



Year 11 Key to GCSE Success

Parent Consultation Evening

Tuesday 24th April 2018

Parents are a child's first and most important teacher.

A Proven Fact: When parents are actively involved in their child's education student achievement improves.

Research has highlighted a correlation between parental involvement and student achievement in school, however the "how" of parental involvement continues to be a challenge (Greenwood & Hickman, 1991; Seefeldt, 1985; Voydanoff & Donnelly, 1996, in Peña, 2000; Gutman & Midgley, 2000).

Family participation in education is TWICE as predictive of students' academic success as family socioeconomic status. 86% of the general public believes that support from parents is the most important way to improve schools. School age children spend 70% of their waking hours outside of school



Catholic Principals' Council

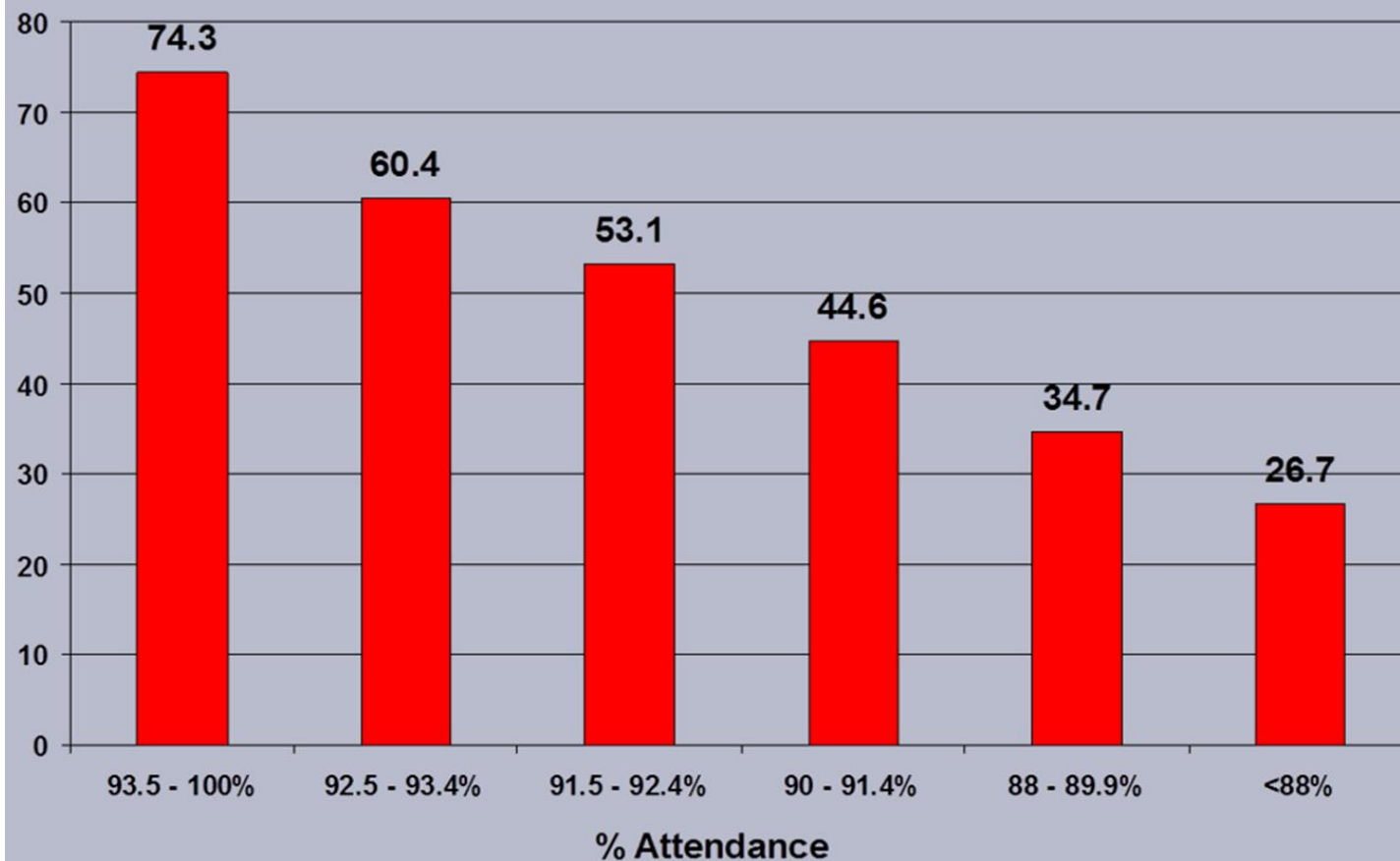


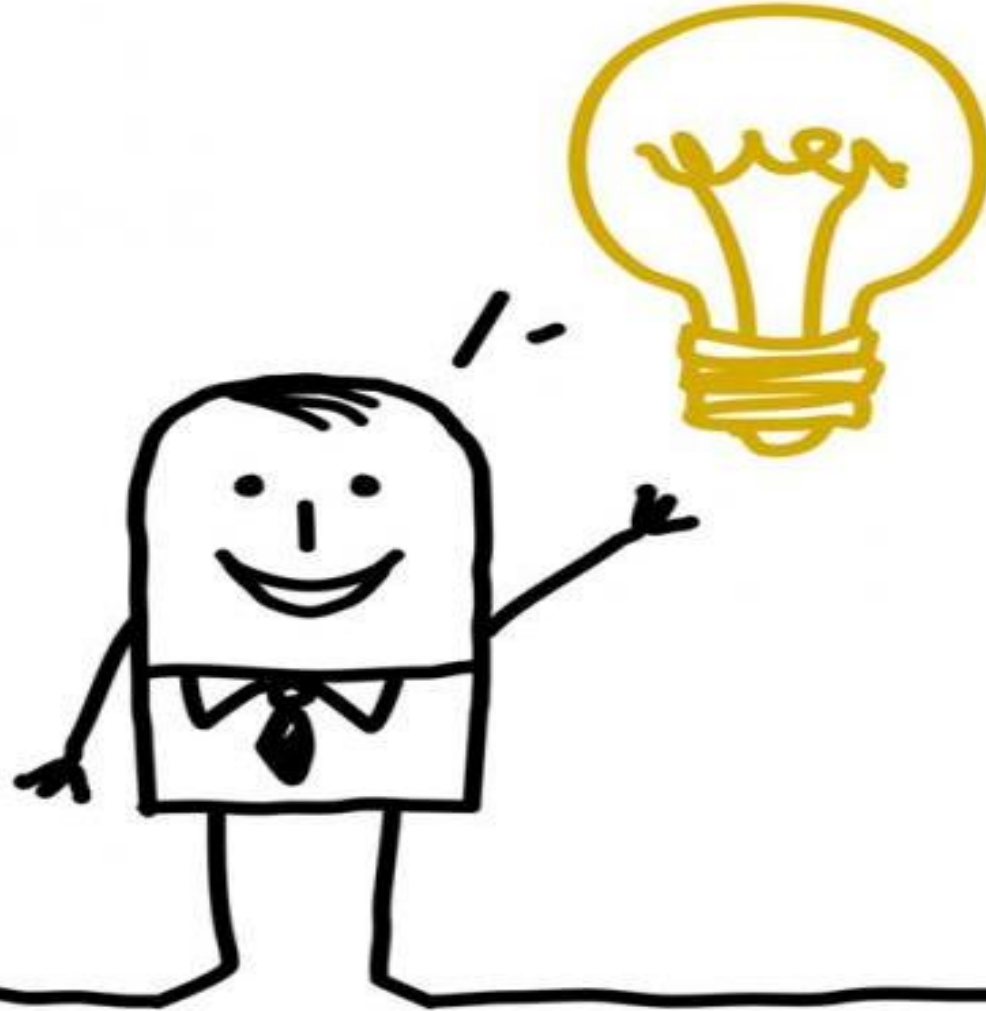
Parent involvement has been linked with student outcomes including increased achievement exam results, a decrease in dropout rate, improved attendance, improved student behaviour, higher grades, higher grade point average, greater commitment to schoolwork, and improved attitude toward school.

In schools where student achievement was reported, Loucks (1992) found that parent involvement was a significant factor in both accelerated and sustained student academic performance.

Parent Involvement: The Key To Improved Student Achievement Steven R. Hara and Daniel J. School
Community Journal, Vol. 8, No. 2, Fall/Winter 1998

Chances of Success at GCSE





**Top tips to support your child
through their exams**

What is the Key to GCSE Success?



Staying calm, feeling good, being effective

- ✓ A toolkit to help your child control different aspects of their life to help them perform better when it comes to exam time
- ✓ It will allow them to focus, set themselves a plan and work towards being prepared in the best possible way



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



Being a role model
Helping them set goals
Helping them prepare a revision timetable and supporting good revision
Keeping them active
Healthy eating
Time out
Sleep patterns
Unplugging
Staying cool & calm
Belief
Be supportive

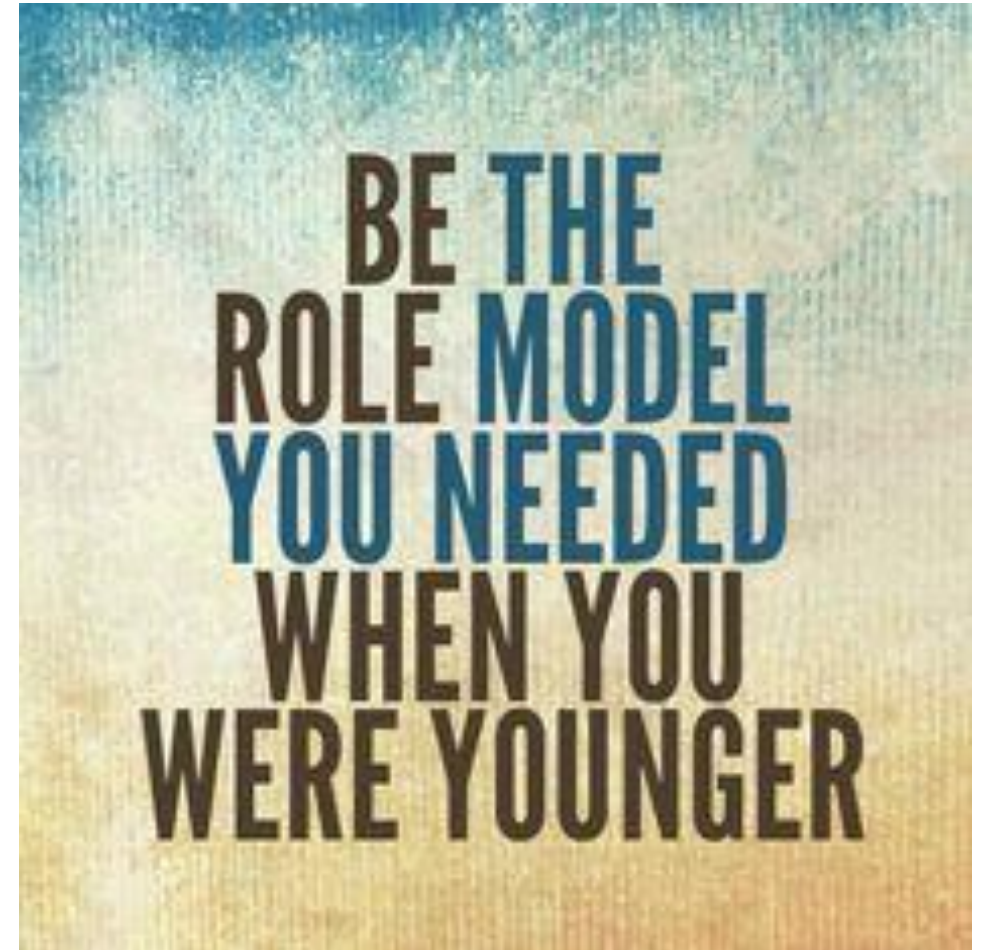
Each day you can support your child to make choices which can impact how they perform during the exam period

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. Help them create a revision timetable



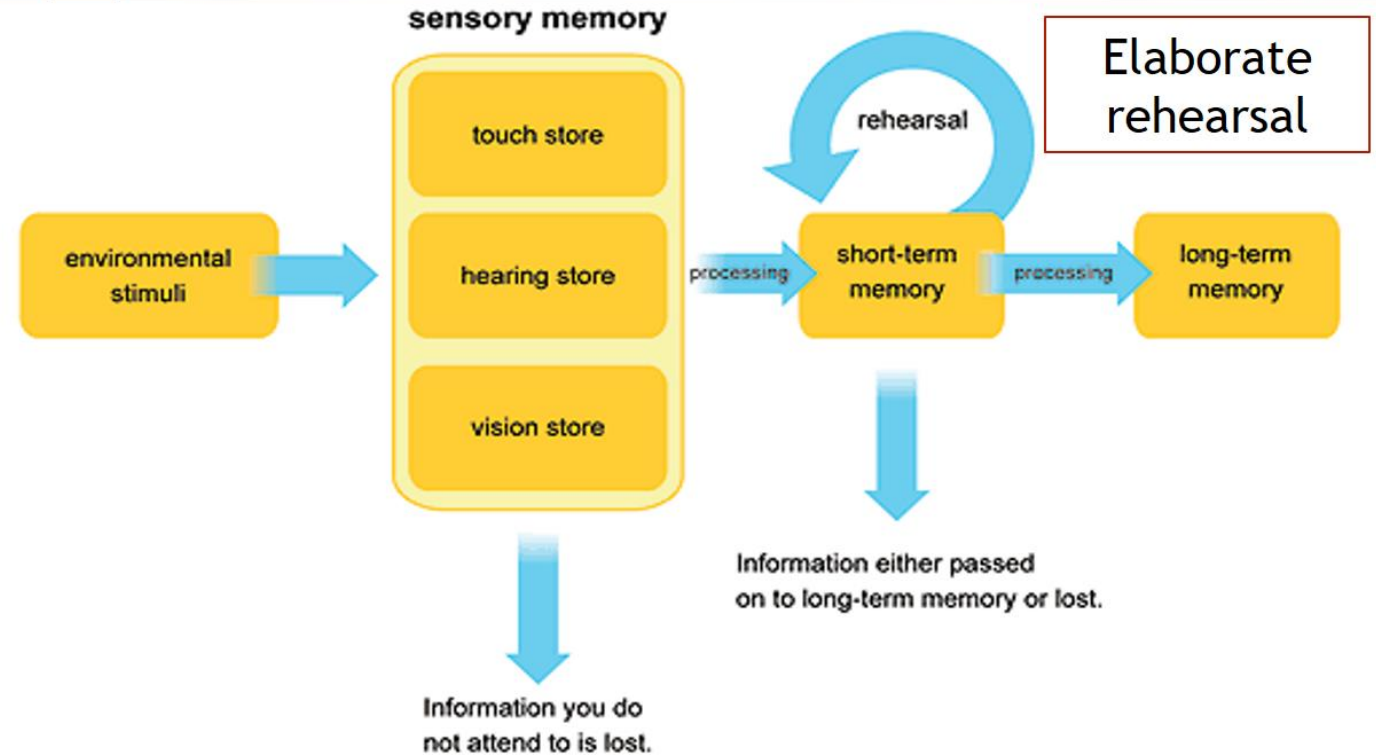
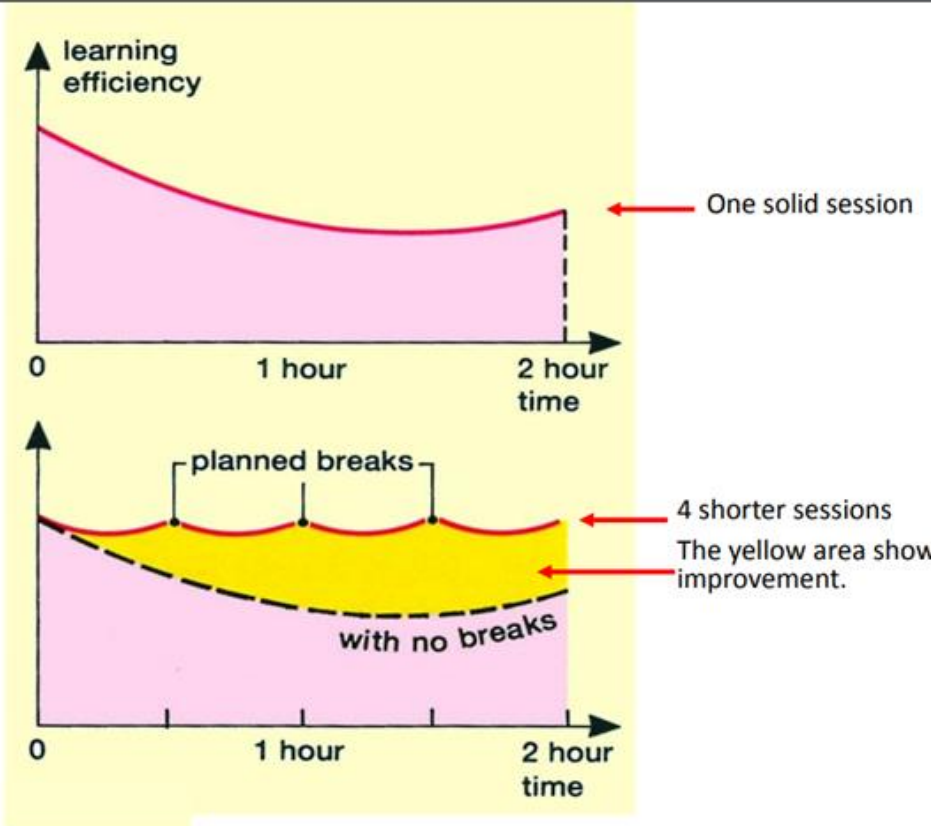
- Help them plan revision into manageable chunks. Remind them that studying every minute will not allow information to be assimilated fully
- Keep them on track and monitor that they are keeping on track



4. How to revise

Learning = Understanding + Memorising

Common misconception – reading
re-reading = effective revision



5. Create a learning space



Hints for an Ideal Revision Area

providing some of these will go a long way to helping your child...



6. 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



7. 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



8. Healthy Eating

A BALANCING ACT

Keep your sugar levels under control.

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



Carbohydrates Macro Cheat Sheet

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	Proteins Chicken Turkey Egg Whites Fish Buffalo Bison Whey Protein Turkey Bacon Lean Beef Low/Non-fat cottage cheese Low/Non-fat greek yogurt	Eggs	Acocado Nut Butters Egg Yolks Nuts Oils Olives Flaxseed
	Sprouted		Salmon	
	Grains		Bacon	
	Quinoa		Chia Seeds	
	Most Yogurts		Cottage Cheese	
	Skim Milk		Whole Fat Milk	
	Peas		Duck	
			Whole-Fat Yogurt	

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

9. 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

10. 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



11. 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





12. 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

13. 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 text in a bold, hand-drawn style. The text is arranged in five lines: 'BELIEVE', 'YOU CAN', '& YOU'RE', 'HALFWAY', and 'THERE.' The sign is set against a background of a person sitting on a cliff, holding a red balloon, with a body of water and a sunset in the distance.

14. Be Supportive



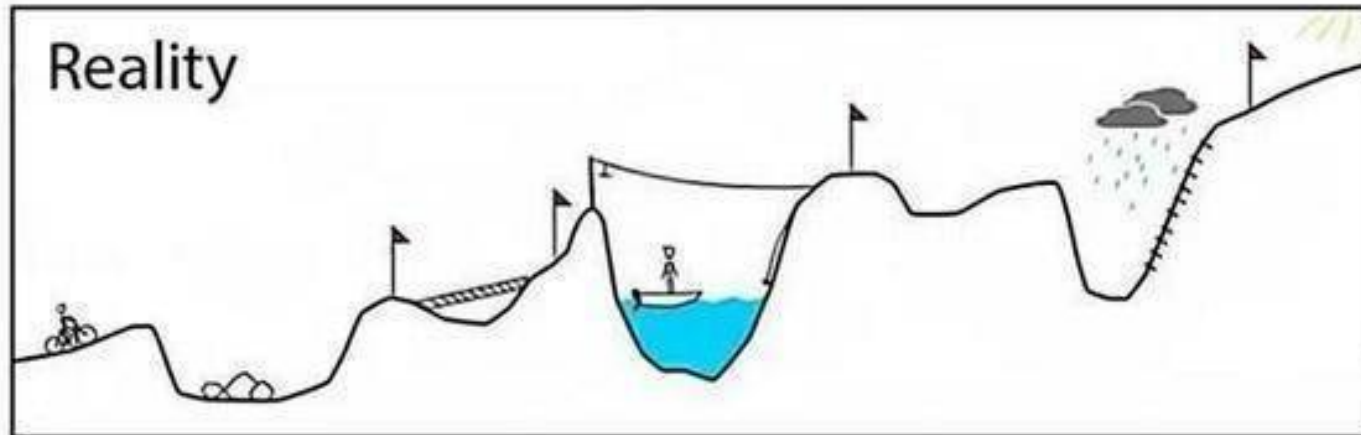
- Be a good listener
- Be approachable
- Encourage them to take breaks in between revision
- Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice
- Just be there for them!

DREAM
BELIEVE
ACHIEVE

Your plan

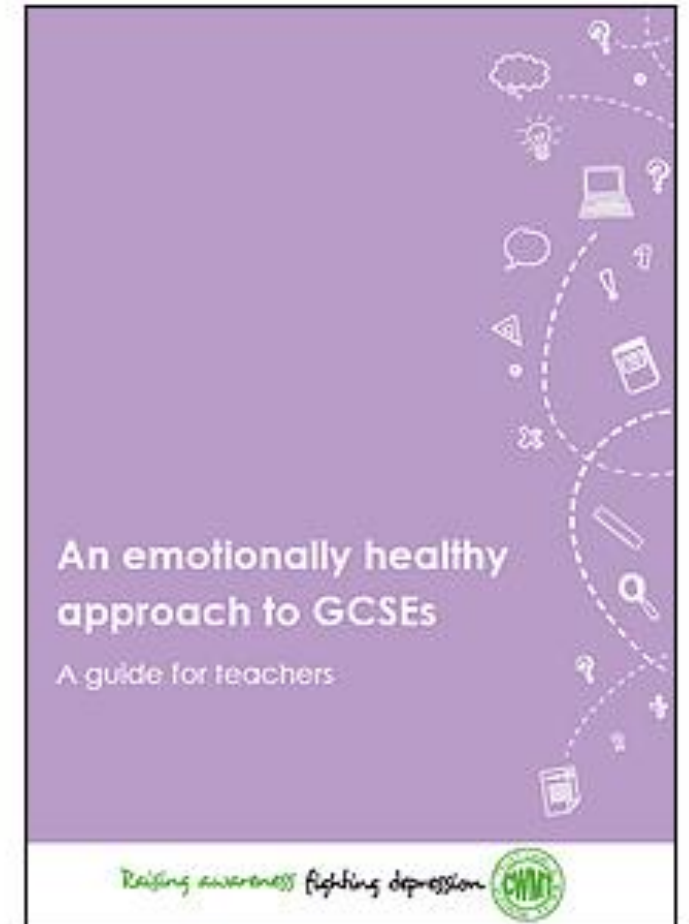
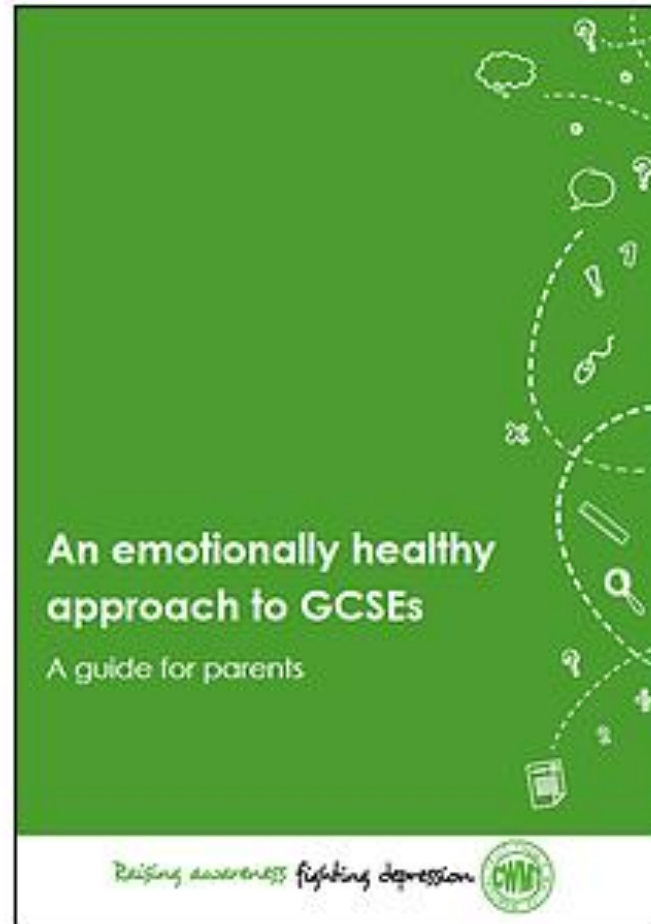


Reality



Haileybury Turnford
AMBITION • PRIDE • SUCCESS

15. Mental Health and Wellbeing



Calendar Summer 2018 Year 11

13
School
Days

25 School Days

Invitations and
final itinerary to
be sent out closer
to the date

Day	Date	Event	Location & Time
Tuesday	24 th April 2018	Drama Monologues Key to GCSE Success Evening	DR1 & DR2 – All day Main Hall – 6pm
Thursday	26 th April 2018	Drama Monologues – Letter	IT6 – Period 1 to 4
Friday	27 th April 2018	Dance Practical	DS – Period 4 & 5
Tuesday	1 st May 2018	Dance Theory Photography Component 2	IT6 – Period 1 to 3 AR3 – All day
Wednesday	2 nd May 2018	Photography Component 2	AR3 – All day
Thursday	3 rd May 2018	Art Component 2	AR1, AR2 & AR3 – All day
Friday	4 th May 2018	Art Component 2	AR1, AR2 & AR3 – All day
Monday	14 th May 2018	GCSE Public Examinations Begin	School – AM
Friday	22 nd June 2018	GCSE Public Examinations End	School – AM
Friday	29 th June 2018	Leavers Assembly	Main Hall – 9am
Tuesday	3 rd July 2018	6 th Form Induction Day	Main Hall – 8:30am
Wednesday	4 th July 2018	6 th Form Induction Day	Main Hall – 8:30am
Friday	6 th July 2018	PROM	The Marriott Hotel, Waltham Abbey – 7pm

Public Examinations Timetable – Page 1

Date:		Breakfast briefing (8-8:30)	P1	P2	P3	P4	P5
Week 1	Week 2						
Monday May 14 th	ICT Computing	ICT: 1 hour Computer science Paper 1: 1 hour 30 mins			Normal lessons	Normal lessons	Normal lessons
		Normal lessons					
Tuesday May 15 th	French	French Listening: F: 35 mins H: 45 mins French Reading: F: 45 mins H: 1 hour			Biology Revision		Biology Paper 1: 1 hour 45 mins Combined Science Biology paper 1: 1 hour 15 mins
		Normal lessons					
Wednesday May 16 th	PE Sports Studies	PE Paper 1: 1 hour 15 mins Sports Studies: 1 hour			Normal lessons	Chemistry Revision	
		Normal lessons					
Thursday May 17 th	Chemistry	Chemistry Paper 1: 1 hour 45 mins Combined Science: Chemistry: 1 hour 15 minutes			Computer science Revision		Computer Science Paper 2: 1 hour 30 mins
		Normal lessons		Normal lessons			
Friday May 18 th	French	French Writing: F: 1 hour 10 mins H: 1 hour 20 mins			PE Revision		PE: Paper 2: 1 hour 15 minutes
		Normal lessons		Normal lessons			
Monday May 21 st	Normal Form Time	Normal lessons		Engineering Revision		Engineering: 1 hour	
				Normal lessons			
Tuesday May 22 nd	English Literature	English Literature Paper 1: 1 hour 45 minutes			Geography Revision		Geography: 1 hour 15 mins
		Normal lessons		Normal lessons			
Wednesday May 23 rd	Business Studies	Business Studies: Intro to Business: 1 hour		Maths Revision	Physics Revision		Physics: Paper 1: 1 hr 45 mins Combined Science: Physics: 1 hour 15 mins
		Maths Revision					
Thursday May 24 th	Maths	Mathematics Paper 1 (Non-calculator): 1 hour 30 mins			English Literature Revision		Normal lessons
Friday May 25 th	English Literature	English Literature Paper 2: 2 hours 15 mins			Home Study		

Breakfast Briefing
Build confidence and complete final checks before the exam begins

Exams

Revision Sessions

Timetabled Lessons

Home Study

Week 1

Week 2

Public Examinations Timetable – Page 2

Home Study

Students have authorised absence and are expected to complete revision at home

Home Study if students do not do Geography

Date:	Breakfast briefing	P 1	P 2	P 3	P 4	P 5
Monday June 4th	History	History Paper 1B: 1 hour 45 mins		Media Revision		Media: 1 hour 45 mins
		Home Study		English Language Revision		Home Study
Tuesday June 5 th	English	English Language Paper1: 1 hour 45 mins		Geography Revision	Geography Revision	Geography: 1 hour 15 mins
Wednesday June 6 th	Spanish	Spanish: Listening: F: 35 mins H: 45 mins Spanish Reading: F: 45 mins H: 1 hour		Music Revision		Music: Listening: 1 hour 30 mins
		Home Study			Maths Revision	
Thursday June 7 th	Maths	Maths Paper 2: Calculator: 1 hour 30 mins		English Revision		Home Study
Friday June 8th	English	English Language Paper 2: 1 hour 45 mins		History Revision		History Paper 2: 1 hour 45 mins
				Biology Revision		Home Study
SATURDAY 9th June		Home Study		Maths Revision 10-12.30		Home Study
Monday June 11th	Biology	Biology Paper 2: 1 hour 45 mins Combined Science: Biology Paper 2: 1 hour 15 mins		Geography Revision		Geography Paper 2: 1 hour 30 mins
				Maths Revision		Home Study
Tuesday June 12th	Maths	Mathematics Paper 3: Calculator: 1 hour 30 mins		Chemistry Revision		Home Study
Wednesday June 13 th	Chemistry	Chemistry Paper 2: 1 hour 45 mins Combined Science: Chemistry Paper 2: 1 hour 15 mins		Food Prep Revision RMT revision	Food Prep and nutrition: 1 hour 45 mins RMT: 2 hours	
Thursday June 14 th	Spanish	Spanish Writing: F: 1 hour 10 mins H: 1 hour 20 mins		Physics Revision		Home Study
Friday June 15 th	Physics	Physics Paper 2: 1 hour 45 mins Combined Science: Physics Paper 2: 1 hour 15 mins		Home Study		
Monday June 18 th		Home Study				
Tuesday June 19 th						
Weds June 20th						
Thursday June 21 st		Revision Product Design				
Friday June 22 nd	Product Design	Product Design: 2 hours		Public Exams Complete!		

Home Study if students do not do Food Technology or RMT

Exams

Revision Sessions

Timetabled Lessons

Home Study

Week 1

Week 2

Intervention Timetable – Summer 2018

Weeks 1 & 2	Monday	Tuesday	Wednesday	Thursday	Friday
Form time	French Miss L Birke (LA2)	Geography Mrs E Morgan (HU2) French Miss L Birke (LA2)	Geography Mrs E Morgan (HU2) French Miss L Birke (LA2)	Geography Mrs E Morgan (HU2) French Miss L Birke (LA2)	Assembly (Main Hall) NO Interventions
Lunch time	Spanish Mrs L Tarantini-Amor (LA1) Engineering/Product & RMT Mr S Hill / Mr O Husnu (DT3) Mathematics Mr R Duncan (MA5) Art Mrs L Megaw (AR2) History Mr J Stuart (HU1)	Engineering/Product & RMT Mr S Hill / Mr O Husnu (DT3) Mathematics Mr R Duncan (MA5) Geography Miss E Kaposi (HU3) Sports Studies Miss C Simeou (SCI6) History Mr J Stuart (HU1)	Spanish Mrs L Tarantini-Amor (LA1) Engineering/Product & RMT Mr S Hill / Mr O Husnu (DT3) Mathematics Mr R Duncan (MA5)	Spanish Mrs L Tarantini-Amor (LA1) Engineering/Product & RMT Mr S Hill / Mr O Husnu (DT3) Mathematics Mr R Duncan (MA5) Geography Mrs E Morgan (HU2) Art Mrs L Megaw (AR2) History Miss H Allingham (HU4)	Engineering/Product & RMT Mr S Hill / Mr O Husnu (DT3) Physics Mr S Williams (SCI4) Art Mrs L Megaw (AR2)
After school	Spanish Mrs L Tarantini-Amor (LA1) Chemistry Mrs J Matthew (SCI2) I.C.T Mr C Ovia (ICT2)	Computing Mr C Ovia (ICT2)	English Mr L Harding (EN6) Miss A Goody (EN5) Ms K Just (EN3) Mrs M Lukeman (EN1) I.C.T Mr C Ovia (ICT2)	Mathematics Ms C Lynch (MA4) Business Studies Mr L Megaw (LA3) Geography Mrs E Morgan / Miss E Kaposi (HU2) History Miss H Allingham (HU1)	Business Studies Mr S Lindquist (ICT6) Biology Mrs C Kurshumliu (SCI3) French Miss L Birke (LA2)

IT6 Open Everyday – 3pm to 4pm – Ms Just & Mr Lindquist

Year 11 Weekly Bulletin

**Weekly information
including any updates to
information given
previously**

**Bulletin sent by email to
all year 11 parents**

**If you have yet to
received a weekly
bulletin, please see Mr
Lindquist to update your
email address on our
system**

Another week done, and only a 3 to go!

Year 11 have had a strong and productive week, with a real focus on completing coursework for option subjects. **Deadlines for most subjects will be towards the end of April.** All subjects are running interventions throughout the day, so please support your son/daughter in making the most of these opportunities. The key message this week has been about deadlines and that they cannot be extended any further due to constraints from the examinations boards.

Summer GCSE Examinations

Many students have been participating in their GCSE speaking exams in Spanish, French, Polish, Greek and Turkish. The majority of students have shown real talent and have begun their road to success in these subject areas. Well done to all and thank you to Mrs Tarantini-Amor and Miss Birke for the support they have provided to our students throughout this period.

As you are aware, individualised timetables for the exams have been provided to students and a generic timetable is available on the school website. Further to this, we will shortly be publishing a timetable outlining the expectations of students in regards to attending school during the examination period.

PROM & Leavers' Assembly

Many thanks to all who have fully paid for the prom. Detailed information regarding the evening will soon be coming out. Leavers' assembly has been booked in for **Friday 29th June 2018** and will commence at 09:00. We would encourage all students and parents to attend this celebration, marking an end of an era.

Year 11 Key to GCSE Success Evening

I am delighted that we are able to offer a support evening for parents and students on Tuesday 24th April 2018 @ 6pm. Please make every effort to attend in order to support your child in moving forward to achieve their full potential this summer.

Revision

Students need to be revising hard for their summer examinations. It is our expectation that students are completing 2 hours of revision a day, which should include 1 hour of intervention after school. Weekends should not be considered as time off, but as an opportunity to work without distractions and for extensive revision. When a student is revising at home, you should expect to see some of the following strategies being implemented:

- Listening & Reading Exercises
- Using Revision Guides
- Creating and using flashcards
- Using post-it notes and displaying where they can be seen every day
- Using revision apps on their mobile phones (e.g. Tassomaj, PIXL)

For further information pertinent to year 11 please visit the following link: **(updates available)**
<http://www.haileyburyturnford.com/students/year-11-2/>

Many thanks and have a good weekend
Mr. S. Lindquist
Year Achievement Coordinator, Year 11

**Coursework deadlines
for option subjects**

**Revision techniques for
students given by
teachers**

**Keep an eye out for
further information in
the Schools parents
newsletter sent out
monthly**



www.haileyburyturnford.com

- Click “Students”
- Click “Year 11”

**Important information for
students and parents**

Year 11

Information for Year 11 can be found in the following documents.

Documents:

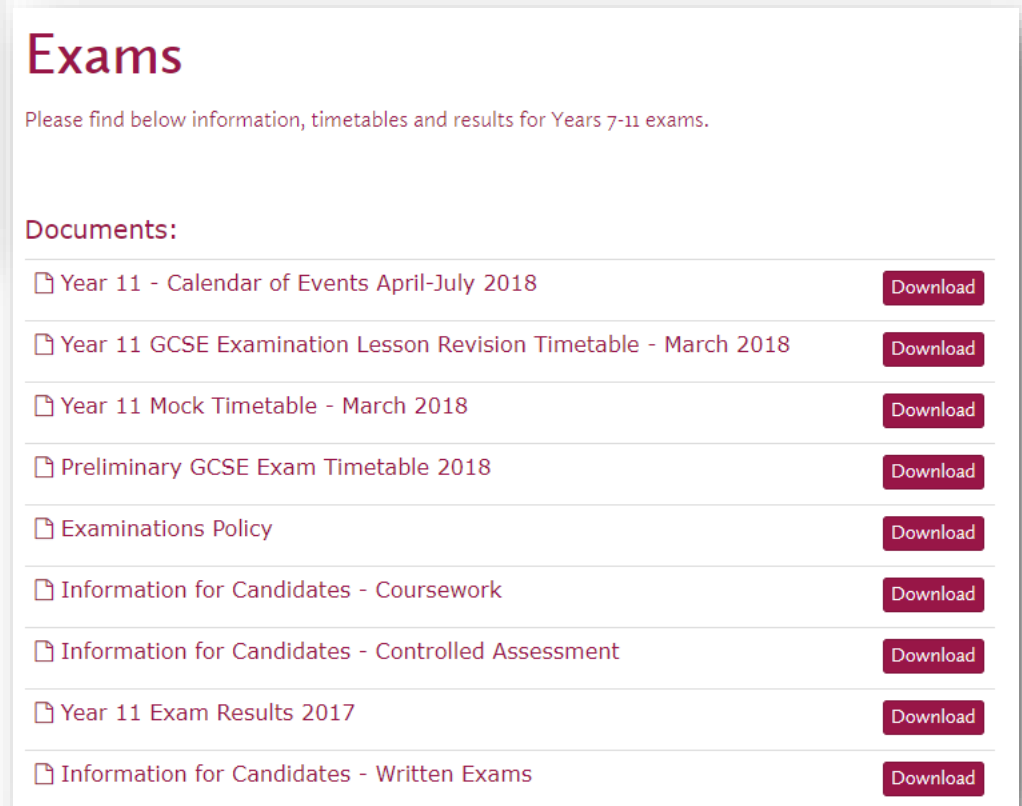
Year 11 GCSE Examination Lesson Revision Timetable - March 2018	Download
Year 11 - Calendar of Events April-July 2018	Download
Year 11 GCSE Preliminary Timetable 2018 - updated version	Download
Year 11 Intervention Timetable - Summer 2018	Download
Year 11 Key to Success Evening	Download
Year 11 Mock Exam Timetable March 2018	Download
Year 11 Parents information - 8th February 2018	Download
Sixth Form Internal Application Form	Download
Sixth Form External Application Form	Download
National Citizens Service	Download
Year 11 Subject Programme	Download
Year 11 Science Parent Guide	Download
Year 11 Maths Parent Guide	Download
Year 11 English Parent Guide	Download
Year 11 English Intervention	Download



www.haileyburyturnford.com

- Click “Students”
- Click “Exams”

**Important information for
students and parents**



GCSE Spanish – Next focus – Listening and Reading Exams 6 June

Students have been given a pack of mock papers for practice.

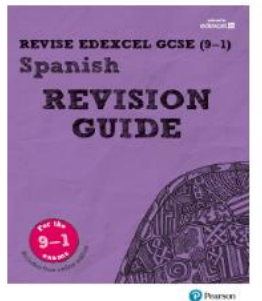
Focus on Listening:

1. Listening exam files SAM 1 and SAM Extra 2 are on One Drive.
2. QR Codes give sound bites on the Edexcel Revision Guide
3. Transcripts are in the back of the guide.
4. BBC Bitesize have Listening per topic and transcripts.
5. Flash flood! Practice writing down as many words as you can to do with a topic in 1 minute
6. Do daily Listening practice – 10 minutes!

HT OneDrive (O:) > My Homework > MFL - Daniel Ryan > Spanish Listening Files >

Name	Date modified
Completed	19/04/2018 10:26
My Work	19/04/2018 10:26
1SP SAM Listening F SAM 1	19/04/2018 10:28
1SP SAM Listening H SAM 1	19/04/2018 10:31
GCSE-Spanish-Paper- F extra SAM 2	19/04/2018 10:31
GCSE-Spanish-Paper-H extra SAM 2	19/04/2018 10:32

QR code



Documentation Available Tonight

Calendar Summer 2018 – Year 11

Public Examinations Timetable

Intervention Timetable

Key Checks Before You Leave Tonight

Parent Mobile Number

Parent Email Address

Student Mobile Number