

# Welcome to our Year 10 Information Evening



# What to expect this evening?

- Key dates and what the year looks like
- What parents can do to help
- Effective revision and exam techniques
- Coping with stress

# The Team

Person	Role
Subject teachers	First port of call for subject specific queries or support
Form tutors	First port of call for non subject related queries and pastoral matters
Mrs Buckland	Pastoral Support Assistant
Mr Coker	Head of Year 10
Mr Brown	Assistant Head Teacher- Key Stage 4 Lead

# Tutor Time Programme

- Students will be given revision resources and dedicated time during form times to develop revision strategies.
- Students will be revisiting this booklet throughout the year in order to support them with revision strategies.
- This booklet will be shared with parents



**Rainham Mark  
Grammar School**

## Revision Strategies

### Preparing for Exams

#### YEAR 11 Mocks 2024

DATE	START	Subject	Duration	Candidates	Venue
??	TBA	Music performance exams	All day	17	Music block
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<b>Wednesday 27th Nov</b>	09.00	English Literature	90min	234	Gyms
	11.30	Religious Studies	75min	78	Gyms
	11.30	Music	90min	17	RECITAL HALL
	14.15	History Paper 1	60min	110	Gyms
<b>Thursday 28th Nov</b>	09.00	Maths Paper 1 Non Calculator	90min	234	Gyms
	11.30	Spanish writing	80min	90	Gyms
	11.30	French writing	80min	83	Gyms
	14.15	DT paper 1	60min	26	Gyms
<b>Friday 29th Nov</b>	09.00	English Language	105min	234	Gyms
	11.30	Spanish Listening and Reading	105min	90	C Floor
<b>Monday 2nd Dec</b>	09.00	Economics	90min	49	Gyms
	09.00	Business	105min	54	Gyms
	09.00	Drama	90min	18	Gyms
	11.30	Chemistry	75min	234	Gyms
<b>Tuesday 3rd Dec</b>	09.00	German writing	80min	72	Gyms
	11.30	Biology	75min	234	Gyms
<b>Wednesday 4th Dec</b>	09.00	Maths Paper 2 - calculator	90min	234	Gyms
	11:30	German Listening and reading	105min	72	C Floor
<b>Thursday 5th Dec</b>	09.00	Geography	90min	128	Gyms
	11.30	Computing	90min	48	Gyms

# Notable Dates

Year 10 report 1- Attitude to learning and homework only: 17th October

Year 10 report 2, 23<sup>rd</sup> January-as above, plus a current working grade.

Year 10 Parents evenings: 18<sup>th</sup> and 20<sup>th</sup> March

Mock Exams: 23<sup>rd</sup> April-2<sup>nd</sup> May

Year 10 report 3-Attitude to learning, homework and mock grades: 10<sup>th</sup> June



# Behaviour

I am very pleased to say that maturity, attitude and behaviour of Yr10 since our return has been, on the whole, fantastic.



Edulink is a great resource for parents to check on their child's behaviour and achievements.

You can also help support your child with homework as homework is now set on Edulink.

Can contact teachers easily using the message function.

# Attendance

There are 175 non-school days a year (holidays etc). This means:

Attendance during one school year	Equals days absent	Which are approximately weeks absent	Which means this number of lessons
95%	9 days	2 weeks	50 lessons
90%	19 days	4 weeks	100 lessons
85%	29 days	6 weeks	150 lessons
80%	38 days	8 weeks	200 lessons
75%	48 days	10 weeks	290 lessons

Encourage robustness  
Limit absences

# What can parents do to help?

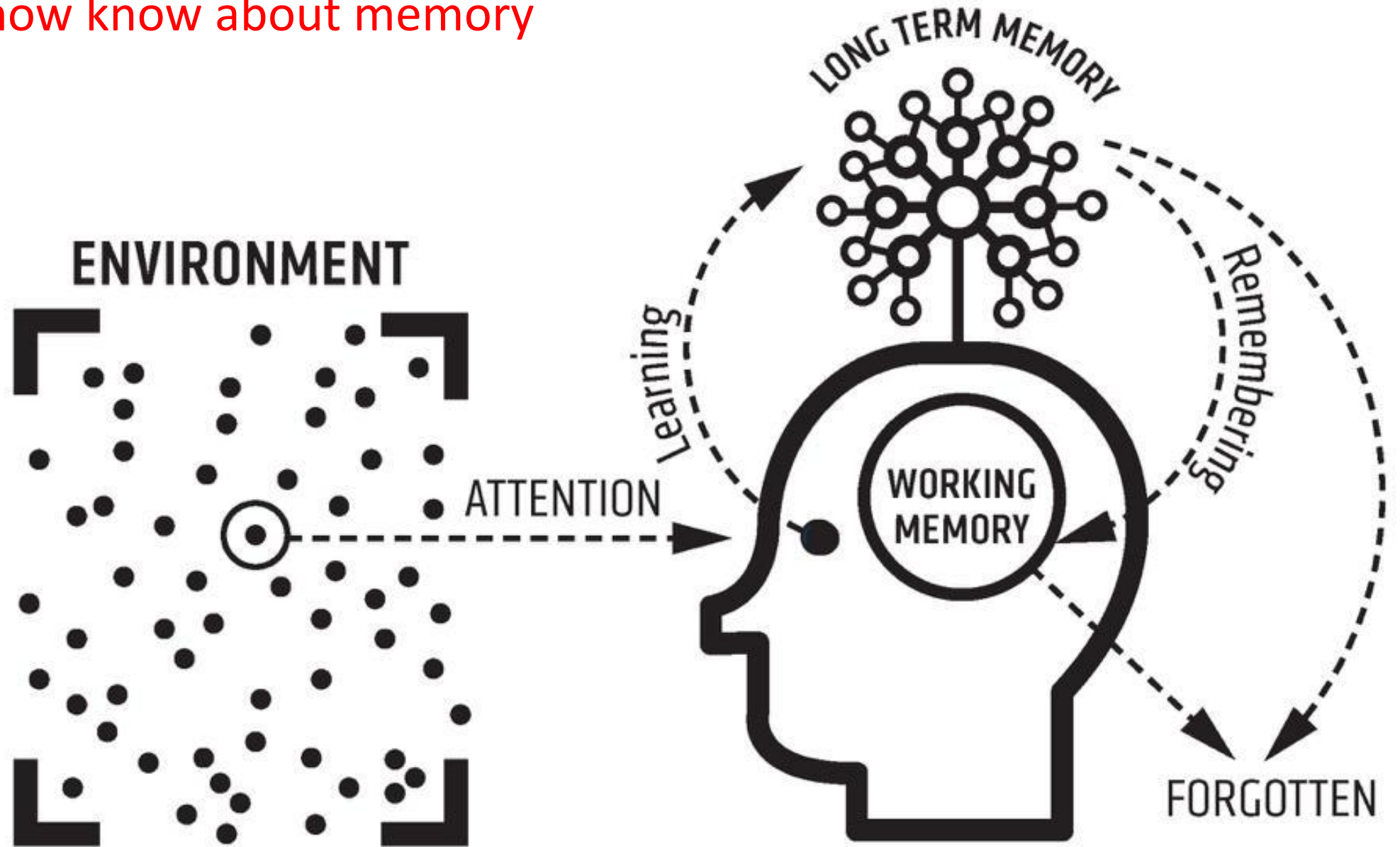
- **DO**

- Be aware of deadlines & examination dates
- Help with planning & organisation
- Encourage and enforce routine eg bed times, phones away etc.
- Be prepared to talk and listen- keep a low profile
- Help maintain a sense of perspective- encourage regular breaks
- Liaise with school
- Respond positively when they ask for help
- Recognise that this is a stressful time and that this is natural.

# What can parents do to help?

- **DON'T**
  - **Make comparisons with siblings.**
  - **Unintentionally add to worries by constantly mentioning exams.**
  - **Worry if revision techniques are strange or unusual.**
  - **Distract them unnecessarily.**
  - **Expect them to study all the time.**

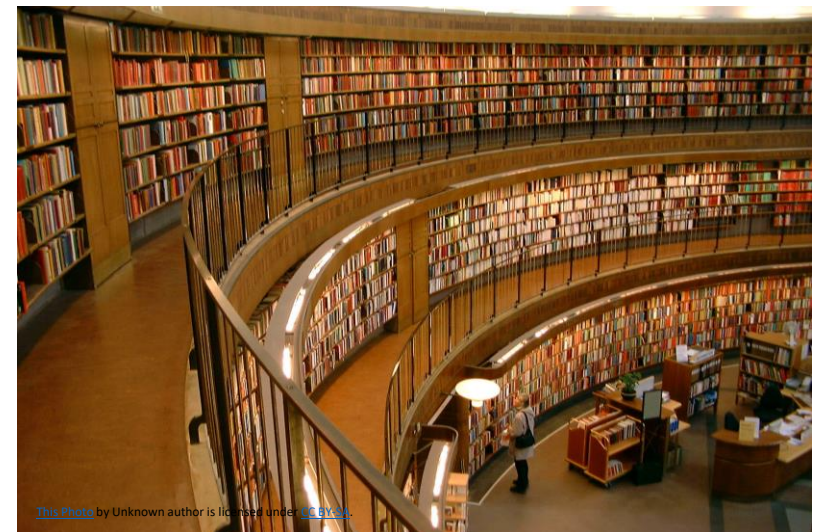
# What we now know about memory



# Revision and memory

To move things to our long term memory, where it will stick, and from where we can retrieve the knowledge we need and then apply our brains need to:

- Revisit knowledge
- Retrieve it – through questioning and testing
- **Deliberately practise using it**



# Effective Revision Strategies

- **Active revision is key!**
- **Active revision means involving your eyes, ears and hands in a variety of ways**
  1. **What do they need to know? Specification, revision checklists-rank understanding**
  2. **writing revision notes, condense them**
  3. **Create mindmaps and flashcards**
  4. **reading notes aloud,**
  5. **recording key points on your phone, group chats**
  6. **discussing topics with friends,**
  7. **testing yourself or getting others to test you,**
  8. **using revision websites, videos**
  9. **Research tells us that the BEST way to prepare for exams is.....**

# The best way to prepare....

## **USE PAST PAPERS OR MODEL EXAM QUESTIONS**

- Practise in timed conditions
- Use a question and then spend time securing the knowledge
- Re-write past questions
- Ask a teacher to check that you are on the right track
- Access the mark schemes online to check

# Planning your revision.

- **Produce your revision schedule**
  - **Day by day**
  - **Subject by subject**
  - **Topic by topic**
- **Useful to draw up a trial schedule lasting one week.**
- **Support your child in following it.**

# Key takeaways

- **Make revision a priority**
- **Start early- cramming simply will not work**
- **Revision timetable-help them stick to it.**
- **Put in the hours**
- **Revise all topics**
- **Tackle past papers**
- **Take every opportunity to revise**
- **Use exam board websites**

Looking ahead



# Coping With Stress

- **Talk about it**
- **Take time out to have fun**
- **Do some exercise**
- **Think positively**
- **Eat well**
- **Use breathing techniques**
- **Ask for support**



Thank you for coming