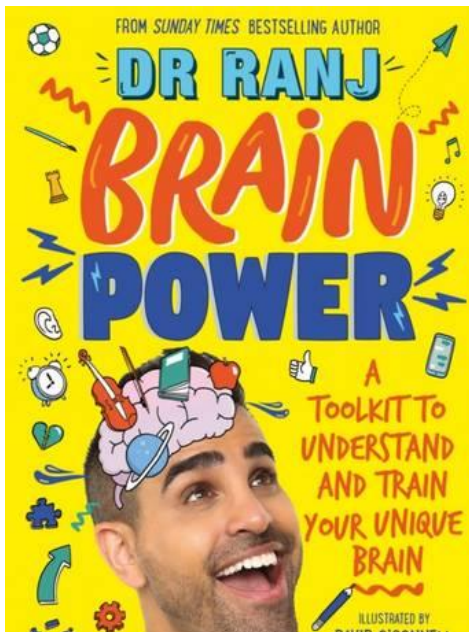
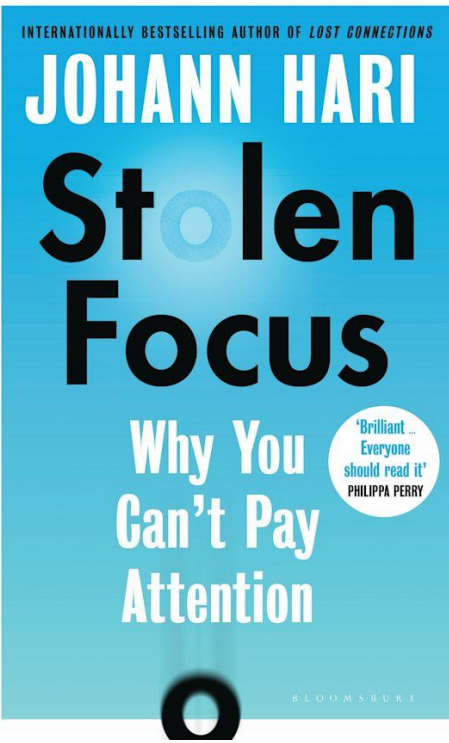




What is today's assembly all about??????

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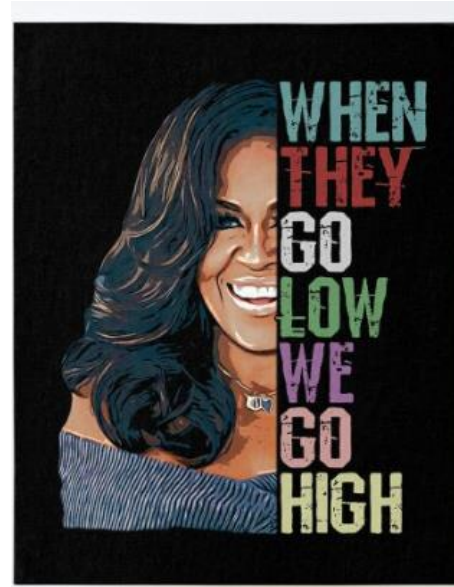


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ALPERTON
COMMUNITY SCHOOL

YOUR BRAIN IS THE BEST!



End of Year Exams 15th - 19th January 2024

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Why are they important?

- You have completed 14 weeks of learning.
- These exams are an opportunity to show your understanding of the knowledge and skills you have learnt in each subject.
- These exams will help you to identify any gaps in your learning and set targets for improvement.



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How do I prepare?

Your teachers will provide revision lists.
Use the VIP Zone for top tips on revision strategies and important information on wellbeing during exams.

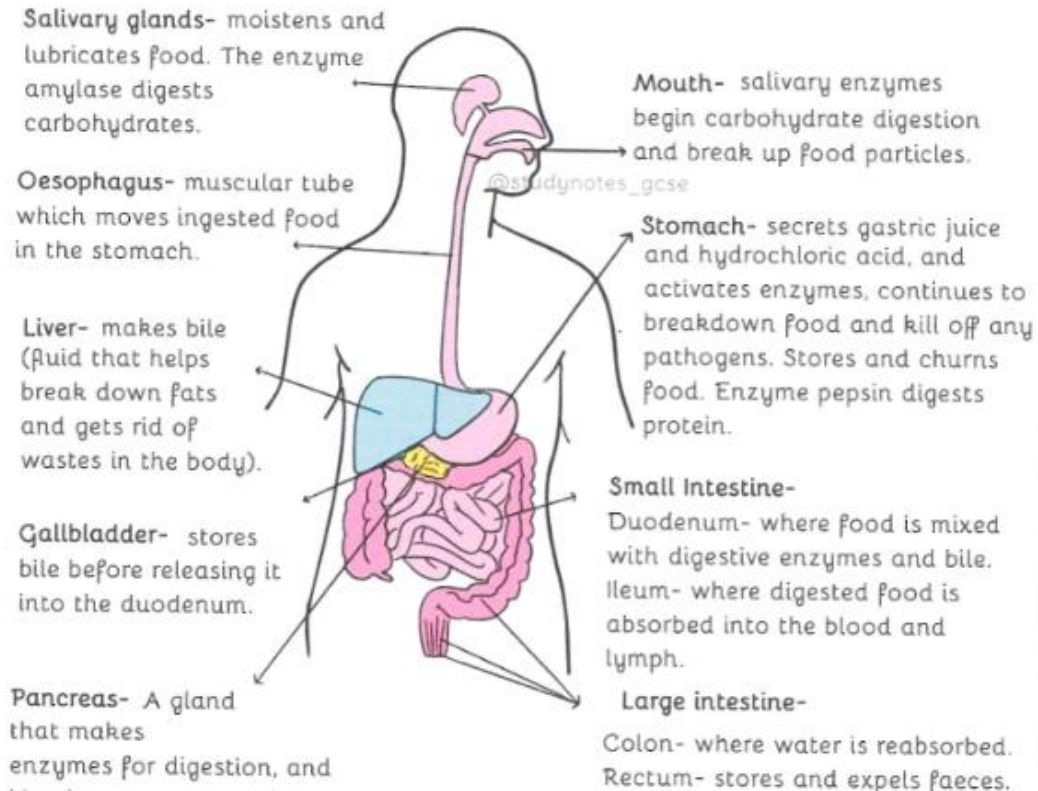
[Y8 VIP ZONE](#)



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THE DIGESTIVE SYSTEM

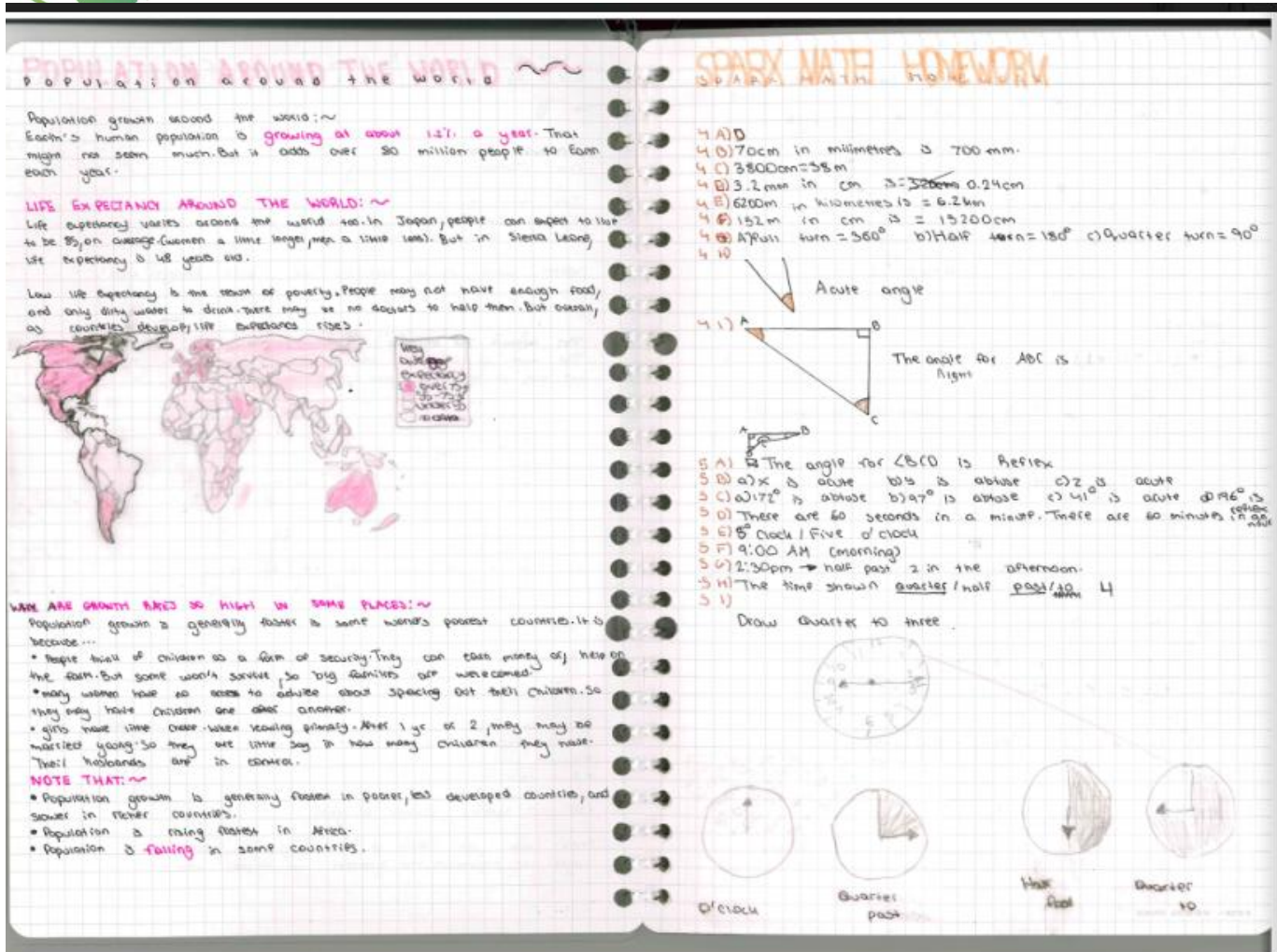
- The job of the digestive system is to break down large food molecules. This is called digestion. Digestion happens in two ways: physical and chemical.
- The digestive process is as follows:
 1. Chemical Digestion starts in the mouth through enzymes and saliva. The food is then moved to the stomach.
 2. The Small Intestine receives the food next and produces protease and lipase, food is absorbed into blood, large surface area by villi.
 3. Large Intestine (Colon) is where indigestible food is passed to. Any excess water is absorbed before it is excreted from the anus.



Creating revision sheets is a smart strategy for effective exam preparation. Revision sheets allow you to tailor your study materials to your specific needs and goals. Unlike generic textbooks or class notes, you can design your revision sheets to focus on the most critical information for your exams.

Although it might seem like drawing out layouts takes time, it's actually an investment in your productivity. By creating a customized system, you'll find it easier to locate information when you need it. Imagine having all your essential study points neatly organized in one place!

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The process of making the booklet itself is a form of active learning. As you condense information, organise concepts, and summarise content, you reinforce your understanding and memory. It's like teaching yourself!

Unlike pre-printed textbooks, your booklet can evolve throughout your study period. You can add fresh knowledge, recent research findings, or relevant examples as you go along.

Creating something from scratch gives you a sense of ownership and pride. Your booklet becomes a representation of your hard work and dedication.

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STUDY TECHNIQUES

If you're a heavy **procrastinator**, it's better to use **HEALTHY fear motivation** instead of positive motivation. When you use positive motivation, you dream about the perfect life and getting better grades, which makes you comfortable for the state that you're in which means you push all your goals and you end procrastinating until the last minute when you start the work. **Fear Motivation** makes us uncomfortable which makes us take action in our current state today.

However it has to be a healthy dose of fear as it could overwhelm you and make you believe you can't do anything. To invoke a healthy dose of fear motivation you should try educate yourself on the consequences of your procrastination!

Procrastination: Delaying or putting off tasks or decisions - [Why you procrastinate even when it feels bad -](#)
[YouTube](#) **Aspire Commit Succeed**



INSTRUCTIONS FOR EXAMS – KS3

Winter 2024 Examination Series



What else do I need to know?



- Exams will take place in form rooms
- Each exam will last a maximum of one hour
- You will receive a full timetable before the Christmas holiday
- Your exam week is:

Monday 15th to Friday 19th January 2024

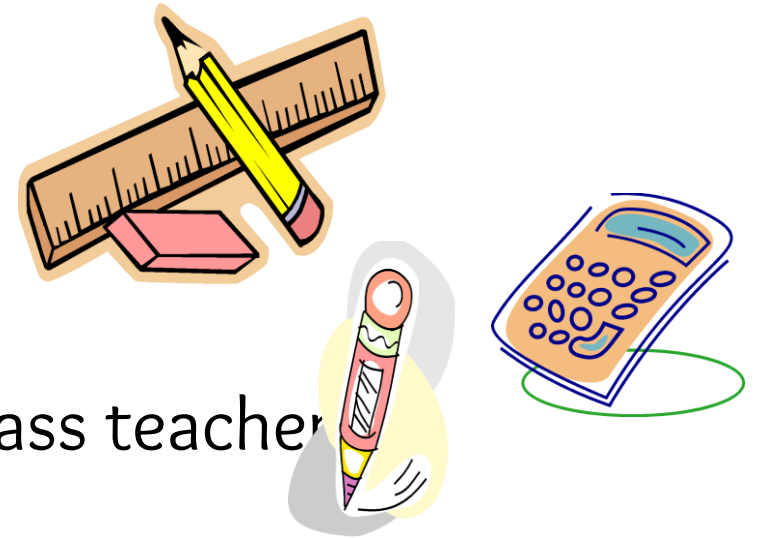
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Exam Equipment

- Equipment needed for the exams

1. Pens with black ink only
2. Pencils
3. Erasers
4. Rulers
5. Calculators without casing (check with class teacher)
6. Coloured Pencils/Highlighters
7. **CLEAR PENCIL CASES ONLY**





Examinations

Once you enter the exam room you are under “**Exam Conditions**”. Come in silently, **NO TALKING**, go and sit in your allocated seat:

- **DO NOT** bring mobile phones, watches, smart devices, MP3/4, iPods or any other electronic equipment
- **YOU MAY** bring a transparent bottle of water into the examination room, if you wish. However ensure you take off any wrapping
- Wait silently for instructions for the start of the exam
- You will start all at the same time
- Try and answer all questions and keep an eye on the time
- **NO COMMUNICATION** with any other students
- If you need clarification about anything put your hand up
- They will not explain the question or words within the question
- **READ THE QUESTION** carefully and check through your answers and remain silent until you are dismissed.

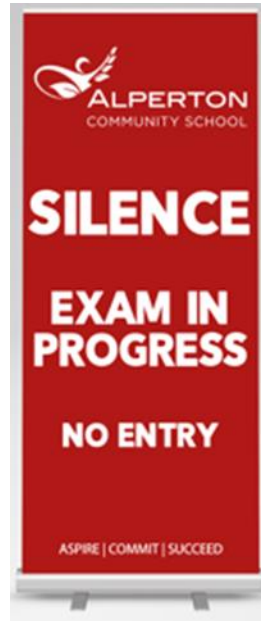


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Be Considerate

- Outside Venues



Show consideration inside & outside the venues whilst exams are going on





Ill for an Exam?

- Before exams illness
 - You should contact the Pastoral Manager who will advise you what to do

- During exam illness
 - You should put your hand up and tell the invigilator immediately



Late or Missed An Examination?

- **Late**
 - If you arrive after the start of an examination go and see your pastoral manager to explain. You may be allowed into the exam room to sit it
 - Late entrance has to be reported to the pastoral manager
- **Missed**
 - You will receive ZERO marks for the paper.



1. Continue to revise for your Exams
2. Use the revision techniques in the VIP zone
3. Know your exam timetable in the VIP zone
4. **MAKE SURE YOU BRING YOUR FULL PE KIT DURING THE EXAM WEEK!!!!!!**

Your exercise books are a great source of revision. Please can you ensure your books display the AQS:

- All work completed
- All targets responded to
- All sheets stuck in
- All work well presented
- H/W clearly signposted



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Physical Time

Keep your mind and body healthy by taking your daily exercise.



Focus Time

Make time to focus on work commitments; give time to get tasks completed.



Learning Time

This is a great time to capitalise on learning opportunities or try a new hobby.



Family Time

This is the time to connect with family, the moments in the day when you all come together.



Connectivity Time

Make time to connect with yourself and others; use creative ways to reach out to people.



You Time

Time for reflection and self-care, the simple things you do to take care of your emotional wellbeing.

Your health is the most important thing and you need to take care of yourself!

If you are worried or concerned about anything, please tell someone!

You can talk to your form tutors, and any teacher – we are here to help.

These organisations also help:

<https://www.mind.org.uk/>

<https://www.childline.org.uk/>

<https://www.place2be.org.uk/>

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Highly Motivated - The Road to Mastery

- ✓ Excellent focus
- ✓ Organises time effectively
- ✓ Invites feedback, responding positively to praise and critique
- ✓ Reviews own progress, acting on the outcomes
- ✓ Seeks own solutions to problems
- ✓ Learns from setbacks and mistakes
- ✓ Asks questions to extend thinking
- ✓ Perseveres and seeks challenge
- ✓ Make points or arguments clearly and constructively
- ✓ Speaks persuasively to an audience
- ✓ Sets an example
- ✓ Approaches learning with active interest
- ✓ Starts learning readily
- ✓ Completes work set to an exemplary standard

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1. Attendance and punctuality - 20 minute detention!
2. ATL
3. Uniform - jackets off and blazers on in the building
4. Litter - put your rubbish in the bin and recycle!
5. Break and lunch – canteen line, behaviour, library route, canteen or outside!
6. Conduct around the school – keep left
7. After school - go straight home as soon as you leave!
8. Manners - always use them!
9. Reading books
10. Extra curricular activities

