



Year 11 Information Evening

“What happens at home in the next year can have more impact on GCSE grades than what happens at school”.

“Parental support is 8 times more important than social class and can make the difference between an A and an also-ran at GCSE”
(Times Educational Supplement)*

When you try to help, it ends in an argument.

You know revision is vital, but what should they do?

Excuses and fob-offs are what you get rather than information.

You'd like to help, but don't know what to do for the best.

Sound familiar? You are not on your own and we can help!

Many parents did not sit GCSEs and the changes with coursework, controlled assessments, linear exam changes and tiers can seem baffling. How can you help?

We hope the information and tips in our guide will help your son/daughter fulfil their potential.

Key dates:

- **Internal GCSE exams have already started for some students**
- **Parents' evening 18th Oct**
- **11 into 12 evening 10th Nov (4:30 – 7.30pm)**
- **Year 11 mock week 4th – 10th Jan**
- **Student review 2 18th Jan**
- **Year 11 mock results 20th Jan**
- **Year 11 Engage evening 6th March (6pm)**
- **Year 11 reports 31st March**
- **Student review 3 18th Apr**
- **External GCSE exams start 15th May**
- **Last exam (latest) 28th June**

Top 10 tips for parents:

1. **Attendance** Make sure they come to school. Even during stand-down, lessons are running if the exam hasn't happened yet.
2. **Environment** Provide a quiet place at home where they can revise uninterrupted.
3. **Show an interest** Help them with revision, test them and ask them how each day has gone and if there is any help they need.
4. **Plan** Help them make a revision timetable.
5. **Agree the rules** Negotiate how they are going to structure their time balancing fun and work. If you know they love Facebook or Call of Duty, then agree when they can use it and when they need to work.
6. **Diplomacy** Act as a go-between. Ask school the questions that they can't or won't.
7. **The basics** Make sure they eat, sleep and take enough exercise. Nerves can stop people eating and sleeping, especially the night before the exam.
8. **Be the banker** They may find a book or revision guide would help. Keep a work box stocked with pens, pencils, rulers etc.
9. **Alarm clock** Make sure they get to the exams! Check their exam/revision timetable and check they are OK. Please contact us if you would like a personal copy of your son/daughter's exam timetable.
10. **Celebrate and reward success** Get their favourite snacks if they are revising well. Incentives work well.

Top 10 tips for students revising

1. **Plan** Make a revision timetable and use it! Put it somewhere everyone can see so they can help you stick to it.
2. **Chunk** Revise in 15 minute chunks and then do 5 minutes of something different. We remember best for the first 8 minutes of revision. Moving around changes how the brain works and makes it more likely you will remember.
3. **Tricks** For memorising lists, use mnemonics (**R**ichard **O**f **Y**ork **G**ave **B**attle **I**n **V**ain) or make a short story that has all of the facts in.
4. **Cards** Bullet points on flash cards are a good way to organise revision and help someone test you. Keep them short (even 1 word can work, if you know what it links to).
5. **Know yourself** Are you a morning or evening person? Plan your revision so you do the most work then.

6. **Post it** Make posters of key facts and put them up. You will absorb the information naturally. Post-it notes around the house can help.
7. **Mix it up** Don't just revise from the same revision guide or website. Use as many different sources as you can. Doing something different can help things go in.
8. **Friends** Get a revision buddy to test you. Choose someone who can help you if you don't understand.
9. **Spider diagrams/mindmaps** A great way to revise is to use a mind-map to go through what you know and which bits link to each other.
10. **Past papers** When you are ready, do past papers. Exam boards reuse questions and have a style that if you practice you will get used to. Studies show that the more past papers you do (using the mark scheme for feedback), the better grade you will get. The exam board websites usually have lots of papers to practise on or ask your teacher!

Managing stress: Advice for students

Each school year brings new pressures but there's lots you can do to stop the pressure getting too much and make your brain and body work well. Stress is not a bad thing - in fact, it's a natural chemical reaction designed to make us perform well under pressure. Problems occur when stress goes on too long or when it becomes panic.

1. Sleep easy

Getting enough sleep can be tricky, especially near exams, but there are loads of things you can do to get better sleep and every little bit helps. The main trick is to use the hour before bed to wind down – no work, no arguments, nothing to raise heart-rate or stress. And no phones/internet/screens! Most screens, including phones, use light that makes the brain think it's daytime. But don't lie awake panicking about not sleeping – make yourself think of nice things, such as a holiday or how you'd spend a million pounds.

2. Eat well for brain and body.

Brains need food, so don't go hungry. Trouble is, when we're stressed, it can be hard to eat regular meals and we might crave sugary food, which wrecks mood and concentration. Porridge, eggs or beans make a perfect breakfast and yogurt after a meal is great, too. Choose snacks to fuel your brain through the day: nuts, fruit, oatcakes and hummus or cheese, home-made flapjacks, for example.

3. Switch off your phone and internet for a while every day.

Social media can be great for feeling part of a group, but being connected all the time stops you being able to relax and think. We spend so much time bombarded by questions, instructions, messages, whether face to face or online. You'll notice an immediate sense of peace when you switch off. Also, never respond to a message while angry or upset. This is really hard, but very important and will save you loads of heartache.

4. Keep reading for pleasure

People who read books for pleasure report that it relaxes them and allows them to switch off their worries. We also know that there's a strong link between reading every day for pleasure and higher grades in exams and it's one of the best ways of winding down before sleep. So, if you love reading, keep reading. If you don't, ask the school librarian for ideas. There are books out there for everyone. Remember – it's reading for pleasure, so you don't have to read anything you don't like.

5. Have a hobby.

Think you're too busy with exams? Well, your brain will function better if you have breaks from work. And hobbies take your mind off worries, allowing stress chemicals to reduce. Some hobbies are good for making friends; others are great for thinking time; and they help self-esteem because you'll choose something you'll be good at and enjoy. Any kind of sport works well but making or collecting things or anything that allows you to use your brain differently from doing schoolwork will be just as useful.

6. Keep friendships in perspective

Many young people find that friendship and peer group issues are the worst stresses. There's so much anxiety and emotion around that it's not surprising if even good friends sometimes say the wrong thing or don't notice the effect of their words. Friendships do change, because you're all changing. Break-ups and arguments can hurt horribly. So my advice is: focus on people who make you feel good and ignore those who upset you; be a good friend but if your friends are not always there for you, remember that it's most likely to be a problem they have, and not your fault. Every stage of life will bring new friendships and nothing is forever. What hurts today will heal soon.

7. Have a laugh

Laughter makes the brain produce chemicals called endorphins, which are the body's natural feel-good medicines. Find funny clips on the internet or your favourite DVD and give yourself a dose of laughter whenever you need it. Mood is affected by what we see and think about; so, if you're feeling low, avoid sad films and pick feel-good ones.

8. Ask for help early.

Whether it's schoolwork or emotional problems, there are adults who want to help! With schoolwork, tell a teacher in advance that you need help and then fix a time when they can give it to you. On the other hand, remember that most things are hard at first, so don't stress when you don't understand new things immediately. With emotional worries, choose a trusted adult to talk to before it gets worse. And if the first person can't help, ask another.

9. Breathe with your stomach

Even lots of adults don't know how to breathe properly and under stress we usually breathe wrongly even if we know the right way. Learn this simple trick: put one hand on your stomach and breathe out hard while relaxing your whole stomach area. Notice the tension flood out. Then breathe in but make sure your stomach moves out as you breathe in. For a few breaths, breathe in while counting to six and out while counting to ten. Do this when you're feeling tense.

10. Remember: everything passes and everything changes.

Today's worries will not feel the same next week or next month or next year, however awful they feel now. Some worries will disappear quickly; others will take longer. Many things you will forget completely – I've forgotten every single friendship argument from my schooldays, for example! Other things you will be able to put in perspective and one day you will look back and wonder why you were so stressed.

ENGLISH INFORMATION

English Language Paper 1:

6th June 1 hr 45 mins – 4 reading questions on a fictional text and a written task of a description or story

English Language Paper 2:

12th June (1hrs 45 minutes – 4 reading questions on 2 non fiction texts and a non fiction written task where you give a viewpoint)

Literature Paper 1:

22nd May (1hr 45 minutes) *Romeo and Juliet* and *A Christmas Carol*

Literature Paper 2:

26th May. 2 hr 15 minutes. *An Inspector Calls*, Poetry Anthology (a selection of pre studied poems) and unseen poetry

Pupils have already:

- **Studied both Language Paper 1 and Language Paper 2 and sat a mock exam on each (January and June)**
 - **Studied a selection of unseen poetry.**
- **Studied *Romeo and Juliet* and *A Christmas Carol* and sat mocks on these texts (Jan and June)**

- **Been given a poetry anthology homework booklet that should have completed over the summer holidays**

English: Expectations

- That pupils work hard to achieve (or exceed) their target grade, completing all homework and classwork on time.
- That they take responsibility for their progress and learning – engaging with texts, skills and tasks as well as acting on targets, challenge tasks and feedback given both by teacher assessment and peer assessment.
 - That pupils prepare fully for mock exams
- That pupils speak to their teacher if they have any concerns about their progress or understanding in order to reach a solution together.
- That pupils take advantage of opportunities outside of time tabled lessons to improve their skills and understanding.

Support

Throughout Year 11, there will be opportunities for pupils to benefit from additional support.

-Revision sessions for an hour every Thursday after school

-Google classroom – where resources, reminders and tips are shared

-One to one or small group support that select pupils will be invited to join

-KS4 homework club where pupils can receive help with classwork or revision

After all controlled assessments are completed, these sessions will focus on revision

Timetabled sessions with our intervention teacher

Focussed, personalised support

What can pupils be doing at home?

- Homework
- Revision for mock and real exams
- Re reading the texts
- Reading about the texts
- Making use of the google classroom
- Reading a range of non-fiction (articles, newspapers etc)
- Using recommended internet sites to improve punctuation and grammar
- Practise writing short stories, articles, letters, speeches. descriptions
- Learning spellings / new vocabulary

MATHS INFORMATION

OCR GCSE J560

Graded 9-1, where 9 is the highest grade

5 is considered a 'good pass', which can be achieved at Higher or Foundation tier

Students will sit 3 papers; 2 calculator and 1 non-calculator.

Each paper is out of 100 marks and is an hour and a half long.

The mock exam in January is crucial- it is the students' first opportunity to sit all 3 papers in strict exam conditions.

The Maths Curriculum is split into 3 strands: Fluency, Reasoning and Problem Solving.

The new Maths GCSE has a much bigger focus on the Reasoning and Problem Solving strands.

We need all students to have a 'never give up' attitude to succeed with these type of questions.

Support

There are many opportunities for pupils to get support with Maths:

- A lunchtime Maths Surgery every Tuesday. Pupils can work either with a teacher or on the computer. *Usually optional*
- Curriculum Leader drop-in every Thursday from 3-3.45pm. Pupils can drop-in for help with their Maths. *Optional*

- Timetabled sessions with our specialist Intervention TA. Focussed, personalised support. *Compulsory*
- After school intervention and revision on a Tuesday. Small group work with a specialist teacher. *Compulsory*
- ICT Support: Mymaths and logins for all pupils.
@horsforthmaths Twitter account

Maths: Expectations

- We have very high expectations of our pupils and expect that they:
- Attend all intervention sessions or revision classes as required
- Put in 100% effort in all lessons and intervention sessions
- Ask for help and support as soon as they need it
- Be fully equipped for all lessons including a SCIENTIFIC CALCULATOR (£7.50 from the Maths Department in either black, blue or pink!)

Subject	EXAM BOARD AND CODE	MATERIALS, WEBSITES AND REVISION GUIDES
ART & DESIGN	Fine Art AQA 4202	<ul style="list-style-type: none"> • www.aqa.org.uk
ART: PHOTOGRAPHY	Photography AQA 4206	<ul style="list-style-type: none"> • www.aqa.org.uk
COMPUTING	OCR J275	<ul style="list-style-type: none"> • www.ocr.org.uk Horsforth School Google Platform(Computing and ICT) Dynamic Learning
DRAMA	EDEXCEL 2DR01	<ul style="list-style-type: none"> • Drama platform has examples of controlled assessments • You tube has examples of GCSE Script pieces • Independent research will enhance devised pieces • Previous examples of scripted work available on DVD from teacher
D&T FOOD	D&T-Food Technology AQA 4547	<ul style="list-style-type: none"> • www.aqa.org.uk • www.bbc.co.uk/schools/gcsebitesize/design/ • Lonsdale revision guides
D&T TEXTILES	D&T-Textiles AQA 4572	<ul style="list-style-type: none"> • www.aqa.org.uk • www.bbc.co.uk/schools/gcsebitesize/design/ • Lonsdale revision guide • Past papers from AQA site and school
D&T RESISTANT MATERIALS	D&T-Resistant Materials AQA 4562	<ul style="list-style-type: none"> • http://www.technologystudent.com/ • Past Papers • http://web.aqa.org.uk/qual/newgcse/dandt/new/resistant_materials.php?id=07&prev=07 • www.bbc.co.uk/schools/gcsebitesize/design/ • Lonsdale revision guide
ENGLISH	English Language AQA English Literature AQA	<ul style="list-style-type: none"> • Specification, specimen exam papers and markschemes available at the AQA website • http://www.aqa.org.uk/subjects/english/gcse/english-language-8700 for English Language. • http://www.aqa.org.uk/subjects/english/gcse/english-language-8700 for English Literature. • CGP guides for both GCSEs are recommended and Yorks Notes for the English Literature texts: Romeo and Juliet An Inspector Calls A Christmas Carol Anthology Poetry- Conflict http://www.bbc.co.uk/schools/gcsebitesize/english/.
FRENCH	French AQA 4655	<ul style="list-style-type: none"> • www.languageskills.co.uk • www.linguascope.com • www.Kerboodle.com • www.linguascope.com • GCSE bitesize

GEOGRAPHY	Geography A QA 9030	<ul style="list-style-type: none"> · www.geographyalltheway.com · www.juicygeography.co.uk/ <ul style="list-style-type: none"> · GCSE bitesize · www.geography-site.co.uk/pages/revision <ul style="list-style-type: none"> · www.s-cool.co.uk · www.revisioncentre.co.uk · www.aqa.org.uk · www.coolgeography.co.uk/ · VLE resources (past papers, revision booklets)
GERMAN	German AQA 4665	<ul style="list-style-type: none"> · www.languageskills.co.uk · www.linguascope.com · www.Kerboodle.com · www.linguascope.com · GCSE bitesize
HEALTH AND SOCIAL CARE	EDEXCEL 2HS01	<ul style="list-style-type: none"> · Revision folders created in class <ul style="list-style-type: none"> · Sam Learning · HSC text books from school library <p>www.edexcel.com – Examiners' reports, past papers and mark schemes.</p>
HISTORY	History OCR (A) SHP J415	<ul style="list-style-type: none"> · Past papers from tutors · Revision guides issued after Christmas <ul style="list-style-type: none"> · www.ocr.org.uk · www.bitesize.co.uk · www.samlearning.co.uk
ICT	EDEXCEL 2IT01	All Resources and Revision Guides on the Horsforth School Google - Computing and ICT Site
MEDIA	AQA 4810	<ul style="list-style-type: none"> · http://www.aqa.org.uk/subjects/media-studies#bm-GCSE
MUSIC	Music AQA 4270	<ul style="list-style-type: none"> · www.aqa.org.uk · www.dsokids.com/listen/instrumentlist.aspx · www.musicalintervalstutor.info/listenpg.html · http://www.thirteen.org/publicarts/orchestra/orchestra03.swf · plus LOTS of relevant videos on YouTube
MATHS	OCR J560	<p>Mock/ specimen papers (see your maths teacher)</p> <ul style="list-style-type: none"> · CGP Revision Guides and Workbooks for the right board are recommended and can be ordered through school in September (information to follow in lesson) · Mock exam revision booklet (see your maths teacher in December) · Easter Holidays Revision Booklet (see your maths teacher in March) · www.mymaths.co.uk (login:horsforth, password: power, all pupils have a login) · www.studymaths.co.uk · www.getrevising.co.uk (this is a site for all subjects that is free for students and teachers and has revision notes on it as well as tools for making them) <p>www.corbettmaths.com (5 a day quick practice, practice questions sorted by topic)</p>
PE	AQA 4892	<ul style="list-style-type: none"> · Past Papers · GCSE Bitesize · Student booklet · Past Papers and Mark Schemes on school website · www.aqa.org.uk

RE	AQA 4057 Unit 3: Religion and morality and unit 6: Worship and beliefs	<ul style="list-style-type: none"> · www.aqa.org.uk - for Pasta Papers and Mark schemes <p>ALL STUDENTS WILL HAVE A REVISION GUIDE MADE BY STAFF – THESE HAVE PAST PAPERS FOR STUDENTS TO COMPLETE AS PART OF REVISION</p>
SPANISH	Spanish AQA 4695	<ul style="list-style-type: none"> · www.languageskills.co.uk · www.linguascope.com · www.Kerboodle.com · www.linguascope.com · GCSE bitesize
SCIENCE: BIOLOGY	Biology AQA 4401	<ul style="list-style-type: none"> · https://www.kerboodle.com/users/login · GCSE bitesize · http://www.s-cool.co.uk/gcse.html · http://www.what2learn.com/examgames/science/ · https://www.youtube.com/user/ChrisThorntonUK · https://www.youtube.com/playlist?list=PLC0CC234D0C5278A9
SCIENCE: CHEMISTRY	Chemistry AQA 4402	<ul style="list-style-type: none"> · GCSE bitesize · http://www.s-cool.co.uk/gcse.html · http://www.what2learn.com/examgames/science/ · https://www.kerboodle.com/users/login · https://www.youtube.com/user/ChrisThorntonUK · https://www.youtube.com/playlist?list=PLA91D37E416C975B2
SCIENCE: PHYSICS	Physics AQA 4403	<ul style="list-style-type: none"> · GCSE bitesize · http://www.s-cool.co.uk/gcse.html · http://www.what2learn.com/examgames/science/ · http://www.astronomygcse.co.uk/AstroGCSE/New%20Site/IndexNew.htm · https://www.kerboodle.com/users/login · https://www.youtube.com/user/ChrisThorntonUK · https://www.youtube.com/watch?v=pP7EoMtYqpw&list=PL897AD0643356F916
SCIENCE: DOUBLE	Core and Additional Science A AQA 4405 and 4408	<ul style="list-style-type: none"> · GCSE bitesize · http://www.s-cool.co.uk/gcse.html · http://www.what2learn.com/examgames/science/ · https://www.kerboodle.com/users/login · https://www.youtube.com/user/ChrisThorntonUK · www.freesciencelessons.co.uk
SPORT	Level 1/2 in Sport Studies OCR Cambridge Nationals J813	<ul style="list-style-type: none"> · www.ocr.org.uk

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Contacting the school

General questions (school timings, trips, uniform etc.) are best sent to student or main reception

- If you want to phone in: 0113 226 5454
- Email: info@horforthschool.org

The first point of contact for a concern is usually your son or daughter's tutor (for general concerns):

- Notes in the planner will be seen by tutors
- If you want to phone in: 0113 226 5454 and ask to speak to your tutor (most likely they will have to return your call)
- Email: info@horforthschool.org and put in the subject FAO: [name of tutor]

If your concern is regarding general progress or pastoral then please contact your pastoral leader, Mr Bennett:

- If you want to phone in: 0113 226 5454 and ask to speak to Mr Bennett
- Email: bennettl04@horsforthschool.org

If you have a specific, significant concern in a subject please:

- email info@horforthschool.org and put in the subject FAO: Head of maths/English etc.
- call 0113 226 5454 and ask to speak to the Head of maths/teacher/etc. and they will call back if not available.

Serious concerns would obviously be dealt with by the Leadership Team.

Online reporting

Would you like to access progress, attendance and behaviour about your Son or Daughter 24 hours a day?

Horsforth Parental Gateway is an on-line system that allows parents and carers immediate access to information about student attendance, behaviour and progress. Attendance and behaviour information is updated daily and student progress is provided termly with annual school reports also available to view and download. Information is provided on a secure website.

If you would like to register for a logon please email parentlogons@horsforthschool.org