



Croeso Welcome

How to help your child  
(...and you) survive  
GCSEs!



*Ysgol Eirias*  
YSBRYDOLI DYSGU  
INSPIRING LEARNING

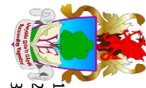


Key dates for Year 11 pupils

## Key dates

- Non Examined Assessments (previously known as CATs with take place through out the year
- Some classes may be doing external exams in November.
- Year 11 Mocks will take place between the 25<sup>th</sup> November and 6<sup>th</sup> December
- Mock results will be issued on 7<sup>th</sup> January 2020
- A key event for many of you will be the Ysgol Eirias 6<sup>th</sup> Form Opportunities evening which will be held on Thursday 24<sup>th</sup> January at 7pm.
- Year 11 parents evening will be on 14<sup>th</sup> January 2020
- Year 11 reports will be issued on 24<sup>th</sup> January 2020
- The summer external exam season begins 5<sup>th</sup> May(This is before year 11 students leave school.) and end on 24<sup>th</sup> June
- Yr 11 presentation evening will be on 21<sup>st</sup> May 20 at Venue Cymru

## Year 11 NEA and Exam Information 2019 -2020



Subject	CAT/NEA info		% of GCSE mark	Exam info (inc date if known)	% of final GCSE mark
	NEA Start Date	NEA End Date			
<b>Art</b>	Feb 19 (yr10)	Dec 19	60%	Start Jan 20/Finish May 20	40%
<b>Business Studies</b>	n/a	n/a		2 exams in year 11	100%
<b>Child Development</b> 30 % completed in Yr10	Oct 19	April 20	30%	1 ½ hrs exam	40%
<b>Computer Science</b>	7/10/19	20/3/20	20%	Unit 1 written Unit 2 on screen	50% 30%
<b>Drama</b>	Unit 1 8/1/20 Unit 2 April 20		40% 20%	Unit 3 18/5/20 (pm)	40%
<b>Engineering</b> 25 % completed in Yr10	Dec 19	Feb 20	50%	Summer term exam 1 ½ hrs Exam	25%
<b>English</b>	23/9/19 Unit 1	18/10/19	20%	Unit 2 (2/6/20) Unit 3 5/6/20	80%
<b>English Literature</b>	Completed in YR 10		25%	13/5/20 Unit 1 Unit 2 21/5/20	35% 40%
<b>Fashion and Textiles</b>	Feb 19 (Yr10)	Dec 19	60%	Start Jan 20/Finish May 20	40%
<b>Food and Nutrition</b> 40 % completed in Yr10	Nov19	Feb 20	20	Summer term exam 1 ½ hours	40%
<b>French</b>	n/a	n/a	n/a	Unit 2 (list) Unit 3 (read) 12/5/20 Unit 4 (writing) 15/5/20 Unit 1 (speak) 01/04/20 – 02/04/20	25% each 25% 25%
<b>Geography</b>	14/10	10/12	20	Unit 1 18/5 Unit 2 3/6	40 % each
<b>German</b>	n/a	n/a	n/a	Unit 2 (list) Unit 3 (read) 15/5/20 Unit 4 (writing) 4/6/20 Unit 1 (speak) 01/04/20	25% each 25% 25%
<b>Graphic Communications</b>	Feb 19	Dec 19	60%	Start Jan 20/Finish May 20	40%
<b>History</b> Unit 2 competed in yr10 (25%)	Completed in YR 10		20%	Unit 1 Monday 1 <sup>st</sup> June (am) Unit 3 Tuesday 9 <sup>th</sup> June (pm) Unit 2 RESIT ONLY Thursday 4 <sup>th</sup> June	25% 30% 25%
<b>ICT</b>	2/9/19	17/7/20	60%	10/6/20	40%
<b>Tourism</b> 50% completed in Yr10	2/9/19	30/3/20	50%	No exam	
<b>Maths</b>	n/a	n/a	n/a	GCSE Maths Higher Tier Dr Greenslade 11 <sup>th</sup> 13 <sup>th</sup> Nov GCSE Numeracy Miss Ramsden Mrs Thompson 5 <sup>th</sup> 7 <sup>th</sup> Nov GCSE Numeracy Intermediate Mrs Noonan, Miss Parry, Mr Davies 5 <sup>th</sup> 7 <sup>th</sup> November	100%
<b>Media Studies</b>	Sept 19	Nov 19	40%	5/6/20	60%
<b>Music</b>	Solos plus Programme note Oct Composition 1 Nov Ensembles March Composition 2 + Evaluation April		20% 15% 15% 20%	9/6/20	30%
<b>Physical Education</b>	September 18	March 20	50%	Summer term exam 2 hours	50%
<b>Product Design</b>	June 19	Feb 20	50%	Summer term exam 2 hours	50%
<b>RS</b>	n/a	n/a	n/a	11 <sup>th</sup> May pm	100%
<b>Double Award Science</b> Yr 11- 3 exams plus practical exam contribute to 2 GCSEs (3 exams in year 10 already completed)	Jan 20	Feb 20	10%	Biology 12 <sup>th</sup> May 20 Chemistry 15 <sup>th</sup> May 20 Physics 20 <sup>th</sup> May 20	45% from Yr 10 55% from Yr 11
<b>Cymraeg</b>	N/A	N/A		Unit 1 (Group oral) Week beginning April 20 <sup>th</sup> Unit 2 (Group oral) Week beginning April 27 <sup>th</sup> Unit 3 (Reading & Writing) 6 <sup>th</sup> May AM Unit 4 (Reading & Writing) 14 <sup>th</sup> May AM	25% 25% 25% 25%
<b>Cymraeg (Carlam) AS level Welsh 2<sup>nd</sup> Language</b>	Unit 2 – Course work portfolio 3 pieces to be completed by April 25 <sup>th</sup>		30%	Unit 1 (Group Oral) Date to be confirmed Unit 3 – Poetry written exam	35% 30% 35%
<b>Welsh Bacc.</b> 50% of course completed in year 10	Year 11 All year	Individual project	50%	n/a	n/a

1. Dates for CATs (Controlled Assessment Task) and NEAs (Non Exam Assessment) are correct at the time of publication but may be subject to change.
2. Holidays are discouraged during the school term. In the event of planned absence, Parents/Guardians should contact the Head of Learning, Mrs Rogers.
3. Where CAT tasks are missed by students, though alternative arrangements can be made in exceptional circumstances e.g. medical illness, the school is under no obligation to provide opportunities outside of normal school hours for completion of the task. Given this, full attendance of pupils is advised.
4. The exams listed are GCSE exams that contribute to their final GCSE mark. Yr 11 Mock exams will take place week beginning 25<sup>th</sup> Nov 2019.
5. Individual exam timetables for pupils will be forwarded in March 2020 (To be confirmed). Please note, timetables for GCSE subject exams in May/June 2020, can be accessed via the websites of Examination boards e.g. WJEC.

## Year 11 Mock Exams

Year 11 mock exam preparation week is 18<sup>th</sup>-23<sup>rd</sup> November.

The Mock exams are timetabled over a two week time period from Monday 25<sup>th</sup> November- Friday 6<sup>th</sup> December.

All exam results will be distributed to pupils as a mock results day on Tuesday 7<sup>th</sup> January.

A number of year 11 pupils also have Maths and Numeracy exams during November (5<sup>th</sup>, 7<sup>th</sup>, 11<sup>th</sup> and 13<sup>th</sup>) which are real exams. They have had timetables for this if it applies to them.

Music (A16) Friday 22<sup>nd</sup> November as per timetable

<b>Monday 25 November</b>	<b>Maths (Numeracy ) Paper 1 1hr45</b>	<b>Welsh 2<sup>nd</sup> language 1hr30</b>
<b>Tuesday 26 November</b>	English Language 2 hrs	<b>RS (Short) 1hr30</b>
<b>Wednesday 27 November</b>	Maths (Numeracy ) Paper 2 1hr45	<b>English Literature 1hr</b>
<b>Thursday 28 November</b>	Maths Paper 1 1hr45	<b>Science 3 papers 1hr30</b>
<b>Friday 29 November</b>	Maths Paper 2 1hr45	<b>History 1hr</b>
<b>Monday 2 December</b>	Computer Science 1hr45 Product Design 2hrs Child Development 1hr30 Engineering 1hr30 Media 2hrs	<b>ICT 1hr30 Food &amp; Nutrition 1hr30</b>
<b>Tuesday 3 December</b>	Business Studies Paper 1 2hrs  College maths catch-up	<b>Geography 1hr30</b>
<b>Wednesday 4 December</b>	PE 2hr	<b>Business Paper 2 1hr30</b>
<b>Thursday 5 December</b>	P1 French Listening 35/45 mins Higher29 Foundation 8 P2 German Listening Higher 45 mins  P3&4 French Reading 1/1hr15 P3&4 German Reading Higher 1hr15	<b>Catch up WBQ</b>
<b>Friday 6 December</b>	<b>Geography NEA 2hr30</b>	<b>CATCH UP</b>

## Exam rules and regulations

- Pupils must arrive outside the canteen by **8.40am** for morning and **1.10 pm** for afternoon exams and line up in alphabetical order (11C nearest the wall.)
- Pupils will be seated in the Hall/Gym as appropriate. Details given by HoL.
- All pupils should ensure they have the correct equipment. Black pens, pencils, ruler, maths sets, calculators etc. Clear pencil cases (or plastic bags) are required.
- All mobile phones and electronic devices, must be switched off and handed in at the start of the exam. Any breach of this will result in **all** of their exam papers being cancelled. The items are kept safe and handed back at the end of the exam.
- All pupils must wear normal uniform during the exam period.
- All watches must be removed but may be placed on the exam desk.
- Clear water bottles are allowed but the label must be removed.
- Exam regulations begin as soon as pupils enter the venue. If pupils turn round, 'make noises', or communicate in any way, papers may be cancelled.
- If a pupil is ill and will miss an examination it is essential for school to be contacted before 8.15.



# Revision Techniques

**FLAVATTE**



**REVISION**

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Is this the **answer**?

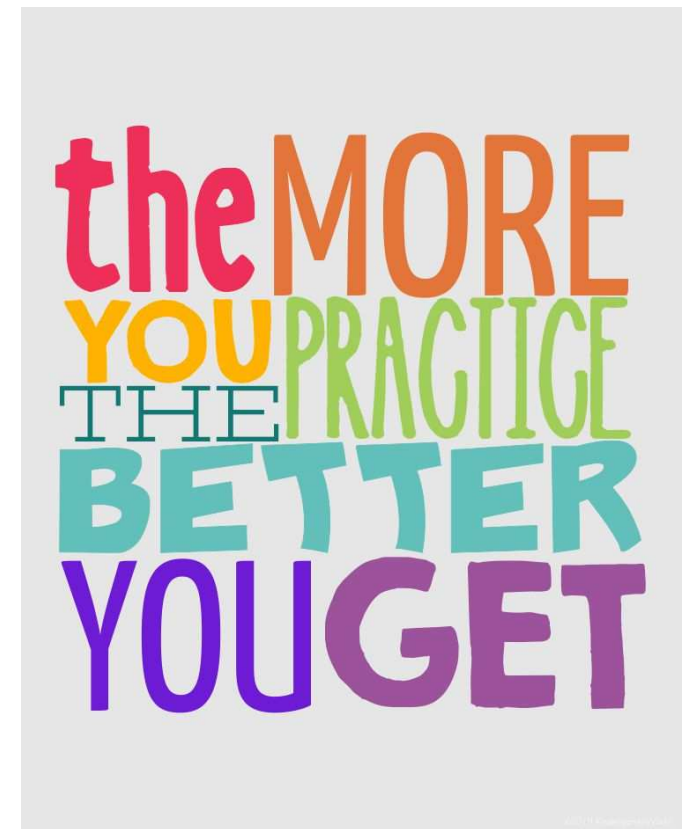


*eat. sleep. revise. And repeat.*

# What does **research** say?

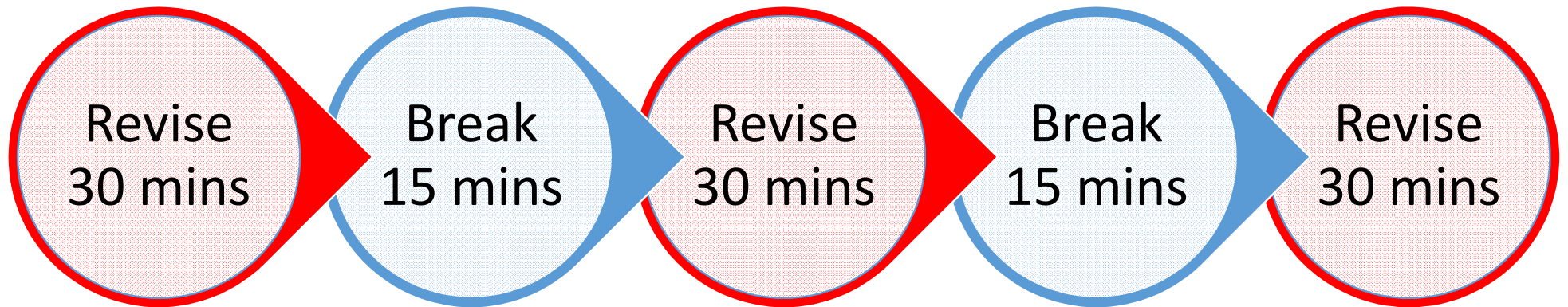
**Effective** revision involves:

1. Focusing on your weaker areas for a subject e.g. Waves in Physics. Revising what you already know and understand wastes your revision time. What do you know? What don't you know? **Focus** your revision on the latter.



**Effective** revision involves:

2. Regular, concentrated, shorter periods of revision with breaks included. **Don't** spend every waking hour revising, focus on quality revision for shorter periods e.g. On a revision night after school over a 2 hour period:



**Effective** revision involves:

3. Mixing up your revision topics so that your brain is forced to remember the learned material.

**Don't** spend all day on one topic/subject, your brain loses interest.



Think about your timetable in school, if you had English Period 1 to 3 , would you be as engaged period 3 as period 1?

## Revision Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Topic	Maths – Area and Perimeter 30mins		RS – Islamic Beliefs 30mins	English Lit – Of mice and men 30mins		Physics – Static Electricity 30mins	Biology – Ecology 30mins
15 mins break	✓		✓	✓		✓	✓
Topic	Physics – Motion and Forces 30mins		Maths – Trigonometry 30mins	Physics – Motion and Forces 30mins		RS – Christian beliefs 30mins	Physics – Light 30mins
15 mins break	✓		✓	✓		✓	✓
Topic	History – Cold War 30mins		English Lit – Of mice and men 30mins	English Lang – Writing 30mins		Maths – Percentages 30mins	Biology – Human Body 30mins
15 mins break	✓		✓	✓		✓	✓
Topic						History – USA 30mins	History – Cold War 30mins
15 mins break						✓	✓
Topic						Chemistry – Atomic Structure 30mins	Chemistry – Periodic structure 30mins
Total hours	1.5hrs		1.5hrs	1.5hrs		2.5hrs	2.5 hrs

**Effective** revision involves:

4. Revising in the **morning** rather than late at night

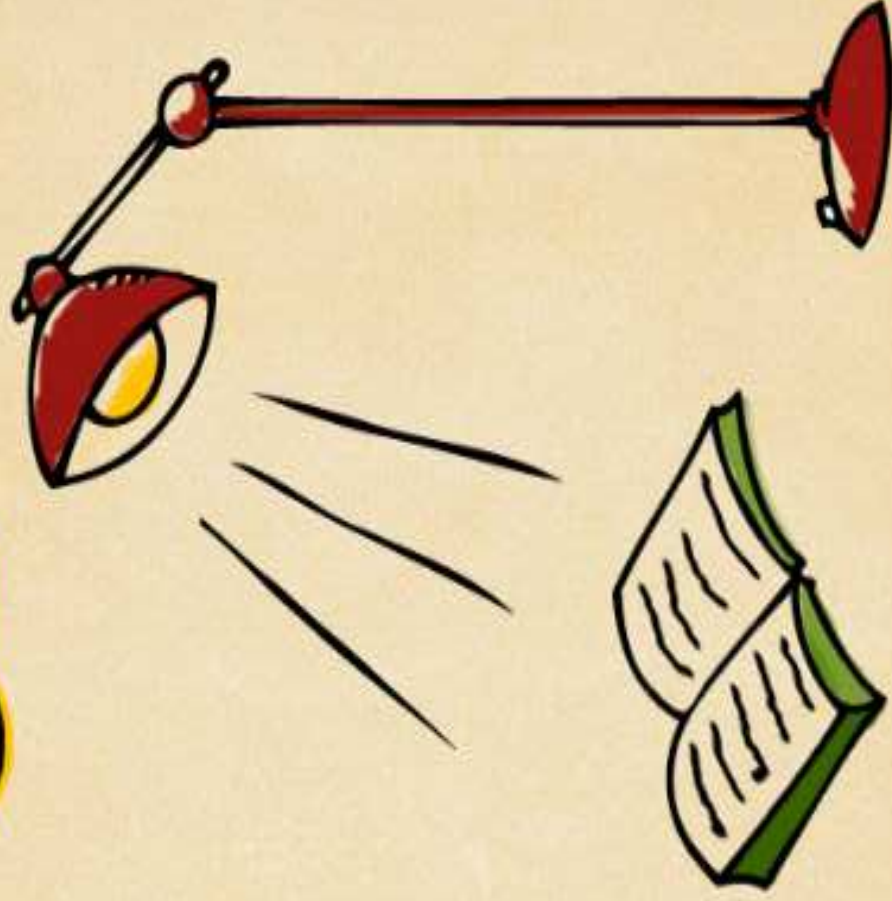
5. Thinking what type of learner you are – Auditory or Visual?? Would you revise better using e.g. You Tube clips?

6. Keeping **healthy** and being **active**



# YOUR TOP 10 TIPS FOR STUDY SKILLS

1. FIND THE BEST STUDY METHOD FOR YOU
2. EAT WELL
3. EXERCISE REGULARLY
4. STAY POSITIVE
5. GET ENOUGH SLEEP
6. TAKE BREAKS
7. SET GOALS
8. FIND THE BEST STUDY TIME FOR YOU
9. EXAMS CAN BE GOOD!
10. SLEEP ON IT



**WORK  
SWARTER  
NOT  
HARDER**





# PRIORITIES



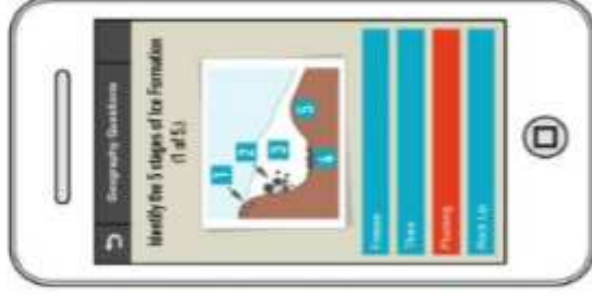
1.

2.

3.



# Revision Apps



## GCSE Revision Timetable

See earlier • This week • 20th - 26th April • Week • Month

	Mon 20th	Tue 21st	Wed 22nd	Thu 23rd	Fri 24th	Sat 25th	Sun 26th
08:00 - 10:00	GCSE Law	AS Mathematics	AS Psychology	AS Biology	AS Psychology	Lie in	Lie in
10:00 - 11:00	AS Mathematics	Free time	AS Psychology	add activity	add activity	add activity	AS Psychology
11:00 - 12:00	AS English Literature (QA)	AS English Literature (QA)	AS Biology	GCSE Law	AS English Literature	add activity	add activity
12:00 - 13:00	AS Mathematics (Easier)	add activity	add activity	AS English Literature (QA)	add activity	AS Biology	AS Mathematics (Easier)
13:00 - 14:00	Extra Maths Revision	AS English Literature	add activity	AS Biology	Lunch with Izzy	AS Biology	add activity



How to manage the pressure

# Stress...

## What is stress?

At the most basic level, stress is our body's response to pressures from a situation or life event. What contributes to stress can vary hugely from person to person.

Stress may occur when:

- We experiencing something new or unexpected,
- We feel threatened or
- If we feel little control over a situation.

Just enough stress can be a good thing: For example, feeling a little stress about a test that's coming up can motivate you to study hard.

Stress overload is a different story. For example, stressing out too much over a test can make it hard to concentrate on the material you need to learn.

— too much stress isn't good for anyone.

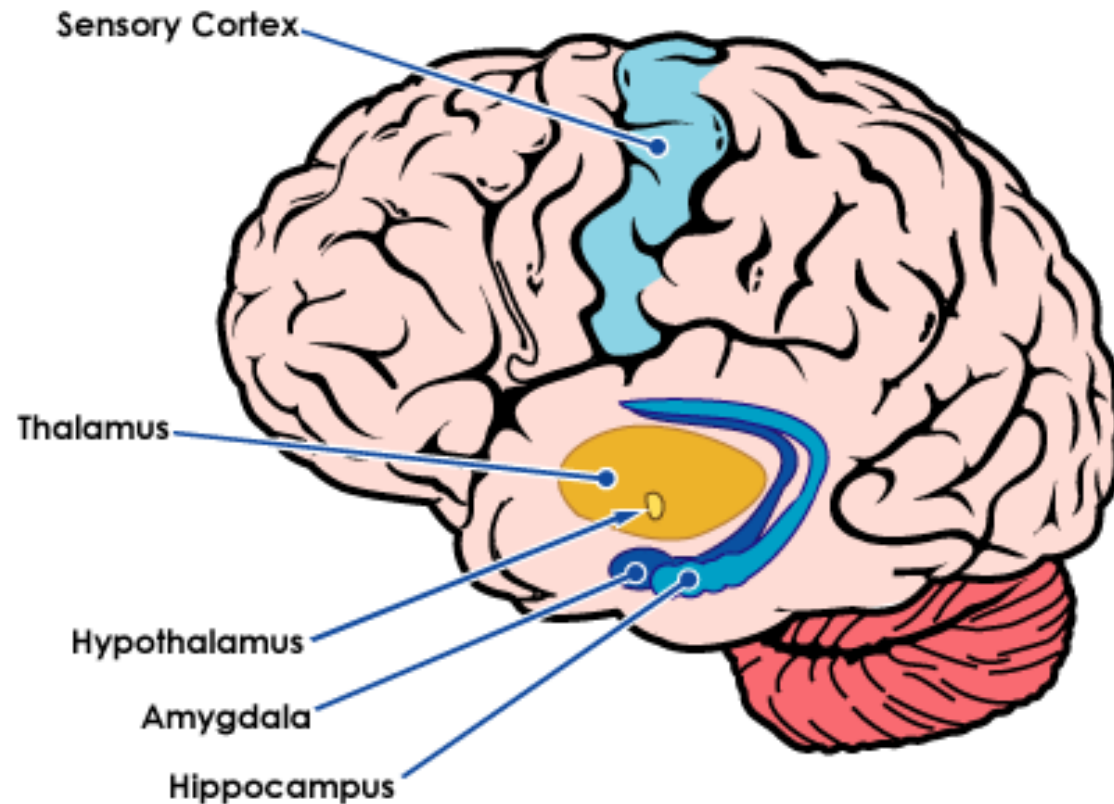
# Stress... The science bit!

The human body responds to stress triggers by activating the nervous system and specific hormones.

The **hypothalamus** signals the adrenal glands to produce more of the hormones **adrenaline** and **cortisol** and release them into the bloodstream.

These hormones **speed up heart rate, breathing rate, blood pressure, and metabolism**

## Parts of the Brain Involved in Fear Response



# Triggering Fight or Flight

- This makes our body respond in the following way
- **Blood vessels open wider** to let more blood flow to large muscle groups, putting our muscles on alert.
- **Pupils dilate** to improve vision.
- The **liver releases** some of its stored **glucose** to increase the body's energy.
- And **sweat** is produced to cool the body.
- All of these physical changes prepare a person to react quickly and effectively to handle the pressure of the moment



# Exams causing your stress?...

- Stress doesn't always happen in response to things that are immediate or that are over quickly.
- **Ongoing or long-term events (E.g.exams) can cause stress too.**
- Long-term stressful situations can produce a lasting, low-level stress.
- The nervous system senses continued pressure and may remain slightly activated and continue to pump out extra stress hormones over an extended period. This can wear out the body's reserves, leave a person feeling depleted or overwhelmed.
- The secret is long slow preparation not a fast last minute rush!





# Who ya gonna call?? Stress busters!!

## 1. Preparation

**Prepare Prepare Prepare,** Keep up to date on your workload. Know when your deadlines are, keep an organised and tidy room and study space



**PRIORITISE-** It can be overwhelming to look at all of the tasks you need to complete. Write a list, tackle the things that can be easily sorted and cross them off to make you feel better.

**Plan your time and keep a balance, make sure there is some me time built into** your programme As the saying goes - All work and no play.....



## 2. Lifestyle

**GET PHYSICAL-** Physical exertion provides you with an outlet for mental stress. Blow off steam by walking, running, getting involved in a sport etc



**EAT WELL** – A balanced diet with plenty of fresh fruit and vegetables will keep your body healthy. Avoid excessive caffeine fizzy drinks and fast foods. Eat fewer snacks. Drink more water

**SLEEP WELL-**Most people need at least 7-8 hours of sleep every night. Lack of sleep results in poor coping strategies for managing stress and ‘fuzzy’ thinking.



Put the gadgets away. Restrict them to certain times

# 3 Support systems

**DEVELOP A STRONG SUPPORT SYSTEM**-People feel and do better when they are not isolated or alone. You need people in your life who you feel comfortable to talk, laugh, cry, study, and celebrate success with.

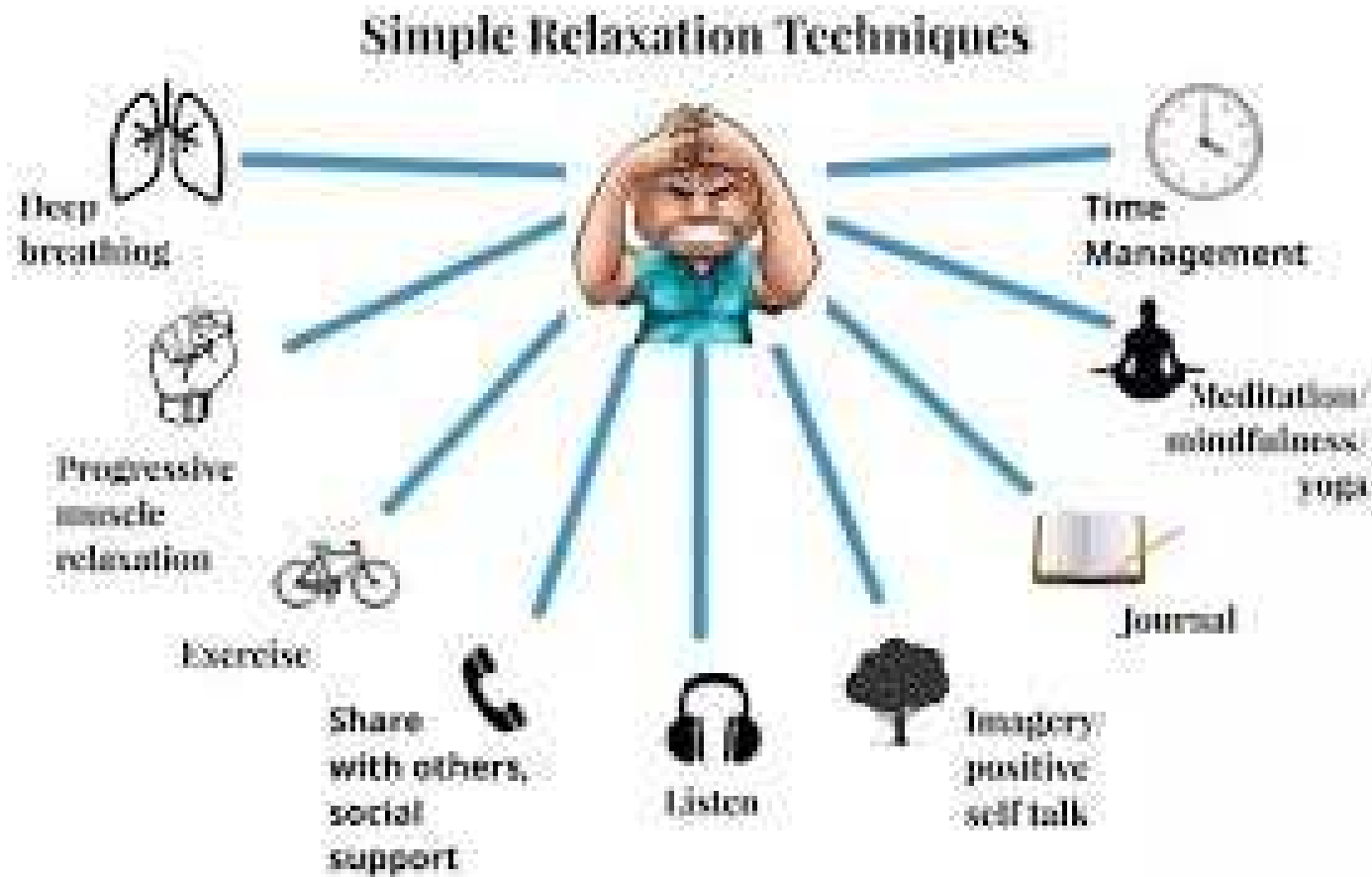


**POSTIVE SELF-TALK**-Thoughts, feelings, and behaviours are connected. Keep a positive mindset. Believe in yourself Think you can not you can't !!

**Learn to say 'NO'**- When you say 'yes' to someone or something else, you say 'no' to yourself. If you really need to study, try to arrange a different time.

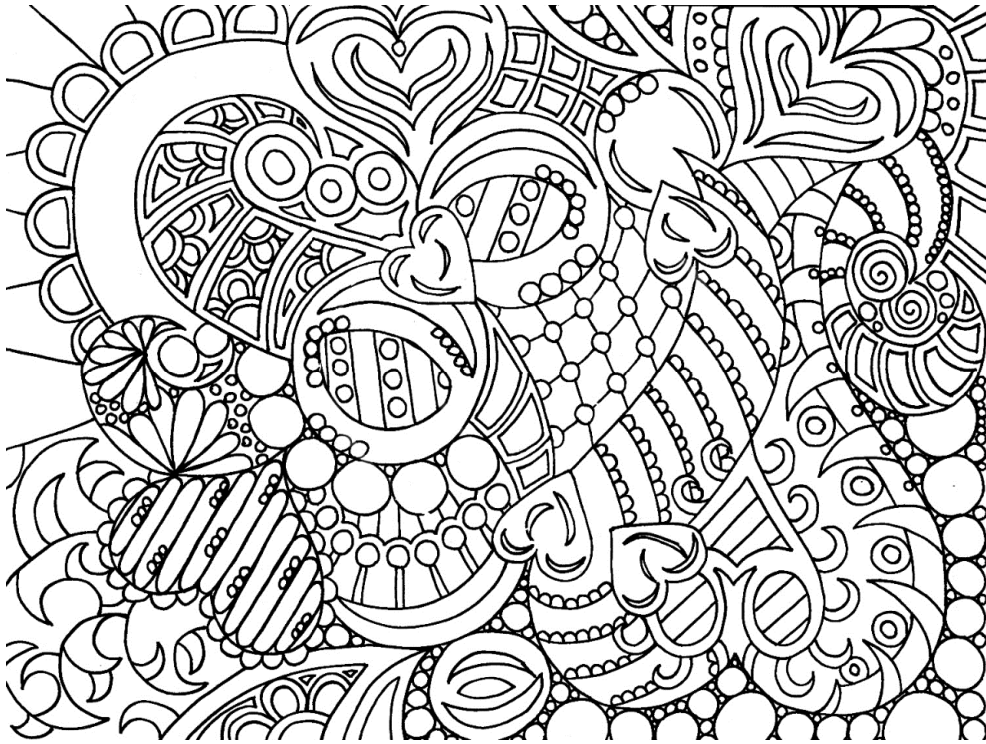


# 4. Relaxation techniques 1



## 4. Relaxation techniques 2

5 minutes of calm colouring in  
is said to relax and calm tension.



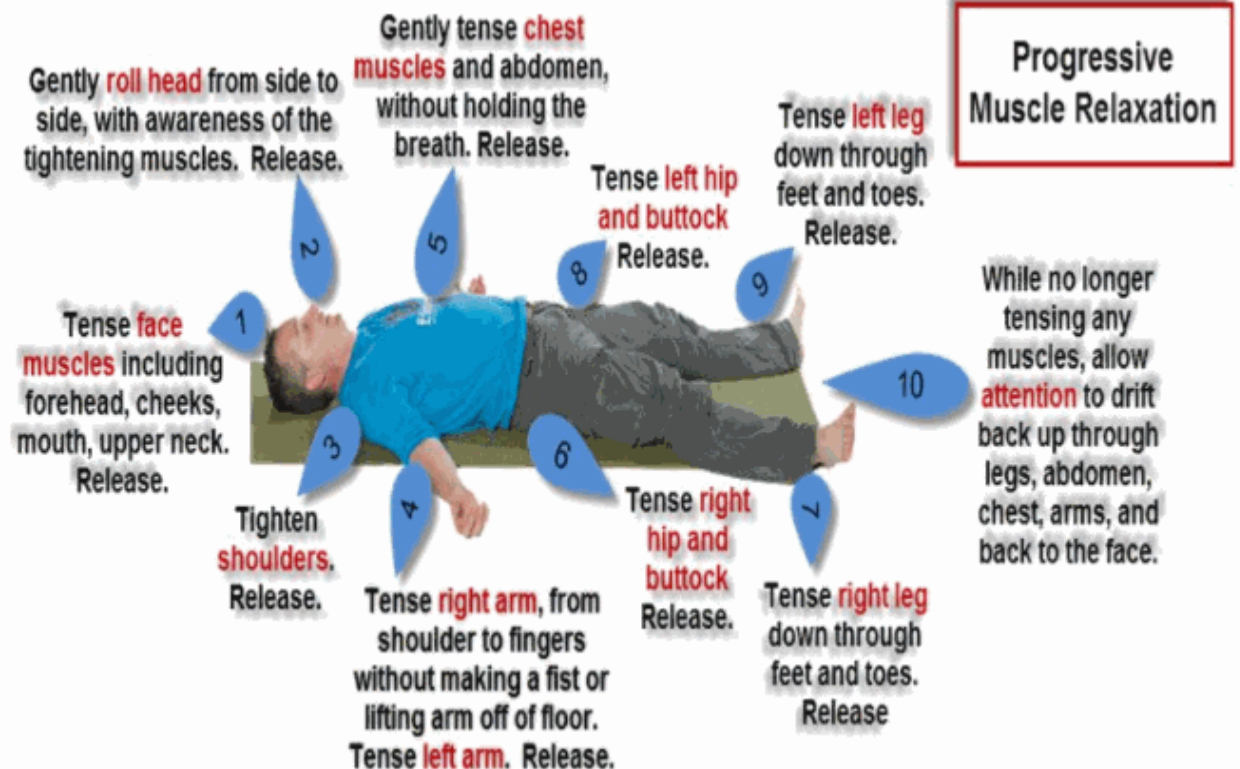
The release of endorphins following exercise combats  
stress.





# 4. Relaxation techniques 3

- Sit quietly in a comfortable position.
- Close your eyes
- Breathe through your nose. Become aware of your breathing each time you breathe out, say a positive word to yourself. (Phil 4:11)
- Deeply relax all your muscles, beginning with your extremities and work up to your head. Keep each area of your body relaxed.
- Don't worry about achieving a deep level of relaxation. Maintain a positive attitude and permit relaxation to occur at its own pace.
- Expect distracting thoughts and images to occur, but when they do, ignore them and continue concentrating on your "word".
- When you are relaxed, visualize yourself in a pleasant setting, at the beach, in the mountains, or in a cool forest. (Use a photo as a reference – a favorite vacation for example.)
- Memorize this setting and recall it at other times when you want to relax.
- Continue for a minimum of 5-10 minutes.



## 5. Talk to someone .....

If you are really feeling the pressure **DO NOT** keep it to yourself. **If it is a particular subject, talk to your teacher and ask for guidance. Teacher want you to do well – we want to help you. If it's more general speak to Mrs Rogers or Miss Bayley You can even talk to your parents your parents.** You could talk to your friends (but remember they may not have the skills to help you)

When you've done everything you can to manage your stress and stay healthy and you still feel overwhelmed, can't sleep, lose or gain significant weight, or just don't feel yourself then it may be a good idea to seek professional support from your doctor. It's OK to ask for help!

Thank you for listening

- Any Questions?