

# Y11/C25 WEEKLY PLANNER

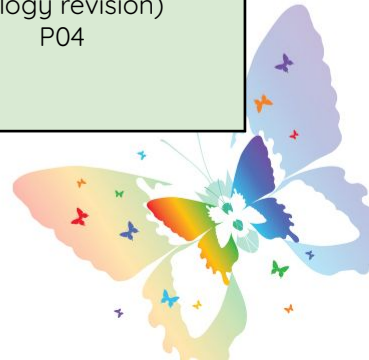
**15th May 2023**  
**EXAM WEEK 1**



# What's on our plate: Monday 15/5



Day	Crew	Session 1	Break	Session 2	Session 3	Dinner	Session 4	Session 5
Monday (15.05)	Crew as normal	<b>Biology Revision</b> E03/E04		<b>Citizenship revision</b> X05  <b>Biology revision</b> E03	<b>Biology Revision</b> E03/E04		<b>Citizenship: Paper 1</b> (1 hr 45 min) (2hr 12 min ET)  (Spanish students in Biology revision) P04	

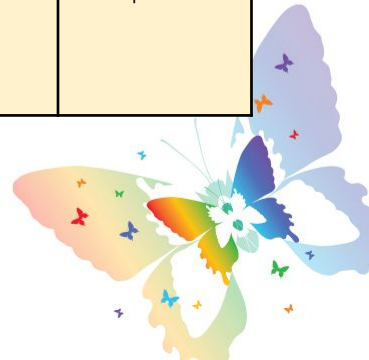


# What's on our plate: Tuesday 16/5



Day	Crew	Session 1	Break	Session 2	Session 3	Dinner	Session 4	Session 5
Tuesday (16.05)	Biology pre-exam session	<b>Biology: Paper 1</b> (1hr 15mins) (1hr 34min ET)		Science/ Maths	<b>History/ LOOL</b>  XP: X11/X13  XPE: A08/A07		<b>English Revision</b>  XP Drama Space	<b>English Revision</b>  XP Drama Space

**Breakfast Club:** 8am-8.20am, XPE student kitchen



# What's on our plate: Wednesday 17/5



Day	Crew	Session 1	Break	Session 2	Session 3	Dinner	Session 4	Session 5
Wednesday (17.05)	English Lit. pre-exam Session	<b>English Literature: Component 1</b> (2 hours) (2hrs 30min ET)			XPE: English History  XP: Art		<b>GCSE PE Paper 1</b> (1hr 15 min)	
							History revision  XP: X11/X13 XPE: A08/A07	

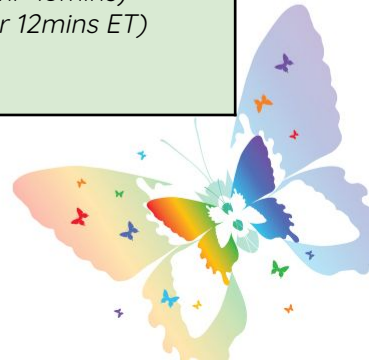
**Breakfast Club:** 8am-8.20am, XPE student kitchen

# What's on our plate: Thursday 18/5



Day	Crew	Session 1	Break	Session 2	Session 3	Dinner	Session 4	Session 5
Thursday (18.05)	History pre-exam session	<b>History: Paper 1</b> (1 hr) (1hr 15min ET)		Maths revision  Drama Space			Maths revision  Drama Space	
							<b>Business: Paper 1</b> (1hr 45mins) (2hr 12mins ET)	

**Breakfast Club:** 8am-8.20am, XPE student kitchen



# What's on our plate: Friday 19/5



Day	Crew	Session 1	Break	Session 2	Session 3	Dinner	Session 4	Session 5
Friday (19.05)	Maths pre-exam session	<b>Maths: Paper 1</b> (1hr 30mins) (1hr 53min ET)			Chemistry revision		Chemistry revision	

**Breakfast Club:** 8am-8.20am, XPE student kitchen



# What's on our plate: Revision Sessions

Day	Time	Event
Monday	3:30-4:30pm	<ul style="list-style-type: none"><li>- Spanish Learning Labs ( Mrs Sprakes in X08)</li><li>- Science Revision</li><li>- Maths with Elvis</li></ul>
Tuesday	3:30-4:30pm	<ul style="list-style-type: none"><li>- Maths Revision (Higher)</li></ul>
Wednesday	3:30-4:30pm	English Revision (tbc)
Thursday	3:30-4:30pm	History
Saturday	9:30-12:00	<b>D6 (can drop in anytime throughout the morning!)</b>



# This week's important C25 reminders/messages



XP.  
TRUST



- Here we go, C25 - the culmination of all your hard work over the last 5 years! This really is the last push... **Let's do this!!**
- We'll be running **GCSE breakfast club each morning from Tuesday 16th May** - join us in the student kitchen at XPE **8am-8.20am** for cereals, pastries and Mrs Parker's burnt toast ;)
- It's really important that you arrive **on time** for all exams and timetabled revision sessions - **including Crew at 8.30am!!**
- It's completely normal to feel anxious at this time... **see the next slide for some really good advice/resources**. Mrs Poncia, Mrs Parker, Miss Cocliff and your wonderful Crew Leaders will be checking in with you all regularly - and you can just grab us if you need us x

**#wearecrew**

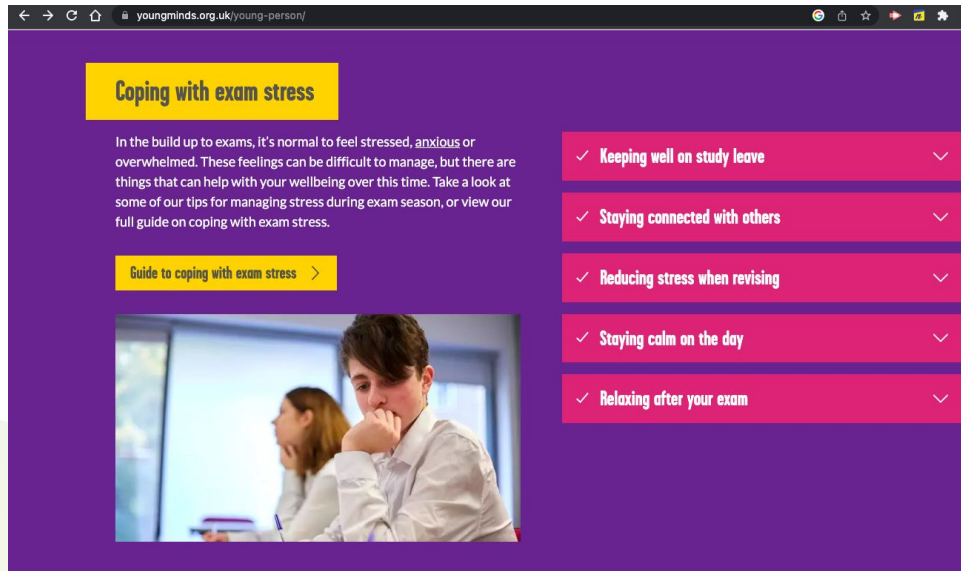




# Coping with exam stress

“It’s normal to feel anxious on the day of your exam. If you feel overwhelmed at any point you could try doing some breathing exercises. It’s okay to take your time in the exam – taking a moment to breathe and think things through can help reduce anxiety and make answering the questions easier.”

Go to: <https://www.youngminds.org.uk/young-person/> for lots more help and advice.



The screenshot shows a web browser window with the URL <https://www.youngminds.org.uk/young-person/>. The page has a purple header with the title "Coping with exam stress" in a yellow box. Below the title, there is a paragraph of text: "In the build up to exams, it's normal to feel stressed, anxious or overwhelmed. These feelings can be difficult to manage, but there are things that can help with your wellbeing over this time. Take a look at some of our tips for managing stress during exam season, or view our full guide on coping with exam stress." To the right of this text is a vertical list of six pink buttons, each with a white checkmark and a dropdown arrow. The buttons are: "Keeping well on study leave", "Staying connected with others", "Reducing stress when revising", "Staying calm on the day", and "Relaxing after your exam". Below the text and buttons is a yellow button with the text "Guide to coping with exam stress" and a right-pointing arrow. At the bottom left of the page is a photograph of a young man in a white shirt sitting at a desk, looking thoughtful with his hand to his chin. In the background, another person is partially visible.



# Shout Outs - great 'stuff' sharing page



A notice board for any member of staff or student to add a shout out for the great 'stuff' which is going on in Year 11:

- Well done to all the BTEC Sport students for working so hard over the past few weeks!
- It's been great to see you all engaging in revision sessions - let's keep this up!

