

### Welcome to our second Year 11 Newsletter.

Well done for a successful half term. Make sure that you balance your break with some revision and plenty of rest. Here are some top tips for dealing with stress related to exams. We will look at some of this in more detail next half term.

- Make time for things you enjoy. Find ways to release stress and celebrate progress. You could listen to music, draw, cook, play with a pet or go for a walk. You can try things alone or with friends.
- Talk to others about how you feel. Connect with other people, especially people who are going through the same thing.
- Try to find balance. Take regular breaks and be realistic about what you can do in a day. Keep things in perspective and remember that exams won't last forever.
- Take care of your physical health. Make sure you get enough sleep, food, water and exercise. If you take regular medication, keep up with your routine.

### Year 11 Attendance:

Year 11-89%

Whole school-91%

We know that pupils with excellent attendance achieve higher grades. You need to be here to benefit from the expertise that subject specialist teachers can provide.



### Silent study space.

The BEC will be available for silent study every day before school from **8am and during lunch**. Breakfast items will be provided to help you start the day well. Why not get that earlier bus and have breakfast on us?

This week's intervention/revision

Week A	Lunch	Afterschool
Monday	PE Room 22 Mrs Smith-History intervention room 13	
Tuesday	Dr Godley: Foundation Chemistry Lab 5 Mr Coleman-History-room 12 Mrs Pearson-Higher Maths room 22 Miss Bowers-RE-room 19	Mr Youde-Foundation Maths-room 8 Mr Coleman-History-room 12 Art-component 2-A1 Miss Shaw-French-room 20
Wednesday Science Masterclass P5	Miss Cochrane Biology Foundation Lab 3 Mrs Smith-History-room 13 Mrs Blackburn-room 5-11b/En3 Mrs Hendey-French-room 21 PE analysis task help –BEC	Miss Clayton-Foundation Maths-room 7 Mr Jack-Higher Maths-room 10 Mrs Youde-Higher Maths-room 11 Mrs Smith-History-room 13 Art-component 2-A1 Mrs Holmes-English-room 2
Thursday	Mr Joyce-History-room 17 Mrs Hardy-room 16 Mr Coleman-History drop in-room 12	Mr Binns-Foundation Maths-room 7 Mrs Pearson-Higher Maths –room 22 Mr Joyce-History-room 17 Mr Coleman-History drop in-room 12 Mrs Small: Higher Physics Lab 2 Art-component 2-A1 Miss Shaw-French-room 20 Mrs Cuthbertson-RE-room 25 Mr Shaw-NEA-T1
Friday		Miss Finley-RE-room 23

Subject	Where to find revision materials	Staff emails
English	<a href="#">English Firefly</a>	<a href="mailto:sblackburn@stbedeslytham.lancs.sch.uk">sblackburn@stbedeslytham.lancs.sch.uk</a>
Maths	<a href="#">Maths Firefly</a>	<a href="mailto:dyoude@stbedeslytham.lancs.sch.uk">dyoude@stbedeslytham.lancs.sch.uk</a>
Science	<a href="#">Science Firefly</a>	<a href="mailto:gsmith@stbedeslytham.lancs.sch.uk">gsmith@stbedeslytham.lancs.sch.uk</a>
RE	<a href="#">RE Firefly</a>	<a href="mailto:scuthbertson@stbedeslytham.lancs.sch.uk">scuthbertson@stbedeslytham.lancs.sch.uk</a>
Geography	<a href="#">Coasts</a> <a href="#">Rivers</a> <a href="#">General Geography</a>	<a href="mailto:jhardy@stbedeslytham.lancs.sch.uk">jhardy@stbedeslytham.lancs.sch.uk</a>
History	<a href="#">History Firefly</a>	<a href="mailto:rcoleman@stbedeslytham.lancs.sch.uk">rcoleman@stbedeslytham.lancs.sch.uk</a>
French	<a href="#">French Firefly</a>	<a href="mailto:ehendey@stbedeslytham.lancs.sch.uk">ehendey@stbedeslytham.lancs.sch.uk</a>
PE	<a href="#">PE Firefly</a>	<a href="mailto:mfrankel@stbedeslytham.lancs.sch.uk">mfrankel@stbedeslytham.lancs.sch.uk</a>
Art	<a href="#">Art Firefly</a>	<a href="mailto:hwright@stbedeslytham.lancs.sch.uk">hwright@stbedeslytham.lancs.sch.uk</a>
Drama		<a href="mailto:pping@stbedeslytham.lancs.sch.uk">pping@stbedeslytham.lancs.sch.uk</a>
Tech	<a href="#">Computer Science</a> <a href="#">DT Product Design</a> <a href="#">Food tech</a>	<a href="mailto:ashaw@stbedeslytham.lancs.sch.uk">ashaw@stbedeslytham.lancs.sch.uk</a>

### Revision strategy of the week

## Flash Cards



### 1 Identify knowledge

What are you creating flash cards on? Have cards or bits of paper ready.

Use your knowledge organiser, book or revision guide.



### 2 Colour coding

Use different coloured flash cards or paper for different subjects or topics.

This will help with organisation NOT recall.



### 3 Designing

1 question on the front per flashcard. Answer on the back.

Make them concise and clear.

- Maybe a key date and event
- Key term and definition
- Question and model answer

No long extended questions.



### 4 Using

Write your answers down, then check. Or say it aloud to someone else. This really shows the gaps in your knowledge. Do not just copy and re read.

Shuffle the cards each time you use them.

Use the *Leitner* system to use them every day.



### 5 Feedback

How have you performed when you look back at your answers?

What do you need to revisit in more detail?

When your knowledge is secure move on to applying knowledge in that area in a specific extended exam question.

Avoid answering the question in your head. Research shows that when you read a question and answer it in your head, you aren't actually testing your knowledge effectively. Say the answer out loud or write it down before checking it against the answer on the reverse, so you are truly testing if you can explain the answer properly.