



THE RIPLEY ACADEMY

# A PARENT & STUDENT GUIDE TO GCSE SUCCESS

*Ability*

is what you're capable of doing.

*Motivation*

determines what you do.

*Attitude*

determines how well you do it.

KEY DATES	
GCSE Food & Nutrition practical	week commencing 6 <sup>th</sup> February
Mock exams 1	3 <sup>rd</sup> – 14 <sup>th</sup> December 2018
Mock exams 2	4 <sup>th</sup> – 13 <sup>th</sup> March 2019
<b>Year 11 exam period</b>	<b>7<sup>th</sup> May – 28<sup>th</sup> June 2019</b>
Year 11 Prom	Thursday 27 <sup>th</sup> June 2019
<b>GCSE Results Day</b>	<b>Thursday 22<sup>nd</sup> August 2019</b>

## FURTHER INFORMATION – Heads of Departments

### Subject Enquiries

If you require more information about any subjects, please speak with the following staff:

<b>Head of House – Dove</b>	<b>Mr S Kingsland</b>	<a href="mailto:skingsland@ripleyacademy.org">skingsland@ripleyacademy.org</a>
<b>Head of House – Kinder</b>	<b>Mrs S Fidler</b>	<a href="mailto:sfidler@ripleyacademy.org">sfidler@ripleyacademy.org</a>
<b>Head of House – Monsal</b>	<b>Mr M Lipton</b>	<a href="mailto:mlipton@ripleyacademy.org">mlipton@ripleyacademy.org</a>
<b>Head of House – Riber</b>	<b>Mrs K Alexander-Brown</b>	<a href="mailto:kbrown@ripleyacademy.org">kbrown@ripleyacademy.org</a>

The Sixth Form at Ripley Academy	Mr S Richardson, Mrs E Taylor
Art and Design	Mr D Babington
Business Studies	Mrs E Taylor
Careers Information	Mrs Alexander-Brown
Computer Science	Mr C Hudson
Design Technology	Mr C Goddard
Drama	Mrs R Lewis, Mrs L Forster
English	Mrs S Kent
Food Preparation and Nutrition	Mrs L Bishop
French and Spanish	Mr R Pardo Roques
Geography	Mrs J Richmond, Mrs J Millington
Health and Social Care	Mr M Lipton
History	Mrs C Kenway, Mr P Shaw
Inclusion: Learning Support	Ms L Clark-Hallam
Mathematics	Mrs J Thawley
Music	Miss L Close
Photography	Mrs E Snow
Physical Education	Mr J McTaggart
Psychology	Miss N Preston
Religious Studies	Mr S Richardson
Science	Mr M Kirkland

### **HOW WILL THE RIPLEY ACADEMY SUPPORT STUDENTS?**

In addition to the high quality teaching and exam practice at The Ripley Academy, teachers will deliver

- ★ structured after school revision sessions,
- ★ revision sessions during school holidays,
- ★ provide past exam papers and revision aids,
- ★ support students with anxieties and exam stress,
- ★ discuss concerns with students and parents,
- ★ support students who have been identified as having particular needs,
- ★ run a series of Study Skills sessions during lessons to help your child learn how to revise effectively.

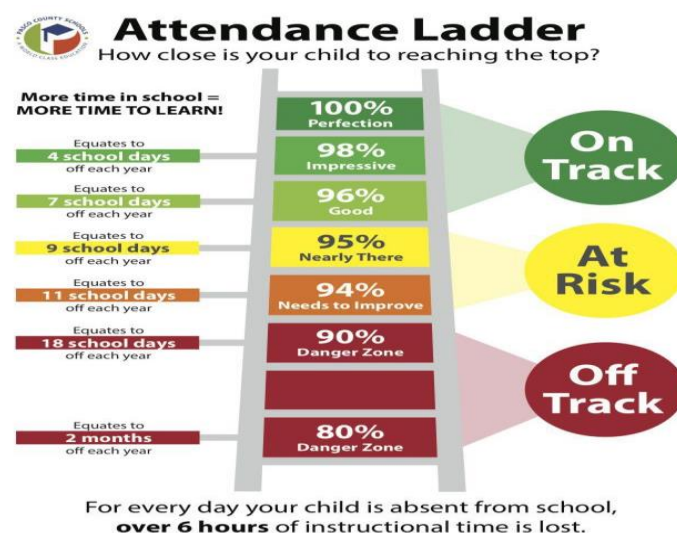


### **HOW YOU CAN SUPPORT YOUR CHILD**

Year 11 is the most important year of schooling for your child in their academic career. The good news is that you don't need to be a subject expert to make a real difference in best supporting them. One of the hardest demands on students is that of understanding the long-term importance of doing the best they can, and learning to shelve short-term fun in the interest of long-term benefits. Children will also differ in their levels of maturity, their ability to take responsibility for their learning and in their organisational skills and levels of motivation. This is where parents come in. Your support, encouragement and interest can make a significant difference to your child's motivation and ability to cope with the academic and organisational demands of the exam period.

## FIVE TIPS FOR SUPPORTING YOUR CHILD

- I. **Time management:** Agree a balance between revision and social time and stick to the agreement (this is vital to maintain motivation). Whilst students need to be doing revision every day, it is important that they do plan some time to relax. Creating a revision plan is a great way to mutually achieve this agreed balance.
- II. **Attendance:** Especially at this key time of year, it is vital that students attend every lesson. A missed school day is a lost opportunity for students to prepare, meaning they may miss necessary knowledge needed for their exams.
- III. **Finding the right revision method:** All students should be revising for the examinations in May at this point. They will need to be able to recall two years' worth of information for at least 8 subjects. Students need to try out different methods and find what works well for them, as well as for the subjects they study (for instance, a different method maybe needed for Physics than for French).
- IV. **Organisation:** Students need to be well organised. This can be as simple as packing bags carefully the night before as it is vital to make sure they have their exam equipment (including a spare pen). Having breakfast and water in a morning, the brain cannot function to the best of its ability if it is denied sustenance.
- V. **Keeping the motivation up.** If your child asks for your support, encourage them by helping them to see the difficulties in perspective. Teenagers often take an all or nothing 'catastrophic' approach to difficulties – "I've messed up this essay, I might as well give up." Positive support and guidance is key.



## A GUIDE TO REVISION

Trying to simply remember something by just looking at it has been shown to have almost no effect on whether or not you remember it. The implication for revision is clear: just reading your notes won't help you learn them.



Instead, you need to reorganise the information in some way. Remember though that a way that works for a friend may not work for you. Different revision methods include making simplified notes, making revision mats and practising exam questions. This approach, called "depth of processing", is the way to ensure material gets lodged in your memory.

## REVISION TIMETABLE – HIGHLY RECOMMENDED

Students should create a timetable to ensure that time is allocated equally between all subjects as well as ensuring that extra-curricular commitments and relaxation time are continued to relieve stress and refocus the mind. It is important to maintain a balance of revision, homework and relaxation so it is important to map your time carefully to ensure you can fit everything in!

### Example Revision Timetable

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8am	school	school	school	school	school	TV	French
9am	school	school	school	school	school	English	Break
10am	school	school	school	school	school	Break	French
11am	school	school	school	school	school	English	Maths
12pm	school	school	school	school	school	lunch	Lunch
1pm	school	school	school	school	school	Science	Geography
2pm	school	school	school	school	school	Break	Break
3pm	school	school	school	school	school	Science	History
4pm	Tea & TV	Trampoline	Tea & TV	Drama club	Tea & TV	Break	Tea
5pm	Tea & TV	Tea & TV	Football	Tea & TV	French	Tea	Homework
6pm	Maths	Geography	Technology	English	Out	Out	Break
7pm	English	Science	Maths	RE	Out	Out	Maths
8pm	RE	History	Science	History	TV	out	Break

## SUBJECT TOPIC – RAG RATING PLAN

For each of your subjects, list all the topics and areas you need to cover accordingly. RAG (red, amber, green) rate each topic. Ask your teacher or use your text books to make sure you cover all topics.

- **Red – Poor understanding of topic - Need to focus revision time on this topic area**
- **Amber - Good understanding of topic - Need to revisit**
- **Green - strong understanding of topic - Need to recap**

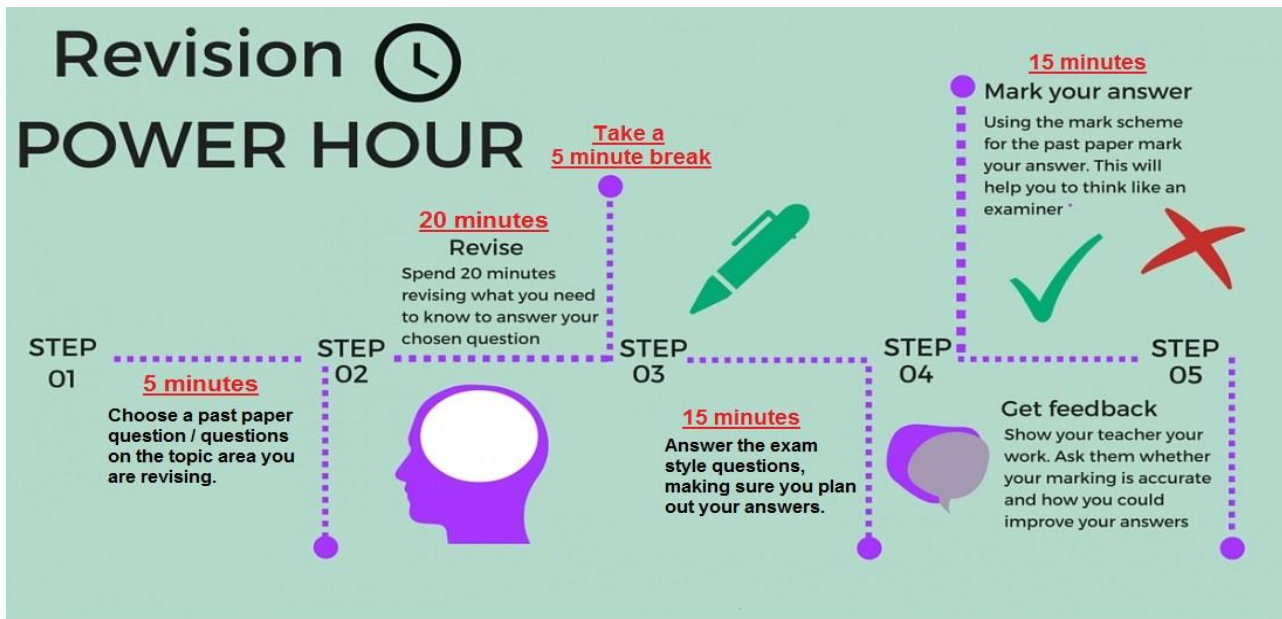
	A	B	C	D	E
1	<b>1.2.1 Physical activity and your healthy mind and body</b>			<b>1.2.4 A healthy active lifestyle and your muscular system</b>	
2	Describe the different body types and explain the effect of each on participation and performance	3		Understand the role of the muscular system during physical activity and how the major muscle groups benefit from particular types of physical activity	3
3	Outline why and how expected and optimum weight varies according to height gender bone structure and muscle girth; explain how this may affect participation and performance in physical activity	1		Understand the role of muscles in movement	3
4	Explain the terms anorexic obese overfat overweight; explain how they may impact on achieving a sustained involvement in physical activity	1		Understand the immediate and short-term effects on the muscular system of participation in exercise and physical activity	2
5	Explain the effects of smoking and alcohol on general health and on physical activity	2		Understand the long-term effects of regular exercise and physical activity on the muscular system	6
6	Know about different categories of drugs and the effects they may have on health wellbeing and physical performance and why some performers might identify risks associated with participation physical activities and explain how to reduce these risks to better maintain wellbeing	4		Understand the potential for muscle injuries through exercise and physical activity and know common techniques for treatment	1
7				Understand the impact of rest on the muscular system	6
8				Understand the impact of diet on the muscular system	6
9				Understand the impact of performance enhancing drugs on the muscular system	6
10	<b>1.2.2 A healthy active lifestyle and your cardiovascular system</b>				
11	Understand the immediate and short-term effects of exercise and physical activity on the cardiovascular system	3			
12	Understand the long-term effects of regular exercise and physical activity on the cardiovascular system	3			
13	Understand the impact of rest on the cardiovascular system	3			
14	Understand the impact of diet on the cardiovascular system	3			
15	Understand the impact of recreational drugs on the cardiovascular system	3			
16					
17	<b>1.2.3 A healthy active lifestyle and your respiratory system</b>			<b>1.2.5 A healthy active lifestyle and your skeletal system</b>	
18	Understand the immediate and short-term effects on the respiratory system of participation in exercise and physical activity	4		Understand the function of the skeletal system for movement support or protection during physical activity	2
19	Understand the long-term effects of regular exercise and physical activity on the respiratory system	1		Understand the ranges of movement at joints during physical activity	4
20	Understand the impact of recreational drugs on the respiratory system	3		Understand the effects of regular exercise and physical activity on the skeletal system	6
				Understand the importance of weight-bearing exercise to prevent osteoporosis	2
				Understand the potential for skeletal injuries through exercise and physical activity and know common techniques for treatment	2
				Understand the impact of diet on the skeletal system	2

## PLANNING REVISION TIME

Planning how you are going to revise plays a key role in maintaining focus and motivation.

Research shows you should spend at least half of your revision hour focussing on answering exam questions; they're the closest thing you'll get to the actual exam, so make the most of them.



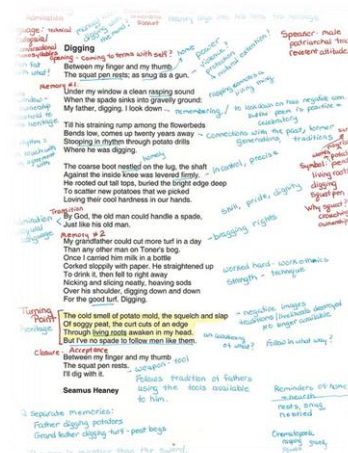


## EIGHT POTENTIAL REVISION METHODS

### Annotations

For poems, you can blow up the poem (photocopy and stick them on large paper) and annotate it in different colours for content, and various stylistic ideas. For books and plays, chapter or scene synopses can be useful.

This can also be useful if you own your textbooks. You can highlight key points and ignore the waffle. Write down helpful notes on the key parts to remember.



### Cue Cards / Flash Cards

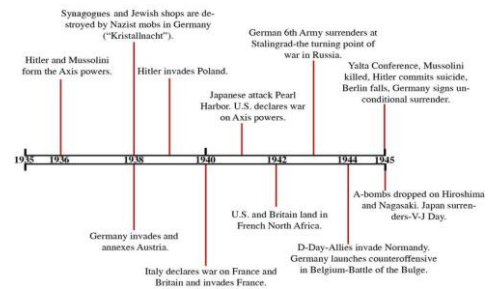
Flash/cue cards are always handy for when you're out and about. List definitions, key facts or rules you need to know. Alternatively, write key words for a topic area, to help you remember.

These are also handy for learning language vocabulary. You can buy index cards in any good newsagent or simply cut card to size. Once filled in, these cards will allow you to reclaim time that would otherwise be wasted - on the bus, in the queue at the supermarket, walking to school - there's no limit.



## Timelines

Timelines can be helpful - especially for History. They are invaluable for making sense of a series of events, because you can trace improvements, factors, events etc. Pin them up in your room!



Alternatively, for example, in English Literature you could pick a key character and do a series of cards with evidence of their characters action or a useful quotation. These can be ordered chronologically so you can trace development.

Draw key theme cards, style cards etc. You could draw a timeline for each book or play that you're studying and superimpose a tension graph where lines rise for more dramatic events.

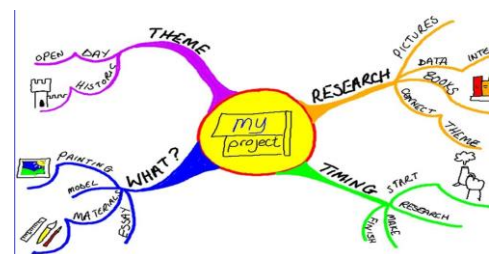
## School revision classes

Attend revision sessions run by the school. Prior to attending the session, make a list of questions that you want to ask or topic areas you would like help with. You should also make notes throughout the session especially in relation to any topics or content that the teacher recommends you revise.



## Mind Maps

If you find it difficult to remember lots of information and notes, Mind Maps may be the key to improving your memory. The theory behind mind mapping explains that making associations by connecting ideas helps you to memorise information easier and quicker. Creating a mind map using colourful technique allows you to break down a topic in a subject that you need to memorise.





## **Acronyms and Rhymes**

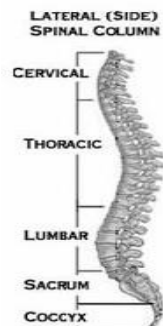
This is when you use a word to help you remember a sequence of steps within a subject. For example: Remembering what to write about in a reading task in English or key ideas in Science:

**P**oint

**E**vidence

**E**xplanation

**L**ink



**C**hristmas

**T**ime

**L**et

**S**now

**C**ome

## **Mini Revision Booklet**

Take the topic heading for your subject and a few pieces of paper and then attempt to write concise summary containing key information under each. This is a useful way to see what you know and then using the text books you can add detail to create a resource that is easy to understand and can be used to revise from.

It is important that this is done completely from memory towards the end of your revision. Points you miss out can be put in an appendix section called 'points to remember'. Don't forget you're not writing a book.

## **Revise with friends – test each other**












It can be helpful and reassuring to form a revision group. As a group you can then discuss the areas that you are all revising. Your knowledge of a topic will be enhanced through both listening to and talking about the topics that you need to revise. When revising in a group you might ask another member to prepare some questions about the areas you are revising which you can try to answer.

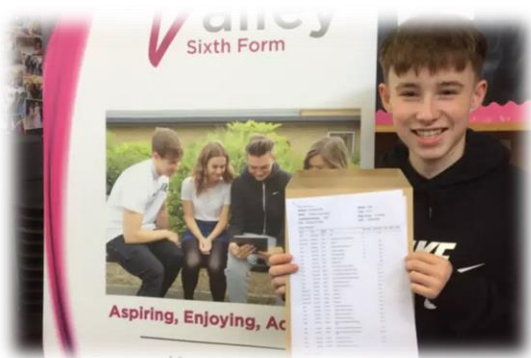
## **Record your own revision MP3**

After making revision notes record these on to an mp3 (this can be done in D20). This can be useful when it comes to revision because it allows you to listen to the notes you've made without having to have access to all your books - while you're walking to school, for example. Particularly helpful for students memorising for French/Spanish speaking tests.



## TOP TIPS TO HELP YOUR CHILD REVISE EFFECTIVELY

-  Agree the rules for homework and revision, helping them to make a realistic timetable, balancing work time against recreation time and reviewing the plans as necessary. Have the timetable displayed in their room to help them stick to the plan.
-  Ensure they have the time and somewhere quiet to study. Encourage the rest of the family to give them space and peace whilst they revise.
-  Encourage your child to use the revision methods they have been taught i.e. annotated notes, mind-maps. Just reading things through doesn't always work! The more they process information, the more likely it is to stick!
-  Encourage them to attend revision sessions offered by the school and to ask for help on any subjects they don't understand.
-  Make sure they eat properly and drink plenty of water (not energy drinks). The brain works better when the body is fed and watered!
-  Emphasise the need for plenty of sleep, especially the night before an exam.
-  No matter what they tell you, television and loud music do not help revision, but quiet background music might! Keeping the mobile phone out of easy reach also reduces temptation.
-  Ask to see their revision notes and check how they are doing by letting them explain something to you. If you understand the explanation, then they will be able to produce a good answer in the exam.
-  Be positive and reassuring to build their confidence.
-  Make sure they continue to attend all lessons up to the examination in each subject.
-  Ask them to put their social life on hold; they can celebrate when it's all over. Allow them to revise with a friend as this can help to allow them to test each other and talk about the work.



***Remember, how you approach the next few months can have a real impact on your child's future. Studies show that high parental interest is linked with better exam results. What will you do to give your child the best chance of achieving success?***