



NEW!

GCSEPod

We have subscribed to a really exciting service that will help take your child's revision to the next level. As a subscriber, your child now has access to GCSEPod's library of over 6,500 'Pods', 3-5 minute videos designed to deliver knowledge in short bursts. GCSEPod makes learning and revision much more manageable: every Pod is mapped to an exam board, and contains all the right facts, quotes, keywords, dates and annotated diagrams that your child needs for GCSE success – all neatly organised into topics and exam playlists.

See more on page 3.

Key Dates

Thursday 9th March (5pm to 6.30pm)
Information Evening – all subjects

Thursday 23rd March (4pm to 7pm)
Consultation Evening

Thursday 27th April (5.30pm to 6.30pm)
Pre-Exam Parent Information Evening

Monday 15th May
GCSE Exams Begin

Wednesday 21st June
GCSE Exams End

Wednesday 28th June
Contingency Day

Thursday 24th August (10am)
Results Day



The time is now!

It has been a pleasure to see the Year 11 students grow over this year and into really confident young people. The challenges they face are not unique to them, but will feel so significant, and it should not be underestimated how proud we are of them as a group.

It was a great end to the half term as we gathered to have an assembly and then for students to receive their mock results in an envelope. This was done to really mimic the summer and how they will feel in August once all the hard work is over. To see students so engaged in this process was great and there were some brilliant conversations happening already about what their next steps could be.

We will be doing some of this reflection work on Wednesday in 'Learning for Life' which will really help the students solidify their next steps. We will then use these to really support them and look at what the tutor team can do to meet their needs identified. The more the students engage with this process, the more they will get out of it and we really will see them own their own progress; the best way to make sure they achieve their best.

We know that the next few months are going to feel increasingly stressful for a lot of our students. Again, this

is not something that is new for us as professionals or as a school, but we know that this will always be difficult for families. We want to reassure families that we will be giving the students lots of information that they can use to try to help manage these stress levels and you can find some key information relating to this on the next page. We want to encourage everyone to let us know if you have any concerns and we will look to support as much as we can.

Finally, for this issue, please see the key dates on the left hand side. It is really important that students are aware of these and are available for all of them. Results day will be in person, with students expected in school to collect their results. If you are on holiday you can contact the Exams Office to make specific arrangements and more details on this will be sent out to you.

A key date to make you aware of is our information evening on Thursday 9th March which is for all parents/carers and students to attend. There will be a short presentation followed by an opportunity to gather resources and help from all subjects.

All that is left is to say how proud I am of the year group and that the next 10 weeks really will fly by until they get the chance to really show what they can do.

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The Keys to Success

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

Strategies for all students – at home and in school



We sat down with five Sixth Formers to ask their advice on what our current Year 11 students can do to maximise the last ten weeks before the exams. We tried to get a range of strategies that encompassed home and at school that hopefully will help anybody.

Student 1

"The biggest thing that helped me was time management. I was rubbish at keeping track of things and I was always really busy doing clubs outside of school. I started a timetable, stuck it up on the fridge and made sure everyone at home knew what I was supposed to be doing. It was annoying because I was always being reminded but it did mean I was setting time aside and would then make sure I did it... just to stop people moaning at me! I think it made a massive difference to me as I could feel myself getting into it as I did it more often."

Student 2

"My biggest thing was actually making sure I didn't do too much. I started revising really hard, really early and

It actually meant that I was so stressed. I didn't feel like I could do anything else but revise and it was really getting to me. We had a talk at school from a man about revision. He really broke it down and hammered home how important it was to have time for ourselves. After that I booked in time to go to the gym with a friend after school and that really helped me have something else to do besides working non-stop."

"Getting started was the hardest part – and committing to it!"

Student 3

"Getting started was the hardest part – and committing to it! I actually felt pretty confident about revision but I was always being asked to do things by friends at the last minute and to be honest they were more fun. For me, it was committing to the time I had set myself to revise as it was always far too easy to just forget it and do the other thing. I started to reward myself once I had done a session of revision with time on my PS4 with friends and that seemed to help me commit to it."

We asked five Sixth Formers for their advice on what helped them in the run up to the exams season – at home and in school

Student 4

"I think that my biggest thing was actually using school time as effectively as possible. The lessons were mostly focussed on revision after the Easter holiday and it was easy for me to not focus as much knowing it was a recap. However, I really tried to use the time we got given to make sure I got as much as I could from my teachers. In particular, I started going to lessons with topics I wanted them to cover which I needed help with"

Student 5

"I think the best piece of advice I have for anyone is to work with other people. It really helped me as I really struggled to focus on my own. With my friend we sat together and could help push each other to keep going (even if we did get distracted sometimes). It helped to use the websites we had been given too so that we could quiz each other and check we had understood."

"I started going to lessons with topics I wanted them to cover which I needed help with"

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

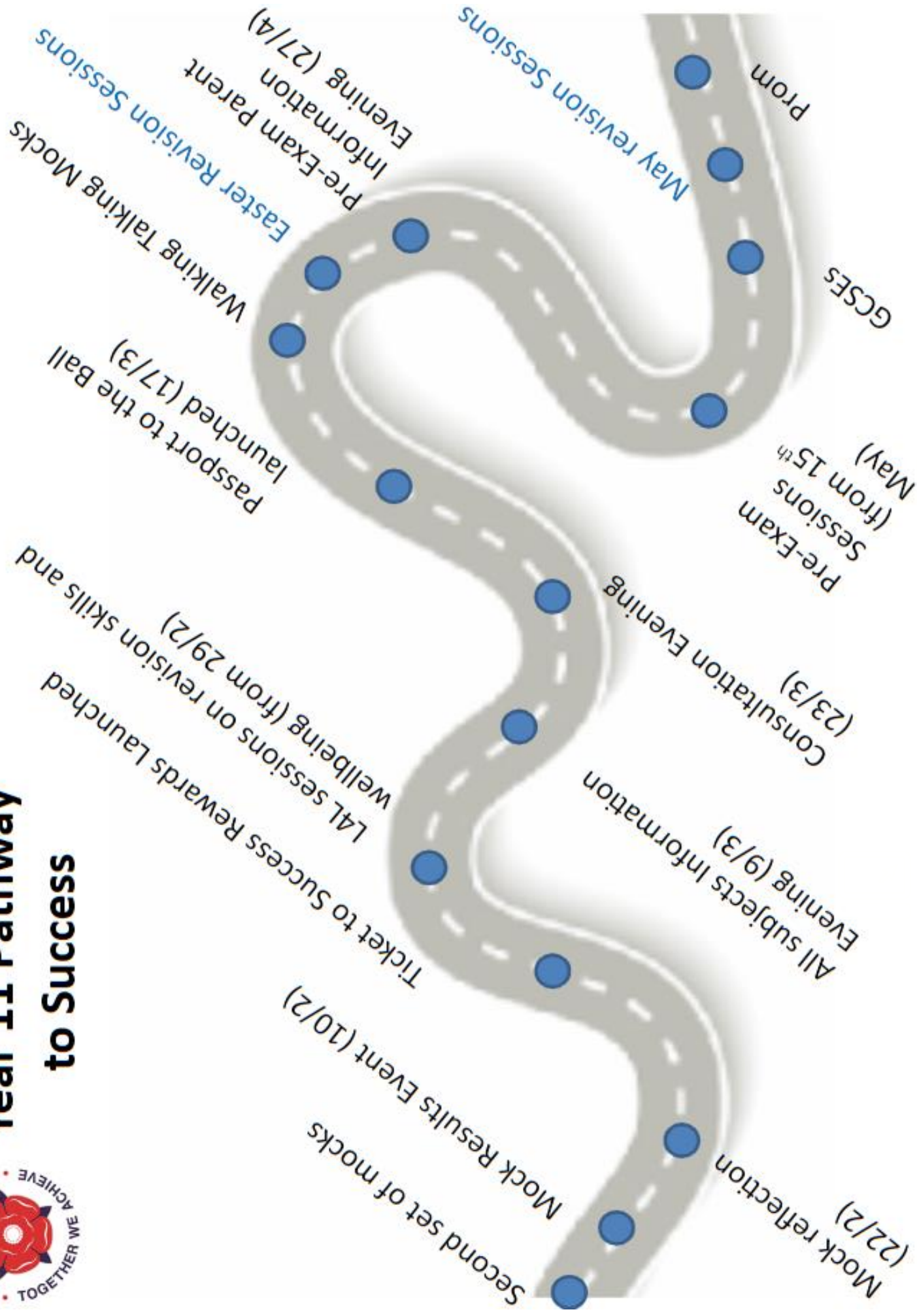
1. Go to GCSEPod.com and click 'LOG IN'
2. Click 'New to GCSEPod? Get Started'
3. Enter your child's details and confirm the name of the school they attend
2. Create a username and password

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





Year 11 Pathway to Success



In Brief:



Every day is now vital to the cause. There are approximately 50 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.



It is important to remember that post 16 choices should be being firmed up over the next six weeks. If your child has not applied to Sackville Sixth Form already, and would like to, please ask them to speak to Mrs Valentine as soon as possible.



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.