



**Brighton Hill
Community
School**
Making success inevitable

Class of 2024 Parent Collaboration Event



"If you don't know which port you want to sail to, then no wind is favourable, no matter how strong"





If I am really going to milk it...



A ship can have the strongest winds in the world... but it still needs someone to pull up the anchor!

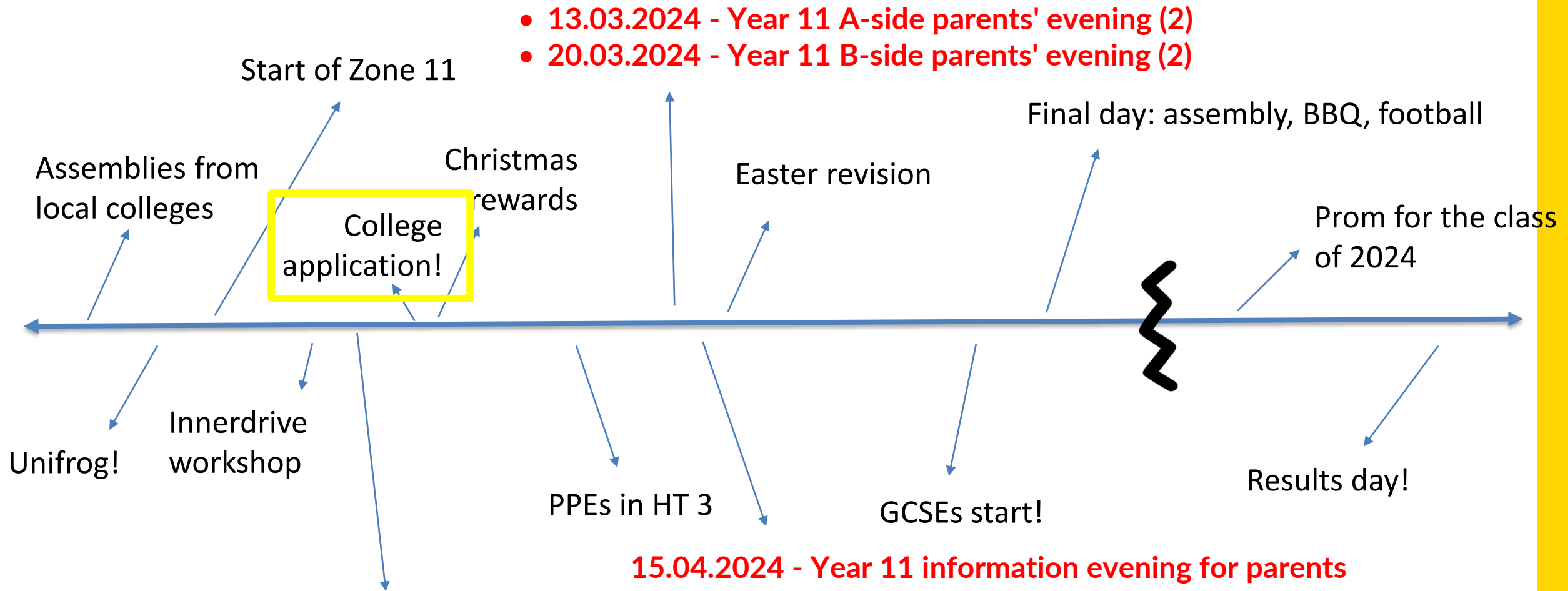
In other words, we can offer everything under the sun, but it's up to your child to get the ball rolling and engage in the support.

To be included tonight:

- Overview of year 11 (key events/dates).
- Information about college applications.
- Common 'anchors' in year 11.
- Helping you/your child get ready to start revising.



Timeline for year 11



- 15.11.2023 - Year 11 A-side parents' evening (1)
- 22.11.2023 - Year 11 B-side parents' evening (1)



College application support

We have set a deadline for college applications as first week of December.

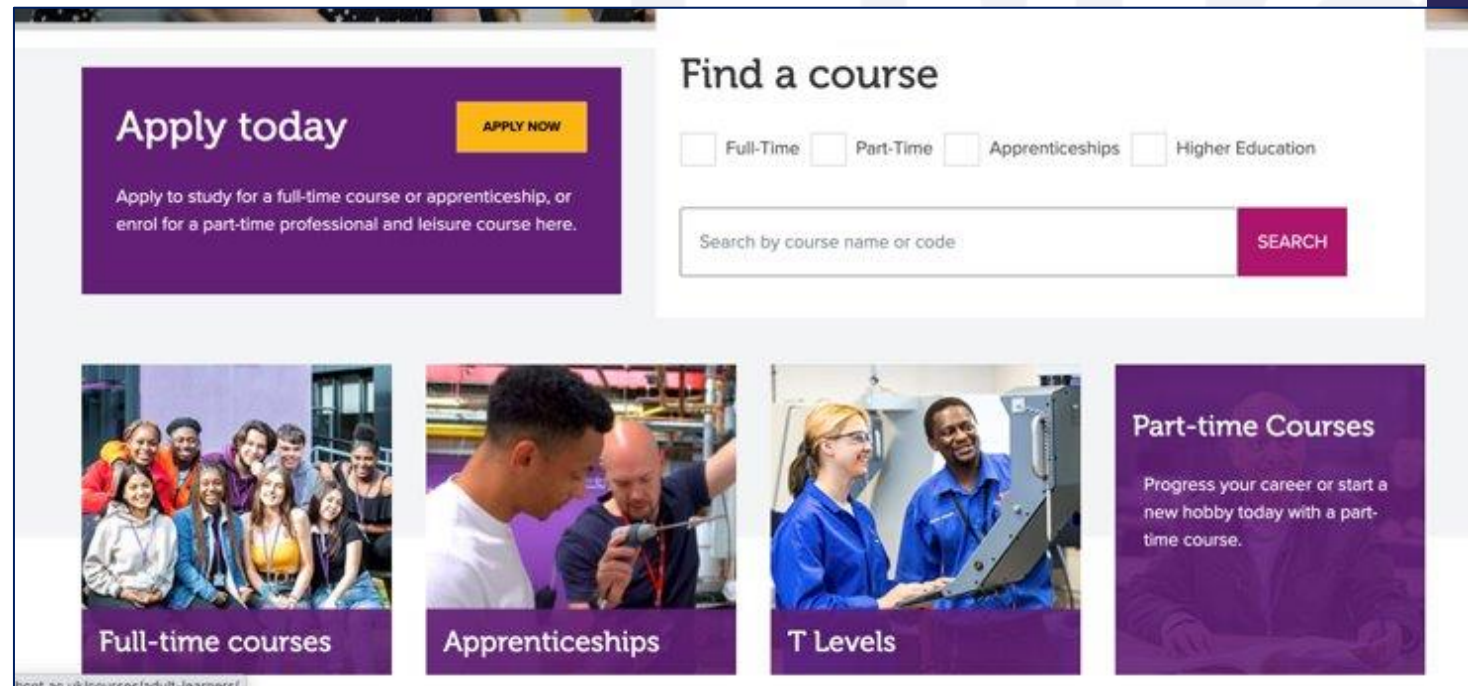
This isn't *too* set in stone though!

Support:

- Assemblies
- Careers advisor in school.
- Drop in clinics with local colleges.
- Tutor support



The image shows the top section of the Queen Mary's College website. On the left is the logo 'Qm Queen Mary's College' with a rainbow underline. On the right is a navigation menu with links for 'STUDENTS & STAFF', 'PARENTS', 'ABOUT US', 'ADMISSIONS', 'COURSES', 'COLLEGE LIFE', 'QM LEISURE & HIRE', 'NEWS', and 'CONTACT US'. Below the navigation is a large banner image of a diverse group of students and staff holding papers. Overlaid on the banner is the text 'AN INCLUSIVE, VIBRANT AND HIGH-ACHIEVING SIXTH FORM COLLEGE WHERE STUDENTS FLOURISH' and a red 'APPLY NOW!' button. Social media icons for Facebook and Twitter are visible on the right side of the banner.



The image shows the 'Find a course' section of the website. It features a purple box on the left with the text 'Apply today' and a yellow 'APPLY NOW' button. Below this is a link to 'Apply to study for a full-time course or apprenticeship, or enrol for a part-time professional and leisure course here.' To the right is a search area with radio buttons for 'Full-Time', 'Part-Time', 'Apprenticeships', and 'Higher Education'. Below these is a search bar with the placeholder text 'Search by course name or code' and a purple 'SEARCH' button. At the bottom, there are four image-based tiles: 'Full-time courses' (a group of students), 'Apprenticeships' (two people working with a tool), 'T Levels' (two people in a workshop), and 'Part-time Courses' (a purple box with text: 'Progress your career or start a new hobby today with a part-time course.').

College

OPEN EVENINGS 2023



BCOT OPEN EVENING
2ND OCTOBER 2023 - 4:30PM ONWARDS

FIND OUT MORE ONLINE



PETER SYMONDS OPEN EVENINGS
3RD & 4TH OCTOBER 5:30-8:30PM



QMC OPEN EVENING
4TH & 5TH OCTOBER 2023 5-8PM

BOOK TICKETS ONLINE



SPARSHOLT COLLEGE
SATURDAY 7TH OCTOBER 2023

BOOK ONLINE



ALTON COLLEGE OPEN EVENING
12TH OCTOBER 2023 5-8PM

FIND OUT MORE ONLINE

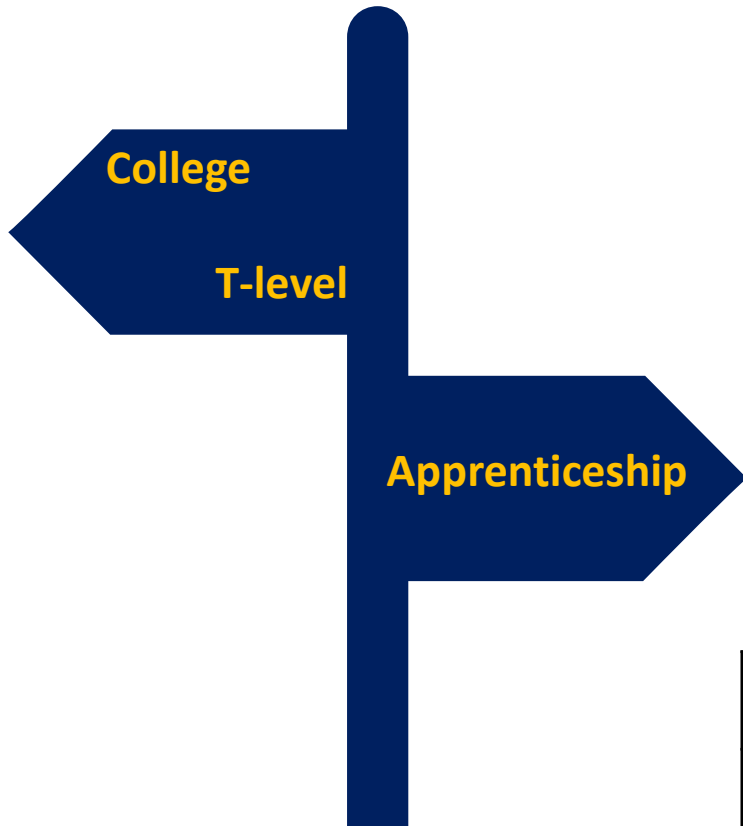


BCOT OPEN DAY
25TH NOVEMBER 2023 - 10AM ONWARDS

FIND OUT MORE ONLINE



Matched pairs



Achieving level 4/5 at GCSE in English and Maths should be a target for all students ahead of post-16 pathways!

'Matched Pairs' students are students who are very close and, with a right support, might be able to cross the boundary.

Support:

In School	At home
<ul style="list-style-type: none">- Mentoring- Targets revision in tutor times- Whole staff awareness.	<ul style="list-style-type: none">- Guidance with targeted revision- Regular and open communication with staff- Zone 11!



Maths - Final Assessment

Paper 1 Non-calculator 90mins (33.3%)

Paper 2 Calculator 90mins (33.3%)

Paper 3 Calculator 90 mins (33.3%)

Tier	New Grade	Old Grade
Foundation	1	G
		F
	2	E
	3	D
	4	C
Higher	5	C+
		B -
	6	B
	7	A
	8	A+
A*		
9	A*+	

Tier	Topic area	Weighting
Foundation	Number	22 - 28%
	Algebra	17 - 23%
	Ratio, Proportion and Rates of change	22 - 28%
	Geometry and Measures	12 - 18%
	Statistics & Probability	12 - 18%
Higher	Number	12 - 18%
	Algebra	27 - 33%
	Ratio, Proportion and Rates of change	17 - 23%
	Geometry and Measures	17 - 23%
	Statistics & Probability	12 - 18%

Personal Currency Plans

Very Insecure Topics	Insecure Topics	Secure Topics
BIDMAS	Best Buy	Change centimetres to metres.
Write the reciprocal	Write the probability of an event	Find Fraction of a Whole
Read value from Time Series graph		Write a percentage as a fraction
Interpret statement about time series		Square a value
Angles with a Quadrilateral		Write integers in size order
Find a term in a sequence		Read from a vertical line graph
Find perimeter of a compound shape		Write the fraction of a shape that is shaded
Solve an Equation		General Problem Solve
Interpret Given Statement		Write next two terms in a sequence
Use a conversion graph		Collect Like Terms
		Probability <u>sum</u> to 1

How can I improve?

To improve please scan the QR tags and use the resources. First watch the video and then attempt some of the questions, you do not need to complete all of them. Once you have completed a selection of [questions](#) please check your answers using the answer link at the end of the document. If you need any support with your [revision](#) please come and see me.

Resources



BIDMAS

	Write the reciprocal	
	Angles with a Quadrilateral	
	Find perimeter of a compound shape	
	Solve an Equation	
	Best Buy	
	Write the probability of an event	

Effective Revision

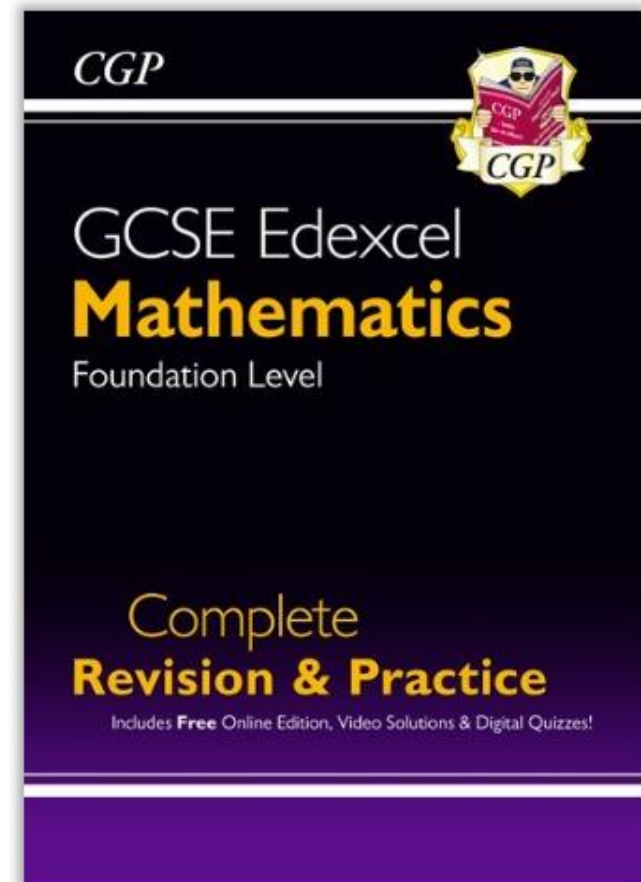
The best way to revise Maths is **to do Maths!**

Some great websites

www.corbettmaths.com

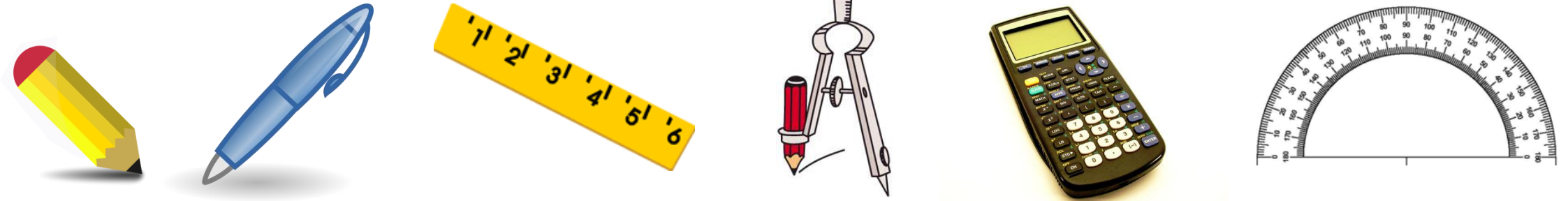
www.mathsgenie.co.uk

<https://www.drfrostmaths.com/>



What can you do to help

Ensure your child has the correct equipment



Feel the love for maths

- What did you do in Maths today?
- Encourage Maths revision, even in the holidays! Little and often works best.
- Be positive about maths even if you find it difficult.
- Share real life Maths examples e.g bills, mortgage payments, interest rates

English – top tips for revision

Lang

- Creative writing - fiction - paragraphing, punctuation, focused ideas, methods, and high level vocab.
- Choosing an image or statement and planning how to write an extended description about it.

Lang

- Creating writing - non-fiction - understanding the conventions of letters, articles, speeches, and leaflets.
- Understanding writing to persuade, argue, explain, advise. Choose a current affairs topic and write one of the above for or against it.

Lit/Lang

- Analysis - choose a section of a reading book and try to understand why the writer has chosen the language, structure, and methods.
- What is the effect of these? How do you know?

Lit/Lang

- Reading a wide range of literature - poetry, short stories, novels. Consider the themes, methods, and big ideas.
- Reading a wide range of non-fiction texts - magazines, newspapers, letters, speeches. Consider their viewpoint and form.

Lit

- Listing key quotes from the Shakespeare text, Modern Text, and 19th Century texts studied.
- Explode these quotes, link them to themes, contexts, methods and big ideas within the text.

Lit

- Make notes for each poem - theme, quotes, contexts.
- How do they compare with one another - make comparison grids and explore different combinations of poems.



Class of 2024 'anchors'



- Appearance
- 'Vigilante justice'
- Lateness (marginal gains!)
- Attendance:



Attendance!

Attendance remains one of the most important things within your control that will make sure your children are successful in school.

Every day missed from school ultimately has a potentially massive impact.

Especially this late into school – every lesson counts!



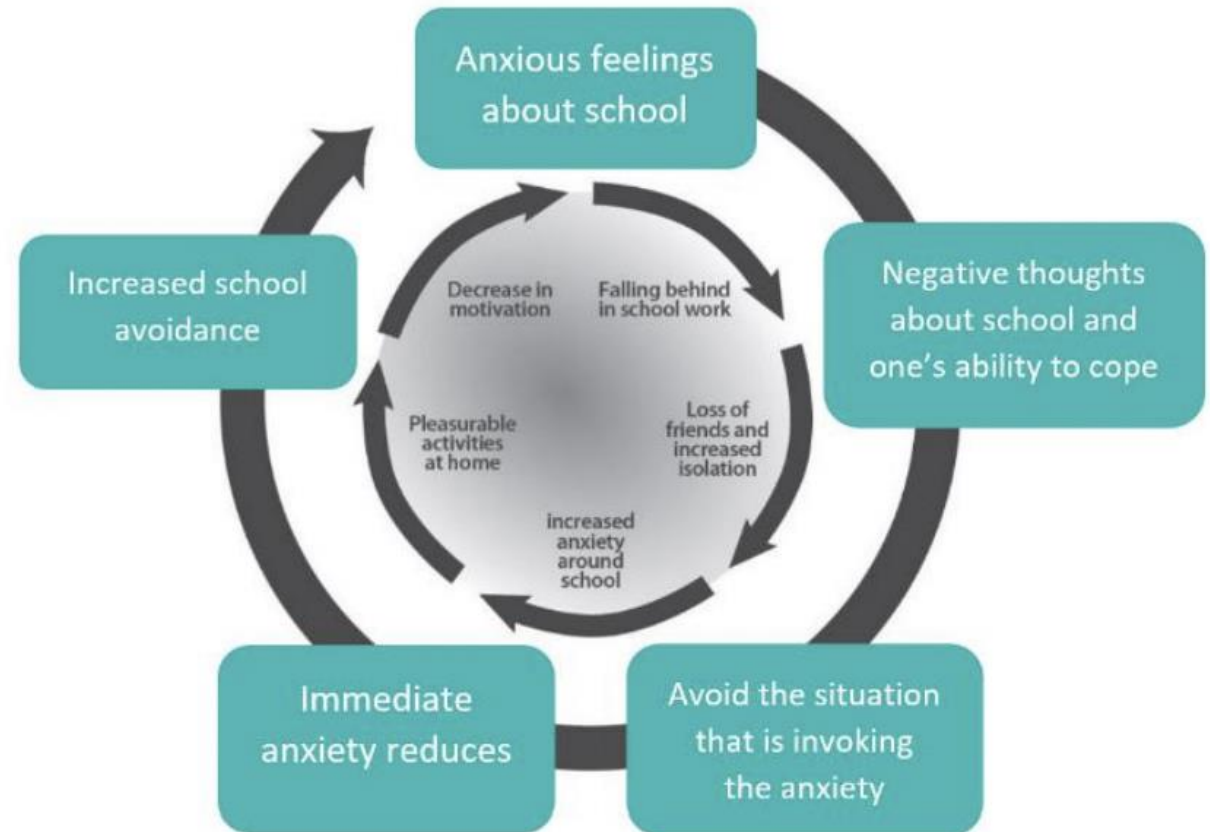
Threshold Attendance	Actual Attendance	Whole Days Absent	Learning Hours Lost
100%	190 days	0	0
99%	188 days	2	10
98%	186 days	4	20
97%	184 days	6	30
96%	182.5 days	7.5	37.5
95%	180.5 days	9.5	47.5
94%	179 days	11	55
93%	177 days	13	65
92%	175 days	15	75
91%	173 days	17	85
90%	171 days	19	95
89%	169 days	21	105
88%	167 days	23	115
87%	165 days	25	125
86%	163 days	27	135
85%	161.5 days	28.5	142.5
84%	159.5 days	30.5	152.5
83%	158 days	32	160
82%	156 days	34	170
81%	154 days	36	180
80%	152 days	38	190

Emotionally Based School Avoidance

Information for parents and carers

January 2021

EBSA



Zone 11 revision session

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school		Science (location dependent on teacher)	Health and Social Care		
Lunch time 12:20-12:50	Spanish (Mrs Hallum-Barnard) in L9	GCSE PE in V2 - French (Mrs Bright) in H8			OCR IT in TE7 (NEA resits) - History in H4
Afterschool	GCSE Fine Art A1 - IT (NEA resits) TE8 - Maths (location dependent on teacher)	GCSE Fine Art A2 - English 3-3:30 (location dependent on teacher) - Health and Social Care		GCSE Fine Art and Photography in A1 - GCSE Dance in LP - GCSE Drama in Theatre - Computer Science in (Te9) - Food Tech in (Te2)	Food Tech (te2)

Target for now should be 2 sessions a week.

Be specific – don't just follow the crowd.



Revision techniques

Important to start building in good revision routines at home too, ready for later in the year.

We can teach about it as much as we like, and provide some opportunities, but it's at home where the majority of revision happens!

Key take aways:

- Strong routines (breakfast, bedtime, revision timetable)
- The right environment (ideally a desk/corner of a table, away from distractions).
- Diet (enough water, good breakfast).
- Sensible expectations about revision (2-3 hours a week at the moment)



Revision techniques



THE REVISION

"power-hour"

1. CHOOSE A PAST PAPER QUESTION.

Google your subject, level and exam board.
E.g. English Language GCSE AQA



2. RE-READ, RECAP AND MAKE NOTES ON THE TOPIC.

Spend 20 minutes revising what you need to know to help you answer the question.



3. ANSWER THE QUESTION.

Set a timer to complete the question, using the guidelines from your teacher.
Choose a question that will take between 15-40 minutes.



4. MARKING YOUR RESPONSE

If available, use a mark scheme to self assess your response. If not, email it to your teacher and ask them if they'd mind marking it (I'm sure they won't mind!)



Year 11 Revision

WORK SMARTER NOT HARDER

CREATE A timetable

- Make a plan and stick to it.
- Be realistic with your commitments.
- Give yourself breaks.

	Monday	Tuesday	Wednesday	Thursday	Friday
3-4pm (with 10min break)	Maths - Z11 PPT	English Lang - online Zone 11	Biology	Spanish	GCSE PE
4-4:30pm	English (ACC)	Chemistry	Business	Maths	-

USE YOUR resources

- Engage with and use **revision guides**.
- Access **online materials** - past papers can be found on the exam board websites.



ASK FOR support

- Ask for help if you're struggling.
- Email your tutor, teacher or Miss Mercer for support.
- Have a 'buddy' to help you, someone in the same class that you can video call or see, and work together with.



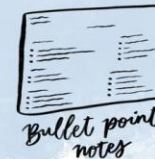
LOOK AFTER yourself

- Your mental health matters, so get the **basics** right first.
- Manage your **time** effectively.
- Get a good night's **sleep**.
- Eat **breakfast** to kick start the day.
- **Exercise** and get fresh air.



FIND

what works for you



Support with student well being:



- Trust the process... we've done this before!
- Support from the Well Being Centre (1:1, exam anxiety workshops, drop-ins)
- Lean into revision tips form tonight and from workshops throughout the year.
- **Sensible expectations about revision** (*be the your best*)

Support with student well being:

NHS
Hampshire Child and Adolescent
Mental Health Services

BEST VERSION OF YOU

EXAM STRESS

How to manage exam stress

WHAT ARE WE TALKING ABOUT?

Lots of people will struggle with a school issue at some point and most people feel worried and stressed about tests and exams. You are not alone.

If you notice that you're feeling worried a lot of the time, or that your worries are getting in the way of everyday life (such as going to school, seeing friends or doing activities you enjoy) this is probably a sign you need to tell someone how you are feeling and get some help.

WHAT MIGHT EXAM STRESS LOOK LIKE?

- Problems with sleep (difficulties getting to or staying asleep, waking up very early in the morning or having nightmares).
- Avoidance of anything to do with school, studying or exams, OR overworking; spending long periods of time revising, not wanting to take breaks or do other activities, especially hobbies.
- Comparing yourself to others and worrying about not doing as much or achieving as much as other people.
- Having lots of "what if" thoughts (such as "what if I fail and don't get into college/university?") which can mean you feel too worried to try things.
- Becoming more easily upset.
- Feeling tired and as though you have no energy.
- Struggling with concentration and motivation; feeling hopeless ('what is the point?').
- Having physical (body) feelings such as a racing heart rate, quicker breathing, upset tummy, feeling sick, feeling dizzy or faint, sweaty hands.
- Not looking after yourself (not eating enough/ eating too much, not showering or washing regularly, not being physically active).

WHAT TO DO:

- Tell someone how you are feeling no matter what your worries are. There will be someone who will listen and try to support you.
- Although worrying cannot harm you, you cannot harm yourself that you are anxious before, the feelings passed, then and were ok. If you use activities, such as TV, spending time reading, making listening to music, manage until you are better.
- Look after your physical and emotional health:
 - Eating and drinking enough
 - Getting enough sleep
 - Being organised and pacing work
 - Taking regular revision and study breaks including having days off
- Have down time; and spend time with family.
- Taking part in regular activity.
- There is a lot of information on the Hampshire CAMHS website for young-people/schools

DIAL UP, DIAL DOWN

Tick the activity that you tried & write "H" if it helped you to manage the feelings you experienced

DIAL UP MY ENERGY

<input type="checkbox"/> TAKE A COLD SHOWER	<input type="checkbox"/> DANCE	<input type="checkbox"/> SING
<input type="checkbox"/> TRAMPOLINE	<input type="checkbox"/> JUMP	<input type="checkbox"/> SKIP
<input type="checkbox"/> SCOOTER	<input type="checkbox"/> LISTEN TO LOUD/FAST MUSIC	<input type="checkbox"/>

DIAL DOWN MY ENERGY

<input type="checkbox"/> COOK OR BAKE	<input type="checkbox"/> READ	<input type="checkbox"/> ARTS & CRAFTS
<input type="checkbox"/> WATCH A FILM/TV	<input type="checkbox"/> LISTEN TO CALM MUSIC	<input type="checkbox"/> WALK

IDENTIFY AND RATE YOUR EMOTION

0/10 = no emotion 10/10 = maximum intensity of emotion

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☹️ SAD							
😡 ANGRY							
😟 WORRIED							
😐 EMPTY							
😫 TIRED							
😊 HAPPY							
😌 CALM							

Our emotions can change regularly so it can be useful to keep a track on how you are feeling and how strong these feelings are. This is so that you can see how your moods change throughout the day and week. When we are feeling sad or worried we can sometimes think that we will always feel this way but by tracking our mood you will be able to see how it can vary. If you notice that you are feeling sad, worried or angry regularly this might be a good time to ask for help and talk to someone about how you are feeling.



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Thank you for your support!