



Year 11 Matters!



Newsletter—November 2021

Something I wanted to do!

When the opportunity came to work with year 11 in this role I knew it was something I wanted to do. I have on and off over the last few years worked closely with the year group and can honestly say over many years of teaching I've met few year groups who can match them. They have an energy and passion for what they do, they work together and in competition. They are also the year group I'd pick over any other to have to face the challenge of coming out of Covid and taking on their GCSEs. Some people are defined by their circumstances, others take the opportunity to define themselves. I've taught them, I talked with them, I've done many a lunch time duty with them, and I know what they can do and am proud to be taking them on the final stretch of this race!

That said I also appreciate that they are facing challenges unlike any other year has. We often forget as time passes that events in our lives are dulled by experience. Positive and negative feeling are much more intense the first time and we forget that for all we take on in life those we care for are feeling it more. I want to support them in this and ask for Parents and Carers help. As much as some pretend to be invincible, it can be a mask for needing support and a chance to talk. Those who are struggling don't need dismissing but reassuring they can do it and that we are here to help.

Along with supporting them with their up coming mock exams, our priority this term is to support them and you with their next steps. We are looking at what they might be planning for next year, be it College, Sixth form, Apprenticeship and the process to apply and the grades needed. My hope is to at least remove the fear of the unknown by having all students equipped with a Plan A and a Plan B ready; with clear awareness of what is required to progress.

I look forward to working with you all over the next few months and hope to answer your questions and be available to support. Mr M Rafferty—Head of Year 11



The importance of good attendance can not be overestimated. Poor attendance can lead to:

- ◆ Low GCSE Grades
- ◆ The need to retake English & Maths next year
- ◆ Less choice in their post 16 options
- ◆ A low paid uninspiring job

Congratulations to the Year 11 Rugby Squad who won 54-5 against BGN!! Well done lads, massive win!

Brandon N, Tom W, Dylan C Chris N, George F, Angus T, Jae P, Theo M, Owen J, Sam W, Ollie H, Joe H, Dan L, James S, Travis O, Harry H



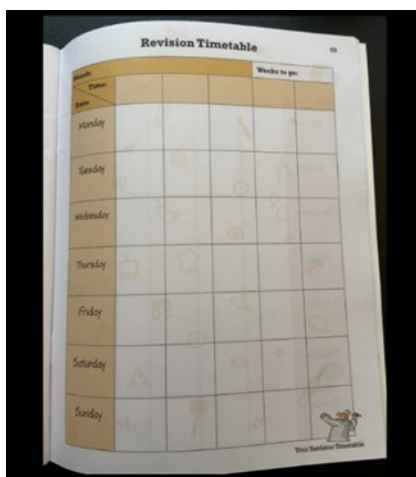
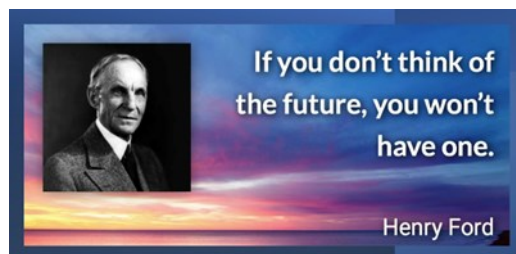
Year 11 Theatre Trip to London





Right Here! Right Now! Invest in Your Future!

With the Mock Exams running from Monday 29th November to Friday 10th December, Year 11 are developing a pleasing 'Achievement Culture'. Sometimes young adults can feel it is not cool to try. Our Year 11 are realising that this approach is dangerously misguided and can plummet their chances of an exciting future. Whilst Henry Ford's quote may be blunt, this is the time for Year 11 to invest in their future.



Year 11 are fabulous! Teachers and Senior Leaders are enjoying the positive atmosphere in lessons and there are record attendances at after school Study Groups. Hopefully revision for your young adult has been going well. They should have created a revision plan to follow up to 10th December. Year 11 have been encouraged to make their revision active so more is retained in long term memory. This could be through past papers or the preparation of revision resources such as flash cards. We have suggested that they build in rewards for sticking to their revision timetable and plan in time for their friends and their activities. Revision does not need be stressful or a burden. Revising well now will ease the pressure in the summer.

Our lovely students will only perform to their best if they look after themselves. Good sleep patterns and a healthy diet help students to be on top form in the exam hall! Please let us know if your young person is becoming too anxious about the mock exams so we can offer the appropriate support.

Please discuss the following reminders to students:

Before the Exam:

- Have you got the right equipment for the exam hall (e.g. scientific calculator, clear pencil case, pens, pencils, ruler, etc.)?
- Do you know the exam timetable? Which exams are on which days? What is the start time?

During the Exam:

- Stick to the rules of the exam hall
- Read the instructions on the front of the paper carefully and listen to invigilators
- Read each question carefully to make sure you know what it is asking
- Plan your time so you do not run out of time to finish the paper
- Attempt all questions as it is amazing how many marks can be gained; never leave answers blank!
- Work to the end of the exam and use the time at the end to check your answers and to make sure you have not left any gaps

After the Exam:

- Relax and reward yourself
- Talk to someone if you are feeling upset or anxious. We are here to help.

Please get in touch if we can help support further. I hope the Mock Exams go really positively for your son or daughter and for you!

Mr R Eadon

Deputy Head of School



Huge congratulation to Cameron S

Essex competition - Sporting Clay Pigeon 12 bore shooting

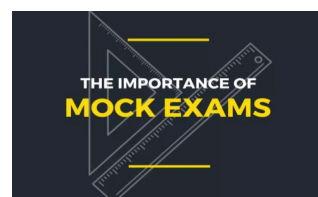
Cam shot 91/120 - 75% to come 4th in a field that included national champions. Cam has only been shooting for just over a year, so this is an incredible achievement so early in his shooting career.

Well done Cam!!



PREPARING FOR MOCK EXAMS

We know from the last two years that Teacher Assessed Grades were the basis of GCSE results and as such our mock window will be extremely important. As we stand, there is no indication GCSE examinations will not go ahead as planned, but the importance of mocks remains.



How can students prepare? Advice for Year 11 from Year 11:

1. Leave plenty of time to revise. Start early! Create a revision timetable.
2. Know the syllabus, know the exam papers, know the mark schemes!
3. Find which learning style works best. Everyone learns differently, whether it's making revision cards, reciting information aloud or note taking.
4. Don't just read notes, make your revision active to remember more!
5. Practice past papers. Completing these under exam conditions is even better to make it as realistic as possible! Mark them using the exam board mark scheme.
6. Flashcards. When you use flashcards you take control of your own learning. You decide what to put on each card, how often you're going to use them and evaluate how well you know the information on each card. Make a correct and wrong pile and test yourself again on those you got wrong.
7. Break the topics down into manageable chunks. A checklist of topics you need to cover helps you to plan your time better.
8. Regular breaks. You should have a 15 minute break for every 60 minutes of revision.
9. Reward yourself when you stick to your plan.
10. Teach someone else. You are likely to remember almost all you have taught someone else.
11. Revise in a quiet space away from distractions.
12. Be confident! Think about all you have revised not the things you haven't.
13. Remember to keep seeing your friends and doing your interests.
14. Don't pretend you don't care. You are just ruining things for you!
15. Talk to school if you get stressed. Eat well, sleep well.
16. Don't just revise what you are good at!
17. Work hard! Play Hard!
18. Just do your best!
19. Believe in yourself!
20. Learn it now to reduce the pressure in the Summer.





Year 11 Study Groups Timetable 2021-2022

Subject	Day	Time	Room
English	Tuesday	3.15-4.15	Eng Dept
Maths	Monday	3.15-4.15	M1,2,3
Lunchtime Maths (Sessions are invitation only)	Tuesday & Thursday	12.15-12.55	M1
Further Maths (Sessions are invitation only)	Friday	3.15-4.15	M1
Science	Thursday	3.15-4.15	Science Dept
	Monday	3.00-4.30	R1
Animal Care (After school sessions are invitation only)	Tuesday	12.15-12.55 & 3.00-4.30	R1
	Wednesday	Week A 11.50 / Week B 12.15	R1
Art	Monday	3.00-4.30	AR1
Drama	Drama is available when booked (in consultation with <i>scheduled</i> departments).		Drama Dept
D & T	Tuesday	3.15-4.15	DT2, DT4 & DT5
French	Monday	12.15-12.55	LA2 (week A) LA5 (week B)
Geography	Thursday	3.15-4.15	HU1
German	Tuesday	12.15-12.55	CS1
History (Week A only)	Friday	12.15-12.55	HU8
PE	Friday	3.15-4.30	P1, CS5
Philosophy & Ethics (Week A only)	Tuesday	12.15-12.55 & 3.15-4.15	P4
Sociology	Monday	3.15-4.15	P5

After School Study Groups

We are so proud of attendance to our study groups. We have seen record numbers of students attending! I wanted to personally congratulate the following students for attending so many. Well done!!

Freddie A, Isaac J, Owen J, Darcey L, Tawheed M,
Angus T and Saffron W

Please ensure your child is making the most of these opportunities to maximise their potential. If we look at the price of private tutors, your child can access over £120 a week of free tuition from the teachers that know them best and know their strengths and their areas to focus on. You are a long time regretting not putting the

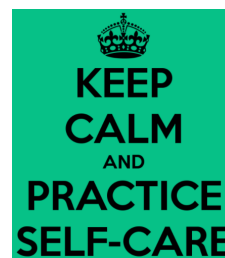
Mental Health and self-care for young people

It is fair to say the past 18 months have not exactly been easy, and many of us are feeling uncertain or anxious about the future. But there's loads of things we can all do to look after our mental wellbeing, and taking any time you can for self-care is massively important, especially now.

Knowing what steps we can take to support our mental wellbeing can help us feel better, sleep better and have better relationships with the people around us – and that goes not just for today but for the future too.

1. Find balance
2. Stay in touch with friends
3. Be organised
4. Separate where you rest and revise
5. Set up study dates
6. Be kind to yourself

“ The most important thing for me is to use my time wisely, and find a balance between revising and spending time doing the things I enjoy. ”



29th November	Year 11 Autumn Mocks Exams Start
16th December	Year 11 Big Reveal—Mock Exam Results
3rd March	Y11 Subject Consultation Evening
21st March	Year 11 Spring Mock Exams