

Mrs Baker-Smith  
Examinations Officer

Autumn Mocks – 27<sup>th</sup> November – 8<sup>th</sup> December 2023

Spring Mocks – 19<sup>th</sup> February - 01<sup>st</sup> March 2024

GCSE's – 09<sup>th</sup> May 2024 – 19<sup>th</sup> June 2024

100% ATTENDANCE

# ATTENDANCE MATTERS

<b>Above 97%</b>	<b>Less than 6 days absence a year: Excellent attendance! Students with this attendance should achieve the best grades they can leading to better prospects for work, college and university.</b>
<b>95%</b>	<b>Less than 10 days absence in a year. Students with this attendance are likely to achieve their target grades and have good opportunities for work, college and university.</b>
<b>90%</b>	<b>19 days absence over the year. Students with this attendance are missing a month of school per year and may drop an exam grade; it will be difficult for them to achieve their best</b>
<b>85%</b>	<b>29 days absence in a year. These students are missing 6 weeks of school a year, it will be very difficult for them to keep up and do their best.</b>
<b>80%</b>	<b>Students with this attendance are missing a year of school over the five years of secondary education. It will be almost impossible to keep up with work.</b>

# GCSE Grades

New grading structure	Current grading structure
9	
8	A*
7	A
6	B
5	
4	C
3	D
2	E
1	F
	G
U	U

# TOP 10 REVISION TIPS FOR STUDENTS

- Start early – don't keep putting it off
- Find the right place to revise
- Try different revision techniques
- Take short breaks
- Eat healthily
- Take regular exercise
- Get enough sleep
- Use revision guides
- Don't just read your notes – write things down
- Do lots of practice papers

## REVISION PLAN

- Add any regular commitments e.g. sports clubs, hobbies,
- Add any upcoming events e.g. birthdays
- Break each subject down to topics
- Plot the subjects and topics onto the planner
- Manageable Slots – Regular Breaks
- Put a copy on your phone or set alarms/reminders that will help you keep to your plan.

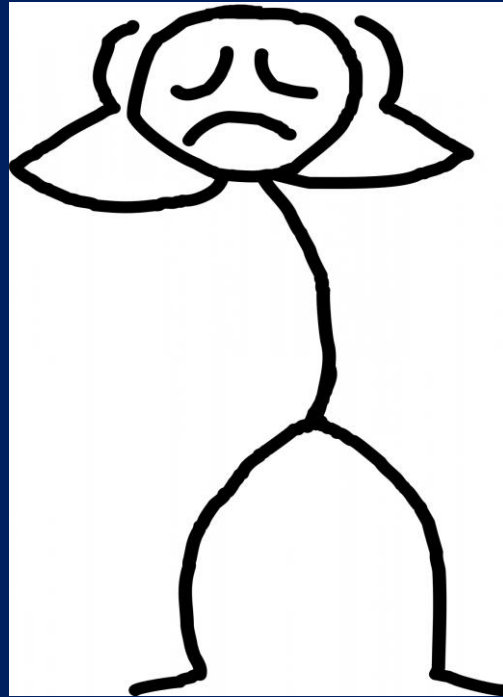
# Exam Rules

- Punctual
- Silence
- NO Phones, Watches, iPod, AirPods, Ear buds  
NO notes
- Clear drink bottle/no food
- Remain in exam room
- Follow invigilator instructions

She's always panicked in exam – when I try and help her it ends in a slanging match

There are a million websites to help but how do you know which are any good?.....

She always leaves everything to the last minute, one minute she has all the time in the world and the next its due in tomorrow and they haven't got the equipment they need



I didn't even do my GCSE's how can I help them?

Surely he shouldn't be going out again, he has exams coming up

I don't understand the coursework – its completely different to when I was at school



## Parents Can Make a Difference

Students who do best in exams:-

- Have revised thoroughly and carefully
- Feel confident
- Have parents/carers who take an interest in their revision

## Good Exam Results – What is the secret?

Stage 1 – Learn the content first time round – every lesson counts

Stage 2 – Revision – Every student needs to revise to achieve their potential.

Stage 3 – The exam itself – know the subject matter, organisational skills, exam techniques

## How much Revision?

- A simple way to work out the least amount of revision time for one GCSE subject
- Allow 1 hour of revision per topic
- 1hr X total topics
- If a subject covers 50 topics then that subject will require at least 50 hours of revision if you child is studying 8 GCSE's they will require at least 400 hours of studying.

## Supporting your child in setting themselves up for revision

- Talk to your child about how you can support them and what they would find helpful.
- The simplest things often get in the way of starting revision – have a stationery box available
- Help your child to plan their revision timetable
- Support your child in keeping to their revision plan, praise them when they do it – don't bribe.
- Be Flexible if they want to go out on a revision night, agree when they will make the time up.

## Revision Tips for Parents

- Revision is most effective when started early
- Help your child to build a revision plan
- Encourage your child to vary their revision
- Make sure they attend any revision sessions at school
- Ensure they have a quiet place to study
- You aren't expected to know everything!

- Students should strive to revise at least 5 days each week
- On weekdays this time would be before and/or after school
- Weekends - the choice is theirs
- Give priority to the subjects and topics that are most difficult
- Plan time off

## Exam Stress

A degree of stress is normal and actually necessary for successfully tackling exams.

### **Symptoms of stress:-**

- Difficulty getting to sleep or waking up
- Tiredness
- Poor Appetite
- Loss of interest in things they used to enjoy
- Headaches and other unexplained aches and pains
- Irritability and frequent angry episodes

## Dealing with Stress

- Listen and empathise with the feelings they express
- Remind them when they have overcome difficulties in the past
- Focus on what they have achieved
- Keep up motivation and self esteem – focus on strengths and qualities they have.
- Take some time out
- Eat healthily
- Sleep



## Do:-

- Keep things in perspective
- Provide the environment necessary for success
- Respond positively when they ask for help
- Give plenty of praise and encouragement
- Be prepared to listen
- Keep up with regular “check in’s”
- Be sensitive to the pressure your child is feeling

## Don't

- Make comparisons
- Unintentionally add to their worries by constantly mentioning exams
- Worry if their revision techniques seem strange or unusual
- Make a battle out of them having their mobile phone.
- Expect them to study all of the time
- Turn revision into a battle, encourage your child to see the long term benefits of their hard work.

## Good Luck

Any queries or concerns contact me on

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