research from the Education Endowment Foundation, most young people actually have high aspirations.

## What can you do?



Talk to your child about their career, education or life aspirations. Be positive about what their hopes and dreams are and encourage them to start to be proactive in achieving them.

Try to raise your child's aspirations by highlighting new opportunities. Develop their self-esteem, motivation and expose them to role models to look up to. Inspire your child to be excited about their future and motivate them to pursue their dreams.

Young people who take part in family time or activities with their parents are more likely to continue these, achieve in education and seek out career opportunities. Arrange to do things with your child such as theatre trips, cultural activities, concerts, museums, hobbies or exercising.

# Helping your child get into good habits

Information for parents and carers

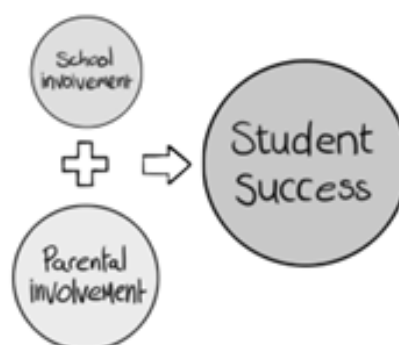
## Did you know?



Healthy habits are essential to living a long and happy life, and they are important to instil in children from a young age. If you help them form these habits now, you will be giving them the tools to navigate any obstacles they may face as they grow into adulthood.

Research highlights that the late teenage years have been identified as the peak age for exposure to health risks with lifelong implications. The report, by the Association for Young People's Health (AYPH), revealed teenagers eat eight times the recommended sugar allowance and almost half have tooth decay. This worrying research also found out that most smokers start by the age of 25.

Research reveals that there is a strong link between healthy habits and pupil achievement. Poor health habits add up to poor grades, and research suggests that healthy habits and good health-related decisions can lead to improved academic performance. For instance, research has shown that students who eat breakfast exhibit improved concentration when compared to their peers who skip it.



## What can you do?

Cultivate healthy habits by being a role model to your child. Try to exhibit good habits, offer health advice and build fun healthy activities into your family life. Examples include being active as a family, having evening and sleep routines, providing a water bottle to encourage hydration, or making family meals together.

Good nutrition can help improve concentration, so pay attention to the food you buy for your family. Provide a healthy balanced diet of meals which include fresh vegetables, fruit, proteins, good fats and whole grains. Encourage your child to snack on low sugar foods and drinks, which you could make together.

Help and encourage your child to get enough sleep, live a physically active life and feel good about themselves. Work with them to map out their week to include healthy habits such as exercise, relaxation and seeing friends. Set some healthy lifestyle goals together, and keep each other motivated to stay on track.



## Did you know?



The Sleep Council highlights how quality sleep is essential for growth and development and that your child needs between 8-10 hours sleep every night. Teen's body clocks naturally shift to make them feel tired later in the evening, but early school starts do not enable them to sleep in the mornings. Chronic sleep deprivation can have a huge effect on a teenager's life and mental wellbeing.

Further research shows that there is a link between getting enough sleep, sleep awareness and student performance. Numerous studies have shown that not getting enough sleep can negatively affect school performance and impair cognitive function.

Teens need more sleep than adults. Research shows that the brain's ability to process information declines with lack of sleep. Our emotional responses, empathy towards others and tendency to do silly things all goes up with lack of sleep. Long term sleep deprivation can suppress the immune system, lead to forms of cancer, heart disease and metabolic abnormalities.

## What can you do?



Help your child establish a good sleep routine. Encourage them to limit screen time before bed and to read a book or magazine instead. Get them to keep a sleep diary over a two-week period to see how much sleep they are getting and how they can improve it. Have a conversation with your child about their sleep.

Eating late at night is not good for digestion or aiding a better night's sleep. Make sure your child avoids sugary and heavy foods late at night and doesn't drink caffeine or energy drinks from lunchtime onwards. Healthy habits such as warm milk or camomile tea, daily exercise, relaxing in the evening and having a calming bedroom environment, can all help your child get a better night's sleep.

Try to get your child to go to bed at the same time each night and wake up at the same time each morning – even on a weekend. A consistent sleep-wake cycle is really important for them to function well. Know the signs of sleep deprivation and work with your child to find a routine that works for them.





# Social Media: what do we know and what should we do?

Information for parents and carers

## Did you know?



Research shows that high use of social media is linked to poor mental health. One recent study shows that young adults who used social media heavily were three times more likely to be depressed than occasional users. Another study discovered that young people who exceeded two hours of social media use per day were more likely to claim that their mental health was 'fair' or 'poor' than occasional users.

Sleep is crucial for productive engagement and wellbeing. Research has shown that social media and screen time in general is linked to lower quality of sleep.

Each social media site is able to decide how they protect their users; there is no agreed set of child safety rules to protect young people from the risks. Each site will have its own age ratings, for example Whatsapp has recently set its minimum age to 16 years old. Even YouTube has a minimum age requirement, which is 18, but from 13 years old a child can sign up as long as they have a guardian's permission.

## What can you do?



Talk to your child about the positives and negatives of social media. Most young people are very aware of these and know that there are changes they could make to use the internet in general in a healthier way. Being

upfront about our own habits (even any unhealthy ones!) and setting goals together can sometimes help to avoid making it a source of conflict. One key aspect of this is discussing how social media can affect our

reputation through the digital footprint we create for anyone to access.

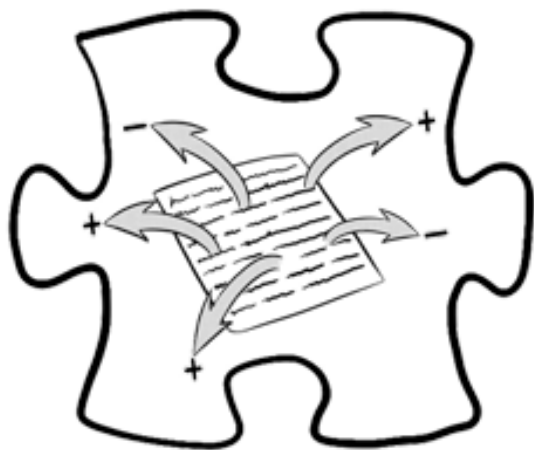
Encourage screen-free time before bed. If possible, having a family-wide screen-free curfew could help model good use of screens and place value on everyone caring for their wellbeing through winding down activities and increased quality of sleep.

Help your child to spend more time on activities they enjoy and which make them feel good. Perhaps encourage them to re-join a sports team they used to like, take up a hobby that they've expressed an interest in, or spend time as a family doing things together. This could include, for example, family movie time using films your child has recommended, or trips out together etc.

# How to support revisiting of learning

Information for parents and carers

## Did you know?



Remembering information is the first step for students in mastering higher level skills. For students to be able to explain, analyse, evaluate and create, they need to have a firm knowledge of the information and terms involved first.

Ebbinghaus' forgetting curve aims to show us how information can be lost from our memories over time when we don't strive to retain it. This forgetting curve suggests that we will halve our memory of new information in just days, unless we revisit learning to gradually move it into our long-term memory.

The more frequently that information is revisited and used, the more likely it is to move into longer term memories. Research shows that revisiting learning frequently is more effective than mass-revision. Unfortunately, many students report that they don't feel like it's working and they prefer larger and rarer chunks. Knowing this is useful for us, and the young people we care about, so we can talk about it and address this issue, even showing them typical forgetting curves and sharing examples of these.



## What can you do?

As early as possible, encourage your child to make notes of the key information for topics they are studying. They may highlight these in a book/on a sheet, write them down onto flash cards, create a mindmap or record them in any other way that they wish. Colour-coding these can be a helpful tool in aiding revisiting as students can identify in green what they are confident with, orange what they are unsure they would remember long term, and code in red that information they didn't know until they wrote it down or don't fully understand and may need to explore further.

Encourage revisiting of topics frequently, using a home-learning schedule. Discuss with your child the need to revisit learning as they progress through units,

move onto next ones and come to the end of a term or year. Revision shouldn't be revising all the knowledge from the entire year; we should aim to revisit learning frequently to embed it into our long-term memories and then revise the higher skills using this knowledge as we go further into the course.

Encourage your child to find ways to address 'red' areas and weaknesses. This doesn't necessarily need to be seeking a teacher's help, it might be reading about it in a textbook, online or practising a particular skill. They may wish to use some of the resources PiXL have created as part of our Independence package to help them to consider areas of weakness and different ways they can address this.

# Handling the pressure of external exams

Information for parents and carers

## Did you know?



Exam stress can be really challenging, not only for children but for those that live with them. Research shows that having someone to talk to about their work can help. Support from a parent, teacher or friend can help young people share their worries and keep things in perspective.

Survey research has identified that exams are a significant source of stress and worry for pupils in secondary school. In particular, failing important examinations, and the consequences of failing these examinations, are rated as more important than a range of other personal and social worries. (Optimus education)

The NHS highlight that Children and young people who experience stress may:

- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food, or eat more than normal
- not enjoy activities they previously enjoyed
- seem negative and low in their mood
- seem hopeless about the future

## What can you do?



Watch out for signs of stress and encourage your child to talk to a member of school staff or someone who they feel is supportive. If you feel your child isn't coping, it may also be helpful for you to talk to their teachers at school.

Encourage and support your child to build and maintain healthy habits before and during the exam period, such as eating a healthy balanced diet, staying hydrated, getting enough sleep, doing exercise, having time to relax and to socialise with friends.

Remind your child that feeling nervous and anxious is

normal. Support them to be organised, have a routine and build a revision timetable. Try not to add to their pressure by being flexible with them. Talk to them about how they feel, remind them of their goals in life and motivate them to stay focused. Staying calm will help them remain calm - and exams don't last forever.

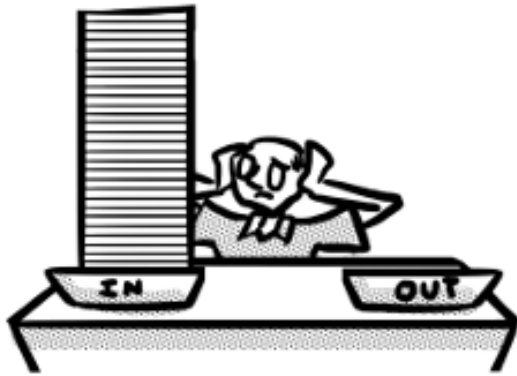




# Night Before Exam Preparation

Information for parents and carers

## Did you know?



Research shows that the night before an exam is a stressful time and that cramming the night before an exam only leaves pupils feeling frustrated and anxious. Studies show that getting enough rest is vital to consolidate new information, so it is best that pupils get a good night's sleep and wake up feeling refreshed.

By the time it is the night before the exam, all revision should have been done. This is the perfect time for pupils to calm their nerves and make sure that they are ready to enter into their exam well-rested and confident in their ability.

Further research shows that limiting distractions can help pupils think better and reduce stress. Distractions include social media, technology, the internet, contact with people who may cause any upset etc. Research also shows that eating a nutritious meal, exercising or completing a relaxing activity the night before an exam can all contribute towards being in the right mindset to succeed.

## What can you do?



- Encourage your child to review their revision and notes, covering topics one by one. Late night revision will not be effective so help your child to refresh themselves with what they need to and then to take a break so they get a good night's sleep.
- Encourage your child to have a relaxing evening routine the night before an exam, which could include eating a good meal (but not to try anything new), reading a book, going for a walk together, doing some exercise or having a bath. Be mindful that your child will be feeling stressed: provide them with comfort and reassurance and support them to be as calm and relaxed as possible.
- Help your child to get everything ready in preparation for their exam, such as clothes they need to wear, bag, pens, equipment, revision notes, water bottle, snacks etc. This will eliminate any unwanted stress on the exam day. Make sure your child has a breakfast ready to eat the next day as well.





# Subject Support for exam success

## Ancient History GCSE

### Overview of assessment

This course is assessed through two exams:

- **Paper 1 - Greece and Persia** (50%) - 120 minute, 100 marks **(14 May 2024 pm)**  
Contains two units:
  - Persian Empire (559-465 BC)
  - Athens in the age of Pericles (462-429 BC)
- **Paper 2 - Rome and its neighbours** (50%) - 120 minute, 100 marks **(23 May 2024 pm)**  
Contains two units:
  - The Foundations of Rome
  - Hannibal and the second Punic War

### Revision resources/ links

#### Textbook

Sam Baddeley et al, 'GCSE Component 1 Greece and Persia' (London 2017)

Paul Fowler et al, 'GCSE Component 2: Rome' (London, 2017)

#### Class OneNote

All lessons and revision materials are available on the Class OneNote. This can be easily accessed through the student's IPAD.

#### Massolit

All students have been provided a login for Massolit. On this website, there is a range of online lectures which will help students develop their subject knowledge

[Massolit – Short video lectures from the world's best academics](#)

#### Top 3 tips for success in Ancient History

1. Practice exam style questions as soon as possible: Practice writing these in timed conditions without your notes to help you get better with timings. It is easy to run out of time on the paper.
2. Use the revision materials on OneNote to recap any topics which you missed or have forgotten.
3. Use teacher feedback to improve your academic writing and increase your grade.

## Art & Design GCSE

### Overview of assessment

- **Personal Project coursework (60%)**  
Made up of the 4 assessment objectives below. A01-4 all completed as coursework. Project started in year 10 and finished January 2024. Some students will still have outstanding work/improvements to do, ready for the **15 April deadline**.
- **Exam project (40%)**  
Made up of the 4 assessment objectives below. A01-3 completed as coursework, A04 made in a 10 hour final exam **25 April 2024**. Started January 2024 and to be finished for the **15 April deadline**.

AO1	Critical Understanding (25%)	A02	Creative Making (25%)
A03	Reflective Recording (25%)	A04	Personal Presentation (25%)

### Revision resources/ links

Eduqas website.

### Top 3 tips for success in Art & Design

1. Attend all extra-curricular sessions in March and April.
2. Ensure you are doing at least 1 hour a week at home on coursework each week.
3. Ensure you meet the 15 April deadline.

## Art & Design - Graphic Communication GCSE

### Overview of assessment

- **Personal Project coursework (60%)**  
Made up of the 4 assessment objectives below. A01-4 all completed as coursework. Project started in year 10 and finished January 2024. Some students will still have outstanding work/ improvements to do, ready for the **15 April deadline**.
- **Exam project (40%)**  
Made up of the 4 assessment objectives below. A01-3 completed as coursework, A04 made in a 10 hour final exam **26 April 2024**. Started January 2024 and to be finished for the **15 April deadline**.

AO1	Critical Understanding (25%)	A02	Creative Making (25%)
A03	Reflective Recording (25%)	A04	Personal Presentation (25%)

### Revision resources/ links

Eduqas website.

### Top 3 tips for success in Art & Design- Graphic Communication

1. Attend all extra-curricular sessions in March and April.
2. Ensure you are doing at least 1 hour a week at home on coursework each week.
3. Ensure you meet the 15 April deadline.

## Biology GCSE

### Overview of assessment

This AQA course is assessed by two, equally weighted, 105 minute written exams:

- **Biology Paper 1 (10 May 2024, am)** includes content from the following topics plus skills developed during 6 required practicals.
  - a. Cell Biology
  - b. Organisation
  - c. Infection and Response
  - d. Bioenergetics
- **Biology Paper 2 (7 June 2024, pm)** includes content from the following topics plus skills developed during 4 required practicals.
  - a. Homeostasis and Response
  - b. Inheritance, Variation and Evolution
  - c. Ecology

### Revision resources/ links

[Seneca - Learn 2x Faster \(senecalearning.com\)](https://www.senecalearning.com/)

[freesciencelessons | The very best in science education](#)

[Malmesbury Education - YouTube](#)

<https://www.physicsandmathstutor.com/>

[Kerboodle - Sign In](#)

[AQA | GCSE | Biology | Specification at a glance](#)

### Top 3 tips for success in Biology

1. Use the revision materials on OneNote and Teams to recap any topics which you missed or have forgotten.
2. Regularly apply your knowledge to past-paper exam questions to help improve your exam technique.
3. Ensure you can identify the Independent, Dependent and Control variables for each of the required practicals, and be able to apply the skills learnt during the required practicals to similar practicals.

## Business Studies GCSE

### Overview of assessment

We follow the OCR GCSE specification

- **Business 1 - Business activity, marketing and people** (14 May 2024, pm)  
90 minutes, 80 Marks
- **Business 2 - Operations, finance and influences on business** (5 June 2024, pm)  
90 minutes, 80 Marks

### Revision resources/ links

Revision materials have been placed in your one note folder which covers both papers.

### Top 3 tips for success in GCSE Business studies

1. Complete the revision activities which have been given to you
2. Practice past papers and time yourself
3. Use the case studies and answer your questions in the context given to you

## Business Enterprise CAM Nationals

### Overview of assessment

#### Cambridge Nationals Marketing and Enterprise Unit

2 Coursework units completed in lesson time and 1 externally assessed test  
Tested Unit

R067 (40%) of final qualification - 75 minutes, 70 Marks (21 May 2024, am)

### Revision resources/ links

Revision materials have been placed in your One Note folder which covers content for the paper.  
You can also refer to the personalised learning checklist.

### Top 3 tips for success in Business Enterprise

1. Complete the revision activities which have been given to you
2. practice past papers and time yourself
3. Use the case studies and answer your questions in the context given to you



## Chemistry GCSE

### Overview of assessment

This AQA course is assessed by two, equally weighted, 105 minute written exams:

- **Chemistry Paper 1 (17 May 2024, am)** includes content from the following topics plus skills developed during 4 required practicals.
  - a. Atomic Structure and the Periodic Table
  - b. Bonding, Structure and the Properties of Matter
  - c. Quantitative Chemistry
  - d. Chemical Changes
  - e. Energy Changes
- **Chemistry Paper 2 (11 June 2024, am)** includes content from the following topics plus skills developed during 4 required practicals.
  - a. The Rate and Extent of Chemical Change
  - b. Organic Chemistry
  - c. Chemical Analysis
  - d. Chemistry of the Atmosphere
  - e. Using Resources

### Revision resources/ links

[Seneca - Learn 2x Faster \(senecalearning.com\)](https://www.senecalearning.com/)  
[freesciencelessons | The very best in science education](#)  
[Malmesbury Education - YouTube](#)  
<https://www.physicsandmathstutor.com/>  
[Kerboodle - Sign In](#)  
[AQA | GCSE | Chemistry | Specification at a glance](#)

### Top 3 tips for success in Chemistry

1. Use the revision materials on OneNote and Teams to recap any topics which you missed or have forgotten.
2. Regularly apply your knowledge to past-paper exam questions to help improve your exam technique.
3. Ensure you can identify the Independent, Dependent and Control variables for each of the required practicals, and be able to apply the skills learnt during the required practicals to similar practicals.

## Citizenship GCSE

### Overview of assessment

- **Paper 1** - Exam (**21 May 2024, am**) (50%) – 105 minute, 80 marks
  - Section A: Active Citizenship (40 marks)
  - Section B: Politics & Participation (40 marks)
- **Paper 2** - Exam (**3 June 2024, pm**) (50%) – 105 minutes, 80 marks
  - Section A: Life in Modern Britain (40 marks)
  - Section B: Rights & Responsibilities (40 marks)

### Revision resources/ links

- Past Papers and Mark schemes: <https://www.aqa.org.uk/subjects/citizenship/gcse/citizenship-studies-8100/assessment-resources>
- Check your OneNote Citizenship class notebook for Knowledge Organisers, Retrieval grids and more.

### Top 3 tips for success in Citizenship

1. Highlight/underline key words in the question/source.
2. For 4 mark questions, make 2 points and develop both.
3. For 8 mark questions, consider both sides of the argument and add a conclusion.

## Design & Technology GCSE

### Overview of assessment

- **NEA** (50%)- Started in July 2023. To be finished by **Easter 2024**  
Explore a context, find a problem to solve, design the solution, make the solution, check it works and evaluate it.  
Work submitted is the PowerPoint portfolio and made product
- **Exam** (50%) (**18 June 2024, am**) 120 minute paper
  - Section A **Core Technical Principles** , 20 marks (1<sup>st</sup> 10 questions always multiple choice)
  - Section B **Specialist Technical Principles**, 30 marks
  - Section C **Designing and making principles**, 50 marks  
There will be questions covering subject knowledge, drawing skills and maths.

### Revision resources/ links

Your teacher should have assigned you all the relevant content on both GCSEPod and Seneca Exam board website: [AQA Design Technology](#)

### Top 3 tips for success in Design & Technology

1. Keep on top of your deadlines with your NEA. Use the extra hours that the school has organised.
2. Design questions in section C are usually at least 7 marks. Break up your revision with some drawing exercises (exploded view, 1 point perspective, orthographic projection, isometric sketching).
3. Read your questions carefully. If a product or need has been mentioned, make sure you refer back to it in your answer.

## Drama GCSE

### Overview of assessment

Component:

- 1 **Written Exam** (Noughts and Crosses and Live theatre review) **9 May 2024**
- 2 **Devising Theatre** – Performance and Written Devising Log
- 3 **Texts in Practice** – Two extracts performed to a visiting examiner on **18 March 2024**

### Revision resources/ links

BBC Bitesize - [GCSE Drama - AQA - BBC Bitesize](#)

Digital Theatre – Frantic Assembly performing Othello

### Top 3 tips for success in Drama

1. Learn your lines for the practical exam on 18 March 2024.
2. Write as the first person when answering questions about how you would act as a character.
3. Cover all parts of the extract and make sure the examiner can picture the stage you are creating – write in detail – movement, space, voice.

## English Language GCSE

### Overview of assessment

Two exam papers

- **Paper 1 - Exploring fiction** (105 minutes) **(23 May 2024, am)**
  - 4 reading questions (25%)
  - 1 writing question (25%)
- **Paper 2 - Writers' viewpoints and perspectives** (105 minutes) **(6 June 2024, am)**
  - 4 reading questions (25%)
  - 1 writing question (25%)

As part of the English Language GCSE, students have also completed the Spoken Language Endorsement; the grade achieved for this will be on students' certificates in the summer but does not count towards the final GCSE grade.

### Revision resources/ links

Students have been provided with revision guidance for each paper via email. We also set regular revision through Seneca Learning that supports revision. Students are able to complete courses independently through Seneca as well.

Additional resources can be accessed via the following links:

<https://reviseonline.pearson.com/>

<https://www.gcsepod.com/>

<https://senecalearning.com/en-GB/>

### Top 3 tips for success in English Language

1. Read at home – just 2 pages of a book a day will support reading development and provide greater chances of success.
2. Revise how to structure the response for each individual question.
3. Attempt every question in the final exams. Leaving a question blank guarantees zero marks.

## English Literature GCSE

### Overview of assessment

Two exam papers

- **Paper 1 - Shakespeare and the modern text**, 105 minutes **(13 May 2024, am)**
  - 2 Shakespeare questions on Romeo and Juliet (25%)
  - 1 modern text question on An Inspector Calls (25%)
- **Paper 2 - 19th century texts and poetry**, 135 minutes **(20 May 2024, am)**
  - 2 19<sup>th</sup> century questions on A Christmas Carol (25%)
  - 2 poetry questions; 1 on our conflict anthology and 1 on unseen poetry (25%)

### Revision resources/ links

Students have been provided with revision guidance for each paper via email. We also set regular revision through Seneca Learning that supports revision. Students are able to complete courses independently through Seneca as well.

Additional resources can be accessed via the following links:

<https://www.gcsepod.com/>

<https://senecalearning.com/en-GB/>

### Top 3 tips for success in English Literature

1. Revise the plot, character, theme and settings for each of our Literature texts.
2. Revise how to structure the response for each individual question.
3. Attempt every question in the final exams. Leaving a question blank guarantees zero marks.

## French GCSE

### Overview of assessment

Four exam papers

- **Paper 1 – Listening** (25%) Foundation 35 minutes/ Higher 45 minutes **(14 May 2024,am)**
- **Paper 2 – Speaking** (25%) Foundation 7-9 minutes/ Higher 10-12 minutes **(date – tbc)**
- **Paper 3 – Reading** (25%) Foundation 45 minutes/ Higher 60 minutes **(14 May 2024,am)**
- **Paper 4 – Writing** (25%) Foundation 60 minutes/ Higher tier 75 minutes **(24 May 2024,am)**

### Revision resources/ links

Revision resources have been shared via OneDrive: [KS4 Revision](#)

Other useful websites include:

[www.lyricstraining.com](http://www.lyricstraining.com) - This website uses French music videos to enhance listening skills.

<https://www.bbc.co.uk/bitesize/examspecs/zr8bmfr> - Easy-to-understand homework and revision materials for your GCSE French AQA '9-1' studies and exams.

### Top 3 tips for success in French

1. Revise little and often – don't leave revision until the last minute.
2. Start practising now for your speaking exam at the start of May. Being confident with French pronunciation rules will also help with your listening exam, and your speaking preparation will be useful in your writing exam too.
3. Be positive. Focus on the words you do know when reading and listening and work out the gist to give an educated answer.



## Geography GCSE

### Overview of assessment

#### Edexcel 'A' Geography

- **Paper 1 – The Physical Environment** (37.5%) 90 minutes, 94 marks (**17 May 2024, pm**)  
(Ecosystems, Changing UK Landscapes: *Geology, Rivers, Coasts*, Weather & Climate)
- **Paper 2 – The Human Environment** (37.5%) 90 minutes, 94 marks (**5 June 2024, am**)  
(Resource Management, Changing Cities, Global Development)
- **Paper 3 – Geographical Investigation's** (25%) 75 minutes, 64 marks (**14 June 2024, am**)  
(Human & Physical Geography Fieldwork & UK Challenges)

#### Revision resources/ links

Revise Edexcel GCSE (9-1) Edexcel Geography.

GCSE POD

Pearson Online through school login

Extensive lesson and revision material on OneNote

Educake Quizzes

Student Handbook

#### Top 3 tips for success in Geography

1. Learn and memorise command word requirements and 'how to' answer 8 markers.
2. Revise the content using the above information. Create flashcards and have parents/siblings test you
3. Practice exam questions using provided past papers and question workbooks. All available on Onenote

## Health & Social Care Cambridge National

### Overview of assessment

**Unit R032: Principles of care in health and social care settings** – 75 minutes, 70 marks (80UMS)  
Written exam (**5 June 2024, pm**)

The exam will have six compulsory questions.

Question types include short and medium answer, and extended response.

#### Revision resources/ links

[OCR Cambridge National in Health and Social Care \(J835\) Candidate Style Answers \(R032 - Principles of care in health and social care settings\)](#)

[R032/01 Principles of care in health and social care settings - Sample assessment material V2 \(ocr.org.uk\)](#)

[Health and Social R032 - Principals of care in health and social settings. Flashcards | Quizlet](#)

#### Top 3 tips for success in Health & Social

1. Learn key word definitions (use the Quizlet flashcards above).
2. Don't repeat information given to you in the question (or other questions).
3. Focus on the command word – do you need to *describe* or *evaluate*, for example?

## History GCSE

### Overview of assessment

History is solely assessed through examinations. There are three exams:

- **Paper 1 - Thematic Study and historic environment** (30%) 75 minutes **(15 May 2024, am)**
  - Medicine in Britain (c1250-present)
  - 52 marks: 16 on the historic environment (WW1) and 36 for thematic unit
- **Paper 2 - Period study and British depth study** (40%) 105 minutes **(4 June 2024, pm)**
  - Superpower relations and the Cold War 1941-1991
  - Anglo-Saxon and Norman England 1060-1088
  - 64 marks (split evenly – 32 marks on each topic)
- **Paper 3 - Period Study and British Depth Study** (30%) 80 minutes **(11 June 2024, pm)**
  - Weimar and Nazi Germany 1918-39
  - 52 marks

### Revision resources/ links

- [GCSE History - Edexcel - BBC Bitesize](#) - List of all topic
- [Simple History - YouTube](#) - Great resource for simple videos on a range of topics

### Top 3 tips for success in History

1. Timings: Make sure you leave enough time to answer all questions/ sections (especially for paper 2).
2. Focus on the wording of the question; make sure you refer back to the wording of the question in your answer.
3. Practice a range of Exam style questions as revision; practice makes perfect

# Hospitality & Catering

## Overview of assessment

- **Unit 1 – The Hospitality and Catering Industry (20 June 2024, am)**  
Written examination (40%) 80 minutes, 80 marks
- **Unit 2 – Hospitality and Catering in Action**  
Controlled assessment (60%), Approx 12 hours, 120 marks

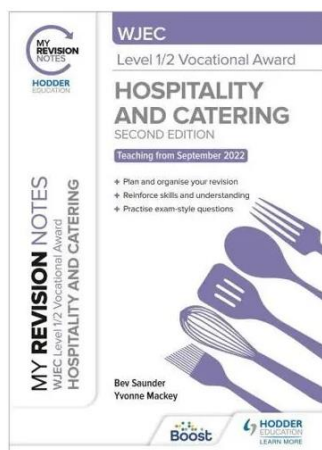
## Revision resources/ links

Knowledge organisers for units 1 & 2: [Resource WJEC Educational Resources Website](#)

Past papers & mark schemes for unit 1: [Level 1/2 Hospitality and Catering \(wjec.co.uk\)](https://www.wjec.co.uk)

## Revision Guide -

My Revision Notes – WJEC Level 1 / 2 Vocational Award Hospitality and Catering



## Top 3 tips for success in Hospitality & Catering

1. Practice elements of your final dishes in preparation for your practical exam.
2. Revise the role & responsibilities of the Environmental Health Officer (EHO). This comes up in the written exam **EVERY YEAR!**
3. Revise types of establishments. Remember the word provision just means somewhere that provides a service! This can be food, drink or other services such as somewhere to sleep.

# Information Technology Cambridge National

## Overview of assessment

**One paper R050: IT in the digital world** (40%) 90 minutes **(22 May 2024, pm)**

Topics assessed include:

- Design Tools
- Human Computer Interface (HCI) in everyday life
- Data and testing
- Cyber-security and legislation
- Digital Communications
- Internet of Everything (IoE)

## Revision resources/ links

**THERAPY:** Use the comprehensive revision material on <https://boost-learning.com/> including the course ebook, a revision guide (below) and test your knowledge questions.

**DIAGNOSIS:** Use the <https://erevision.uk/> website to diagnosis weakness areas

**TESTING:** Complete your practice exam workbook and practice exam questions.

Revision Guide - My Revision Notes: Level 1/Level 2 Cambridge National in IT: Second Edition



## Top 3 tips for success in Information Technology

1. Stick to your revision plan that you created and display it prominently at home.
2. Revise using your diagnostic sheet to fill gaps in your knowledge ensuring a solid grasp of all 6 Topic Areas.
3. Familiarise yourself with the exam format: Become familiar with the structure of the exam papers and practice answering questions within the allocated time frame.



## Mathematics GCSE

### Overview of assessment

We will be using the Edexcel Pearson Maths GCSE as our exam board.

Three equally weighted written papers, each 90 minutes long

- Paper 1 – Non calculator out of 80 marks **(16 May 2024, am)**
- Paper 2 – Calculator out of 80 marks - **(3 June 2024, am)**
- Paper 3 – Calculator out of 80 marks - **(10 June 2024, am)**

Students in set 1-3 will sit the Higher Paper and students in sets 4-7 will sit the Foundation Paper.

Each paper will assess students' mathematical knowledge with questions in Number, Algebra, Ratio and Proportion, Geometry and Measure, Probability and Statistics.

### Revision resources/ links

<https://corbettmaths.com/2023/08/01/gcse-revision/>

The resource above has lots of extra links embedded as well as a revision pack (133 pages) with questions for each strand that students will be assessed in. This is split into Higher and Foundation, so please make sure that you are working through the right content. This also has a revision checklist and different practice papers.

<https://www.mathsgenie.co.uk/gcse.html>

The resource above has separated the topics and skills via grade rather than tier. Each of the questions used are past exam paper questions. This resource is very good if students access to targeted revision work. This resource also has GCSE Edexcel past papers with video solutions going through each of the questions.

<https://sparxmaths.com/>

Using the Independent Learning Tab on Sparx, students can access any video and quiz in the 6 strands. They can then decide on the skill and level they want to complete to improve in a particular area within the strand.

### Top 3 tips for success in Mathematics

1. To get better at Maths you need to do more Maths, so complete lots of Practice and Past Papers and attend Power Hour sessions.
2. Go back over your Starter Task questions to practice the key skills for each of the topics listed above.
3. When you get your paper, read through each question and mark the ones you confidently know how to complete. Complete these questions first. Then start going through the ones you aren't sure of. Remember that you can always do the first step, so don't leave any questions blank!

## Music GCSE

### Overview of assessment

- **Integrated Portfolio (30%)**
  - Solo Performance
  - Free Composition
- **Practical Component (30%)**
  - Ensemble Performance
  - Set Brief Composition
- **Listening and Appraising (40%)**
  - Exam (90 minutes) **(17 June 2024, pm)**

### Revision resources/ links

[GCSE Music Revision](#)

[BBC Bitesize](#)

[GCSE Music Specification](#)

[Revision Guide](#)

### Top 3 tips for success in Music

1. Rehearse regularly for both the solo and ensemble performance, paying particular attention to fluency and accuracy.
2. Familiarise yourself with the structure of the written paper.
3. Practice your appraisal skills on everything you listen to!

## PE GCSE

### Overview of assessment

Exams in summer 2024

- Paper 1 – (30%) 75 minutes **(22 May 2024, pm)**
- Paper 2 – (30%) 75 minutes **(3 June 2024, pm)**
- NEA – Written coursework (10%) - Hand in before Feb half term
- Practical exam – **18 March 2024** – external moderator visiting – further details tbc

### Revision resources/ links

Seneca

BBC bitesize

AQA

[MyPEexam - YouTube](#)

### Top 3 tips for success in Sports Science

1. Complete video evidence to a high standard.
2. Practice practical activities as much as possible to improve grades.
3. Revise key words and topics you are unfamiliar with now

# Physics GCSE

## Overview of assessment

This AQA course is assessed by two, equally weighted, 105 minute written exams:

- **Physics Paper 1 (22 May 2024, am)** includes content from the following topics plus skills developed during 5 required practicals.
  - a. Energy
  - b. Electricity
  - c. Particle Model of Matter
  - d. Atomic Structure
- **Physics Paper 2 (14 June 2024, pm)** includes content from the following topics plus skills developed during 5 required practicals.
  - a. Forces
  - b. Waves
  - c. Magnetism and Electromagnetism
  - d. Space Physics

## Revision resources/ links

[Seneca - Learn 2x Faster \(senecalearning.com\)](https://www.senecalearning.com/)

[freesciencelessons | The very best in science education](#)

[Malmesbury Education - YouTube](#)

<https://www.physicsandmathstutor.com/>

[Kerboodle - Sign In](#)

[AQA | GCSE | Physics | Specification at a glance](#)

## Top 3 tips for success in Physics

1. Use the revision materials on OneNote and Teams to recap any topics which you missed or have forgotten.
2. Regularly apply your knowledge to past-paper exam questions to help improve your exam technique.
3. Ensure you can identify the Independent, Dependent and Control variables for each of the required practicals, and be able to apply the skills learnt during the required practicals to similar practicals.

## Religious Education GCSE

### Overview of assessment

#### Edexcel GCSE (9-1) Religious Studies B

- **Paper 1 – Religion and Ethics: Christianity** (50%) 105 minutes (**17 June 2024, pm**)
- **Paper 2 – Religion, Peace, and Conflict: Islam** (50%) 105 minutes (**20 June 2024, am**)

#### Revision resources/ links

Revise Edexcel GCSE (9-1) Religious Studies B Christianity and Islam Revision Guide.

Pearson Online through school login

Revision material on OneNote

#### Top 3 tips for success in Religious Education

1. Learn the content and constantly test your knowledge.
2. Practice exam structure and test knowledge by completing practice A, B and C questions.
3. Plan and write out D questions in timed conditions.

## Combined Science GCSE

### Overview of assessment

This AQA course is assessed by 6, equally weighted, 75 minute written exams:

1. **Biology Paper 1 (10 May 2024, am)** includes content from the following topics plus skills developed during 5 required practicals.
  - a. Cell Biology
  - b. Organisation
  - c. Infection and Response
  - d. Bioenergetics
2. **Chemistry Paper 1 (17 May 2024, am)** includes content from the following topics plus skills developed during 3 required practicals.
  - a. Atomic Structure and the Periodic Table
  - b. Bonding, Structure and the Properties of Matter
  - c. Quantitative Chemistry
  - d. Chemical Changes
  - e. Energy Changes
3. **Physics Paper 1 (22 May 2024, am)** includes content from the following topics plus skills developed during 4 required practicals.
  - a. Energy
  - b. Electricity
  - c. Particle Model of Matter
  - d. Atomic Structure
4. **Biology Paper 2 (7 June 2024, pm)** includes content from the following topics plus skills developed during 2 required practicals.
  - a. Homeostasis and Response
  - b. Inheritance, Variation and Evolution
  - c. Ecology



5. **Chemistry Paper 2 (11 June 2024, am)** includes content from the following topics plus skills developed during 3 required practicals.
- The Rate and Extent of Chemical Change
  - Organic Chemistry
  - Chemical Analysis
  - Chemistry of the Atmosphere
  - Using Resources
6. **Physics Paper 2 (14 June 2024, pm)** includes content from the following topics plus skills developed during 4 required practicals.
- Forces
  - Waves
  - Magnetism and Electromagnetism

#### Revision resources/ links

[Seneca - Learn 2x Faster \(senecalearning.com\)](https://www.senecalearning.com/)

[freesciencelessons | The very best in science education](#)

[Malmesbury Education - YouTube](#)

<https://www.physicsandmathstutor.com/>

[Kerboodle - Sign In](#)

[AQA | GCSE | Combined Science: Trilogy | Specification at a glance](#)

#### Top 3 tips for success in Science

1. Use the revision materials on OneNote and Teams to recap any topics which you missed or have forgotten.
2. Regularly apply your knowledge to past-paper exam questions to help improve your exam technique.
3. Ensure you can identify the Independent, Dependent and Control variables for each of the required practicals, and be able to apply the skills learnt during the required practicals to similar practicals.

## Sociology GCSE

### Overview of assessment

#### AQA Sociology (9-1)

- **Paper 1: Families and Education** (with Research Methods) (**10 May 2024, pm**)
- **Paper 2: Crime and Deviance and Social Stratification** (**21 May 2024, pm**)

#### Revision resources/ links

AQA GCSE 9-1 Sociology (All-in-one revision + practice)

[AQA | GCSE | Sociology | Assessment resources](#) For past papers, mark schemes and examiner comment

Seneca

Lessons and revision materials on TEAMS

Booklets from lessons (ensure these are up to date and completed in readiness for the exam)

#### Top 3 tips for success in Sociology

1. If you have a question that uses an item/source, used this in your answers.
2. Ensure you know at least two strengths and limitations for each research method.
3. Follow the PERC structure for 12 mark essays – one point for, one point against and a conclusion

## Spanish GCSE

### Overview of assessment

Four exam papers

- **Paper 1 – Listening** (25%) Foundation 35 minutes/ Higher 45 minutes **(4 June 2024, am)**
- **Paper 2 – Speaking** (25%) Foundation 7-9 minutes/ Higher 10-12 minutes **(date – tbc)**
- **Paper 3 – Reading** (25%) Foundation 45 minutes/ Higher 60 minutes **(4 June 2024, am)**
- **Paper 4 – Writing** (25%) Foundation 60 minutes/ Higher 75 minutes **(10 June 2024,pm)**

### Revision resources/ links

Revision resources have been shared via OneDrive: [KS4 Revision](#)

Other useful websites include:

[www.lyricstraining.com](http://www.lyricstraining.com) - This website uses Spanish music videos to enhance listening skills.

<https://www.bbc.co.uk/bitesize/subjects/z4dqxnb> - Easy-to-understand homework and revision materials for your GCSE Spanish AQA '9-1' studies and exams.

### Top 3 tips for success in Spanish

1. Revise little and often – don't leave revision until the last minute.
2. Start practising now for your speaking exam at the start of May. Being confident with Spanish pronunciation rules will also help with your listening exam, and your speaking preparation will be useful in your writing exam too.
3. Be positive. Focus on the words you do know when reading and listening and work out the gist to give an educated answer.

## Sports Studies Cambridge National

### Overview of assessment

- Paper 1 (40%) 75 minutes, 70 marks **(13 May 2024, pm)**
- Set Assignment (40%) 80 marks
- Set Assignment (20%) 40 marks

One compulsory externally assessed unit (exam)

One compulsory unit using NEA (R185) Includes practical grading

One optional unit of two choices (R186/R187) using NEA (will be R186)

### Revision resources/ links

One Note content Library – includes all content such as PowerPoints and help sheets.

Exam Practice materials.

Coursework Guidance to support writing.

The PE classroom to support with revision and coursework.

Cambridge National Sport Studies textbook.

### Top 3 tips for success in Sports Studies

1. Revise exam topics now and be able to create an effective revision tool.
2. Understand sporting issues and keep up to date with these in the media. (Old and New).
3. Practice practical activities as much as possible to improve grades and attend clubs to help.

## Urdu GCSE

### Overview of assessment

Four exam papers

- **Paper 1 – Listening** (25%) Foundation 35 minutes / Higher 45 minutes (**9 May 2024,pm**)
- **Paper 2 – Speaking** (25%) Foundation 7-9 minutes / Higher 10-12 minutes (**date – tbc**)
- **Paper 3 – Reading** (25%) Foundation 50 minutes / Higher 65 minutes (**9 May 2024, pm**)
- **Paper 4 – Writing** (25%) Foundation 80 minutes/ Higher 85 minutes (**21 May 2024,pm**)

### Revision resources/ links

Revision resources have been shared with students via OneNote.

### Top 3 tips for success in Urdu

1. Prepare your vocabulary daily.
2. Revise at least one topic a day with exam style questions.
3. Spend most time working on your reading and writing as these are the skills that require most effort.