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Dear Parent/Carer,

December 2021 Y11 Mock Examination Timetable

Stage 1 of the English/Maths examination week finished a few weeks ago and we are now preparing our students for Stage 2, which is the pre-Christmas Mock examination nine day window. Students will not have two exams every day as we have tried to spread them out to reduce daily pressures and anxieties. Please note that there is no further *Maths* or *English Language* mock exams at this time. Students will be in school every day and when they are not in an exam; our expectation is of personalised silent revision. The only exception to this is that Maths lessons will carry on as normal.

We will be asking students to bring revision into school and use any revision time productively.

All Y11 students have received teaching on revision strategies and a Parents' Evening on revision was delivered in September. We feel our students, if they follow the advice given, are in a good place to complete these examinations with confidence.

In preparation for the dialogue and discussions you lead at home with your child, a number of parents have requested a script of suitable questions to ask, in order to support over this challenging period. We offer the below:

1. What are you worried about with regards to the exams? (Parent and student answer)
2. When do you feel at your most productive for revision?
3. What do you need in terms of support from me? (Tidy or quiet space at home? Food and drink? Help with timings of revision?)
4. When don't you want to revise?
5. How do you feel at this time?
6. What are the barriers to improving your feelings towards revision?
 - a) Sleep?
 - b) Devices?
 - c) Food and nutrition?

- d) Social time?
 - e) Rewards?
7. What have you been able to stick with so far? Is it a subject with which you feel more successful?
 8. What made that work for you?
 9. How can we put those things into practice for two subjects now – one where you feel confident and one where you don't?
 10. How often should we have this sort of conversation?
 11. What do you want to achieve between now and...
 - a) The Christmas holidays starting?
 - b) The Christmas holidays ending?
 - c) The end of January?
 - d) The start of February half term?
 - e) The end of February half term?
 12. List three practical things you will each do before the end of this week to start the revision process (Parent and student answer).

Students will receive information in tutor time next week and via an assembly next Friday regarding their mock examinations that are due to take place before the end of this term.

On the next page is the **Mock Examination Timetable** for Y11 starting Monday 6 December. The following advice applies:

- If it is a morning exam, students meet in the Canteen at 8.45am
- If it is an afternoon exam, students meet in the Canteen at 12.50pm
- All equipment must be in a clear pencil case or sandwich bag. Lids of calculators must be left in your bags. **No watches, bracelets or phones are allowed in the exam room.**
- The main exam room is the Theatre. A small number of you will be in a small room.

Week 1	Mon 6 Dec	Tue 7 Dec	Wed 8 Dec	Thu 9 Dec	Fri 10 Dec
09:00	English Literature Paper 1 (1h45)	Biology (triple 1h45; combined 1h10)		Chemistry (triple 1h45; combined 1h10)	Geography (1h30)
13:00	Computer Science (1h30) Information Technologies (1h45) Dance (1h)	French, German and Spanish – writing (F tier 1h; H tier 1h15)	Spanish – listening & reading (F tier 1h20; H tier 1h45) Design & Technology (1h30) Food Prep & Nutrition (1h30)	German – listening & reading (F tier 1h20; H tier 1h45) French – listening & reading (F tier 1h20; H tier 1h45)	Physical Education (1h)

Week 2	Mon 13 Dec	Tue 14 Dec	Wed 15 Dec	Thu 16 Dec	Fri 17 Dec
09:00	English Literature paper 2 (1h45)	History (1h45)	Physics (triple 1h45; combined 1h10)	Health & Social Care (2h)	Contingency session
13:00	Business (1h30)	Media Studies (1h30)	Drama (1h45)	Contingency session	

Helping your child get into good habits

Information for parents and carers

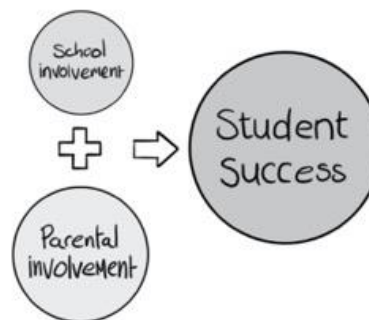
Did you know?



Healthy habits are essential to living a long and happy life, and they are important to instil in children from a young age. If you help them form these habits now, you will be giving them the tools to navigate any obstacles they may face as they grow into adulthood.

Research highlights that the late teenage years have been identified as the peak age for exposure to health risks with lifelong implications. The report, by the Association for Young People's Health (AYPH), revealed teenagers eat eight times the recommended sugar allowance and almost half have tooth decay. This worrying research also found out that most smokers start by the age of 25.

Research reveals that there is a strong link between healthy habits and pupil achievement. Poor health habits add up to poor grades, and research suggests that healthy habits and good health-related decisions can lead to improved academic performance. For instance, research has shown that students who eat breakfast exhibit improved concentration when compared to their peers who skip it.



What can you do?

Cultivate healthy habits by being a role model to your child. Try to exhibit good habits, offer health advice and build fun healthy activities into your family life. Examples include being active as a family, having evening and sleep routines, providing a water bottle to encourage hydration, or making family meals together.

Good nutrition can help improve concentration, so pay attention to the food you buy for your family. Provide a healthy balanced diet of meals which include fresh vegetables, fruit, proteins, good fats and whole grains. Encourage your child to snack on low sugar foods and drinks, which you could make together.

Help and encourage your child to get enough sleep, live a physically active life and feel good about themselves. Work with them to map out their week to include healthy habits such as exercise, relaxation and seeing friends. Set some healthy lifestyle goals together, and keep each other motivated to stay on track.



We wish every student the best of luck over this period. It is never an easy time but we know our students will prepare themselves thoroughly.

Drug awareness assembly

As part of our pastoral care and Tutor Time curriculum, we have arranged to deliver an assembly to all Year 11 students next week around drug and alcohol awareness. This will be delivered in collaboration with Warwickshire Police and take place in students' core PE lessons P3 and P4. Students will therefore not need to bring their PE kit in on these days.

Parents' evening

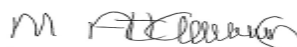
A final reminder that it is not too late to arrange parents' evening bookings for Monday 22 November. This will take place online and more information can be found on how to book through the last Year 11 bulletin. If you are having any difficulties with this, please contact Learning Mentors in the first instance.

Kind regards,



Mr J Foxon

Assistant Head Teacher, Year 11 Lead



Mr M Atkins

Senior Assistant Head Teacher