Welcome to Fakenham Academy and Sixth Form Preparing for Success Evening

Opening Remarks

Mr Gavin Green - Headteacher

Aims of this evening.



- 1. Give parents confidence in being able to help students
- 2. Give parents and students the key ideas of how to study
- Show the students how much support they have and that they need to have confidence in themselves and the support to do well.
- 4. Provide some practical tips on how to manage the next few weeks.





Key points



- 1. Better grades give more choice in life and more choice usually means greater happiness.
- 2. Being prepared (revising) reduces stress.
- 3. Planning your revision helps you to do your revision.
- 4. It is never too late to start working hard!





Passport to Success!

Year 11 chance to improve your grades and win prizes!

+20021

DEPARTURE

NAAC

En

How it works.

You will collect stamps and signatures in your Passport to Success.

Each week you will check your progress with your form tutor.

At the end of May you will get a number of entries into a raffle for prizes.

The more sessions you do, the more entries you get!

Prizes

5 x £25 Amazon vouchers

10 x Free Prom tickets (refund if already paid)

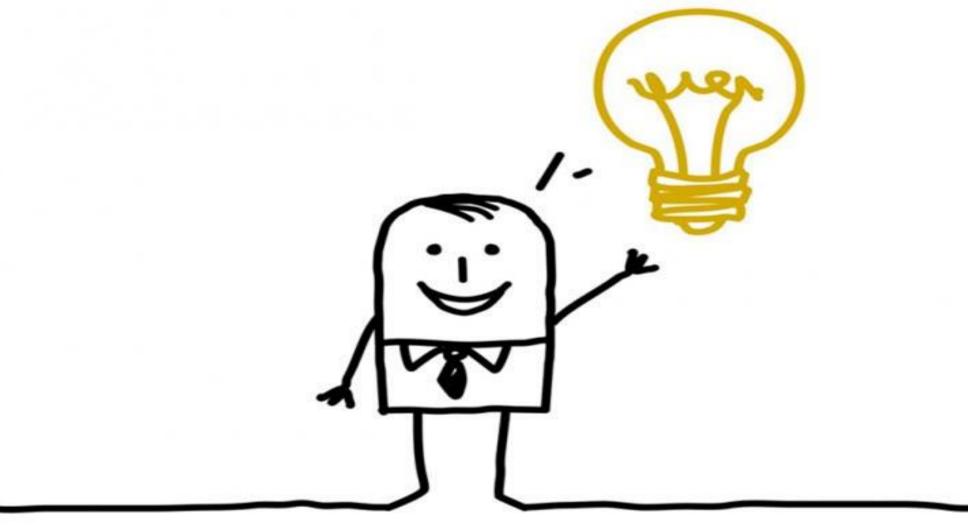
15 x Free entry to a theme park of your choice

1 x i-pad mini

1 x 5 driving lessons with a local instructor 1 x new laptop or tablet computer*/1 x road bike*/1 x new games console of choice*

• *up to a maximum value

Top 10 tips to support your child through their exams



What is Prepare for 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?

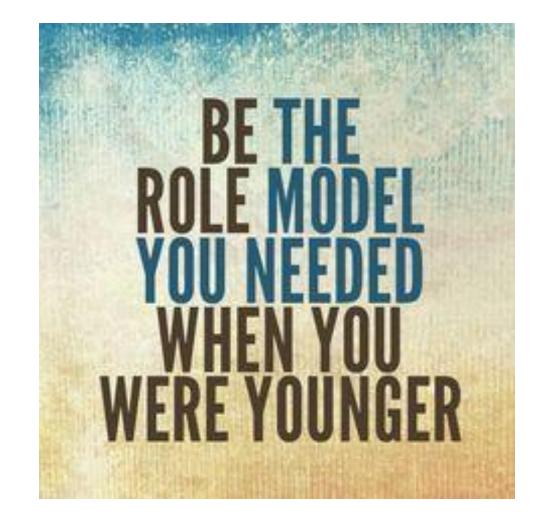
- 1. Being a role model
- 2. Help them to set goals
- 3. Keep them active
- 4. Healthy eating
- 5. Time out
- 6. Sleep patterns
- 7. Unplugging
- 8. Staying cool & calm
- 9. Belief
- 10.Be supportive

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 to 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



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 of 'treat' meals each week
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



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 of sleep per night
- Help your child to 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 YOUCAN & YOU'RE

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!

Super **Saturdays** <u>Year</u> 11 -Fakenham Academy

Date	Subject to be covered
1 st March	Maths
8 th March	Science
15 th March	Business
22 nd March	Maths
29 th March	Science and Art
26 th April	Drama and Music and Art
3 rd May	Science and Business
10 th May	Biology and Geography
17 th May	Physics
7 th June	Maths
14 th June	Physics

Exams officer

- Mel McEvansoneya
 - What to do
 - Where to go
 - Equipment to have



Former Fakenham student

Annabelle

My Top Tips for Exams



- Revision techniques
- Time management
- Staying healthy
- Seeking support

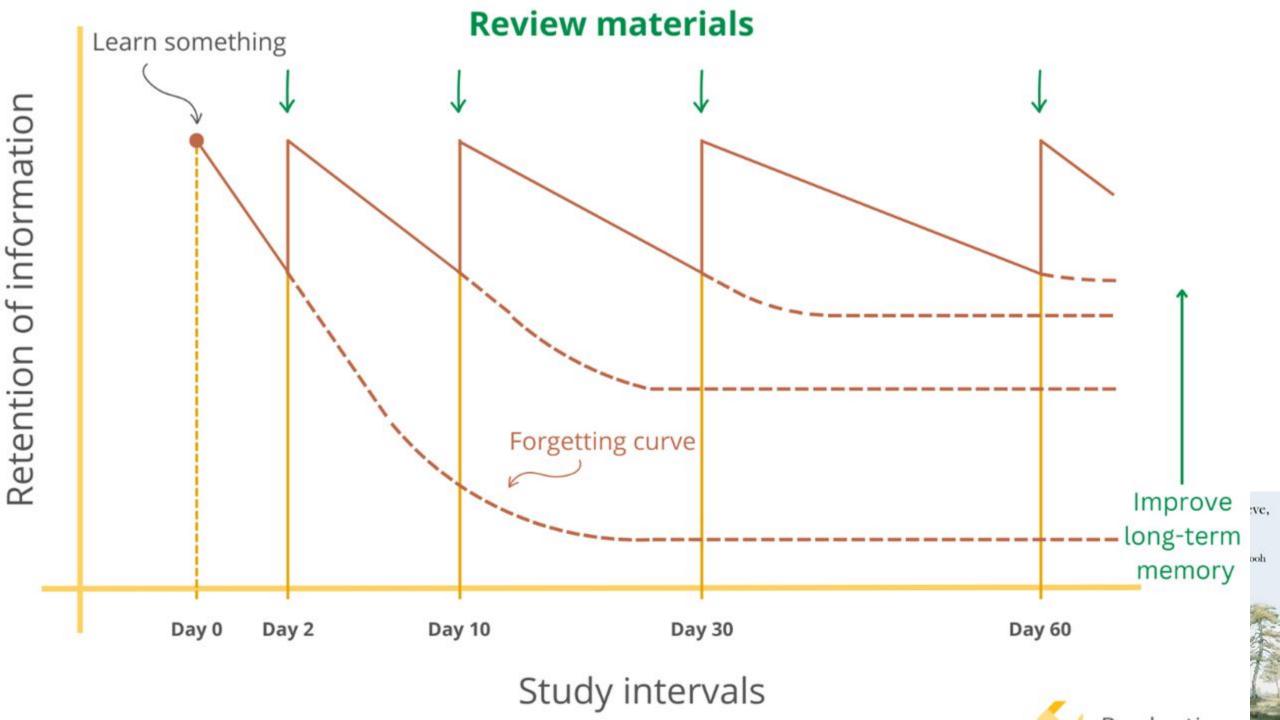


- Lack of sleep
- Neglecting self-care
- Cramming
- Distractions
- Comparing

My Top Tips for Parents/Carers

- 1. Understanding the pressure
- 2. Creating a positive study environment
- 3. Removing distractions
- 4. Being your child's biggest cheerleader







The Forgetting curve

The Pomodoro technique

page 2

page 3

How to revise

Some activities help more than others.

Make sure you are doing the ones that help the most - if you are not sure have a look at our website.

Study tips and help with revision - Fakenham Academy

Parent guide to revision

Knowledge organisers have been given out to all students for most subjects. We are also providing them in a folder for the students to use. Please collect this tonight! .



You are braver than you believe, stronger than you seem, and smarter than you think. Christopher Robin, Winnie The Pooh



Year 13 to the canteen for discussions.

Laura Marshall-Smith - Head of Sixth Form Sarah Marshall - Student support Year 13

Easter school

- We have put a programme together to give some students extra tuition over the Easter holiday.
- This includes English and Maths targeted at different grades
- Science



There are no shortcuts to any places worth going.



English and Maths and Science

English Language & English Literature

Ms Tiddy

GCSE English Language Top Tips for Success 2 Exams: Practice exam tasks: **a. Read** a range of fiction (paper 1) and non-fiction (paper 2) **Paper 1:** Explorations in extracts in timed conditions. Discuss them. creative reading and writing: fiction **a. Practice** timed (15 mins) active reading/planning techniques **a.** Writing tasks - practice planning, writing and proof-reading **Paper 2:** Writer's viewpoints and in timed conditions. Use mock exam targets to help. perspectives: non-fiction **a.** Literacy - find your common/ frequent errors and learn how to correct them. **Revision resources**: Mr Bruff (Youtube)/ CGP revision guides/ BBC Bitesize/ exam papers - workbook and online

GCSE English Literature	Top Tips for Suc	
 2 Exams: Paper 1: Shakespeare and the 19th century novel 1. Shakespeare: Macbeth 2. 19th Century Novel: Jekyll & Hyde 	 Closed book example Use Core Know themes, quotes Re-read the key versions online- 	
 Paper 2: Modern texts and poetry 1. Play: An Inspector Calls 	- Quote quiz revi	

- 2. Poetry Anthology: *power* and conflict.
- 3. Unseen poems

cess

- exam:
- vledge Organisers: plot, characters, s, methods and context.
- y texts (audio books, theatre - shared on Classcharts)
- vision: 5 mins a day.
- **Plan essays:** write thesis statements/ essays
- **Revision resources:** Mr Bruff and Mr Salles (Youtube); www.physicsandmathstutor.com; Tassomai

Independent Study Booklets

English Language Paper 2 Independent Study Booklet

This booklet contains important information about the exam unit that you are studying this term. You will need this information during lessons and when you are completing your homework. This booklet is also saved in your Google Classroom.

	Learning key information (30 mi	ns each)	
Design a graphic organiser (a grid /flowchart) showing t layout of English Language: Paper 2	Create a set of 10 terminology • question 2 (summary) • question 3 (language) • question 4 (comparison)		or:
	Language	Structure	Literary techniques
	Independent Reading (30 min	s each)	
and answer any accor back of your exercise in the boxes below.	-fiction anthology or one provided npanying questions. Write out resp book. Use p5-6 of this booklet to he	onses in ful elp you. List	sentences in the
1.	2.	3.	
	Reading and writing practice (30 r	nins each)	
TAP: Read three short non-fiction texts and 'TAP' them. For each, identify the type of	 Rhetoric: Watch a powerful speech online – try YouTube or TED Talks – and list the rhetorical devices used by the speaker. Provide an example 	and prese a topic yo e.g. could	n expert: Conduct nt some research on u feel strongly about be climate change, system, mental
text, the audience for the text and the purpose of the text.	from the speech of each rhetorical device you hear.		e impact of social
text, the audience for the text and the	from the speech of each	health, th	e impact of social
text, the audience for the text and the	from the speech of each	health, th	e impact of social
text, the audience for the text and the	from the speech of each rhetorical device you hear.	health, th media etc Speak to y how to im on specim	e impact of social

Revision tasks and exam information: terminology; extracts, plot summaries; contextual information, quote quizzes, homework etc

- Practice exam tasks/ papers: give to teacher
- Other revision resources: Tassomai, Seneca, CGP guides, core knowledge organisers.

2	Dr Jekyll and Mr Hyde'
	Literature Paper 1: Shakespeare and the C19th novel
	This booklet includes the reading and activities you will complete during this unit. Please ensure you bring this booklet to every lesson. You will use this booklet for revision in Y1D and Y11, so your notes must be neat and detailed. Name:
	t a l'interne a
	Teacher:
"	Man is not truly one, but truly two'
Exam	nformation:
1)	In this paper there are two questions: one on 'Macbeth' and one on 'The Strange Case of Dr Jekyll and Mr Hyde'.
2)	The total time for this exam is <u>1 hour 45 minutes</u> . You need to spend <u>50 minutes</u> answering the
	exam question on 'Jekyll and Hyde'.
	You will <u>not</u> receive a choice of questions. You answer the <u>one</u> that is provided. Students will respond to a short, contextualised extract from the play as well as demonstrating

Revision Timetable - English and Literature:

Week Subject Monday Tuesday Wednesday Thursday Friday Saturday Sunday w/c English Mr Bruff – How to Mr Bruff - O2 and Mr Bruff - Q3 and Mr Bruff - Q4 and 27th approach the exam, Language practice practice practice PAPER 1 March actively plan and Q1 (15 mins) (15 mins) (15 mins) (15 mins) **Revise Jekyll and** English Revise Jekyll and Jekyll and Hyde: context/ Hyde: plot and characters/ quotes/ 10 Literature Hyde: context whys/ themes (45 min) Paper 1 (15 mins) quotes (15 mins) English Mr Bruff - section B Section B: plan and Q5: proof-read your W/C and revise methods 3rd April Language write a partial response (10 mins) EASTER PAPER 1 And revise an area you response HOLIDAY need to improve i.e.speech marks, spellings (25 mins) (20 mins) (5 mins) English Macbeth quote + Macbeth Macbeth context, 10 Macbeth practice essay character revision Literature themes revision whys, quote revision plan and write a full or Paper 1 (15 mins) (15 mins) (15 mins) partial response (45 min) English Mr Bruff - Q3 and Mr Bruff - Q4 and Mr Bruff - section B and w/c Mr Bruff - How to Mr Bruff - O2 and 10th April approach the exam, Language practice revise methods practice practice EASTER actively plan and Q1 PAPER 2 (15 mins) (15 mins) HOLIDAY (15 mins) (15 mins) (20 mins) Jekyll and Hyde Jekyll and Hyde plot and Jekyll and Hyde context English Jekyll and Hyde Literature quotes + themes character revision character and revision PAPER 2 revision quote revision (15 mins) (15 mins) (15 mins) (15 mins) Section B - identify an w/c English Language Paper 2-Language Paper Language Paper 2-Read the Qs, source, 17th April Language 2- Answer Answer Question 4 area of development PAPER 2 actively plan & answer Question 2 and 3. i.e.- speech/ semi-Back to **Q1** colons/ paragraphs school (15 minutes). (15 mins) (20 minutes) (25 minutes) English Revise Lord of Flies or Revise Lord of Revise Lord of Flies Literature Flies or An An Inspector Calls: 10 or An Inspector PAPER 2 Inspector Calls whys and themes Calls: guotes and

Year 11 English Language and Literature Revision

Revision sessions:

Monday 3.30 -4.30pm

L49

Read: 20 minutes a day - see the *recommended reading list.*

Develop literacy skills: 50% of English GCSE are writing skills.

Reading frequently:

students need to understand 95% of words to understand a text. Practice makes perfect.



Mathematics

- You get better at maths by **DOING** maths, not just reading about it.
- It's easy to just want go over topics you already know how to do - try not to do this
 - Use your TOP 10 TOPICS to Improve.....

Year 11 February Mock Exam - 2025

Keir Starmer 11Ma3

My Target Grade is 4+

Overall, my scaled total was 133 out of 240, which gave me a grade 3

The grade boundary for grade 3 was 103.

The grade boundary for grade 4 was 142.

My **Top Ten** Topics to Improve

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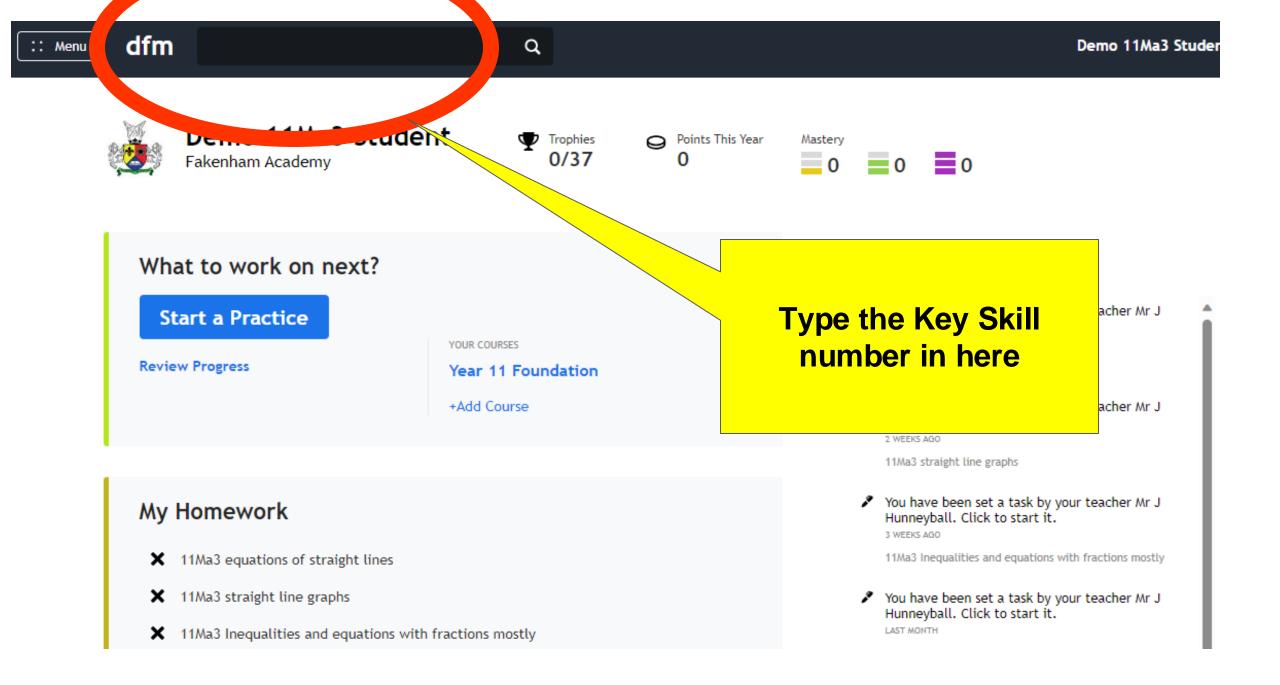
Paper/Question	Торіс	Dr Frost Key Skills	Done
P1Q09a	Function machines	133	
P2Q07a	Measuring lengths	15	>
P2Q02	Changing metric units	107	
P2Q21a	Product of prime factors	161	
P1Q11c	BIDMAS, order of operations	115	
P1Q15b	Stem and leaf diagrams, range	240	



www.drfrostmaths.com



Topic	Dr Frost Key Skills	Done
Four operations (P2Q17)	47	
Simplify expressions (P2Q08)	81	
Straight line graphs (P2Q21)	100	
Area and money problem (P1Q18)	71	
Speed, distance and time (P1Q09)	231	



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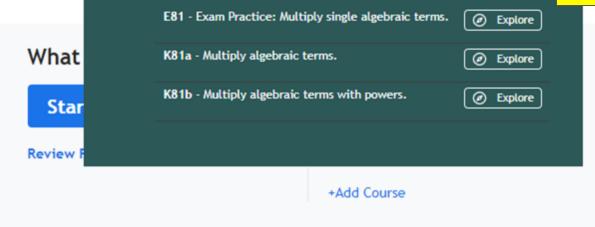
81



Skills (1) Downloadables (1)

Secondary --- Algebra Formulae and Simplifying Expressions

81 Multiply single algebraic terms.



Q

My Homework

- ✗ 11Ma3 equations of straight lines
- ✗ 11Ma3 straight line graphs
- X 11Ma3 Inequalities and equations with fractions mostly

Type the Key Skill number in here, then click on "Explore"

Notifications

You have been set a task by your teacher Mr J Hunneyball. Click to start it. LAST WEEK

11Ma3 equations of straight lines

You have been set a task by your teacher Mr J Hunneyball. Click to start it.

2 WEEKS AGO

11Ma3 straight line graphs

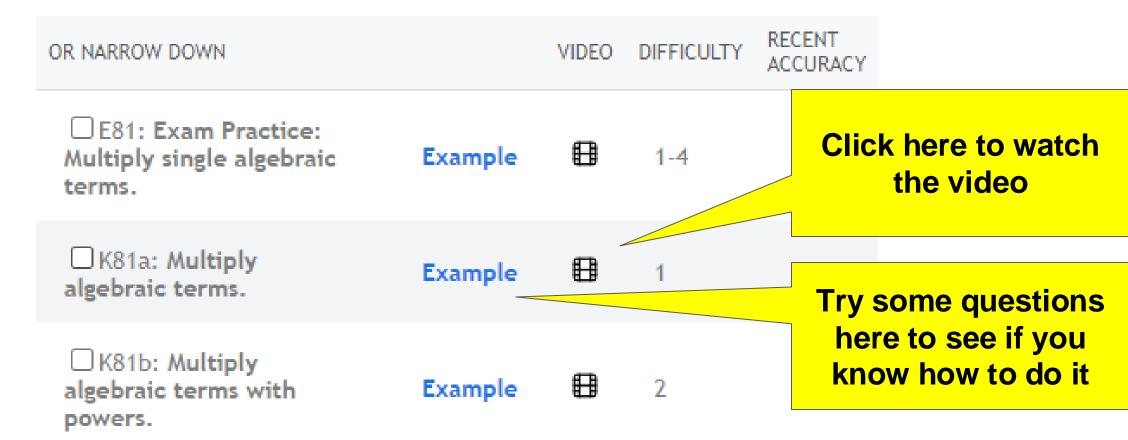
You have been set a task by your teacher Mr J Hunneyball. Click to start it. 3 WEEKS AGO

11Ma3 Inequalities and equations with fractions mostly

You have been set a task by your teacher Mr J Hunneyball. Click to start it. LAST MONTH

□ 81 Multiply single algebraic terms.

Mastery: 0/100



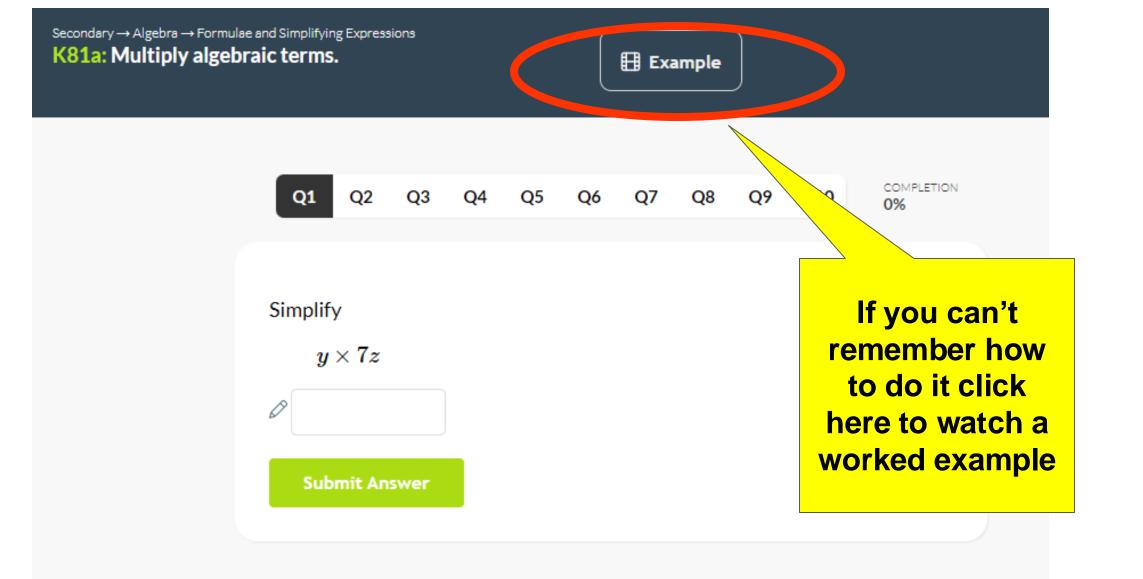
□ 81 Multiply single algebraic terms.

Mastery: 0/100

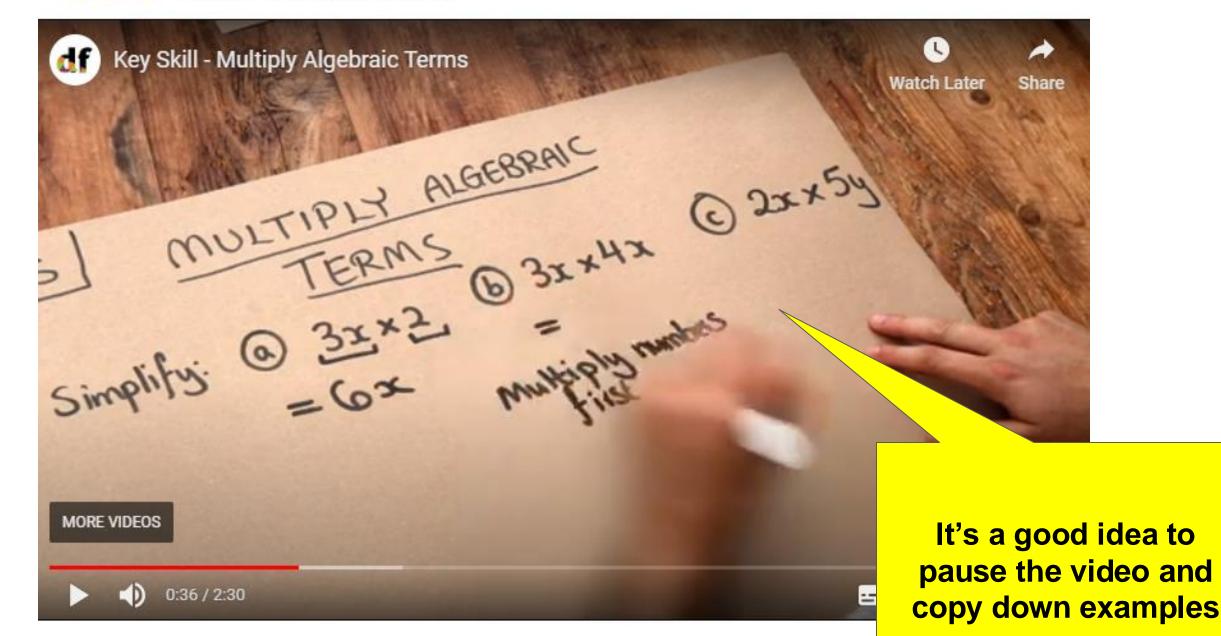
OR NARROW DOWN		VIDEO	DIFFICULT	Y RECENT ACCURACY
E81: Exam Practice: Multiply single algebraic terms.	Example	₿	1-4	
K81a: Multiply algebraic terms.	Example	₿	1	
K81b: Multiply algebraic terms with powers.	Example	₿	2	
Select the skills you want to practice (Try the Key Skills			т	hen click o Practise
first, before the Exam practice)				

Your selection

	:: K81a Multiply algebraic terms.	×
	:: K81b Multiply algebraic terms with powers.	×
	:: K82a Divide an algebraic term by an integer.	×
	Practise	
	Live! Game	
k on	Live! Game	



K81a: Multiply algebraic terms.



You achieved 10/10

×

Points

You earned 32 practice points.

Mastery Progression

\rightarrow	=
\rightarrow	

81 Multiply single algebraic terms.

82 Divide single algebraic terms.

Recommendations

81 Multiply single algebraic terms. 82 Divide single algebraic terms.

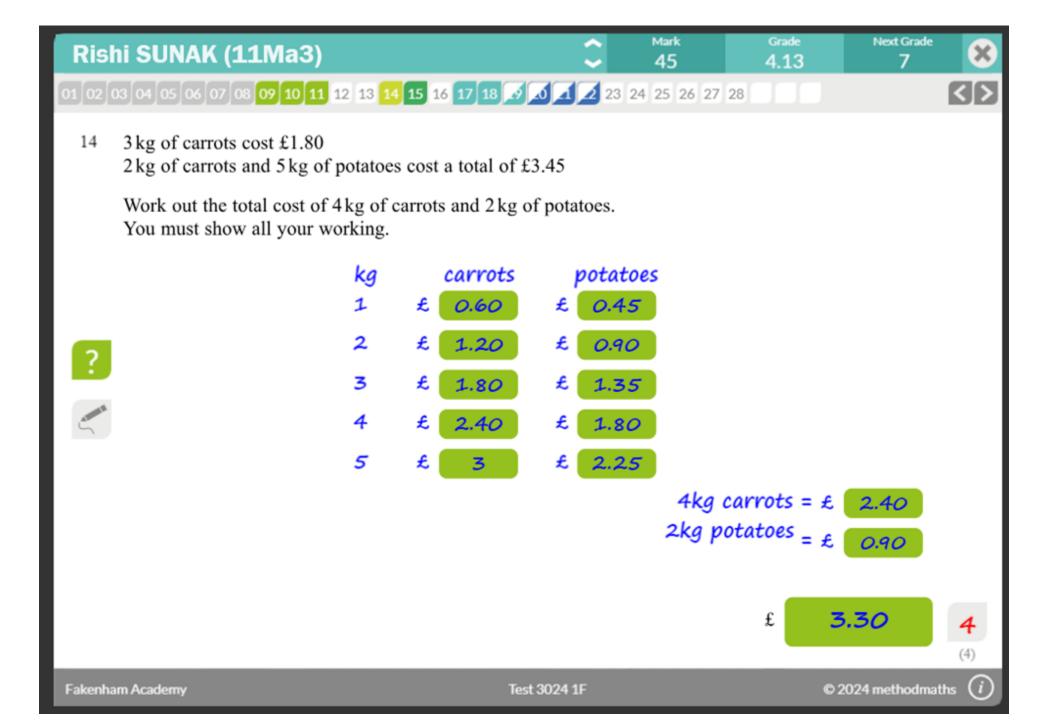
Hopefully you'll get to this!

Exit

Review Answers

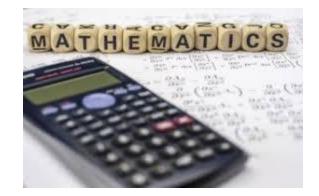
	Keep working through your top 10		
Торіс		Dr Frost Key Skills	Done
Four operation	s (P2Q17)	47	
Simplify expres	sions (P2Q08)	81	
Straight line gra	aphs (P2Q21)	188	
Area and money problem (P1Q18)			
Speed, distance and time (P1Q09)		231	





Mathematics

- Make revision cards showing model answers copy them from Dr Frost
- Do lots of practice papers either online or on paper.
- Always have the right equipment with you, especially your own calculator.
- Show your working!
- Ask your maths teacher for help.
- Wednesday after school in L27



Mathematics

"To get through the hardest journey we need take only one step at a time, but we must keep on stepping."

- Chinese Proverbs



<u>Science</u>

Triple science and Combined science Key things are:

1. Know the topics which will be in each exam

- 2. Know how to use the formula and do the maths.
- 3. Know the required practicals including diagrams, graphs and method.
- 4. Practise the exam questions... a lot and go over them once they are marked.
- 5. Tassomai



Students often don't know where to start when it comes to learning and revision.

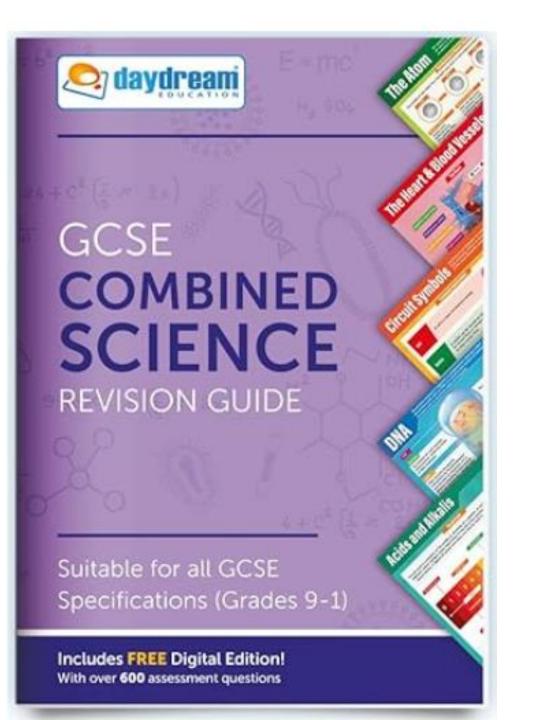
Tassomai's intelligent algorithm creates a personalised study programme for them, targeting weaker topics and embedding existing knowledge. Please encourage them to complete their 4 daily goals as a minimum All Y11 students have been given the appropriate revision guide.

Please encourage your child to use them for revision.

Use them for support with exam questions.

Quiz yourself or friends.

Use the online questions



Resources to use for science revision

Exam question booklets- including the past exam questions.

Step 1 Complete 5 questions fo	Set One or homework.		your teacher; you will then correct answers i which topics you have secure knowledge of,	Step 3 Complete Set Two questions for homework. You should be able to do much
Questions	Topics: Tick #	You can see your teacher, use he ones you can do, cross the	your notes, revisions guides and seneca to Specific areas I need to work on	 better on the second set as you have learnt from the first set.
Geesnoris		ed improvement	specific dreast need to note of	 ledge.
Set One		& prokaryotes		
	2. Animal & p			
		practical 1: Microscopes		
	4: Cell specio	alisation		
	5: Cell differe	entiation	1	
	6: Microscop	y .		
	7: Chromosor	mes		
	8: Mitosis & th	e cell cycle		
	9: Stem cells			
	10: Diffusion			
	11: Osmosis			
		practical 2: Osmosis		
C - 1 T	13: Active tro			
Set Two		& prokaryotes		
	2. Animal & p			
	4: Cell specio	practical 1: Microscopes		
	5: Cell differe			
	6: Microscop		1	
	7: Chromoso		11	
	8: Mitosis & th			
	9: Stem cells			
	10: Diffusion			
	11: Osmosis			
	12: Required	practical 2: Osmosis		
	13: Active tro	insport		

Whole specification quick practice questions

 Why are plant and animal cells known as eukaryotic cells? 	prokaryotic cells?	3. Draw and label a bacterial cell, include the following: nucleus, cytoplasm, cell membrane, cell wall, single loop of DNA, plasmid.	 Draw and label an animal cell, include the following: nucleus, cytoplasm, cell membrane, mitochondria, ribosomes.
 Draw and label a plant cell, include the following: nucleus, cytoplasm, cell membrane, mitochondria, ribosomes, chloroplast, permanent vacuole, cell wall. 	6. Which sub-cellular structure do plant cells contain that are not found in animal cells?		8. What is the role of cellulose in plant and algae cell walls?
 When should estimations be used to judge the relative size or area of sub- 		 List three specialised animal cells and three specialised plant cells. 	12. List two specialism for each cell.
cellular structure?	organism, cell.		
13. Explain the importance of cell differentiation.		15. How does differentiation in plant cells differ from animal cells?	16. In a mature animal, cell division is mainly restricted to r and re

Q2.

The figure below shows four different types of cell.

	Cell A	Cell B	Cell C	Cell D	
	•	•	e e e e e e e e e e e e e e e e e e e		
(a)	Which cell is a plant	cell? Give one reaso	n for your answer.		
	Cell				
	Reason				
					(2)
(b)	Which cell is an anim	al cell? Give one rea	ason for your answer.	1	
	Cell				
	Reason				
					(2)
(c)	Which cell is a proka	ryotic cell? Give one	reason for your answ	ver.	
	Cell				
	Reason				
					(2)

Revision sessions

Every Tuesday and Thursday

Meet in the confab

3.30-4.30

Other resources to use for science revision

GCSE pod

Free GCSE science videos

CGP revision guides and workbooks

Oak National Academy

BBC Bitesize



Thank you for being here and listening.

- There is now a chance to chat to staff and find out more about
- Healthy eating, Sleeping, Managing stress
- Planning a revision timetable
- Anything else you are concerned about.
- Please complete a feedback form so that we can make it better for people next year.
- Don't forget your folder with knowledge organisers in it!

Links to useful websites

Exam Time & Exam Stress | Parents Guide To Support | YoungMinds

How to make stress your friend | Kelly McGonigal

Dealing with Stress

