

# Maximising Potential

"Outstanding achievement for all"

Welcome Message – Mr Cronin, Headteacher

*Outstanding Achievement for All*



# Your Educational Journey!

You are in your eleventh year of education (73% of your life so far)!

Key Stage 1 & 2

7

8

Key Stage 3 = The National Curriculum

9

Key Stage 4 = GCSE or Equivalent Specification

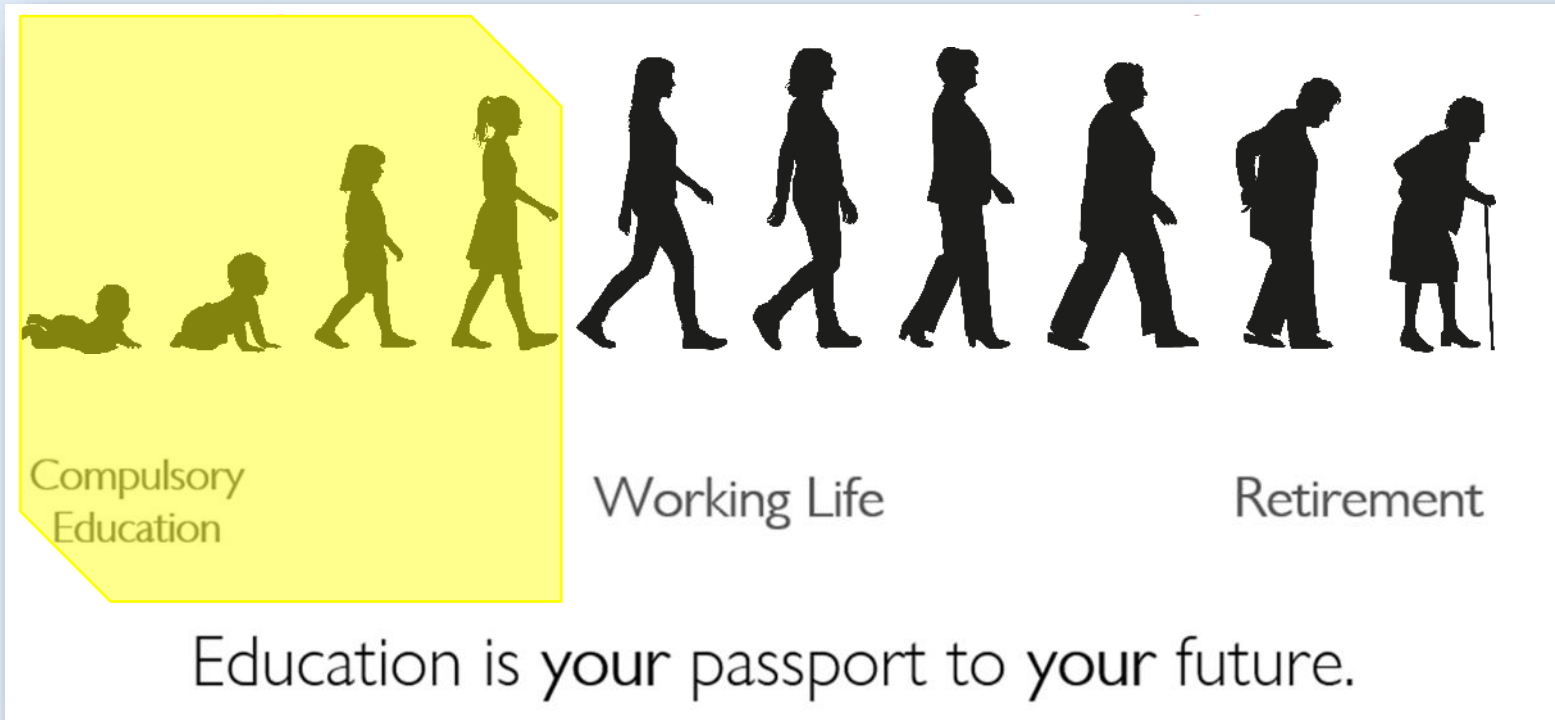
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Post 16 Education



# The Importance of Education



- **It is essential that all students maximise their potential**
  - **Teachers and parents can help them do this**



# Education: the passport to your future



**Eckington School**

Chorus Education Trust

**Mock 1**

(November  
2023)

**Mock 2**

(February  
2024)

**Real Exams**

(May 2024)

*Outstanding Achievement for All*

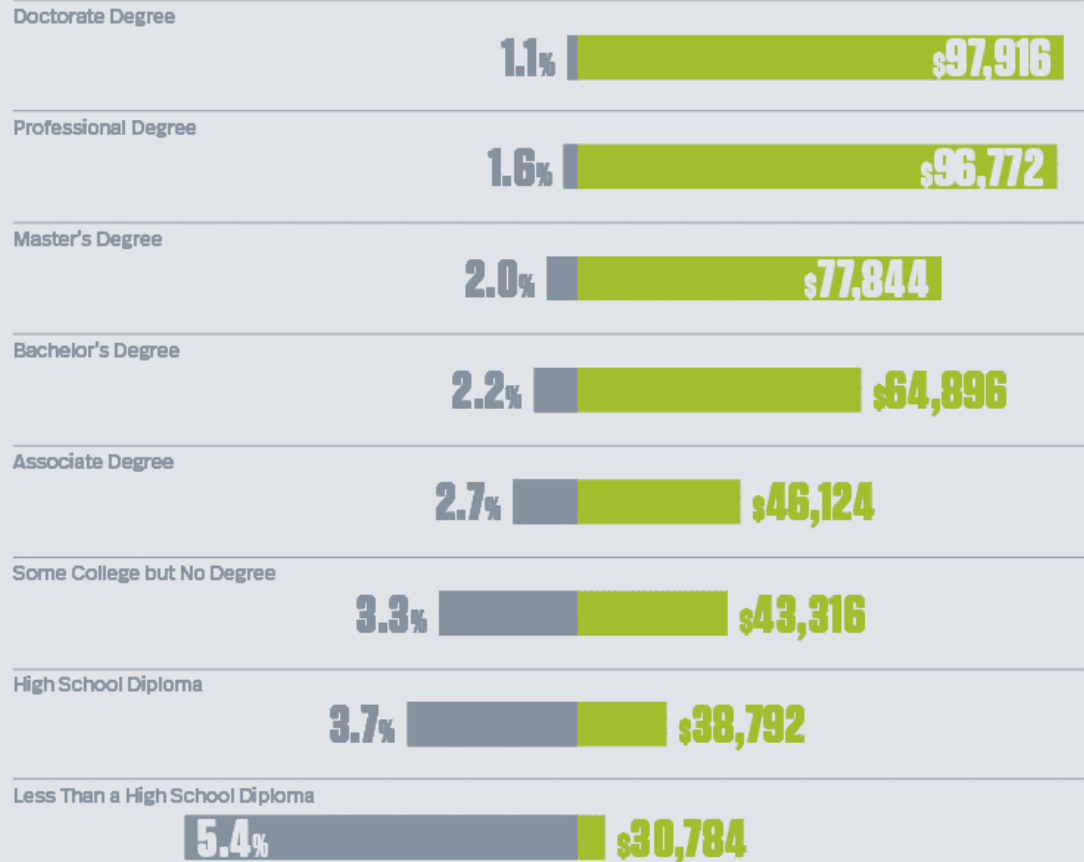


# The Value of Education

## EDUCATION PAYS

Median Earnings  
AVERAGE \$62,056

Unemployment Rate  
AVERAGE 2.75%



All salary data is sourced from the U.S. Bureau of Labor Statistics (BLS).

"Education is the most powerful weapon which you can use to change the world."

Nelson Mandela



**47%** of people in prison have **no qualifications**



**42%** of adult prisoners have been **permanently excluded from school**



You have a lot

4,190 schools

Currently  
school in the

What makes  
of ALL your



In South Yorkshire and Derbyshire there are **170,000** competing against you.



ly

t time pupils at

making the most



# Maximising Potential Evening

Thank you for attending tonight

## *Running order:*

1. Mr Horsfield (Exam Readiness)
2. Mr Shore (Revision Strategies)
3. Mrs Moor (Exam Stress)
4. Mr Shore (Period 6 Launch)

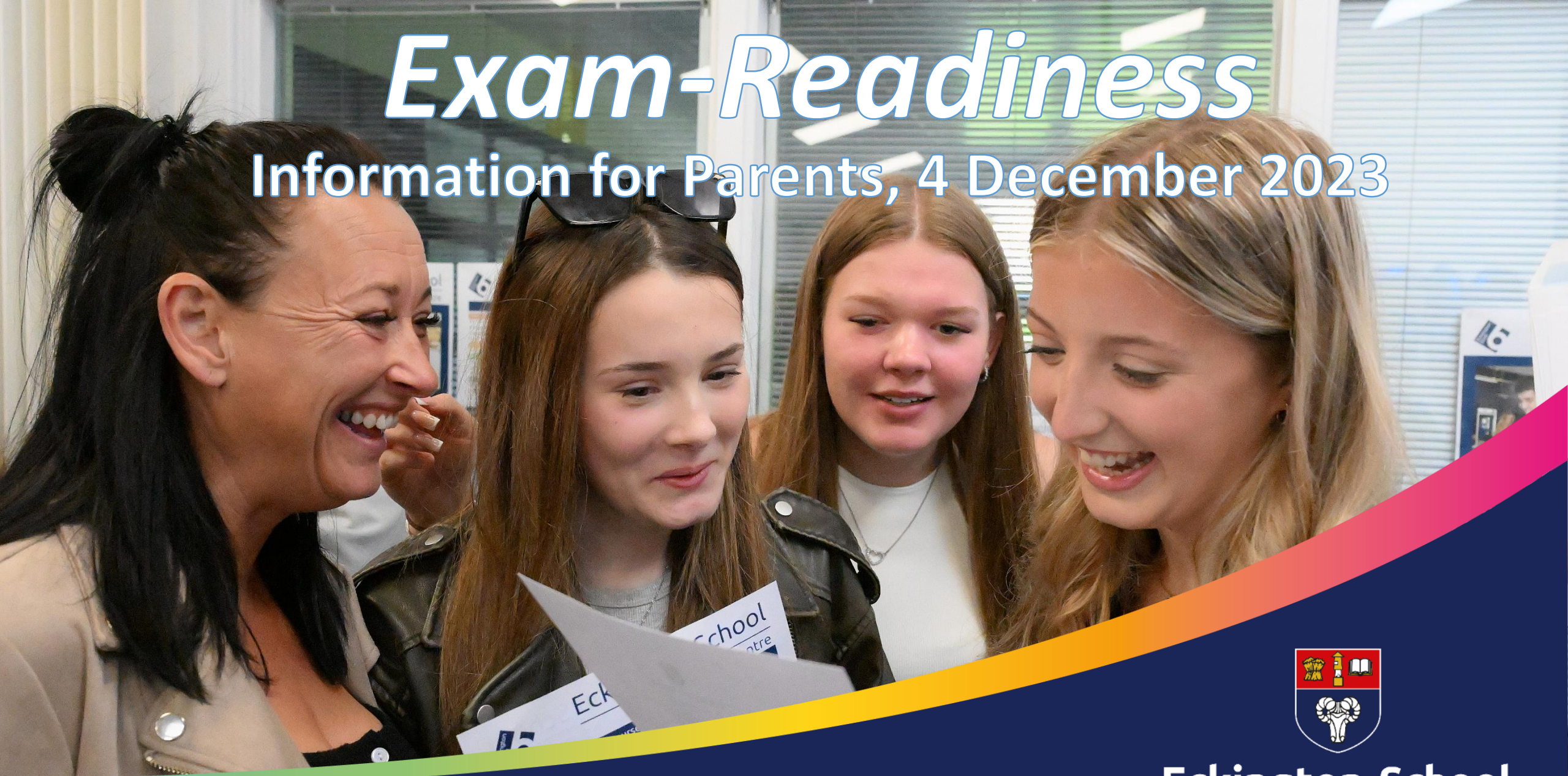


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# Exam-Readiness

Information for Parents, 4 December 2023



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## Mock Exams - Why??

Gives an **accurate picture** of how students are doing.

Gives students the **experience** of working under timed exam conditions

Allows the teachers to see which **topics/skills** to work on.

Predicted grades from the Mock Exams will be used for Sixth Form and college predictions.

Prepares students so that they can **hone your revision skills** and test their readiness for the real exams later in the year.



## Preparing for Exams

- All students will receive a personalised timetable. This shows the venue of the exam and the seat number in the exam room.
- Students should use this personalised timetable to prepare their own revision timetable.
  - Look carefully at when exams are? Which papers are being delivered on which days? What content is going to be examined first? Which subjects have earlier or later exams?



## Preparing for Exams – Know the rules

1. Be on time for all exams. If students are late, their work might not be accepted.
2. Students must ensure that following are in their bags and not on them during exam:
  - Notes.
  - Any electronic device that can connect to the internet or be used for communication, e.g. phones, iPods, MP3/4 player or similar device, a watch, AirPods or earphones/earbuds. These must be switched off.
3. Any pencil cases taken into the exam room must be see-through.
4. All water bottles must be clear, with no wrappers.
5. Remember: possession of unauthorised material is breaking the rules, even if you do not intend to use it, and you will be subject to penalty and possible disqualification.



## Preparing for Exams – Know the rules

5. If a student does have a watch, the invigilator will ask you to hand it to them.
6. Students must not use correcting pens, fluid or tape, erasable pens, highlighters or gel pens in their answers.
7. Students must not talk to or try to communicate with, or disturb other candidates once the exam has started.
8. If a student leaves the exam room unaccompanied by an invigilator before the exam has finished, they will not be allowed to return.
9. Students must not borrow anything from another candidate during the exam.



# On the day of the exam

- Know the dates and times of all exams. Students should arrive at least ten minutes before the start of each exam.
- If a student arrives late for an exam, they should report to the invigilator running the exam.
- If a student arrives more than one hour after the published starting time for the exam, they may not be allowed to take it or their exam paper is unlikely to be marked.
- Students should only take into the exam room the pens, pencils, erasers and any other equipment which they will need for the exam.
- Students must write clearly and in black ink. Coloured pencils or inks may only be used for diagrams, maps, charts, etc. unless the instructions printed on the front of the question paper state otherwise.



# Exam Conditions

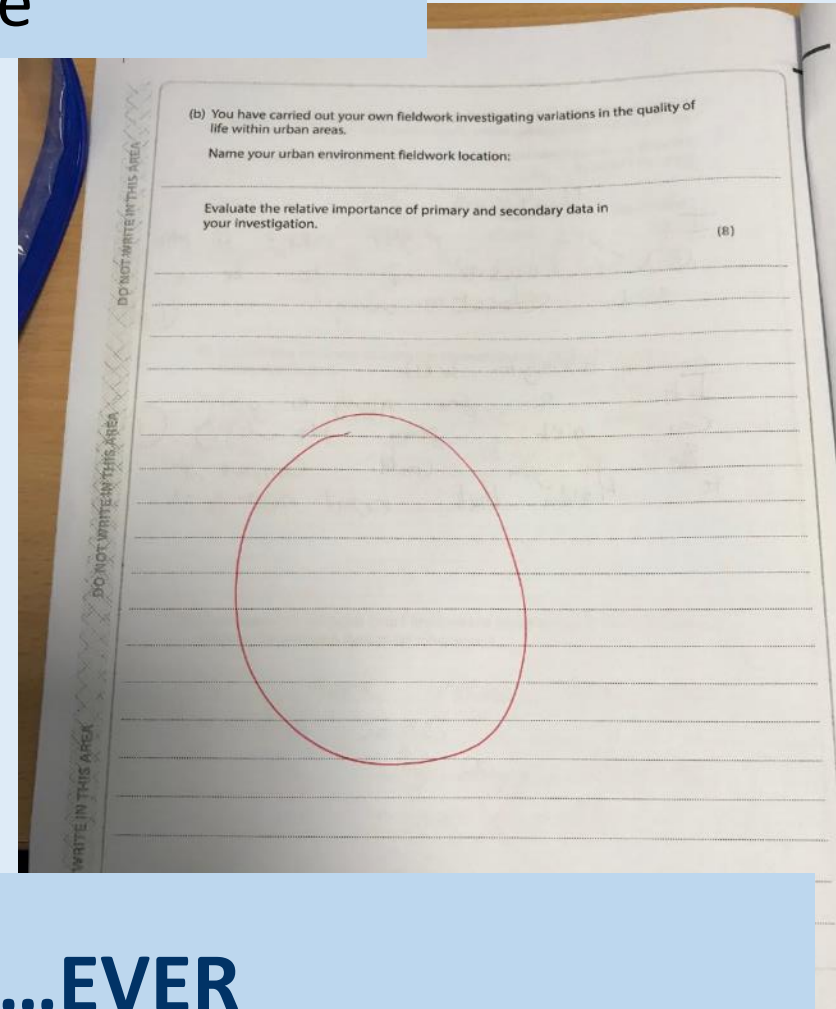
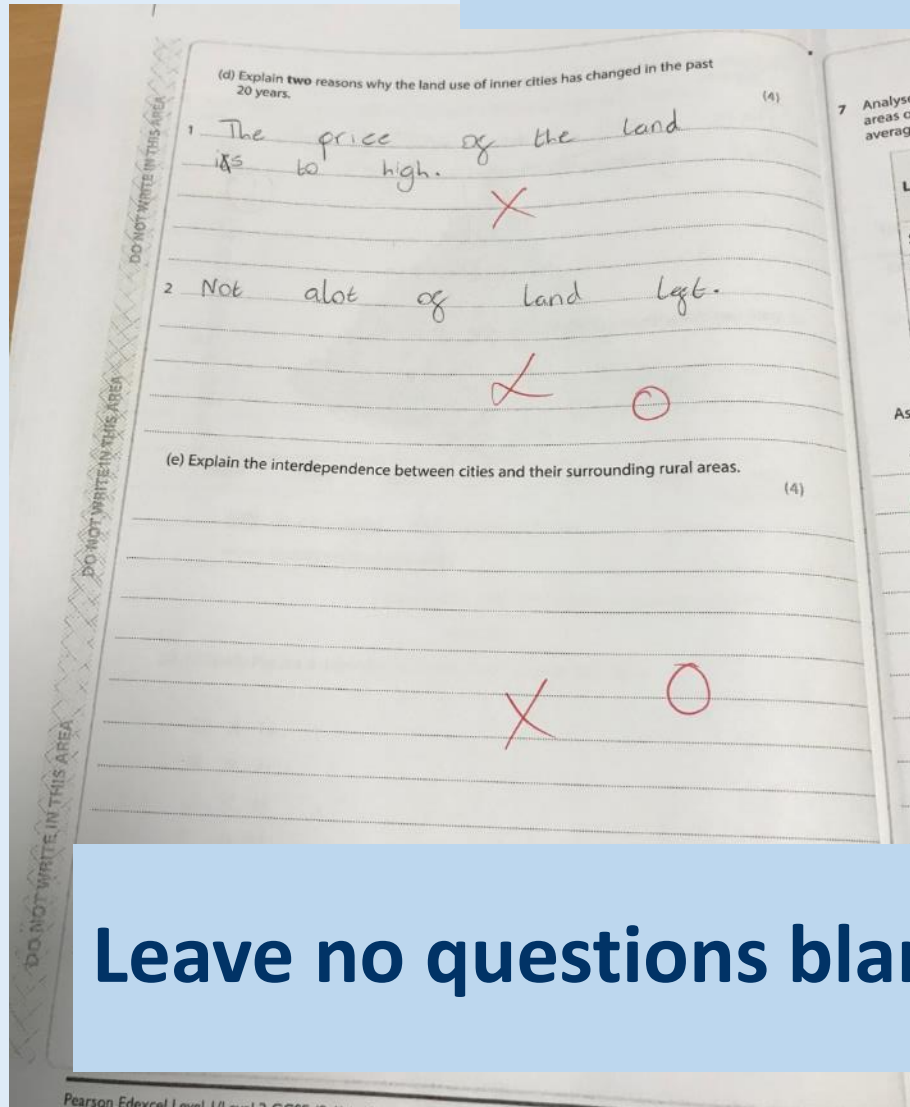
- Exam conditions apply from the time students enter the exam hall/room to the time they leave. **This includes dropping off and collecting your bag.**
- Students must remain silent at all times and not attempt to communicate with other candidates.
- Students must go straight to your seat.
- All bags, coats and outside clothing must be left at the back of the exam hall/room.



Give yourself the best  
chance in life



# Give yourself the best chance in life



**Leave no questions blank...EVER**





## What if a student is unwell?

- Students should attempt all exams, even if they are unwell on the day of the exam.
- Students should let the lead invigilator know if they are unwell and feel this will affect their work.
- If a student is too ill to attend an exam, please try and get a doctor's note – we may be able to apply for special consideration.
- If a student does not attend an examination without good reason, you may be asked to pay for the cost of entry.



# Contingency Sessions

- There are contingency sessions within the Summer 2024 exam timetable – the afternoon of 6 June and 13 June 2024 and the morning and afternoon of 26 June 2024.
- These dates are available in case any examination has to be moved for any reason.
- Although this is incredibly unlikely, you must make sure your child is available on all three dates even if they do not have an exam.

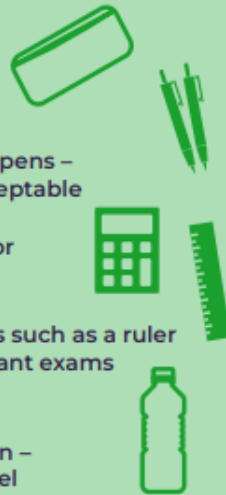


### Before sitting your exams, ensure you know:

- the date, time and location of your exams – you might find it helpful to write this information in a calendar or planner
- who to contact at school or college in case there's an emergency that makes you late or unable to sit your exam

### What you will need:

- a clear pencil case
- at least two black ink pens – blue pens are not acceptable
- an approved calculator for relevant exams
- appropriate apparatus such as a ruler or protractor for relevant exams
- a clear water bottle if you wish to take one in – it must not have a label



### What you cannot take into exams:

- any type of phone
- revision notes
- any type of watch (this includes analogue, digital and smart watches)



### Other important information:

- Listen carefully to the invigilator's instructions which will be specific to your exam. If you are unsure of anything, please raise your hand and wait for the invigilator.
- Fill in your details on the front of your answer booklet.
- If you need additional answer sheets, raise your hand and wait for an invigilator who will provide you with one. Remember to add your details to this booklet too.
- If you need to use the toilet or feel unwell, raise your hand and wait for an invigilator who will escort you from the exam room.
- Make sure you stay silent – talking to a fellow candidate could result in disqualification from all your exams.

### Contingency sessions:

- There are contingency sessions within the Summer 2024 exam timetable – the afternoon of 6 June and 13 June 2024 and the morning and afternoon of 26 June 2024. Make sure you are available on all three dates even if you do not have an exam.

If you have any questions about your exams, please ask your teacher or exams officer.



# Revision Strategies



# Top 10 revision tips for students

## 1. Organize Your Study Material:

Arrange your notes and resources in a structured manner, making it easier to review and locate information.

## 2. Create a Study Schedule:

Plan dedicated time for each subject, ensuring comprehensive coverage and avoiding last-minute cramming.

## 3. Practice Past Papers:

Familiarize yourself with the exam format and types of questions by solving past papers. This enhances your understanding and time management skills.

## 4. Flashcards:

Condense key information onto flashcards for quick, targeted revision, especially for facts and definitions.

## 5. Active Recall:

Test your memory by recalling information without looking at your notes. This helps reinforce learning and identify weak areas.

## 6. Teach the Material:

Explain concepts to someone else or even to yourself. Teaching reinforces understanding and exposes areas where you might be unclear.

## 7. Mind Maps:

Create visual aids like mind maps to connect ideas and see the bigger picture, helping with memory retention.

## 8. Seek Help:

If you're struggling with certain topics, don't hesitate to ask teachers, classmates, or use online resources for clarification.

## 9. Breaks and Rewards:

Take regular breaks during study sessions to maintain focus and reward yourself after achieving specific milestones to stay motivated.

## 10. Variety in Study Methods:

Mix up your revision techniques to prevent boredom and increase engagement. Combine reading, writing, and hands-on activities for a well-rounded approach.



# How can parents help?

- **Create a Supportive Environment:**

Foster a positive and encouraging atmosphere at home, emphasizing the importance of learning and hard work. Create a safe space if possible.

- **Establish a Routine:**

Help your child establish a consistent study routine that includes dedicated time for homework, revision, and breaks.

- **Encourage Healthy Habits:**

Promote a balanced lifestyle with adequate sleep, a nutritious diet, and regular exercise. Physical well-being positively influences academic performance.

- **Set Realistic Goals:**

Work with your child to establish achievable short-term and long-term goals. Celebrate their successes and help them learn from challenges.

- **Reward good habits:**

Whilst trying to embed positive behaviour think about small rewards for sticking to their revision plan.

- **Offer Emotional Support:**

Understand the pressures your child may face and offer emotional support. Be a source of encouragement during stressful times.

- **Monitor Screen Time:**

Keep an eye on screen time, ensuring that leisure activities like video games or social media don't interfere with study commitments.

- **Discuss Career Aspirations:**

Engage in conversations about your child's future plans, helping them see the relevance of their education and GCSEs to their long-term goals.





- **Help them to revise:**

Support your child by asking questions from flash cards, revision guides or past papers. Discuss what they learnt that day and get them to reteach you.



# Revision Technique 1 : Topic Checklists/PLCs

- Download or create a checklist of all the topics in a subject
- Colour code or rank how confident you feel about the topic to identify the ones for priority revision

Topic	Content				Revised 	
1. Proof	1.1 Proof by deduction					
	1.2 Proof by exhaustion					
	1.3 Disproof by counter example					
	1.4 Proof by contradiction					
2. Algebra and Functions	2.1 Laws of indices					
	2.2 Surds					
	2.3 Quadratic functions and their graphs	The discriminant				
		Completing the square				
		Solving quadratic equations using factorisation, completing the square and the quadratic formula				
		Solving related quadratics, such as exponential and trigonometric equations				
	2.4 Simultaneous Equations					

*Why they're great?*

*It focuses your revision to what you need*

*It stops you revising to topics you enjoy*

*The ranking can change as you go*



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4pm	<b>BREAK</b>	Return from Maths P6	Revise History	Return from Science P6	<b>BREAK</b>	Football match	Revise English
5pm	Revise English	<b>BREAK</b>	Revise Art	Revise Maths	Revise Science	Revise Maths	Visit Nan
6pm	Football training	Revise Science		Football training		<b>BREAK</b>	
7pm							

- STEP 1: Create a blank table
- STEP 2: Schedule in your regular commitments
- STEP 3: Block out break times
- STEP 4. Allocate revision slots
- STEP 5. Identify weaknesses and prioritise correctly
- STEP 6. Schedule challenging subjects for when you work best
- STEP 7. Reward yourself for sticking to the plan



## Revision Technique 2 : Flash Cards

- On the front of the card, write a key term, question or quote.
- On the back of the card, answer that question or define the term.
- Try to answer the front of the card before checking the back

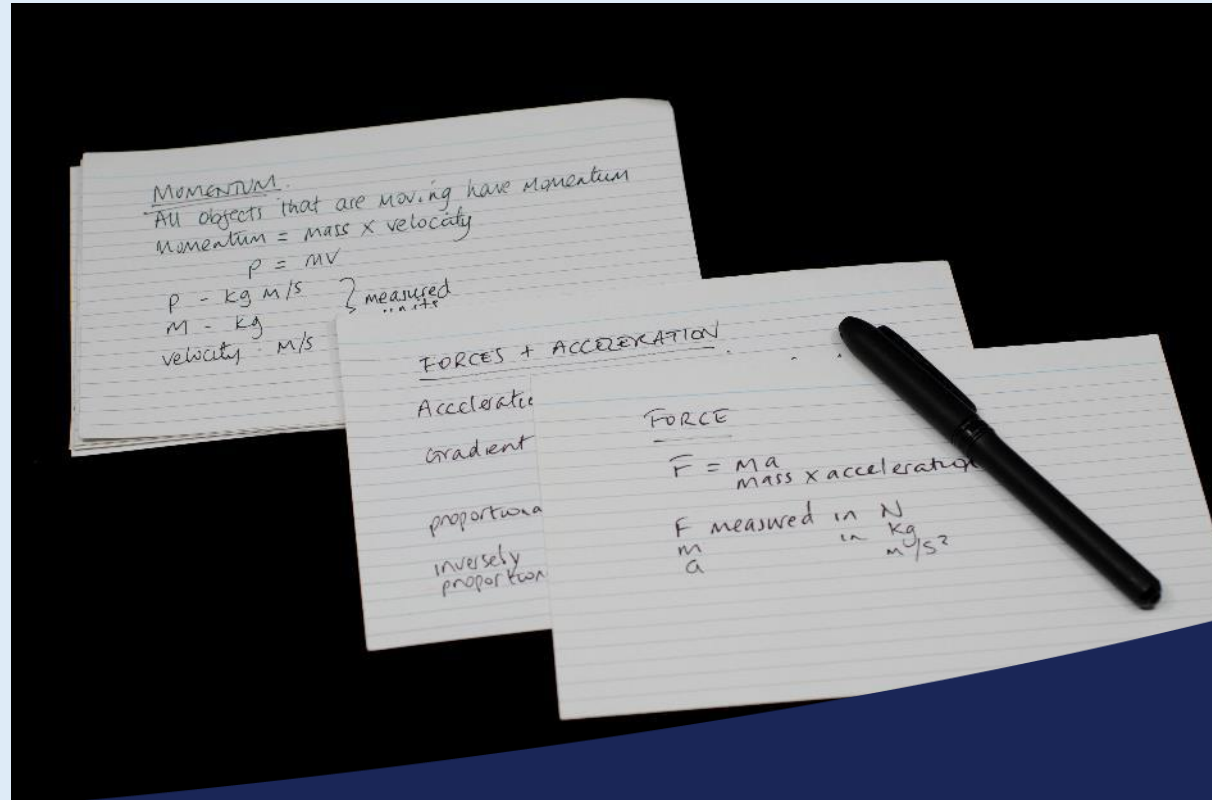
*Why they're great?*

*Very portable*

*Easy to make*

*Others can get involved*

*Excellent if short on time*



## Revision Technique 3 : Mind Maps

- Write the main topic in the middle of the paper and draw a ring around it
- For each key point draw a branch out from the main topic.
- Write a key word or phrase on each branch
- Build out further branches and add details

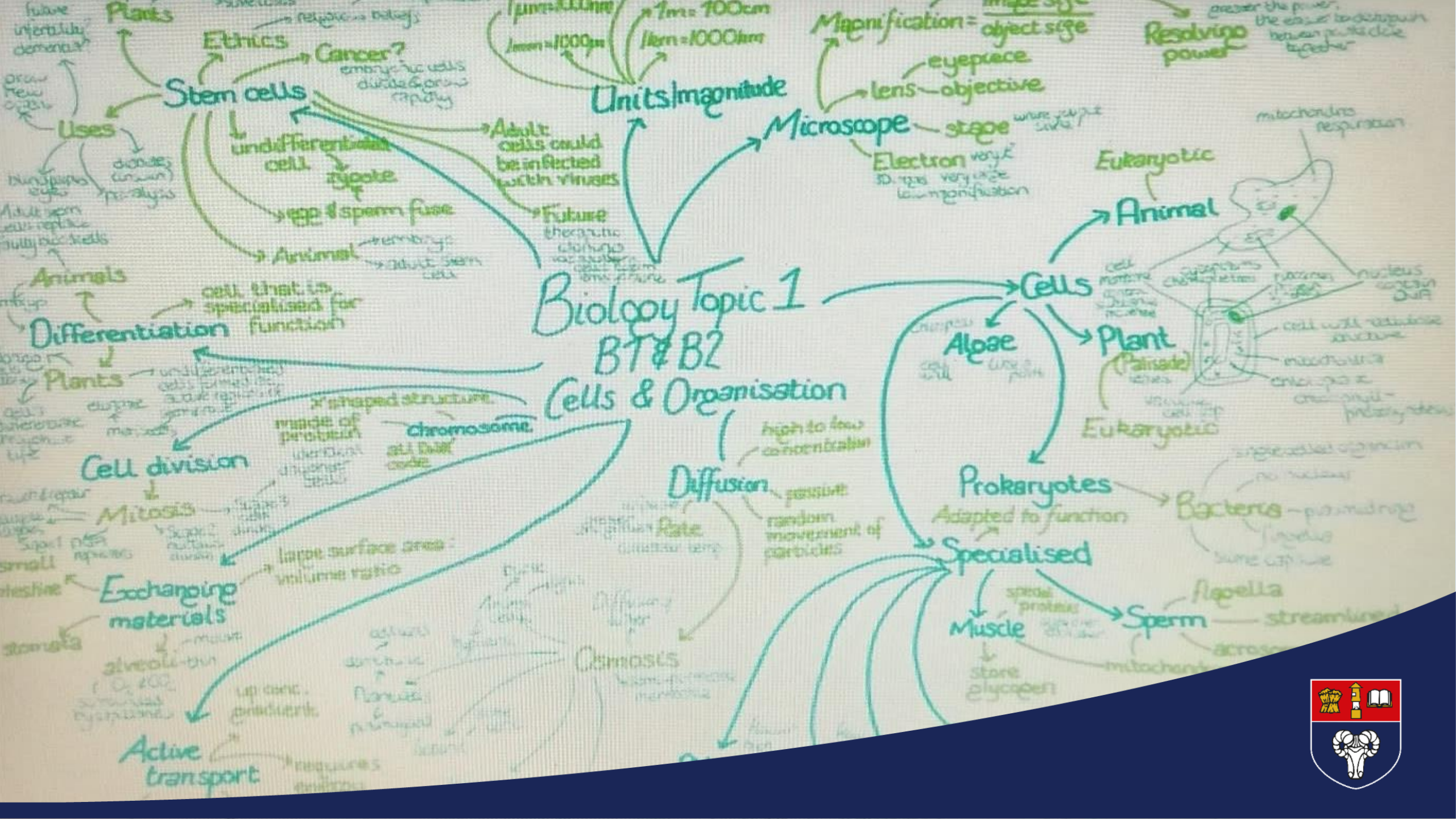
*Why they're great?*

*Can be used as retrieval (remembering info) OR Summarising lots of information*

*Easy to make*



# Biology Topic 1 BT & B2 Cells & Organisation



## Revision Technique 4 : Post-it Notes

- Write down key terminology/definitions/icons on a post-it note
- Stick the post-it notes in places that you spend a lot of time
- Sub-consciously you will be taking in information

*Why they're great?*

*Cheap*

*Perfect for key information*

*Easily changed/Developed if needed*



## Revision Technique 5 : Past exam papers

- Access exam papers online or ask teacher to get them
- Very effective for improving exam technique Try a question at a time or whole paper

*Why they're great?*

*Mark scheme shows the perfect answer*

*Improves confidence on extended questions*

*Either attempt the question and check against mark scheme OR look at the mark scheme for the perfect answer then have a go.*




# Science Past Papers - [AQA | Find past papers and mark schemes](#)

## Find past papers and mark schemes


Find past papers and mark schemes to help you prepare for exams.

Select a subject to start your search.


Subject

Qualification

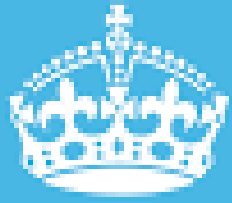
 

Specification

Series





**KEEP  
CALM  
AND  
CARRY ON  
REVISING**

# Mental Health and Exam Stress

Laura Moor

Designated Safeguarding Lead



**Eckington School**

Chorus Education Trust

“Where I'm constantly feeling overwhelmed by the idea of studying or doing the exams and it causes me to lose focus. This lack of focus leads to me feeling like I'm going to fail and adds to the stress – like a snowball effect.”

“Like a weight placed on top of you. While you want to succeed, I find it really difficult to because of the pressure.”





# Causes of exam stress

- Pressure from others (parents, teachers, friends)
- Feelings of being under prepared
- Having caring responsibilities, home issues, friendship issues
- Coping with a physical or mental health issues  
(reasonable adjustments)

- People experience signs of stress differently
- It is more than feeling anxious on the day of the exam



# Signs and symptoms of stress in young people

Embarrassed

Fear of Failure

Confused

Easily annoyed

Anxious,  
worried

Overwhelmed

Exhausted

Angry

Believing  
everything is bad



# Physical Feelings

Feeling Tired /  
struggling to sleep

Feeling Sick

Forgetfulness

Shaking

Breathlessness

Stomach pain

Sweating

Crying/tearful

Reduced Appetite

Headaches

Struggling to  
concentrate

Restlessness



# Unhealthy Behaviours

Working too much without taking breaks

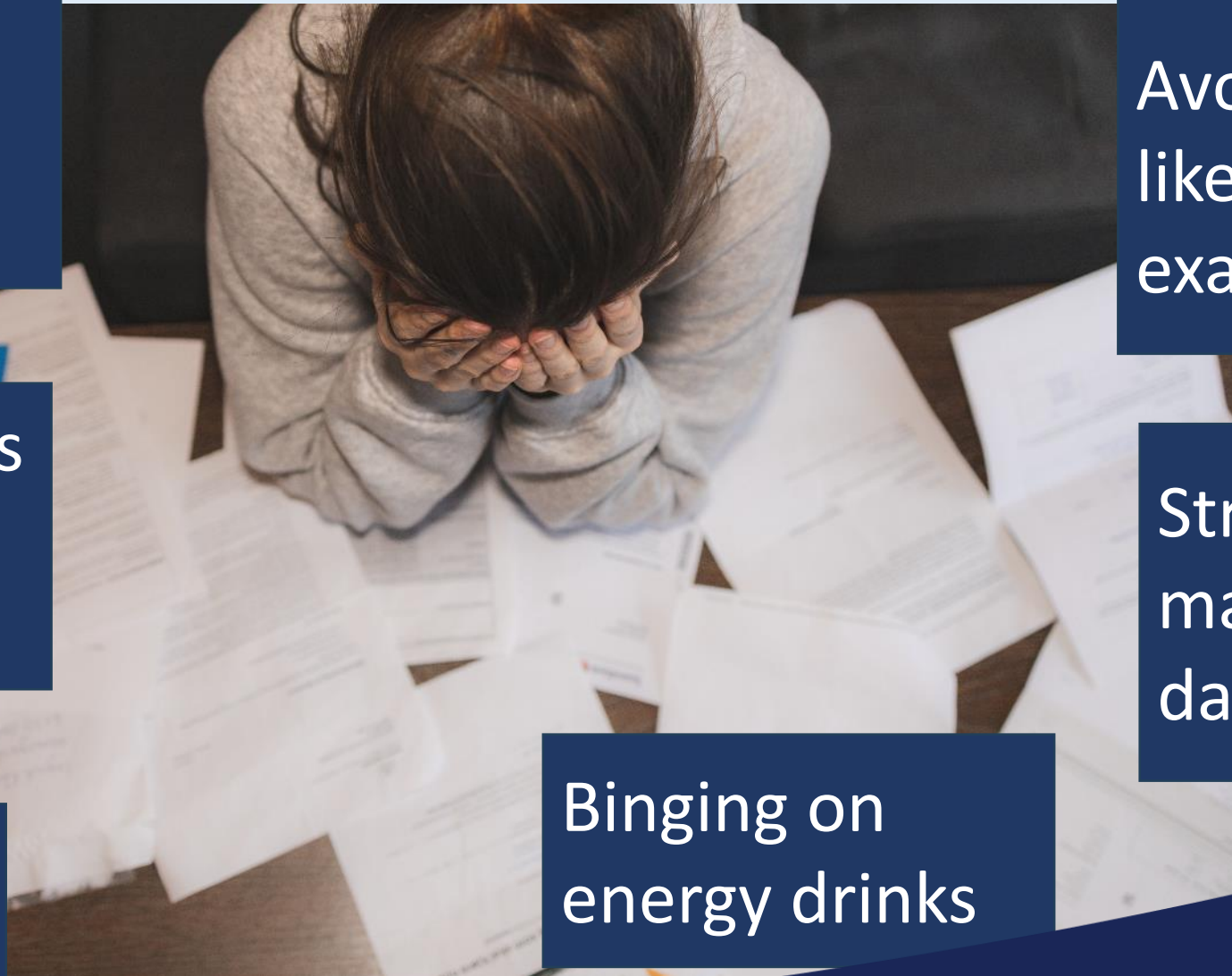
Avoiding things like revision and exam planning

Not doing things they usually enjoy

Struggling to manage day-to-day life

Lack of motivation

Binging on energy drinks



# Coping with exam stress

- Starts well before the exam season starts!
- Feeling prepared reduces panic
- When feelings of stress become too much to manage, this can affect our mental health.
- Stress can also make existing mental health problems feel harder to cope with.



# Coping with exam stress

Drink plenty of water

Don't compare yourself with others

Exercise helps young people regulate mood

Eat well

Get plenty of quality sleep  
Sleep routine is important

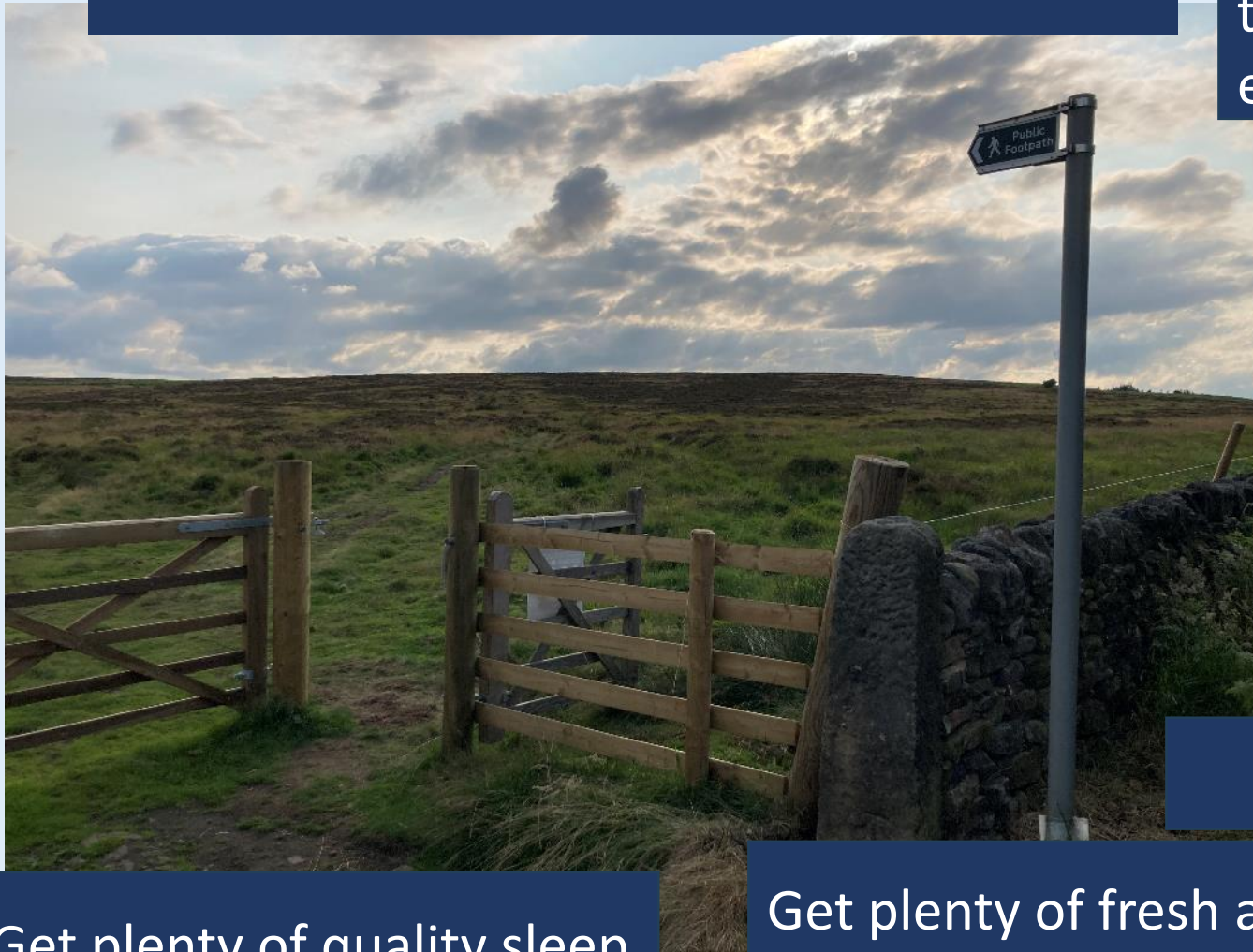
Get plenty of fresh air and green spaces

Make time for the things they enjoy.

Find ways to release stress and celebrate progress.

Talk to friends, socialise

Self Care



# Help your child get enough sleep



Good sleep improves thinking and concentration.

Most teenagers need 8 to 10 hours' sleep a night.

Allow half an hour or so for your child to wind down between studying, watching TV or using a computer and going to bed, to help them get a good night's sleep.



# Key tips for parents

- Lots of encouragement and positive messages
- Encourage them to start early, little and often
- Work together – test them, let them teach you, listen
- Avoid confrontation/conflict about household chores and messy bedrooms
- Ensure your child takes plenty of breaks. Cramming never works.
- Encourage exercise to boost energy and clear minds
- Talk after each exam to help them ‘reset’ for the next. Learn from mistakes.
- Understand lost tempers and moodiness
- Minimise distractions – find quiet places to work





# Support for parents and young people

Speak to your child form tutor, head of year.

We can always contact the school nurse for extra support.

[Childline- Exam stress and pressure](#)

[NHS - Coping with exam stress](#)

[NHS advise for parents / exam stress](#)

[Health for teens](#)

[Mind](#)

"Wellbeing Eckington"  
[wellbeing@eckington.chorustrust.org](mailto:wellbeing@eckington.chorustrust.org)



Take the opportunity to  
be the best you can be

"Outstanding achievement for all"



# Y11 Interventions

- Period 6
- Targeted Registration Intervention (Maths, Eng, Sci)

Pupils that had >95% attendance to their interventions last year **improved their grade by 1.5 grades by the end of the year.**

e.g. Grade 3+ to Grade 5 in Maths

e.g. 65 to a grade to a 77 in Science



## REVISION PLANNING

Department: **History**

### Exam details:

Paper One: 15th May 2023

Paper Two: 4th June 2023

What are the timings?

Two hours per exam Paper

How many papers? Two

What percentage do each paper/  
coursework make up of the qualification?

No Coursework

Exam Board: AQA

Revision Guide: N/A

Which books?

Students should use notes in their note-  
books, but there will be digital copy of  
notes is available.

Topics / Units :

### Exam Paper 1: Understanding the Modern World

SECTION A. (Period Study) America, 1920-1973, Opportunity and Inequality.

SECTION B. (World Depth Study) Conflict and Tensions, 1918-1939, Inter-war years.

### Exam Paper 2: Shaping the Nation

SECTION A. (Thematic Study) Britain, Power and the People, 1170 to Present Day.

SECTION B. (British Depth Study) Restoration England, 1660-1685.

### Website or online resources:

Main online resource is the notes from the  
department share point.

World Depth Study: [America GCSE 1920-  
1973 - YouTube](#)

World Depth Study [AQA GCSE History: Con-  
flict and Tension - The inter war years -  
YouTube](#)

Thematic Study: [RULERS & RULED \(British Po-  
litical History 1066-1919\) - YouTube](#)

### Revision ideas:

Use the sets of model answers to help  
you reflect on your attempts of past pa-  
per responses.

## REVISION PLANNING

Department: **Geography**

### Exam details:

A fully examined course

x3 Exams 1hr 30 mins each

The exams are sat in May and June of your year 11

Each of the exams will last 1 hour and 30 mins

Paper 1—Physical Geography 35%

Paper 2—Human Geography 35%

Paper 3—Geography Application and Skills 30%

Exam Board:

AQA Exam board

[AQA | Geography | GCSE | G eography](#)

Revision Guide:

CGP Revision guide

[GCSE Geography | CGP Books](#)

CGP flash cards

[GCSE Geography AQA Revision Question Cards | CGP  
Books](#)

Topics / Units :

Paper 1—Physical Geography

- Section A—Natural Hazards
- Section B—Living World
- Section C—UK Physical Landscape (Coasts and Rivers)

Paper 2—Human Geography

- Section A—Urban Environments
- Section B—Economic Development
- Section C—Natural Resources

Paper 3 - Geography Application and Skills

- Geographical issue evaluation and fieldwork investigation

### Website or online resources:

⇒ [GCSE Geography - AQA - BBC Bitesize](#)

⇒ [Coolgeography - GCSE - Revision Zone](#)

⇒ [AQA GCSE Geography Revision  
\(physicsandmathstutor.com\)](#)

⇒ [GCSE Geography Revision - Internet Geography](#)

### Revision ideas or links:

Use your revision guide, your class notes and your  
assessment folders

Use the Personalised Learning Check Lists to help  
guide your revision

Assess your own knowledge with regular quizzes and  
assessments

Assess your own understanding by practicing exam  
questions and making sure you write in the correct  
structure

Booklet to also  
include:

-Target grades for  
reference and  
parent information  
- Information on  
stress management  
-Example Revision  
timetable  
etc





Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Form Tutor: \_\_\_\_\_

Which subjects are you going to attend Period 6?  
When do they take place?

What do you want from these sessions?

# PERIOD 6 PASSPORT



**UNITED KINGDOM OF  
GREAT BRITAIN  
AND NORTHERN IRELAND**



**BRONZE**  
1 week  
queue jump



**SILVER**  
Reward  
afternoon



**GOLD**  
£10 off Prom  
ticket



*Each box MUST include the subject, date and teacher signature*

1	2	3	4	5
Science 20/1	Maths 22/1			
<i>BShore</i>	<i>ABurton</i>			
6	7	8	9	10

11	12	13	14	15
16	17	18	19	20

21	22	23	24	25
26	27	28	29	30

## Period 6 Timetable (January)

Monday	Tuesday	Wednesday	Thursday
Art (GCL/EPI)	Maths	Drama	Science
History (CHO/WBE)	Geography	Homework/ Library club	Media Studies
Design Technology	History (RPR)		
	Art (HPA/ATI)		



# Thank you for listening

Are there any questions?

Parents/Carers have a lovely Christmas

Y11s see you tomorrow, 14 school days left in 2023 to maximise your potential





# Why do Mock Exams?

- Practise the routines (entry, exit etc) and familiarise the exam expectations
- Students will have a better understanding of areas of their own weaknesses (topics, subjects etc)
- Teachers will know common weaknesses or lack of understanding on a class level and be able to tailor revision sessions or future lessons to rectify this.
- Targeted interventions (P6, Registration)
- To let you know what to expect in June

