Y11 Parent Power Evening

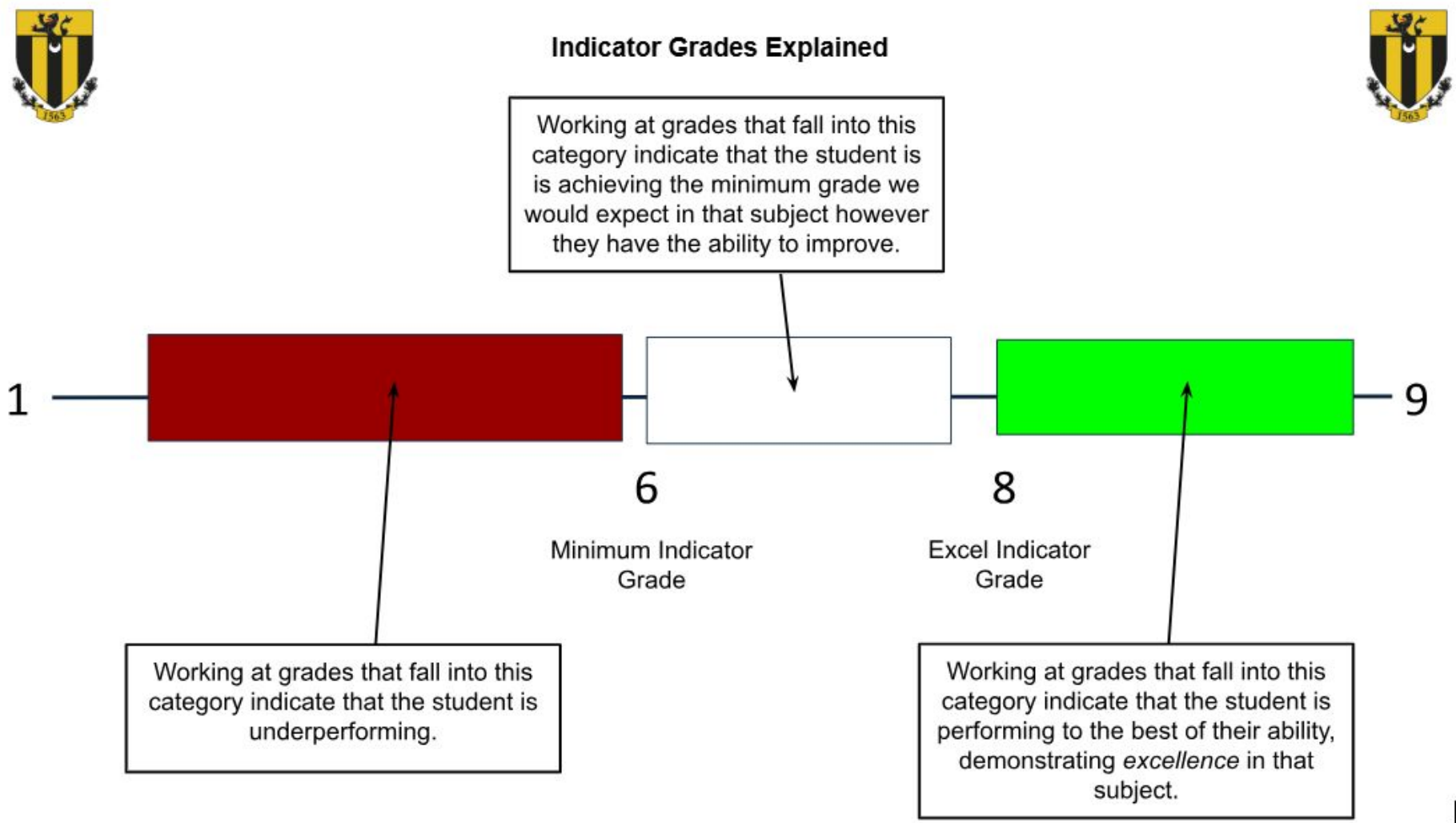
Thursday 15th October 2026



Timeline for Y11

- Autumn Mock Examination Series - **Monday 9th November – Friday 20th November**
- Mock Results Day- **Friday 11th December (Period 5)**
- Post-Mock Reflection - **Monday 14th December (Form Time)**
- Spring Mock Examination Series (English & Maths Only) - **Monday 1st March – Wednesday 3rd March**
- First Parents' Evening: **Thursday 7th January**
- Second Parents' Evening: **Thursday 18th March**

Indicator Grades Explained



Mock Results Day & Reflection

- Replicate the experience as much as possible.
- Have the weekend to process the results.
- Monday morning form time reflection.
- Have I met the entry requirements for the sixth form?
- How am I going to act now?



How much revision?

- An hour per subject per week - 10 hours per week.
- Each subject should have a dedicated folder.
- Start now and your future self will thank you.





Ikea TJABBA - 75p for two

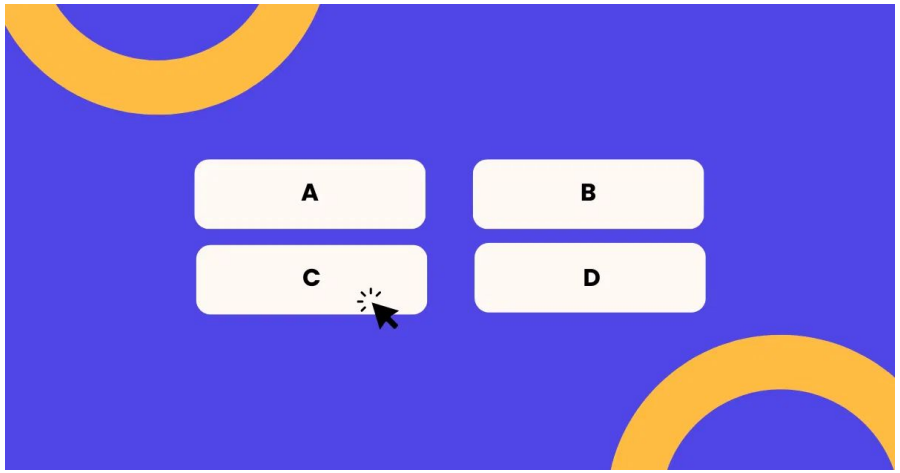
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM –4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM– 10AM	BREAKFAST/ SHOWER	BREAKFAST/ SHOWER
4PM– 5PM	HOMEWORK	TV/ GAMING/ SOCIAL MEDIA	HOMEWORK	TV/ GAMING/ SOCIAL MEDIA	HOMEWORK	10AM– 11AM	REVISION – ENGLISH	REVISION – SCIENCE
5PM– 6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM– 1PM	SEEING FRIENDS/ LUNCH	SPORT/ LUNCH
6PM– 7PM	REVISION – GEOGRAPHY	HOMEWORK	REVISION – HISTORY	REVISION – FRENCH	REVISION – SCIENCE	1PM– 3PM	REVISION – MATHS	REVISION – FLASH CARDS
7PM– 8PM	REVISION – MATHS	REVISION – ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM– 5PM	OUT WITH FAMILY	SPORT/ TV/ GAMING
8PM– 9PM	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	FREE TIME/ SHOWER	6PM– 8PM	DINNER/ FREE TIME	DINNER/ FREE TIME

Revision Techniques

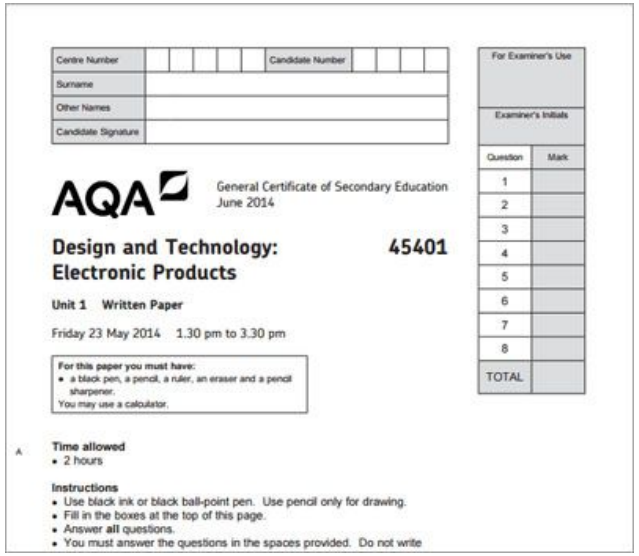
Manwood's Revision Strategies



Flashcards



Quizzing



Centre Number | Candidate Number | Surname | Other Names | Candidate Signature | For Examiner's Use | Examiner's Initials | Question | Mark | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | TOTAL

AQA General Certificate of Secondary Education June 2014

Design and Technology: Electronic Products 45401

Unit 1 Written Paper

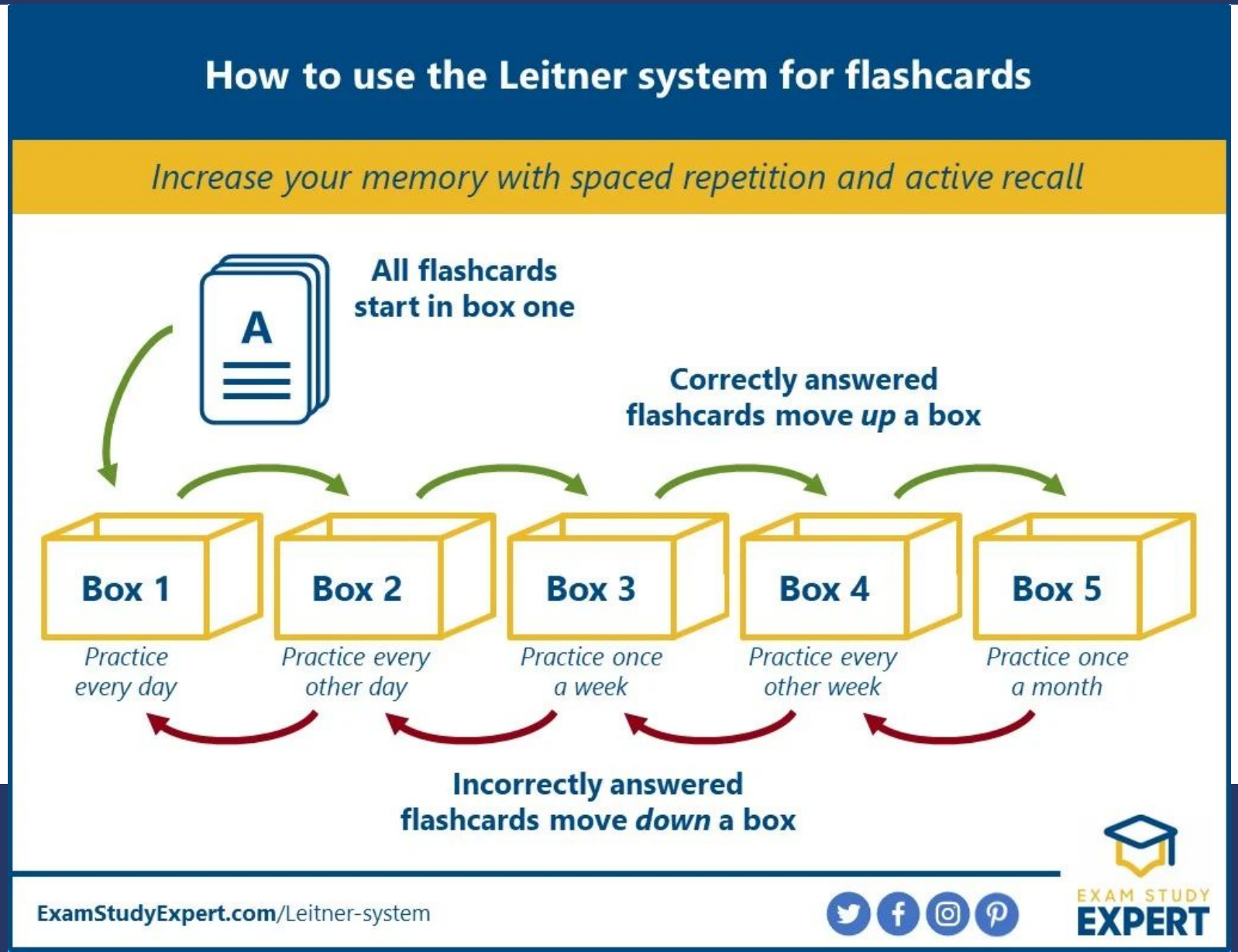
Friday 23 May 2014 1.30 pm to 3.30 pm

For this paper you must have:
- a black pen, a pencil, a ruler, an eraser and a pencil sharpener.
You may use a calculator.

Time allowed
- 2 hours

Instructions
- Use black ink or black ball-point pen. Use pencil only for drawing.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write

Past Papers


How to use the Leitner system for flashcards
Increase your memory with spaced repetition and active recall
A
All flashcards start in box one
Correctly answered flashcards move up a box
Box 1
Box 2
Box 3
Box 4
Box 5
Practice every day
Practice every other day
Practice once a week
Practice every other week
Practice once a month
Incorrectly answered flashcards move down a box
ExamStudyExpert.com/Leitner-system
EXAM STUDY EXPERT

Low Stakes Quizzing

Educake

BBC BITESIZE

SENECA

MyMaths.co.uk

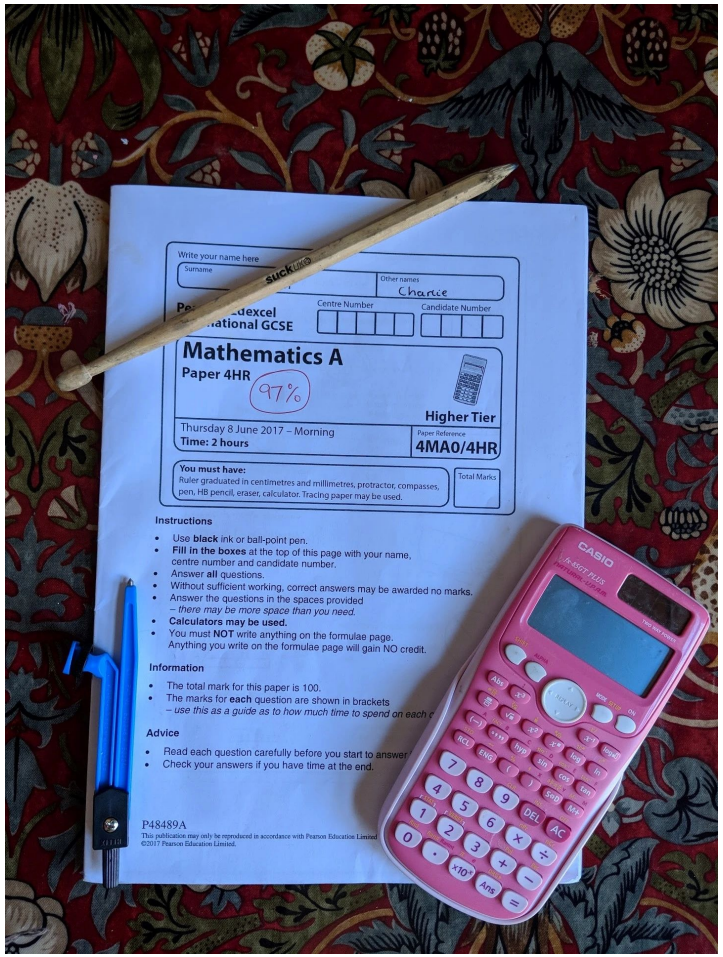
gcsepod
education on demand

Past Papers

PMT

resources • tuition • courses

https://www.physicsandmathstutor.com/



Revision Sessions Available

- Lunchtime and after school opportunities for extra support
- Come to the session with a specific problem. This could be a past paper question, topic or a specific lesson.
- If there are clashes with particular subjects then alternate.

	Monday A	Tuesday A	Wednesday A	Thursday A	Friday A
Lunch	Drama (extra rehearsal practice)	Art – KS3 & KS4 (G101 + G103) Spanish C204	Geography – G203 (invite only)	Art KS4 (G101)	History (invite only) Business Studies H101
Afterschool 15:30 – 16:30	Computer Science DLM A210 Music Coursework D101 Chemistry CEH F101 History SA1 B102	Physics DVM A102 History B102 SJA	Biology DM F202 Maths A209 Music Coursework D101	Business Studies (Invite Only - after January) 15:25 – 16:10 H102 English C102	French (C201) 15:25-16.15

	Monday B	Tuesday B	Wednesday B	Thursday B	Friday B
Lunch	Drama (extra rehearsal practice)	Spanish C204	Geography – G203 (invite only)		History (invite only) Business Studies H101
Afterschool 15:30 – 16:30	Computer Science DLM A210 Music Coursework D101 Chemistry CEH F101	Physics DVM A102 History B102	Biology DM F202 Maths A209 Music Coursework D101	Business Studies (Invite Only - after January) 15:25 – 16:10 H102 English C102	French (C201) 15:25-16.15

DT – support available anytime, please see Mr Neame.

Revision Resources on School Gateway

- Deadline for ordering is **Monday 20th October** - they will be ordered on the next day.
- Ordering through the school is cheaper than buying it yourself.
- Range of resources from revision guides, workbooks to flashcards.

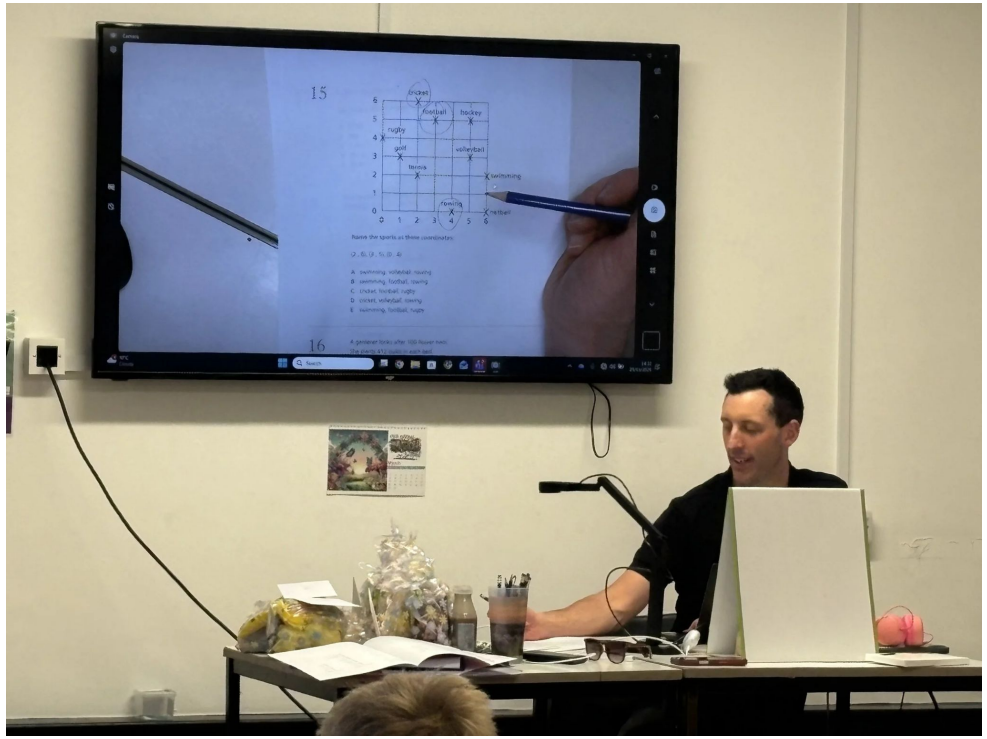


Homework Club

- Monday to Thursday, 15:30 to 16:30.
- Regulation Room
- Sixth form helpers on hand.
- Bring you planner and homework.



Walking, Talking Mocks





Y12 Speaker - Ophelia Stanley

Why do we need sleep?

1. Remember what we learn
2. Pay attention and concentrate
3. Problem solve
4. Stay healthy and fight sickness



<u>All</u> this is vital for success in year 11

80% of teenagers do not get enough sleep!

Teenagers need between 8 and 9 hours of sleep per day

. **Sleep time:** go to bed the same time everyday

. **Wake-up time:** wake-up the same time everyday

. **Wind down:** relax before you go to sleep (1 hour)

Use bed only for sleep: go to bed to sleep – not for TV or games

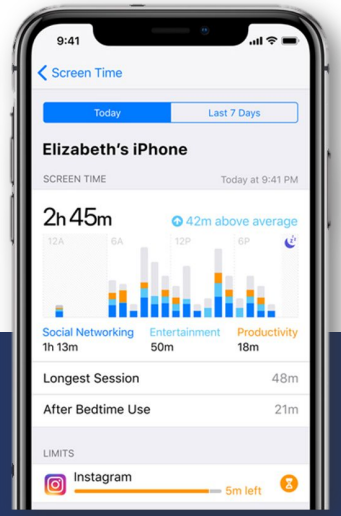
. **Naps:** do not replace a night's sleep & can stop you sleeping

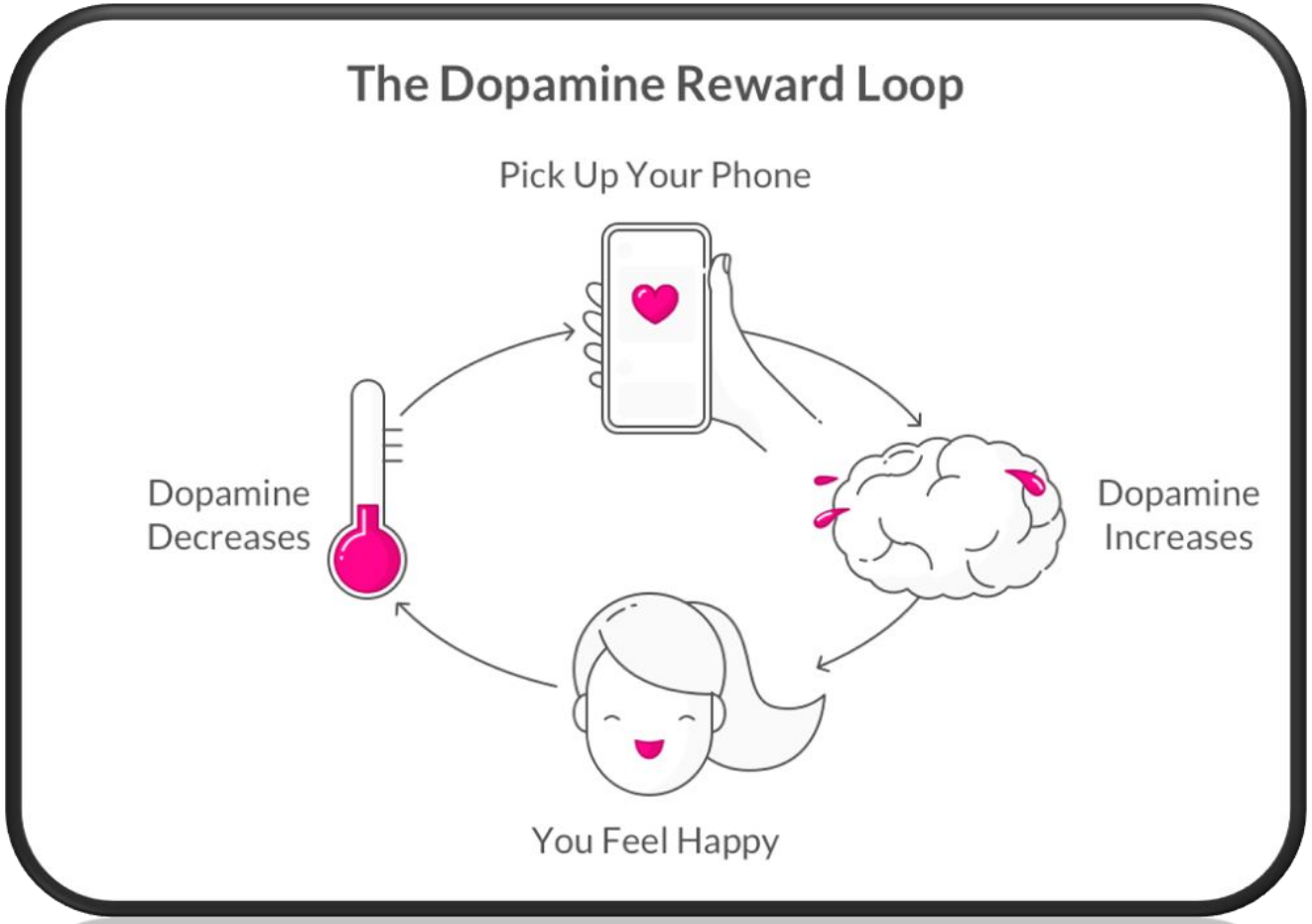
. **Exercise:** improves the quality of your sleep (not for 2 hours before you sleep)

Mobile Phones- The Science of addiction

Studies suggest that frequent mobile phone usage can have a significant detrimental effect on our memory, as well as our ability to store new information (Kalafatakis et al., 2017).

Reliance on our mobile phones to give us a dependable surge of dopamine makes it harder for our brains to organically produce dopamine in the slower, more sustainable ways they naturally would.




The Dopamine Reward Loop
Pick Up Your Phone
Dopamine Increases
You Feel Happy
Dopamine Decreases

This can lead to the development or exacerbation of conditions such as depression, anxiety and poor sleep

More sustainable sources of dopamine production are things like exercise, vitamin D, achieving long-term goals and getting good-quality rest.



Unplugging

A guide to life online and how to take control





Top Tips to take control when using technology



Set time limits and stick to them



Turn it off when doing other things so you can fully commit to that



Start to wean yourself off; you do not have to reply / like everything



Use technology as a reward, not a continual lifestyle



Turn off technology before bed and do not have it on by your bed



If your struggle with self-discipline, let your parent or carer have your device

KENT CHOICES

- Letter will be send home this week from Kent Choices.
- All students have had two lessons to prepare and write a personal statement.
- Ms Borg is checking personal statements as they come in and will be available for a careers meeting if needed.
- Applications open on Monday 2nd November
- Plenty of resources on the Kent Choices website for parents.

Post 16 Options and the 6th form experience

- Excellent outcomes, built on a 7-year experience
- Broad curriculum - A levels, the gold standard
- Strong sixth form team - provide support and supervision
- Pupils are known well by their teachers
- Excellent UCAS, pathways and careers support
- An outstanding personal development programme, which includes
  - Leadership opportunities - prefects, captains, sports leaders, academic leaders
  - Events and trips: 6th form dinner, year 12 and 13 ball, theatre, cinema, Boonies
  - CCF, D of E, Sports academies

The Grange 6th form centre

A state-of-the-art facility

- Lecture theatre
- Classrooms
- Study spaces
- Recreation space





Lecture Room



Study Area



Typical Classroom



Orangery

The Grange 6th form centre

A state-of-the-art facility

- Lecture theatre
- Classrooms
- Study spaces
- Recreation space

