



Supporting your son in Year 11

Mr Bolter – Assistant Principal

Thursday 22nd September

'Be the best that you can be'

Respect • Teamwork • Resilience • Ambition • Integrity • Leadership • Self-Belief

Key Dates 2022-23



'Be the best that you can be'

Year 11 McMillan's Coffee Morning	Friday 4th November
Year 11 PPEs (1)	14th Nov – 25th November
Year 11 Reports to Parents 1	Friday 16th December
Year 11 SLT Parents evening	Thursday 5th January 2023
Year 11 Academic Review Day	Thursday 19th January 2023
Year 11 PPEs (2)	23rd Jan – 3rd February 2023
Year 11 Subject Parents Evening	Thursday 23rd February 2023
Year 11 Reports to Parents 2	Wednesday 29th March 2023
Year 11 GCSE exam period	15th May – 23rd June 2023 (provisional)
Year 11 Results Day	Thursday 24th August

PPEs – Pre Public examinations



'Be the best that you can be'

- There are 2 PPE periods in year 11
- These are designed to replicate as closely as possible the real examinations
- The purpose of PPEs is
 - to train your son for taking several exams in a short space of time.
 - Get him used to formal exams with invigilators
 - To use them to identify gaps in knowledge and understanding before the real exams
- It is very important that your son prepares for these as if they were the 'real thing'

GCSE exams 2023



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- Will be held in May/June
- After 2 years of teacher/centre assessed grades, the DFE have been bringing results back into line with where they were, pre-pandemic. By 2023, grade boundaries will be back in line with 2019 examinations.
- There is currently no plans to tailor or adapt examinations or provide extra support to pupils to mitigate the effects of the pandemic.
- This means that grade boundaries will be higher in 2023 than they were in 2022.
- Results day is provisionally scheduled for Thursday 24th August.

Additional sessions



'Be the best that you can be'

- Our raising aspirations program begins after school next week.
- These are targeted sessions designed to boost pupils' progress and attainment.
- You will already have received letters inviting your son to some of these sessions.
- The schedule for the Autumn Term is below

Monday	Tuesday	Wednesday	Thursday	Friday
English	Maths Media French	Science Technology Computing Geography	History Psychology PE Art	Music

- In the Spring term, the groups will be reorganised, and your son will be invited to new sessions.
- Some teachers will run additional 'drop in' sessions outside these scheduled sessions.

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Additional sessions cont.



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- Revision sessions take place in the Spring term
- Easter revision sessions take place on site
- Saturday morning revision on site in certain subjects
- Once teachers have completed their subject content, they will focus on revision and exam practice in class.
- Walking, talking mocks in the Spring/Summer term
- Revision sessions Wednesday period 5 in the Spring and Summer term

Revising at home

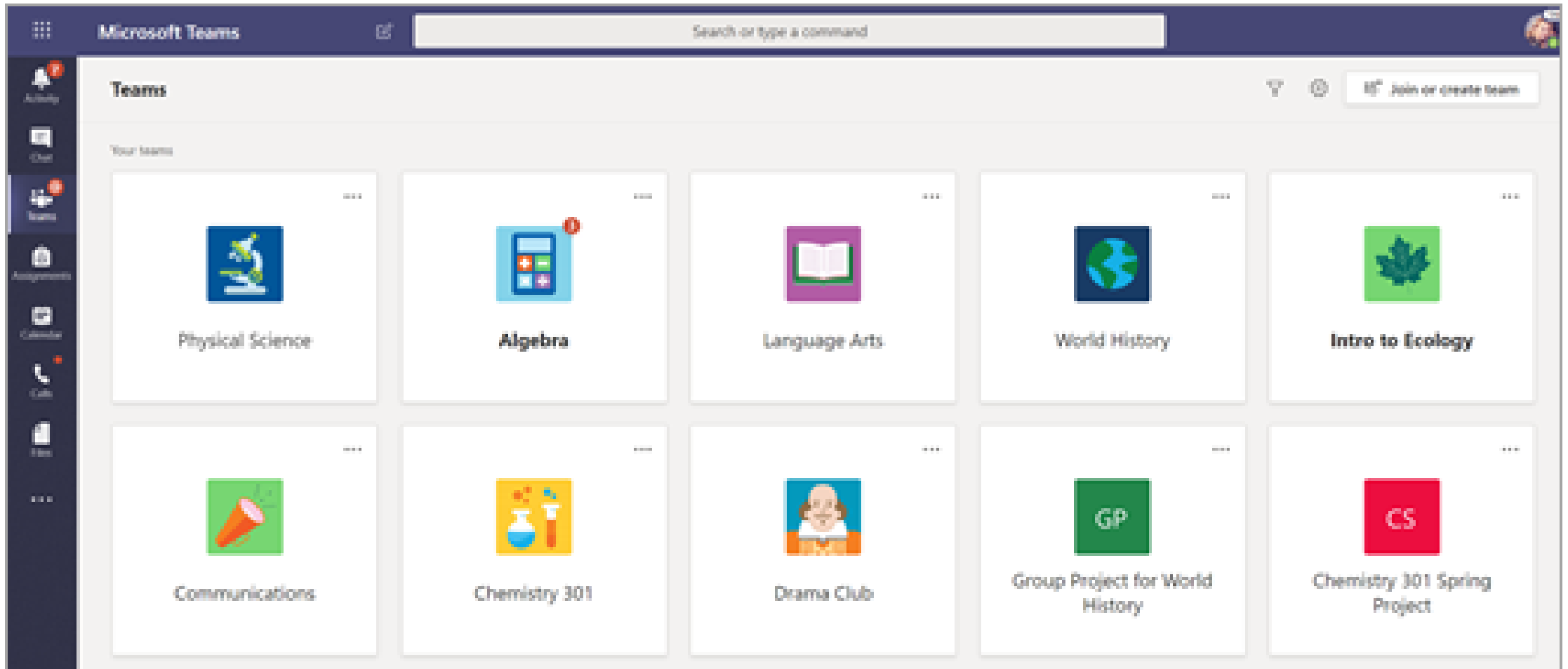


'Be the best that you can be'

- Sessions run at school supplement revision that should be being done at home.
- Your son must be keeping up with his homework and classwork throughout year 11 AND starting to revise for his exams.
- Revision guides are available from the school office or online, you can speak to your son's class teacher to find out which guides we recommend.
- We also have dedicated online revision packages to support your son
- Revision should be
 - Manageable (broken up into short chunks)
 - Organised
 - Produce something
 - Have a goal in mind
 - Be linked to the exam specifications
 - Involve lots and lots and lots and lots of exam practice!

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All classwork and homework is uploaded to MS Teams



Pupil resources on SharePoint – Office 365

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 **HURSTMERE SCHOOL**
Home





































BELIEVE & ACHIEVE

My Apps

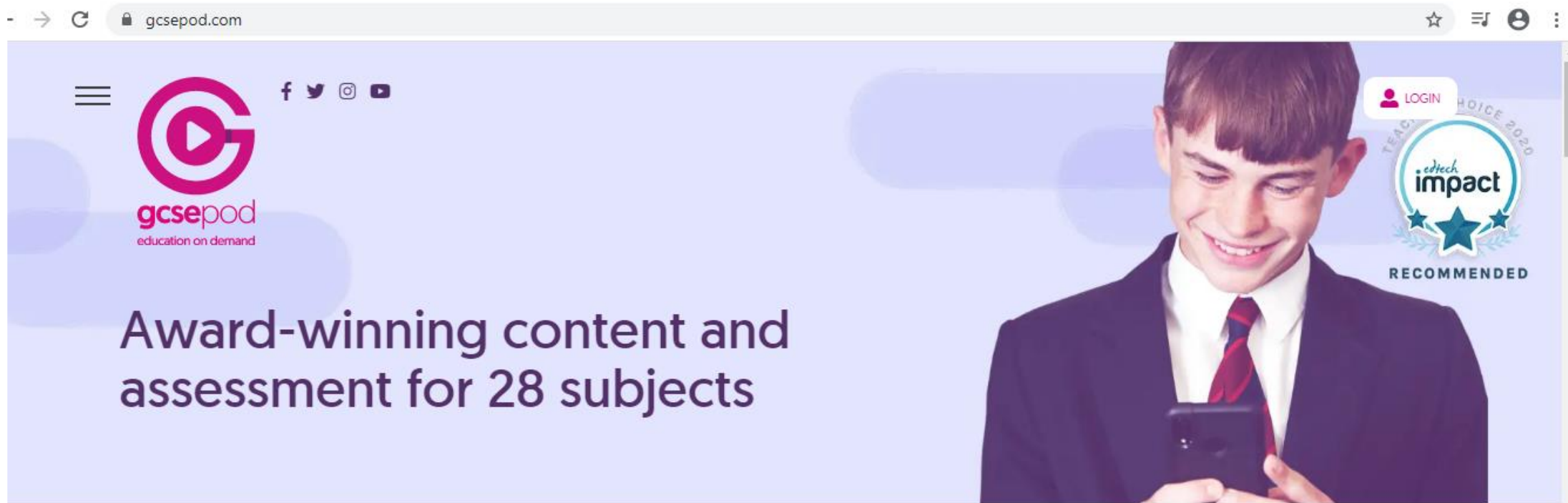
Rectangular Snip

Student Resources

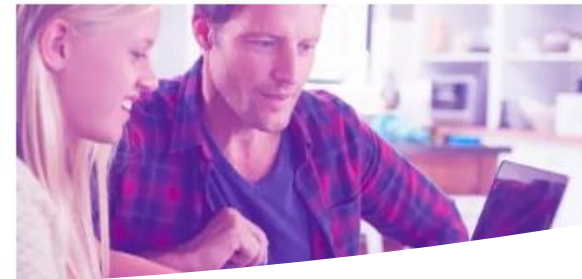
Staff Resources

 Literacy Planet	 Accelerated Reader	 Eclipse Library	 Art	 Business Studies	 Computing	 AEN	 Policies	 Admin
 My Drive	 My Outlook	 My Calendar	 English	 French	 Geography	 Departments	 School Calendar	 IT Helpdesk
 Teams	 OneNote	 Class Notebook	 History	 Library	 Mathematics	 Facilities Helpdesk	 CPD	 Safeguarding
 Unlabeled	 Unlabeled	 Unlabeled	 Unlabeled	 Unlabeled	 Unlabeled	 Curriculum	 Unlabeled	 well being

Your son also has access to GCSEPod using his Hurstmere login details



The screenshot shows the GCSEPod website homepage. The browser address bar displays "gcsepod.com". The page features a navigation menu on the left, social media icons for Facebook, Twitter, Instagram, and YouTube, and a "LOGIN" button. The main content area includes the GCSEPod logo with the tagline "education on demand" and the text "Award-winning content and assessment for 28 subjects". On the right, there is a large image of a young man in a suit looking at his phone, and an "edtech impact" award badge from "TEACHER CHOICE 2020" with the word "RECOMMENDED" below it.



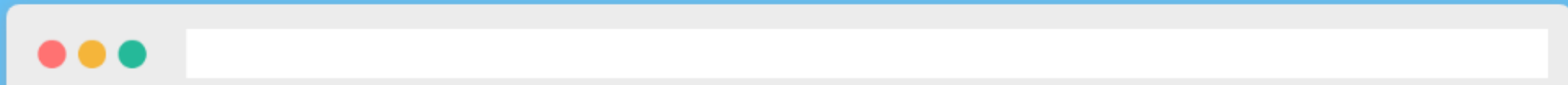
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Students, use for free

Teachers, use for free

Parents, use for free



Study skills sessions

- We also run 3 study skills workshops throughout the year to help pupils with revision
- They are run by the Elevate Education company
- They run sessions on
 - Acing your exams
 - Time management
 - The finishing line!
- They also run parent webinars, the details of which we will share with you.



'Be the best that you can be'



Supporting your son at home



'Be the best that you can be'

- Your son is embarking on one of the most challenging of his life so far
 - 20 – 30 exams in May/June
 - Many hours of revision
 - Making choices on what he wants to do next
 - Maintaining friendships, social life, exploring new relationships
 - He is on the cusp of entering the adult world

The good news



'Be the best that you can be'

- The teenage brain is wired to learn new things, this is the optimum learning period of the brain when it is at its most powerful.
- At this stage of life, parts of the teenage brain are disappearing, the brain is shedding bits of information it doesn't need anymore, the brain is becoming fitter and healthier!
- Teenage brains are not fixed, they are flexible and can be shaped and developed. That means intelligence is not fixed!
- Teenage brains are also better at remembering new ideas and knowledge. This is the peak time to be taking exams!

The bad news



'Be the best that you can be'

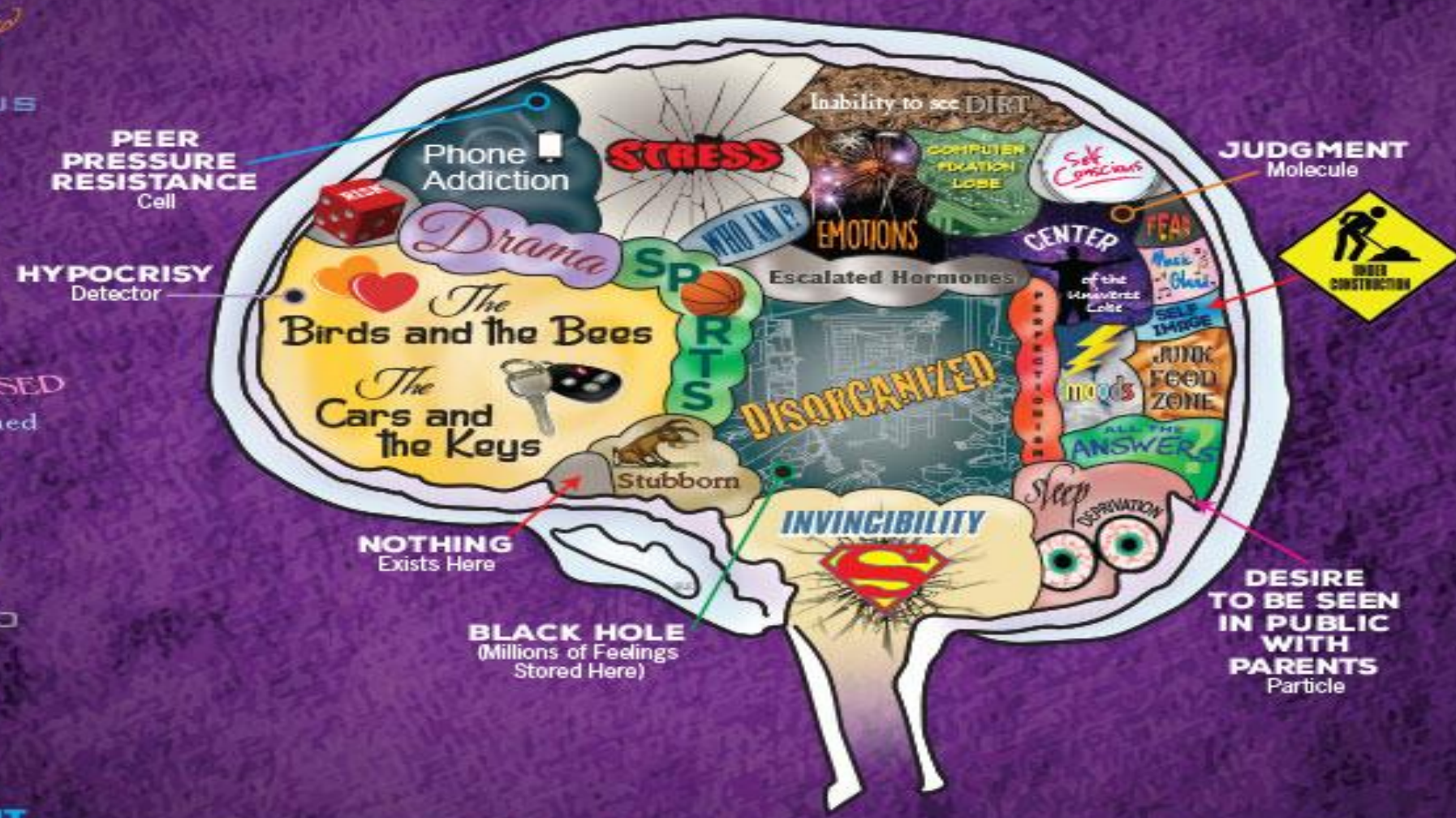
- Although the Teenage brain is working at almost peak efficiency, there is some things it struggles to do
 - Maintaining attention and focus
 - Seeing tasks through to the end
 - Self-discipline
 - Assessing and understanding risk
 - Managing emotions

- **These things all get in the way of learning**

- **They need adults to help them do these things**

The TEENAGE Brain and Emotions

- Optimistic
- RISK-TAKER
- Misunderstood
- REJECTED
- AMBITIOUS
- CONFUSED
- Creative
- Peer Pressure
- Resistant
- GUILTY
- Friendly
- EMBARRASSED
- Overwhelmed
- conflicted
- ALONE
- BITTER
- FRUSTRATED
- TRAPPED
- Curious
- Funny
- Shy
- ANGRY
- CONFIDENT
- Grumpy
- JEALOUS



- HAPPY
- Smart
- DEPRESSED
- Anxious
- Respected
- EXCITED
- self-conscious
- BROKEN
- WORRIED
- Vulnerable
- Important
- DISCOURAGED
- ASHAMED
- Hopeful
- SCARED
- Thankful
- Content
- Wounded
- INDIFFERENT
- AFRAID
- valued
- Helpless
- UnSAFE
- Sarcastic
- SURPRISED

- Satisfied
- LOST
- LONELY
- WORRIED
- STRESSED
- Stubborn
- Pressured
- ignored

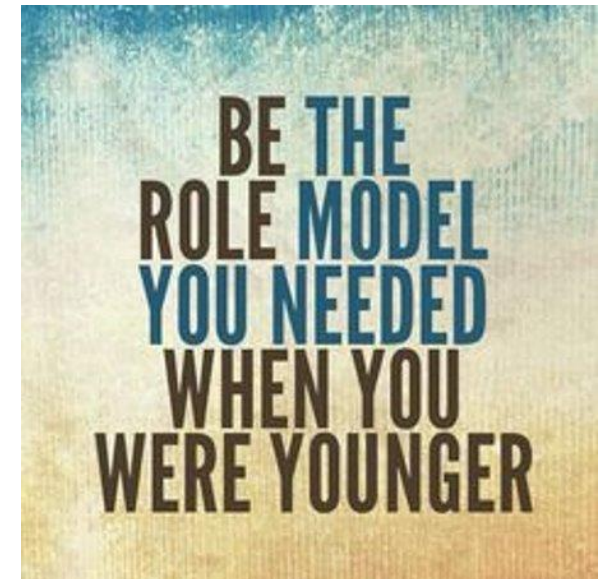
1. Being a role model



'Be the best that you can be'

Set a good example by modelling the behaviour you want your child to adopt...

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



2. Goal Setting



'Be the best that you can be'

- **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about **'why'** and **'what'** they want to achieve
- They will need prompting at times to revise and/or think about colleges and 6th forms . This is ok, it is not nagging!

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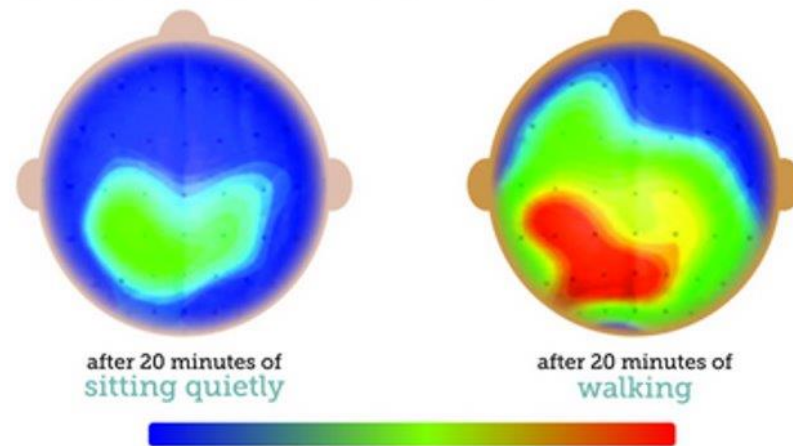
3. Keeping Active



'Be the best that you can be'

- Encourage them to keep active daily
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

BRAIN SCANS OF STUDENTS TAKING A TEST:



4. Healthy Eating

- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple of ‘treat’ meals / or meals out per week
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



‘Be the best that you can be’

5. Time Out

Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN

6. Sleep Patterns



'Be the best that you can be'

- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime

7. Unplugging



'Be the best that you can be'

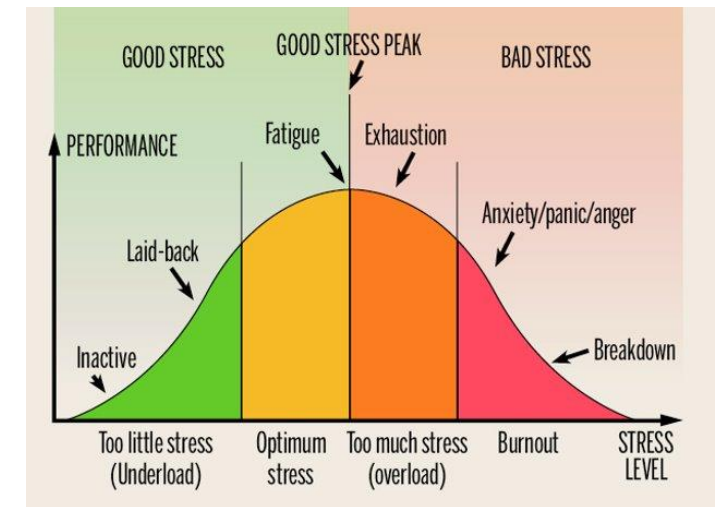
- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them

8. Staying Cool & Calm



'Be the best that you can be'

- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & other activities during the week



9. Belief



'Be the best that you can be'

- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Have high but achievable expectations for them
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve

10. Be Supportive

- Be a good listener
- Be approachable
- Encourage them to take breaks in between revision
- Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice
- Just be there for them!



'Be the best that you can be'



Us, you and your son are a team, and by working together we can maximise his potential in his final year at Hurstmere.

Thank you in advance for all the support you continue to give your son and the school

