



Year 11 Parents Information Evening

EASTER HOLIDAYS –
STARTING THE FINAL LAP

Exams are sooner than you think

- There are about 6 weeks until exams start and 4 weeks of term time
- **When are the exams:**
16th May – 27th June & Contingency Day – 29th June.
- **Timetable can be found [here](#)**
- **Personalised timetables were issued to your child this morning at tutor time.**
- **Please ensure copies are made and kept somewhere safe!**

First week of exams looks like this

June 2022 Exam timetable

Date	Start	Length	Board	Component	Component Title	Level
Mon 16 May	09:00	00:00	AQA	8062/11	Religious Studies A Christianity and Budhism	GCSE/9FC
Mon 16 May	09:00	00:00	AQA	8062/13	Religious Studies A P1-3 Christ	GCSE/9FC
Mon 16 May	13:30	02:00	AQA	8525/1B	Computer Science Paper 1B Python	GCSE/9FC
Mon 16 May	13:30	01:45	AQA	8192/1	Sociology Paper 1	GCSE/9FC
Tue 17 May	09:00	01:45	AQA	8461/1H	Biology Paper 1 Tier H	GCSE/9FC
Tue 17 May	09:00	01:45	AQA	8461/1F	Biology Paper 1 Tier F	GCSE/9FC
Tue 17 May	09:00	01:15	AQA	8464/B/1H	Combined Sci Trilogy Biology P1H	GCSE/9DA
Tue 17 May	09:00	01:15	AQA	8464/B/1F	Combined Sci Trilogy Biology P1F	GCSE/9DA
Tue 17 May	13:30	01:45	EDEXL/GCSE	4HB1 01	Written Paper 1	GCSE/9FC
Wed 18 May	09:00	01:45	WJEC/GCSE	C700U10-1	Eng Lang Component 1 20th Cent Lit	GCSE/9FC
Wed 18 May	09:00	02:15	EDEXL/GCSE	4EA1 01	Written Paper 1	GCSE/9FC
Wed 18 May	13:30	00:35	AQA	8668/LF	German Listening Test Tier F	GCSE/9FC
Wed 18 May	13:30	00:45	AQA	8668/RF	German Reading Test Tier F	GCSE/9FC
Wed 18 May	13:30	00:45	AQA	8668/LH	German Listening Test Tier H	GCSE/9FC
Wed 18 May	13:30	01:00	AQA	8668/RH	German Reading Test Tier H	GCSE/9FC
Thu 19 May	09:00	01:15	EDEXL/GCSE	1HIA 10	Crime & Punishment	GCSE/9FC
Thu 19 May	13:30	01:45	AQA	8261/W	Drama Written Paper	GCSE/9FC
Thu 19 May	13:30	00:45	AQA	8633/LH	Italian Listening Test Tier H	GCSE/9FC
Thu 19 May	13:30	01:00	AQA	8633/RH	Italian Reading Test Tier H	GCSE/9FC
Fri 20 May	09:00	01:30	EDEXL/GCSE	1MA1 1F	Non Calculator [F]	GCSE/9FC
Fri 20 May	09:00	01:30	EDEXL/GCSE	1MA1 1H	Non Calculator [H]	GCSE/9FC
Fri 20 May	09:00	02:00	EDEXL/GCSE	4MA1 1F	Written Paper 1F	GCSE/9FC
Fri 20 May	13:30	01:30	EDEXL/GCSE	1BS0 01	Investigating Small Bus.	GCSE/9FC
Fri 20 May	13:30	00:45	AQA	8673/LH	Chinese Listening Test Tier H	GCSE/9FC
Fri 20 May	13:30	01:00	AQA	8673/RH	Chinese Reading Test Tier H	GCSE/9FC

Second Week

Mon 23 May	09:00	01:30	WJEC/GCSE	C111U10-1	Geography A Component 1 Landscapes	GCSE/9FC
Tue 24 May	09:00	00:35	AQA	8658/LF	French Listening Test Tier F	GCSE/9FC
Tue 24 May	09:00	00:45	AQA	8658/RF	French Reading Test Tier F	GCSE/9FC
Tue 24 May	09:00	00:45	AQA	8658/LH	French Listening Test Tier H	GCSE/9FC
Tue 24 May	09:00	01:00	AQA	8658/RH	French Reading Test Tier H	GCSE/9FC
Tue 24 May	13:30	01:45	EDEXL/GCSE	1PE0 01	Fitness and Body Systems	GCSE/9FC
Wed 25 May	09:00	01:00	WJEC/GCSE	C722U10-A	English Lit Component 1 Shakespeare	GCSE/9FC
Wed 25 May	09:00	01:00	WJEC/GCSE	C722U10-B	English Lit COMP1 P-1914 Prose/Drama	GCSE/9FC
Wed 25 May	13:30	01:15	WJEC/GCSE	95110001	Latin Language Written Paper	L1L2/L1
Wed 25 May	13:30	00:45	EDEXL/GCSE	1GK0 1H	Listening [H]	GCSE/9FC
Wed 25 May	13:30	01:05	EDEXL/GCSE	1GK0 3H	Reading [H]	GCSE/9FC
Thu 26 May	09:00	00:45	AQA	8698/LH	Spanish Listening Test Tier H	GCSE/9FC
Thu 26 May	09:00	01:00	AQA	8698/RH	Spanish Reading Test Tier H	GCSE/9FC
Thu 26 May	09:00	00:35	AQA	8698/LF	Spanish Listening Test Tier F	GCSE/9FC
Thu 26 May	09:00	00:45	AQA	8698/RF	Spanish Reading Test Tier F	GCSE/9FC
Thu 26 May	13:30	01:45	AQA	8062/2A	Religious Studies A P2A Excl Text	GCSE/9FC
Fri 27 May	09:00	01:45	AQA	8462/1H	Chemistry Paper 1 Tier H	GCSE/9FC
Fri 27 May	09:00	01:45	AQA	8462/1F	Chemistry Paper 1 Tier F	GCSE/9FC
Fri 27 May	09:00	01:15	AQA	8464/C/1H	Combined Sci Trilogy Chemistry P1H	GCSE/9DA
Fri 27 May	09:00	01:15	AQA	8464/C/1F	Combined Sci Trilogy Chemistry P1F	GCSE/9DA
Fri 27 May	13:30	01:45	AQA	8525/2	Computer Science Paper 2	GCSE/9FC

Third Week

Mon 06 Jun	09:00	01:05	AQA	8668/WF	German Writing Test Tier F	GCSE/9FC
Mon 06 Jun	09:00	01:20	AQA	8668/WH	German Writing Test Tier H	GCSE/9FC
Mon 06 Jun	09:00	01:15	OCR	R018/01	Child Dev: Hlth Wll-Bng Chld Dev Wtn	CNAT/1&2
Mon 06 Jun	09:00	01:20	AQA	8673/WH	Chinese Writing Test Tier H	GCSE/9FC
Mon 06 Jun	13:30	01:45	EDEXL/GCSE	4HB1 02	Written Paper 2	GCSE/9FC
Tue 07 Jun	09:00	01:30	EDEXL/GCSE	1MA1 2F	Calculator [F]	GCSE/9FC

Tue 07 Jun	09:00	01:30	EDEXL/GCSE	1MA1 2H	Calculator [H]	GCSE/9FC
Tue 07 Jun	09:00	02:00	EDEXL/GCSE	4MA1 2F	Written Paper 2F	GCSE/9FC
Tue 07 Jun	13:30	01:00	WJEC/GCSE	C111U20-1	Geographya Component 2 Environmental	GCSE/9FC
Wed 08 Jun	09:00	01:00	WJEC/GCSE	C722U20-B	English Lit Component 2 19C Prose	GCSE/9FC
Wed 08 Jun	09:00	01:00	WJEC/GCSE	C722U20-C	English Lit Comp 2 Unseen Poetry	GCSE/9FC
Wed 08 Jun	13:30	01:45	AQA	8365/1	Further Mathematics Paper 1	L2/FC
Thu 09 Jun	09:00	01:20	EDEXL/GCSE	1HIA 31	Weimar & Nazi Germany	GCSE/9FC
Thu 09 Jun	13:30	01:45	AQA	8463/1H	Physics Paper 1 Tier H	GCSE/9FC
Thu 09 Jun	13:30	01:45	AQA	8463/1F	Physics Paper 1 Tier F	GCSE/9FC
Thu 09 Jun	13:30	01:15	AQA	8464/P/1H	Combined Sci Trilogy Physics P1H	GCSE/9DA
Thu 09 Jun	13:30	01:15	AQA	8464/P/1F	Combined Sci Trilogy Physics P1F	GCSE/9DA
Fri 10 Jun	09:00	02:00	WJEC/GCSE	C700U20-1	Eng Lang Component 2 Nonfiction	GCSE/9FC
Fri 10 Jun	09:00	01:30	EDEXL/GCSE	4EA1 02	Written Paper 2	GCSE/9FC
Fri 10 Jun	13:30	00:45	EDEXL/GCSE	1JA0 1H	Listening [H]	GCSE/9FC
Fri 10 Jun	13:30	01:05	EDEXL/GCSE	1JA0 3H	Reading [H]	GCSE/9FC
Fri 10 Jun	13:30	01:15	EDEXL/GCSE	1PE0 02	Health and Performance	GCSE/9FC
Fri 10 Jun	13:30	01:45	AQA	8192/2	Sociology Paper 2	GCSE/9FC

Fourth Week

Mon 13 Jun	09:00	01:30	EDEXL/GCSE	1MA1 3F	Calculator [F]	GCSE/9FC
Mon 13 Jun	09:00	01:30	EDEXL/GCSE	1MA1 3H	Calculator [H]	GCSE/9FC
Mon 13 Jun	13:30	01:15	OCR	R081/01	Creative Media: Preprctn Skills Wtn	CNAT/1&2
Mon 13 Jun	13:30	01:30	EDEXL/GCSE	1BS0 02	Building A Business	GCSE/9FC
Mon 13 Jun	13:30	00:45	WJEC/GCSE	95140001	Additional Lat Written Paper	L1L2/L1
Mon 13 Jun	13:30	01:25	EDEXL/GCSE	1GK0 4H	Writing [H]	GCSE/9FC
Tue 14 Jun	09:00	01:15	WJEC/GCSE	C111U30-1	Geographya Component 3 App. Fieldwrk	GCSE/9FC
Tue 14 Jun	13:30	01:20	AQA	8633/WH	Italian Writing Test Tier H	GCSE/9FC
Wed 15 Jun	09:00	01:45	AQA	8461/2H	Biology Paper 2 Tier H	GCSE/9FC
Wed 15 Jun	09:00	01:45	AQA	8461/2F	Biology Paper 2 Tier F	GCSE/9FC
Wed 15 Jun	09:00	01:15	AQA	8464/B/2H	Combined Sci Trilogy Biology P2H	GCSE/9DA
Wed 15 Jun	09:00	01:15	AQA	8464/B/2F	Combined Sci Trilogy Biology P2F	GCSE/9DA
Wed 15 Jun	13:30	02:00	AQA	8552/W	Design and Technology Written Paper	GCSE/9FC
Wed 15 Jun	13:30	00:45	EDEXL/GCSE	1RU0 1H	Listening [H]	GCSE/9FC
Wed 15 Jun	13:30	01:05	EDEXL/GCSE	1RU0 3H	Reading [H]	GCSE/9FC
Thu 16 Jun	09:00	00:55	EDEXL/GCSE	1HIA B4	Early Elizabethan	GCSE/9FC
Thu 16 Jun	13:30	01:05	AQA	8658/WF	French Writing Test Tier F	GCSE/9FC
Thu 16 Jun	13:30	01:20	AQA	8658/WH	French Writing Test Tier H	GCSE/9FC
Fri 17 Jun	09:00	01:20	AQA	8698/WH	Spanish Writing Test Tier H	GCSE/9FC
Fri 17 Jun	09:00	01:05	AQA	8698/WF	Spanish Writing Test Tier F	GCSE/9FC
Fri 17 Jun	13:30	00:45	AQA	8688/LH	Polish Listening Test Tier H	GCSE/9FC
Fri 17 Jun	13:30	01:00	AQA	8688/RH	Polish Reading Test Tier H	GCSE/9FC

Fifth week

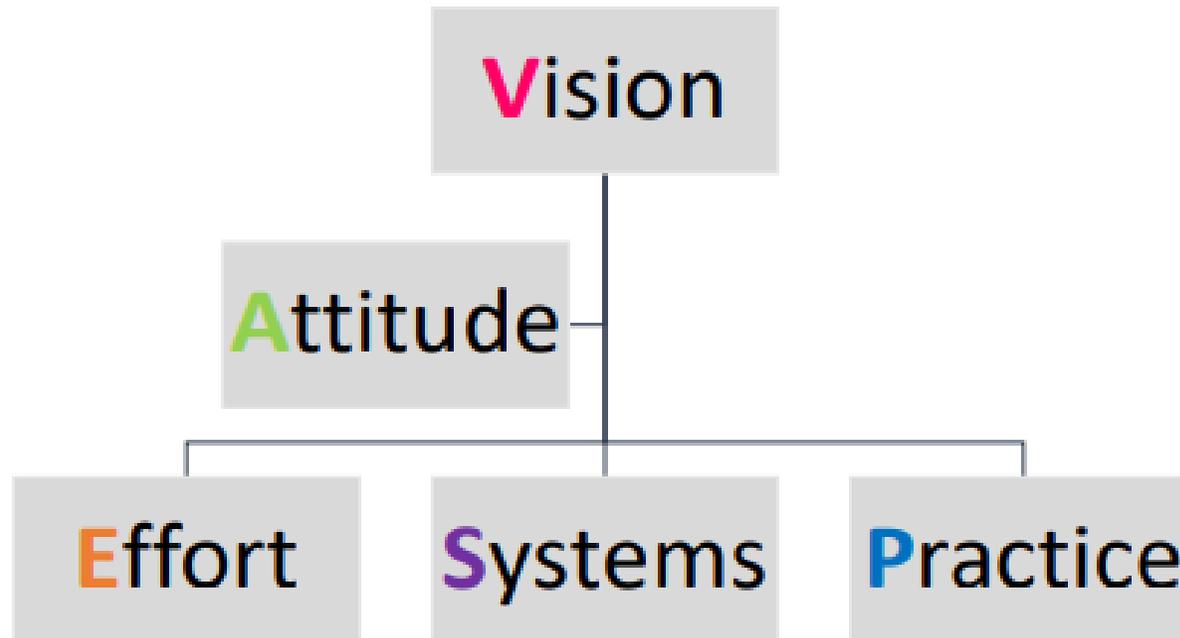
Mon 20 Jun	09:00	01:45	AQA	8462/2H	Chemistry Paper 2 Tier H	GCSE/9FC
Mon 20 Jun	09:00	01:45	AQA	8462/2F	Chemistry Paper 2 Tier F	GCSE/9FC
Mon 20 Jun	09:00	01:15	AQA	8464/C/2H	Combined Sci Trilogy Chemistry P2H	GCSE/9DA
Mon 20 Jun	09:00	01:15	AQA	8464/C/2F	Combined Sci Trilogy Chemistry P2F	GCSE/9DA
Mon 20 Jun	13:30	01:25	EDEXL/GCSE	1JA0 4H	Writing [H]	GCSE/9FC
Mon 20 Jun	13:30	01:45	WJEC/GCSE	C560UA0-1	Foodprp & Ntrition COMP1 Written Princ	GCSE/9FC
Tue 21 Jun	13:30	01:30	AQA	8236/W	Dance Written Paper	GCSE/9FC
Wed 22 Jun	09:00	01:15	WJEC/GCSE	C660U30-1	Music Component 3 Appraising	GCSE/9FC
Wed 22 Jun	13:30	01:45	AQA	8365/2	Further Mathematics Paper 2	L2/FC
Thu 23 Jun	09:00	01:45	AQA	8463/2H	Physics Paper 2 Tier H	GCSE/9FC
Thu 23 Jun	09:00	01:45	AQA	8463/2F	Physics Paper 2 Tier F	GCSE/9FC
Thu 23 Jun	09:00	01:15	AQA	8464/P/2H	Combined Sci Trilogy Physics P2H	GCSE/9DA
Thu 23 Jun	09:00	01:15	AQA	8464/P/2F	Combined Sci Trilogy Physics P2F	GCSE/9DA
Mon 27 Jun	09:00	01:20	AQA	8688/WH	Polish Writing Test Tier H	GCSE/9FC
Tue 28 Jun	09:00	01:25	EDEXL/GCSE	1RU0 4H	Writing [H]	GCSE/9FC

Advanced Information

- Advanced information for all GCSE subjects can be found [here](#)
- List of topics that should be included in each paper (making up for loss learning due to Covid).
- There's not one for every subject – they examine one less unit in History and for Geography, they have removed examination of theme 6 and there will not be any questions about students' field work.
- English Language – Component 2 Section B will be either a magazine article or a formal letter
- Art – sketch books need to be complete and at their best when we return after Easter – grades will be awarded shortly after
- All subjects are now working towards meeting this criteria

Developing your VESPA Mind-set will enhance your GCSE performance.

The VESPA Model



E - Effort

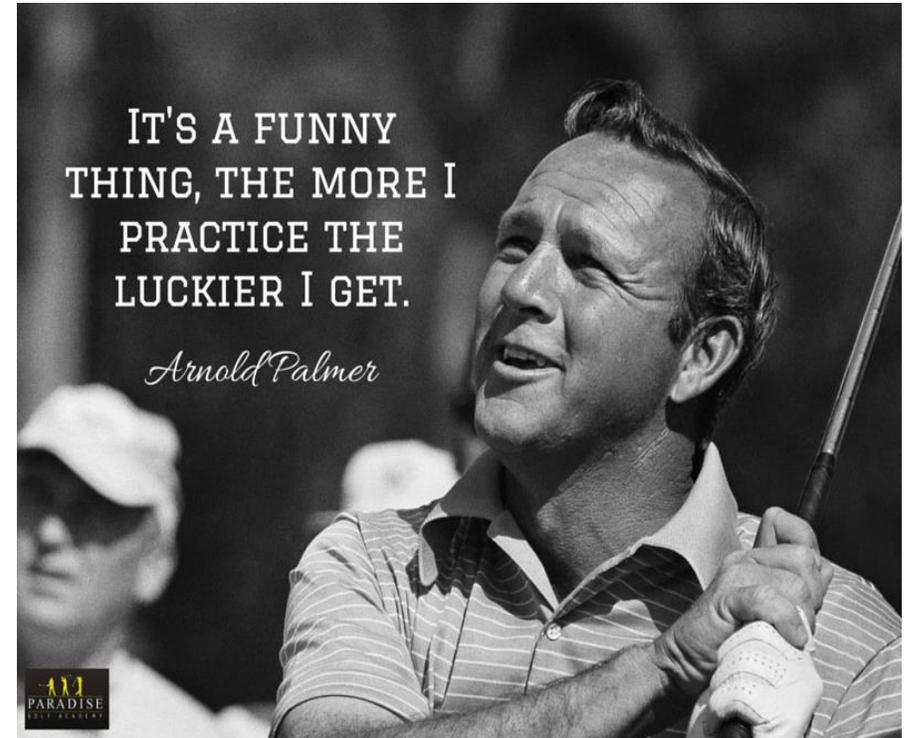
- Winston Churchill once said:

“Continuous Effort – not strength or intelligence – is the key to unlocking our potential.

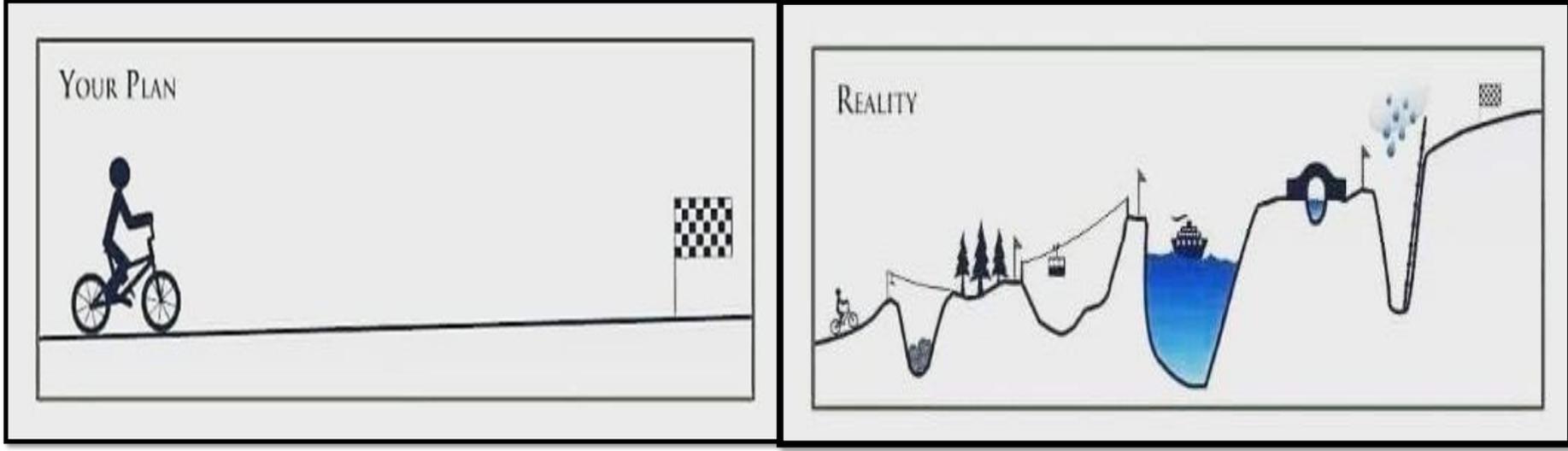
- Do they know what hard work looks like?
- Do they surround themselves with other hard working students?
- Are they totally focused when working?

P – Practice

- Do they use a range of different techniques when revising?
- Do they look for opportunities to work outside their comfort zone
- Do they always seek feedback on performance?



It can be a rocky road



*"It's not important how many times you fall
but how many times you rise."*

Nelson Mandela

Here's where I think Y11 students are at...



For each of them – here's how we can all help

- Get a spade and dig yourself out
 - I promise you'll be fine
- Take time to take stock and plan so you're doing what you need to do
- It's OK to ask questions and get reassurance
- You're doing great – give yourself a pat on the back, take a break when you need
 - Acknowledge the positives
- It's never too late to start
 - Make the commitment and ask for help



Other places to help



gcsepod
education on demand



revision world



SENECA
Free interactive content to
keep students engaged



Maths Genie



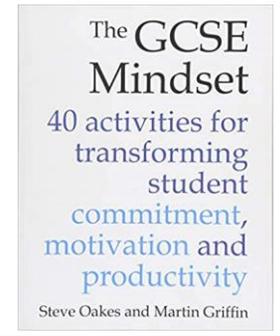
Quizlet



BBC
Bitesize



Online Tutoring
Need one to one tutoring with Mr Bruff?

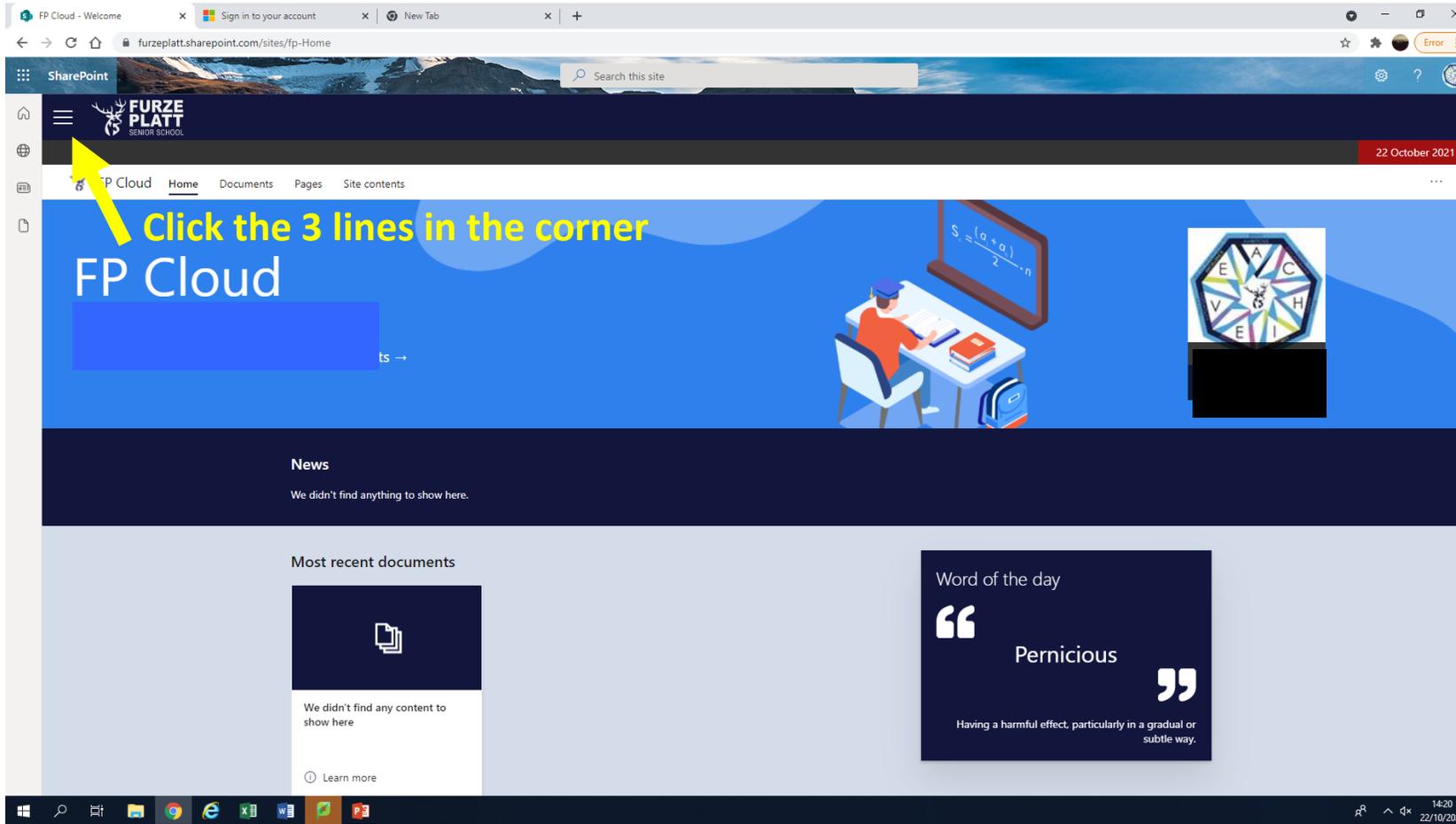


The **GCSE
Mindset**
40 activities for
transforming
student
commitment,
motivation and
productivity
Steve Oakes and Martin Griffin



**MEM
RiSE**

RA have put up LOTS of help in the Cloud



FP Cloud - Welcome x Sign in to your account x New Tab x

furzeplatt.sharepoint.com/sites/fp-Home

SharePoint Search this site

22 October 2021

FP Cloud Home Documents Pages Site contents

Click the 3 lines in the corner

FP Cloud

News

We didn't find anything to show here.

Most recent documents

We didn't find any content to show here

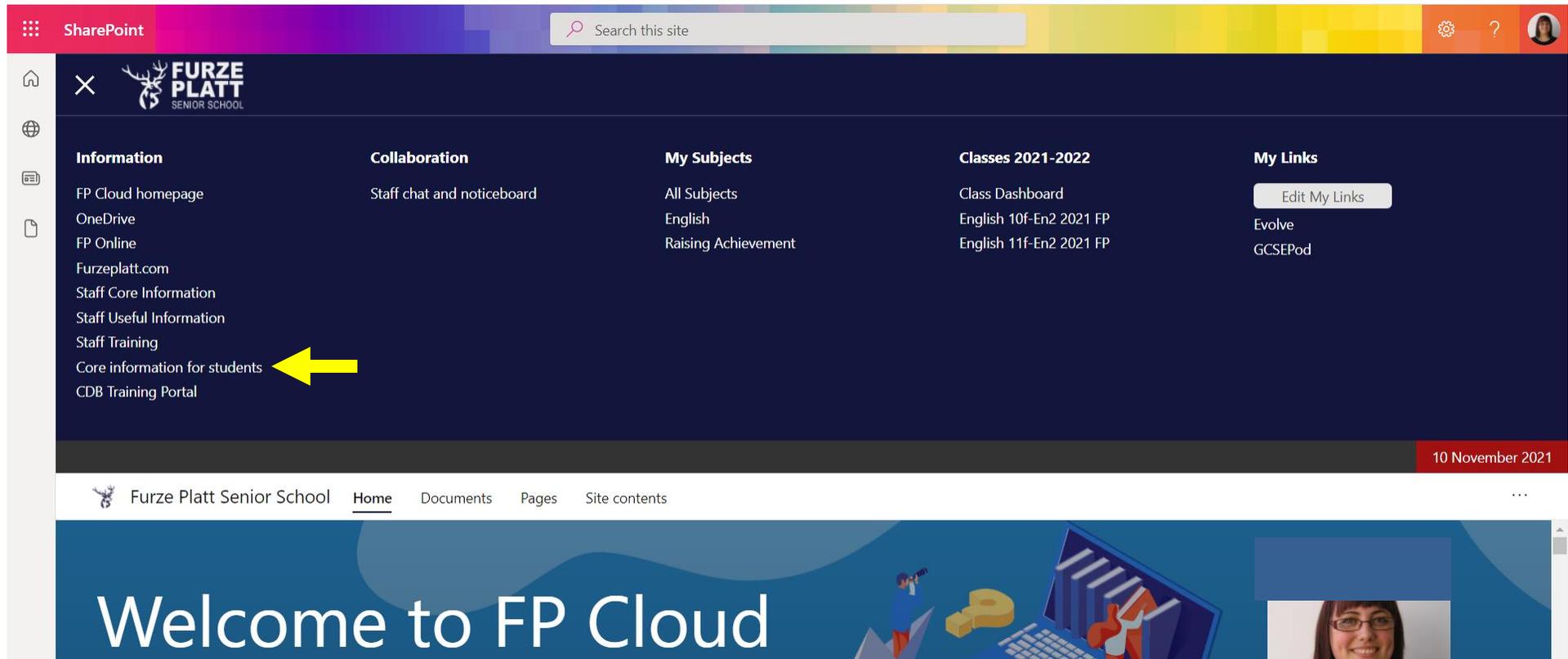
Word of the day

“ Pernicious ”

Having a harmful effect, particularly in a gradual or subtle way.

14:20 22/10/2021

Click on: Core Information for Students



The screenshot shows the SharePoint interface for Furze Platt Senior School. The top navigation bar includes the SharePoint logo, a search bar, and user profile icons. The main content area is divided into several columns: Information, Collaboration, My Subjects, Classes 2021-2022, and My Links. A yellow arrow points to the 'Core information for students' link in the Information column. The date '10 November 2021' is displayed in the bottom right corner of the main content area. Below the main content area, there is a breadcrumb trail: Furze Platt Senior School > Home > Documents > Pages > Site contents. A large banner at the bottom of the page reads 'Welcome to FP Cloud' with an illustration of a person using a laptop and a bar chart.

SharePoint Search this site

FURZE PLATT SENIOR SCHOOL

Information

- FP Cloud homepage
- OneDrive
- FP Online
- Furzeplatt.com
- Staff Core Information
- Staff Useful Information
- Staff Training
- Core information for students
- CDB Training Portal

Collaboration

- Staff chat and noticeboard

My Subjects

- All Subjects
- English
- Raising Achievement

Classes 2021-2022

- Class Dashboard
- English 10f-En2 2021 FP
- English 11f-En2 2021 FP

My Links

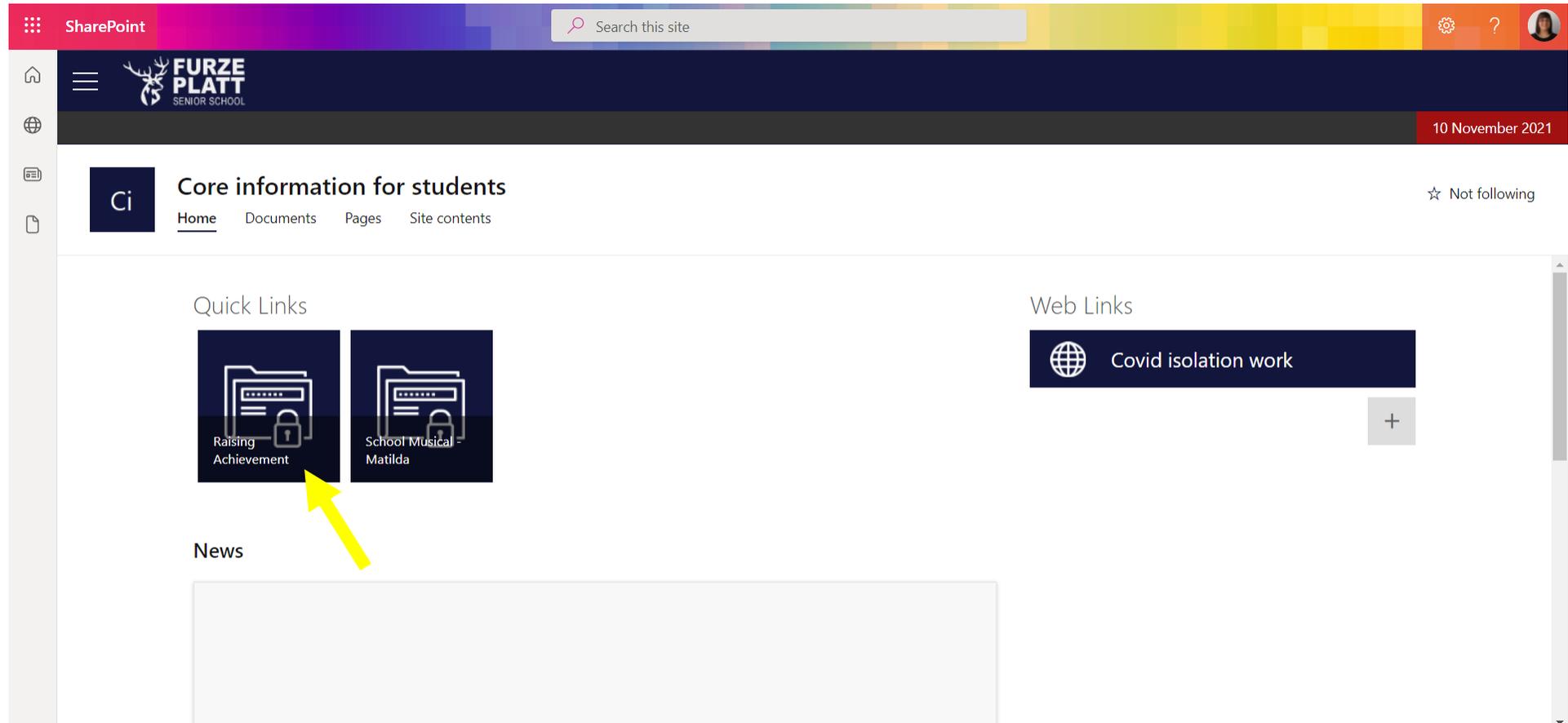
- Edit My Links
- Evolve
- GCSEPod

10 November 2021

Furze Platt Senior School Home Documents Pages Site contents

Welcome to FP Cloud

Click: Raising Achievement



SharePoint Search this site 10 November 2021

FURZE PLATT SENIOR SCHOOL

Core information for students ☆ Not following

Home Documents Pages Site contents

Quick Links

- Raising Achievement
- School Musical - Matilda

Web Links

- Covid isolation work

News

SharePoint Search this library 10 November 2021

FURZE PLATT SENIOR SCHOOL

Core information for students ☆ Not following

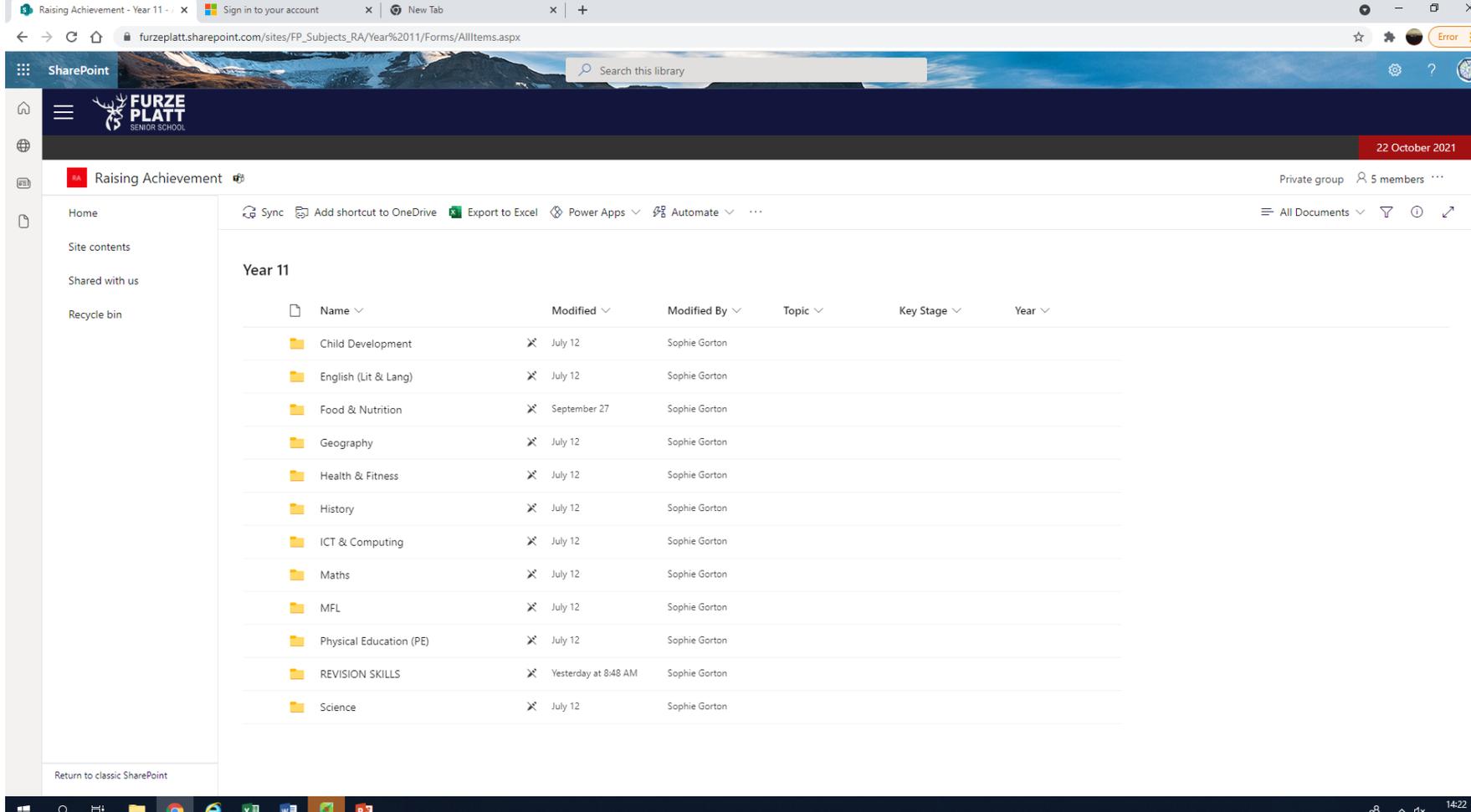
Home Documents Pages Site contents

+ New Upload Share Copy link Sync Download Add shortcut to OneDrive Export to Excel Power Apps Automate All Documents

Documents > Raising Achievement

Name	Modified	Modified By	Staff Category
Year 10	Yesterday at 03:22 PM	FP Cloud admin	
Year 11	Yesterday at 03:22 PM	FP Cloud admin	
Year 12	Yesterday at 04:25 PM	FP Cloud admin	
Year 13	Yesterday at 04:25 PM	FP Cloud admin	
Year 7	Yesterday at 03:21 PM	FP Cloud admin	
Year 8	Yesterday at 03:21 PM	FP Cloud admin	
Year 9	Yesterday at 03:21 PM	FP Cloud admin	

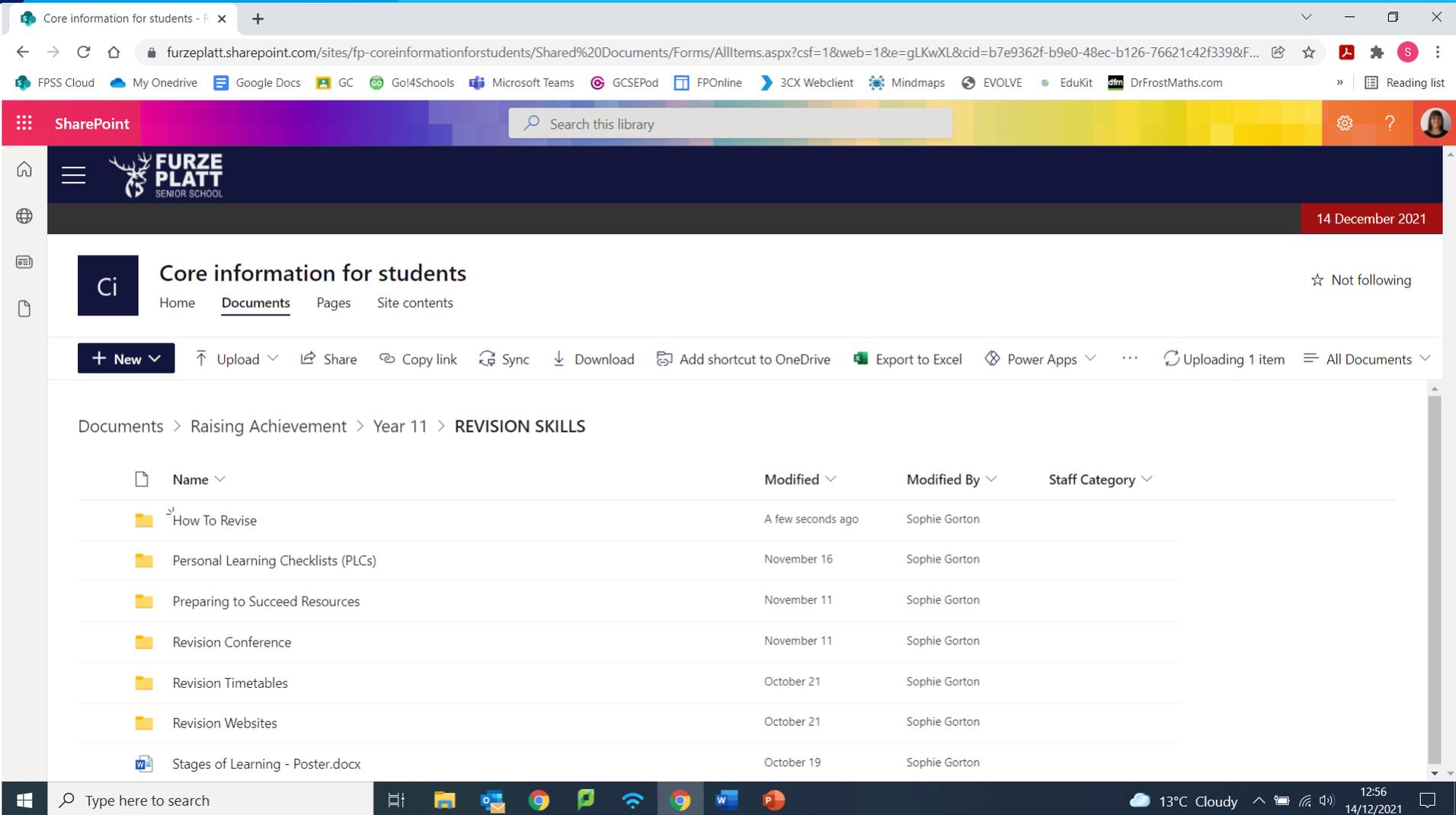
Choose a subject... or



The screenshot shows a SharePoint web page for 'Raising Achievement - Year 11'. The page displays a list of subject folders under the heading 'Year 11'. The folders are: Child Development, English (Lit & Lang), Food & Nutrition, Geography, Health & Fitness, History, ICT & Computing, Maths, MFL, Physical Education (PE), REVISION SKILLS, and Science. Each folder entry includes a folder icon, the name, a modified date, and the name of the person who modified it (Sophie Gorton). The 'REVISION SKILLS' folder was modified yesterday at 8:48 AM.

Name	Modified	Modified By	Topic	Key Stage	Year
Child Development	July 12	Sophie Gorton			
English (Lit & Lang)	July 12	Sophie Gorton			
Food & Nutrition	September 27	Sophie Gorton			
Geography	July 12	Sophie Gorton			
Health & Fitness	July 12	Sophie Gorton			
History	July 12	Sophie Gorton			
ICT & Computing	July 12	Sophie Gorton			
Maths	July 12	Sophie Gorton			
MFL	July 12	Sophie Gorton			
Physical Education (PE)	July 12	Sophie Gorton			
REVISION SKILLS	Yesterday at 8:48 AM	Sophie Gorton			
Science	July 12	Sophie Gorton			

Revision Skills folder



Core information for students - F x +

furzeplatt.sharepoint.com/sites/fp-coreinformationforstudents/Shared%20Documents/Forms/AllItems.aspx?csf=1&web=1&e=gLKwXL&cid=b7e9362f-b9e0-48ec-b126-76621c42f339&F...

FPSS Cloud My Onedrive Google Docs GC Go4Schools Microsoft Teams GCSEPod FPOne 3CX Webclient Mindmaps EVOLVE EduKit DrFrostMaths.com Reading list

SharePoint Search this library

FURZE PLATT SENIOR SCHOOL 14 December 2021

Core information for students ☆ Not following

Home Documents Pages Site contents

+ New Upload Share Copy link Sync Download Add shortcut to OneDrive Export to Excel Power Apps Uploading 1 item All Documents

Documents > Raising Achievement > Year 11 > REVISION SKILLS

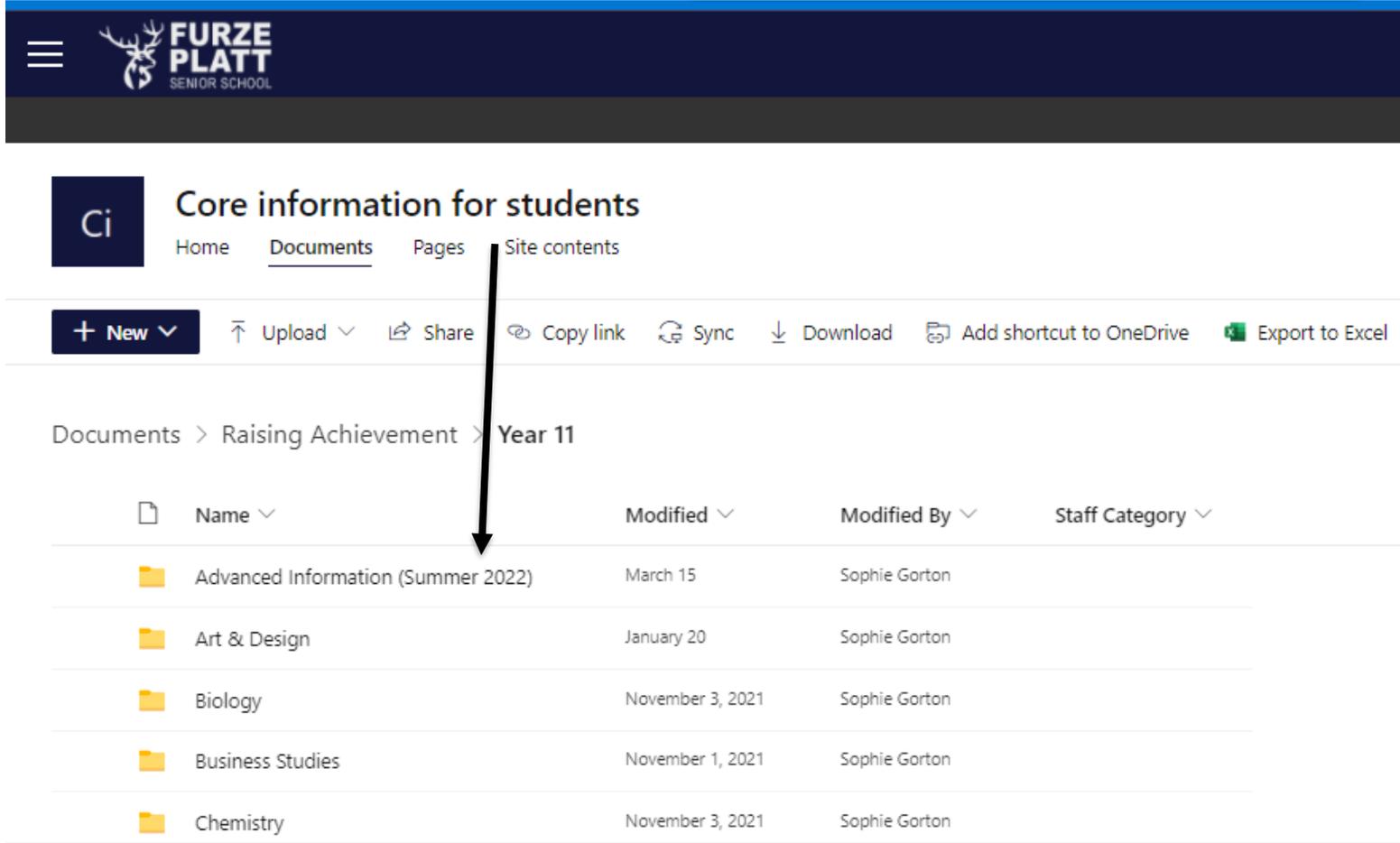
Name	Modified	Modified By	Staff Category
How To Revise	A few seconds ago	Sophie Gorton	
Personal Learning Checklists (PLCs)	November 16	Sophie Gorton	
Preparing to Succeed Resources	November 11	Sophie Gorton	
Revision Conference	November 11	Sophie Gorton	
Revision Timetables	October 21	Sophie Gorton	
Revision Websites	October 21	Sophie Gorton	
Stages of Learning - Poster.docx	October 19	Sophie Gorton	

Type here to search 13°C Cloudy 12:56 14/12/2021

An example of what's available (PLCs)

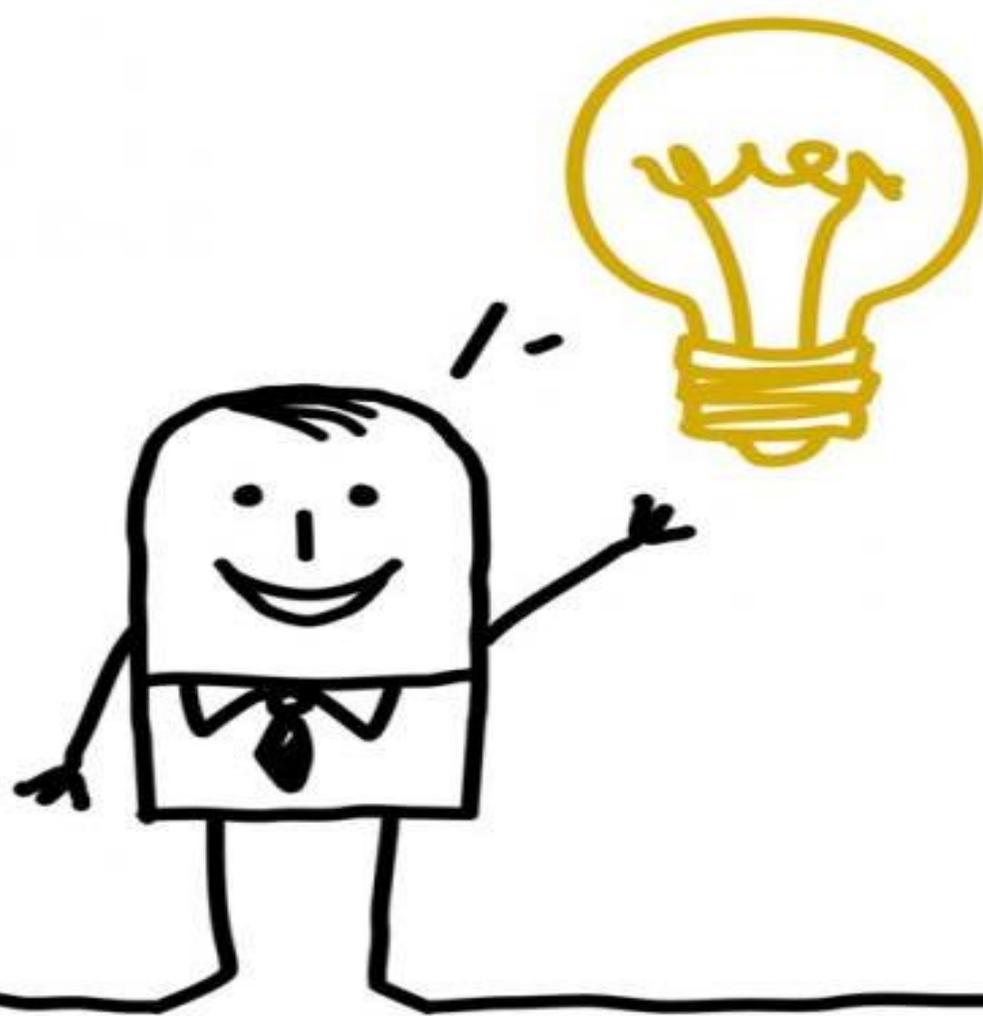
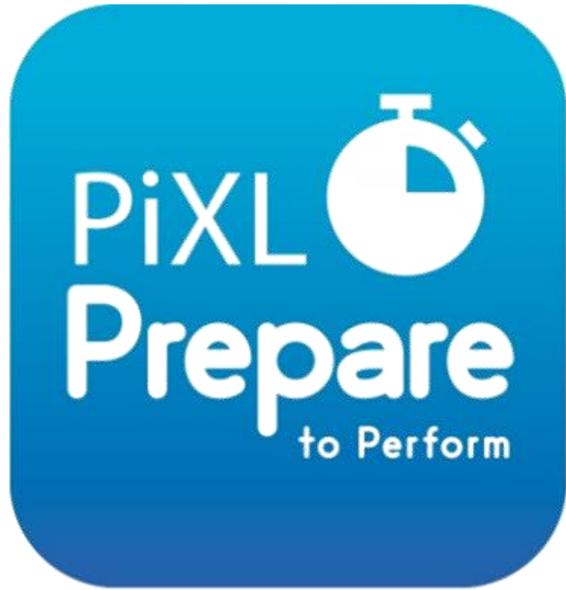
- [How to Use PLCs](#)

Advanced Information for Students



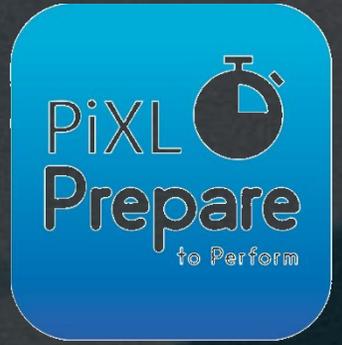
The screenshot shows the Microsoft OneDrive interface. At the top, there is a navigation bar with the Furze Platt Senior School logo and a hamburger menu icon. Below this, the page title is "Core information for students" with a "Ci" icon. The navigation tabs are "Home", "Documents", "Pages", and "Site contents". The "Documents" tab is active. Below the tabs, there is a toolbar with options: "+ New", "Upload", "Share", "Copy link", "Sync", "Download", "Add shortcut to OneDrive", and "Export to Excel". The breadcrumb path is "Documents > Raising Achievement > Year 11". A table lists the contents of the "Year 11" folder. A black arrow points from the "Year 11" breadcrumb to the "Advanced Information (Summer 2022)" folder in the table.

Name	Modified	Modified By	Staff Category
Advanced Information (Summer 2022)	March 15	Sophie Gorton	
Art & Design	January 20	Sophie Gorton	
Biology	November 3, 2021	Sophie Gorton	
Business Studies	November 1, 2021	Sophie Gorton	
Chemistry	November 3, 2021	Sophie Gorton	



Top 10 tips to support your child through their exams

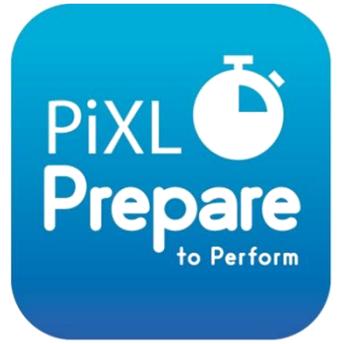
How can you help your child and prepare them to perform?



1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

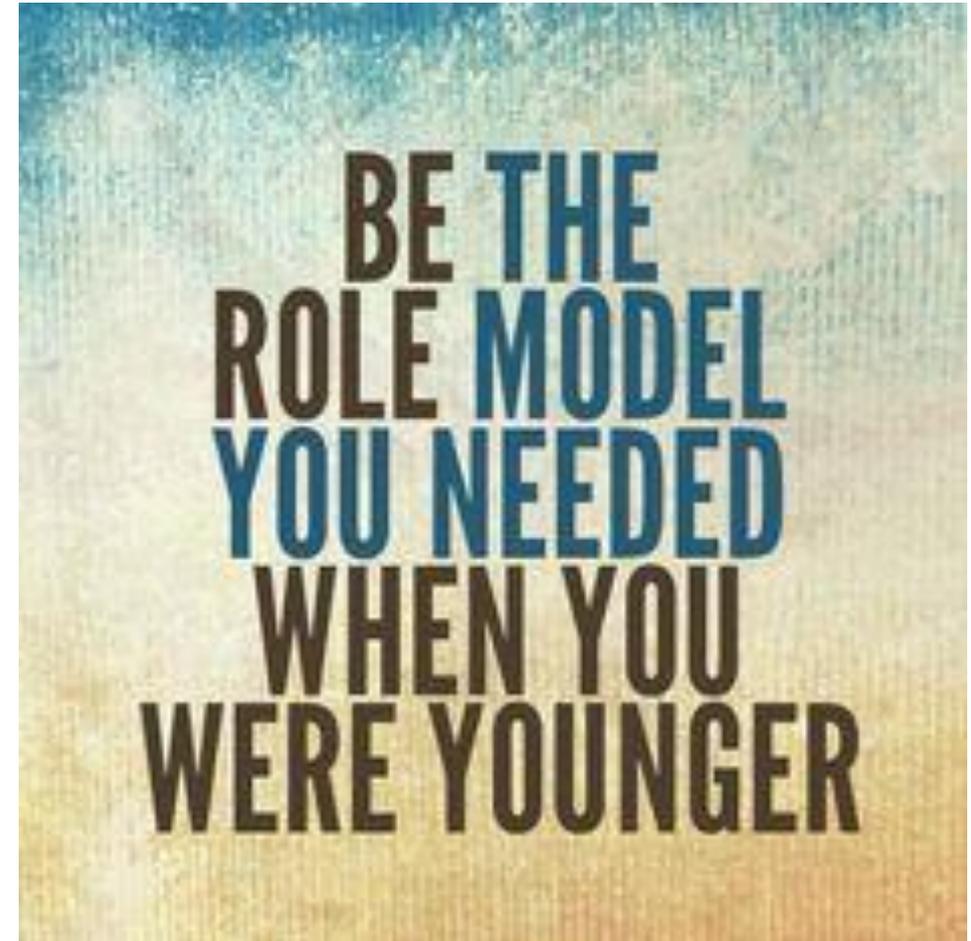
Each day you can support your child to make choices which can impact how they perform during the exam period

1. Being a role model



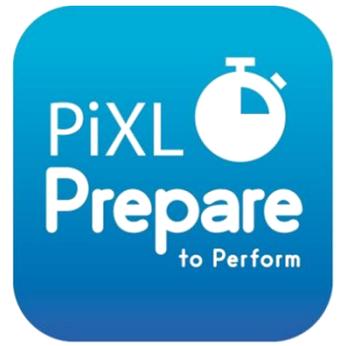
Set a good example by modelling the behaviour you want your child to adopt...

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



2. Goal Setting

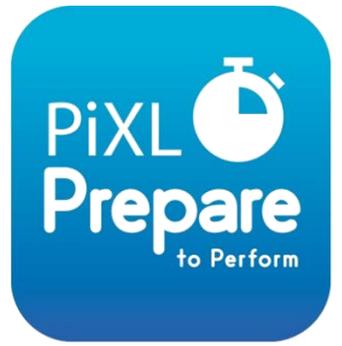
- **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



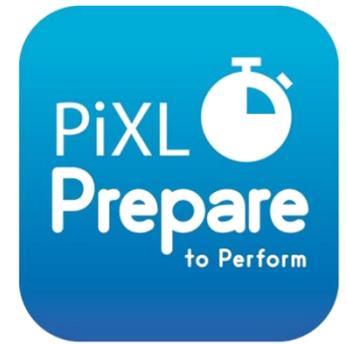
3. Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

60
minutes
per day



4. Healthy Eating



- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or ‘treat’ meals / or meals out per week
- Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



4. Healthy Eating



Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams

A BALANCING ACT

Keep your sugar levels under control.

Carbohydrates Macro Cheat Sheet

Carbohydrates	Proteins	Fats
Breads Rice Couscous Cereals Bran Potatoes Pasta Oats Cream of Wheat Corn English Muffins Pancakes Whole Wheat/ Whole Grains Vegetables Squash Pumpkin Berries Fruits Sugars	Beans Sprouted Grains Quinoa Most Yogurts Skim Milk Peas Chicken Turkey Egg Whites Fish Buffalo Bison Whey Protein Turkey Bacon Lean Beef Low/Non-fat cottage cheese Low/Non-fat greek yogurt	Eggs Salmon Bacon Chia Seeds Cottage Cheese Whole Fat Milk Duck Whole-Fat Yogurt Acocado Nut Butters Egg Yolks Nuts Oils Olives Flaxseed

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

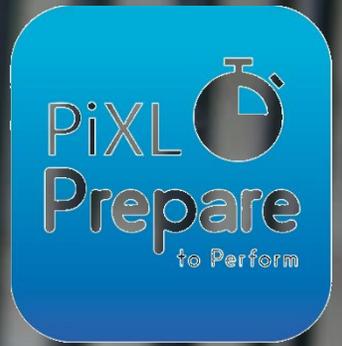
- Green vegetables
- Nuts
- Pulses
- Fish
- Bananas

UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

- Green vegetables
- Asparagus / Spinach
- Broccoli
- Yoghurt
- Chicken / Salmon
- Whole Grains / Brown rice
- Almonds / Pecans
- Eggs

5. Time Out



Encourage them to build in opportunities to take some time out every week, away from study. For example:

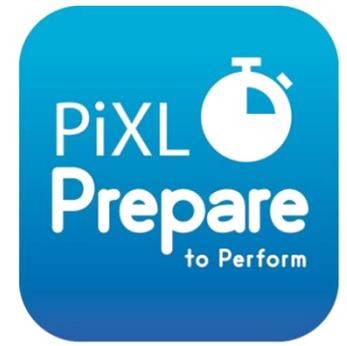
- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN

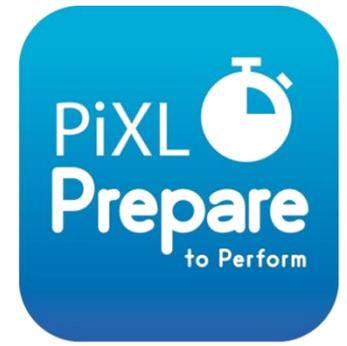
6. Sleep Patterns



- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



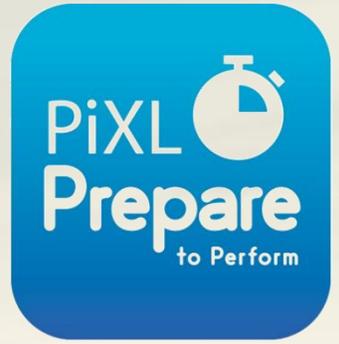
7. Unplugging



- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them

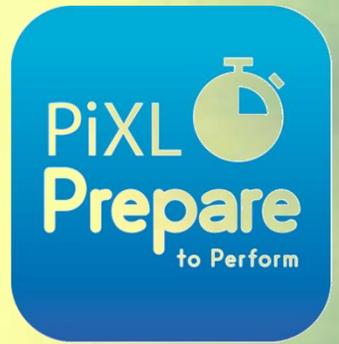


8. Staying Cool & Calm



- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & other activities during the week

9. Belief



- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve

**BELIEVE
YOU CAN
& YOU'RE
HALFWAY
THERE.**

A black-framed sign with white background and bold, hand-drawn style text. The background of the slide features a person holding a red balloon against a bright sky.

10. Be Supportive



- Be a good listener
- Be approachable
- Encourage them to take breaks in between revision
- Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice
- Just be there for them!

DREAM
BELIEVE
ACHIEVE

Remember – it's not too late



Exam Phases – Phase 1

- **Exam Phase 1** - Monday 16th – Wednesday 25th May
 - ✓ No tutor time – straight into lesson 1 at 9.15am.
 - ✓ All lessons are compulsory when not in an exam.
 - ✓ All lessons turn into revision sessions.
 - ✓ Choose to revise the same subject as the timetabled lesson with the teacher or revise another subject independently in the same classroom.

Exam Phase 2

- **Exam Phase 2** - Wednesday 25th May - Thursday 23rd June.
- ✓ Can stay at home and revise
- ✓ Expected to attend final/last minute subject specific revision seminars.
- These seminars will be usually held on the afternoon on the day before a morning exam.
- On the morning of on the day of an afternoon exam.
- Revision Seminar Timetable will be shared nearer the time.

Dates for the diary

- Exam Period - 16th May – 27th June
- Half term – 30th May – 3rd June
- Exam Contingency Day – 29th June
- Year 11 Graduation - Wednesday 29th June
- Year 11 Prom – Thursday 30th June
- Sixth Form Taster Days – Thursday & Friday 7/8th July
- Results day – Thursday 25th August 2022
- Year 12 Induction Day – Thursday 2nd September 2022

Need more support?

Debbie Feather – Raising Achievement Manager
debbie.feather@furzeplatt.net

Students - come and visit us in
Raising Achievement (RA)

English Block, Top Floor

