

Blessed Robert Sutton

Year 11 Newsletter

Ofsted
Outstanding

2023

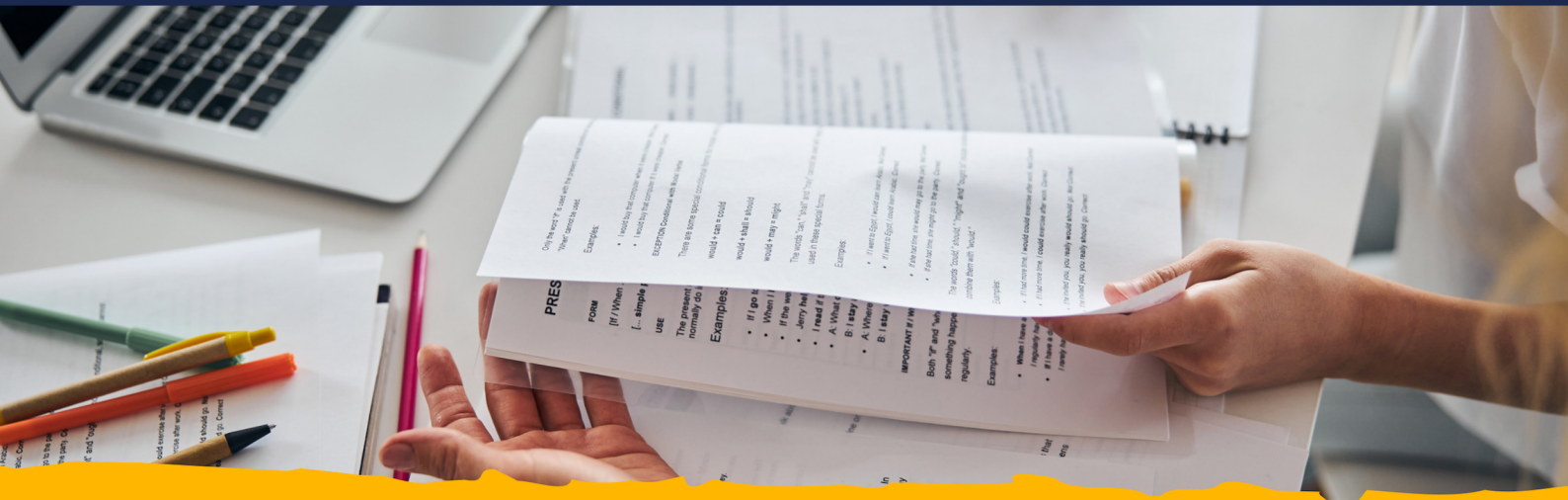
COUNTDOWN TO SUCCESS

46

DAYS TO GO...

As Year 11 gear up for their upcoming exams, we're here to provide them with the support and guidance they need to succeed. In this newsletter, we've compiled a range of resources aimed at helping Year 11's navigate through this crucial period. From effective revision tips to creating the ideal study environment, managing well-being, crafting a personalised revision timetable, and making the most out of their mock exam feedback, we've got it covered. Remember, mental and emotional well-being are paramount, so don't hesitate to reach out for support if you need it.





REVISION TIPS

Start revising as early as you possibly can! As this will aid retention.



RAG Rate your Personal Learning Checklists! Revise the RED.



**Pomodoro Technique
Revise 25 Minutes
Break 5 minutes
& repeat.**



Complete timed past papers to test your knowledge and build exam stamina. They don't have to be full papers.



Teach somebody else. Teaching helps to secure your knowledge.



Avoid distractions, put your phone out of sight and get in the zone!





HOW TO CREATE A REVISION ENVIRONMENT AT HOME



Create their own space

Your child will need a dedicated place to do all their hard work in the coming months. A calm, ordered space where they know they can knuckle down and get into a routine. Help them by setting up a space where they can lay out what they're working on – then set rules for the rest of the family regarding no-entry zones and noise levels.

Encourage Healthy Eating

Under stress we all crave stuff we know isn't great for us. Carbs, sugary snacks, ice cream. Yet studying teenagers need the vitamins and chemicals found in healthier fresh foods to fuel their brain activity. If getting your child to eat their greens is a daily battle, try supplementing with some sweet-but-still-good-for-you snacks. Berries, dark chocolate and energy bars are all good options. They'll feel tonnes better too than if they ate a family bag of crisps.



Sleep is important

The link between sleep and memory means getting enough sleep is key for revision success. Encourage your child to get enough sleep every night in spite of the stress as exams near. It'll improve concentration, and help avoid the vicious circle of anxiety and insomnia.

Adjust their Tech

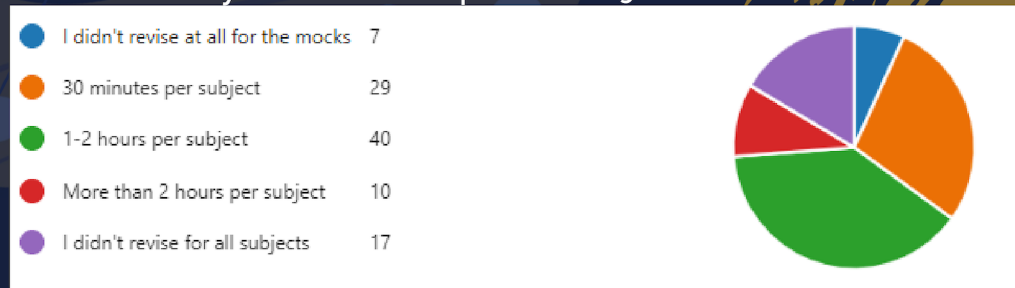
Technology can be a teen's best friend or their worst enemy when it comes to studying effectively. Making sure desktop notifications for texts, emails, WhatsApp and everything else that bleeps in the top-right hand corner of the screen is switched off helps fend off distractions.





Mock Data Feedback

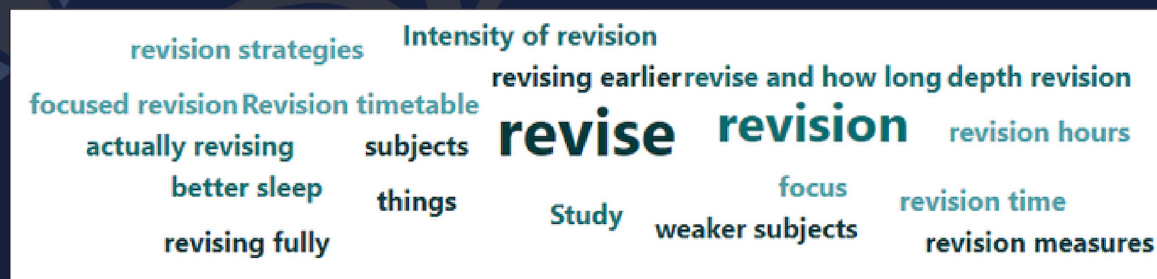
On average, how much did you revise per subject?



Have you been using a revision timetable?



Compared to your mock exams what will you change in the run up to your GCSE exams?



Have you attended more revision due to the Pupil Passport?



Organising your revision

We have attached a revision template for your use at the bottom of this newsletter.



As the Head of Year, I am thrilled to announce the resounding success of our Passport to Prom initiative, you can see from the above student feedback that pupils overall have responded positively. Moreover, it's inspiring to see a marked increase in the level of active revision amongst our students, undoubtedly spurred by the promise of an unforgettable prom night. We are proud to witness our pupils embracing their academic responsibilities with renewed vigour and determination, setting the stage for their future success beyond our school gates. We are keen to see everyone in their Leavers Hoodies and at Prom so to aid continued motivation we will be increasing the amount of bonus days for students. Have a restful Easter incorporating lots of revision- you've got this!

Miss Meredith



Father,

Be with Year 11 as they take their exam. Keep their mind alert and memory sharp. Calm their nerves and help them concentrate. We know that you walk with them, guiding their path and inspiring their heart. We pray that they feel you with them, and that your friendship would soften the pressure they feel. Thank you for your peace and your love in our lives.

Amen.



Lunch-time & Afterschool Revision Programme

Year 11 Revision Timetable – HT5 Update

Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Food B104 RE A104 Maths A203 – Foundation	DT B102 Geography B101 English (Class Teacher's Room)	Computer Science A105 Geography B101 Maths A107 – Foundation	History B108 French A112 Spanish A111 Maths A107 – Foundation	Science B208
Maths A202 – Higher Mon-Fri					
Maths A205 – See Revision Board for Topic of the Day Mon-Thu					
Afterschool		Science B208 PE B207		Art B103	
Week B	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Food B104 RE A104 Maths A203 – Foundation	DT B102 English (Class Teacher's Room)	Computer Science A105 Spanish A111 Geography B101 Maths A107 – Foundation	History B108 French A112 Maths A107 – Foundation	Science B208
Maths A202 – Higher Mon-Fri					
Maths A205 – See Revision Board for Topic of the Day Mon-Thu					
Afterschool		Science B208 PE B207		Art B103	





Exam Timetable

External Exams - Summer 2024

	Date	A.M.	P.M.
Week 1	7th May	Health & Social Care	
	9th May	Religious Studies	
	10th May	Biology	
Week 2	13th May	English Literature	
	14th May	French	
	15th May	History	Computer Science
	16th May	Mathematics	Religious Studies
	17th May	Chemistry	Geography
Week 3	20th May	English Literature	
	21st May		Computer Science
	22nd May	Physics	P.E.
	23rd May	English Language	
	24th May	French	
Week 4	3rd June	Mathematics	P.E.
	4th June	Spanish	History
	5th June	Geography	
	6th June	English Language	Exam Contingency
	7th June	Religious Studies	Biology
Week 5	10th June	Mathematics	Spanish
	11th June	Chemistry	Further Mathematics
	13th June		Exam Contingency
	14th June	Geography	Physics
Week 6	18th June	Design and Technology	
	19th June	Food Prep and Nutrition Further Mathematics	
26th June - Exam Contingency Day			





WEEKLY NEWS

The CINDERELLA Project



**Help to make this a Prom to remember
for our Students**

**Lend a hand by donating
a dress or a suit for this
upcoming Prom Season**

**Any preloved Prom Dresses,
Suits, Shoes, Bags
& Accessories**



**Donations welcome to the
School Reception
Contact the School on
01283 749450
for more information**



**St Ralph
Sherwin**
Catholic Multi Academy Trust

REVISION TIMETABLE



Date:

Weeks until exams start:

Main targets this week:

Remember to plan regular breaks into your timetable!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

My planned treats and rewards for studying this week:

Remember to spread subjects / topics out

DAILY REVISION PLANNER



Subjects / topics / areas for today	Targets for the number of 25-minute study blocks allocated to this today	Tick if you achieved your target
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Session number	Detailed topic / activity	Time started	Time finished
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

Long break	Planned Activity	Start Time	Finish Time

Notes and reflections on my day