



## Year 11 Key Information 2022-23

### A change from normality

Life changes for a few months;

- It's an important stage in your life
- Qualifications influence your future
- Be prepared to make sacrifices so that you can do your very best

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# Revision

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## Effective Revision

- **Effective** revision prepares you, and it gives you confidence
- Be positive about what you can achieve
- Don't tell yourself you "can't do it", or "it's too late anyway"

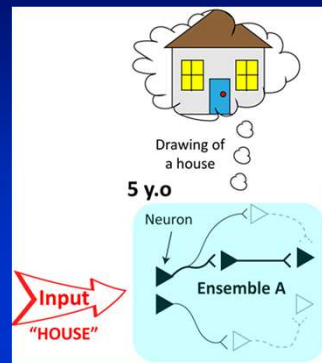
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Memories occur when specific groups of neurons are reactivated. In the brain, any stimulus results in a particular pattern of neuronal activity—certain neurons become active in more or less a particular sequence. If you think of your cat, or your home, or your fifth birthday cake, different ensembles, or groups, of neurons become active.

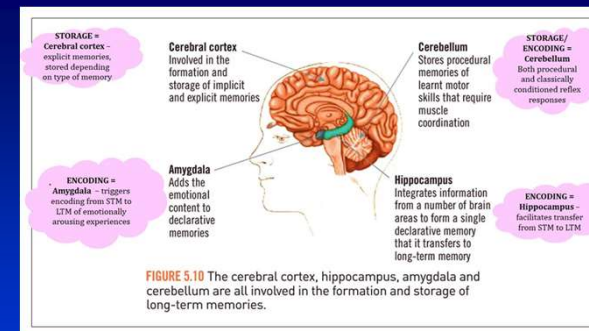
As a five-year-old, if given the word 'house', you might have imagined a drawing of a house. As an adult, upon hearing the same word you may well picture your own house—a different response for the same input.

This is because your experience and memories have changed the connections between neurons, making the old 'house' ensemble less likely to occur than the new 'house' ensemble.

In other words, recalling a memory involves re-activating a particular group of neurons.



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Sleep is another important factor for memory storage. During sleep, the hippocampus and neocortex take part in a carefully choreographed dialogue in which the hippocampus replays recent events: the same hippocampal neurons active during an experience become activated again during slow-wave sleep, over and over in a time-compressed manner, helping to update the neocortex as to what needs to be stored. This replay only occurs during sleep, so if you're skimming on sleep, you aren't letting your brain consolidate memories.

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There have been neuroscience studies which prove that writing down plans and goals makes us more likely to achieve them. This applies to exams and revision, too! Your GCSE revision planner should exist in a physical form, not just be a vague idea in your head.



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Step 1: Work out how much time you (realistically) have to revise

Step 2: Decide which GCSE subjects you need to spend more or less time on

Step 3: Prioritise revision according to GCSE exam dates and amount of material

Step 4: Build in breaks and downtime

Step 5: Do the least fun bits first

Step 6: Make sure your revision plan is adaptable

Step 7: Identify rewards

Step 8: Schedule study sessions with friends

Step 9: Make sure you have all the resources you need

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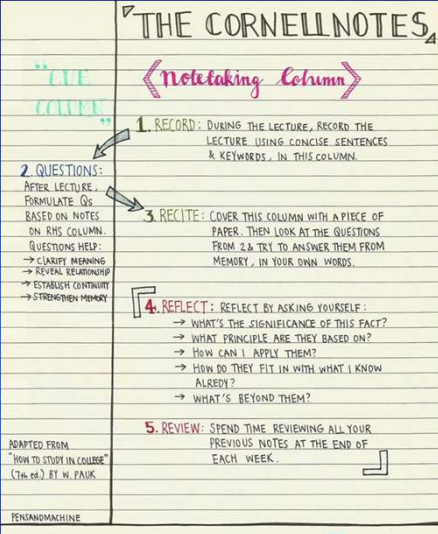
Revision techniques  
that work well for  
different people.

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A mindful approach to note taking increases the likelihood of the information being transferred from short term to long term memory. Making notes very visual aids later recall. Boxing up, using colour and images, underlining, using tags to draw attention to key elements, graphic organisers, thinking maps, and diagrams are all presentation methods students should use to help the brain compartmentalise the information.

This is not about spending time making it 'pretty' but **rather the focus is analytical and scientific**. Cornell Note taking is a great way of doing this.

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**THE CORNELL NOTES**

*Notetaking Column*

1. RECORD: DURING THE LECTURE, RECORD THE LECTURE USING CONCISE SENTENCES & KEYWORDS IN THIS COLUMN.

2. QUESTIONS: AFTER LECTURE, FORMULATE Qs BASED ON NOTES ON THIS COLUMN. QUESTIONS HELP: → CLARIFY MEANING → ESTABLISH CONNECTION → STRENGTHEN MEMORY

3. RECITE: COVER THIS COLUMN WITH A PIECE OF PAPER. THEN LOOK AT THE QUESTIONS FROM 2 & TRY TO ANSWER THEM FROM MEMORY, IN YOUR OWN WORDS.

4. REFLECT: REFLECT BY ASKING YOURSELF: → WHAT'S THE SIGNIFICANCE OF THIS FACT? → WHAT PRINCIPLE ARE THEY BASED ON? → HOW CAN I APPLY THEM? → HOW DO THEY FIT IN WITH WHAT I KNOW ALREADY? → WHAT'S BEYOND THEM?

5. REVIEW: SPEND TIME REVIEWING ALL YOUR PREVIOUS NOTES AT THE END OF EACH WEEK.

ADAPTED FROM "HOW TO STUDY IN COLLEGE" (7th ed.) BY W. PAUK

PENJANGMACHINE

### The Cornell Notes

1. I will read a section of my exercise book, or my revision book or watch a revision video on GCSE Pod. I will bullet point each point using concise sentences and key words.
2. I will then turn these bullet points into questions.
3. I will then attempt to answer these questions, by covering section one.

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**THE CORNELL NOTES**

*«Notetaking Column»*

**1. RECORD:** DURING THE LECTURE, RECORD THE LECTURE USING CONCISE SENTENCES & KEYWORDS IN THIS COLUMN.

**2. QUESTIONS:** AFTER LECTURE, FORMULATE Qs BASED ON NOTES ON RHS COLUMN. QUESTIONS HELP:  
 → CLARIFY MEANING  
 → REVEAL RELATIONSHIP  
 → ESTABLISH CONTINUITY  
 → STRENGTHEN MEMORY

**3. RECITE:** COVER THIS COLUMN WITH A PIECE OF PAPER, THEN LOOK AT THE QUESTIONS FROM 2 & TRY TO ANSWER THEM FROM MEMORY IN YOUR OWN WORDS.

**4. REFLECT:** REFLECT BY ASKING YOURSELF:  
 → WHAT'S THE SIGNIFICANCE OF THIS FACT?  
 → WHAT PRINCIPLE ARE THEY BASED ON?  
 → HOW CAN I APPLY THEM?  
 → HOW DO THEY FIT IN WITH WHAT I KNOW ALREADY?  
 → WHAT'S BEYOND THEM?

**5. REVIEW:** SPEND TIME REVIEWING ALL YOUR PREVIOUS NOTES AT THE END OF EACH WEEK.

ADAPTED FROM "HOW TO STUDY IN COLLEGE" (1963 ed.) BY H. FAULK

PENSANDMACHINE

**The Cornell Notes**

4. I will then reflect on the knowledge using the following questions:


- What is the significance of this fact?
- What principle are they based on?
- How can I apply them?
- What is beyond them?

5. Review my notes at the end of the week, and add any additional information here.


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**Mnemonics:** useful for recalling linked facts in a sequence. They are also useful for providing structures that can be used to write longer answers, such as essay writing, or for getting more depth into an answer, such as in the example below.

**COMPASS**



**DAFORREST**



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### Memory palaces and memory journeys

You should select a familiar place, such as home or school. In your head, you should make images to represent different elements of a concept. They mentally place the images around the room. The more vivid and outrageous the images, the more likely the recall.

**The memory palace**  
You can also use the journey technique without mentally leaving your house.

**Top tip**  
Imagine a trip through your front door, into the hall, along to the kitchen ... Note things along the way you could use to stick your list items on to.

**It's true!**  
Memory experts can even create whole memory palaces made of imaginary rooms, and mentally walk around them to retrieve vast amounts of stored data.

Try creating a memory palace for yourself starting in your bedroom.

This girl has used objects in her bedroom to help her remember the magnetic spectrum.

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### Visual reminders and production of materials to aid the revision process.

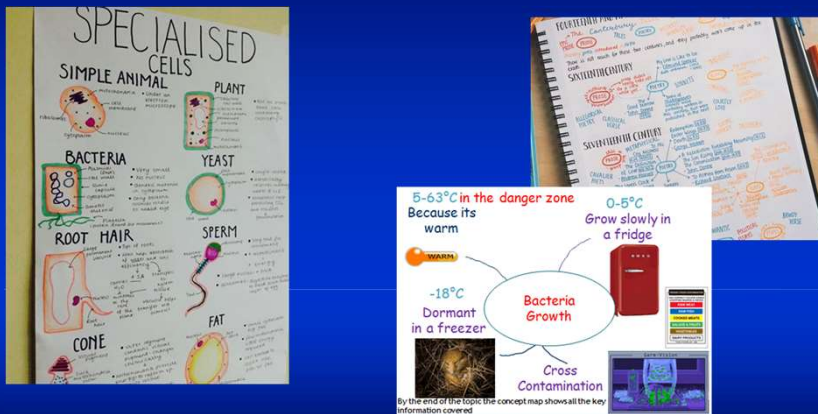
Mind maps, revision cards, large size posters to go up on bedroom walls, colourful lists, etc, can all be of assistance when trying to remember large quantities of information. They can be referred to often, used to test each other and serve as a visual aid.



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## Posters and mind maps



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## Flashcards

- Write a word/question on one side
- On the other side, write the definition/answer
- Test yourself before you turn the card over
- Put 'don't knows' into a separate pile



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- Go back to the 'don't know' pile
- Re-test yourself twice
- If you still don't know, go back to your books and read again
- Re-test yourself 1 or 2 days later
- Test with a friend for extra support and challenge



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Research consistently suggests that **repeated** testing is an excellent way to learn

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## ... and the second (and most vital technique)?

- “Distributed Practice”
- Spacing out your revision over time
- Revising some topics from one subject . . .
- . . . and then moving on to a different subject

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Example Revision Planner	Sunday 16 April	Monday 17 April	Tuesday 18 April	Wednesday 19 April
Put the subject and main revision headings for the day in this section	Solving equations with x on both sides Mitosis and Meiosis	USA - Expansion: Moving to new lands 1789-1838	Module 1 - family and friends	An Inspector Calls - characters
	Maths	Biology	History	French
Thursday 20 Apr	Friday 21 Apr	Saturday 22 April	Sunday 23 April	Monday 24 April
Newton's laws	Ionic and covalent bonding		Food commodities Program translators Von Neumann architecture	Punnett squares and inheritance
Physics	Chemistry		Food	Computer Science
Tuesday 25 April	Wednesday 26 April	Thursday 27 April	Friday 28 April	Saturday 29 April
Standard form calculations	An Inspector Calls - social and historical context	USA - The Missouri Compromise (1820)	Module 2 - Celebrations	Groups in the periodic table Rates of reaction
Maths	English	History	French	Chemistry
Sunday 30 April	Monday 1 May	Tuesday 2 May	Wednesday 3 May	Thursday 4 May
Fractional distillation USA - tensions as the USA grew. 1789-1838	Plant structures and their functions	Dramatic devices in An Inspector Calls	Electromagnetic spectrum	Pythagoras' theorem
Chemistry	History	Biology	English	Physics
				Maths

## Cramming – does it work?

- Yes, intensive final revision works . . .
- **BUT ONLY** following distributed practice with repeated testing

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## Revision needs to be active !

- Just reading text books won't work well
- Different techniques can work for different people
- Flash Cards and Distributed Practice work well for all
- Use past papers and then mark them; give extra time to the topics with which you struggle
- Start now!

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## Revision resources

- Use your subject revision guides; they identify the topics for each unit
- You can easily access the school network Student Resources drive from home

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The screenshot shows the homepage of John Masfield High School. At the top, there is a navigation menu with links for Home, Sixth Form, About us, Curriculum, Parents, Students, News & Events, Contact us, and JMSport. A search bar is located on the right side of the menu. Below the navigation is a large banner image of two students working at a desk, with the text "Welcome to JMHS" overlaid. A yellow arrow points to the "Remote Access" and "Email" links in the top right corner. Below the banner is a "NEWS ALERTS" section with a link to "Headteacher's End of Term Newsletter" and a "Read more" link. The main content area is divided into three columns: "WELCOME TO John Masfield High School" with a brief description of the school and a "View All News" button; "Latest news" with a link to "Headteacher's End of Term Newsletter" and a "Read more" link; and "Upcoming Events" with a calendar showing "Jan 03 Staff INSET day" and "Jan 04 Start of Term", with a "View Calendar" button.

## Remote Access

Remote Access lets students and staff to use their computer at home, just as they would do at school.

There are two ways of doing this:

### Method 1

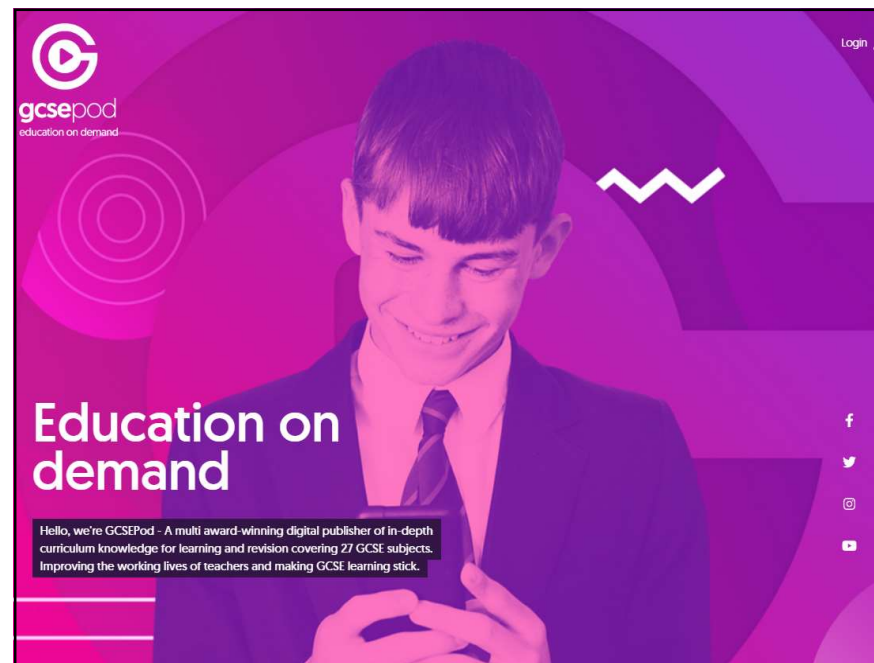
1. The best way is to download the Citrix Workspace app onto your computer from the Citrix website; [Citrix Workspace App](#)
2. From the Citrix Workspace App page, click on the link for your computer, e.g. Windows or Mac, and then follow the instruction to install it. (You can also install the Citrix Workspace from the App Store for your device.)
3. The first time you use it you will be prompted to enter an email or server address at the Add Account window – please enter <https://access.jmhs.hereford.sch.uk>
4. Then, just open the Citrix Workspace app and login with your school username and password as usual.

### Method 2

1. In your browser (maybe Chrome or Edge), type <https://access.jmhs.hereford.sch.uk>
2. You will then be asked to download the Citrix Receiver (which is the old name for Citrix Workspace). Do this and then install it. This can take a few minutes, so be patient.
3. When completed, do not click the Add Account option, just click Finish.
4. You can then click the Continue button on the web page and you will be able to login with your normal school username and password.

You only need to install Citrix Receiver once, to set it up. Next time you go to <https://access.jmhs.hereford.sch.uk> you will be able to log straight in to the school system.

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## LOGIN

**NEW HERE? GET STARTED**

USERNAME OR EMAIL ADDRESS

PASSWORD

LOGIN

SIGN IN WITH:

Available now - Click here + Sign in with Google Sign in with Office 365

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**PLEASE FOLLOW THE LINK FOR YOUR ACCOUNT TYPE BELOW:**

STUDENT TEACHER

## NEW USER

FIRST NAME Forename

LAST NAME Surname

DATE OF BIRTH 1 January 2006

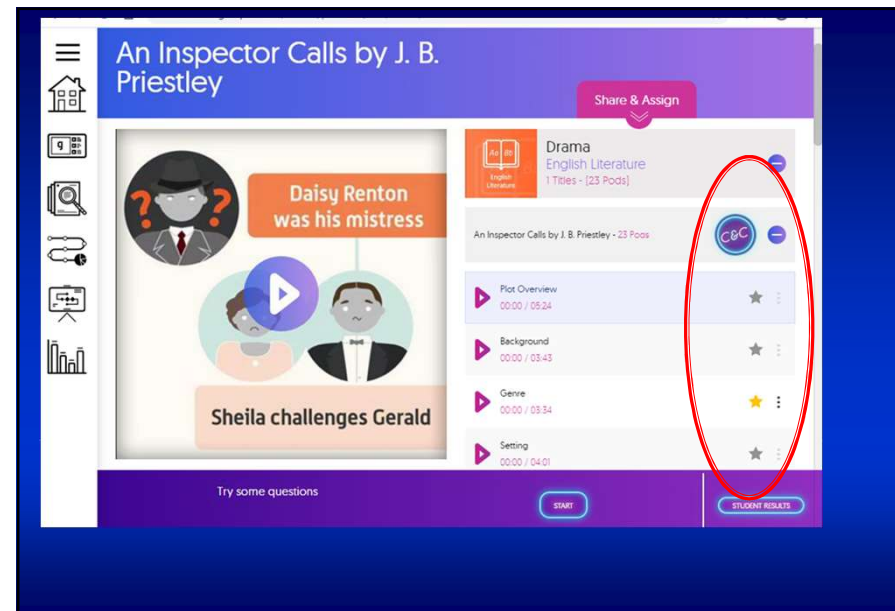
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**BBC Bitesize - Revision**  
 The BBC Bitesize - revision app is just the app for you if you're 14-16 and studying for your GCSEs, TGAU, Nationals or Highers...  
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**Pocket Notes - GCSE Science**  
 Pocket Notes is the ultimate set of revision notes for GCSE Sciences written by past students and passed down to you! As they are...  
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**Exam Countdown Lite**  
 Exam Countdown is a beautifully simple countdown timer, reminder, exam & test timetable app for students, teachers and schools...

## GCSE exam codes

Subject	Level	Board	Exam Code
Art	GCSE Art & Design	OCR	J171
Biology	GCSE	Pearson	1B10
Business Studies	Cambridge National	OCR	J819
Chemistry	GCSE	Pearson	1CH0
Combined Science	GCSE	Pearson	1SC0
Computer science	GCSE	OCR	J277
Dance	RSL Level 2 Certificate in Creative and Performing Arts (Dance)	RSL	N/A
Design (Art & Design 3D Design)	GCSE	OCR	J175
Drama	GCSE	AQA	8261
English Lang	GCSE	AQA	8700
English Lit	GCSE	AQA	8702
Food & Nutrition	GCSE	WJEC	C560P1
French	GCSE	AQA	8658
Further Maths	L2 Cert	AQA	8365
Geography	GCSE	Pearson	1GB0
German	GCSE	AQA	8668
Health & Social Care	Cambridge National	OCR	J801
History	GCSE	OCR	J411PK
Maths	GCSE	AQA	8300
Music	Level 2	WJEC	C660QS
PE	GCSE	AQA	8582
Physics	GCSE	Pearson	1PH0
Travel & Tourism	BTEC Level 1/2 Tech Award in Travel & Tourism	Pearson	21229L

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## How can parents / carers help?

### Creating the best conditions:

- A quiet place to work with good lighting
- A table which gives enough room for books and other materials
- Resources (pens, pencils, colours, highlighters, paper, notes, books) close at hand
- A comfortable chair – but not too comfortable!
- Encourage the removal of things that present distractions
- Offer to test and ask random questions

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## Looking after yourself

- Brains use energy and burn calories – they need feeding, watering, exercise and rest
- Examination time is not a good time to diet
- Try to eat breakfast; lunch and dinner
- Eat healthy snacks
- Drink water – avoid caffeine and sugary drinks
- Try to get enough sleep; older teenagers need around 9 hours of sleep per night

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## Key dates

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Date	Event
6 – 17 February	Mock exams
20 - 24 February	Half-term holiday
3 - 14 April	Easter holiday – some subject revision sessions in school (details to follow). School is also closed on 17 April for staff training
18 April	Summer term starts

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Date	Event
15 May	<b>GCSE exam season starts</b> <b>All students must be in normal school uniform when in school, including for exams</b>
29 May - 2 June	Half-term holiday
<b>28 June</b>	<b>GCSE exam season ends</b>
30th June	Year 11 Prom (7pm – 10.30pm) – more details to follow

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Date	Event
26 and 27 June	Year 11 Sixth Form transition programme; Further information will be sent out after Easter Holidays.
24 August	GCSE results are available in school between 9.30 am and 11.30 am (Sixth Form building)

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Mock Exam Timetable 6 – 17 February 2023

	Morning Session	Afternoon Session
<b>Date</b>	0900 Start	1300 Start
Mon-06-Feb-23	Computer Science	Food Tech
Tue-07-Feb-23	Maths Paper 1	French
Wed-08-Feb-23	Biology	GCSE PE
Thu-09-Feb-23	English Language	German
Fri-10-Feb-23	Maths Paper 2	Music
Mon-13-Feb-23	Chemistry	French
Tue-14-Feb-23	English Literature	History
Wed-15-Feb-23	Geography	Staff Training
Thu-16-Feb-23	Maths Paper 3	German
Fri-17-Feb-23	Physics	Drama

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## Year 11 timetable during exams

- As in previous years, **there will be no 'study leave'** – subject lessons will continue throughout the exam period
- From the start of GCSE exams on Monday 15 May, subject lessons will continue as normal, taught by the class teacher, and focused entirely on revision
- The timetable will be 'tweaked' on the days of exams to maximise students' exam success
- Students attend lessons throughout the exam season in order to support their own revision

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## Year 11 timetable during exams

- 'Final preparation' classes immediately before some individual subject exams will be arranged
- Students who complete BTEC subjects before May will remain in their class but will use the time to revise for other subjects
- **Reminder; normal school uniform must be worn during the exam season when in school**

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## Examination information

Updates information will be issued via MyChildAtSchool over the next few weeks.

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## Exams

- You **must** be on time for all your exams. Exams commence at 0900 and 1300 daily; students should arrive 15 minutes prior to the start time. If you are going to be late or absent for an exam, please let us know by phone as soon as you can.
- Parents/Carers – Please ensure that the school has your current mobile/landline telephone number.
- Please ensure that you bring the correct equipment to each exam; this must include a BLACK pen. Please provide your own calculator. The school cannot guarantee to provide equipment.

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## Exams

- **Possession of a mobile phone/smart watch** or other unauthorised material **is breaking national exam rules** – you will be subject to penalty and possible disqualification.
- Mobile phones must be **TURNED OFF** and left in your bag along with **ALL** watches.
- You **must not** talk to, attempt to communicate with, or disturb other candidates once you have entered the exam room
- You **must** follow the instructions of the invigilator

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## Exams

- Write your legal name on exam papers, as shown on your desk slip.
- Water bottles and pencil cases must be clear with **NO** writing or markings on them whatsoever.
- Only water is allowed in water bottles. No food items are allowed.
- There are no time warnings throughout the exam – keep an eye on the clocks in the room.

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## Careers Advice

- Independent careers advice from Mrs Kelly. Parents/carers are welcome to make contact and attend a meeting with your child  
[ranah.kelly@jmhs.hereford.sch.uk](mailto:ranah.kelly@jmhs.hereford.sch.uk)
- Mrs Kelly works at JMHS on Wednesdays
- If you are **not** planning to join JMHS Sixth Form, you must ensure that you have a written offer of a college place, and note any conditions attached to the offer

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## Careers Advice

- If you are seeking an apprenticeship, ensure that you have also secured a place at college as security
- These students should contact Mrs Kelly **immediately**

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## Careers Advice

- When you are offered an interview please make every effort to attend; if you can't attend you **must** notify the college in advance and re-arrange
- Please see Mrs Kelly on a Wednesday if you need any help with contacting a college

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## Careers Advice

### Useful links;

**For parents and carers wanting to help their child move forward, and make the right decision for them;**

- [www.parentalguidance.org.uk](http://www.parentalguidance.org.uk)

### Lots of information and advice for students;

- <https://nationalcareers.service.gov.uk/explore-your-education-and-training-choices/explore-your-education-and-training-choices>

### Apprenticeships

- [www.findapprenticeship.service.gov.uk/apprenticeshipsearch](http://www.findapprenticeship.service.gov.uk/apprenticeshipsearch)

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## Year 11 Prom

- Year 11 Prom – **Friday 30th June** between 7pm and 10.30pm
- Attendance at the Prom is a privilege and is based on a student's excellent effort, excellent attendance and excellent cooperation in school.
- Parents/carers will be sent a letter via ParentPay regarding the Year 11 Prom after the mock exams. Please read the letter carefully.

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## JMHS Leavers' hooded sweatshirt

- We plan to offer Year 11 students the opportunity to buy a JMHS Leavers' hooded sweatshirt
- Please note that the hooded sweatshirt will **not** name individual students
- Details to follow

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## Sixth Form

27 February to 17 March	3rd Round Futures Discussions
26 and 27 June	Y11 Transition Programme; timetables and further information will be sent out after Easter Holidays.
Thursday 24 August	GCSE results. Please enrol on your Sixth Form courses on this day if you can. Advice and support will be available.
6 <sup>th</sup> September	Term starts at 8.50am in the Sixth Form Centre. Students will be given an induction on this day.

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## Lastly

- Please check all of your exam dates and times on **your own** official timetable
- Subject revision guides will available on the school website:  
<https://www.jmhs.hereford.sch.uk/students/revision-resources/>

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**Make your own good  
luck by working hard**

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