



YEAR 11

EXAM SUCCESS EVENING

Thursday 9th February 2023
5.30pm – 7.00pm

Inside this pack you will find:

- Revision and exams tips for parents
- GCSE course list 2021 - 23
- Links to our revision guides & PiXL Endurance
- Parent guides on:
 - Sleep
 - Building Resilience
 - External Exams
 - Self Care
- Core Subject Guides

Revision and Exam Tips for Parents

Exams aren't just tough for students: parents can find them difficult and stressful too. At BGLC we want your child to succeed and so we've produced this short guide to help you help them. Your support can make a real difference. We know teenagers perform best when they, their parents and school staff all do their bit together.

Place and Routine

If you can, provide a quiet, solitary space where they can work at the same time every day. The kitchen table is usually good and in front of the television is normally bad. Bedrooms aren't ideal because they are associated with relaxation.

The fewer distractions the better in a perfect world so they can practise working in exam conditions. However, don't feel guilty as a parent if you can't provide the ideal environment. Your child is used to working in a classroom which is rarely completely silent.

Encourage them to leave their phone in another room. They may not believe it to start with but it's important they understand that their friends will still be there when they switch it back on, the world won't have been destroyed and life as they know it will continue.

Use the revision timetable given to students in their revision packs to plan their time. More example can be found <https://getrevising.co.uk/>

Nerves and Anxiety

Sometimes your child might be more anxious about exams than it first appears. The classic sign of this is grumpiness. Being difficult and uncommunicative can be an attempt to hide worry.

Anxiety can be linked to poor preparation. Encouraging your child to draw up a revision timetable and then stick to it can lead to increased confidence.

Try to talk to your child about feelings. If they are less than communicative (my son is often monosyllabic), you could start by talking about how you felt when you did your exams. This can feel like hard work at times but it's worth it in the end.

Encouragement Works Better than Pressure or Nagging

Encourage them positively. Below are some examples of what you could say.

'An hour's revision now could make a big difference to your final result.'

'It's a slog now but think how you'll feel on Results' Day.'

'What are you planning to revise today?' 'What can I do to help you revise?'

'It's hard going but it doesn't last forever. You just have to keep at it.'

'Effort now will pay off in the long term. Keep looking to your future'

Rewards

Some parents offer cash incentives for grades on Results' Day. We would suggest you don't do this because it can put extra pressure on your child and even if they work hard they may not achieve the stipulated levels.

Instead, reward effort. Offer an incentive for time spent doing quality revision. It doesn't have to be money. It could be saying you will cook their favourite meal or you will take them to football practice so they don't have to walk. You know your children and what they like and value.

Little treats can work in themselves but also have the powerful effect of showing you have noticed their effort and you care. Just a positive comment about the work they are putting in can make a big difference.

Long-Term Memory

Research shows that information isn't retained for a long period of time if it is learned quickly over a short period. Facts need to be revisited and re-tested if they are to stay in our brains.

Encourage your child to revise something, leave a time gap and then return to it. This pattern needs to be repeated several times to guarantee success. It could take weeks or months to achieve true learning and retention.

Exercise and Relaxation

Some students work too hard and take too few breaks. It doesn't help them in the long term. Nobody can work hard all the time. We all need breaks and to get our minds off our work. Revision should be done in short, frequent bursts.

Exercise also helps our brains to work better. Encouraging your teenager to continue playing sport or being active is important. Suggesting they get out in the fresh air and burn some calories will not only keep them physically healthy, it will aid them in keeping stress at a manageable level and boost self-esteem and mental well-being.

Mixing with friends, going to the park, even spending some time playing computer games – these can all help your child remain positive and focused. Everything in balanced moderation.

Sleep

The brain works better when it gets enough sleep on a regular basis. Teenagers need more sleep than adults anyway because they are still growing. Your child will perform better mentally if he or she isn't tired.

Some teens can get into bad habits around going to bed. Too much screen time, having phones actually in their beds, coffee too late, eating just before turning in – all these can have a negative effect on sleep.

Caffeine-fuelled late nights are rarely as productive as sensible bedtimes and a good night's sleep.

When the Exam Dates Arrive

Make sure the exam dates and times are displayed prominently.

Try gentle prompts as reminders, such as, 'You've been working hard studying for Maths. You'll be able to show what you've learned tomorrow.'

Make sure your child is on time.

Breakfast can make a big difference, particularly well into an exam when energy levels could start to drop.

Try to make sure your teen doesn't drink too much coffee. Energy drinks are also counterproductive.

Remember that the exam period doesn't last forever.

The exam boards have the specification as well as past papers and mark schemes

KS4 SUBJECTS	BOARD
Art & Design - Fine Art	AQA
Biology	AQA
Chemistry	AQA
Combined Science - Trilogy	AQA
Drama	AQA
English Language	AQA
English Literature	AQA
French	AQA
German	AQA
History	AQA
Entry Level Maths	AQA
Level 2 Certificate Further Maths	AQA
Physics	AQA
Religious Studies	AQA
Spanish	AQA
Business	Edexcel
Mathematics	Edexcel
BTEC Level 1/2 Tech Award in Digital Information Technology	Edexcel
BTEC Level 1/2 Tech Award in Health & Social Care	Edexcel
BTEC Level 1/2 Tech Award in Performing Arts - Dance	Edexcel
BTEC Level 1/2 Tech Award in Performing Arts - Perf Arts	Edexcel
Cambridge National Level 1/2 in Engineering: Design	OCR
Cambridge National Level 1/2 Cert Sport Studies	OCR
Computer Science	OCR
Physical Education	OCR
Level 1/2 Award in Hospitality & Catering	WJEC/Eduqas
Art & Design - Graphic Communication	Eduqas
Art & Design - Textile Design	Eduqas
Geography	Eduqas
Media Studies	Eduqas
Music	Eduqas

Use the URL link below to download Brookvale Groby Learning Campus' Big Revision Guide, Subject Guide and Examinations Guide

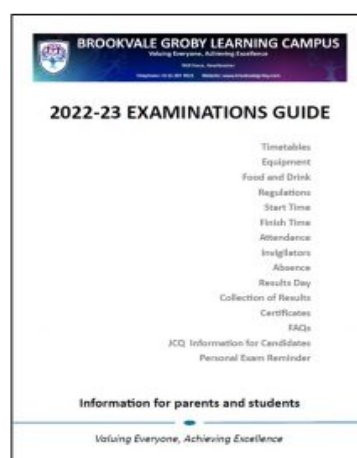
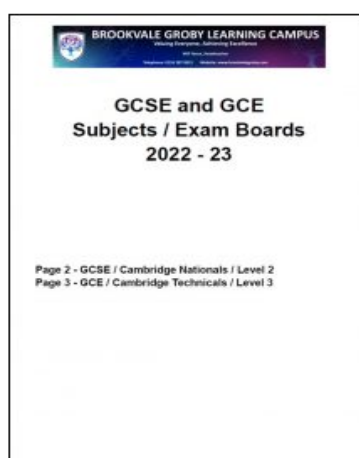
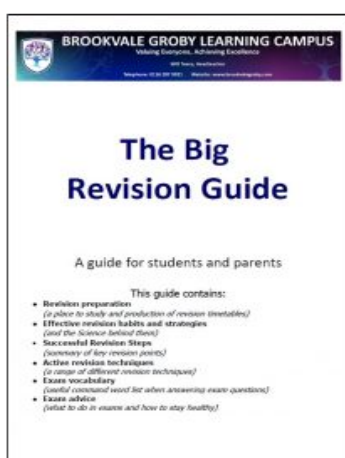


<http://www.brookvalegroby.com/revision-guides/>

BROOKVALE GROBY

REVISION SUPPORT

Please click on the image below to download GCSE Revision Guides:



PiXL Endurance

Looking after your well being has never been more important!

These resources:

- give students a break from long periods of sitting in front of a screen
- focus on health and physical well being - the better your brain functions the more physically fit and well you are
- comprise exercises all appropriate for young people with any level of fitness and can be done anywhere, without the need for equipment, focusing on strengthening muscles that will suffer during prolonged periods of sitting
- contains recipes to try out.



These can be accessed by using the following details:

<https://students.pixl.org.uk>

PiXL School Number: 308404

Password: Indep49

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.



e: enquiries@pixl.org.uk www.pixl.org.uk

Did you know?



Resilience is the ability to overcome adversity, 'bounce back' during difficult times and get back to feeling good. It is about having the capacity to adapt to difficult circumstances, and using tools and resources available to do so.

The Institute of Health Equity suggests that resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience. Building resilience is fundamental to teenagers becoming happy and functioning adults. Young people who are not resilient will be more likely to respond to stress by developing anxiety and depression.

Evidence suggests that promoting resilience can help young people sustain good relationships, develop personal life skills, overcome challenges, cope in difficult situations and help them to achieve their potential. Human brains develop and change more during the teenage years than most other times in their life. This means that this is a time when there is huge potential for the development of new skills and capabilities.



What can you do?

Help your child navigate their ups and downs by encouraging them to carry out resilient behaviours. You can be a building block in helping them build healthy habits, such as looking after their mental health, getting enough sleep, doing exercise, eating healthy food, hobbies, socialising or relaxing. Watch the video on YouTube to understand why resilience is important to young people's health: <https://www.youtube.com/watch?v=QWoci5oTReU>

Staying connected with different people in our lives is the basis for building resilience. Help your child to understand who is in their support network when they

face difficult situations. This may be a grandparent, friend, teacher, sibling or sports coach etc. Encourage your child to make time to build relationships, see friends, have fun, take part in hobbies and connect with others regularly.

Encourage your child to build resilience by taking on new opportunities, challenges and achieving goals by stepping out of their comfort zone. This will help them to develop self-respect, be organised, promote positive thinking and to build confidence to deal with different situations.

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.



Self-care for teenagers

Information for parents and carers

Did you know?



Research shows that we need to build self-care habits from an early age so that when your child hits difficulties and roadblocks, they are able to navigate them skilfully and stay strong and steady. Self-care for teenagers is crucial with all the hormone changes, mood swings, struggles with self-image, self-esteem and building independence.

Self-care is anything you enjoy doing that helps make you happy and maintains your physical, mental or emotional health. Self-care helps parents and teens deal with life's everyday pressures in a more positive and rewarding way. Recent research has revealed that teaching teenagers how to balance their own needs now will help them in the future, while reducing some of the strain on their lives right now. Self-care can lead to healthier, happier, more adjusted young people. Studies have demonstrated that when parents practice self-care, it's been shown that teens are encouraged to do the same, and take this positive habit into later life. So, your self-care helps teach your child how to look after themselves better.



What can you do?

Helping your child learn self-care can help them get through tough times such as exams, challenges or adversities. Suggest ideas to them about how to take care of their physical health, mental health and to be creative. Ideas include exercising, walking, having a manicure, going for a haircut, seeing friends, having a bath, reading books, listening to podcasts or drawing.

Self-care works best as a routine to help your child feel energised and deal with pressures well. Talk to your child about the importance of doing things they enjoy and that make them feel happy. Bounce ideas around with them, put them in the calendar and support them as they do them.

Encourage your child to make self-care a priority, remind them about it every so often and help them with what you can do together. Doing self-care activities together not only helps your child to cultivate good habits, it also helps your mind and body be at its best. Ideas don't need to be time consuming or elaborate, and sometimes they might be indulging! Get started by cooking healthy meals together, pursuing hobbies, taking pride in each other's appearance, having fun, getting outdoors, volunteering, or by watching a feel-good film.



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What do I need to know to support my child with their English revision?

Key Dates:

Mini Unseen Poetry assessment - w/b 23rd January 2023

Spoken Language exam - w/b 6th February 2023

Exam Success Evening - 9th February 2023, 5.30-7pm

English Literature Poetry mock exam - w/b 13th March 2023

Exam Dates:

GCSE English Literature Paper 1 - Shakespeare and the 19th century novel (1h 45m) 17 May 2023

GCSE English Literature Paper 2 - Modern texts and poetry (2h 15m) 24 May 2023

GCSE English Language Paper 1 - Explorations in creative reading and writing (1h 45m) 5 June 2023

GCSE English Language Paper 2 - Writers' viewpoints and perspectives (1h 45m) 12 June 2023

Exam Board:



Exam Paper Content Round Up:

GCSE English Language Paper 1

This paper is all about exploring creative reading and writing. There will be an example of a fiction text and some creative writing. There are five questions, separated into two sections. In section A there are four questions about a fiction extract from the 20th or 21st centuries. In section B there is one question from a choice of two, to demonstrate creative writing skills. There are 80 marks available, which contributes towards 50% of the GCSE English Language grade.

GCSE English Language Paper 2

This paper explores non-fiction writers' viewpoints and perspectives. Section A consists of 4 questions, requiring analysis of two linked sources across different time periods and genres. Section B consists of a single question; writing a text for a specified audience, purpose and form. The task will be related to the theme that was introduced in Section A. There are 80 marks available, making up 50% of the GCSE English Language qualification.

GCSE English Literature Paper 1

This paper focuses on the Shakespeare and nineteenth century texts studied. Section A is on 'Macbeth' and students will answer one question on the play. They will be required to write in detail about an extract from the play and then to write about the play as a whole. Section B is on 'A Christmas Carol' and students will answer one question on the novella. They will be required to write in detail about an extract from the novel and then to write about the novel as a whole. There are 64 marks available, making up 40% of the GCSE English Literature grade.

GCSE English Literature Paper 2

This paper focuses on the modern text studied, as well as the poetry anthology and unseen poetry. Section A is on 'Animal Farm' and students will answer one essay question from a choice of two on their studied modern prose or drama text. Section B will focus on the 'Power and Conflict' poetry anthology where students will answer one comparative question on one named poem printed on the paper and one other poem from their chosen anthology cluster. In Section C, students will answer one question on one unseen poem and one question comparing this poem with a second unseen poem. There are 96 marks available which contributes 60% to the GCSE English Literature grade.

Top Tips:

- One of the most useful things a parent can do is to make sure their children are exposed to a range of texts: reading for pleasure, and newspaper articles in particular.
- Discussing what your child is reading, and discussing topical events also helps to build their understanding of the world, and how to convey their ideas.
- Hold your child accountable for their own knowledge. Ask them to explain their knowledge organisers or make flashcards - ensure they know how each exam paper is structured. Quiz them on their texts and ask them to explain to you how they will structure questions in their exam.
- Documentaries are brilliant for revision. When revising something like *Animal Farm* for Literature, watch some good documentaries on George Orwell to give them that extra boost.
- Learning together in this way is really good for keeping students interested and engaged.
- Don't be shy about asking their teachers for advice on what to cover with them at home.

Useful Links:

<https://drive.google.com/drive/folders/0AMFy2-jQaNIGUk9PVA>

<https://drive.google.com/drive/folders/0AMNc8fpMwWlpUk9PVA>

<https://www.bbc.co.uk/bitesize/subjects/zr9d7ty>

<https://www.bbc.co.uk/bitesize/subjects/zckw2hv>

<https://www.youtube.com/channel/UCM2vdqz-7e4HAuzhpFuRY8w>

<https://www.youtube.com/channel/UCEB4lwW-eVk9SxHBIGhrY3w>

<https://www.youtube.com/channel/UC0jbf4wI1GPts6hpbKZ-7Bw>

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

How We Are Preparing Your Child:

Quality First Teaching Vocabulary Do It Now's Extended Writing PLCs

Homework Assessments, Marking and Feedback Google Classroom Student Support Drives



What do I need to know to support my child with their Maths revision?

Key Dates:

Exam Success Evening - 9th February 2023

Mock Dates:

Paper 1 – Week beginning 13th February

Paper 2 and 3 – Week beginning 13th March

Exam Dates:

Paper 1 – 19th May

Paper 2 – 7th June

Paper 3 – 14th June

Top Tips:

- 1) Careful of Time Management: there is no reason for you to run out of time in a Maths exam. A “minute per mark” is usually a good estimate of how long to spend on a question. This means you can attempt every question in 90 minutes and can go back to any you feel like giving a second go with the time left over.
- 2) Read the question carefully and consider exam vocabulary:
 - Write down, state – no explanation is needed for an answer
 - Calculate, find, show, solve – include enough working to make your method clear
 - Draw – plot accurately using the graph paper provided and selecting a suitable scale if one is not given. Such an instruction is usually followed by asking you to read one or more values from your graph.
- 3) Show working and learn how to check answers. For example, substituting your answers back into equations to see if they work can help you find out if you have made any errors.
- 4) Only way to get better at Maths is to DO MATHS. All students have a schedule listing all the past papers they will be expected to do in the lead up to their exams. These are the single best ways to get prepared for Maths exams.
- 5) Draw a diagram to help you if you can’t visualise the problem in your head.

- 6) Rounding and Units – be careful! So many silly marks dropped from either not rounding or over-rounding. Go back to read the question carefully and see if it mentions what to round to. Remember, Money must always be 2dp!
- 7) Make sure you have all the equipment you need NOW. Why leave it to the last minute to get a calculator, protractor or pairs of compasses? Sort it out early and you can use them in your preparation as well as your exams!

Useful Links:

- Hegarty Maths – all students have used this over the last year for their homework. All QLA's link to this as well.
- [Maths Genie](#) – exam style questions on almost all GCSE topics, ranked by Grade, with written solutions available.
- [OnMaths](#) – online practice papers that will self mark for students to get instant feedback
- [CorbettMaths](#) – Exam Style and Textbook Exercises, both highly recommended by teachers. Also, Corbett [5 a Day](#) is very popular with students revising little and often.
- [ExamQ](#) – students can do questions based on a whole range of filtered options.

How We Are Preparing Your Child:

- 1) Papers, Papers, Papers: students have already started completing past papers for homework on a bi-weekly basis. Following on from each paper (both homework and mocks) students will be given a new QLA full of information about what they did well and where they can improve.
- 2) DTTR: Teachers will be using whole class QLA from the mock to decide what most needs re-teaching before May.
- 3) Hegarty: students are expected to use their QLAs and select 5 tasks from Hegarty Maths to complete in order to improve. The hope is then that when these topics pop up again, students are better equipped to get them right!

GCSE Science

Combined Science

We will be following the **AQA Combined Science: Trilogy** specification. Assessment consists of 6 papers altogether, two biology, two chemistry and two physics, each will assess different topics.

Duration: all the papers are 1 hour 15 minutes. **Tiers:** Foundation and Higher.

Weighting: Each paper consists of 70 marks and is worth 16.7% of the grade.

Question types: multiple choice, structured, closed, short answer and open response. 15% of GCSE marks in exams come from questions relating to practicals.

Combined Science will have a 17 point grading scale, from 9–9, 9–8 through to 2–1, 1–1.

Separate sciences

We will be following the **AQA specifications**. Each science is assessed separately, leading to the award of three separate GCSEs. For **each** of the sciences assessment consists of 2 papers: each paper will assess knowledge and understanding from different topics.

Duration: both papers are 1 hour 45 minutes. **Tier:** Foundation and Higher.

Weighting: the papers are equally weighted, each is worth 100 marks which is 50% of the grade.

Question types: multiple choice, structured, closed short answer and open response. 15% of GCSE marks in exams come from questions relating to practicals.

The A* to G grades have been replaced by 9 to 1 for Biology, Chemistry and Physics

Exam dates - Combined Science and Triple Science

Biology	Paper 1/1	B1-4	Tuesday 16 th May 2023
Chemistry	Paper 2/1	C1-5	Monday 22 nd May 2023
Physics	Paper 3/1	P1-4	Thursday 25 th May 2023
Biology	Paper 4/2	B5-7	Friday 9 th June 2023
Chemistry	Paper 5/2	C6-10	Tuesday 13 th June 2023
Physics	Paper 6/2	P5-7 or 8	Friday 16 th June 20

Revision

- ☐ Purchase a science specific revision guide (available from school shop)
- ☐ Some students may benefit from using a dedicated science specific workbook (available with answer booklet from the school shop)
- ☐ Access Groby science revision materials through the **google drive**
- ☐ Complete weekly **Tassomai** daily goals
- ☐ Use www.senecalearning.com/en-GB/ – ensure you follow at AQA (Trilogy) exam board
- ☐ Download the FREE **BBCBitesize app** onto a mobile device
- ☐ Practice exam questions – use www.myphysicsandmathstutor.com

Plan ahead

- ☐ Revision timetable
- ☐ Make mind maps for each topic or use the ones on the google drive
- ☐ Make revision cards with key ideas
- ☐ Practice past paper questions
- ☐ Ask your teacher for help!!!

Exam tips

- ☐ Rough guide is 1 mark per minute!
- ☐ Have a go, if in doubt put something it down (no answer = no mark)
- ☐ All physics equations are given, practice using the equation sheet
- ☐ Don't be daunted by the 6 mark questions. Dare to have a go!
- ☐ Read the stem of the question, it often has vital information
- ☐ Read the command words carefully – describe, explain, compare, evaluate
- ☐ If data/graph is given, use it!
- ☐ It is OK to bullet point your answer
- ☐ 15% of GCSE marks in exams come from questions relating to practicals
- ☐ Don't give up halfway through the paper

Insight from previous exams

- ☐ Prepare for unfamiliar contexts
- ☐ Read the question carefully to ensure you know what is being asked, understand the command words
- ☐ Don't waste space repeating the question
- ☐ Read through your work to check for errors
- ☐ Be specific in your responses don't use 'it' or 'they'
- ☐ Make sure you understand why each step in the practical is important
- ☐ Maths - Show your working out in maths questions
 - Check for significant figures
 - Don't round answers until you reach the final answer

What you can do as a parent – get involved!

- ☐ Help them **plan** their revision – small chunks
- ☐ Question them using the revision guides
- ☐ Mark the papers for them, the answers are available on exam board websites
- ☐ Provide a calm environment..... remove distractions (controlled access to electronic devices)
- ☐ Breakfast before exams!
- ☐ Right equipment on the day..... Calculator!
- ☐ Sleep!

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Thank you for your time this evening and we hope you and your child have found the evening useful.

All of the resources from this evening will also be available on our website - <https://brookvalegroby.com/revision-guides/>