



A Parent's Guide to Year 11 Revision

We Make a Difference



2024 – 25



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SUPPORTING YOUR CHILD

Evidence shows that parental support is eight times more important in determining a child's academic success than other factors. The ethos and culture that you instil in your child at home can make all the difference. As a parent you cannot be expected to know all subject areas and every piece of curriculum knowledge and you do not have to. Promoting a positive working ethos and encouraging your child to do their very best is essential!

PARENTAL SUPPORT:

- Provide resources (paper, coloured pens, snacks!) and a quiet space for revision. If resources are missing, please contact school to support. You could even use school facilities for revising.
- 'Study Buddy' - show an interest in their work, test them after each topic is revised - this can be done using resources such as question cards your child can make as part of their studies
- 'Sounding Board' - listen to your child's ideas and respond with constructive feedback and comments
- 'Advisor' - help your child to break tasks down so they are manageable
- 'Project Manager' - agreeing the rules for homework or revision. Implement rewards when targets are met. Organise non-study activities with them
- 'Supporter' - liaise with your child's Pastoral Manager if problems should arise
- 'Planner' - work out schedules and revision timetables with them

WHAT TO AVOID

- Make comparisons with other siblings or yourself at a younger age
- Force them to revise in a way that suits you and not them
- Give them permission (or an excuse!) to perform badly
- Accept that they have been revising without evidence!

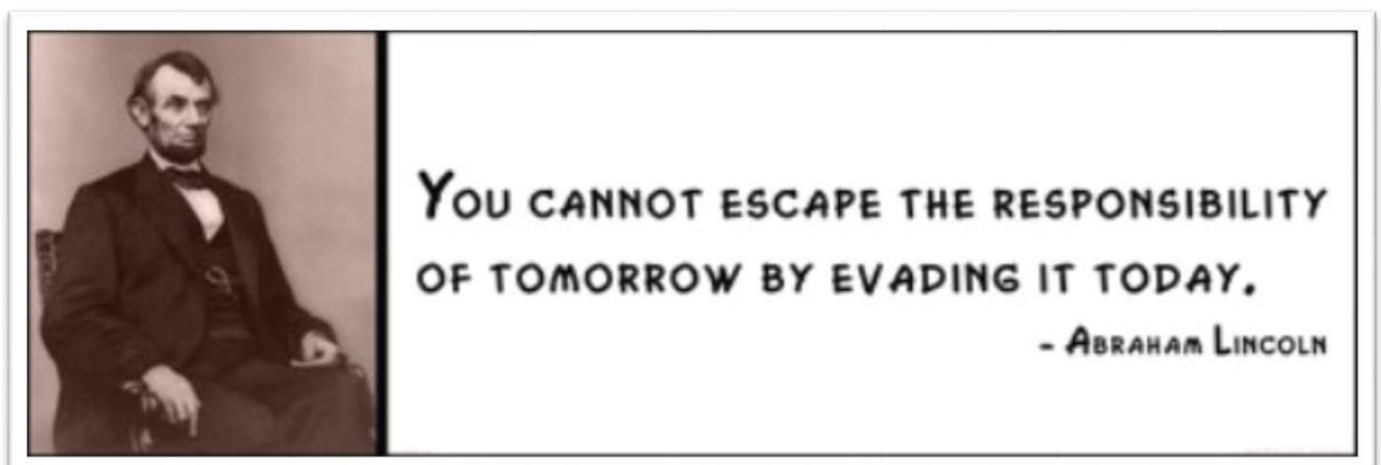
REVISION MISCONCEPTIONS (what your child may tell you!)

- **"It's too early to start yet."** – It isn't, effective revision starts early and continues at a steady pace
- **"It's too late to start now."** – 'It's never too late to start. Better to start early, but better late than never'
- **"My friends haven't started revising yet."** – They have, they just haven't told you yet. Surprisingly, these are the same friends who also seem to achieve well 'without revision'
- **"You can't revise for this subject."** – You can and you should! There is always something you can be doing
- **"You don't need to do well in this subject."** – Wrong! Universities and employers want consistent results in a competitive marketplace. A poor grade or fail grade shows you only work hard if you feel like it
- **"Revision is boring."** – If it is you are doing it wrong, good revision is active and varied
- **"I can revise and do other things at the same time."** – Certainly not! Concentration is key. Texting, instant messaging, watching TV and listening to music can reduce your levels of concentration by a huge margin, and it is likely that revision will result in your memorising of song lyrics!



TOP TEN REVISION TIPS

1. Short bursts of revision (20 - 30 minutes) are most effective. Your concentration lapses after about an hour and you need to take a short break (5-10 minutes).
2. Find a quiet place to revise - your bedroom, school, the library - and refuse to be interrupted or distracted.
3. Make sure you don't just revise the subjects and topics you like. Work on your weaker ones as well.
4. Make your own revision notes because you will remember what you have written down more easily. Stick key notes to cupboards or doors so you see them every day.
5. Rewrite the key points of your revision notes; read them out loud to yourself. We remember more than twice as much of what we say aloud than of what we merely read.
6. Use different techniques. Make your own learning maps, use post-it notes to write key words on, create flash cards. Record your notes on your phone and listen to them back to them. Ask friends and family to test you. Use highlighter pens to mark important points. Chant or make up a song/rhyme.
7. Practise on past exam papers or revision tests available on the web. Initially do one section at a time and progress to doing an entire paper against the clock.
8. You will need help at some stage, ask parents, older brothers and sisters, teachers or friends. Use websites specifically designed for revision, ask your teachers if you are unsure which sites to use.
9. **Don't get stressed out!** Eat properly and get lots of sleep!
10. **Believe in yourself and be positive.** If you think you can succeed you will; if you convince yourself that you will fail, that's what will probably happen.





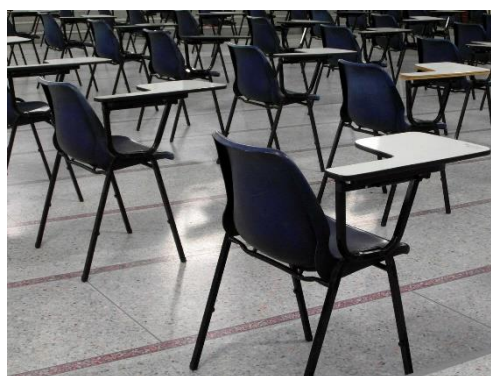
HOW TO HANDLE EXAMINATION DAYS

Be prepared. Start the day with a good breakfast, and give yourself plenty of time to get to school. Remember to take everything you need, including pencils, pens and a calculator. A bottle of water and snacks for the day are also essential.

Take a few minutes to read the instructions and questions. Then you'll know exactly what's expected of you. Ask an exam supervisor if anything is unclear – they're there to help you.

Do not panic if you get stuck on a question, simply fold the corner of the page over and come back to the question after you have finished the rest of the paper.

Once the exam is finished, forget about it. Do not spend too much time going over it in your head or comparing answers with your friends. Just focus on the next exam instead.



Sleep

A minimum of **8 to 10 hours good sleep** on school nights is recommended for teenagers. **8 to 10 hours improves your memory recall, increases your attention and focus and increases your problem-solving ability.** These are three essential skills you need to do well in exams.

Tips for teenagers (<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>)

Limit screens in the bedroom

If possible, do not have a mobile, tablet, TV or computer in the bedroom at night, as the light from the screen interferes with sleep. Or at the very least, keep them out of reach!

Try one- hour screen free time before bed.

Exercise for better sleep

Regular exercise helps you sleep more soundly, as well as improving your general health.

You should be aiming for at least 60 minutes exercise every day, including activities such as fast walking and running.

Exercising out in daylight will help to encourage healthy sleep patterns.



At Meadowhead,
we make a difference



Cut out the caffeine

Cut out or reduce the amount caffeine drinks you consume. Caffeine is found in fizzy drinks, tea and coffee.

Too much caffeine can stop you falling asleep and reduce the amount of deep sleep you have.

Do not binge before bedtime

Eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.

Have a good routine

Get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help you drift off to sleep.

Talk through any problems

Talk to us about anything you're worried about. We will help you to put problems in perspective and sleep better.



CANDIDATE INFORMATION

Notice to Candidates

This notice has been produced on behalf of all exam boards

COURSEWORK ASSESSMENTS

When you submit any coursework for marking, you will be asked to sign an authentication statement confirming that you have read and followed these regulations.

If there is anything that you do not understand, you must ask your teacher.

In some subjects you will have an opportunity to do some independent research into a topic. The research you do may involve looking for information in published sources such as textbooks, encyclopedias, journals, TV, radio and on the internet.

Using information from published sources (including the internet) as the basis for your coursework is a good way to demonstrate your knowledge and understanding of a subject. You must take care how you use this material though – you cannot copy it and claim it as your own work

The regulations state that:

‘the work which you submit for assessment must be your own’;

‘you must not copy from someone else or allow another candidate to copy from you’.

If you use the same wording as a published source, you must place quotation marks around the passage and state where it came from. This is called ‘referencing’. You must make sure that you give detailed references for everything in your work which is not in your own words. A reference from a printed book or journal should show the name of the author, the year of publication and the page number, for example: (Morrison, 2000, p29).

For material taken from the internet, your reference should show the date when the material was downloaded and must show the precise web page, not the search engine used to locate it. This can be copied from the address line. For example: http://news.bbc.co.uk/onthistoday/hi/dates/stories/october/28/newsid_2621000/2621915.stm, downloaded 5 February 2023.

You may be required to produce a bibliography at the end of your work. This must list the full details of publications you have used in your research, even where these are not directly referred to, for example: Curran, J. *Mass Media and Society* (Hodder Arnold, 2005).

If you copy the words or ideas of others and do not show your sources in references and a bibliography, this will be considered as cheating.



PREPARING YOUR COURSEWORK – GOOD PRACTICE

If you receive help and guidance from someone other than your teacher, you must tell your teacher who will then record the nature of the assistance given to you.

Your parent/carer may provide you with access to resource materials and discuss your coursework with you. However, they must not give you direct advice on what should or should not be included.

If you worked as part of a group on an assignment, you must each write up your own account of the assignment. Even if the data you have is the same, the description of how that data was obtained and the conclusions you draw from it should be in your own words.

You must meet the deadlines that your teacher gives you. Remember - your teachers are there to guide you. Although they cannot give you direct assistance, they can help you to sort out any problems before it is too late.

Take care of your work and keep it safe. Don't leave it lying around where your classmates can find it or share it with anyone, including posting it on social media. You must always keep your coursework secure and confidential whilst you are preparing it; do not share it with your classmates. If it is stored on the computer network, keep your password secure. Collect all copies from the printer and destroy those you do not need.

Don't be tempted to use pre-prepared online solutions – this is cheating. Electronic tools used by awarding bodies can detect this sort of copying.

You **must not** write inappropriate, offensive or obscene material. Preparing your coursework – good practice

PLAGIARISM

Plagiarism involves taking someone else's words, thoughts or ideas and trying to pass them off as your own. **It is a form of cheating which is taken very seriously.**

Don't think you won't be caught; there are many ways to detect plagiarism.

- Markers can spot changes in the style of writing and use of language.
- Markers are highly experienced subject specialists who are very familiar with work on the topic concerned
- they may have read the source you are using, or even marked the work you have copied from!
- Internet search engines and specialised computer software can be used to match phrases or pieces of text with original sources and to detect changes in the grammar and style of writing or punctuation.

PENALTIES FOR BREAKING TO REGULATIONS

If your work is submitted and it is discovered that you have broken the regulations, one of the following penalties will be applied:

- the piece of work will be awarded zero marks;
- you will be disqualified from that unit for that examination series; – you will be disqualified from the whole subject for that examination series;
- you will be disqualified from all subjects and barred from entering again for a period of time. The awarding body will decide which penalty is appropriate.

REMEMBER – IT'S YOUR QUALIFICATION SO IT NEEDS TO BE YOUR OWN WORK



EXAMINATION EXPECTATIONS

Before Leaving Home

Breakfast is the most important meal of the day! It kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus at school. Make sure you keep hydrated by having a bottle of water with you.

Before the Exam

Students will receive an exam timetable a few weeks before their first exam. Please encourage students to make an additional copy at home, perhaps as part of their revision timetable. Students should have all the necessary equipment in preparation for their examinations. This equipment includes:

- A clear see-through pencil case
- Multiple black pens (in case one gets lost/runs out)
- Pencil
- Ruler
- Rubber
- Scientific calculator

All electronic devices to be left at home or turned off in their bags before entering the examination in silence.

Failure to do so will be considered malpractice and **MUST** be reported to the exam board and will result in the student receiving no marks in that paper and can be banned from all future examinations.

During

As soon as students enter an exam room they are in examinations conditions and must remain in silence. Students should leave bags/coats where instructed by the exam staff and find their seat quickly, this information is printed on their exam timetable, they must place their pencil case on the desk. **ALL WATCHES MUST BE PLACED IN BAGS.**

Once all students are seated the exam staff will make all announcements necessary for that specific examination.

After

Once the exam has finished students will be asked to put down their pens and remain seated in silence until all the papers are collected. They will then be dismissed a row at the time (still in silence). It is essential that students respect one another as others may still be working. Only when students are outside the exam room may they communicate with each other.

Results

GCSE Results day is: Thursday 21st August 2025



SUBJECT EXAMINATION BOARD INFORMATION

Faculty	Subject	Exam Board
Computing	ICT	WJEC
	Computer Science	OCR
Design & Technology	DT Product Design	AQA
	Textiles	AQA
	Food	WJEC
	Art	AQA
	Photography	AQA
	Construction	WJEC
English	English Language	AQA
	English Literature	AQA
Humanities	History	Edexcel
	Geography	AQA
	Religious Studies	AQA
Maths	Maths	OCR (Foundation)
		Edexcel (Higher)
Modern Foreign Languages	French	AQA
	German	AQA
	Spanish	AQA
Other	BTEC Health & Social Care	Edexcel
PE	GCSE PE	Edexcel
	BTEC Sport	Edexcel
Performing Arts	Music	AQA
	BTEC Acting	Edexcel
	BTEC Dance	Edexcel
Science	Separate Biology/Chemistry/Physics	AQA
	Combined Science (Trilogy)	AQA



**Do the best you can until you know
better.**

Then, when you know better, do better.”

Maya Angelou

**“I’m a great believer in luck, and I
find the harder I work the more I have of
it.”**

Thomas Jefferson (1743-1826)

Good Luck Class of 2025

from all at Meadowhead School & Sixth Form

MY REVISION



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NEVER SKIP A SESSION!

A FEW MINUTES IS BETTER THAN NONE!

F
M **A** **K** **E** **I** **T**