

**This Issue**The end game is upon us **P.1**Exam Season – Practicalities **P.2**What should my child be doing? **P.3**The Journey Ahead **P.4**In Brief **P.5****The End Game is Upon Us**

I hope you all had a fantastic Easter break and all the students enjoyed a break before what is a busy half term. The exams start in just over three weeks time and there is little time left in school so every day counts. It was amazing to see so many students in school for the revision sessions over the Easter break with around 200 attending at some point.

I've used the 'Avengers' as the image today as we near our final sequence with Year 11. The exams on the horizon are coming up fast (10 school days now!). In the Endgame instalment of the movie franchise they fight against the evil Thanos to save humanity. Bear with me here! They have faced trials and setbacks throughout their journey to that point and find themselves drawing from each other to get through the final battle.

"We are going to win. Whatever it takes."

As we move into the final phase of Year 11 I wonder if our students are similar (without the uniforms). They have faced so much over the past five years that we could never see coming and are now coming to this decisive point together. It is key that we rely on our community to come together and support each other at this point and help each other achieve their very best.

If I have not lost you with my Marvel analogy, it is important we then talk about what 'winning' looks like. For all of our students this is simple. It is about them achieving the very best they *can* and doing themselves proud. 'Winning' this summer will never be decided by the number printed on a page, although clearly these will help with all our young people's choices in the future. It is not as dramatic as the Avengers but we know students will be feeling the pressure now.

We have an important evening on Thursday 2 May as we talk through the more practical side of the exam season. We talk so much about the learning and assessment style of the exams but it really is important to talk through the practicalities that these bring too. Please do try and make it if you can as it will be the last opportunity for you to ask any questions in person ahead of the exams. We will be delivering a similar session to students over the coming weeks to make sure they understand what is needed over the exam season.

You will be receiving some communication from our Sixth Form team over the coming weeks to confirm the choices that students have been given for Sixth Form following their options submission in the autumn. There has been a lot of work going into this to match the choices to our curriculum and trying to offer the subjects that our current Year 11 wish to see. I want to thank Mrs Valentine and Mrs Plumb in particular for their work in supporting the students in being able to deliver this.

Finally, I wrote in the last issue about the prom and asking for volunteers. We have had a good response and have got a great prom shaping up. Lots of tickets have been bought and the excitement is building. Students have had to work hard to earn their ticket, with some of that work ongoing, and we look forward to seeing them all there.

Please do get in touch if you have any questions at all or any worries. We are all here to help.

Mrs Sands
Year 11 Lead and Head of Turing Community

Key Dates

Thursday 2 May (5.30pm to 6.30pm)
Pre-Exam Parent Information Evening

Thursday 9 May
GCSE Exams Begin

Wednesday 20 June
GCSE Exams End

Wednesday 26 June
Contingency Day

Thursday 27 June
Prom

Thursday 22 August (9am)
Results Day

A reminder...

SLEEP

Young people aged 15/16 need around 10 hours sleep in order to perform at their very best.

Top tips to improve sleep:

- Avoid big changes to sleep routine, such as lengthy lie-ins on weekends.
- Avoid doing work close to bed time so that their brain can 'wind down'.
- Avoid screens and stressful discussions/activities close to bedtime.
- Create a relaxing pre-bed routine, free from over-stimulation from screens, sugar and caffeine.
- Incorporate exercise into their day, but not too close to bedtime.
- Allow enough time in between dinner and sleep so that they aren't too full and their body won't be busy digesting food.
- Write down any thoughts or concerns to help avoid them 'buzzing' around your head.

DIET

Nutrition, quite literally, powers us to perform. Students may feel that they are working their hardest to achieve their goals, but if they are not fuelling their bodies in the best way then they aren't going to perform at our best.

In particular, students should think about:

- **P**reparation (breakfast!)
- **E**nergy levels (eat regularly)
- **R**e-hydrate (drink water)
- **F**ocus fuels (healthy snacks)
- **O**mega 3s (proven to help brain function and immune systems)
- **R**e-think brain blockers (avoiding certain foods e.g. sugar/heavy carbohydrates)
- **M**acro-nutrients (combination of protein, fat and carbohydrates at every meal)

WELLBEING

We will be focussing on students maintaining their wellbeing in our Learning for Life sessions over the coming weeks. This is vitally important for every student and we place it at the top of our priorities. We encourage them to keep up their outside hobbies and commitments, especially exercising, to make sure they keep themselves as stress free as possible.

You can access a wealth of resources using the details below which support all of the above:

Link:

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

PiXL School Number:

402458

Password:

Indep41

After School Sessions

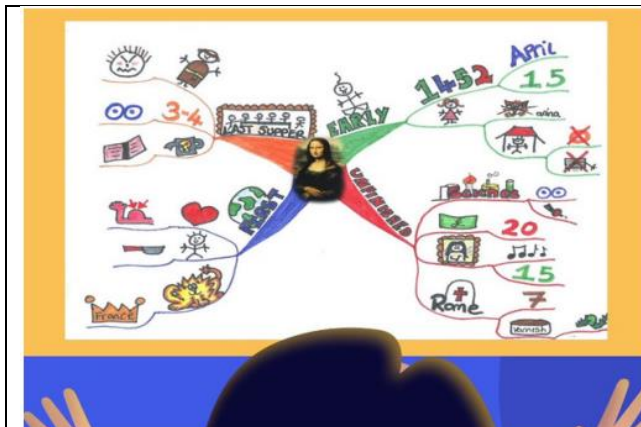
Subject staff are always working to put on sessions for students that will support them in the final run in. Please find below an overview of sessions for the next two weeks. We will publish the following weeks in due course.

Subject	Monday 22 April	Tuesday 23 April	Wednesday 24 April	Thursday 25 April	Friday 26 April
1	HSC - Exam prep and coursework catch up - T04	Computer Science - T05	Spanish speaking - (Prep for orals starting 23 April) - B15	Sociology (Paper 1); after school - C01	Combined Physics - Electricity - A35
2	Art - revisiting coursework projects to make final refinements before final deadline (7 May) - F02	Geography Paper 1 (Physical Geography) - C04	Art - revisiting coursework projects to make final refinements before final deadline (7 May) - F02	Combined Chemistry - Atomic Structure - A35	Art - revisiting coursework projects to make final refinements before final deadline (7 May) - F02
3	PA - Coursework catch up - T04		Design and Technology Revision - T06	iMedia - T05	
4	Live Theatre - Drama - P02			History: Medicine through time - C17 and C11	
5	English - An Inspector Calls and Lord of the Flies - DO1/DO2		English - Unseen Poetry - DO1/DO2		

Subject	Monday 29 April	Tuesday 30 April	Wednesday 1 May	Thursday 2 May	Friday 3 May
1	HSC - Exam prep and coursework catch up - HWE	Computer Science - T05	Art - revisiting coursework projects to make final refinements before final deadline (7 May) - F02	Sociology (Paper 1); after school - C01	Combined Chemistry Bonding - A35
2	Art - revisiting coursework projects to make final refinements before final deadline (7 May) - F02	B&V (Year 10) - Christianity - Canteen	Drama - Blood Brothers - P02	Combined Biology - Homeostasis and Response - A35	Art - revisiting coursework projects to make final refinements before final deadline (7 May) - F02
3	PA - Coursework catch up - HWE		English - Macbeth - DO1/DO2	iMedia - T05	HSC exam revision - T04
4	English - Anthology Poetry DO1/DO2		Design and Technology Revision - T06	History - Medicine on the Western Front - C17	
5	Geography Paper 1 (Physical Geography) - C04		B&V (Year 10) - Islam - Canteen		
6	History: Achieving a grade 7-9 (Medicine focus) - C16				

If students need any extra help, they should always remember they can email staff who will be happy to help. They can supply extra practice questions or queries and staff will always do their best to get back to them quickly.

What should my child be doing to revise? Practical tips



Mind Mapping

- Choose your topic and break it down into 4 or 5 chunks (eg. dates, names, locations)
- Draw a picture in the middle of the page that reminds you what the topic is
- Draw a simple image to remind you of each individual fact
- Use different colours for each "branch" to help them stand out and jog your memory



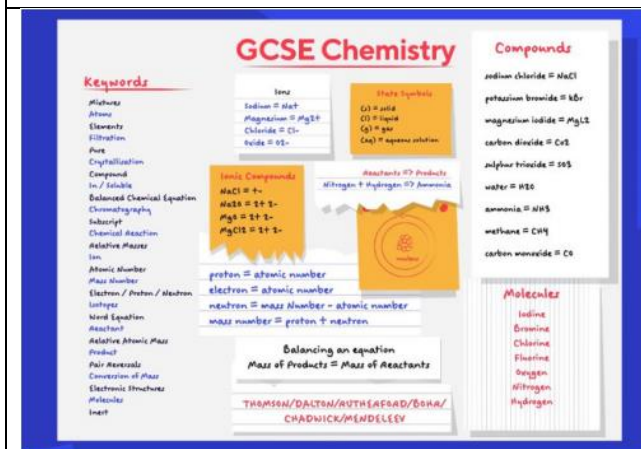
Mnemonics

- Identify the information you need to remember
- Take the first letters in order
- Create a memorable sentence using the first letters
- Add an image if it helps you
- Review regularly



Numbers = Letters

- Take the number/date you need to remember
- Create a word with the same number of letters
- Do this for each individual number
- Review regularly to ensure the words trigger the numbers

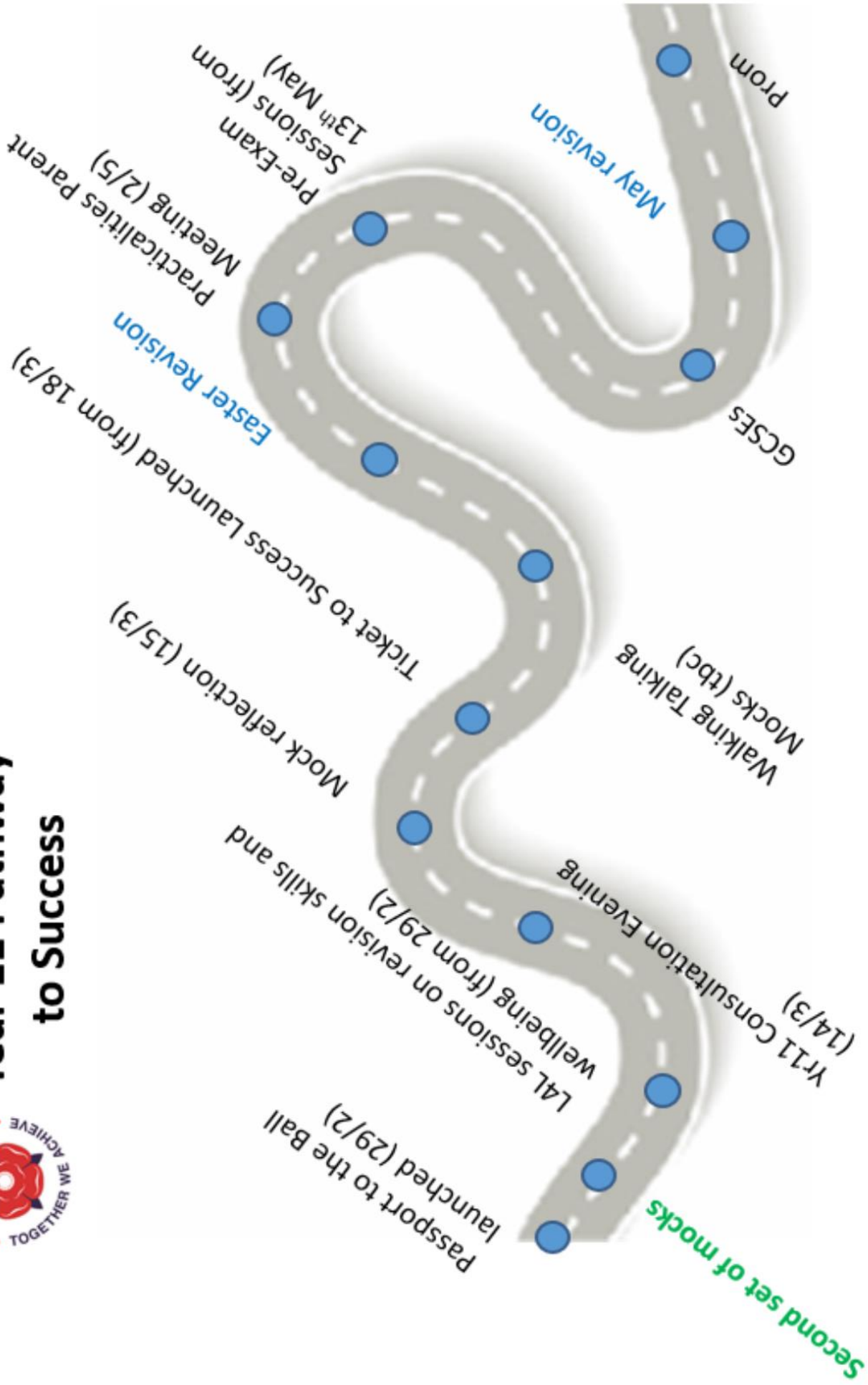


Cheat Sheet

- Take a large piece of paper or corkboard
- Write down any keywords on the left hand side
- Create notes after learning new information
- Stick them on the cheat sheet
- Build-up your cheat sheet as you learn more
- Keep your cheat sheet somewhere you can see it
- Review regularly



Year 11 Pathway to Success

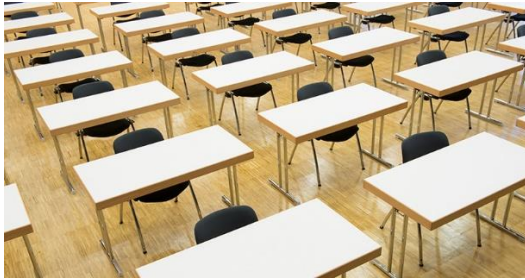


In Brief:



Every day is now vital to the cause. There are now only 10 school days until the exams start...

LET'S MAKE THEM COUNT!



You can find all the information you need relating to the exams on our website, including timetables.

<https://sackvilleschool.org.uk/students-4/exams-information/>



Remember, you can access information relating to your child on our 'My Child At School' app. It will give you information on attendance and communications rather than relying on email/messages. Let us know if you haven't been able to get this set up yet.



As we move towards the exams it is important to note that formal study leave starts on Thursday 23rd May after the Physics examination. Up until that point, students should be in school all day, everyday. When they aren't in an exam then they will be in normal lessons. Before May half term, attendance is still compulsory for all school days.



Please visit the link [here](#) for some useful information that is designed to support parents in some of the key areas of their child's life. These have been created by PiXL and are designed to be short flyers. If you would like any more help or information please get in contact with us.

SUPPORT YOUR CHILD ON THE PATH TO SUCCESS



Your child's school has invested in the award winning resource, GCSEPod, to help your child reach their goals!

Join the thousands of parents/carers encouraging their children to use GCSEPod to support learning, homework and revision.

- ▶ Proven to increase results
- ▶ 28+ exam mapped subjects
- ▶ Available online and offline
- ▶ Audio visual content
- ▶ Builds confidence
- ▶ Independently accessible assessments

Want to find out how you can support your child more with GCSEPod? Then join one of our free webinars by registering here: <https://www.gcsepod.com/podup-presents-webinars/>

"The correlation between success and failure was made almost 100% clear by the use of GCSEPod."

**Head of MFL
at Yateley School**

"I found GCSEPod especially useful to compliment my knowledge and I'm certain it helped me secure the grades that I have been so happy to receive."

Student

"My daughter used GCSEPod for her GCSEs and was very successful with her results, she absolutely loved your Pods and this style of revising."

Parent

Student Activation

Please follow these instructions if your child has not yet activated their GCSEPod account

1. Go to GCSEPod.com and click 'LOG IN'
2. Click 'New to GCSEPod? Get Started'
3. Enter your child's details and confirm the name of the school they attend
2. Create a username and password

For more information please visit
www.gcsepod.com/parents

