



Year 11  
Information Evening  
13<sup>th</sup> September 2023





HAYES SCHOOL



# HS11



**DREAM BIG**

**SET GOALS**

**TAKE ACTION**

Attendance

Engagement

Commitment



# Start to Term Focus: BE READY



## Habits of Excellence: Are you **Ready** to learn?

1. We must bring the correct equipment **because** being ready and organised maximises learning time
2. We wear the correct uniform every day **because** it is professional and demonstrates pride in our community

### **Uniform:**

- ✓ We wear the correct items of uniform from the uniform list – **no trainers**
- ✓ We follow the rules such as: **no jewellery, false lashes or fake nails**
- ✓ Our **blazers are on** in school buildings
- ✓ We wear our uniform with pride, ensuring **our shirts and blouses are tucked in, our skirts unrolled and ties the correct length**
- ✓ We **take off our outdoor wear when inside** and ensure **bags are on the floor** of classrooms
- ✓ We **bring the correct P.E kit** on the days required
- ✓ We keep our **mobile phones out of sight**
- ✓ We **maintain excellent uniform throughout the day**

After a week of practise and correction, uniform and equipment checks will begin. These may be conducted by any member of staff, so ensure you are committed to excellence and be **ready**.

### **Equipped to learn:**

- ✓ We have our **learner handbook** and place it **on the table** at the start of every lesson and during tutor time
- ✓ We have the **correct equipment: Two pens, two pencils, red pen, green pen, ruler, rubber, calculator** (and other necessary equipment for our subject choices) and place it on the table at the start of the lesson, and during tutor time
- ✓ We alert our tutor in the morning if we are not equipped for our lessons

### **Not being ready = A yellow slip**

**Two yellow slips in a day = Middle Leaders Detention**  
**We accept responsibility for behaviour and learning.**

Consequences are important because they teach us responsibility for our actions. It demonstrates our commitment to high expectations of you.

**High achievement takes place in a framework of high expectations.**



## Year 11 Team

### Tutors

Miss Bessant & Mr Brett

Mr Mathers

Miss Bouckley & Mrs Foster

Mrs Rowe

Mrs Juji & Miss Kingston

Miss Stanczak

Mr Appah

Mr Fortt & Miss Colagrossi

Mr Steel – Achievement Co-ordinator

Mr Harness – Assistant Principal



# **Year 11: Key dates and events**

## **Academic**

**Mock Exams #1 : start 20<sup>th</sup>  
November**

**Academic Tutoring day: Friday  
6<sup>th</sup> October**

**Parents Evening : Wednesday  
11th October**

**Reports published : 19th January**

**Parents Information Evening #2 :  
22nd March**

## **Next Steps**

**Careers Week : w/c 9<sup>th</sup> October**

**Sixth Form Open Evening: 16<sup>th</sup>  
November**

**Application deadline : Mid January**

**SLT guidance meetings : start late  
February**





## Getting the basics right

Attendance  
Engagement in lessons  
Uniform and standards

Year 11 Exam results 2022		English A8	Maths A8	Total P8
Attendance Group	Above 95%	6.3	5.9	0.6
	90% - 95%	6.1	5.4	0.53
	85%- 90%	5.9	4.9	0.24
	Below 85%	4.3	3.9	-0.8



Mock Exams – start w/b 20<sup>th</sup> November  
All exams are in the Sports Hall

Morning exams start at 8.50am

Afternoon exams start at 1.45pm

Students should arrive at school at normal time and register as normal before making way to the main hall

Students will have received a soft copy of the timetable at least five weeks before the exams.

The timetable will also be available on the school website

**Broadly speaking – Core exams in week 1 (Maths, English, Science & RE)  
- Optional subjects in week 2**



## Mock Exams

In the Mock Exams we will also practice conducting the exams under the same conditions as the real exams in the Summer:

- Silence in the exam hall
- Access Arrangements in place
- No mobile phones or watches
- No notes, or writing on hands
- A clear pencil case with only equipment for that exam
- Clear water bottles with label removed
- We will communicate home any and all incidents and explain what would have happened if it were the real exam.







## Year 11 Study Hub

Every Monday in PC rooms  
Started in the Summer Term of Year 10 in readiness for the end  
of year exams  
3pm to 4pm

Quiet, independent study space.

[Subject specific support sessions](#)

Most starting after Mock exams



## Preparing for GCSE Exams – currently:

1. A return to full specifications, no 'advance info'.
2. **No** formulae and equation sheets for Maths, Physics and Combined Sciences
3. In GCSE MFL exams, exam boards will no longer be able to include vocabulary from outside of the approved specification lists in the listening and reading exams without giving the meaning.
4. Exam boards have continued with 'spacing of core exams'.

**Ofqual and DfE have 'returned to standards in line with 2019'.**



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GCSE Exams start around 15<sup>th</sup> May  
and finish around 27<sup>th</sup> June.

GCSE Results Day  
Thursday 22nd August



## The Course:

All students are studying for GCSE.

No “coursework” is involved; assessment is based on 3 exams completed at the end of year 11.



# Maths

Exam board: Edexcel

Exam dates for both higher & foundation:

- Tuesday 16<sup>th</sup> May 2024 – Non-calculator exam
- Monday 3<sup>rd</sup> June 2024 – Calculator exam
- Monday 10<sup>th</sup> June 2024 – Calculator exam

All exams are 1 hour and 30 minutes long.

All dates are currently provisional.



## Level of Entry:

- Regular formal assessments are completed throughout the year to determine the most appropriate level of entry for your child.
- This may involve completing both foundation and higher mocks.



## Being Resilient in Maths

- Make time to talk to the class teacher
- An after-school Maths Surgery takes place every Tuesday, in M block, 3 – 4pm with members of the Maths Department
- Using all resources to improve quality of school work & revision



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# Sparx Maths





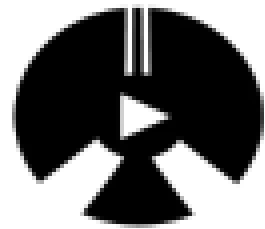
## How can I improve on my 'mock' grades?

Questions	Question Title	Score			Clip Number
1	Compare negative numbers	1	/	1	37
2	Round to the nearest thousand	1	/	1	17
3	Convert decimals to percentages	0	/	1	55
4	Using a calculator to find a value of a surd	1	/	1	101, 129
5	Index form	1	/	1	102
6	Decimal word problems	1	/	3	51
7	Express one number as a fraction of another	1	/	2	62
8a	Number machines	1	/	1	152
8b	Number machines	1	/	1	152

After each 'mock' exam, pupils will receive a Question Level Analysis sheet. This will show their score on each question and the Hegarty Maths clips that they should watch to improve on any 'red' topics.



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# Corbettmaths

[Welcome](#)

[Videos and Worksheets](#)

[Primary](#)

[5-a-day](#) ▾

[More](#) ▾

[Revision Cards](#)

[Books](#)

## September

1st September [Numeracy](#) [Foundation](#) [Foundation Plus](#) [Higher](#) [Higher Plus](#)

2nd September [Numeracy](#) [Foundation](#) [Foundation Plus](#) [Higher](#) [Higher Plus](#)

3rd September [Numeracy](#) [Foundation](#) [Foundation Plus](#) [Higher](#) [Higher Plus](#)



# GCSE Maths Resources

- Hegarty maths has over 900 revision videos and quizzes to enable students to work independently.
- We also recommend using the website *mathsgenie* where all of these papers can be found.

*Maths Genie*



Corbettmaths



## *Thank you for your continued support.*

There is only so much that we can do in school.

- Maths equipment – students must bring the relevant equipment to every lesson to ensure that they are familiar with their use. This includes a calculator, protractor, pair of compasses and a ruler.
- Maths homework – Please support with regular completion and resilience techniques if they are stuck. This could include early contact with their teacher and use of online support.
- The importance of mathematics – Please be positive about mathematics!



## English: The Course

- All students will sit the AQA English Language and the AQA English Literature GCSEs.
- 11VE will sit the AQA English Language exam ONLY.
- There is no coursework for the AQA GCSEs, so all lesson time is spent on exam preparation.
- The English exams are not tiered.



## English Language

### **Explorations in creative reading and writing (50%)**

Four reading questions based on an unseen fiction extract.

One creative writing task to narrate/describe.

### **Writers' viewpoints and perspectives (50%)**

Four reading questions based on two unseen non-fiction texts (one modern and one 19<sup>th</sup> century)

One non-fiction writing task to convey a viewpoint/argument



## English Literature

### Paper 1 19<sup>th</sup> Century Texts (40%)

One essay question based on character/relationships/theme/idea in the studied Shakespeare play, bringing in knowledge of the text's context (closed book). **Students will have study 'Romeo and Juliet'.**

One essay question based on character/relationships/theme/idea in the studied 19<sup>th</sup> century novel, bringing in knowledge of the text's context (closed book). **Students will study either 'Jekyll and Hyde' or 'The Sign of Four'.**

### Paper 2 Modern Texts and Poetry (60%)

One comparative essay based on poetry from the prepared anthology (one poem will be provided and the other is closed book). **We study the 'Power and Conflict' poems.**

One essay on an unseen poem.

One comparative summary of the aforementioned unseen poem and a second unseen poem.

One essay question based on character/relationships/theme/idea in a modern text, bringing in knowledge of the text's context (closed book). **Students will study either 'An Inspector Calls' OR 'Never Let Me Go'**



## **Forthcoming mock exams:**

### **Language Paper 2: Non-fiction**

Reading: students have two unseen extracts to answer questions on.

Writing: Students complete a piece of persuasive writing.

### **Literature Questions:**

Romeo and Juliet

An Inspector Calls/Never Let Me Go





- **Starting revision early** is key for English – learning quotations and revising key ideas and writers' methods is vital.
- **Practice exam questions** and revision resources will be made available on the VLE/online/GCSE pod.
- Students should be **re-reading their texts, making quotation/character/theme flashcards, summarising their notes from Y10 etc.**
- Students should try to **read a range of fiction and non-fiction** at home. Encourage them to think about the ideas and messages of anything they read, and any methods used by the writer.



## **English Language revision guides/text books**

- CGP or York Notes workbooks and revision guides on English Language skills (9-1) for AQA
- CGP Spelling, punctuation and grammar workbooks and revision guides.
- Cambridge English Language for AQA Student Progress Book
- Collins English Language and English Literature for AQA Student Book (there is a Core version and an Advanced version although the exam paper itself is not tiered).

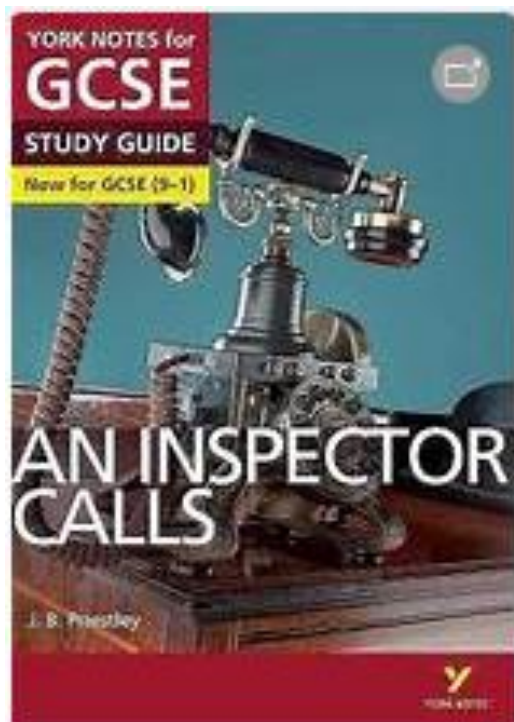
## **English Literature revision guides/text books**

- York Notes, Scholastic, CGP workbooks and revision guides on the set texts: 'Romeo and Juliet'; 'An Inspector Calls' and the 'Power and Conflict' poetry anthology poems.
- Cambridge English Literature for AQA student books on the chosen set texts (as above) or poetry.
- Collins English Literature for AQA student books on the chosen set texts (as above) or poetry.
- The Quotation Bank.

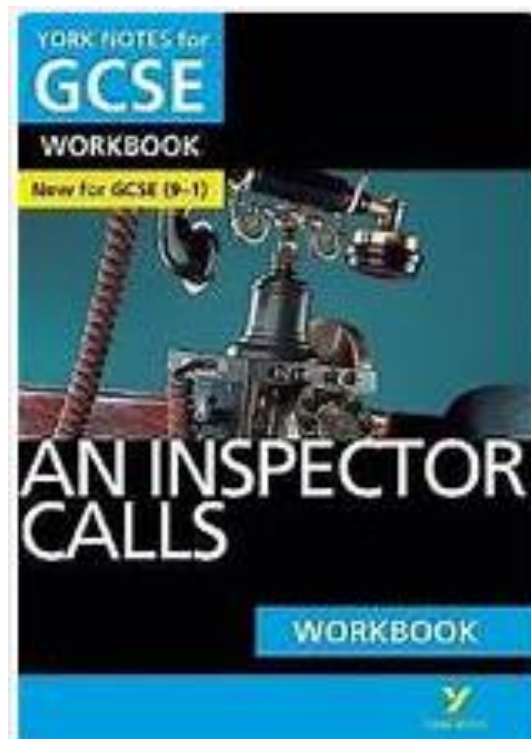


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## English Revision



Revise it



Explore it



Practice exam skills



## Science – Course Description

- The GCSE curriculum for Combined Science is a linear course which will be studied over 3 years.
- Students started this in year 9.
- Students will be examined on all 3 subjects in Year 11.
- This is not an option. This is the default Science course that all Hayes students are required to take unless they chose Separate Sciences.



## Science - Examinations

- Assessment for GCSE is entirely based upon the written examinations at the end of the course.
- There will be 6 exams, each 1 hour and 15 minutes in length: 2 x Biology 33.3% 2 x Chemistry 33.3% 2 x Physics 33.3%
- Provisional exam dates for both higher & foundation:
  - Friday 10<sup>th</sup> May 2024 – Biology Paper 1
  - Friday 17<sup>th</sup> May 2024 – Chemistry Paper 1
  - Wednesday 22<sup>nd</sup> May 2024 – Physics Paper 1
  - Friday 7<sup>th</sup> June 2024 – Biology Paper 2
  - Tuesday 11<sup>th</sup> June 2024 – Chemistry Paper 2
  - Friday 14<sup>th</sup> June 2024 – Physics Paper 2



## Science - Examinations

- There are 2 tiers of entry for the examinations:
  - Higher Tier Grades 99 - 44
  - Foundation Tier Grades 55 - 11
- The tier of entry in the exams will be appropriate to the ability, potential and performance of the student. Each test is made up of a series of compulsory structured questions.
- Regular assessments are completed to determine the most appropriate tier of entry for your child.
- Students must sit the same tier for all their science exams.



## Science – Review and Revision

- Science Revision Wednesdays A2F block 3-4pm.
- Students should regularly review their learning, making notes/flashcards as they go.
- Key information can be found in the learner handbook including
  - Command words
  - Key terms for practical questions
  - All the equations to remember for Physics/Combined Science
- Helpful revision sites
  - BBC Bitesize
  - Youtube (freesciencelessons, cognito, primrose kitten, GCSE Physics Online)
  - Educake
  - physicsandmathstutor



### My Educake

[Revision wizard >](#)

#### Your Upcoming Quizzes

[View all your quizzes](#)

Subject	Quiz name	Assigned by	Due
Physics	Test quiz - please ignore (37 Qs)	Mrs Shipley	in 1 day

#### Study and Quiz Yourself

KS3

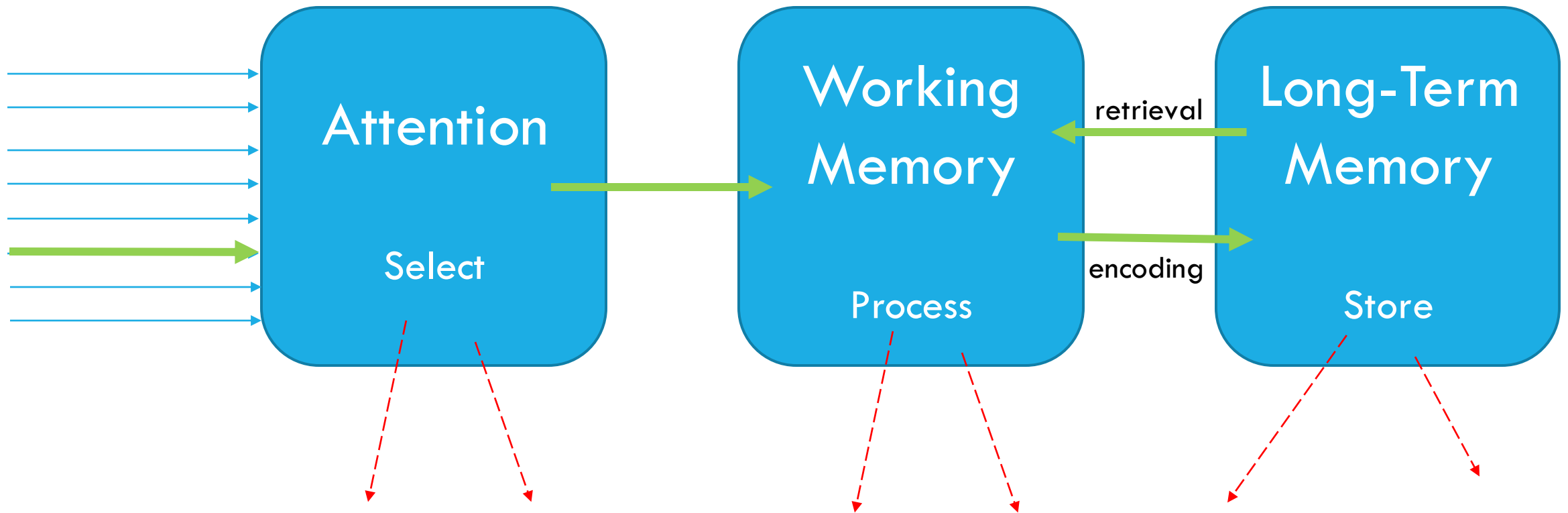
GCSE

GCSE Science – AQA	0%	>
Biology	0%	>
Chemistry	0%	>
Physics	0%	>
Maths for Science	0%	>
Working Scientifically	0%	>

# Educake

Initial login –  
username and  
password are the  
same







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**XXB**

**BCL**

**APD**

**TTH**

**AYE**

**SC**

**CT**

**VXX**



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HAYES SCHOOL

**XX**

**BBC**

**LAPD**

**TT**

**HAYES**

**CCTV**

**XX**



HAYES SCHOOL

**XXB**

**BCL**

**APD**

**IGH**

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**CT**

**VXX**

**XX**

**BBC**

**LAPD**

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**HAYES**

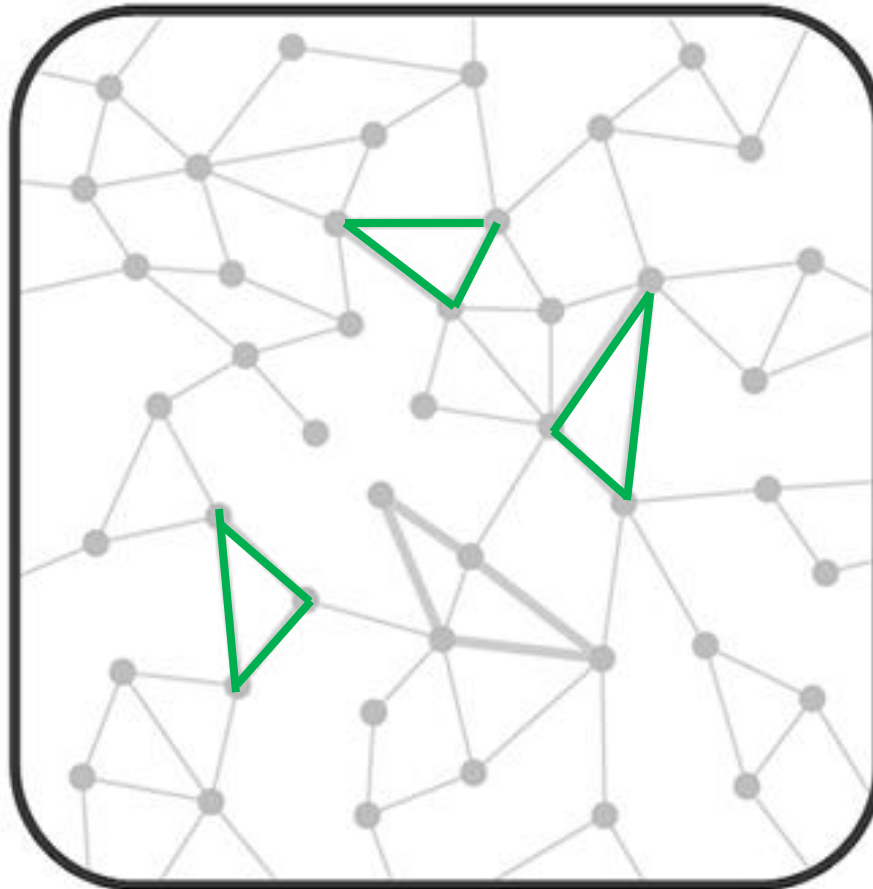
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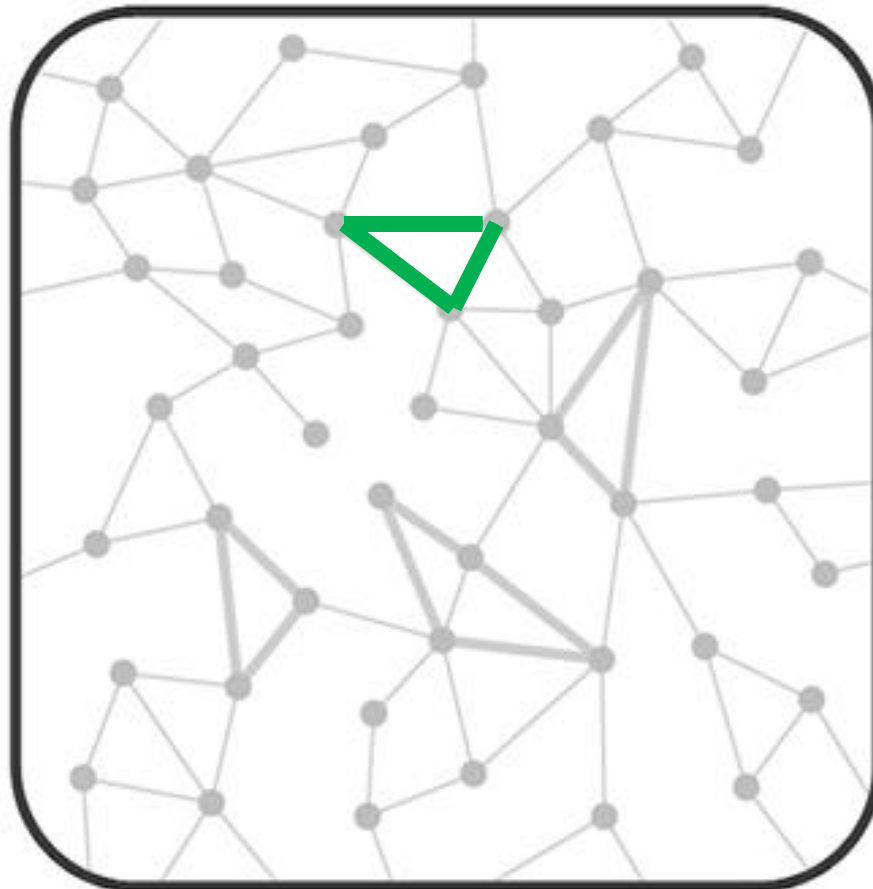
# MEMORY AND RECALL





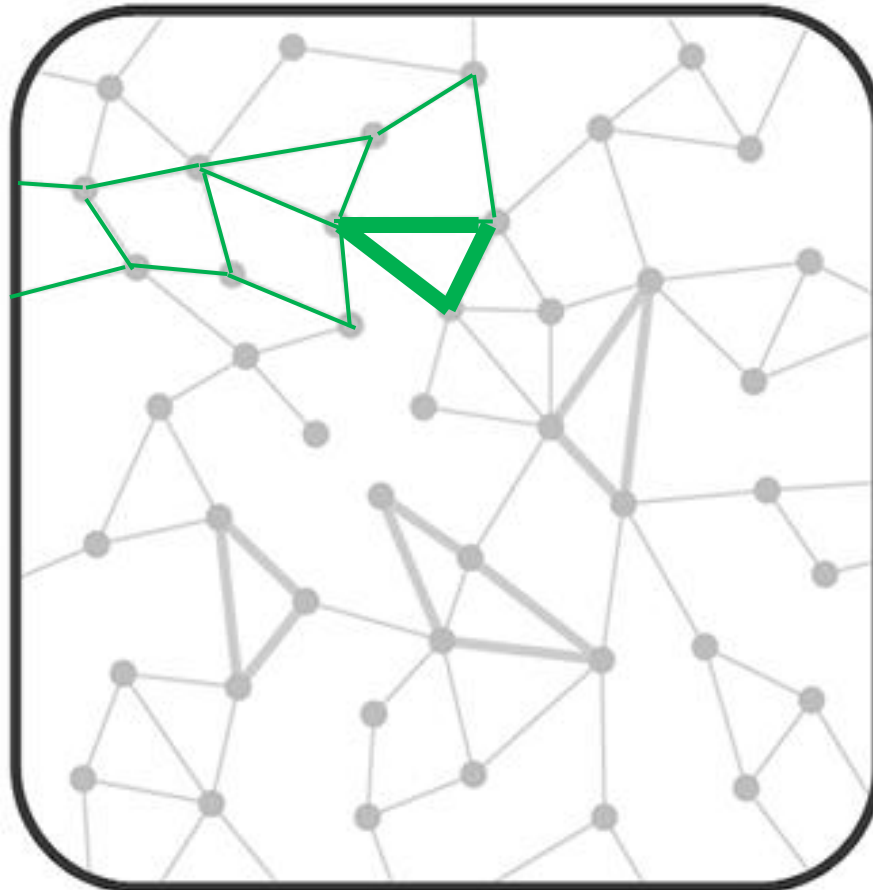
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Recall generally  
strengthens the  
memory





Other memories associated with the target memory may help in retrieving it

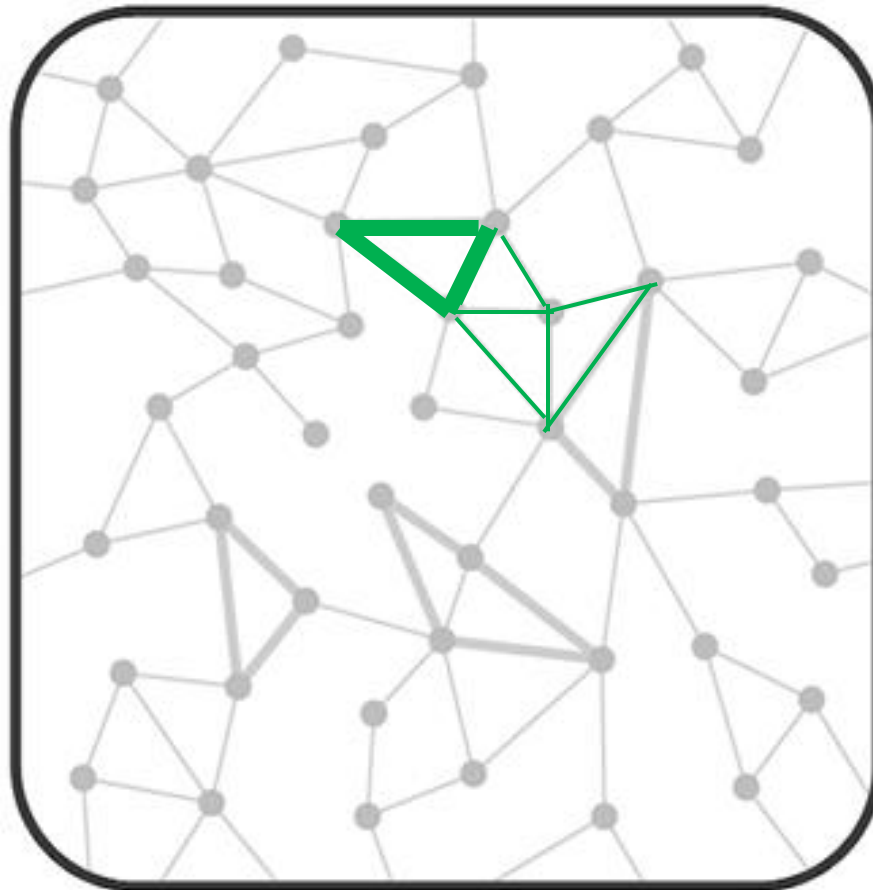






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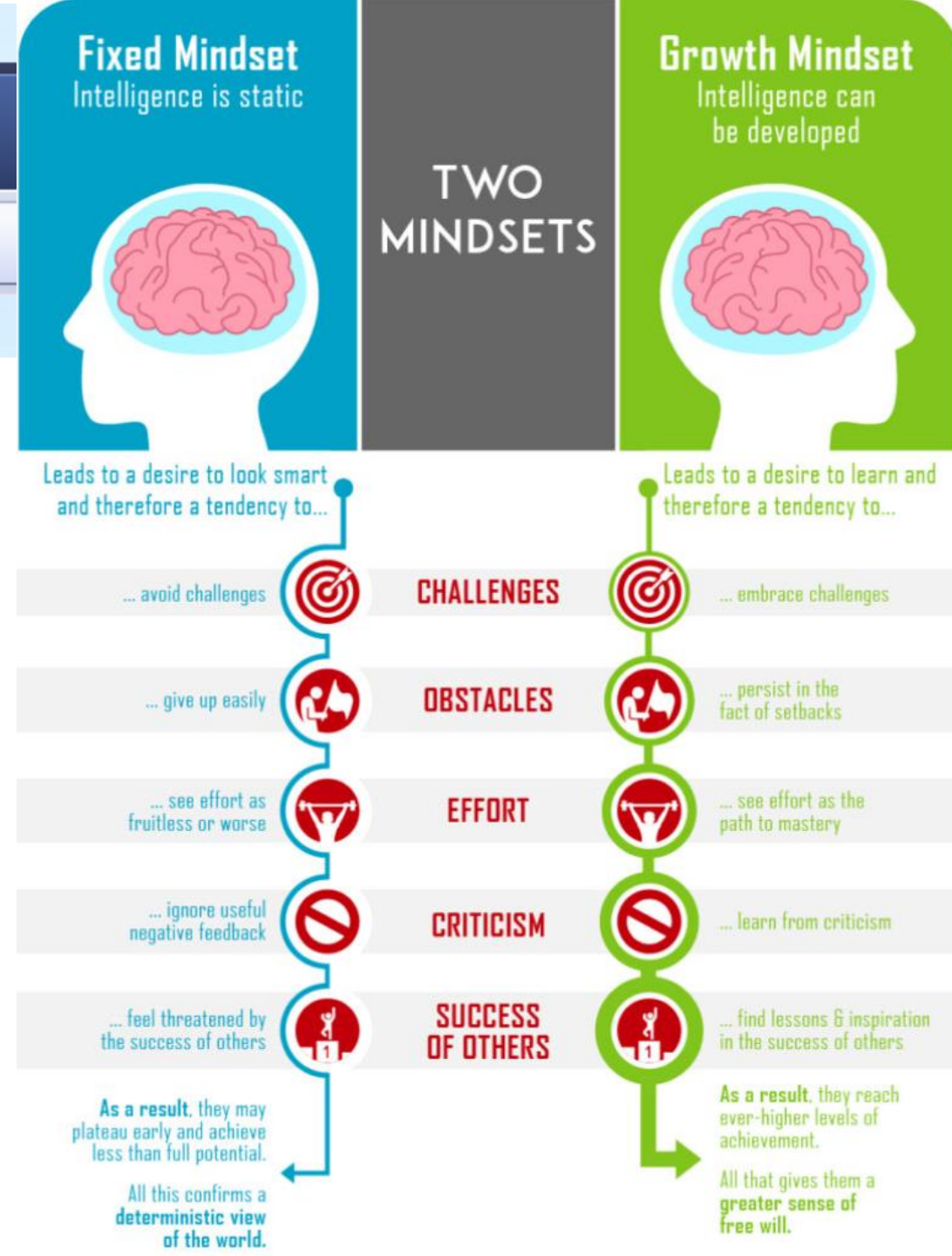


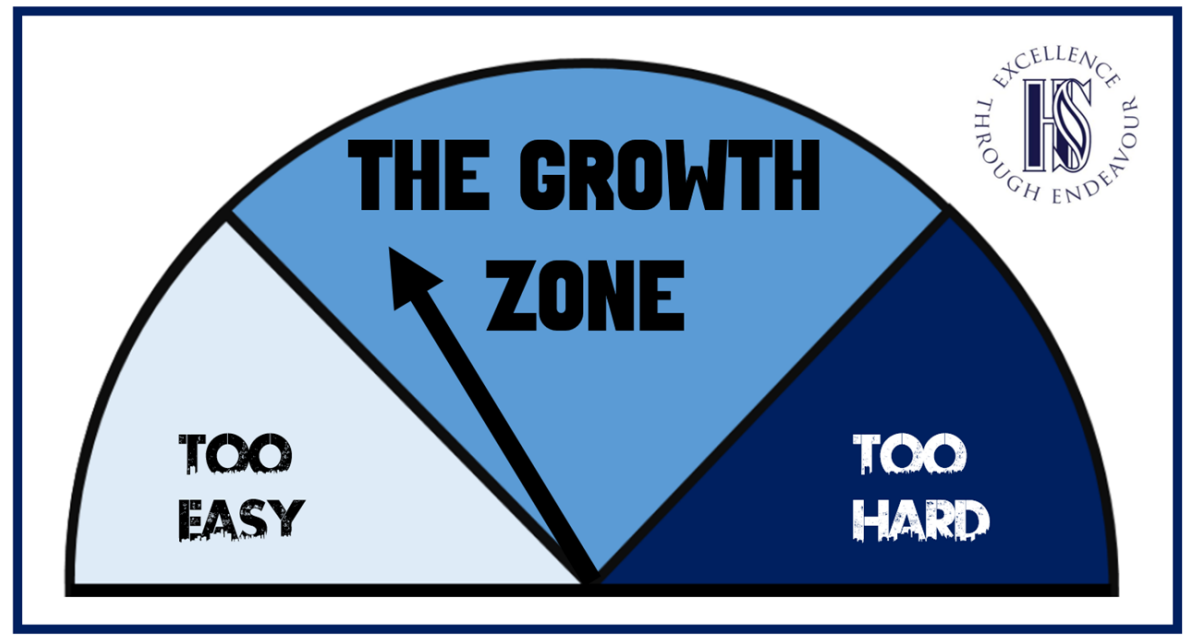


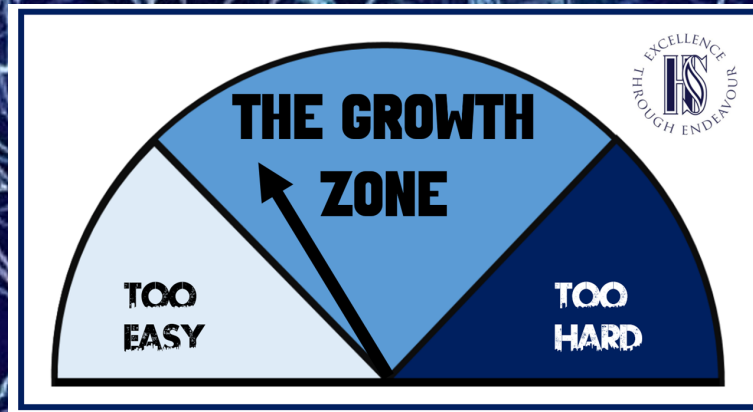
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To encourage a growth mindset...

- Avoid reinforcing the idea that students are naturally 'good' or 'bad' at subjects
- Remind students that it's in their hands!
- Praise the effort more than the outcome
- Focus conversations on progress
- Share stories of where success has been achieved through hard work







## TOO EASY?

- Am I engaging enough with this – have I understood the demands?
- How does this fit in to what I have already learned?
- Where can I apply this idea or concept to other subjects, or everyday life?
- What would make this question harder, and would I know how to answer it then?
- Can I strengthen my understanding by supporting others?
- Can I ask the teacher or my peers a question to extend my learning?

## TOO HARD?

- Do I understand the instructions?
- Have I engaged fully enough?
- What is the specific part which is causing trouble?
- Are there resources I can use to help me?
- Can I ask for more info from my teacher?
- Can I ask for hints or explanations from my peers?
- Do I have information from a previous task or lesson that can help me?

# HOW CAN PARENTS USE THIS KNOWLEDGE?



Help your child in structuring time for homework and revision and in avoiding distractions



Ask them questions about their learning, and encourage them to explain it – including how it links to other learning



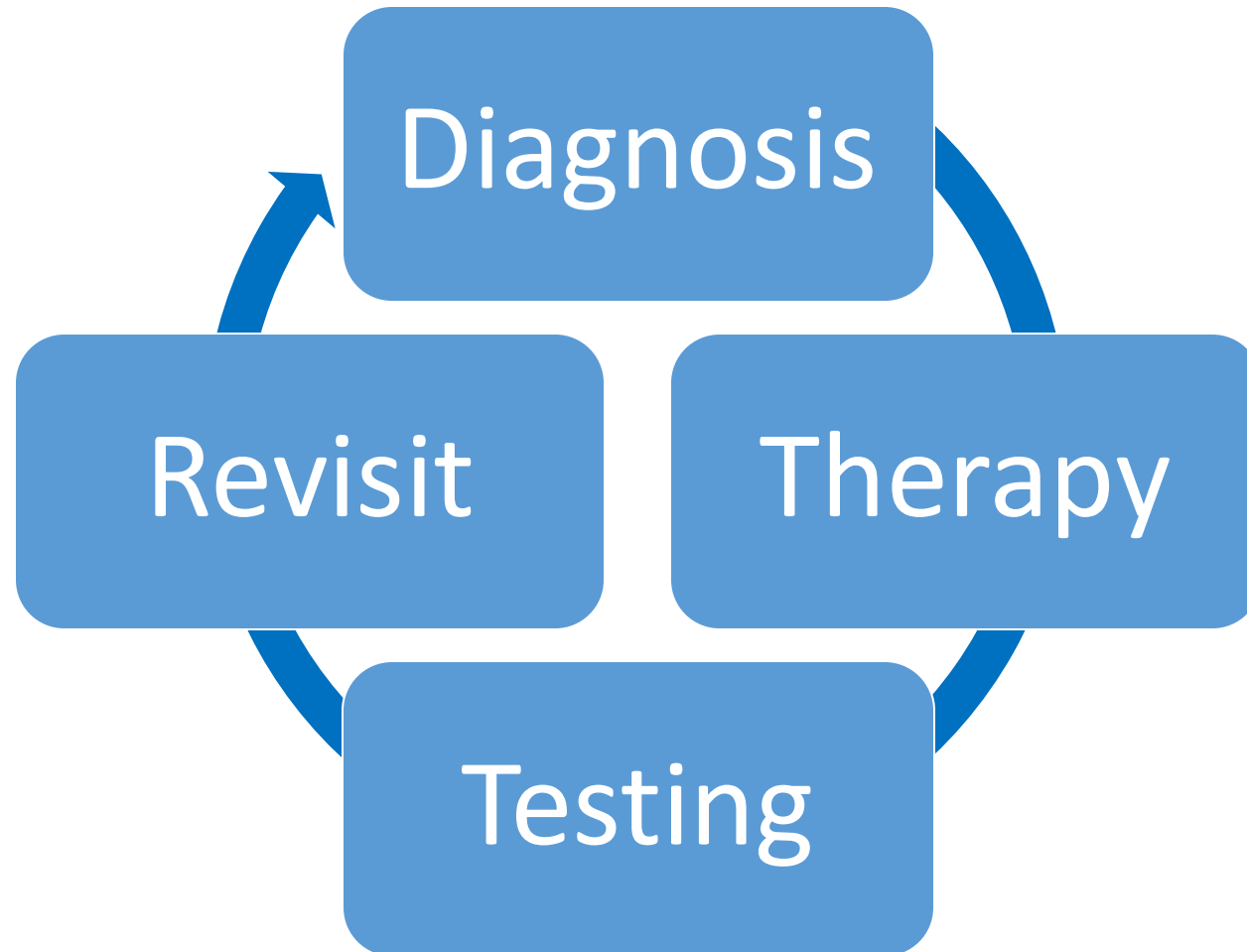
Talk to them about the strategies they are using to learn



Recognising when they need down time!



Try to encourage them to approach this year with a genuine growth mindset – praise effort





## Diagnosis



September - March

Topic	Key knowledge/skills	Self-Assessment			
		Red	Amber	Green	
c1250 - c1500: Medicine in medieval England	Ideas about the cause of disease and illness	What were the supernatural and religious explanations for the cause of disease?			
		What was the Theory of the Four Humours?			
		What was the Miasma Theory?			
		How significant was the continuing influence in England of Hippocrates and Galen?			
	Approaches to prevention and treatment	What were the religious actions towards the prevention and treatment of illness?			
		Why was bloodletting used?			
		How did people in the Middle Ages attempt to purify the air?			
		What herbal remedies were used to prevent and treat illness?			
		What new and traditional approaches were there to hospital care in the C13th?			
		What was the role of the physician, apothecary and barber surgeon in treatment and care?			
CASE STUDY	Dealing with the Black Death, 1348-49; what approaches to treatment and attempts to prevent its spread were used?				





## How to use a learning checklist to boost your learning

Follow these steps to get the most out of a learning checklist.

# 1

Get the learning checklist for your subject from your teacher.

# 2

Complete the checklist for your chosen topic in the subject.

Use Red / Amber / Green or perhaps Sad / Neutral / Happy faces for each statement in the checklist, as follows:

**Red**

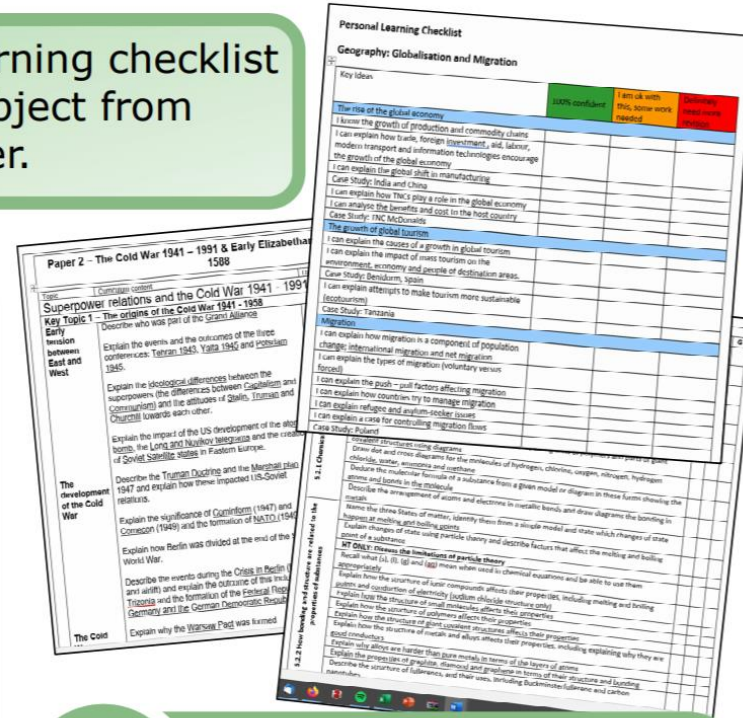
In an test right now I would get less than a **quarter** of the marks in questions about this.

**Amber**

In an test right now I would get around **half** of the marks in questions about this.

**Green**

In an test right now I would get more than **two-thirds** of the marks in questions about this.



# 3

Use the checklist ratings to help you choose the right study or revision activity for the topic, as suggested on the next page.



### 3

What to do with topics or statements that are mostly red, or in which you score **less than a quarter** of the marks...

Letter	R	A	G
	✓		
gas	✓		
n		✓	
	✓		
		✓	
		✓	
		✓	
he	✓		
		✓	✓
		✓	
		✓	
	✓		
		✓	
		✓	
			✓
			✓
re			✓
			✓
		✓	✓
			✓
			✓

### Possible problems

Didn't learn topic properly

Incomplete class notes on topic

Key definitions / knowledge 'just off' being correct

Not understanding what question is asking you to do / how to answer the question

### Recommended Activities

Create a **knowledge organiser** for the topic.

Use the **Cornell method** to make summary notes for the topic.

Use **annotation** to expand and improve your lesson notes.

Create a **mind-map** which links key ideas, concepts and exam command words

Use **exam question analysis** (eg TEEPEE) to learn what exam questions want you to do.



### 3

What to do with topics or statements that are mostly amber, or in which you score **around half** of the marks...

ter	R	A	G
	✓		
as	✓		
nt		✓	
	✓		
		✓	
		✓	
		✓	
	✓		
ie			✓
		✓	
		✓	
	✓		
		✓	
			✓
			✓
e			✓
			✓
	✓		
			✓
			✓

### Possible problems

Incomplete class notes on topic

Poor recall of Key definitions / knowledge

Lack of question practise

Poor exam technique

### Recommended Activities

Use **annotation and elaboration** to expand and improve your lesson notes.

Use the **Cornell method** to make successive summary notes for the topic, including key words and flash card note.

Complete **blank page retrieval** tasks to improve your recall of key knowledge.

Use **dual-coding** with topics to strengthen your understanding.

Complete lots of **exam questions** to time, and carefully mark and analyse your answers.

Use **exam question analysis** (eg TEEPEE) to learn what exam questions want you to do.



### 3

What to do with topics or statements that are mostly green, or in which you score **around two-thirds or more** of the marks...

ter	R	A	G
	✓		
as	✓		
nt		✓	
	✓		
		✓	
		✓	
		✓	
	✓		
ie			✓
		✓	
		✓	
	✓		
		✓	
		✓	
			✓
			✓
			✓
e			✓
		✓	
			✓

### Possible problems

Incomplete class notes on topic

Poor recall of Key definitions / knowledge

Lack of question practise

Poor exam technique

### Recommended Activities

Use **elaboration and linking** to expand and extend your lesson notes.

Use the **Cornell method** to make successive summary notes for the topic, including key words and flash card note.

**Read around the topic** to broaden your understanding give you more context for answering unexpected questions.

Complete lots of **harder exam questions** to time, and carefully mark and analyse your answers.

Complete **blank page retrieval** tasks to improve your recall of key knowledge.

Create knowledge Q&A **flash cards**, and use **interleaved and spaced testing**.



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## Therapy

hayes.bromley.sch.uk

HOME ABOUT US NEWS & EVENTS CURRICULUM **STUDENTS** PARENTS SIXTH FORM CORONAVIRUS UPDATE

EXCELLENCE THROUGH ENDEAVOUR  
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- PRINCIPAL'S WELCOME
- PROSPECTUS
- USEFUL LINKS
- SOCIAL MEDIA

WATCH VIDEO

- Emotional Health and Wellbeing
- Satchel One (SMHW)
- Exams
- GCSEPOD
- Enrichment at Hayes
- E-Safety
- VLE/Sharepoint
- Library
- Student Council
- Student Leadership
- School Uniform
- Duke of Edinburgh's Award
- Year 11 - Next Steps - Preparing for Post-16
- Teaching and Learning**
- GCSE Personal Learning Checklists
- Pupils Privacy Notice
- Careers Learning - Unifrog



### Revision 1: where do I start?

Where do I start with my revision?  
... get organised...  
... get planning!

Watch on YouTube

### Revision 2: planning my revision

Planning my revision  
Use your learning checklist to identify which revision activities to do

Know the types of conformity: internalisation, identification and compliance.	
Know and discuss the explanations for conformity: informational social influence and normative social influence.	
Evaluate NSI and ISI.	
Outline the Study of Conformity by Asch.	
Evaluate Asch's research into conformity.	
Know the variables affecting conformity including group size, unanimity and task difficulty.	
Outline conformity to social roles as investigated by Zimbardo.	
Evaluate Zimbardo's research into conformity to social roles.	
Outline Milgram's research into obedience.	
Evaluate Milgram's research into obedience including, but not limited to, validity, ethics and replication.	
Outline the situational variables affecting obedience including proximity, location and uniform, as investigated by Milgram.	
Evaluate Milgram's variations including, but not limited to, supporting research, validity and cross-cultural replications.	
Outline the social psychological factors affecting obedience: agentic state and legitimacy of authority, as investigated by Milgram.	
Evaluate the social-psychological factors affecting obedience including, but not limited to, supporting and rejecting research, cultural differences and real-life crimes.	
Describe the dispositional explanation for obedience: the Authoritarian Personality.	
Evaluate the dispositional explanations affecting conformity including political bias and further research findings.	
Discuss (outline and evaluate) the explanations of resistance to social influence, including social support and locus of control.	
Discuss (outline and evaluate) minority influence including reference to consistency.	

Write the revision activities you have identified into your revision planner in

Watch on YouTube

### Revision 3: choosing revision activities

Choosing revision activities

Possible problems	Recommended Activities
Incomplete class notes on topic	Use <b>annotation and elaboration</b> to expand and improve your lesson notes.
Poor recall of Key definitions / knowledge	Use the <b>Cornell method</b> to make a comprehensive summary note on the topic, including key words and flash card notes.
Lack of question practise	Use <b>dual-coding</b> with topics to strengthen your understanding.
	Complete <b>blank page retrieval</b> tasks to improve your recall of key knowledge.
	Use <b>dual-coding</b> with topics to strengthen your understanding.
	Complete lots of <b>exam technique</b>

Watch on YouTube

### Thinking hard

3. PRIORITISE  
4. CATEGORISE

1. ORDER  
2. OF  
3. IMPORTANCE

ADD VALUE BY WRITING A JUSTIFICATION FOR YOUR TOP 3 - WHY DID YOU CHOOSE THEM?

OR GROUP QUESTIONS THAT REQUIRE...

Watch on YouTube

### Spacing and interleaving

RETENTION (HOW MUCH YOU CAN REMEMBER)

1. IT CAN HELP YOU LEARN MORE

2. IT WILL TAKE LESS TIME OVERALL

3. YOU WILL REMEMBER THINGS A LOT LONGER

Watch on YouTube

### Cornell note-taking

WRITE STUDY OR REVISION NOTES IN BULLET POINTS

BLANK PAGE RETRIEVAL?

WORDS  
DIAGRAMS

Watch on YouTube

### Blank page retrieval practice

BLANK PAGE RETRIEVAL PRACTICE

HOW TO DO IT:

START WITH A BLANK PAGE

PICK A TOPIC OR ASPECT OF A TOPIC

Watch on YouTube



HAYES SCHOOL

Therapy and Testing - *online*

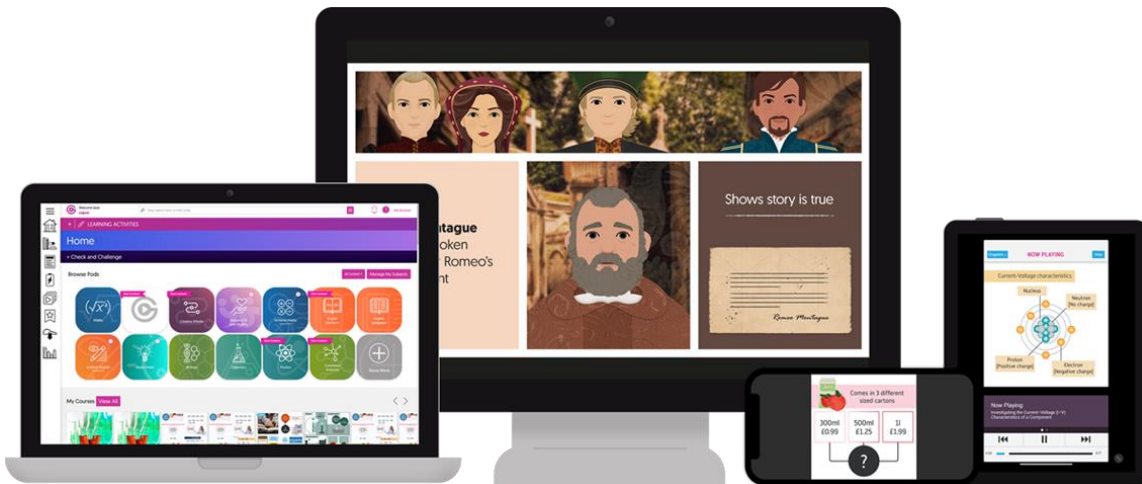


# What is GCSEPod?

3-5  
minute  
'Pods'

28+  
subjects

Easy  
to use



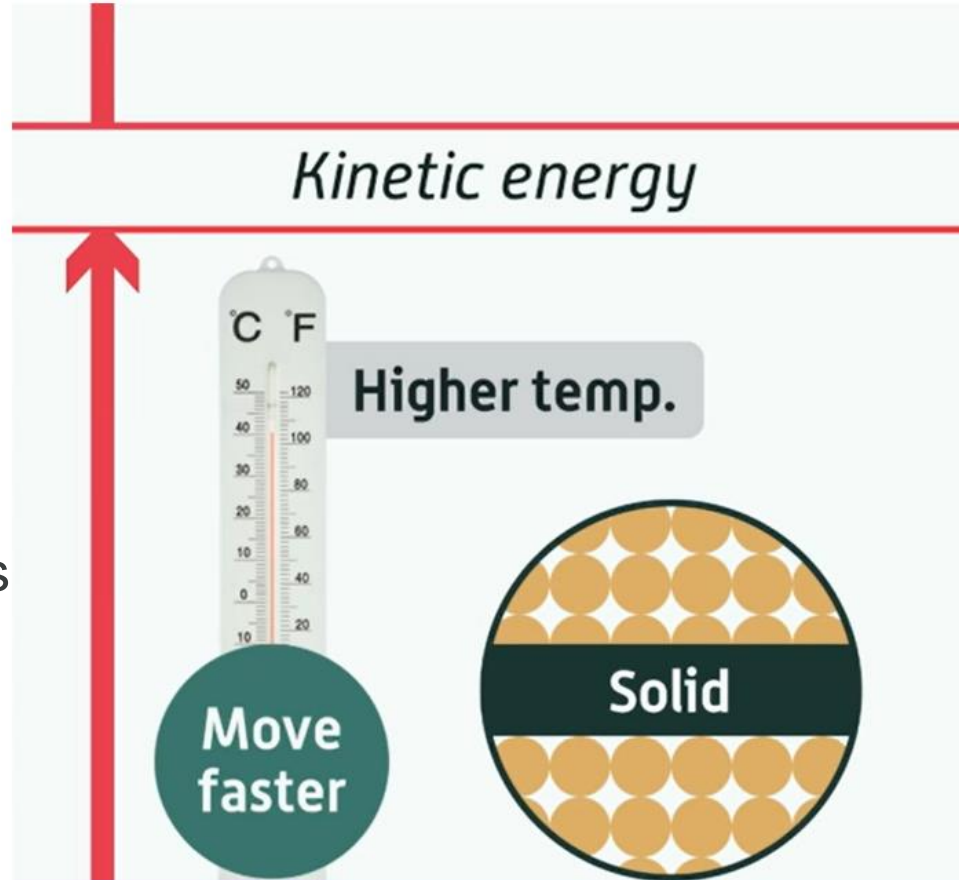
- 10 years experience as an award winning educational publisher
- Available for all, even Year 7 and 13
- Mapped to the curriculum
- Available on all platforms
- 1 in 3 secondary schools in the UK subscribe
- In use across 40+ countries
- “The Netflix of GCSE Content”



# Pods – *the content your child will access and use*

Pods are 3-5 minute videos designed to keep your child engaged. They have audio and visual content that is mapped their exam board.

- Written by subject experts
- Exam board mapped



This is an example of a combined science Pod displaying information on kinetic energy.

# GCSEPod covers a broad range of subjects

*The subjects are filtered on your child's account to what they study and their exam boards*

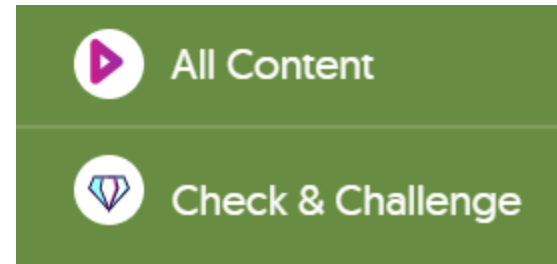


# Check and Challenge – *The independent learning tool.*



- Allows your child to test their knowledge after watching a Pod
- Provides scaffolded support like a teacher would → 1-2-1
- Helps identify misconception in knowledge and prepare for exams
- Get hints, win diamonds and watch their progress improve

To find what subjects have Check and Challenge available simply go to 'All content' on the home page and select Check and challenge.



# Study smart



Study Smart Pods help you and your child learn how to learn smarter

The Pods look at the theory behind the science and helps to identify new methods of learning and revision

APRIL

Find the sweet spot just before you'd forget

Best way to improve potential for learning

It's always better to be over-generous

Write down the keywords that appear onscreen

Write down as much as you can remember

Return to the information to review it

Repeat this process 4 or 5 days later

Select the information to revise

Language techniques

Study Plan

Legend: = study

	am	pm	
Mon			
Tues			
Wed			
Thu			

Revision

Switch between different ideas

Move to a related or similar topic

The Cold War 1953 - 1991

The Cold War 1985 - 1991

The Cold War 1979 - 1985

Use the information more flexibly

"I carving out me identity"

Find it easier to remember the poems and bring them quickly to memory

"Paper that lets the light shine through"

Might even be able to match new poems to the correct poets

"A samurai sword in the cockpit"

# Keeping fit and healthy



Keeping Fit & Healthy Pods are ideal to watch together and focus around techniques to cope with stress and the importance of a good night's sleep

Help people understand how we're feeling

Helps our brain decide how we're feeling

Way we move

Posture we hold

Expression

This pod illustrates how the brain processes emotions and how this affects physical movement, posture, and facial expressions. It includes icons of people's faces and a brain.

All behaviour is learned and can be relearned

Things you do every day

When we do things enough times

Habit

This pod discusses the concept of habits, stating that all behavior is learned and can be relearned. It shows examples of daily actions and how repetition leads to habit formation.

60% of our body weight

≈73%

- Provides structure to cells and tissues
- Transports nutrients and hormones
- Lubricates joints
- Keeps bodies at right temperature
- Supports cardiovascular system
- Regulates blood pressure
- Helps our hearts to function

This pod focuses on the importance of water in the body, noting that 60% of body weight is water and that approximately 73% of the body is composed of water. It lists various physiological functions that water supports.

We are constantly losing water

To keep water level balanced

Whilst asleep you can lose up to 2lbs of water

**Dehydration**  
Happens when we don't drink enough to replace water we lose

This pod explains that we are constantly losing water and that dehydration occurs when we don't drink enough to replace it. It includes an illustration of a person's body with icons for the hand, lungs, heart, and kidneys, and a list of items that help maintain water balance like a cup of coffee, a cucumber, and a bowl of soup.

# Why it works!

## Year 11 Impact Analysis

On average, regular users of GCSEPod achieved

**0.7**

more Progress 8 points than non-users

On average, the highest users achieved

**20**

Attainment 8 points more than non-users

Regular users of GCSEPod achieve, on average

**1**

grade higher per subject than non-users



New to GCSEPod?

[Get started](#)

Need help?

[Forgotten my login details](#)

[Info for Parents / Carers](#)



## Login

Username or Email

Password

[Login](#)

Or sign in with:



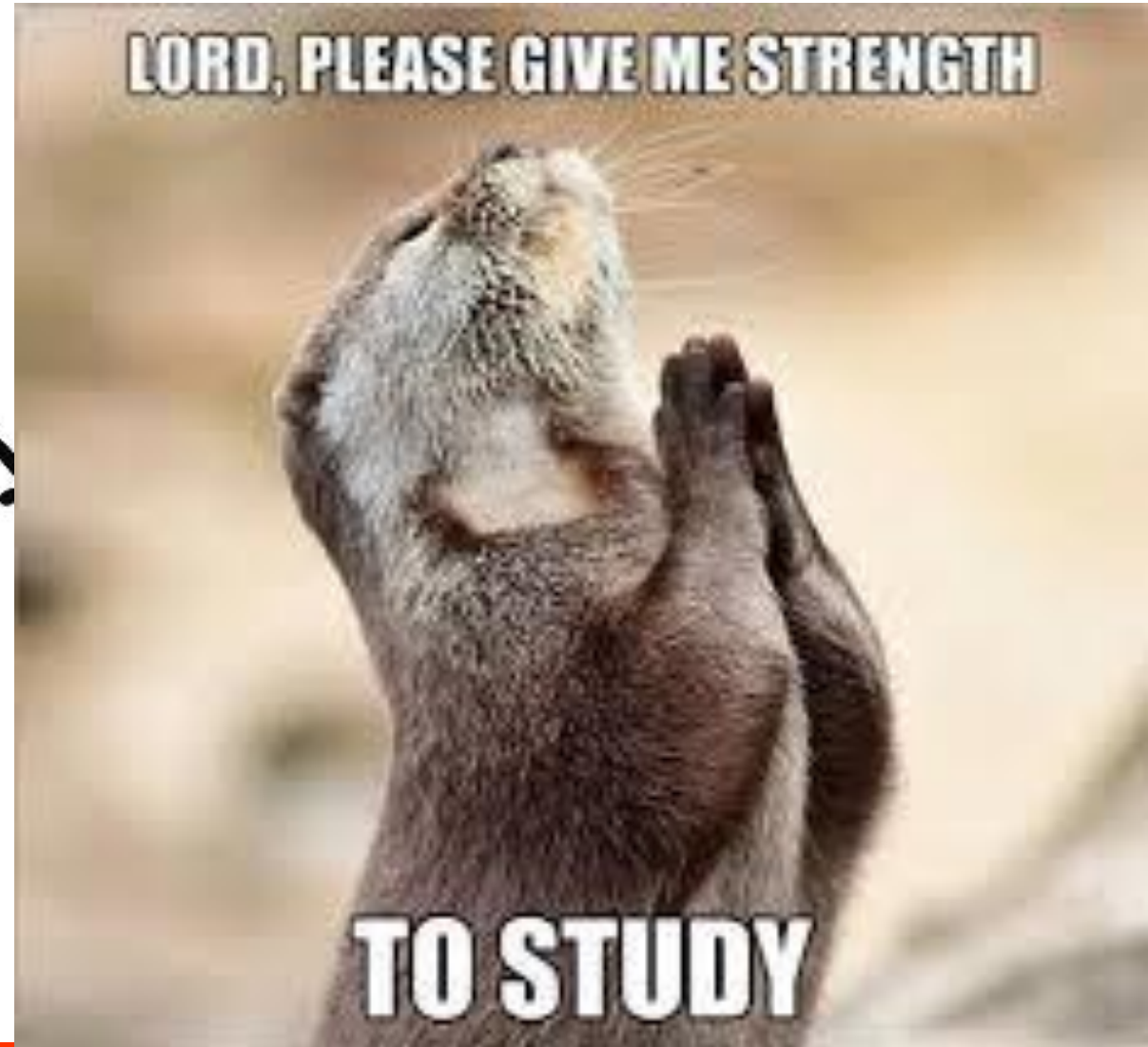
[Sign in with Google](#)



[Sign in with Office 365](#)

Your GCSEPod account and external account must have matching email addresses.

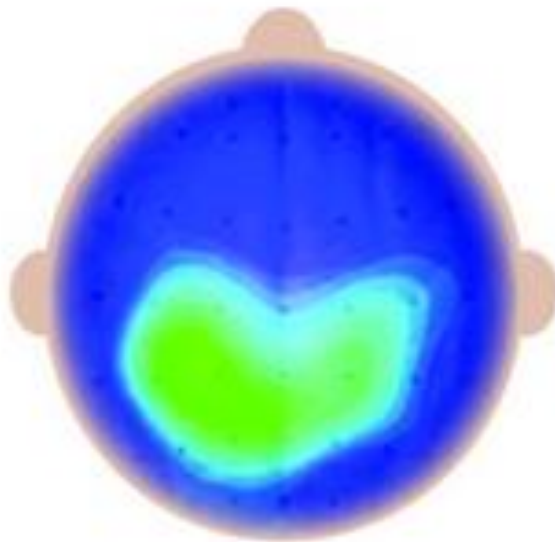
# Practical strategies to help you perform



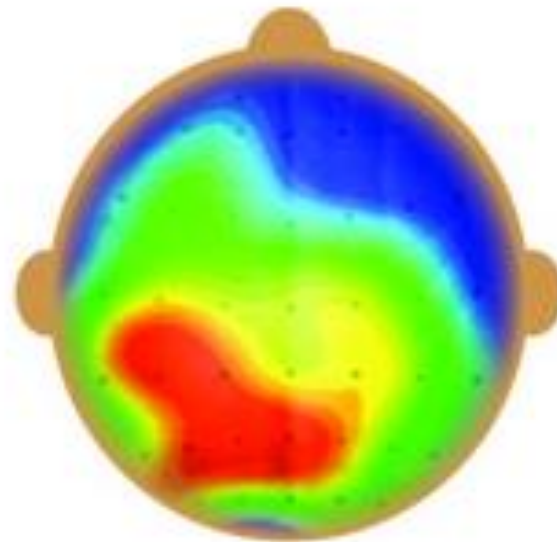


# Physically active students have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of sitting quietly



after 20 minutes of walking



**Red** areas are very active; **Blue** areas are least active



# Your ideal work schedule

Plot your day from waking up to going to sleep in hourly blocks and identify when you are naturally:

- ON FIRE
- VIBRANT
- CRUISE CONTROL
- AT 70%
- HUNGRY
- NEED A BREAK
- DISTRACTED
- SLOWING DOWN
- TIRED
- HUNGRY

## Circadian rhythms



# Nutrition & stress

A collage of healthy food items including a green apple, almonds, a glass of water, a measuring tape, a bowl of quinoa, grapefruit slices, kiwi, and strawberries.

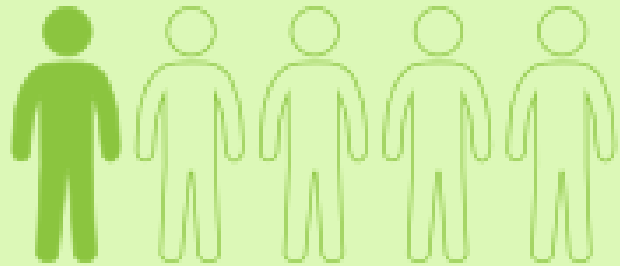
**Someone with a healthy balanced diet is less likely to be stressed**

Thinking about your daily and weekly routines, would you say you get enough rest, relaxation or down time?



It is so important to rest and recharge ourselves

# Lack of sleep



Nearly 1 in 5 teens (18%) say that when they do not get enough sleep, they are *more stressed*.

**SLEEP**  
DEPRIVATION

**STRESS**



More than one-third of teens report fatigue or feeling tired *due to stress*.

You need 8½ to 9 hours sleep per night



HAYES SCHOOL

Life After Year 11.



## Some Key Dates:

### **Sixth Form Open Evening**

- Thursday 16<sup>th</sup> November 2023.

### **Applications Open**

- Friday 17<sup>th</sup> November 2023

### **Applications Close**

- Friday 19<sup>th</sup> January 2024

### **Guidance Meetings**

- Take place late January/Early February

### **Offers Email Sent and Invitation to Induction**



# The Pathways

## Academic Route:

- Students study 3 or 4 A Levels
- Entry Requirement
  - 5 Grade 5s or above
  - Specific Criteria Per Subject
  - Most require 5+ in English ***and*** Maths
  - 4 A Levels for students who average 8+ in GCSE.

## Academic Vocational Route:

- Students study 3 Vocational Academic subjects.
- Entry Requirement :
  - 5 Grade 4s or above including English ***and*** Maths.
  - Specific Criteria Per Subject
  - Reformed Academic Vocational now contain exams which can be worth up to 50% of the overall grade.

## Mixed Pathway:

- Students study a combination of Academic and Vocational subject (Usually where there is a pre-existing achievement in an area i.e. Music).
- Entry Requirement :
  - 5 Grade 4s or above including English ***and*** Maths.
  - Specific Criteria Per Subject





## Do and Don't

### Do:

- Speak to teachers about the courses
- Speak to 6<sup>th</sup> formers about courses (where possible – maintain the bubble)
- Speak to the Head of Department
- Look at where your next steps are after 6<sup>th</sup> form.
- Pick subjects you will enjoy

### Don't :

- Pick a subject because you like the teacher
- Pick a subject because your friends are.
- Pick a subject because it looks good on your CV
- Pick a subject as you think it looks easy (none of them are).



# Why Hayes?

## Academic Success

2023 A-Level Outcomes:

A\* - A : 19%

A\* - B: 53%

A\* - C: 87%

Vocational Outcomes:

47% off all grades a Distinction\* -  
Distinction

9/10 students achieved a Merit or  
above.

100% pass

Average Grade = Distinction+

## Personal Success

92% of students securing their first  
choice university. Including 3 students  
taking placed at Oxbridge and 3 on  
Medicine.

A number of high quality degree  
apprenticeships secured in firms such as  
Morgan Stanley, Berkley Homes and  
Deloitte.

**PERSONAL  
USP!!!**



Year 11  
Information Evening  
13<sup>th</sup> September 2023



*Thank  
you!*