



**Sir Harry Smith**  
Community College

# WELCOME TO YEAR 11

1. Key dates and subjects that include tiered and what that means for students.

K Holley  
(Deputy Principal)

2. Revision resources available and how to revise.

D Hewitt  
(Head of Year 11)

3. Coping with exam stress.

N Kupusarevic  
(Learning Support Assistant)

4. Post 16 services

A Curtis  
(Careers Advisor)



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# KEY DATES



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Year 12 Open Evening

October 10<sup>th</sup>

Academic tutor day

October 19<sup>th</sup>

Mock exams 1

October 30<sup>th</sup>

Mock results day and  
progress checks.

WB December 4<sup>th</sup>

Year 11 Parents evening

December 14<sup>th</sup>

Mock exams 2

February 26<sup>th</sup>

Mock results day 2 and  
progress checks.

March 25<sup>th</sup>

Public Exams

May 2023



Sir  
Comm

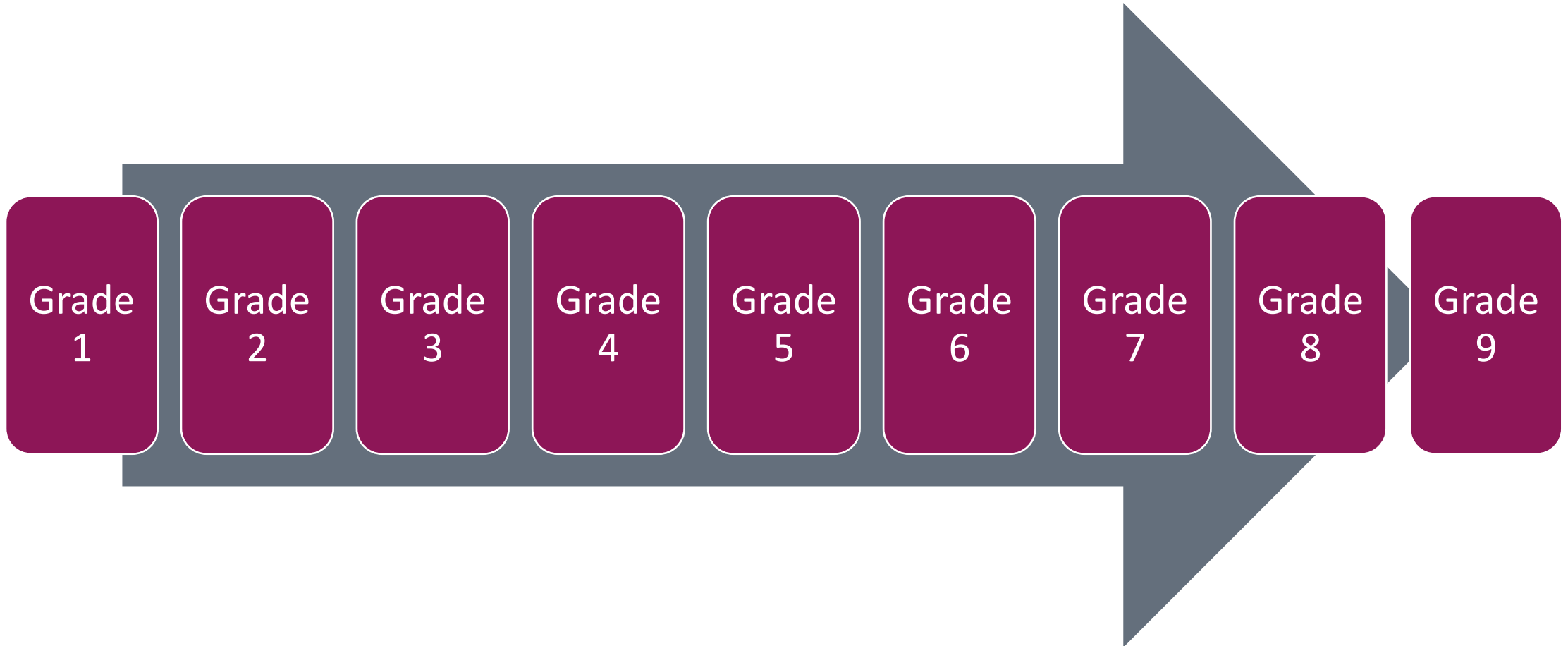
# TIERED AND NON-TIERED SUBJECTS

Tiered subjects	Non-tiered subjects
Maths	All other subjects
Science	
Languages	

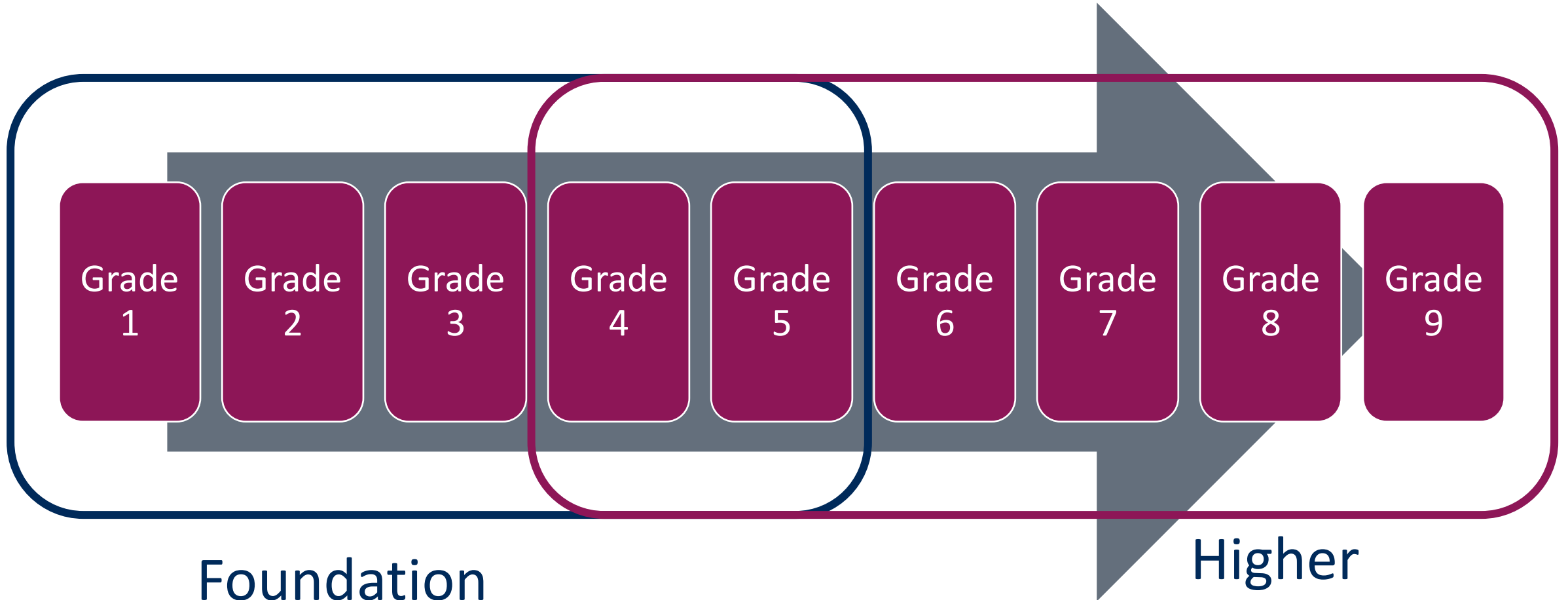


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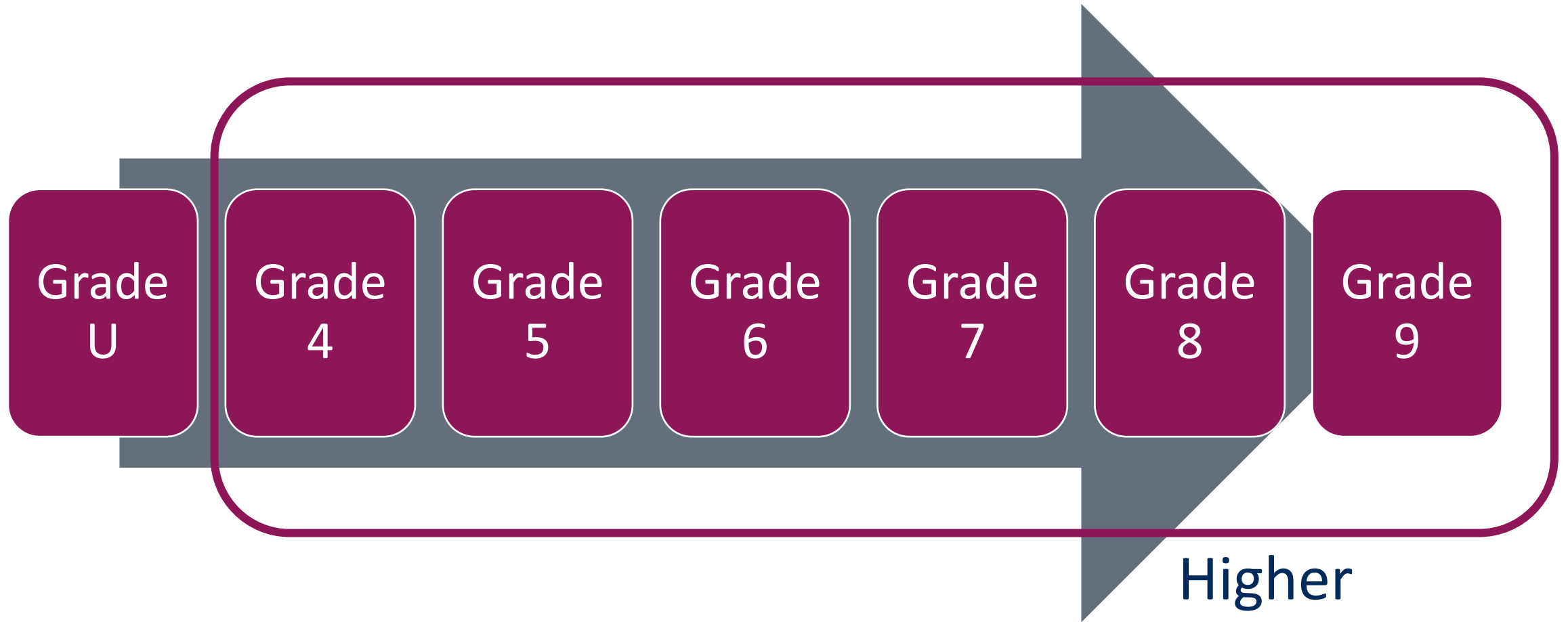
# GRADING (NON –TIERED SUBJECTS)



# GRADING (TIERED SUBJECTS)



# GRADING (TIERED SUBJECTS)



# WHEN AND HOW TIERS ARE DECIDED

Maths

Science

Languages

- Information from recent mock exams will have been used to inform teachers about what they think will be the best tier for you.
- This is not a final decision, discussion between students, teachers and parents is welcome.
- Please check your exam entry form when it is released.



# CAREERS ADVICE AND EVENTS

Mock interview day 1      24<sup>th</sup>  
November

Mock interview day 2      2<sup>nd</sup>  
December

- Mrs Curtis (Careers Advisor)
- Office is in the library.
- Sixth-form.
- Post-16 pathways (T-Levels, Apprenticeships, vocational qualifications.)



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# REVISION RESOURCES

Mr Daniel Hewitt

Head of Year 11.

[dhewitt@sirharrysmith.com](mailto:dhewitt@sirharrysmith.com)



“Sweeping the sheds. Doing it properly. So no one else has to.  
Because no one looks after the All Blacks. The All Blacks look after  
themselves.”

James Kerr (Author, *Legacy*)



WE'RE A  
FOXSPORTING  
NATION



# AFTER SCHOOL REVISION SESSIONS

Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Tutor time		Tuesday registration: unit 1 performance intervention in the music department.			
Lunch	Drama/Dance drop in.	Drama/Dance drop in. Sociology <u>drop in</u> .	Drama/Dance drop in.	Drama/Dance drop in.	Drama/Dance drop in. RS Drop in.
After school	Art. Design and technology. Business Studies. Food Preparation & Nutrition.	Design and technology. Maths	Music. Science	English Geography	

Week B	Monday	Tuesday	Wednesday	Thursday	Friday
Tutor time		Tuesday registration: unit 1 performance intervention in the music department.			
Lunch	Drama/Dance drop in.	Drama/Dance drop in.	Drama/Dance drop in.	Drama/Dance drop in.	Drama/Dance drop in.
After school	Design and technology. Art. Business Studies. Food Preparation & Nutrition.	Design and technology. Maths.	Music. Science	English Geography	



# REVISION TIMETABLE

## WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY



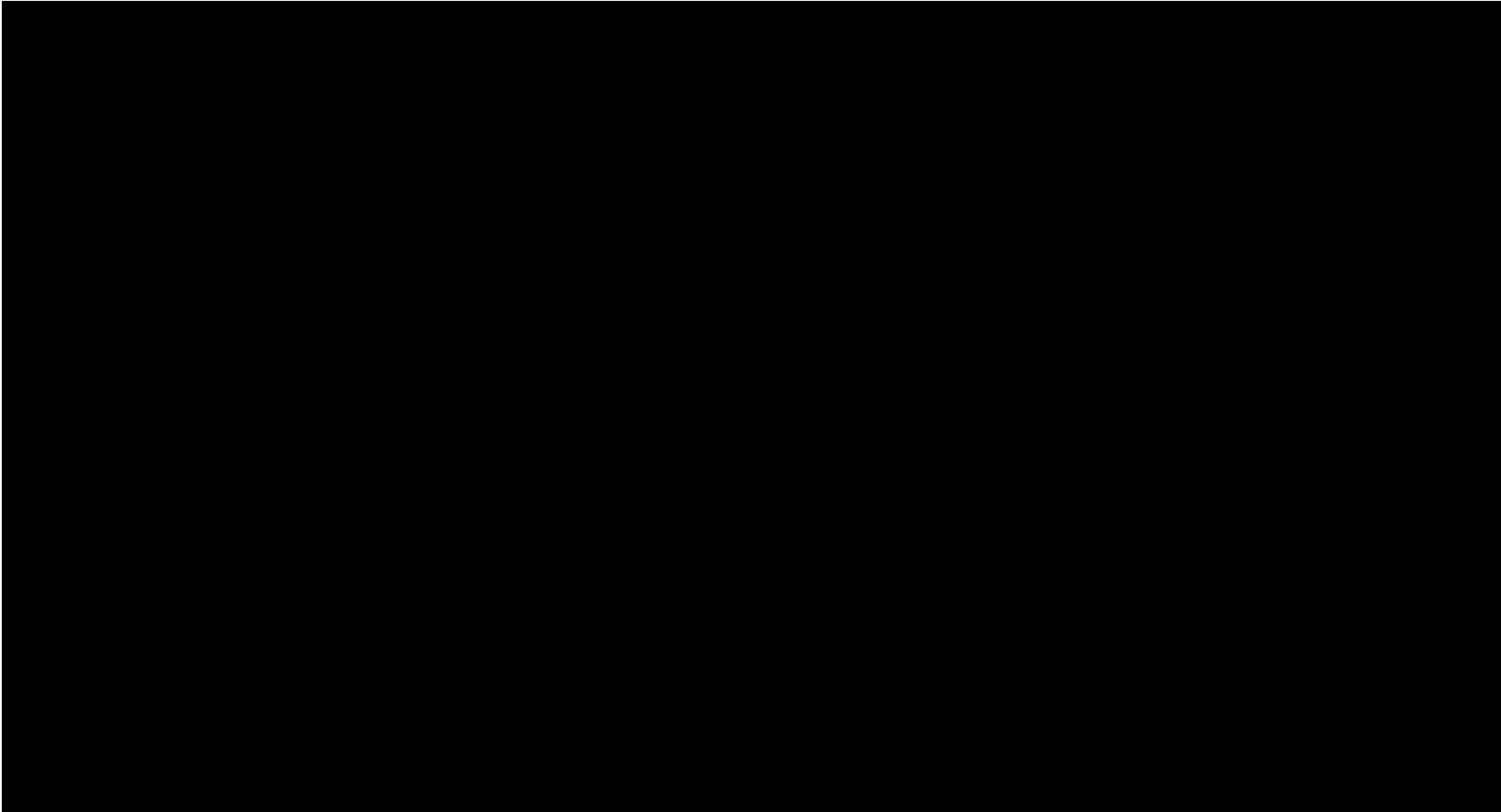
# REVISION TIMETABLE

## WEEKLY REVISION PLANNER

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



# RESOURCES AVAILABLE - SCIENCE



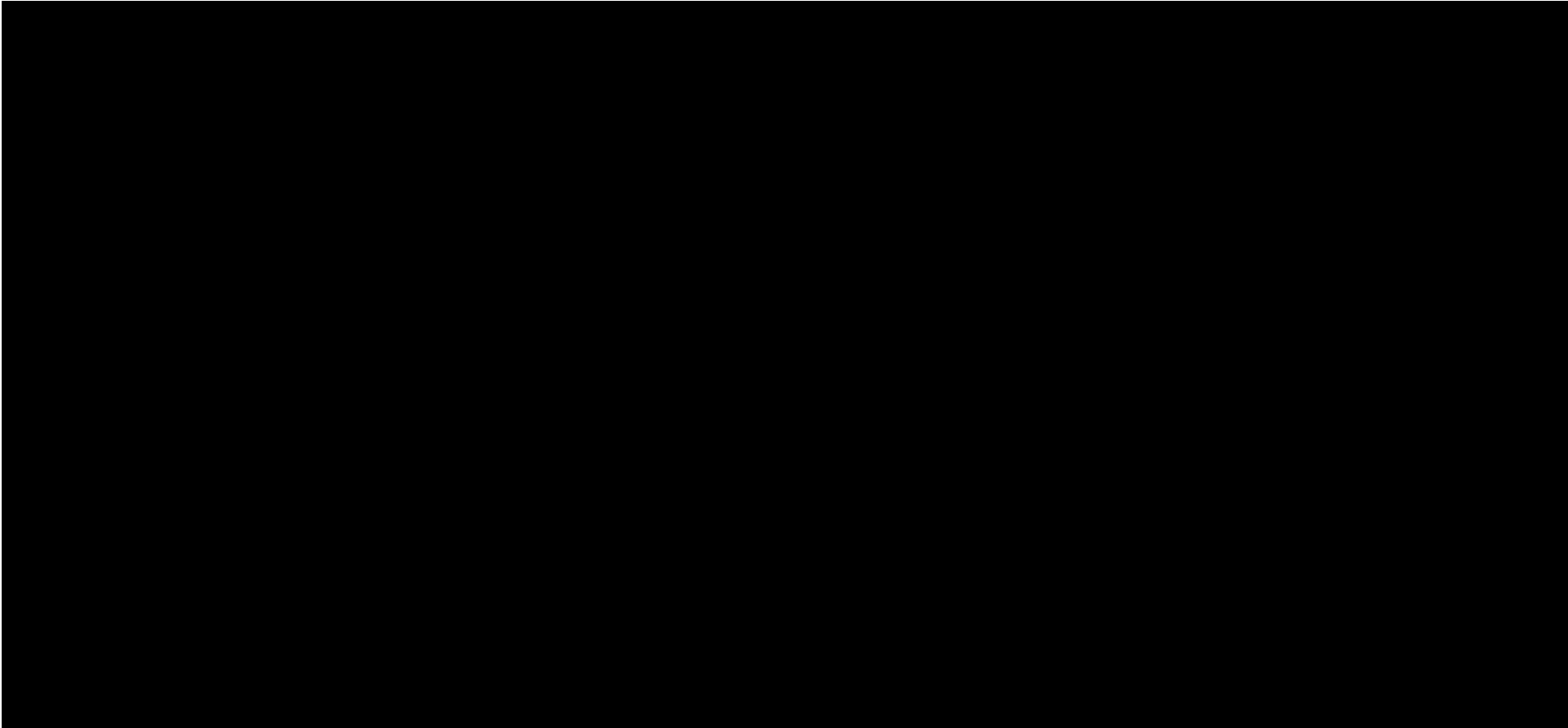
Lessons, Resources, Assessment,  
and Kerboodle Books



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# RESOURCES AVAILABLE - SCIENCE





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# Sparx Maths



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# RESOURCES AVAILABLE



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AQA	OCR	Edexcel	WJEC	Camb CNat's
GCSE	GCSE	GCSE	GCSE	GCSE
Art - Fine Art	Drama	Business	Geography	Sport and exercise science
Art - 3D Design	Psychology	History	Religious Studies	Child Development
Dance		Music	Sociology	
Design & Tech		Entry Level		
English Language				
English Literature				
Food Prep & Nutrition				
French				
German				
Maths				
Science (Combined)				
Biology				
Chemistry				
Physics				



# Flash cards

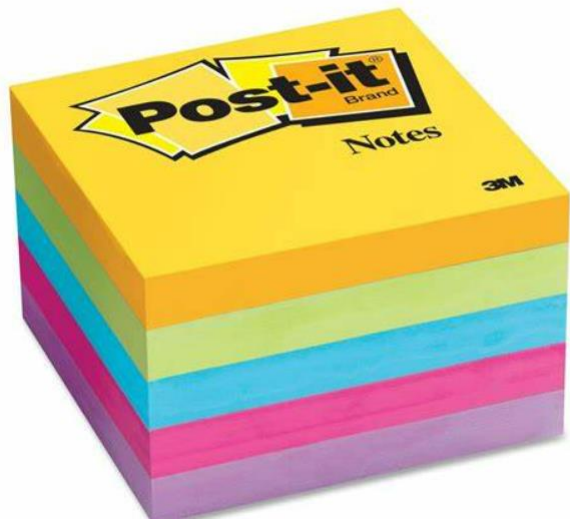
Daily

Weekly

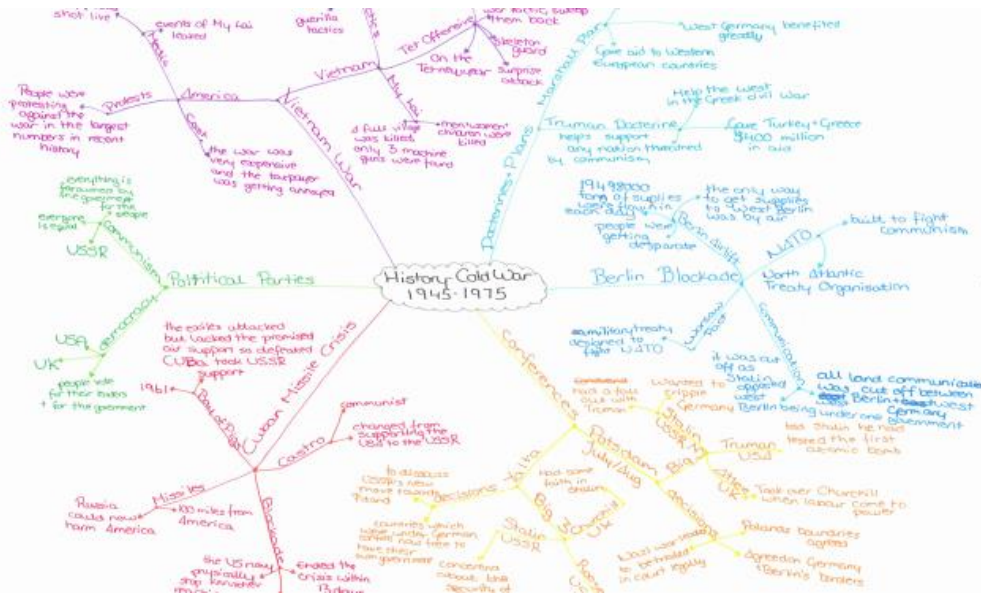
Fortnightly

Monthly





- ✓ Work through past papers
- ✓ Flash cards
- ✓ Mind map with pictures and colour
- ✓ Revision guides apps, videos, websites
- ✓ Read aloud and Walk around
- ✓ Raps, rhymes, chants songs
- ✓ Stick up posters and use post-its (Bedroom)
- ✓ Explain a topic to a parent or friend
- ✓ Write out notes again and again and again...





# **PROM CRITERIA**

## **2023 - 2024**

**Attendance – not less than 95%**  
**Punctuality – no more than 12 late marks**  
**Behaviour Watch**  
**Demonstrate exemplary behaviour during the exam period**

**REMEMBER – THE PROM IS BY INVITATION ONLY**





# TERMS & CONDITIONS

The Prom Criteria will start on Monday 11<sup>th</sup> September 2023

All students' data (attendance/lates/Behaviour Watch) will start afresh from Wednesday 6<sup>th</sup> September 2023 in regards to the Prom Criteria.

**Attendance** – 96% equates to approximately 5 days off throughout an entire year. If your child is ill and has evidence of a doctor's appointment then this will be discounted. Any illness where parents only call in will not be authorised.

**Behaviour Watch** – this includes concerns such as high level disruption, truancy, behaviour, attitude, homework, etc. (from Monday 11<sup>th</sup> September 2023).

**Punctuality** – a student is deemed late if they arrive to registration after the bell at 8.40 a.m. If there is a genuine and unavoidable circumstance then a letter or note must be handed to Reception, signed by parent/carer, which will then be discounted. Student's must not have received more than 12 late marks (from Monday 11<sup>th</sup> September 2023).





The following circumstances, will mean immediate non-attendance to the Prom (from Monday 11<sup>th</sup> September 2023 to the end of the year):

- An external suspension
- Bringing the school's reputation into disrepute
- **Examination season** – Students must demonstrate exemplary behaviour

The data will be monitored throughout the year and students will start to be able to pay deposits via ParentPay **from January 2024** providing they meet the criteria.

**Please note:** If the College feels that a student's behaviour, attitude, or attendance falls short of the College's expectations, we reserve the right to withdraw their invite to the Prom at anytime.

**Questions - Please do not hesitate to contact  
Mr D Hewitt (Year Leader)**



# COPING WITH EXAM STRESS

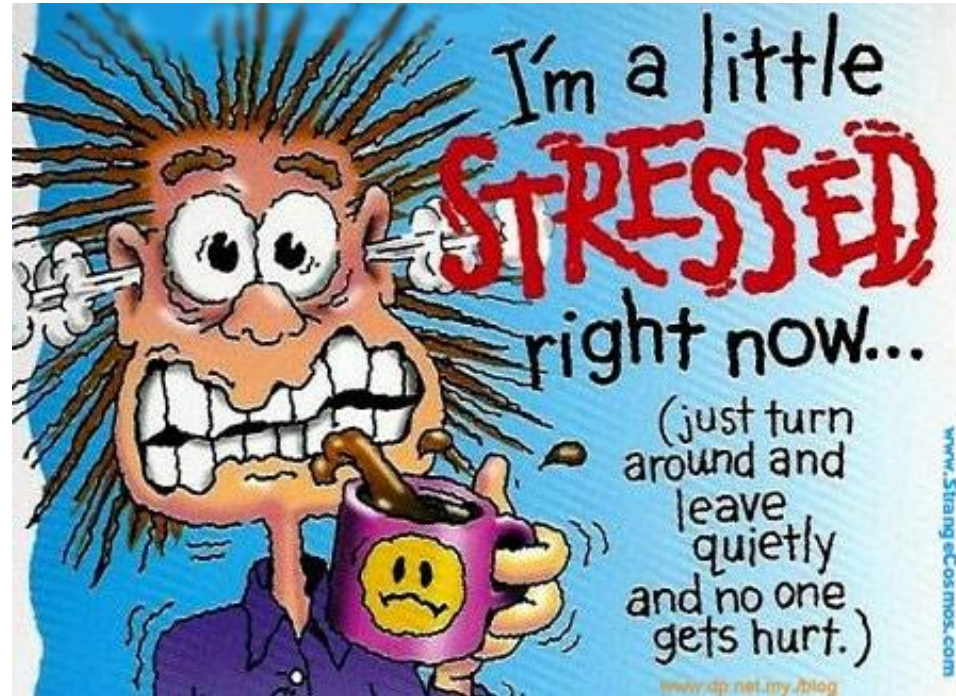
Mrs N Kupusarevic

Learning support assistant

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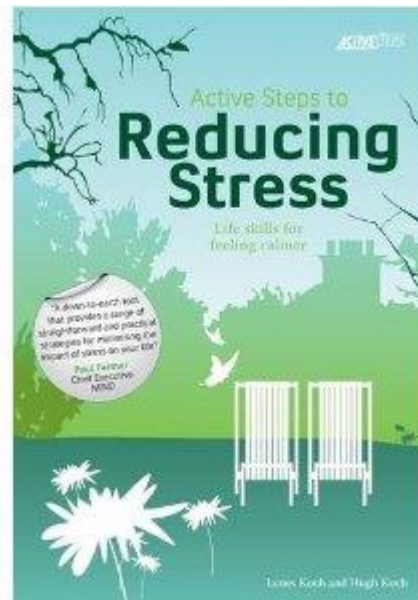
# What is stress?

- Stress is one of the body's natural responses to something that is threatening or frightening.
- It is something that we all experience from time to time.
- Stress is not necessarily harmful: mild forms can motivate and energise you.
- However, if your stress level is too high then it can cause difficulties, including hindering your ability to prepare for and perform during tests/assessments.

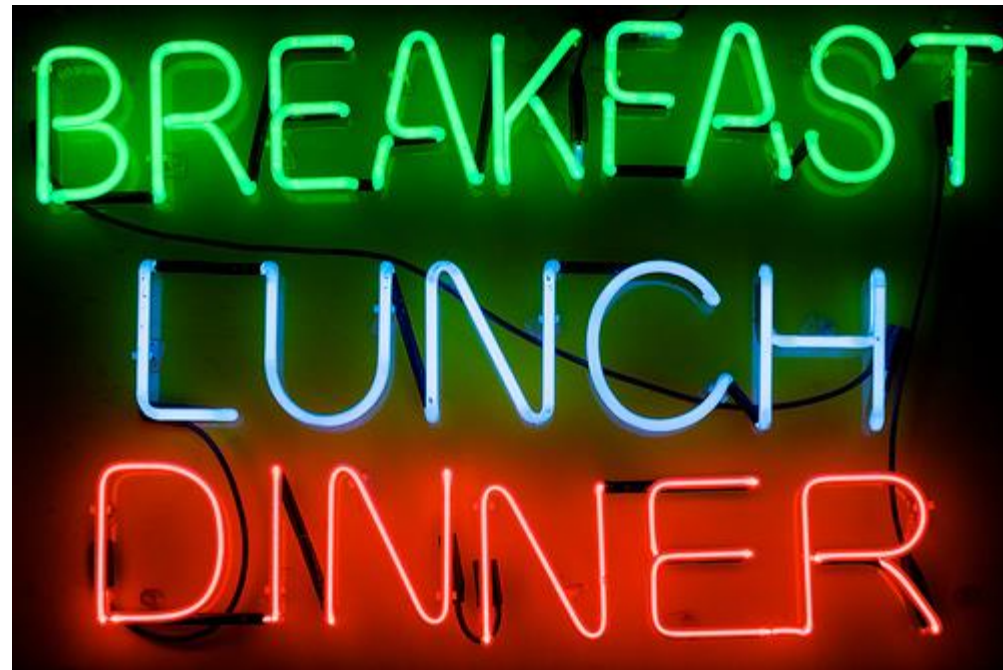


# Six strategies for dealing with stress

- Unfortunately there is no magic wand that will remove the impact of stress on your life. Controlling stress is an active process which means that you will have to take steps to limit its impact.



# Step One: Be careful about what you eat and drink



# Step Two: Get enough sleep





# Step Three: Take regular exercise



# Step Four: Control your breathing



## 4/5 Breathing technique

- Focus on your breathing
- Place hands on your belly as you breathe in & out slowly.
- Imagine your belly is a balloon, inflating as you breathe in and deflating as you breathe out.
- Begin to create a rhythm by breathing in through your nose to a count of 1-2-3-4, pause slightly and then slowly breathe out through your mouth to a count of 1-2-3-4-5.





# Step Five: Make time for fun



# Step Six: Improve your study skills

Get organised for learning!

Read through your notes; use a mind map to write out what you have remembered; return to your notes and highlight all the forgotten facts! You could then add these facts to the mind map. Try this before your next test.



# Study like an athlete

- An athlete will not train for hours without rest breaks. Think of your brain like a muscle that will get fatigued if you study for too long in one go.
- Rest breaks must be part of your study plan.



**Calendar**



**How?** Revision timetable



**Designated revision space**



**Without distractions!**



**Materials**



# Ways to revise...

- Record
- Games and quizzes
- Websites
- Group revision
- Video/audio
- Become a teacher



# Planning will reduce stress

- Where does your time go?
  - 168 hours in the week – use them wisely
- Allocate time for essential tasks
- Schedule in time for studying – including breaks
- Schedule time for YOU e.g. relaxation, social, exercise
- **But** be aware of procrastination...



# REMEMBER

**“Procrastination is the thief of time”**



**“The action of delaying or postponing something”**



- Relaxation

- a feeling of tranquillity and an absence of tension & worry





# How to relax

- Listen to calming music – search on 'You Tube' for music for relaxation and stress relief.
- Find a quiet, comfortable space for time out.
- Practise 4/5 breathing technique.
- Eat well ( have breakfast)
- Drink water – bring a water bottle to school.
- Be organised.



# HOW TO PREVENT AN ANXIETY ATTACK

- Breathe deeply in through your nose and out through your mouth
- Slowly look around you and find...
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell (or 2 smells you like)
- 1 emotion you feel

This is called GROUNDING - it can help when you feel like you've gone too far in your head and lost all control of your surroundings.



## CALM DOWN WITH TAKE 5 BREATHING

1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand.



HELPING CHILDREN MANAGE BIG EMOTION



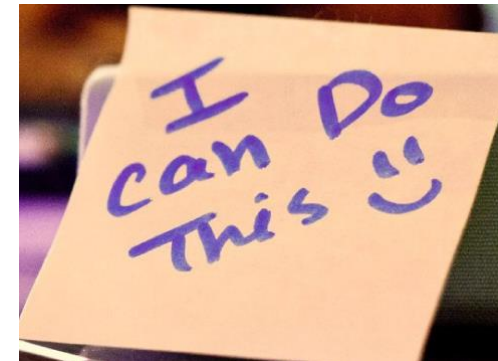
- **Five Steps to Feeling Calm**

1. Spread your hand and stretch your fingers out like a star. You can choose your left hand or your right hand. Pretend the pointer finger of your other hand is a pencil and imagine you are going to trace around the outline of your hand and fingers.
2. Start at the bottom of your thumb and slide your finger up your thumb, pause at the top, and then slide your finger down the other side. Now slide your pointer up your second finger, pause, and slide down the other side. Continue tracing your fingers up, pause, and down. Slide your finger slowly, watch your finger move and notice how it feels. Keep going until you have finished tracing your fifth finger (pinky).
3. Now you are ready to add some breathing. Breathe in through your nose and breathe out through your mouth. Remember to keep it slow and steady.
4. Place your pointer finger at the bottom of your thumb, and breathe in as you slide up. Breathe out as you slide down. Breathe in as you slide up your second finger, and breathe out as you slide down. Keep going until you have finished tracing your fingers and you have taken five slow breaths.



# Preparing for Assessments/Exams

- Eat breakfast.
- Have a drink.
- Have all the equipment you need for each assessment/exam.
- Bring a bottle of water to school.
- Arrive at school in plenty of time.
- Try your best.



# In an Assessment/Exam

- Read the questions carefully 2-3 times, highlight key words.
- Use your time wisely.
- Attempt all questions.
- If time then check your work.



# If your mind goes blank

- Take control.
- Close your eyes, focus on your breathing and tell yourself that you can do this.
- Have a drink of water.
- Re-focus and start again.





# Take Responsibility

- This is **your** time to focus on **your** future. Now is the time to get organised and to work hard.
- Keep up to date with classwork & homework.
- Ask for help if you don't understand a task.




# Additional Resources

The following sites provide further advice, help and information on coping with stress:

- NHS: [www.nhs.uk](http://www.nhs.uk)
- Mental Health: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
- Childline: [www.childline.org.uk](http://www.childline.org.uk)
- Mind: [www.mind.org.uk](http://www.mind.org.uk)
- BBC Surgery: [www.bbc.co.uk/switch/surgery](http://www.bbc.co.uk/switch/surgery)
- Kooth: [www.kooth.com](http://www.kooth.com)





Doing your best means  
never stop trying.

Benjamin Franklin



# POST-16 OPTIONS

Mrs A Curtis  
Careers Advisor

[acurtis@sirharrysmith.com](mailto:acurtis@sirharrysmith.com)



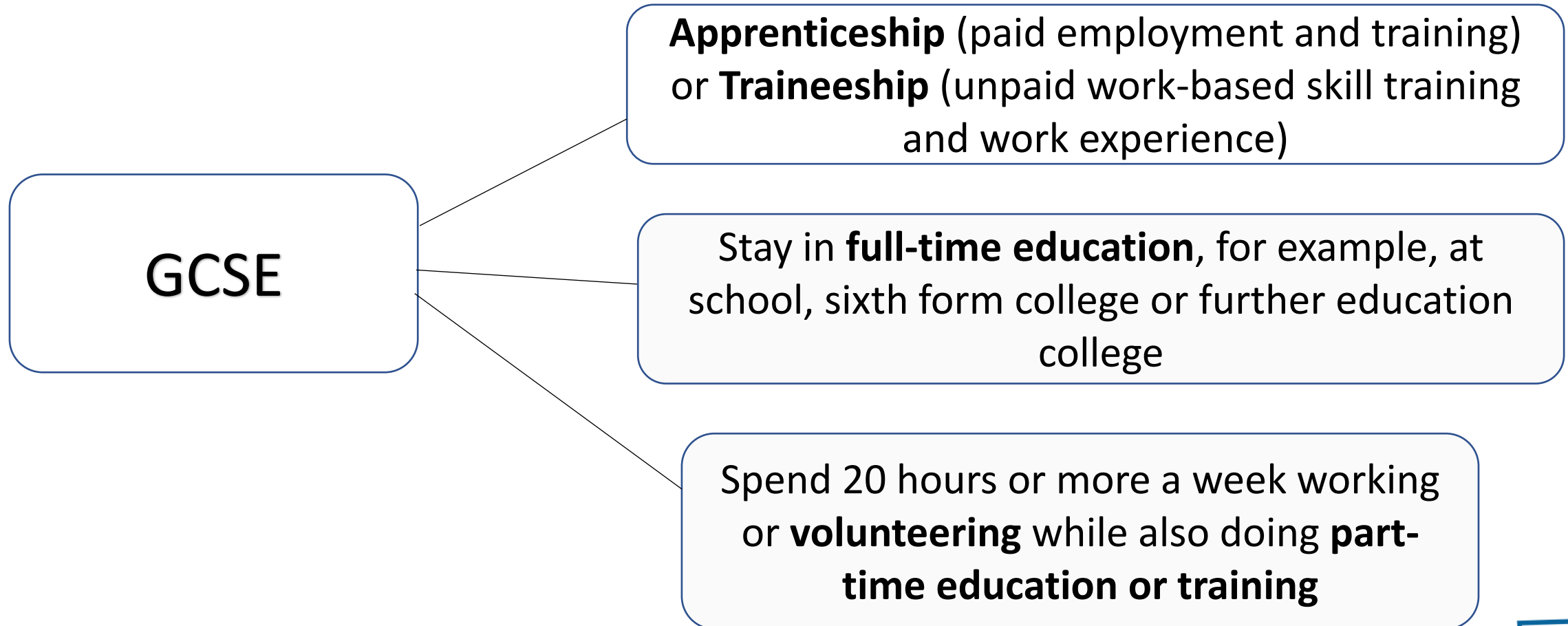
# RULES ABOUT PATHWAYS AFTER Year 11?

## Raising the Participation Age (RPA) :

Young people are required to remain in either education or training until the age of 18.

This also includes the need to study English and Maths until a Grade 4 is achieved.

# What are your Options?



# SIXTH FORM / FURTHER EDUCATION COLLEGE

## SIXTH FORM:

Mostly academic subjects at A-level.

You usually choose 3 subjects.

## FURTHER EDUCATION COLLEGE:

Mainly vocational qualifications such as BTECs

Practical and hands-on courses

Often 3-4 days a week

- APPLY AS EARLY AS POSSIBLE
- VISIT OPEN DAYS
- CHECK WHERE THE COURSE LEADS TO / IS IT THE CORRECT ONE FOR YOU?
- CHECK ENTRY REQUIREMENTS FOR COURSES / COMPARE WITH YOUR CURRENT PREDICTED GRADES
  
- NB: A 'CONDITIONAL OFFER' MEANS YOU WILL NEED TO GET THE GRADES STATED TO TAKE UP A PLACE ON THAT COURSE.



A Levels	<ul style="list-style-type: none"> <li>• Academic subjects.</li> <li>• Choose 3 subjects you took at GCSE to study in more depth or pick subjects you may not have done before.</li> <li>• Most courses are assessed by written exam at the end of year 2.</li> </ul>
BTEC	<ul style="list-style-type: none"> <li>• Level 1 and 2 = equivalent to GCSEs</li> <li>• Level 3 = equivalent to A levels</li> <li>• Assessed as modules throughout the course, part coursework, part exam.</li> </ul>
T LEVELS	<ul style="list-style-type: none"> <li>• One T level is the equivalent of 3 A levels.</li> <li>• Assessed by exams, projects and practical assignments</li> <li>• At least 45 days on industry placement</li> </ul>
Apprenticeships	<ul style="list-style-type: none"> <li>• Intermediate, advanced, higher and degree apprenticeships.</li> <li>• You will spend 80% of your time in the workplace</li> </ul>



# Help and guidance

- All students in Year 11 have at least one 1:1 guidance meeting with a qualified Careers Advisor, with follow-up meetings as required.
- During Year 11 we work with many organisations to offer guidance to our students including amazing Apprenticeships and local colleges and universities as well as employers and alumni who visit the school.
- All students also take part in mock interviews in November/December.
- Support and advice and guidance is available.

You can speak to or contact:

- Your tutor
- Year Leaders
- Pastoral Support
- Subject teacher
- Parents and family members
- Online websites
- Mrs Curtis - Careers Co-ordinator (LRC Office) – to book a meeting email: [ACurtis@sirharrysmith.com](mailto:ACurtis@sirharrysmith.com)

