



Year 10 Information Evening

Core Subject Support

Thursday 26 September 2024

We remember:

20% of what we read

30% of what we hear

40% of what we see

50% of what we say

60% of what we do

and

90% of what we read, hear, see, say and do

Parent/student survey

The idea of this survey is to promote discussions in your families. Please read the questions together and then simultaneously (and without conferring!) assess where you think you / your son / daughter sit on each line.

Q1. How many hours (actual) sleep do you get each night?

5 6 7 8 9 10 11 12 13 14

Q2. For how many minutes before you go to bed are you 'screen-free'?

0 10 20 30 40 50 60 70 80 90

Q3. How many books have you read in the last 6 months?

1 2 3 4 5 6 7 8 9 10 11+

Q4. During a typical week, on how many weekdays do you eat a decent breakfast?

1 2 3 4 5

Q5. How many glasses (200ml) of water do you drink a day?

1 2 3 4 5 6 7 8 9 10 11+

Q6. How many hours do you spend on your phone each day (social media, gaming, YouTube, etc)?

1 2 3 4 5

Q7. How often does your parent check your usage of social media (apps/etiquette/images/contacts)

Daily Every Weekly Monthly Never
 few
 days

English

- There are two **separate** GCSEs.
- Students receive separate results for AQA English Language and English Literature. There are no tiers for either GCSE.
- When colleges state that students require 'English' they mean English Language.
- Generally, if a student does not achieve a grade 4 they are required to re-sit their GCSE English Language in the November of the first year of college.

Revision/homework: Students have revision (homework) set every week:

- Students will be given one task for each GCSE from October half term. Before October half term, students are only studying English Literature and so any work completed at home will only be in relation to this GCSE.
- Students are expected to complete all tasks to a **high standard** and may wish to use a **revision folder** to keep their revision outcomes in for use in Year 11.
- Tasks vary and include practising the skills required (extended writing, analysis of texts, increasing reading stamina) and knowledge based revision.
- 30-40 mins per homework.

How can you help your child prepare for their English GCSE?

- Discuss the key texts with them – is there anything you can relate to the world today?
- Where possible, purchase a copy of the key texts so that students can annotate their own copies.
- Use cue cards to revise with students – test them on their knowledge of the literature texts and language devices.
- Check their homework – does it look like excellent work?
- Check which day homework is due and encourage them to complete their work.
- Read with or to them or encourage individual reading as much as possible – excellent readers make excellent writers.
- Expand their vocabulary through reading and discussion.
- Encourage use of GCSE Pod (www.gcsepod.com) to revise key topics or review the exam papers online.

Notes

Maths

- We follow the Pearson GCSE Maths (9-1) exam specification.
- There are two tiers of entry; Higher tier covers material aimed at grades 4-9 and Foundation covers material at grades 1-5. Typically students in sets 1-3 take the Higher GCSE and other sets follow the Foundation tier pathway, although no firm decision on tier of entry is made until the spring term of year 11.
- Each tier consists of 3 equally weighted exam papers: Paper 1 is a non-calculator exam and Papers 2 and 3 are both calculator exams. The grade is determined by the sum total of the scores achieved in all 3 papers and not graded by individual papers. Any topic can appear on any paper.
- In some Foundation classes, students are also entered for the Edexcel Award in Number and Measure. This Award is designed as a stepping stone to the GCSE and builds confidence by prioritising key topic areas. The Award is available at Level 1 and Level 2 and is taken in May of Year 10 with re-sit/levelling up opportunities in January and May of Year 11.
- Colleges require at least a grade 4 (standard pass) in maths if not a grade 5 (strong pass) or higher. If a student does not achieve a grade 4, they are required to re-sit their GCSE maths in the November of the first year of college.

Revision/homework

- Homework continues to be set each week on Sparx Maths (www.sparxmaths.co.uk) as in previous years. This platform offers personalised homework/revision, tailored to the individual student's needs, and comprises of a mixture of recently taught topics, but also consolidation of previously taught material in order to provide regular retrieval practice of skills that aid long term memory.
- Questions on Sparx Maths are marked automatically with opportunities for multiple attempts so students are given immediate feedback. Each question is accompanied by a support video which walks students through a similar question with the same structure. Given the personalisation of Sparx maths and the support available, the expectation is for **100% completion which is therefore 100% correct!** The homework continues to be set via a link on your child's google classroom so that homework for all their subjects can be found in one place via their "To Do" list.
- In addition to compulsory homework tasks, Sparx maths provides bespoke XP Boost and Target.
- The expectation is for students to spend around 40 minutes per homework
- Sparx maths also contains an Independent Learning section which consists of a library of all maths topics so students have unlimited access to any topic at any time across the ability range. Students can use this fantastic resource when preparing for formal assessments or to pursue areas that pique their interest!
- CGP Revision guides that incorporate workbooks of practice are available for purchase via Scopy. These are available at Higher or Foundation tier. Ask your child's teacher if you are unsure which tier to purchase.
- Topic lists are available for each formal in-class assessment. These include page references to the CGP revision guides as well as codes to the relevant topics on the Independent Learning section of Sparx Maths.

How can you help your child prepare for their Maths GCSE?

- Purchase a CGP maths revision guide.
- Check which day Sparx maths homework is due. (It's the same each week!). Ensure that the homework is completed to 100%.
- Don't leave homework to the night before as any further issues encountered will be difficult to resolve at such short notice.
- If your child struggles, ensure they have watched the support video. In the event that the video does not help, the student should notify their teacher in advance of the deadline either via a message via google classroom, email or in person.

Recommended Websites/YouTube channels

www.sparxmaths.co.uk

www.mathsgenie.co.uk

<https://www.youtube.com/@TheGCSEMathsTutor>

Science

- Students are either studying AQA GCSE Combined Science Trilogy (Set 2&3), or AQA GCSE Biology, AQA GCSE Chemistry, and AQA GCSE Physics (set 1).
- Combined science students will receive a double grade - this is the same as two GCSEs i.e. 65 means a grade 6 and a grade 5.

Revision/homework: Students have revision (homework) set every week

- Students have a quiz set each week. This is to force them to recall content they studied previously to ensure they remember it.
- In addition they should be creating revision summaries / flash cards and organising them by exam.
- 30-40 mins per homework.

How can you help your students prepare for their Science GCSEs?

- There is always science in the news, discuss it with them.
- Use the core questions on the website to revise with students – test them!
- Encourage them to complete the quizzes each week. When submitted they can see which questions they got wrong, encourage them to work out why the answer they chose is incorrect rather than simply repeatedly guessing.
- Build a revision folder now and fill it over the course - don't leave it until the end!
- Encourage them to complete the past paper questions available via the science website:
<https://sites.google.com/themountbattenschool.org/sciencestudents>

Notes

Parent/student survey reflections

Q1

The NHS recommends that 13–18-year-olds need approximately 8-10 hours of sleep per night. Many need more!

Q2

Most sources agree that you should be screen-free 60-90 minutes before bedtime.

Good practice – devices charge downstairs overnight, keeping games console controllers company.

Q3

Jonathan Douglas, Director of the charity National Literacy Trust, said: “Pupils studying for GCSEs need to be strong enough readers to understand their course textbooks and comprehend exam questions. By failing to ensure all young people have the literacy skills they need to access their education, we could be depriving them of the opportunity to succeed both academically and in life. Children’s reading must be supported throughout their time at school to help them succeed across the curriculum.”

Q4

Breakfast benefits

Energy - Along with sleep and exercise, breakfast is one of the best ways to recharge your batteries. Breakfast alleviates hunger and a rumbling tummy, which can interfere with academic performance, behaviour and self-esteem.

Improved concentration - Studies suggest that eating a healthy breakfast improves brain function — particularly memory and recall.

Better grades - Research shows students who eat breakfast perform better academically.

Healthy weight - Breakfast skippers tend to weigh more than those who eat breakfast regularly. Additionally, those who eat a morning meal tend to make healthier food choices throughout the day.

Great taste - Improves your mood. Encourage eating breakfast daily. Though it may take time, helping your teen eat a nutritious breakfast today will build healthy eating habits that last a lifetime.

Q5

It is recommended that teenagers drink the equivalent of ten 200ml glasses of water a day, more if it’s hot and/or if exercising.

We often don’t feel thirsty even when our bodies need fluid, so it’s a good idea to drink water regularly throughout the day. Pack a water bottle whenever you go out. Water down juices. Use smaller glasses when having sugary drinks as a treat. AVOID energy drinks, they are harmful and not allowed in school!

Q6

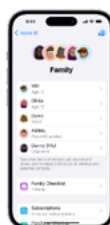
There are many apps out there which can restrict/monitor your phone usage, set daily limits and notify you when you go over. Some have family settings which allow you to control screen-free times for each day of the week. For example, Google Family Link & Apple Family Sharing.

Q7

All the evidence suggests that parents need to take an active role in their teens online life as well as role-modelling it responsibly themselves. Nearly half of all teenagers would change their online behaviour if they knew their parents were checking what they were doing.

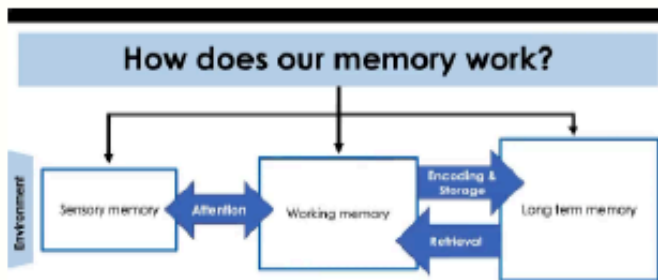
Good practice for all of us

- Parents have the right to check your phone at any time.
- Fight FOMO (Fear Of Missing Out), we all need ‘phone off’ time.
- Phones ‘off’ or in a different room when doing homework.
- A Facebook founder described it as “a social validation feedback loop... you’re exploiting vulnerability in human psychology.”
A clear warning for the use of all social apps, “Everything in moderation”.



Study Skills

Revision, homework and good habits



Short term memory is very limited. On average we can only hold four new pieces of information at any one time.

Working memory is where we temporarily store, organise and manipulate information. It is the workspace for our brain.

Teachers use strategies such as quizzing, starters for 5 and dual coding to revisit and encode information which helps to move it into the long term memory.

FOCUSED ENVIRONMENT

- Remove distractions such as phones and devices.
- Turn off the TV.
- Have all resources and equipment to hand.
- Find a comfortable place to work and think about a room with natural lighting.
- Set up a work station that is free of clutter.

Homework

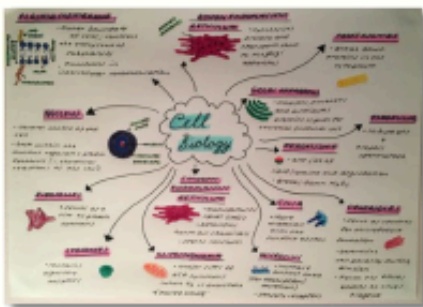
Homework should be welcomed. It forces you to keep up-to-date notes and review topics. It offers you an opportunity not only to test your understanding of an area but also to apply your knowledge to certain questions. It encourages further reading and to 'have a go' at the task.



ORGANISATION

- Ensure that you check your planner / the 'to do' list on Google Classroom everyday.
- Work in a quiet space (Library).
- Ensure that you have a homework timetable. This means your work will be spaced throughout the week rather than all in one go.

MIND MAPS

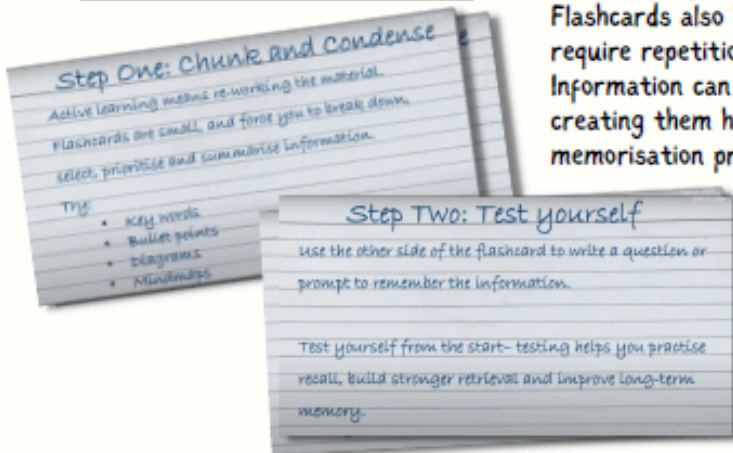


Mind Maps are beneficial for a variety of reasons. The basic idea behind them is to mirror the brain, hence the idea of "mind map" the information can be laid out in away that is organised-allowing for a simple way to understand and learn information quickly.

- Using colour association and images can help recall information more easily, this is especially helpful for visual learners or those with dyslexia.
- Mind maps are most effective when notes are simplified.
- Mind maps can be created using paper and coloured pens or online.

FLASHCARDS

Flashcards can be an extremely beneficial way to help memorise large chunks of information in short periods of time. Flashcards also help in long-term understanding of concepts as they require repetition. Information can be gathered directly from notes and the process of creating them helps with understanding and begins the initial memorisation process.



FLASHCARDS - LEITNER SYSTEM

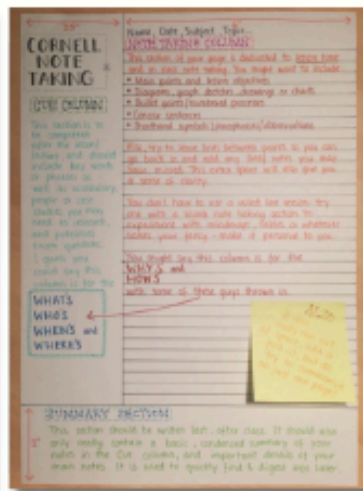
The Leitner System is a learning method that uses flashcards and a spaced repetition to aid memorisation. The system is used to prioritise topics.



- 1** **Everyday**
If the information is new or isn't sticking revise the cards daily.
- 2** **Tuesday & Thursday**
If you are unsure about the information revise the cards twice a week.
- 3** **Friday**
If you are confident with the information revise the cards once a week.

CORNELL NOTES

Name	Date
Subject	Page #
recall column	notes column
summary	



- Divide the page into two columns.
- The one on the right being much larger than the one on the left.
- The left is used for keywords/terms/headings; the right is used for explanations and examples.
- The last few lines of the page are left blank for questions or for a short summary.

Notes should be frequently reviewed, added to and re-made.



Work Together



Quizzing



Research and watch videos



Have a study plan



Read, cover, record, check

Term time work planning

Week beginning

.....

	Mon	Tues	Wed	Thu	Fri
3 – 4pm					
4 – 5pm					
5 – 6pm					
6 – 7pm					
7 – 8pm					
8 – 9pm					

	Sat	Sun
9 – 10		
10 – 11		
11 – 12		
12 – 1		
1 – 2		
2 – 3		
3 – 4		
4 – 5		
5 – 6		
6 – 7		
7 – 8		
8 – 9		

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1 – 2		
2 – 3		
3 – 4		
4 – 5		
5 – 6		
6 – 7		
7 – 8		
8 – 9		

What steps do I follow when drawing up a homework/revision timetable?

- Step 1 Draw up a trial timetable lasting 1 week
- Step 2 Work through your trial timetable
- Step 3 Review your trial timetable
- Step 4 Draw up a timetable for the next week and work through it

Eat, sleep, repeat steps 5 and 6

Step 5	Review the timetable	
Step 6	Draw up your next timetable	

Term time work planning

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.....

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