

Year 11 Bulletin

Introduction & Revision

The November mock examination season is now just a couple of weeks away, meaning there's never been a better time to get prepared. Thinking about and engaging with effective revision sooner rather than later allows students to adopt a more balanced approach, set clear goals and plan out study sessions in advance. Parent and carers have many different roles to play during this time too, from providing inspiration, offering incentives and structure to supplying refreshments.

Below are a range of prompts to support students in planning and realising their revision, timetabling study and planning time away from work.



Mrs P Parker
Head of School

- Make sure you study all your subjects, including those you find the hardest not leaving these to the end of the day when you may be tired.
- Planning with a schedule helps you to balance your time so that you don't spend your entire time revising one subject.
- Be focused when revising, for example 30 minutes working followed by 10 minutes rest is a good starting point.
- If you share your revision plan with friends or family then you are more likely to stick to it, however, don't worry about other students' revision plans, everyone works differently.
- Make sure you know which topics you need to revise for each subject, use the November mock examination grid to support this.
- Use your exam board specifications as a revision list and support with Google Classroom.
- Set short-term realistic goals.
- Break down your goals into manageable targets, for example fractions and decimals in Maths.
- Set yourself a time limit for revising each target area.
- When you have hit your target, set a new one promptly.
- Make your revision active; don't just read notes. You could make flash cards, mind maps or use post it notes and stick these up in areas you often look at: a mirror, cupboard door, the front of the fridge.
- Watching videos online is another method that can really help to bring your notes to life.
- Test yourself by completing past papers, using online quizzes or asking a friend or family member to test you. This will identify areas of strength and weakness.
- Make up a mnemonic. This is a sentence or phrase in which the first letter of each word represents a word you are trying to remember.
- Explain a topic out loud, either to yourself or others.
- Build in rewards for your revision e.g. a favourite snack, time playing sport or using social media.

<https://www.bbc.co.uk/bitesize/articles/z9py97h>

<https://www.bbc.co.uk/bitesize/articles/zn3497h>

Mrs Pia Parker, Head of School

November Mocks

Subject	November Mock Examination
Drama	1 exam only Section A is Blood Brothers Section B is Beautiful Thing (Or A Little Space if they choose)
English	English Language Paper 1 - whole paper 19th Century unseen text extract Imaginative writing English Literature Paper 1 Section A - Shakespeare – Macbeth Paper 2 Section A - 19th Century - Jekyll and Hyde
Geography	Paper 1 and Paper 2 Topics are Theme 1, Rivers and Coasts
German	German - 3 papers - listening, reading and writing Topics from any of the 3 overarching GCSE themes could come up
History	2 exam papers: Medicine Through Time - Reduced paper (52 minutes in length) Topics: Medieval and Renaissance Weimar and Nazi Germany Topics: Police state, origins of the Nazi party, women and employment in Nazi Germany
Maths	Maths: 3 papers 90 minutes each (Paper 1 non-calculator, Papers 2 and 3 Calculator) Statistics both papers 90 minutes each
Science	There will be 3 Science exams: Biology, Chemistry and Physics. They are all Paper 1 The topics are B1-9 (Biology), C1-C7 (Chemistry) and P1-P7 (Physics). Codes are as on Kerboodle Combined Science: Trilogy My-gcsescience.com also shows clearly which topics can be assessed in Paper 1
Sport	The BTEC Sport exam is on Thursday 12th November 1 Paper. 1hr 15mins BTEC Sport Exam: 1 paper. All information also on Google Classroom Mock Exam Topics: - Additional Principles of Training (SIPVARR) - Body Composition Fitness Tests (BMI, Jackson Pollock Skinfold, Bioelectrical Impedance) - Physical and Skill Related Components of Fitness and their Definitions (Ensure you also know about different types of speed and balance) - FITT Principles - Exercise Intensity (MHR, Calculating Target Zones) - Calibration of Equipment and Informed Consent when Fitness Testing - Types of Flexibility Training/Stretching (Ballistic, Static, PNF) - Advantages/Disadvantages of Various Fitness Tests - Justifying Equipment use in Fitness Testing - Methods of Training (Plyometrics, Interval, Speed, Continuous, Weight/Resistance, Fartlek, Flexibility/Stretching)

GCSEs 2021

Dear parent/carer,

As we move toward our first set of mocks, it seems prudent to share with you the situation as it stands regarding summer 2021 exams. It was confirmed by the Government that all exams will be pushed back by three weeks. There will be one English Language paper and one Maths paper taking place before May half term, the remaining exams will be between the 7th June and the 2nd July. GCSE results will be issued on the 27th August 2021. We will inform you of any further amendments as we are made aware.



Mr M Jackson
Assistant Head of School

Mr M Jackson, Assistant Head of School

Below is a table summarising the main changes being that apply to each subject:

Subject	Amendments
3D Design	Students are to complete component 1 only. This is the portfolio work that students have been working on (the paper project). This means that students won't need to complete component 2 and are not completing an exam.
Art Photography	Component 2 - the Externally Set Assignment has been removed (meaning there will no longer be a 10 hour timed test). The weighting of Component 1 will increase to 100% of the qualification. Students will still need to demonstrate how they have responded to the four Assessment Objectives. There will be no external visiting moderators and student work will be submitted digitally for moderation - we are awaiting further information about how this will take place.
Drama	This is guidance only, to be confirmed by OCR. Current proposed amendments include: <ul style="list-style-type: none">• Devising - students can perform their own devised work which may be a monologue, duologue or group work. Minimum time has been reduced.• Scripted - only one extract needed now, this performance can be a monologue.
English	English Edexcel have announced that for the 2021 English Literature GCSE students must complete: Paper 1: Shakespeare and post 1914 text Paper 2: 19th century novel OR poetry Year 11 students at SET Ixworth will no longer be studying poetry in preparation for their 2021 English Literature GCSE. This includes the Unseen Poetry element. Students will, therefore: <ul style="list-style-type: none">• Continue to study their Shakespeare text, 'Macbeth';• Study either 'Blood Brothers' by Willy Russell, or 'An Inspector Calls' by J.B. Priestley;• Revise their 19th century novel, 'A Strange Case of Dr Jekyll and Mr Hyde' by Robert Louis Stevenson.

Geography	<p>The requirement to carry out two pieces of fieldwork has been removed from the specification and the questions that ask students to refer to their own fieldwork experience have been removed from the Paper 3 exam.</p> <p>This exam will however still examine the students on fieldwork skills and techniques so the full specification will need to be taught.</p> <p>More detail can be found here: https://wjecwebsitelive.blob.core.windows.net/media/g5yp0rwo/eduqas-gcse-geography-b-adaptations-summary.pdf?sv=2019-07-07&sr=b&sig=ZlIG4TLwP8HXsCzO9Mkj9BTyHrWAlw02O4ZILBt5I4Q%3D&se=2020-09-17T20%3A56%3A41Z&sp=r</p>
German	<p>There will be no official speaking exam. In its place will be a teacher-assessed endorsement for which students can be awarded pass, merit or distinction. The format is yet to be announced.</p> <p>The written paper will have a choice of three questions for the extended answer rather than two providing more choice for students.</p>
History	<p>The History specification has been reduced from four units to three. We have chosen to drop the Cold War unit that was studied during the lockdown period.</p> <p>More detail can be found here: https://qualifications.pearson.com/content/dam/pdf/GCSE/History/2016/Teaching%20and%20learning%20materials/gcse-history-summer-2021-assessment-arrangements.pdf</p>
Maths	Currently there are no changes to the 2021 GCSE assessment.
Science	There are no amendments announced for the Science exams.
Sport	<p>The BTEC Sport exam is on Thursday 12th November.</p> <p>1 Paper. 1hr 15mins</p> <p>No other aspects have been confirmed yet.</p>



Post-16 Information

These are local Sixth-form and Colleges offering a wide range of Post-16 options.

Use the links to access their course information and prospectuses.

Sixth-Form/College	Course Information	Open Events
Abbeygate	https://www.abbeygatesfc.ac.uk/courses/all-courses/	Information to be provided on website soon
Suffolk New College	https://www.suffolk.ac.uk/courses/full-time/pl	Taste events during Oct – Feb https://www.suffolk.ac.uk/for-parents/taster-events
Suffolk One	https://www.suffolkone.ac.uk/courses/	Open Event – Thurs 15th October
Thurston Sixth-Form	https://www.thurstonsixth.org/Copy-of-Courses/	Tea and Tour - The tours are scheduled for midday on Fridays
West Suffolk College	https://www.wsc.ac.uk/find-a-course/16-18-year-olds	Open Events are free to attend and dates will be posted on the website throughout the year.
Easton College	https://www.easton.ac.uk/courses/	Virtual Open Days on Fri 23rd Oct and Sat 24th Oct.
Hills Road Sixth Form College	https://www.hillsroad.ac.uk/sixthform/student-life/subjects	Virtual Open Evenings Mon 19th and Tues 20th October, from 4.00 to 8.45pm
Cambridge Regional College	https://www.camre.ac.uk/16-courses/	Open days during Oct and Nov starting Sat 17th Oct 9.30am-12.30pm
Colchester Institute	https://www.colchester.ac.uk/online-events/	Post-16 events, resources, Zoom sessions

These sites offer information, advice, help and support to guide your Post-16 choices.

Organisation	URL	Info
Icanbea	https://www.icanbea.org.uk/	Use the Career Wizard to find a job or career in Norfolk or Suffolk based on your specific interests!
National Careers Service	https://nationalcareers.service.gov.uk/	Providing information, advice and guidance to help you make decisions on learning, training and work
BBC Bitesize	https://www.bbc.co.uk/bitesize/articles/z6ws47h	Post-16 What's next?
UCAS	https://www.ucas.com/further-education/post-16-qualifications	The routes available to you after GCSEs
ASDAN	https://www.asdan.org.uk/	Provides programmes and qualifications for learners with special educational needs and disabilities (SEND)
Career Pilot	https://www.careerpilot.org.uk/information/your-choices-at-16/help-with-choosing-your-post-16-options	Help with choosing your post-16 options

Wellbeing

What does good mental health look like?

If you have good mental wellbeing, you are able to:

- Recognise the good in yourself, such as your positive attributes and achievements you have made;
- Feel and express a range of emotions;
- Feel engaged with the world around you;
- Live and work productively;
- Cope with the stresses of daily life and manage times of change and uncertainty.

What is Stress ?

“Stress is the adverse reaction people have to excessive pressure or other types of demand placed on them.”

What are mental health problems?

Mental health problems can affect any of us irrespective of age, personality or background.


They include a wide range of experiences and can affect the way people think, feel or behave.

They can appear as a result of experiences in both our personal and working lives – or they can come about without any easily identifiable cause.

Some problems may be mild or moderate while others may take on a more severe form, affecting a person’s ability to cope with day-to-day living.

What do I do for self-care?

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 Get plenty of sleep

 Tidy

 Enjoy sunshine

 Read

 Cook

 Read about people whose lives are more complicated


 Write or draw (think out loud)


 Garden

 Talk to myself

 Get a hug

 Cuddle cats

 Walk or bike (esp in a park)

 Talk to select people



Keep physically active: Doing regular exercise can be very effective in lifting your mood and increasing your energy levels. It doesn't have to be very strenuous or sporty to be effective – the important thing is to pick something you enjoy doing, so you're more likely to stick with it.

Identify mood triggers: Keeping track of your moods in a mood diary can help you work out what affects your mental wellbeing and recognise changes in your mood that would be difficult to spot otherwise. For example, you may realise that seeing a certain person has an effect on your mood. Knowing what affects your moods can help you take steps to avoid these situations or mitigate against the negative impact a certain situation may have on you.

Sleep: There is a close relationship between sleep and mental health. If you're finding it difficult to sleep – don't try to force sleep, get up, go to another room and try to relax there. Do something soothing, such as listening to music, until you're tired enough to go back to bed. If you are awake for long periods, repeat this process as many times as you need to.

Relax: It is important to make time for yourself and relax. In order to look after others you need to first care for yourself. Self-care is not self-indulgent, it's essential. Do something you like, or even just take a five-minute break to look out of the window. Learning a relaxation technique, such as yoga, meditation or mindfulness (find out more at bemindful.co.uk) can also help you relax and reduce stress levels.

Diet: Explore the relationship between the food you eat and your mood. Improving your diet can help give you positive feelings, clearer thinking, more energy and calmer moods. Think about how regularly you eat, if your blood sugar drops you might feel tired, irritable and experience low mood. You need to eat regularly to keep your sugar level steady, and choose foods that release energy slowly like protein, nuts and seeds, oats and wholegrains.

Are you having too much caffeine? Caffeine is a stimulant. Having too much can make you feel anxious and experience low mood, disturb your sleep, or give you withdrawal symptoms if you stop suddenly. Caffeine is in: tea, coffee, chocolate, cola and other manufactured energy drinks. You might feel noticeably better quite quickly if you drink less caffeine or avoid it altogether.

Tips on surviving exams

Make a realistic revision schedule. Work out how much you have to do and the time you have to do it in, then break it down into manageable chunks. Aim to do a few hours of revision each day, and mix up your subjects so you don't get bored.

Find a revision style that suits you. Studying alone in a quiet room suits some people, but not everyone likes working in silence. Try playing music quietly in the background, or revising with a friend (but don't let them distract you!).

Customise your notes to make them more personal. Experiment with colour coding, notes on postcards, diagrams or whatever helps you learn your topic.

Make sure you understand everything. If you come across something you don't understand, try to find a new source of information that will help you understand it. Just memorising it won't help you in your exam. Don't be afraid to ask your teacher or a friend for help if you need it.

Look at past exam papers. It means you can familiarise yourself with the layout and type of questions you'll be asked. Practise completing exam papers in the set time limit to improve your exam technique. Take regular short breaks. Studying for hours and hours will only make you tired and ruin your concentration, which may make you even more anxious. A break every 45 to 60 minutes is about right. Reward yourself. For example, you could take a long bath or watch a good DVD once you have finished your revision session.

Do something physical. When you're not revising, use your spare time to get away from your books and do something active. Exercise is good for taking your mind off stress and keeping you positive, and it will help you sleep better.

Ask for help. If you're feeling stressed, it's important to talk to someone you trust, such as a family member, teacher or a friend. Lots of people find exams difficult to deal with, so don't be embarrassed to ask for support.

How to handle exam days

Be prepared. Start the day with a good breakfast, and give yourself plenty of time to get to the exam hall. Remember to take everything you need, including pencils, pens and a calculator. A bottle of water and some tissues are also useful.

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.

Plan how much time you'll need for each question. Don't panic if you get stuck on a question, but try to leave yourself enough time at the end to come back to it.

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