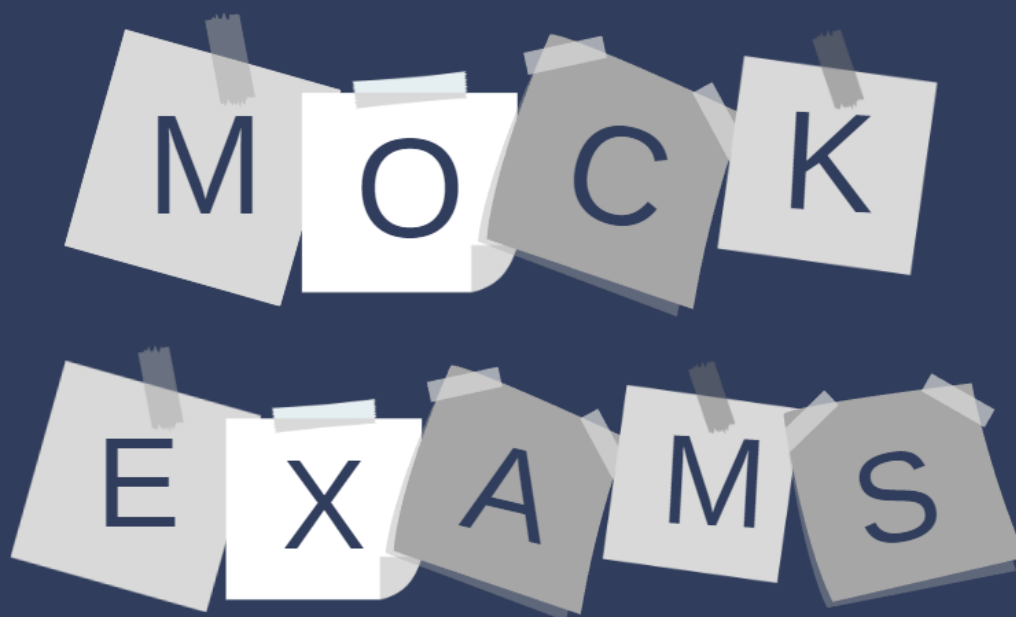




Moorside High School

Year 11 Parent Information Booklet



ENRICHING LIVES AND INSPIRING AMBITIONS

CONSIDERATION : ASPIRATION : RESILIENCE : EQUALITY



Proud to be part of
Consilium
Academies



Our Core Purpose

To ensure every student leaves us ready for their next successful chapter, with students attending college/university or starting a fulfilling career. We enrich lives and inspire ambitions to ensure students thrive in the world around us.

Consideration
Aspiration
Resilience
Equality

Considerate about ourselves, others, and our community.

Aspire to be the very best in all that we do.

Work hard and never give up. Seek help and help others.

Value diversity and tackle discrimination.

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Year 11 Mock Exams

Year 11 have been working hard since their return to school in September, they are now well into their preparations for the upcoming mock exams, beginning on Wednesday 10th January. This is a vital opportunity for us to get a further insight into students' knowledge and understanding so that we can plan our future teaching and interventions. It is also an opportunity for students, to use the mocks to set specific goals, target areas of weakness and develop confidence in their subject knowledge and exam technique. Replicating the challenge of sitting multiple exams during a condensed period is also invaluable as it prepares students for the nature of the real thing. This time can be very stressful for pupils so careful planning, organisation and preparation are essential. In this booklet you will find further information and guidance that will enable you to support your child through the next few weeks.

Useful Contact information

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Key Contacts

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Mock Exams:

Students have been provided with a mock exam timetable that outlines the individual exams they will sit each day. They have also been given a blank revision timetable to help structure their revision at home and work should be well under way with this. This is just a reminder to ask for your support in ensuring that your child is spending 2-3 hours a night as well as time at the weekends revising for the mocks. The aim behind this is to give them the appropriate toolkit for study and revision to maximise success. We know many of our highest performing students are also our hardest workers, and all students need to understand this in order to achieve their full potential. As parents, we would ask that we work together to encourage your child to adopt good learning habits.

A copy of the mock examination timetable, intervention sessions and a blank revision planner can be found at the back of this booklet. In addition to these intervention sessions, there are also targeted interventions that will be taking place in school. Some of you may have received information about these for those students who have been targeted to attend.

It is largely what students, and their families do that makes the biggest difference. The most important thing you can do as a parent at this stage is to help them plan exactly what they will need to do to give themselves the best chance of success. Please monitor and ensure that students are using and sticking to their revision timetables.

Support for pupils suffering from exam anxiety

The realisation of the challenge ahead in Year 11 can be overwhelming at the best of times and particularly following the disruption caused by the pandemic. It is important students feel prepared and confident as we approach the mock exams and real GCSEs. We have planned to offer students regular exam and revision briefings to help them structure and manage their time effectively. There is further guidance in this pack about how you can support your child with managing any exam anxiety and how pupils can best look after themselves. If you have any concerns about how your child is coping with Year 11, please do get in touch with our pastoral team and we will ensure that we can provide them the appropriate support. We understand that this can be as challenging for family life as it is for the students themselves and it is our sincere aim to support you and your child in any way we can through this demanding but also exciting year.

Information and Advice for Parents

The secret to doing well in exams lies in planning and organisation. There are many ways in which you can help your child be ready for their exams:

- Ensure you have a printed copy of your child's exam / mock timetable. This will help you understand what they are doing, when and what will be expected of them. Display it in an obvious place in your home so it can be constantly referred to. The fridge often works!
- Help them plan out their revision schedule. However, remember that you are merely supporting them and that it is up to your child to outline their schedule. This will also give them the opportunity to take responsibility and learn to prioritise their work. Plan realistically. There are limits to how much work can effectively be done in a day, to be able to balance leisure and revision and be as productive as possible.
- Timing revision sessions. We recommend that students aim to revise a particular subject or topic for around 30 minutes in order for them to remain focused yet get enough time to go into a certain level of depth. Ideally, you would want your child to focus on a maximum of 3 subjects on a school night and 6 subjects during weekend days.
- Plan for breaks. Also remember that your child needs regular breaks or else they could become worn out, which would affect their productivity. Ideally, plan a short 5-10-minute break every one and half to two hours, longer ones for meal times.
- Agree the balance between work and social life and stick to the agreement. Again, flexibility is the key – if a special night comes up, agree that they can make up the work at a specified time.
- Even the best learning strategies become less effective when children are not getting enough sleep. Sleep is very important for consolidating what has been learned. Ensure pupils get plenty of sleep leading up to their exams. Sleep will make your child's spaced practice more beneficial. Gradually spacing revision out across the week and long before the exams start, rather than cramming it in right before tests, can help alleviate the need for pupils to stay up very late studying before tests.
- Establish a specific location to revise. Having a suitable study place is important. It should be somewhere your child can sit down and focus solely on their revision, concentrate and be productive. As far as possible it should be:
 - Somewhere quiet.
 - Somewhere with no distractions. Revising in their bedroom is often not the most productive alternative, due to the many distractions surrounding them. Ensure mobile phones and other electronic devices or consoles are removed to prevent interruption.
 - Separate from where they take their breaks. A study place should ideally only be for studying.
- Make sure your child has everything they need for their revision. Besides the usual school supplies, ensure they have the correct and up to date textbooks or revision materials for their subjects. Throughout the year, make sure your child keeps various handouts, worksheets, mock tests, and answer sheets provided to them by teachers.

Providing all-round support:

The best way to support your child during the stress of revision and exams is to make home life as calm and pleasant as possible. It helps if all members of the household are aware that your child may be under pressure and that people try to avoid putting extra strain on them.

Make sure there are plenty of healthy snacks in the fridge and try to provide good, nutritious food at regular intervals. Encourage your child to join family meals, even if it is a busy revision day – it is important to have a change of scene and get away from the books for a while. Also encourage your child to take regular exercise. A brisk walk around the block can help clear the mind before the next revision session.

It's important to get a good night's sleep before an exam, so discourage your child from staying up late to cram or spending large amounts of time on electronic devices in the evening. And make sure he or she eats a good breakfast on the morning of the exam. Please encourage them to do well for his or her own sake. Explain that exams aren't an end in themselves but a gateway to the next stage of life – to A levels, university, college or work. Good results are themselves the best reward for hard work and will make your child proud of his or her achievements. Make sure your child knows you're interested in their work and that you'll be proud if they do well. Although bribery isn't advisable, it's fine to provide small treats by way of encouragement – perhaps a piece of cake or some biscuits after a chunk of revision has been completed. The end of exams can be celebrated with a treat that everyone can look forward to, such as a meal out or a family trip.

Key tasks for students on the day of the exams

- Make sure you know your timetable; which exams are on and when you need to report into school
- Pack your bag the night before and ensure you have all the correct equipment you will need for the exam(s)
- Get to school early – catch the much earlier bus and ensure you are on time allowing some time to get your head together
- Allow time for your brain to wake up – have a shower, eat breakfast – take a healthy snack with you
- Do a final check of the subjects you will be doing that day – know the structure and how many sections there are
- Make sure you have EVERYTHING you need and take spares – do not get into the stress of asking teachers for things you should have brought
- Take a pen you feel comfortable writing with – take 2 just in case and any other equipment you need.

Exam equipment (You must have these)



NHS Guidance: Helping Your Child Beat Exam Stress

Having someone to talk to about their work can help. Support from a parent, tutor or study buddy can help young people share their worries and keep things in perspective. Encourage your child to talk to a member of school staff who they feel is supportive. If you feel your child isn't coping, it may also be helpful for you to talk to their teachers at school. Try to involve your child as much as possible.

Make sure your child eats well

A balanced diet is vital for your child's health, and can help them to feel well during exam periods. Some parents find that too many high-fat, high-sugar and high-caffeine foods and drinks (such as cola, sweets, chocolate, burgers and chips) make their children hyperactive, irritable and moody. Where possible involve your child in shopping for food and encourage them to choose some healthy snacks.

Help your child get enough sleep

Good sleep will improve thinking and concentration. Most teenagers need between 8 and 10 hours' sleep a night. Learn more about how much sleep kids need. Allow half an hour or so for kids to wind down between studying, watching TV or using a computer and going to bed to help them get a good night's sleep. Cramming all night before an exam is usually a bad idea. Sleep will benefit your child far more than a few hours of panicky last-minute study. Be flexible during exams

Be flexible around exam time

Staying calm yourself can help. Remember, exams don't last forever.

Help them to study

Make sure your child has somewhere comfortable to study. Ask them how you can best support them with their revision. Help them to come up with practical ideas that will help them revise, such as drawing up a revision schedule or getting hold of past papers for practice. To help with motivation, encourage your child to think about their goals in life and see how their revision and exams are related to them.

Talk about exam nerves

Remind your child that feeling anxious is normal. Nervousness is a natural reaction to exams. The key is to put these nerves to positive use. If anxiety seems to be getting in the way rather than helping, encourage your child to practise the sort of activities they will be doing on the day of the exam. This will help it feel less scary on the day. This may involve doing practice papers under exam conditions or seeing the exam hall beforehand. School staff should be able to help with this. Help your child to face their fears and see these activities through rather than escape or avoid them. Encourage them to think through what they do know and the time they have already put into studying to help them feel more confident.

Encourage exercise during exams

Exercise can help boost energy levels, clear the mind, and relieve stress. It doesn't matter what it is – walking, cycling, swimming, football, and dancing are all effective.

Year 11 Mock Exam Timetable – January 2024 – Week 1

		Wednesday 10 th Jan	Thursday 11 th Jan	Friday 12 th Jan
8.30 am Start		MATHS Paper 1 1hr 30 mins	ENGLISH LITERATURE Paper 2 2hr 30 mins	SCIENCE Biology Paper 1 1hr 15 mins (Combined) 1hr 45 mins (Triple)
11.00 am Start		COMPUTER SCIENCE P1 1hr 30 mins SPANISH WRITING 1hr/1hr 15mins (F/H) HOSPITALITY 1hr 20 mins		HISTORY P1 1hr 15 mins DESIGN AND TECHNOLOGY 2hr

Year 11 Mock Exam Timetable – January 2024 – Week 2

	Monday 15 th Jan	Tuesday 16 th Jan	Wednesday 17 th Jan	Thursday 18 th Jan	Friday 19 th Jan
8.30 am Start	MATHS Paper 2 1hr 30 mins	ENGLISH LITERATURE Paper 1 2hr	SCIENCE Chemistry Paper 1 1hr 15 mins (Combined) 1hr 45 mins (Triple)	ENGLISH LANGUAGE Paper 2 2hr	MATHS Paper 3 1hr 30 mins
11.00 am Start	GEOGRAPHY Paper 1 1hr 30 mins	BUSINESS STUDIES P1 1hr 45 mins DANCE 1hr 30 mins GCSE PE P1 1hr 30 mins CLASSICS P1 1hr 30 mins	HISTORY P2 1hr 45 mins DRAMA 1hr 45 mins		SCIENCE Physics Paper 1 1hr 15 mins (Combined) 1hr 45 mins (Triple)

Year 11 Mock Exam Timetable – January 2024 – Week 3

	Monday 22 nd Jan	Tuesday 23 rd Jan	Wednesday 24 th Jan	Thursday 25 th Jan	Friday 26 th Jan
8.30 am Start	SCIENCE Biology Paper 2 1hr 15 mins (Combined) 1hr 45 mins (Triple)	CREATIVE IMEDIA 1hr 30 mins SPORTS STUDIES 1hr 15 mins FURTHER MATHS 1hr 45 mins	ENGLISH LANGUAGE Paper 1 1hr 45 mins	SCIENCE Chemistry Paper 2 1hr 15 mins (Combined) 1hr 45 mins (Triple)	SCIENCE Physics Paper 2 1hr 15 mins (Combined) 1hr 45 mins (Triple)
11.00 am Start	SPANISH Listening 35 mins (F)/45 mins (H) Reading 45 mins (F)/1hr (H) COMPUTER SCIENCE P2 1hr 30 mins	GEOGRAPHY Paper 2 1hr 30 mins	BUSINESS P2 1hr 45 mins CLASSICS P2 1hr 30 mins GCSE PE P2 1hr 15 mins MUSIC 1hr 15 mins	SPANISH SPEAKING EXAMS WILL TAKE PLACE ON WEDNESDAY 24TH JANUARY THURSDAY 25TH JANUARY FRIDAY 26TH JANUARY INDIVIDUAL TIME SLOTS WILL BE ISSUED TO THE STUDENTS	

Intervention Timetable

- The usual intervention timetable will be suspended for the duration of the mock exams.
 - We will be offering “pre-exam workshops” every morning during the mock exam period. These workshops will run from 8am to 8.30am.
 - There will also be after school revision sessions from 3pm-4pm for subjects with an exam the next day.
 - The purpose of these workshops and revision sessions is to help focus the students for their upcoming exam and allow them to ask any last-minute questions.
 - Students will be informed when we return to school in January when and where these sessions will be taking place, and this will be shared with parents.
 - Reminders will be placed on all social media platforms.
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C onsideration

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