



MAIDEN ERLEGH
CHILTERN EDGE

Year 11 Intervention Evening

Welcome

5 February 2020

Schedule:



MAIDEN ERLEGH
CHILTERN EDGE

Item	Details
1	Welcome and introduction (Mr Hartley/Mrs Ashley)
2	The importance of attendance, good behaviour and accessing support (Mr Hartley)
3	Intervention plans (Mr Hawthorne)
4	Revision support – how parents can support revision timetable planning, study skills and welfare (Miss Bliss/Mr Hawthorne)
5	English, Maths and Science key information – e.g. exam structure, approaches etc. (Mrs Chopra/Mrs Hussain/Miss Hardman)
6	Exams information (Miss Bliss)
7	Revision guides (Mr Hawthorne/Miss Bliss)
8	Closing remarks (Mr Hartley/Mrs Ashley)

Year 11- Revision Managing stress, incentives and well being



Revision Wellbeing

- Chunking revision into 20 minute sessions- importance of taking a break/ exercise and fresh air.
- Using different methods of revision – mind maps with bright colourful text/ images, online revision,
- BBC Bitesize, Seneca Learning, Quizlet,
- Revision guides
- Targeted intervention sessions



Talk about how you are feeling

- Friends, parents and teachers are all here to support students and talk through any concerns and issues you may have.
- Have stress busting techniques- go for a walk, exercise, meditate, take time out.
- Remember, this a short amount of time until the exams , so work hard now and reap the rewards in the summer!



Prom Rewards

Focus on positive behaviour:

- Improvement on core mock results
- Attendance
- Completing of coursework/ meeting deadlines
- College applications/ interviews completed
- Supporting the school community
- Positive behaviour/ excelling in classwork

Highest achievers can use Prom points for discounts on Prom tickets, vouchers towards nails/ pampering/ etc



Mock interviews and college interviews

- Feedback from Henley College was very positive, with our students being praised for being interview ready, very personable and with clear goals.
- Feedback from the Mock Interview process again praised Year 11 for their preparation and their interpersonal skills.

Intervention Plans

- Coordinated approach – based on need, small group focus
- Careful data analysis used to help prioritise students
- You will receive a letter with individual plan for sessions your child is expected to attend
- Sessions offered before and after school and during lunch times
- For those not on 'Priority 1' list, there will be opportunities to access revision sessions and materials
- Focus remains on classroom provision
- Starts w/c 10 February 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM (8.00-8.30am)		Maths	Science	Maths	English
AM REG	Maths	Maths	Science	English	English
LUNCH	OPEN	OPEN	OPEN	PE GCSE	OPEN
PM week 1 (3.30-4.00pm)	Geography History French	Science	HSC Food Drama German Technology	Dance Business Music	PE BTEC
PM week 2 (3.30-4.00pm)	English	Science	Maths	English	OPEN

Revision



Revision timetable: Start with self-assessment

- Use a specification for each subject to reflect on:
 1. **What you know well – least amount of revision**
 2. **What you are not sure about but have a basic idea – quite a bit of revision but should jog your memory quickly**
 3. **Really unsure about – will take a long time to revise!**
- Make a list of what you need to do in each subject

Make a timetable

EXAMPLE:

Month:	Weeks to go:				
Time	Session 1 10.00-11.00	Session 2 11.00-12.00	Session 3 12.00-13.00	Session 4 14.00-15.00	Session 5 15.00-16.00
Date					
Monday	Biology	French	Maths	History	Swimming
Tuesday	English Lit	Geography	Biology	French	History
Wednesday	Maths	Run with Dad	Spanish	English Lit	Physics
Thursday	←	Trip to town	→	Chemistry	History
Friday	French	English Lit	Physics	English Lang	Maths
Saturday	History	Swimming	Spanish	Chemistry	Physics
Sunday	Tennis	Chemistry	English Lang	Spanish	English Lit

- Fill in any commitments, for example:
 - Family time
 - Hobbies
 - Exercise
 - Clubs
- You might need to sacrifice some of these, but keep it balanced
- Next, think about adding in regular breaks – say 10 minutes for every 50 minutes you work



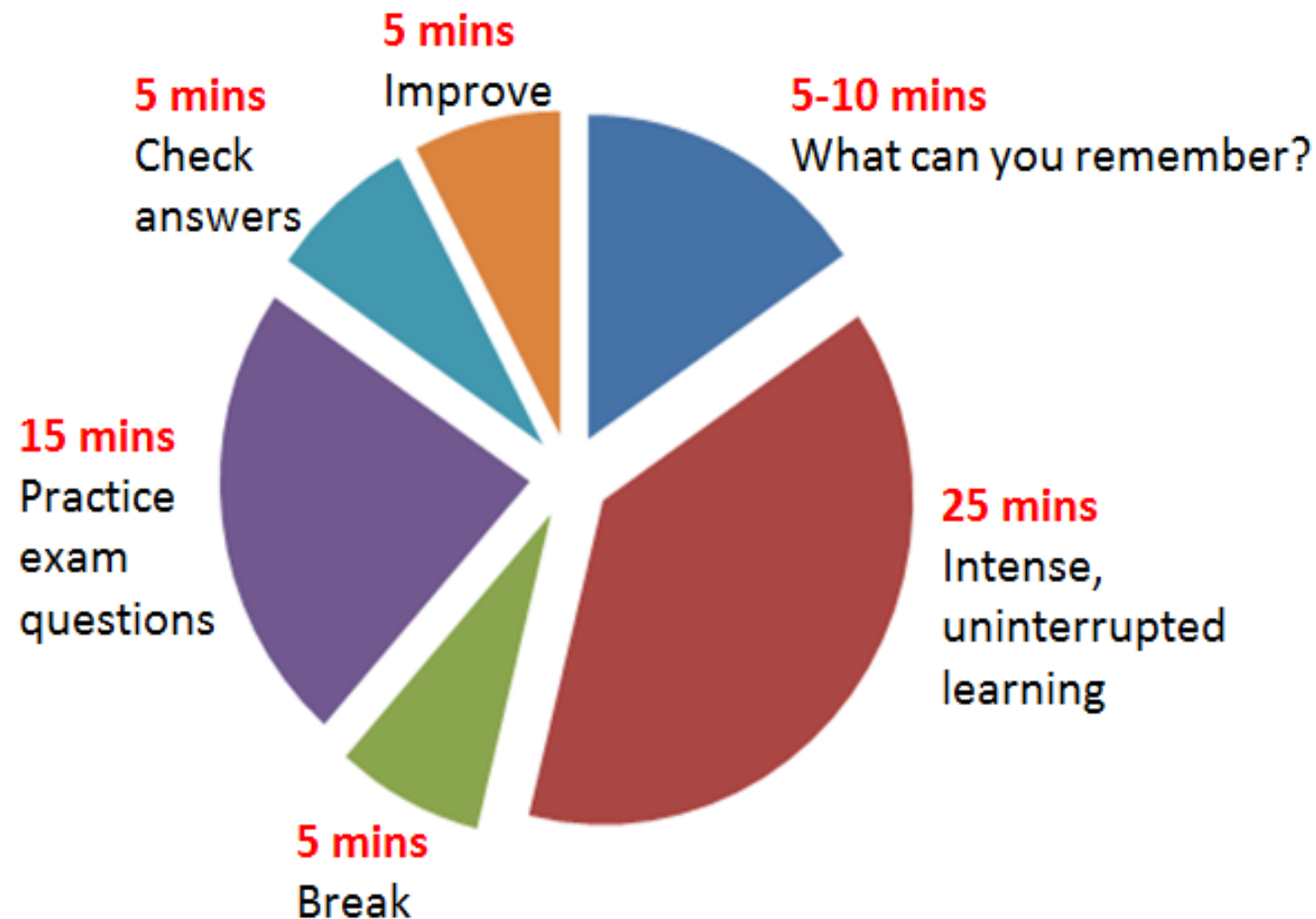
Prioritise

- Add your subjects
- Think about:
 - Which ones are examined first
 - Which ones need the most work
 - Which have more content
- Space revision out – revisit each topic a few times rather than cram it all at once!

EXAMPLE:

Month:		Weeks to go:				
Date:	Time:	Session 1 10.00-11.00	Session 2 11.00-12.00	Session 3 12.00-13.00	Session 4 14.00-15.00	Session 5 15.00-16.00
Monday		Biology -Cell Biology	French -Speaking Practice	Maths -Algebra	History -The Great Depression	Swimming
Tuesday		BREAK	BREAK	BREAK	BREAK	BREAK
		English -Poetry	Geography -Tropical Rainforests	Biology -Infection and Response	French -Past tenses	History -Elizabeth I
		BREAK	BREAK	BREAK	BREAK	BREAK

A revision hour might look like this:



Top tips



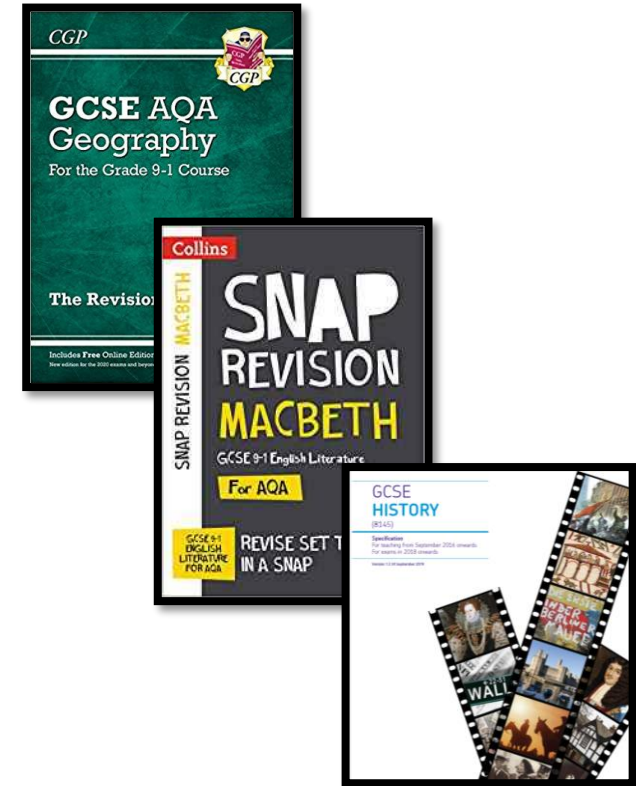
- Make sure you know which topics you need to revise for each subject. Use your exam board specifications as a revision list
- Make your revision active. Don't just read notes. You could make flash cards, mind maps or use post it notes
- Watching videos online can really help to bring your notes alive!
- Test yourself by completing past papers or asking a friend to test you! This will identify areas of strength and weakness
- Avoid distractions- turn your phone off!



What are the different ways
you can revise?

BEFORE YOU START?

- You need to know what you are revising
- Plan out the revision (timetable)
- Be prepared
 - Resources (books, pens, paper etc)
 - Workspace
 - No distractions



Choosing the best revision tool



<p>Creating traditional notes: Read through a particular topic to get an overview of the key points and theories. Then condense your notes into smaller, bite-sized chunks. Make sure that key definitions/equations are accurately transferred. Remember also to:</p> <ul style="list-style-type: none"> Use your own words for descriptions Keep notes spaced out Vary the size of words (so some stand out) Add interest to the notes 	<p>Creating Flash Cards: These are even more condensed versions of your notes. They are easily transportable and can be referred to in a 'spare' moment! Remember to:</p> <ul style="list-style-type: none"> Give each card a clear title/theme Don't cram too much on each card Consider a numbering or colour coded method to organise the cards 	<p>Creating Patterned Notes: Creating and revising from patterned notes can be far more enjoyable and effective. They are particularly good in providing an overview of a topic because they can identify patterns and connections within a topic. To create one:</p> <ul style="list-style-type: none"> Write the MAIN TOPIC in the middle of the paper Draw a branch from the main topic for each KEY POINT Write a KEY WORD/PHRASE on each branch Add DETAILS off each branch (including diagrams) Draw arrows to link together different branches
<p>Practice Questions: Once you have attempted to learn the bulk of the information using past questions (at GCSE) is an excellent way to test your knowledge against the expectations of the exam paper. Remember that knowing the information is only the first step, being able to complete the questions in the given time and in the format required is as (and sometimes more) important!</p>	<p>Question Cards: Similar to the revision cards described previously but the card has some key questions on it to test yourself with (or for a friend/family member to test you on). The card may have the information on the front and a question on the back (with the answers under a flap of paper or under a post-it note?). Alternatively, the questions could be on the front and the answers on the back (with links, or leading questions to help develop further links and knowledge).</p>	<p>Post-it notes: These are particularly useful for short facts or dates (e.g. equations, important historical dates) – they act as a reminder. You can place them around the space in which you are working.</p>

There are plenty of other techniques too that you can consider:

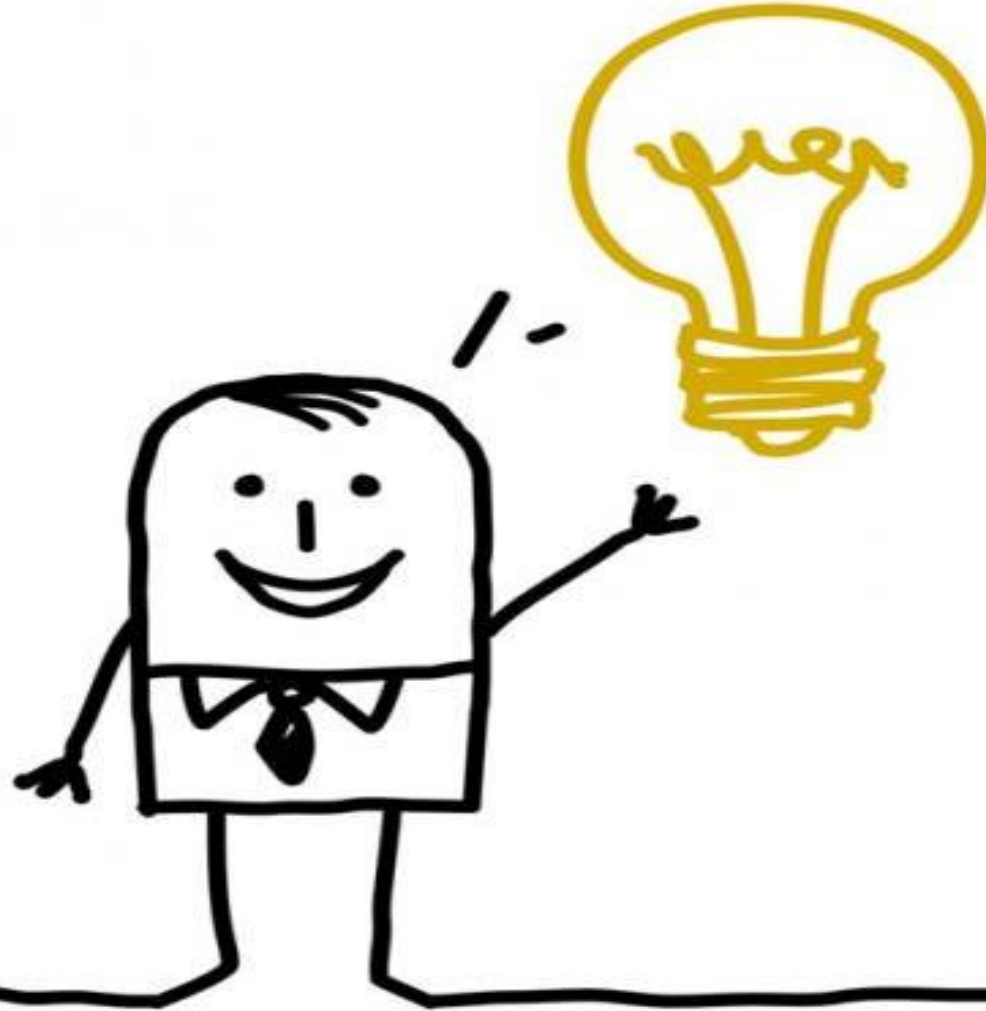
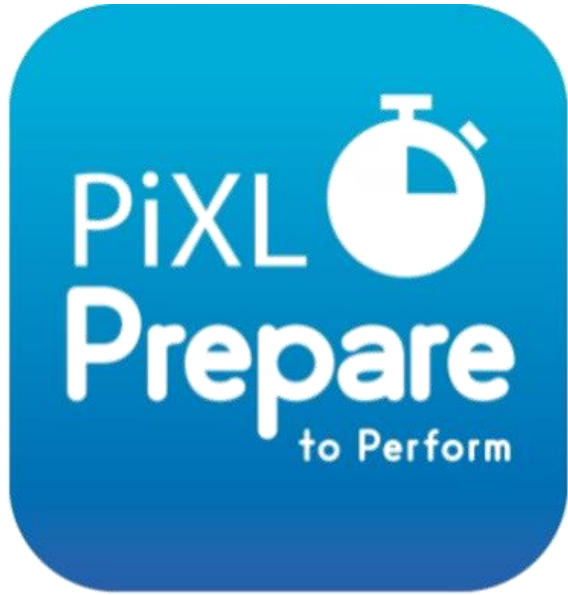
- **Mnemonics (Acrostics):** help you remember a sequence or a list of key words. A popular example is 'Richard Of York Gave Battle In Vain' which identifies the sequence of the colours of the rainbow (Red, Orange, Yellow etc). When creating the mnemonic, it often helps to associate the words to the topic and add some silly things in too (it helps make it more memorable)
- **Games:** Creating a game/quiz is a fun way to test your knowledge with/against friends. You need to create questions (and answers) that test not only knowledge but also spellings of key terms.
- **Auditory Revision Techniques:** Many people find learning song lyrics easy and so it makes sense to transfer this to academic learning too. You could record yourself speaking key information and play it back to yourself.

TOP TIPS

You should aim to use a **variety** of revision techniques – different subjects (and types of information) require different methods of revision.

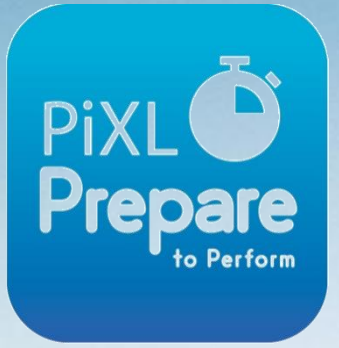
DO NOT be fooled into believing simply 'reading the book' is sufficient!

Creating revision materials is part of the process.... But don't spend so long creating them you never get round to using them!



**Top 10 tips to support your child
through their exams**

What is Prepare to Perform?



Staying calm, feeling good, being effective

- ✓ A toolkit to help your child control different aspects of their life to help them perform better when it comes to exam time
- ✓ It will allow them to focus, set themselves a plan and work towards being prepared in the best possible way



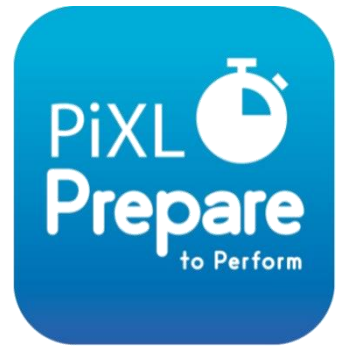
How can you help your child and prepare them to perform?



1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

Each day you can support your child to make choices which can impact how they perform during the exam period

1. Being a role model

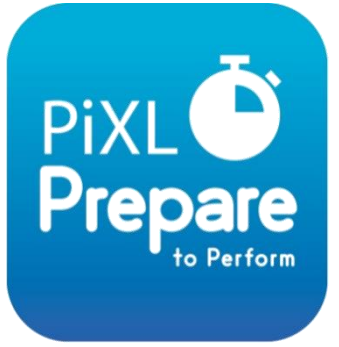


Set a good example by modelling the behaviour you want your child to adopt...

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



2. Goal Setting



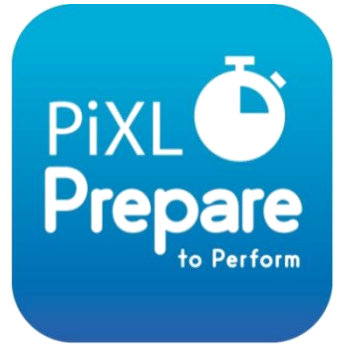
- **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



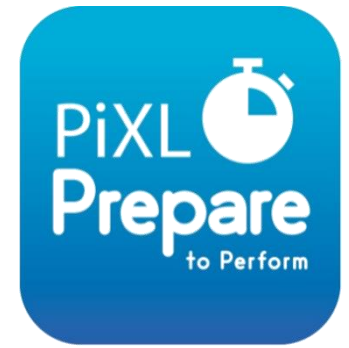
3. Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

60
minutes
per day



4. Healthy Eating



- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or 'treat' meals / or meals out per week
- Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them

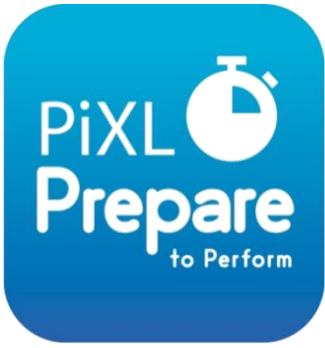


4. Healthy Eating

A BALANCING ACT

Keep your sugar levels under control.

Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams



UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables

Asparagus / Spinach

Broccoli

Yoghurt

Chicken / Salmon

Whole Grains / Brown rice

Almonds / Pecans

Eggs

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables

Nuts

Pulses

Fish

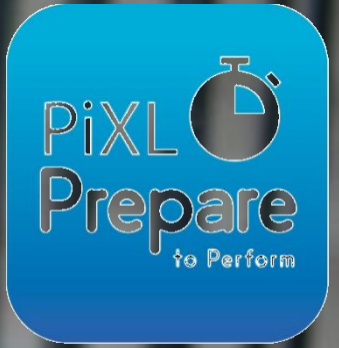
Bananas

Macro Cheat Sheet

- Carbohydrates**
 - Breads
 - Rice
 - Couscous
 - Cereals
 - Bran
 - Potatoes
 - Pasta
 - Oats
 - Cream of Wheat
 - Corn
 - English Muffins
 - Pancakes
 - Whole Wheat/
 - Whole Grains
 - Vegetables
 - Squash
 - Pumpkin
 - Berries
 - Fruits
 - Sugars
- Proteins**
 - Beans
 - Sprouted
 - Grains
 - Quinoa
 - Most Yogurts
 - Skim Milk
 - Peas
 - Chicken
 - Turkey
 - Egg Whites
 - Fish
 - Buffalo
 - Bison
 - Whey Protein
 - Turkey Bacon
 - Lean Beef
 - Low/Non-fat cottage cheese
 - Low/Non-fat greek yogurt
 - Eggs
 - Salmon
 - Bacon
 - Chia Seeds
 - Cottage Cheese
 - Whole Fat Milk
 - Duck
 - Whole-Fat Yogurt
 - Acocado
 - Nut Butters
 - Egg Yolks
 - Nuts
 - Oils
 - Olives
 - Flaxseed
- Fats**

Fats

5. Time Out



Encourage them to build in opportunities to take some time out every week, away from study. For example:

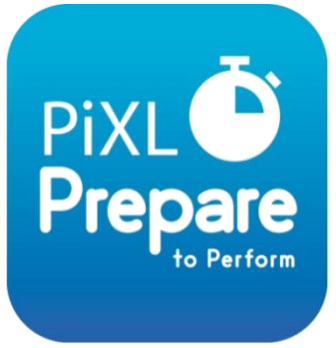
- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN

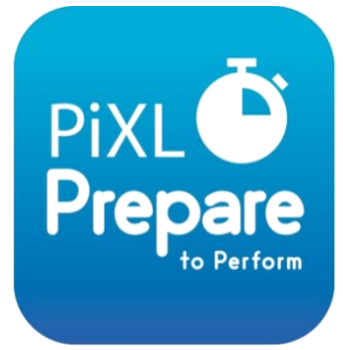
6.Sleep Patterns



- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



7. Unplugging



- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them



8. Staying Cool & Calm



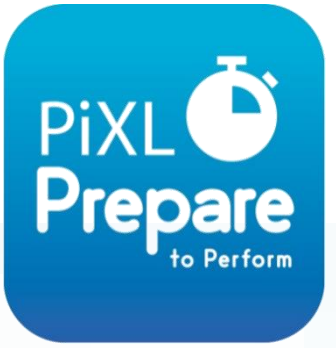
- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & other activities during the week

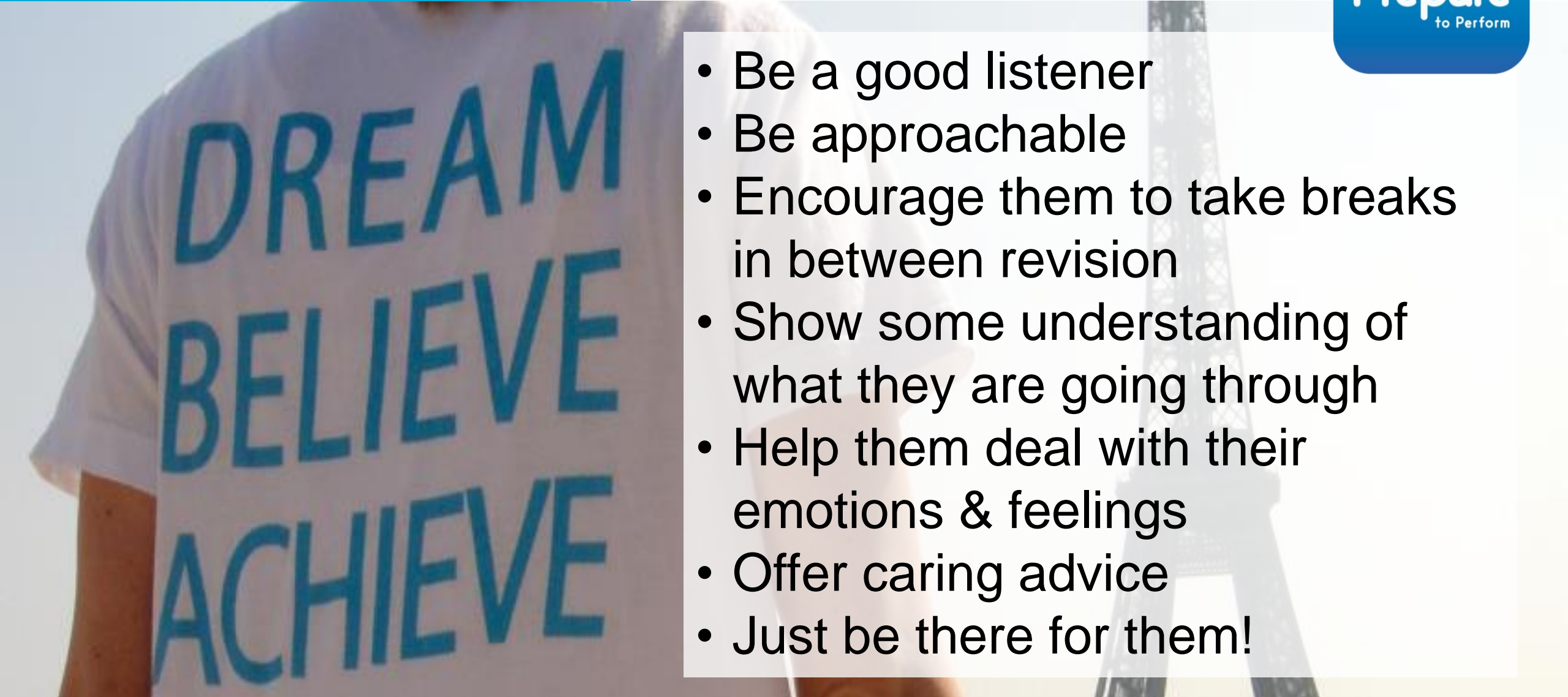
9. Belief

- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve

**BELIEVE
YOU CAN
& YOU'RE
HALFWAY
THERE.**

10. Be Supportive



- 
- The background of the slide features a person from the chest up, wearing a white t-shirt with the words 'DREAM', 'BELIEVE', and 'ACHIEVE' printed in large, bold, blue capital letters. The person is holding a white object, possibly a piece of paper or a small sign, in front of their chest. The background is a soft-focus outdoor scene with a tall, thin structure, possibly a tower or a tree, visible in the distance.
- Be a good listener
 - Be approachable
 - Encourage them to take breaks in between revision
 - Show some understanding of what they are going through
 - Help them deal with their emotions & feelings
 - Offer caring advice
 - Just be there for them!

English

Mrs Hussain





MAIDEN ERLEGH
CHILTERN EDGE

MECE Mathematics Department

A journey into KS4
Mrs Chopra



The Exam (EDEXCEL)

The image displays three sample exam question papers for Pearson Edexcel International GCSE Mathematics A, Foundation Tier. Each paper includes a header for student information (Surname, Other names, Centre Number, Candidate Number), the exam title, tier, date, time, and a list of required materials. The papers are labeled as Paper 1F, Paper 2 (Calculator), and Paper 3 (Calculator). The exam reference numbers are 1MA1/2F and 1MA1/3F.

Paper 1F: Thursday 26 May 2016 – Morning, Time: 2 hours. You must have: Ruler graduated in centimetres and millimetres, protractor, pair of compasses, pen, HB pencil, eraser, calculator. Tracing paper may be used.

Paper 2 (Calculator): Specimen Paper, Set 1, Time: 1 hour 30 minutes. Paper Reference: 1MA1/2F. You must have: Ruler graduated in centimetres and millimetres, protractor, pair of compasses, pen, HB pencil, eraser, calculator.

Paper 3 (Calculator): Tuesday 13 June 2017 – Morning, Time: 1 hour 30 minutes. Paper Reference: 1MA1/3F. You must have: Ruler graduated in centimetres and millimetres, protractor, pair of compasses, pen, HB pencil, eraser, calculator. Tracing paper may be used.

1. Two tiers – Higher or Foundation. Students are regularly tested particularly at the end of year 10 and twice in year 11 to ensure that the paper they are sitting is right for them.

2. For each tier there are three papers. All exams last for 1 hour 30 minutes.

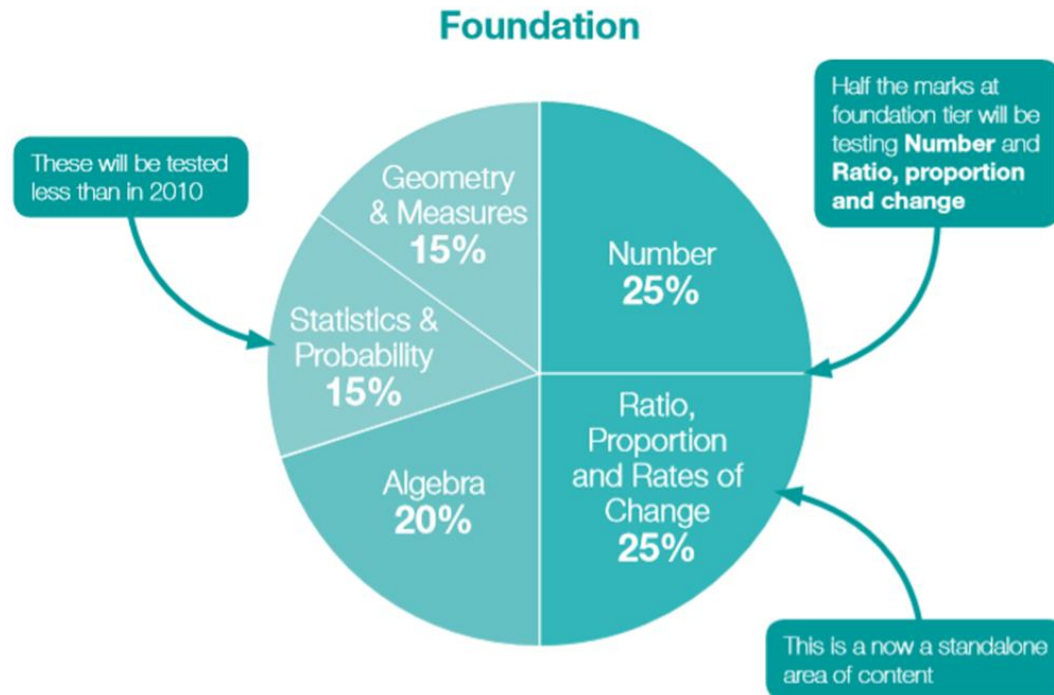
3. Papers are marked out of 80. Marks are totalled across all three papers to produce a grade 9 -1.

**Note: Foundation 5-1
Higher 9 - 5**

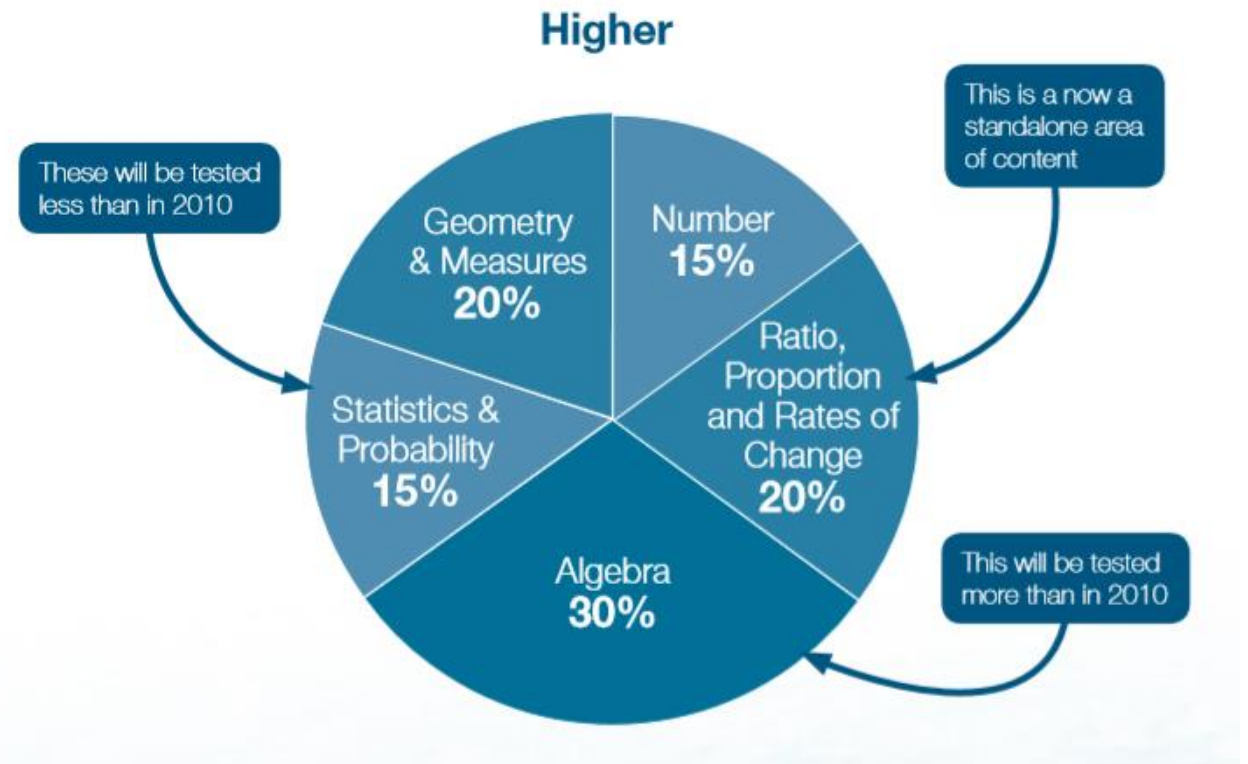


Exam Weighting

Foundation tier papers will assess the different content domains in these proportions:



Higher tier papers will assess the different content domains in these proportions:




Content is delivered through a specialised scheme of work.




How to get the most out of your revision – **MATHS WATCH LAUNCH 2020**

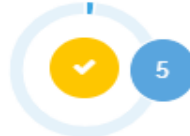
My Progress




Topics Watched 21



Questions Answered 231



Acquired Skills 5



Mastered Skills 0

Search By Video Name:

Qualification: Tier: Grade: Topic: Time Period:

#	Skill	Video	Last Watched	Views	OMM	Interactive Questions	Last Attempted
1		Place Value		0	0	<div><div></div></div>	
2		Ordering Integers		0	0	<div><div></div></div>	
3		Ordering Decimals		0	0	<div><div>6 / 20</div></div>	14:07 28/11/2019
4		Reading Scales		0	0	<div><div></div></div>	
5		Simple Mathematical Notation		0	0	<div><div></div></div>	
6a		Real-Life Tables - Time		0	0	<div><div></div></div>	
6b		Real-Life Tables - Timetables and Distance Tables		0	0	<div><div></div></div>	
7		Introduction to Algebraic Conventions		0	0	<div><div></div></div>	
8		Coordinates		0	0	<div><div>5 /</div></div>	09:04 18/6/2019
9		Simple Geometric Definitions		0	0	<div><div></div></div>	
10		Polygons	11:40 31/5/2019	2	0	<div><div></div></div>	
11		Symmetries		0	0	<div><div></div></div>	
12a		Tessellations		0	0	<div><div>8 / 9</div></div>	17:04 7/11/2019
12b		Congruent Shapes		0	0	<div><div>8 / 8</div></div>	10:36 2/12/2019

1. Every student at Maiden Erlegh Chiltern Edge will be given their own unique username and password which provides exclusive access to Maths Watch. It's a fantastic platform with 1000's of exam questions and videos for students to use anytime and anywhere.
2. Students can search for clips to help support their revision and complete their homework tasks.
3. There are interactive questions linked to every video. Students can watch these and test their understanding.
Questions are marked instantly.
4. Both students and parents can track the amazing progress being made at school, home or on the road. Download the app on your phones now!



Other Resources Available + Revision Tips

1. Condense it! Take your notes and use flashcards for revision. Know your formulas!
2. Attend revision classes and intervention sessions before and after school.
3. Math is not something you read, it is something you do... so practice practice practice!
4. The websites listed always release predicted papers a couple of days before the exams – give them a go!
5. Any questions – see your teachers and get the help you need!



Corbettmaths

Science

Biology, Chemistry & Physics

Exam board – Edexcel
6 exams in total – 2 for each discipline

Exams are 1hr 45mins long
Paper 1 and 2

Mixture of numeracy, long and short answer questions

3 GCSEs at the end

Theory and Core Practical



Mrs Hardman





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PPE Week

Monday 9 March - Friday 13 March 2020

PPE Week

- ▶ Exams will take place in the Sports Hall

Students with access arrangements will be in the training suite

- ▶ Morning exams will start **BY 9am**

Students should register with their tutor promptly at 8.40 BEFORE heading to the Exam hall

- ▶ Afternoon exams will start at 1pm

Students will be registered for the afternoon in the exam

- ▶ Lunch on Monday - Thursday (for Y11) will be at 12.20pm. Students will be expected to be in the dining hall during this time.

- ▶ Students will only sit exams in their Core Subjects:

- ▶ English Literature (2 papers)
- ▶ Science (3 papers: Bio / Chem / Phys)
- ▶ Maths (3 Papers)



- ▶ The exam timetable has been constructed to preserve some of the teaching time for Options subjects (Option B on Tuesday morning / Option C on Friday afternoon)
- ▶ Option A (Geography / History / French) will be given some additional time in the following weeks
- ▶ Options subjects may choose to hold in-class assessments in the week prior to the Core PPEs. Students will be informed as appropriate.
- ▶ Students will be given their results as they become available in lessons and they will be formally recorded on their Progress report (due for publication **Friday 3 April**)

A copy of this timetable is available for collection at the back and students will receive it in assembly tomorrow morning

Year 11 March PPE Week					
Week commencing 9th March					
	Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
Registration, Periods 1 and 2 8:45-11:00	Biology 1 hour 45	Normal lessons	English Literature 1 1 hour 45	English Literature 2 hours 15	Physics 1 hour 45
	Access: 2 hours 11		Access: 2 hours 11	Access: 2 hours 49	Access: 2 hours 11
	All Y11s		All Y11s	All Y11s	Y11s
BREAK					
Period 3 11:20-12:20	Normal lessons	Normal lessons	Normal lessons	Normal lessons	Normal lessons
				Access students may be late	
EARLY LUNCH, 12:20-13:00					
Normal lunch and period 5 13:00-15:00	Maths 1 1 hour 30	Maths 2 1 hour 30	Maths 3 1 hour 30	Chemistry 1 hour 45	Period 4, normal lessons
	Access: 1 hour 53	Access: 1 hour 53	Access: 1 hour 53	Access: 2 hours 11	Normal lunch 13:20-14:00
					Period 5, normal lessons
	All Y11s	All Y11s	All Y11s	All Y11s	



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GCSE Exams Information

April - June 2020



Key Dates

Tech and Art Practical Exams (10 hours)

Tues 21 and Weds 22 April (Option group B)

Thurs 23 and Fri 24 April (Option group C)

French and German Oral Exams

Monday 27 April

Internally Assessed Grades released

No later than 4 May 2020

Formal written exams

12 May - 12 June 2020 (with a contingency date 24 June 2020)

Study Leave

Monday 1 June 2020

Further information (including key dates) along with individual student entries will be with you **NEXT WEEK** - this is an important document, please keep an eye out for it!

Closing remarks



Thank you!