



Year 11 - Exam Information

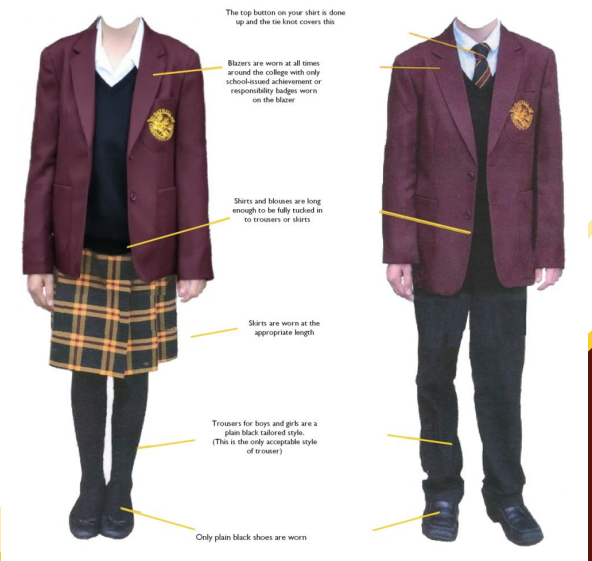


Timetable

- Please go to the exam website [here](#) to find the exam timetable.
- On your student portal use the drop down menu to find your exam timetable. Your seat number and location will be shown here when available.
- This information will be with your head of year prior to each exam too.
- If you have any exam queries - please see Mrs Andrews in the general office.

Entry routine

- Make sure you are in full school uniform
- You must not have any words or drawings on any part of your body at any time. If you have any pen marks on your body you will be asked to wash them off in your own time.
- Ensure your pockets are empty.





Sports hall entry routine

- For every morning exam please go to tutor time as normal, your tutor will register you and then bring you to the sports hall.
- For every afternoon exam please go to arches in the piazza at 1.40 (you will be on early lunch at 1.20)
- If you have extra time or supervised rest breaks you will need to enter by the door near the girls' changing rooms.
- All other sports hall candidates enter by the boys' changing rooms.



Alternative accomodation entry routine

- If you are located elsewhere, please wait outside that room at either 8.50am, once registered in tutor, or 1.40pm.
- Please keep an eye on the room you are located in via the student portal, this may get updated, and may not be the same room for every subject.



Entry routines - bags & electronic devices

- Switch off your phone and/or watch.
- Store in your bag or hand in to an invigilator when entering the sports hall or your exam room.
- Your bag will be stored depending on your seat row.
Please listen carefully to instructions given to you from your tutor and exam staff.



Entry routines

- **Make sure your equipment is in a clear pencil case and only have what is required.**
- **Water bottles must be in clear plastic bottles and have the label removed.**
- **Leave calculator cases in your bags.**



Entry routines

- **YOU WILL ENTER AND EXIT THE EXAM ROOM IN SILENCE AT ALL TIMES.**
- **YOU MUST NOT COMMUNICATE WHEN YOU ARE IN THE EXAM ROOM**
- **If you have any questions at any point during the exam raise your hand and an invigilator will come to you.**
- **When your exam has finished you will be dismissed row by row, in silence, once you have collected your belongings and left your exam room go straight back to your timetabled lesson.**



Exam routine

- Complete the front sheet of all exams with your full **LEGAL NAME** in block capitals.
- Your desk card will be on your desk. These must not be drawn on or covered up.



Access Arrangements (AAs)

- Your AAs will be listed on your desk.
- They should reflect what happens in class.
- Make sure you use them or they can be withdrawn!
- If you have any questions please see Mrs Garraway at the top offices (near Mr Fitzpatrick's old office)



Fire alarm

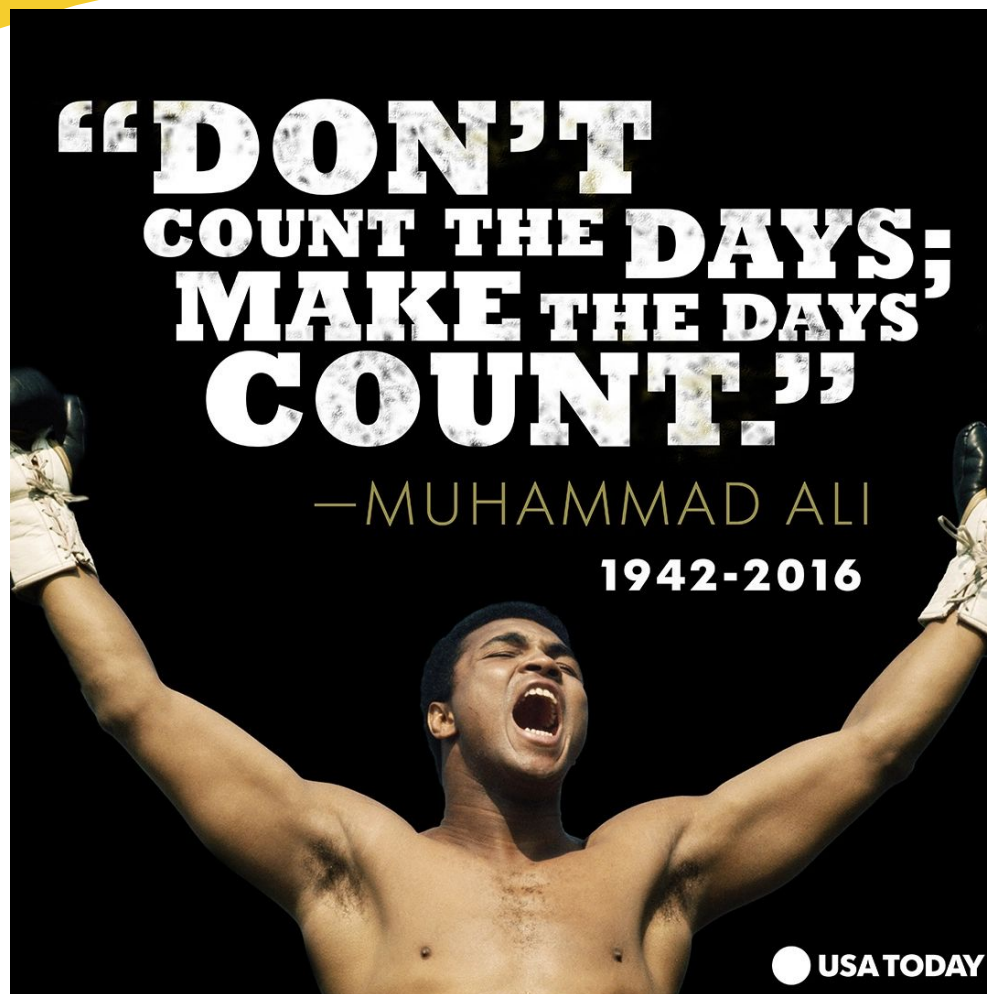
- Listen to the exam invigilators carefully.
- Exit the sports hall in silence **AND REMAIN IN SILENCE THE ENTIRE TIME.**
- Line up in the back tennis court.
- Do not communicate with anyone, in any way, at any time.
- Once safe to do so your invigilator will escort you back to your exam room.
- Do not open your exam paper until you are instructed to do so.

JCQ Information for candidates

- It is your responsibility to ensure you understand JCQ's exam regulations. To read their 'Information for Candidates' click [here](#).
- Breaking exam rules is called malpractice. Malpractice has consequences, this can be anything from a warning to the disqualification from a qualification.
- 4335 penalties were issued to students in 2022, mobile phone and other communication device offences accounted for 43% of these.

Year 11 - Good exam practice

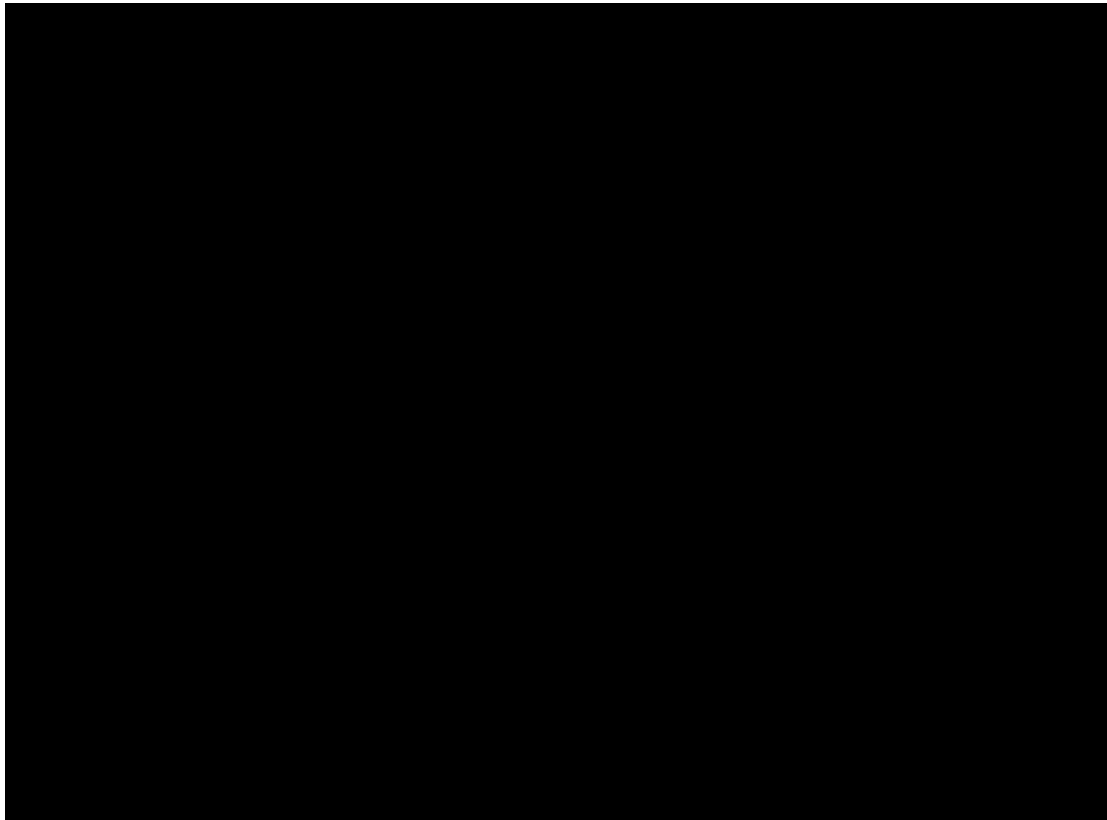




- **Work hard in lessons.**
- **Build a good rapport with your teachers.**
- **Be curious and be an active member of the class.**
- **Attend revision sessions**
- **BE PRESENT AND ON TIME**

HABIT ONE
Be Proactive





Revise, revise, revise

- There are masses of resources on the school's website - [GCSE REVISION.](#)
- Create a revision timetable
- Break it down into manageable chunks.
- Factor in breaks and rewards.

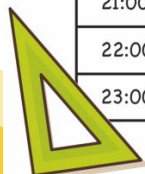
An infographic titled '6 LAST-MINUTE REVISION HACKS' by @inner_drive | www.innerdrive.co.uk. It features a cartoon illustration of a boy in a red shirt reading a book, with a clock in the background. The infographic lists six revision hacks:

- 1 EXPLAIN IT TO YOURSELF** You are more likely to remember it as you will find deeper connections.
- 2 CHANGE YOUR LOCATION** Revise in an environment similar to your exams, i.e. in a quiet room in front of a desk.
- 3 THINK ABOUT THE FIRST AND LAST IDEAS** Study your most challenging topics first and last.
- 4 CLOSE YOUR EYES** A recent study of students found that this improved recall by 23%.
- 5 READ THINGS ALOUD** Another study found that this improved recall by 12%.
- 6 DRAWING** For simple memory tasks drawing has been shown to be more effective for recall than writing.

Revision Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							



Look after yourself

DEHYDRATION SIGNS AND SYMPTOMS



EXTREME THIRST



DRY MOUTH



SWOLLEN TONGUE



LESS FREQUENT URINATION



HEADACHE



FATIGUE



BAD BREATH



DIZZINESS



PALPITATIONS



How Much Sleep Is "Enough"?

Sleep is one of the cornerstones of health. Sleeping too much or too little can have adverse effects on your health. Sleeping less than 5 hours per night can double your risk of heart disease, heart attack, and stroke. There is also a persistent relationship between lack of sleep and weight gain, insulin resistance, and diabetes.

AGE GROUP

RECOMMENDED NUMBER OF HOURS OF SLEEP

Newborns (0-3 months)

14-17 hours

Infants (4-11 months)

12-15 hours

Toddlers (1-2 years)

11-14 hours

Preschoolers (3-5)

10-13 hours

School-age children (6-13)

9-11 hours

Teenagers (14-17)

8-10 hours

Young adults (18-25)

7-9 hours

Adults (26-64)

7-9 hours

Seniors (65 and older)

7-8 hours

