

Welcome! Year 11 Success Evening

We will start shortly.
Please use the chat function
to ask any questions as the
session progresses.



Mock Results
What do the mock results tell us,
and next steps

2



Pastoral Support

What is exam stress and how can
we support our students?
What pastoral support is available
to students, both in and out of
school?

4



100 days

What can we expect in the final
100 days?

1



Revision

How can we support revision
for each subject?

3



The Weeks Ahead

100

Days

Revision strategies booklet
Revision links and activities for
English, maths and science



Online intervention

Seneca Learning
GCSEPod
MyTutor

2

1

In-house intervention

Morning meetings continue
Lunchtime and after-school
intervention continues with
financial incentive
Year 11 Study Space remains
open

GCSE

~~Exams~~ 25th June
Final day TBC

3

GCSE Results Day

21st August 2025

4



Date for your diaries!



Sign ups open
soon!

Iceni Secondary Academy

Pizza & Quiz Night!

For Year 11 students!
Come and test your revision and your knowledge, and enjoy some pizza and prizes!

27TH MARCH

3.30pm - 5.30pm

Aim High, Work Hard, Be Kind

A large, stylized cartoon pizza character with a smiling face, rosy cheeks, and a single hair curl. It has arms and legs, waving with its right hand and pointing with its left. The background is white with faint, scattered pizza slices and a light red speckled pattern.

Mock Results Outcomes



Students who attend school **90%+** have achieved at least **one and a half grades better** on average in ALL subjects than their peers with an attendance below 90%.

Students with an average 'AtL' of **good (or better)** are on average performing **2 entire grades better** than students with very poor/ poor/ variable AtL

Students with an **average 'AtL' of good (or better) AND an attendance of 90%** or higher achieved nearly **2.5 grades higher** in all subjects than their peers.





Intervention & Outcomes

GCSEPod: Highest users nationally achieved 2 grades higher than predicted

Seneca: In a randomised control trial, students who used Seneca achieved 2x more marks than students who only used revision guides

Impact on mock exams

GCSEPod: Top 10 GCSEPod users (since September) are predicted to outperform their target grades by 0.75 grades in all subjects

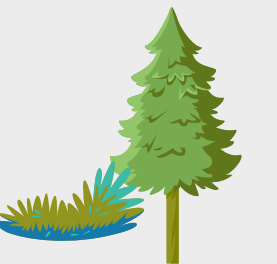
Seneca: Top 10 Seneca users (since September) are predicted to outperform their target grades by 1.2 grades in all subjects



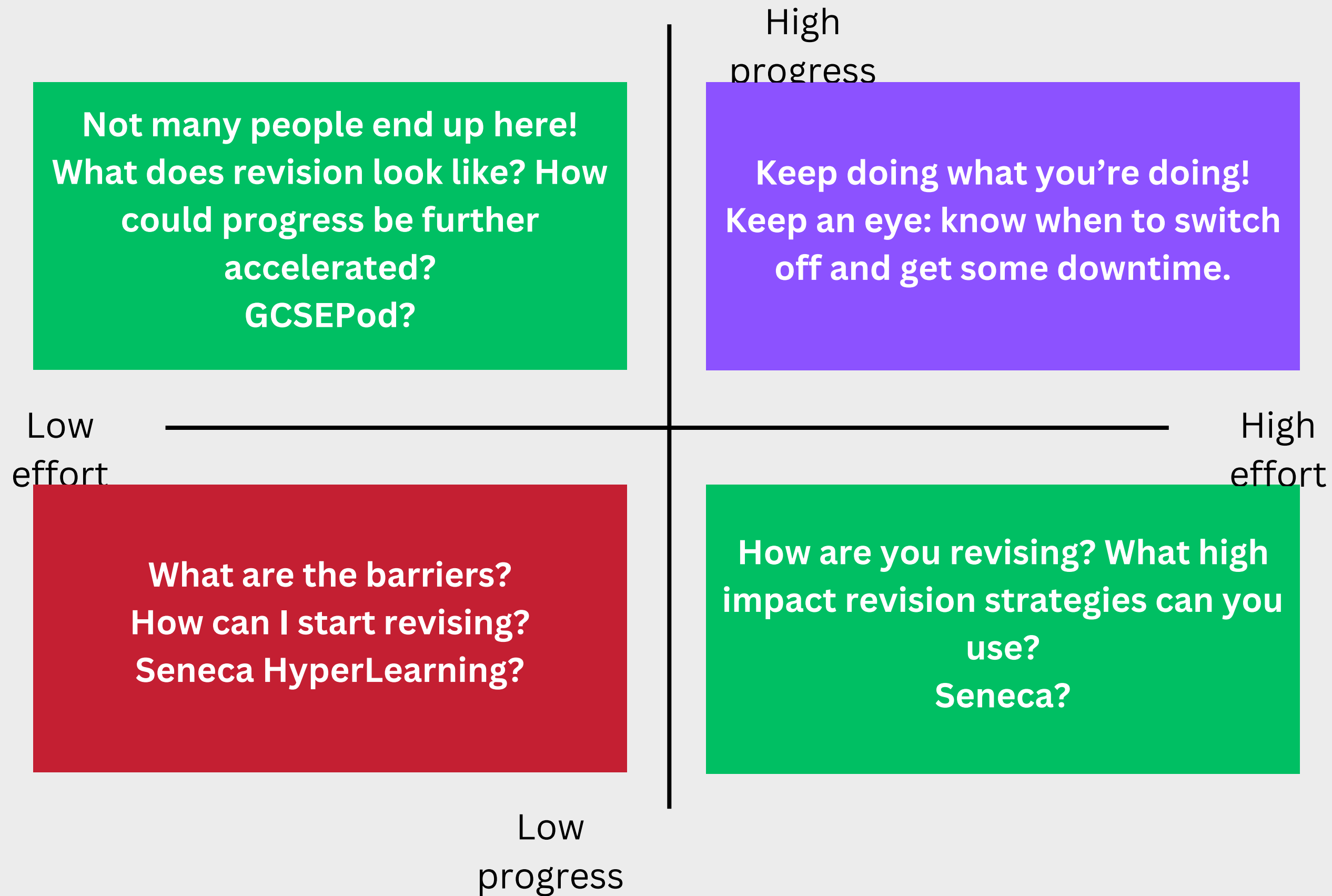
Attendance & Outcomes



High attendance
High attitude to learning
High outcomes



The Horsforth Quadrant



Revision: Getting the conditions right



Revision: What to revise?



- Links to specifications on the website
- Links to curriculum topics on the website
- **QLAs and mock feedback in all subjects**
- Start with the knowledge you find the hardest!



Revision

1.5-2 hours per subject, per week (English x2 and science x2!) = 9 subjects = 18 hours per week.
Below model gives 20 hours!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.00am - 10.00am	School	School	School	School	School	Lie in	Football training
10.00am - 12.00pm	School	School	School	School	School	English	Football training
12.00pm - 2.00pm	School	School	School	School	School	Work at cafe	History
2.00pm - 4.00pm	School	School	School	School	School	Work at cafe	French & Art
4.00pm - 6.00pm	Intervention (4.15pm)	See friends at the park	Intervention (4.15pm)	Intervention (4.15pm)	Maths	Family time	Family lunch
6.00pm - 8.00pm	See nan	Maths & French	Football training	Sci & Art	Family Time	Science	Sci & Eng
8.00pm - 10.00pm	Eng & Hist	Netflix	Comp Sci	Netflix	Family Time	Netflix	Chill out



Revision: Intervention



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning meeting	Science		Maths		English
Lunchtime	Geography	History	Religious Studies	Science	
After school	Computing		3D Design / Maths / MFL	Science / History / English	

£1.50 for every 5 lunchtime/ after school sessions attended - money off prom or leavers' hoodies!



Revision: How to revise?



- Online platforms: Seneca Learning and GCSEPod
- Making mindmaps
- Creative revision posters
- Writing flashcards and testing yourself
- Making up rhymes or mnemonics
- Blurting (memory dumping)
- Memory palace
- Reducing and refining information
- Completing timed practice papers or practice questions



Seneca Learning



- Online and via an app
- All internet enabled devices
- <https://help.senecalearning.com/en/collections/1434432-parent-faqs>
- Adapts based on student strengths/ areas for development
- Email address is their Icení username + @attrust.org.uk (e.g. 17-StudentE-ICE@attrust.org.uk). Password was sent via email.



Seneca Learning: Hyperlearning & Cram Mode



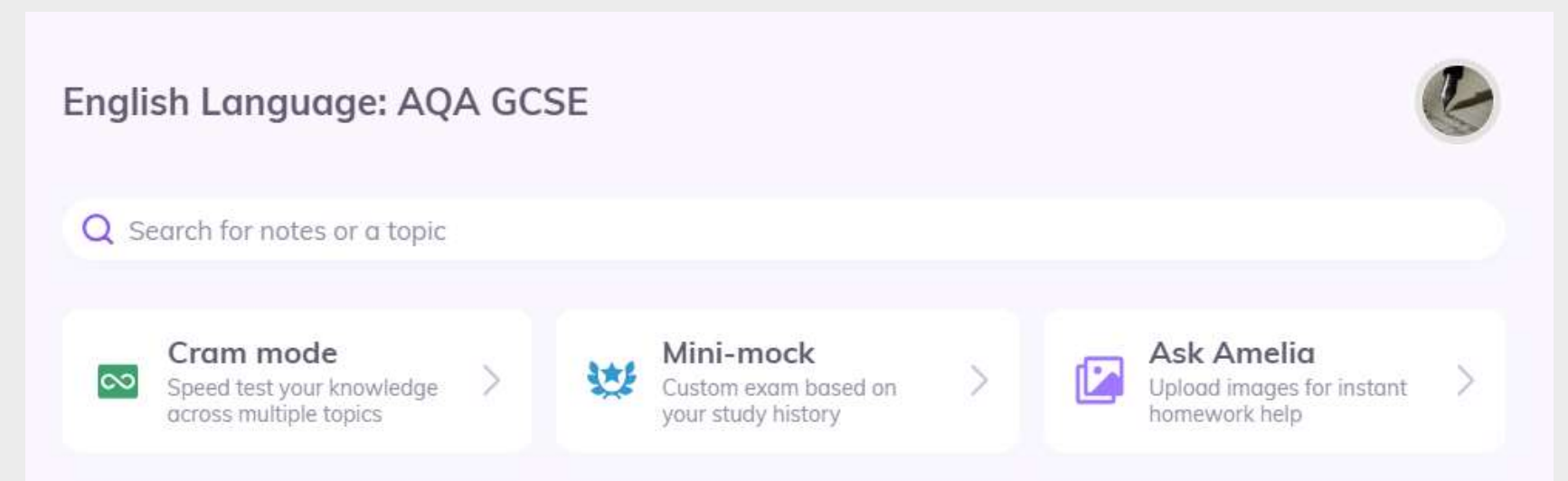
Hyperlearning: The fastest way to work through new content.

Contains both new and exclusive revision content.

Recommends revision to students once 5 sessions are completed.

Cram mode: designed to help students recall knowledge across multiple topics.

Multi-section quiz mode to identify strengths and areas for development.



GCSEPod



- GCSEPod.com
- App available via the app store
- Pods can be downloaded over WiFi to watch later
- Free to students; paid for by us.





Student Learning Activities

English Literature / Drama

An Inspector Calls

An Inspector Calls: Plot Overview

Progress

All Groups

An Inspector Calls by J. B. Priestley - Characters

An Inspector Calls by J. B. Priestley - Context

An Inspector Calls by J. B. Priestley - Methods

An Inspector Calls by J. B. Priestley - Themes

An Inspector Calls by J.B. Priestley - Characters 1

An Inspector Calls by J. B. Priestley - Characters 2

An Inspector Calls by J. B. Priestly - Context

Assign & Assess

Providing the highest-quality content and assessment, teachers know they can

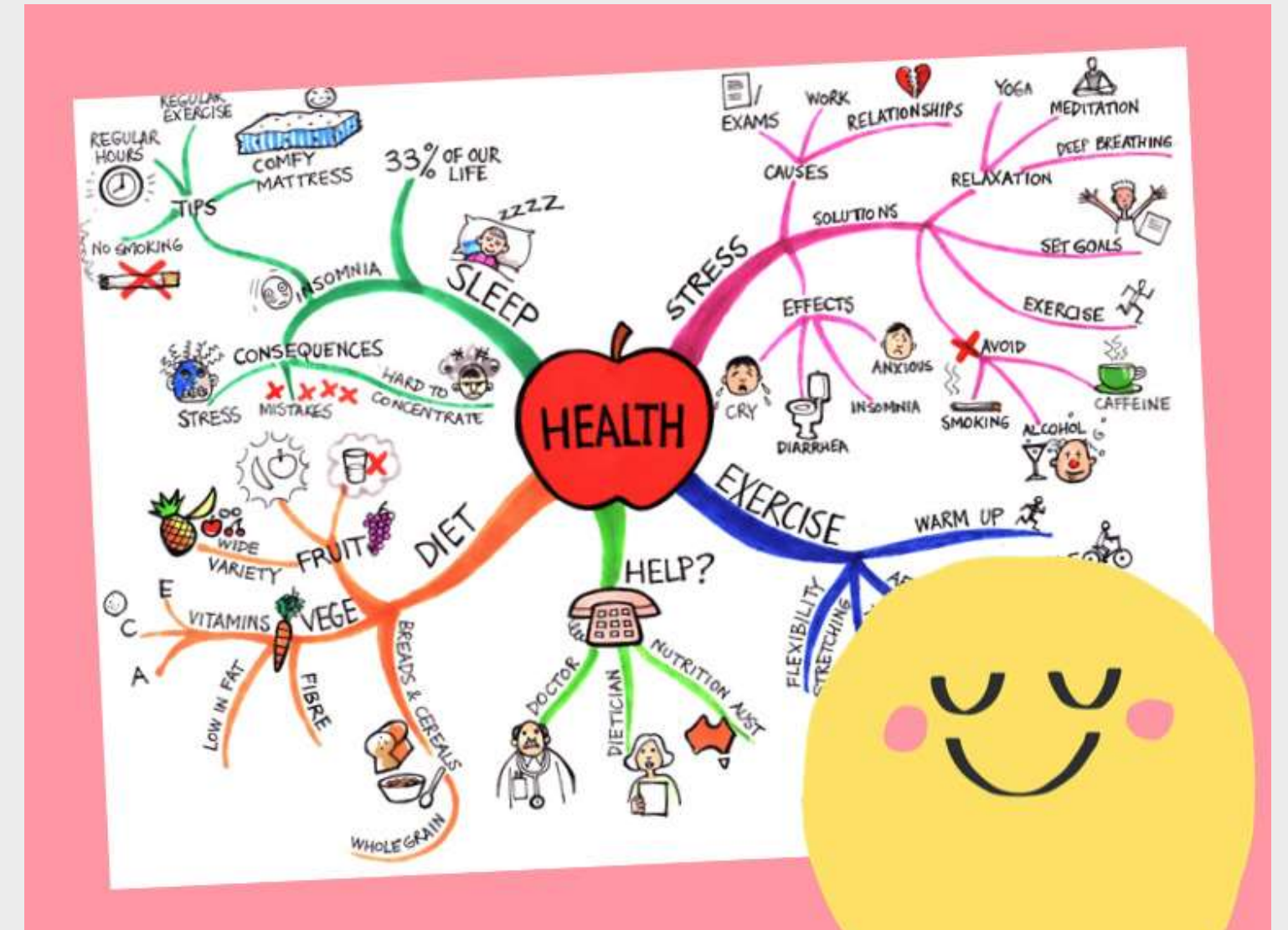
access GCSEPod



Mindmaps



- Read a text/ section of a revision guide with a highlighter in hand. Highlight important facts and information.
- Decide on sub-topics for your main topic. These are your branches. Use colour coding.
- From the branches, add small notes and icons to help you remember.
- Read through your mindmap, telling yourself the story of the mindmap. Quiz yourself on the content (or get someone else to)
- Try and recreate the mindmap from memory, then check to see what you missed.



Memory Palace



- Choose a place you know well. Select items or areas in that place.
- Create a list of the things you wish to memorise. For each, think of a trigger to help you remember.
- Look at the specific area you wish to attach the information to, and imagine the trigger there. Repeat the information again and again.
- Keep testing yourself on this knowledge... including when you are away from the space!



Information: ‘But these girls aren’t cheap labour - they’re people.’

Item: clock on the wall

Trigger: red rosette



English Revision Tips



- Re-read the texts for English Literature (or listen to audiobooks) - 'Macbeth', 'A Christmas Carol', 'An Inspector Calls' and the Power and Conflict poetry anthology.
- Revise what each question for English Language is really asking you to do.
- Complete practice past papers in timed conditions.
- Make use of YouTube channels such as Mr Salles and Mr Bruff.
- GCSEPod (revision is fantastic on there!) and Seneca
- On Teams, we have shared Padlets packed with resources!



Maths Revision Tips



- Students should use their QLAs to decide which topics to revise.
- Each area within the QLA will have a Sparx video assigned to it - students should watch the video and complete the tasks that go with it
- For maths, the best way to revise is to revise key skills (as above) and then complete practice exam questions. The best resources for this are on Maths Genie, where booklets are broken down into topics.



Science Revision Tips



- Learn the definitions of the key terms for each topic.
- Once you are happy that you understand the content try a past paper.
- Mark the paper and categorise the ones you got wrong into the following:
 - ‘I got the question wrong because I did not know the science content’ - go back and revise the content.
 - ‘I got the question wrong because I did not know what I had to do for the question’ - go over the command words used in the questions.
 - ‘I got the question wrong because I really did not understand how to approach the answer’ - look at the mark scheme and work backwards, what are the clues in the question that would lead me to this answer.
- Make sure that you are okay with all of the required practicals, how to do them as well as the types of variables and errors.



History Revision Tips



1. Practice applying your knowledge by planning 12 and 16 mark questions. One of the biggest challenges in history is choosing the correct knowledge for each question you encounter
2. For papers like 'Medicine Through Time' where knowing the correct time period is important, use a consistent colour coding scheme to help you associate knowledge with a particular period, for example Renaissance could be yellow whereas Industrial is blue.
3. Remember that the different papers look to test different historical skills. Medicine explores change and continuity, so when you are revising that topic, make sure you are considering what comes before and after so you can compare. Elizabeth focuses on causation and significance so for each event you should ask yourself, why did this happen and why does it matter? For American West the focus is on significance and consequence so think about what follows on from the events you are revising. For Weimar the focus is causation and interpretation so you might also want to explore how the same event might be perceived by different people.



Geography Revision Tips



Focus on Case Studies

- Case studies are a big part of the exam, so make sure you're familiar with a variety of examples for each topic. Have at least two case studies for every topic, a HIC and LIC case study

Practice Geographical Skills

- Make sure you're comfortable with the skills tested in the exam, such as interpreting maps, graphs, and geographical data. Practice drawing and labeling diagrams (e.g., coastal landforms or the water cycle) and understand how to analyze data, such as rainfall patterns or population pyramids.

Practice 9 markers

- Make sure you're comfortable with the structure needed for each 9 mark command word, practice these in timed conditions.

Practice 6 markers

- Make sure you're comfortable with the structure needed for each 6 mark command word, practice these in timed conditions.



MFL Revision Tips



Speaking: Record Yourself answering set questions or speaking on a topic, then listen back to identify areas for improvement (e.g., pronunciation, grammar).

Listening: Watch Short Clips (e.g., YouTube, news, or TV shows) in the target language and try to understand without subtitles. Rewind and repeat to improve comprehension.

Reading: Read Daily – Choose short articles, books, or online blogs in German or French, highlighting unfamiliar words and looking them up to expand your vocabulary.

Writing: Write Short Daily Entries – Keep a diary or write simple paragraphs on familiar topics (e.g., hobbies, school) and focus on using new vocabulary and correct grammar.



Wellbeing and exams



What can cause exam stress?

- Feeling like you're not ready or prepared for exams, like leaving revision too late.
- Worrying about how you'll feel and perform during the exam, especially when you don't know what will be in it.
- Pressure from others, like parents, carers or teachers.
- Pressure from yourself to get certain grades.
- Comparing yourself to others, like believing you have to get the same results as your friends.
- Worrying about the future, like getting into university or getting a job.
- Coping with life changes, like moving from secondary school to college.
- Having difficulties at home or in your relationships with family, friends or partners.
- Having caring responsibilities for a family member or someone you live with.
- Coping with physical or mental health problems.



Wellbeing and exams



What are the symptoms of exam stress?

- feeling [anxious](#) or down
- getting irritable and [angry](#)
- struggling to [sleep](#)
- changes in your [eating habits](#)
- having bad thoughts about yourself
- worrying about the future
- losing interest in stuff you usually like
- finding it hard to concentrate
- feeling unwell – like headaches, feeling sick or tired

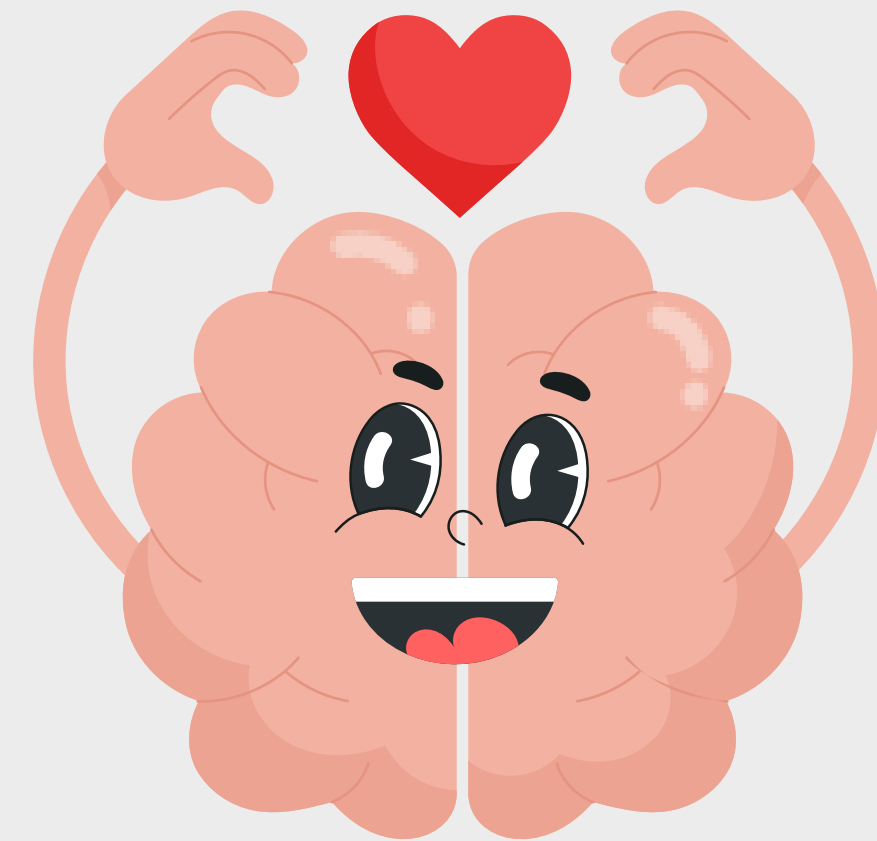


Wellbeing and exams



NHS advice:

- **Make sure your child eats well** - balanced diet, avoiding too much high sugar/ fat/ caffeine foods and drinks
- **Help your child get enough sleep** - 8 to 10 hours per night; screen free time
- **Be flexible during exams** - try not to worry, and stay calm, about missed chores and messy bedrooms!
- **Help them study** - appropriate space, revision technique ideas, link revision to what motivates them (e.g. future plans)
- **Talk about exam nerves** - it's normal to feel anxious!
- **Encourage exercise during exams** - walking, cycling, football.. dancing round the living room! All help boost energy, clear minds and reduce stress
- **Do not add to the pressure** - Listen to your child, give them support and avoid criticism: be reassuring and positive; failing is not the end of the world.
- **Make time for treats** - don't need to be big or expensive! Choosing what's for dinner, a family film... how about an end of exams treat?



Wellbeing and exams



We'll share this poster on our website!

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [thenationalcollege.com](https://www.thenationalcollege.com).

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

- 1 PRACTISE WORKLOAD WISDOM**
The build up to exam season is such a busy and pressured time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allow them sufficient time to relax and recharge. Work with them in crafting a revision timetable that is manageable and includes breaks and occasional days off.
- 2 ADVISE CLEARING THE CLUTTER**
A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.
- 3 MASTER THE MATERIALS TOGETHER**
Revision seems far harder when a child's uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.
- 4 RECOMMEND CREATIVE NOTE-TAKING**
Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.
- 5 USE VISUAL AIDS AND MNEMONICS**
Encourage the use of visual aids, too: videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for fun and effective study approach – and it's also worth noting that the strategic use of colour is a proven means of triggering recall during exams.
- 6 GATHER A TECH TOOLKIT**
Technology can be a huge advantage in exam prep. Educational routines, channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and solidify their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.
- 7 KEEP IT FUN**
Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.
- 8 SUGGEST ACTIVE REVISION STRATEGIES**
Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.
- 9 ENCOURAGE A POSITIVE MINDSET**
It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than striving for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.
- 10 HELP THEM TO SEIZE THE DAY**
There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications, winner of the Social Enterprise UK 'One to Watch' award. The charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.

WakeUp Wednesday
The National College

[@wake_up_weds](https://www.wakeupweds.com) [/www.thenationalcollege](https://www.thenationalcollege.com) [@wake.up.wednesday](https://www.wakeupweds.com) [@wake.up.weds](https://www.wakeupweds.com)

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Wellbeing and exams



Recognise when you're stressed

Think about what signs tell you are stressed - perhaps you find you have a racing heart, or find it difficult to sleep - these are perfectly normal responses. Know the signs so you recognise when you're struggling.



Develop coping strategies

There are different ways you can calm your body's stress response. Look online for guided breathing exercises or relaxation techniques (we love these [relaxation techniques from NHS Scotland](#)).



Create a daily timetable

Create a plan and be realistic about what you can achieve each day. Planning your revision time will help you know what you want to study when, which can make revision seem less overwhelming.



Take regular breaks

Make sure you take regular breaks, as your brain cannot concentrate for hours at a time. If you can, use breaks as an opportunity to go outside, exercise, or spend time with family and friends.



Play to your strengths

Not everyone learns the same way, so consider your strengths and how you learn best. You may prefer to read, watch videos, draw diagrams, write lots of notes... Find what works best for you.



Keep things in perspective

Remember that there's more to life than your grades. Exams are only a small part of the picture, and your results don't define who you are.



Pastoral support



- Form tutor
- Year team
- Safeguarding Team - Miss Bartrum, Mr Cooper, Mrs Walker, Mr Rushton
- SEND team - Miss Turner, Mrs Warren and HLTAs/LSAs
- Subject teachers, subject leaders, SLT



Pastoral support



YoungMinds Text YM to 85258 for free, 24/7 support	Kooth www.kooth.com 7 days a week, until 10.00pm	Thrive App Tools to manage wellbeing	ChatHealth Text 07480 635060
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Any Questions?

Thank you!

