



LIFE
Education
Trust

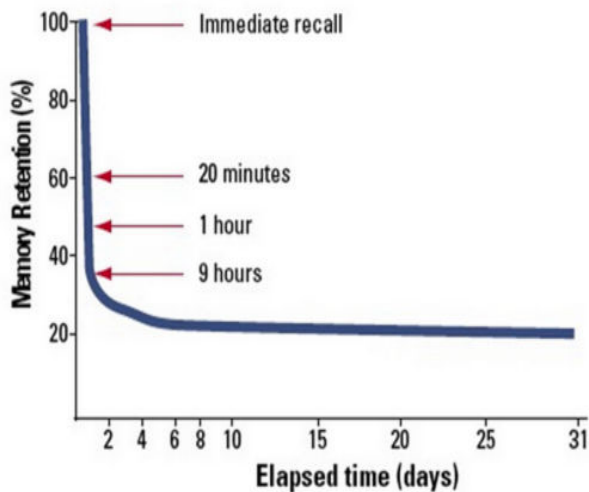
GCSE Parent Booklet



Contents:

- **Revision techniques**
- **Diet, health and wellbeing**
- **Examinations**
- **Mental Health resources**
- **Careers advice**
- **Contact list**

Why is it important to revise?



The graph (left) shows the **Forgetting Curve**. After 24 hours you're likely to retain just 35% of the information you revised the previous evening.

Furthermore, after 31 days you only remember approximately 20% of subject content.

The GCSE course is a two year programme of study so it is important that students revise knowledge, skills and case studies which they studied last week, last month, last term and content studied in Year 10 & 11.

Does your child have....

- **a quiet place to revise?** They need to revise without distractions from their phone or other devices. There will be spaces available in school to revise such as the Library after school.
- **a revision timetable?** They need to plan their revision and follow this. Revision should cover **ALL** GCSE subjects and should be short sessions of between 15-30 minutes. It is important that they still allow time to complete homework.
- **stationary?** Students need pens, pencils, highlighters, calculator, compass, protractor, rubber, pencil sharpener, paper to help with their homework and revision.
- **a reading book?** It is important that students read as much as possible for pleasure. This exposes them to new vocabulary, improves their writing, spelling, imagination and exposes them to new ideas. Students don't need to buy books, they can borrow them from the library.
- **a device (laptop, tablet or phone)** There is a huge amount of revision content online. Departments will have a Google Classroom with lots of revision materials and many departments may use online resources from a wide range of websites such as Educake, Sparx Maths, Satchel One which will need to be accessed online.

It is important to ensure that your child has important apps downloaded on their phone such as the Satchel One app. There are other important resources available online such as; BBC Bitesize, Oak National Academy

There are lots of different ways to revise, reading or copying notes is not particularly effective. On the next two pages there are a range of effective revision strategies which you should encourage your child to use.

It is important that students keep their revision notes in folders so they these are organised and kept safe along with completed exercise books and any physical revision resources they have.

Different revision strategies

Technique	Notes
	● One Revision Clock per topic ● Divide the content into 12 blocks/groups ● Time yourself ● Use books/notes/memory ● Use drawings, words, sentences, equations ● Look at this regularly. Put it on your wall ● Friend/family member to test you ● Repeat this later without notes until you remember the information
Galen (Ancient Rome) Expertise: Doctor Ideas: • The theory of opposites. • Placement of bones and internal organs. (He thought the human jaw had two bones and that the kidneys were above & one another). Achievements: Books: he wrote 60 books. Limitations - some of his ideas were wrong. The church believed only his ideas were correct.	● Choose a topic (use your textbooks or revision guides for cues) and write this on one side of the Flashcard ● Read the relevant part of their textbook or notes. ● Students to then go back to their cards and try to write keywords, notes or definitions on them (this tests their memory) ● Summarising knowledge is a really good way to test what they know ● Students can then flick through the cards to help them remember or use them to get friends/parents to test them. ● Write exam questions on the other side so you can practice those and check the other side if necessary
	● A Mind map is basically a diagram that connects information around a central subject. ● The combination of words and pictures is 6 times better than words alone. ● Mind mapping is very effective as it allows you to make links between different parts of a topic. ● They require you to become more creative and they will help you to remember more. ● Ideally these should be on A3 paper and include specific case studies/examples.

The GCSE History Revision Podcast

By Mr W

To listen to an audio podcast, mouse over the title and click Play. Open iTunes to download and subscribe to podcasts.



Description

Produced by History teachers working in the far North, these podcasts are designed to prepare you for your GCSE History exam in 2017 and 2018. The first set of episodes cover AQA Paper 1, Topics 1, 2 and 3 – The Causes of WW1, the Treaty of Versailles and the League of Nations, and Appeasement and the origins of WW2. Further episodes will cover the 2017 Paper 2 on the 20th Century Depth Studies and also the 2018 Norman England Depth Study. Most episodes are solo affairs by Mr W but watch out for the special essay argument episodes where you can hear grown men getting heatedly just a bit carried away arguing their version of events. If there's anything you specifically want us to cover, mention it in your review.

Name	Description	Released	Price	
1. 2018 Exam Technique	In our final episode of...	24.5.2018	Free	View in iTunes+
2. 1642: The World Turned...	England is at war with...	10.4.2018	Free	View in iTunes+
3. 1642: What were the caus...	In August 1642 King C...	3.4.2018	Free	View in iTunes+
4. 1530: What were the impa...	Henry VIII had to deal...	27.3.2018	Free	View in iTunes+
5. 1530: What were the caus...	In 1530 Henry VIII fac...	24.3.2018	Free	View in iTunes+
6. 1381: What were the impa...	This is the second of...	29.6.2017	Free	View in iTunes+
7. 1381: What were the cau...	This is another episod...	28.6.2017	Free	View in iTunes+
8. 1264: The Origins of Parl...	How important was Si...	24.6.2017	Free	View in iTunes+
9. 1215: Why does Magna Ca...	Welcome to the secon...	21.6.2017	Free	View in iTunes+
10. 1215: Why does Magna Ca...	Apologies for the soa...	6.6.2017	Free	View in iTunes+
11. Durham Cathedral – Nor...	Cathedrals were an im...	3.6.2017	Free	View in iTunes+
12. Norman England Part VI...	1066 is seen as a cat...	2.6.2017	Free	View in iTunes+
13. Norman England Part V. T...	The Domesday book p...	31.5.2017	Free	View in iTunes+
14. Summer 2017 – Exam Tip...	In the final episode for...	24.5.2017	Free	View in iTunes+
15. Vietnam Part IV: Peace W...	The USA lost. One of L...	2.5.2017	Free	View in iTunes+
16. Vietnam Part III: Apocal...	How the VC won it a s...	28.4.2017	Free	View in iTunes+

Spot the mistakes!

Reichstag Fire

The Reichstag Fire took place in January 1933. On this night the Reichstag was burned down and a Social Democrat, Marinus van der Lubbe was found at the scene. Some historians believe that Hitler set this up to look like a Social Democrat plot against Germany. Hitler used this event to argue that the Communists were trying to take over Germany. As a result, he was given emergency powers by von Papen and 5000 Communists were arrested and taken to concentration camps. The Communists were also banned from the Reichstag.

- Students can listen to **Podcasts** from a range of websites including BBC bitesize and blogs or subject specific websites
- They need to make sure these are subject specific
- Ideally students should try to summarise key information in less than 50 words
- Or they could write down three important quotes or facts to learn
- Students could also produce their own podcasts to share with their friends

- Revise with a friend/family member. Write a list of **questions** including;
 - True/false
 - Multiple choice questions
 - Gap fills
 - Write the end to this sentence
- You could also play games such as 'Just a minute' 'Pictionary' 'Guess who?'
- You could ask a friend to write a paragraph with factual mistakes so another person can spot and correct the mistakes

Handwritten notes on a piece of paper, likely a revision plan or answer structure for a question about the NHS.

Focus of Q. Don't ignore!

Really important: "This led to..." Explain importance

Really? Decide. (16) Don't contradict

Do you agree? Explain your answer. Agree or Disagree?

Conclusion / Judgement

You may use the following in your answer:

- NHS hospitals → Science and technology for treatment
- Magic bullets → Radiotherapy
- Diagnosis
- Heart bypasses
- Chemical cures
- Salvarsan 1906-1909
- Penicillin to treat infections: 1928, Fleming
- Prontosil - 1932

Don't only:

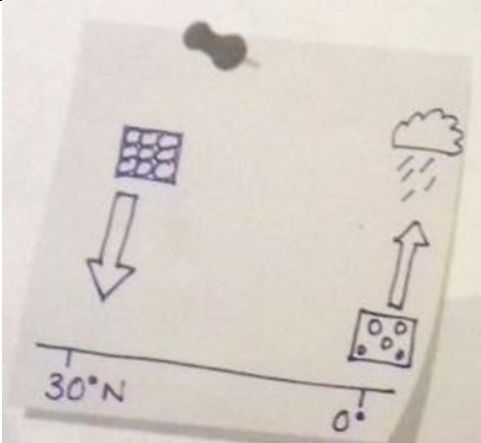
I must refer back to this statement. Use words.

Treatment only.

- Practice questions:** Produce a detailed plan for an answer by annotating the question
- You could use your textbook, exercise book, revision guide to help you
- Then answer the question a few hours or a couple of days later
- Hand this into your teacher for feedback
- Or ask your teacher for the mark scheme so you can mark it yourself.



- To produce a **Storyboard**, fold an A3 piece of paper into sixth or eighths
- Divide each box into space for a drawing or image from the internet and text underneath
- They can draw storyboards of key events/sequences. Include key quotes, characters and themes running through the text/play. You could also do this in History as a timeline of events.
- In the exam you will be able to visualise this.

Natural causes of climate change • Eruption theory - blanket of ash/sulphur dioxide - global cooling • Asteroid collision - blast tonnes of ash/dust into atmosphere - global cooling • Sunspot theory - more sun spots, more solar energy (global warming) - few sun spots, less solar energy (global cooling). • Orbital change/ Milankovitch cycles - Axis wobble, axis tilt and orbit shape (global warming and cooling)	● Fill it boxes are a useful way to learn knowledge ● Write a word /phrase at the top of the box ● Write words/phrases/facts/ examples that you associate with that word at the top of the box ● You can fit 6 to an A4 page which you can use to revise with a friend or turn over and try to write what you can remember on the other side
	● Sketch it boxes is a useful way to learn important knowledge ● Sketch an idea which relates to a topic ● Label your sketch with as much detail as possible ● You can fit 8 to an A4 page which you can draw & label then ask a friend to guess what it is.

Diet, health and wellbeing

- Make sure you eat breakfast it is the most important meal of the day



WHAT'S THE BEST BREAKFAST ON EXAM DAYS?

SOFT BOILED EGGS AND MARMITE SOLDIERS

2 eggs
2 slices wholemeal bread,
toasted



METHOD:

Heat a saucepan of salted water until it boils, add the eggs and set a timer for 6 minutes. Take your warm toast, spread with butter and Marmite and slice into 'soldiers'. Take the tops off the eggs and get dipping!

☉ Drink more water – AT LEAST 2 LITRES OF WATER PER DAY

The human brain is made of about 75% water so when we are dehydrated brain cells lose efficiency.

Drinking more water will help you to:

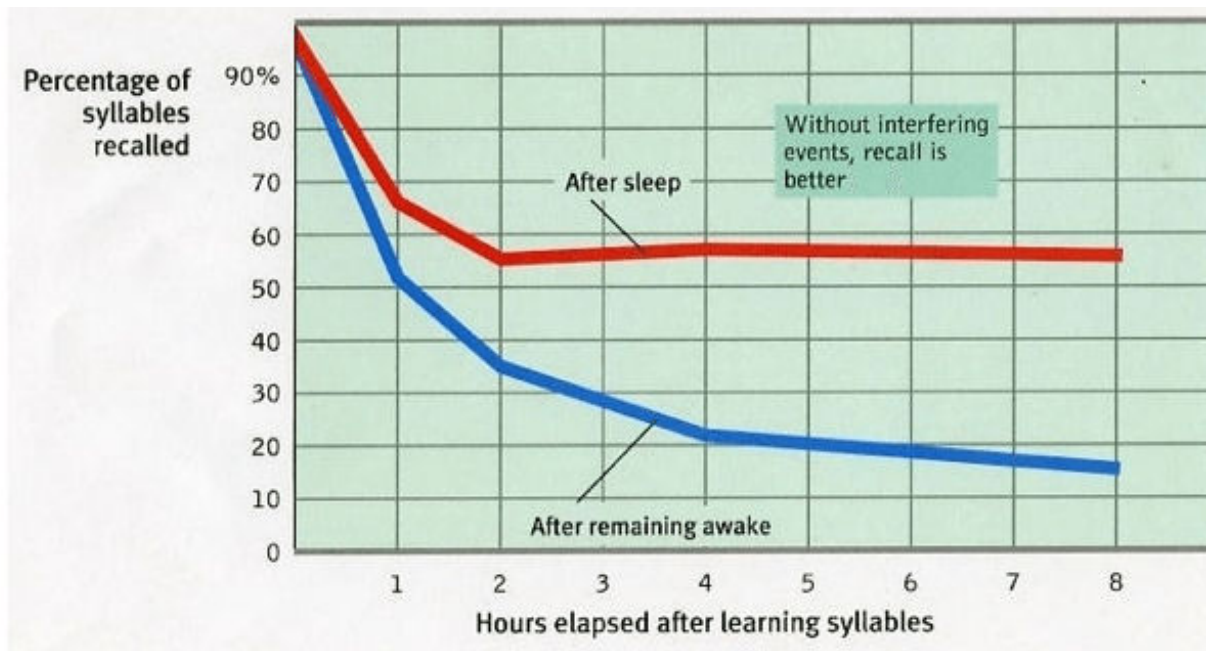
- 1) Stay active
- 2) Improve memory and concentration
- 3) Reduce stress
- 4) Sleep better
- 5) Control mood changes and balance emotions
- 6) Improve blood flow and oxygen to the brain

Students should not consume drinks with very high sugar and caffeine content as these can affect their health in the long term

- ☉ Try to introduce some of the **healthy snacks** from the examples below into your diet **please remember we are a nut aware school- please do not bring any nuts or products containing nuts into school.**

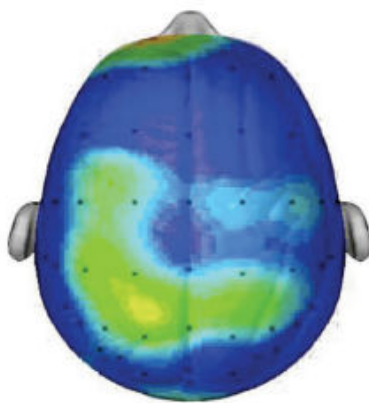
Energy  Energy bars They are packed with protein, and will keep you feeling full for longer.	Fruit  High-fibre fruits Their high levels of fibre mean they release their energy into your bloodstream more slowly. Examples include bananas, apples and pears.
Savoury  Popcorn Popcorn is higher in fibre, so it releases its energy slowly, and is lower in calories than crisps, leaving you room for more nutrient-rich foods.	Sweet  Dried fruit Most dried fruit tends to be high in fibre, so releases its energy more slowly than milk chocolate.

- **Get a good night's sleep – aim for 8 hours.** Sleep is when most of our memory consolidation process occurs, it makes sense that without enough sleep we are going to struggle to remember the things we have learned. Even a short nap can improve your memory recall.

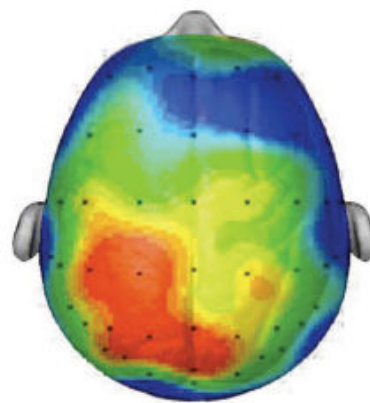


- Do some moderate exercise (e.g. walking to and from school) or meditation techniques

Composite of 20 student brains taking the same test



After sitting quietly



After 20 minute walk

Red areas are very active; Blue areas are least active

Examinations

Contingency Day- Students must be available until this date.

Things you can do to help

- Read through the Exams Guidance Booklet with your daughter to make sure they are familiar with what is expected of them and the rules and regulations.
- Check your daughter's timetable with them to ensure their details are correct and that they know the date; start time; where they are going and where they are sitting for each exam.
- Make sure they pack their bag the night before with the equipment they will need in a **clear pencil case** and that they have a **clear bottle for water** with no labels on.
- Students need the following:
 - Black pens (at least four)
 - Pencil
 - Ruler/Protractor/Compass
 - Scientific calculator (should be brought to all examinations as this may be needed for a number of different subject areas)
 - Eraser
 - Pencil Sharpener
 - Exam card
- Make sure they allow enough time to get to school to arrive on time for their exam.

Frequently Asked Questions

Why do I need to check the details on my timetable?

The details on your timetable will be used when certificates are printed. You should also check that the subjects and tiers of entry are correct and that no subjects are missing.

What do I do if I have an accident or am ill before the exam?

Inform the school as soon as possible so that we can help or advise you. You will have to obtain medical or other evidence if you wish the school to appeal for special consideration on your behalf.

What do I do if I fall ill during the exam?

Put your hand up and an invigilator will assist you. You should inform an invigilator if you feel ill before or during an exam.

What happens if I arrive late for an exam?

Regulations state that it is at the schools discretion as to whether you are permitted to sit the exam or not if you are late. You must report to Exams Office immediately and you will be escorted to the exam room if you are permitted to sit the exam. You must not enter an exam room unaccompanied once an exam has started. Please ensure that you allow enough time to get to school. You should also be aware that if you start the exam more than 1 hour after the published starting time, FBA must inform the awarding body and it is possible that the awarding body may decide not to accept your work. Please ensure that you allow enough time to get the school so that if you are delayed (e.g. through transport problems) you will still arrive on time.

If I miss the examination can I take it on another day?

No. Timetables are published by the exam boards and you must attend on the stated date and time.

Can I sit somewhere else to take my exam?

No. Regulations state that all students have to be seated in a specific order in the main exam room unless they have a **diagnosed long term medical condition** that the school is aware of and it has been their **normal way of working** while in school.

We can only put last minute exam arrangements in place for **emergencies** e.g. broken bones. We cannot seat students in separate rooms or grant access arrangements for anxiety unless it has been proven by a health care professional such as an educational or clinical psychologist, showing this is a diagnosis they have been receiving treatment for over a period of time. A letter from the GP is no longer accepted by the JCQ for anxiety.

Do I have to wear school uniform?

Yes. Normal FBA regulations apply to uniform, hair, jewellery, make-up etc.

What equipment should I bring?

For most exams you should bring a minimum of 2 pens (black ink only). For some exams you will need a calculator, a ruler, pencil sharpener, rubber, compasses, protractor, coloured pencil crayons (not gel pens). You are responsible for providing your own equipment in a clear pencil case for examinations. You must not attempt to borrow equipment from another candidate during the examination.

What items are not allowed into the examination room?

Only material that is listed on question papers is permitted in the examination room and students who are found to have any material with them that is not allowed will be reported to the appropriate awarding body. In such circumstances, a student would normally be disqualified from the paper or the subject concerned.

Why can't I bring my mobile telephone / electronic devices (including all watches) into the exam room?

Being in possession of a mobile telephone (or any other electronic device) is regarded as malpractice and is subject to severe penalty from the awarding bodies.

What is meant by the term Malpractice?

Malpractice is when a candidate fails to comply with the JCQ regulations.

How do I know how long the exam is?

The length of the examination is shown on your individual timetable under the heading 'duration'. The invigilators will tell you when to start and finish your exam. They will display the finish time of the exam at the front of the exam room. There will be a clock in all examination rooms.

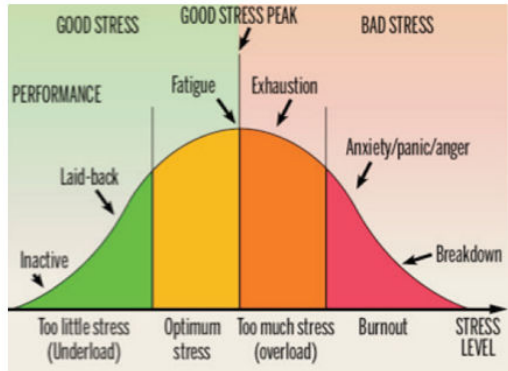
What do I do if I think I have the wrong paper?

The invigilators will ask you to check before the exam starts. If you think something is wrong, put your hand up and tell the invigilator immediately.

Can my GCSE results be emailed to me?

We cannot email your GCSE results, if you are not able to collect your results, please email Ms Woodward with the name of the person who will be collecting your results. The named person will need to bring photo ID such as a passport or driving licence.

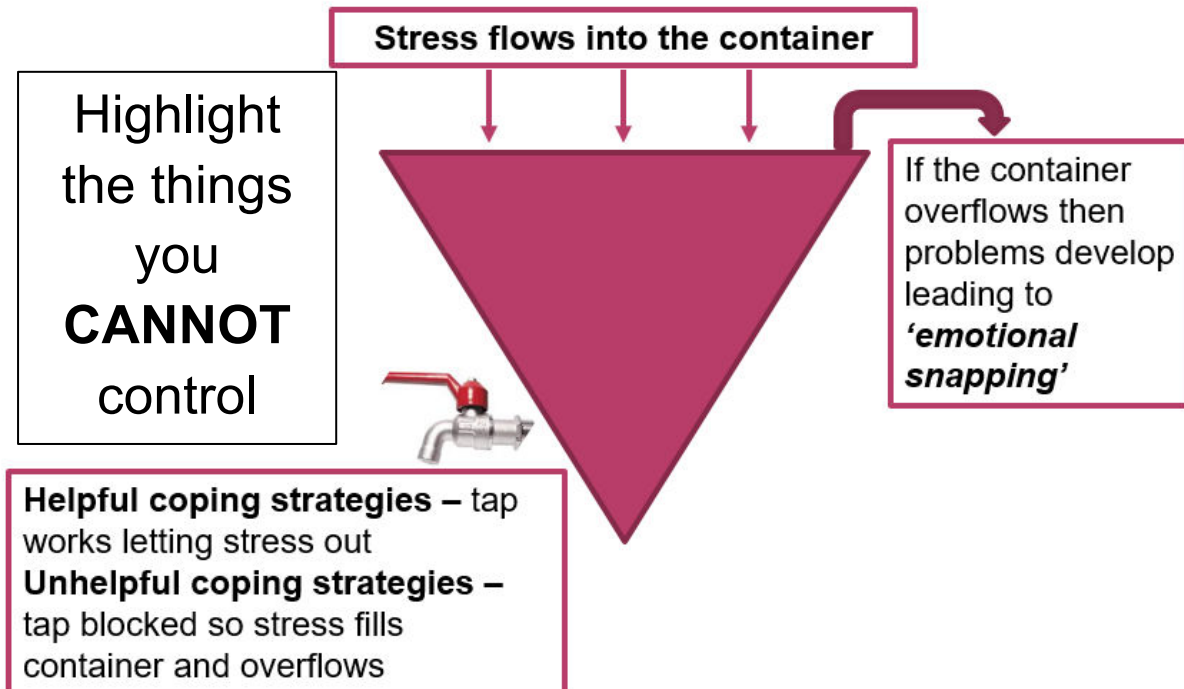
STRESS V ANXIETY



Exam anxiety (these feelings are **normal** round exams)

- Butterflies in your stomach
- Headaches, tiredness and shaking
- Excessive worry about exams
- Fear
- Apprehension
- Difficulty concentrating
- Inability to recall information - I've forgotten everything
- Panic attacks or rapid breathing

WHAT'S IN YOUR STRESS CONTAINER?



Above is a useful activity to encourage your daughter to talk about the issues that are worrying her. It is useful if you discuss coping strategies with her and encourage her to look at this when she is struggling.



Useful Links

FBA Student Worry Page <https://fbaok.co.uk/student-worry-page/>

Childline 0800 1111 <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

Young Minds <https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

Kooth (online free, safe anonymous support) <https://www.kooth.com/>

Young Minds Parents Helpline – call 0808 802 5544

Shout for support in a crisis - text Shout to 85258

https://www.youtube.com/watch?time_continue=96&v=hDW Djdep1g

Havering Mind <https://www.haveringmind.org.uk/>

Place2Be <https://www.place2be.org.uk/contacts.aspx>

Next steps after GCSE – post 16 options advice

All young people in the UK are required to stay in full time education or training until they are 18 years old – this could be at a sixth form, college or apprenticeship.

There is a good range of options suitable for all students:

- Staying on at the FBA Sixth Form – over 20 different A-level choices and a couple of BTEC options
- Attending another school sixth form – good ranges of A-levels on offer
- Sixth Form College – wide range of A-level and BTEC qualifications
- College of Further and Higher Education – no A-levels but a diverse range of vocational courses on offer – including BTEC, certificate/diploma and new T-levels from 2020
- Apprenticeship – where you ‘earn as you learn’, a full time job alongside studying for a qualification

It is important to have a plan A, B and even C – there is no upper limit to the number of sixth forms/colleges you can apply to, and it is possible to apply for apprenticeships alongside college or sixth form. All students should apply to a minimum of two different sixth forms or colleges, or at least one additional college as well as for an apprenticeship.

Students should visit the Havering ‘**Moving On**’ event which takes place each year. Sixth form and colleges hold open events throughout the autumn term. Make sure you visit as many open events as you can.

Entry requirements:

A-levels – at least 6 passes at GCSE (grades 4-9), with a minimum of 4 or 5's in maths and English language. Typically a 6 will be needed in the subject if taken at GCSE (e.g. you would need a grade 6 in geography to take geography A-level), and other subjects will have their own additional requirements

Apprenticeship – at least 3 passes at GCSE, as well as maths and English, but dependant on the level of apprenticeship applied for (can be higher or sometimes lower)

BTEC/award/certificate qualifications – at least 3 passes at GCSE, as well as maths and English (most will require 5 or more grade 4-9's)

T Levels

T-levels are **equivalent to 3 A-levels**, and include a **45 day work placement** as part of the course. Eventually, there will be more than 20 T-levels, and they will be taking over from some of the BTEC extended qualifications which were also equivalent to 3 A-levels

T-levels are currently available in the following sectors: **Agriculture, environment and animal care, business and administration, construction, digital, engineering and manufacturing, education and early years, health and science, and legal, finance and accounting.**

From September 2024, they will also cover **animal care and management, catering, craft and design, hairdressing, barbering and beauty therapy, and finally media, broadcast and production.**

In this time of transition for vocational education, there will still be some BTEC courses available. Some of these are equivalent to 3 A-levels. With these, or a T-level, you only study one subject, so these are ideal for those of you who know what sort of career you want in the future. You can go to University with these qualifications, or can progress onto an apprenticeship or full-time employment. These courses are predominantly coursework/assignment based

How to apply:

- Attend open evenings/events and speak to the tutors and pupils – this year the majority of open events will be run online. Make sure you look on the different college and sixth form websites for more information on how you can register for these
- Applications are usually completed online, with a few schools and colleges still opting for paper application forms. Completing applications online is quick and straightforward. Most applications will want brief details on current education (including any extra-curricular activities, responsibilities held in school etc.), reasons behind subject choices and that choice of college/sixth form.
- Usually, a reference will also need to be completed. This should be forwarded to the Careers Advisor or can be dropped into the Sixth Form Centre. Once completed by the school, this will be sent directly to the college or Sixth Form. Please make sure the reference information google form is completed before providing the Careers Manager with any requests (a link will be shared on SMHW with your child in September)

Making the right choice:

It can be difficult to know what you want to do at a young age. If University is the end goal, studying A-levels would be preferable, although it is now possible to progress to University with level 3 BTEC qualifications. Does the structure of a school sixth form appeal, or the large community feel of a college? Apprenticeships offer excellent work experience and future prospects, but you must balance work life and studying. Would a course leading straight into employment be most appropriate? Weigh up the pros and cons of each option, and don't be swayed by what friends are doing if it isn't going to suit.

If at any point you have any questions or are at all unsure, contact the Careers Manager via email –or call 01708 447368 ext. 216. Students can also drop in to the careers office each day between 8:30am – 4pm, which is located in the Sixth Form.

Unifrog:

All students in the school have access to the careers and further education online platform Unifrog - <https://www.unifrog.org/> . Students in Year 11 have made an account, if there are any issues logging in, please speak to the Careers Manager. If you have previously made an account but have forgotten your password, you can re-set this from the home page, please do not create a duplicate account. Unifrog can be used to explore different subject choices, careers, log skills and competencies and practice writing CV's and applications and much more.

Volunteering:

There may be volunteering opportunities within the local community. Students should be proactive in trying to find something suitable, however the is available to offer advice and guidance if needed.

Useful sources of information:

<https://www.careerpilot.org.uk/information/your-choices-at-16/help-with-choosing-your-post-16-options>

- Unifrog <https://www.unifrog.org/>
- BBC Bitesize <https://www.bbc.co.uk/bitesize/careers>
- National Careers Service <https://nationalcareers.service.gov.uk/>
- UCAS <https://www.ucas.com/further-education/post-16-qualifications>
- Different college or sixth form websites
- Apprenticeships.gov <https://www.apprenticeships.gov.uk/>
- Health Careers <https://www.healthcareers.nhs.uk/>
- Prospects <https://www.prospects.ac.uk/>
- Success at School <https://successatschool.org/>

Contacts

Form tutors - First point of contact for pastoral issues

Head of Department - First point of contact for subject issues including teaching and learning, homework, revision sessions

Examination officer: Miss Woodward ewoodward@fbaok.co.uk

Miss Woodward should be contacted about any queries relating to examination entries, timetables, special consideration, collecting results etc.

Careers Manager: sbakht@fbaok.co.uk

Ms Bakht should be contacted about any issues relating to college applications, references etc.

SENDCO: Mr Lynagh alynagh@fbaok.co.uk

Mr Lynagh should be contacted about any issues relating to SEN