






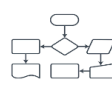








Year 11 Parent Newsletter 2

Easter revision

It's important that your child continues to learn and revise over the Easter break. By adopting a 'little and often' approach to revision over the two weeks, they will return to lessons in April ready to take on the challenges ahead.

You can support your child by:

- organising a study timetable with them, with dedicated time to study and time to relax, and helping them to stick to it over the Easter break
- providing a quiet, distraction free desk or table for them to work at.
- helping your child to prioritise their revision and encourage them to use different strategies such as flash cards, brain dumps, mind maps to add interest and variety.

Study Strategies		
 Flash Cards  Write questions on one side and answers on the other. Try them for English, Psychology and Maths	 Flow Charts  Great for revising a sequence, try them for Science, DT and Catering	 Dual Coding  Use images and words to condense your notes. Try it in Science, Psychology and Health
 Cornell Notes  Write structured notes with key words and summary points. Try them in English, History and Business	 Knowledge organisers  Summarise a topic on one whole page.	 Method of Loci <small>(rehearsal journey)</small>  Use a familiar journey or place to memorise key facts. Try this in Science, Catering, Sport or Geography

To aspire, endeavour and thrive together.

More information about revising can be found on our website [here](#)

Easter revision classes in School

There will be some opportunities to come into school over the break if your child is in the following classes.

Tuesday 2nd April

Science - higher trilogy with Mrs Spacey. 9.30 to 12.30

Dance - with Ms Nevin in the Dance studio. 9.30 to 12.30

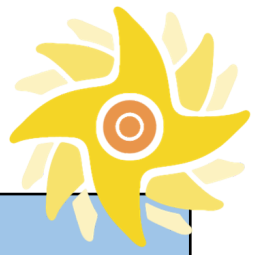
Tuesday 9th April

Science - higher trilogy with Mrs Spacey. 9.30 to 12.30

Thursday 11th April

English - Miss Osbaldiston and Mr Bruce. 9.30 to 12.30 FE7. Selected students only - invites will distributed to students / parents

If your child does attend any of these sessions, they must arrive at the Main Reception at the start time. They will be signed into and out of the building. They should dress appropriately for the school environment (this does not need to be in their school uniform) and bring refreshments. The school is open to the public and there will be maintenance and building contractors working on site so students will not be permitted to walk freely around the building and will have to stick to their designated areas.



Top Tip

Use the structure of the school day as a model for studying at home during weekends and holidays. By sticking to a familiar routine such as:

Study Break Study Lunch Study

Your child will be able to complete the necessary revision activities and then 'switch off' and relax at the end of the day having completed some effective revision.



To follow the links below, please use this QR code to take you to the letters section of the school website.

Under "Y11 Newsletters 2024" you will find this letter "Year 11 Newsletter: Issue 2"

Managing Exam Stress

Finally, we'd like to share with you some resources from the Greater Manchester Health and Social Care partnership about exam stress and anxiety. We understand that the exam season can be stressful and many students will feel anxious about the challenges ahead. The Year 11 team is on hand to talk to any students who feel that they need some additional support.

Anxiety What is anxiety: A short guide to anxiety and what can help can be found here [What is Anxiety](#). It's really common to develop anxiety at some point. Find out here what causes it and what you can do to feel better [Anxiety. A guide for young people](#)

Depression What is depression 42nd street – a short guide and tools to help [What is Depression](#). If you think you might have depression, you're not alone. Find out more about this common, treatable condition and what to do if you're affected by it. [Depression. A guide for young people](#)

Sleep problems We all have problems with sleeping, waking, or having bad dreams sometimes. If sleep issues are affecting [Sleep problems. A guide for young people](#)

Wellbeing and self-care Five things that you can do to give your positivity levels a boost and look after your mental health on a regular basis. [5 Ways to Wellbeing](#)

Revision The UK's largest online community for students with lots of free advice and guidance, including revision guides, advice on making flashcards or mind maps and a range of top-tips from students themselves including this video about how to cope with exams and revising www.thestudentroom.co.uk/

Exam Stress Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress. [Help your child beat exam stress](#). It is normal to feel a bit worried about exams. Exam stress can cause you to feel anxious and this might affect your sleeping or eating habits. [A guide for young people – exam stress](#)

Thank for your taking the time to read this newsletter please send any questions or enquiries about GCSE exams to lgeary@glossopdale.school