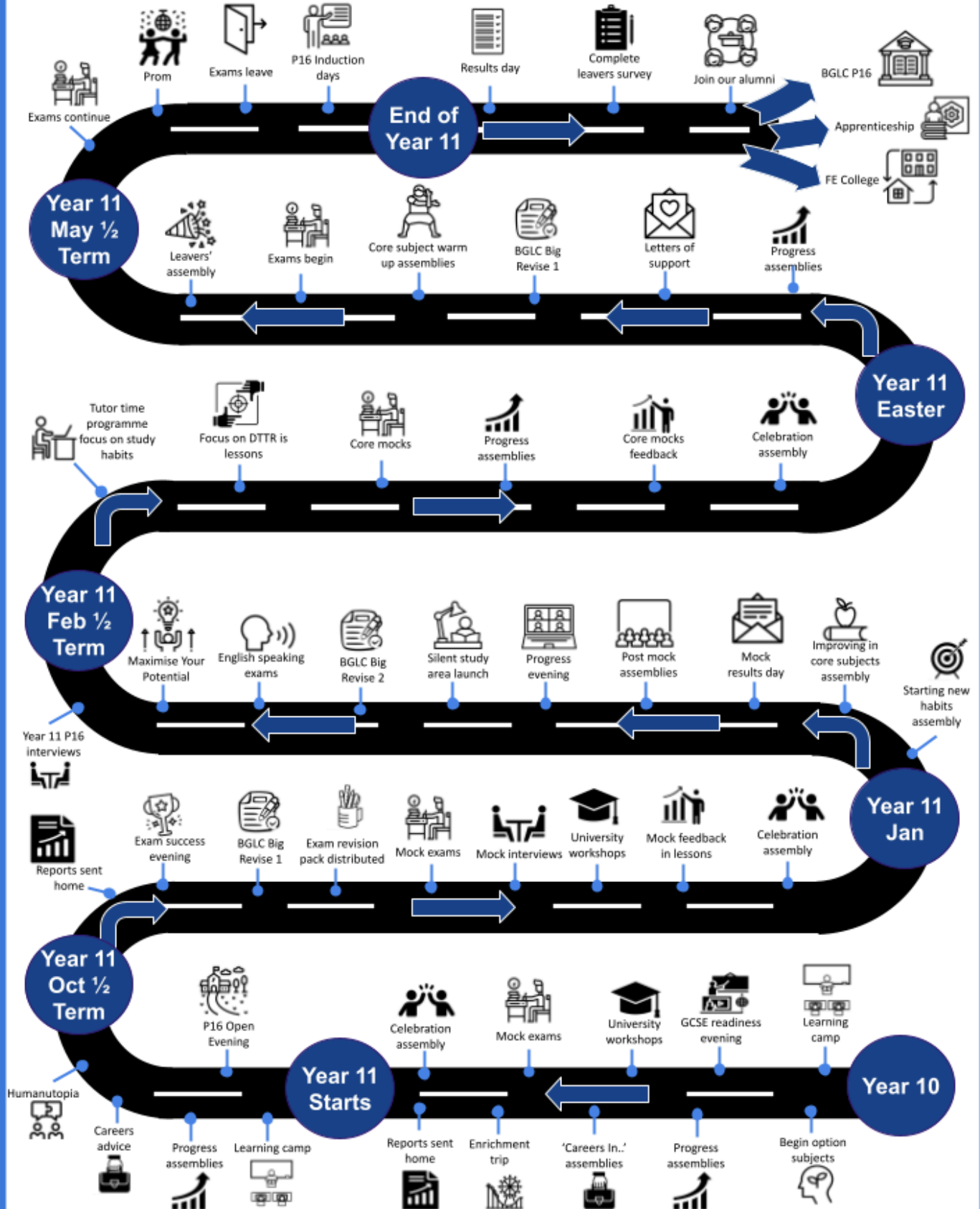




**YEAR 11**  
**EXAM SUCCESS EVENING**



# Year 11 Learning Journey



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

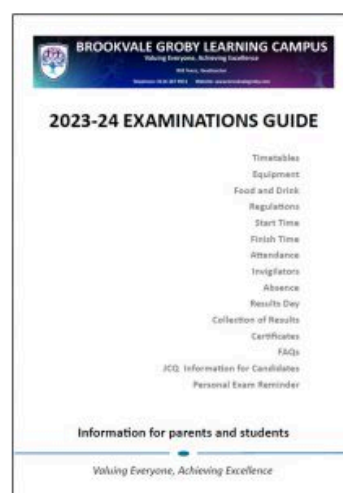
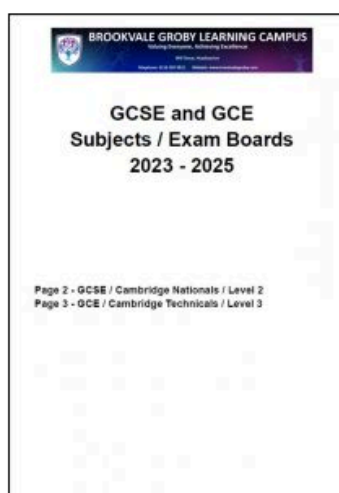
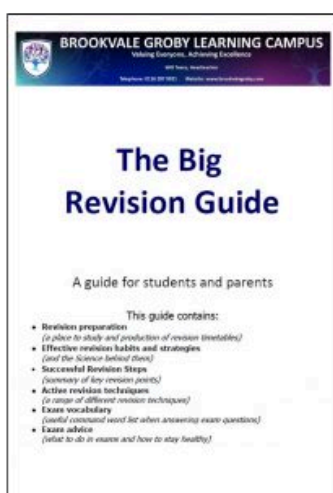


<http://www.brookvalegroby.com/revision-guides/>

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

# Sleep

Information for parents and carers

## 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](mailto:enquiries@pixl.org.uk) [www.pixl.org.uk](http://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=0Wocj5oTReU>

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?



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.

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.



## 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.



# Year 11 Key Dates:



- BGLC Big Revise 1 - Monday 4th November 2024
- Mock exams begin - Monday 18th November 2024
- Online Progress Evening - Thursday 30th January 2025
- Maximise Your Potential - Wednesday 22nd January 2025
- BGLC Big Revise 2 - Tuesday 4th February 2025
- Spring core mocks begin - W/C 10th March 2025
- BGLC Big Revise 3 - Wednesday 7th May 2025
- Summer Exams begin - May 2025
- Prom - Wednesday 18th June 2025
- Exam results day - Thursday 21st August 2025



*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/>*