

Supporting Your Child for Success



To get you thinking...

• How much time do young people (7-16 year olds) spend online each day?

3 hours

How much time do 15-16 year olds spend online each day?

So, how long should Year 11 students be spending revising?

4.8 hours How much time do young people spend watching TV each day?

2.1 hours - down from 3 hours in 2000

- 60% via a phone, tablet or laptop
- 38% do most TV viewing on demand

Source: Childwise Monitor report 2016

A rough guide...

Most students are taking exams in 8-9 subjects

Most subjects will have a number of different topics that need to be learned

Each topic could take at least 2 hours to learn fully...

How much at a time?

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3 parts revisionto1 part break
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For most students this will be:

30 minutes revision

+

10 minutes break

The reality

...which means that before the real GCSE exams, most students will need to find time for around 200 hours of revision

The casual and laid back

"I've never felt like I've had to work that hard at school. When we have tests, I don't really revise much –I might just look at my notes for 10 minutes that morning. But I do pretty well in those, so I don't reckon I'm going to need to do too much revision for my GCSEs in the summer"

The super organised

"I worked really hard in October half term —I planned my revision timetable for the internal exams, colour coded all my folders and bought all the stationery I'm going to need for the mind maps I'm going to do. Some of my notes were in the wrong order, so I spent ages making sure that they were sorted out"

The disorganised

"We're starting to get quite a lot of homework, but I have to message my friends most evenings to check if we've got any homework. Then I sometimes don't have the sheet so have to rush it the next morning or get someone else's and copy out their answers

The strategic planner

"I'm much better at the science subjects than in English or French. I'm making sure that I focus on science and maths in my revision, because I need really good grades in them. You can't really revise for English anyway, and I find French hard, so I don't think it's really worth spending too much time revising that. I know I only need Grade 5s, so as long as English, maths and science go well, the others don't really matter"

News

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Culture

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More ~



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Students

Use your head

The way you're revising may let you down in exams - and here's why

Tom Stafford

Tom Stafford is a lecturer in psychology and cognitive science at the University of Sheffield

₩ @tomstafford Sat 7 May 2016 09.00 BST



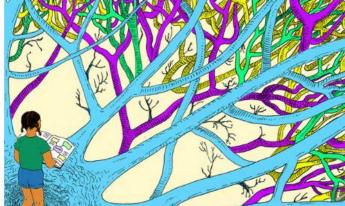








Most people practise the wrong tasks, reveals a psychologist. Take your head out of those textbooks for a few minutes and read his advice





ven the most dedicated study plan can be undone by a failure to understand how human memory works. Only when you're aware of the trap set for us by overconfidence, can you most effectively deploy the study skills you already know about.

How do you know your daughter/ son is revising? What do you see/ hear them doing?













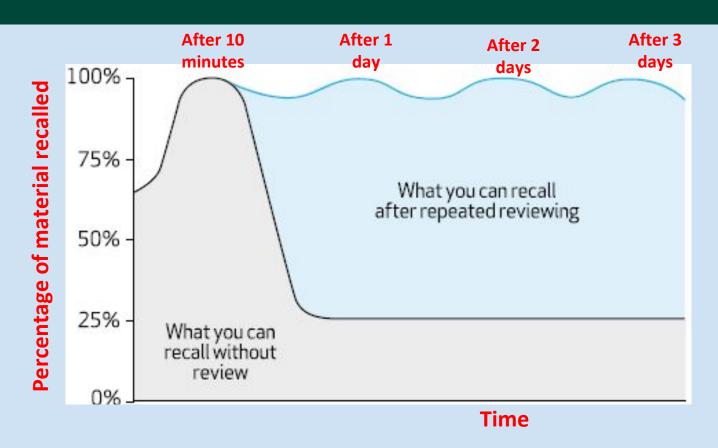


How do you know it's working?





Memory performance over time



Which do you think were found to have higher – moderate – lower effectiveness?

Distributed practice
Elaborative interrogation
Self – explanation
Regular practice testing
Interleaved practice
Summarising
Highlighting
Mnemonics
Regular practice testing
Imagery to represent text
Re-reading



Dunlowsky et al (2013) studied 10 strategies used by students to revise and prepare for examinations.

What has the lowest impact?

1)Unstructured revision:

revision needs to be planned, with a realistic goal for each session

2)Reading:

unless you go over everything again and again, which is time-consuming

3) Highlighting/underlining:

although useful when done well, it is often done poorly

Effective revision strategies – what the research says

- Higher effectiveness
 - Regular practice testing
 - Distributed practice (short sessions)
- Moderate effectiveness
 - Elaborative interrogation (turning facts to be learned into why-questions and then answering them)
 - Self explanation (explaining to yourself what you are doing and thinking)
 - Interleaved practice

A blend of these techniques is most effective

A recent study shows music did <u>not</u> improve learning;

What will effective revision in your household look and sound like?



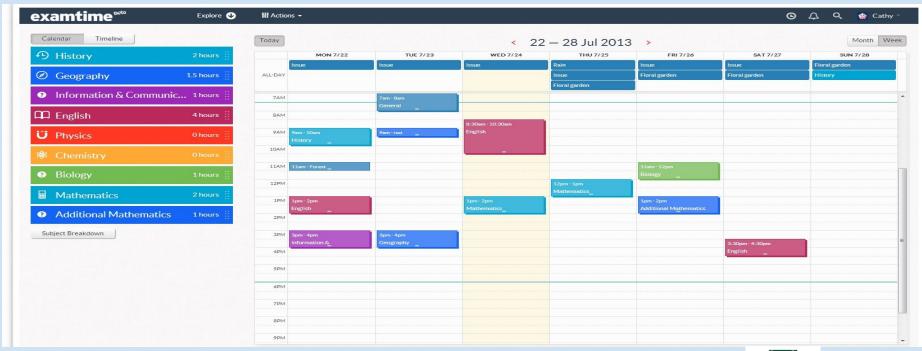








Revision Timetable





Revision timetable

Name:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		Maths	Science	Block C	
Week 2	English	Maths	Block A	Block B	

Option Block A will be the subject the student has a lesson 5, week 1, Monday

Option Block B will be the subject the student has a lesson 3 and 4, week 1, Monday

Option Block C will be the subject the student has a lesson 5 , week 1, Wednesday



Revising for your English GCSE

English Exam Board - AQA

Let's see how you do?

Question. How does the writer use language to create an impression of the character Mr Hyde? You could include the writer's choice of:

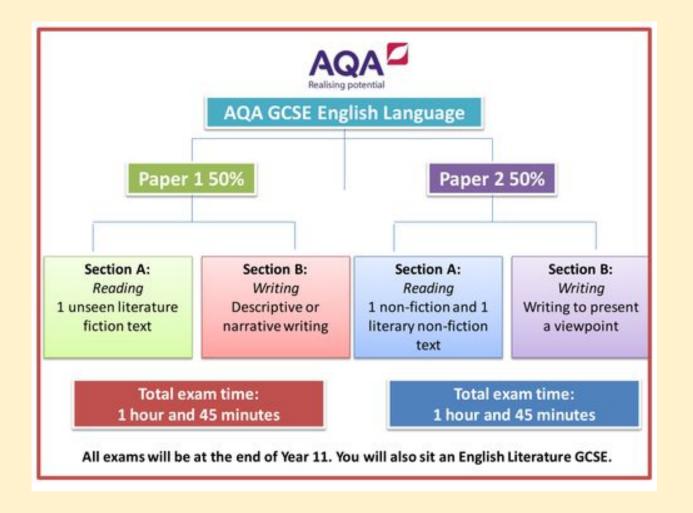
- Words and phrases
- Language features and techniques
- · Sentence forms.

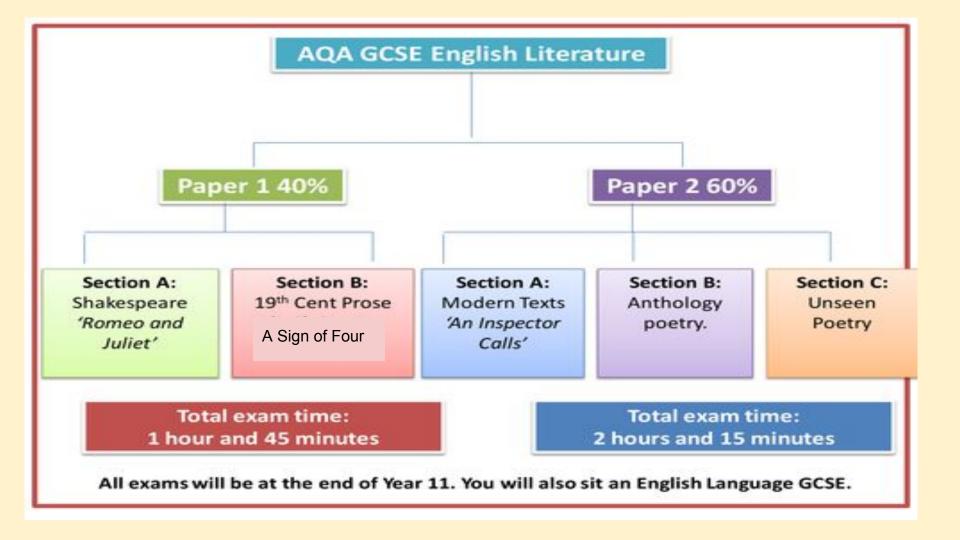
8 marks (roughly 8 minutes)

Then select **RELEVANT** information.

Question. How does the writer use language to create an impression of the character Mr Hyde?

"Well, it was this way" returned Mr Enfield:" I was coming home from some place at the end of the world, about three o'clock of a black winter morning, and my way lay through a part of town where there was literally nothing to be seen but lamps. Street after street, all lighted up as if for a procession and all as empty as a church - till at last I got into that state of mind when a man listens and listens and begins to long for the sight of a policeman. All at one, I was two figure: one a little man who was stumping along eastward at a good walk, and the other a girl of maybe eight or ten who was running as hard as she was able down a cross street. Well, sir, the two ran into one another naturally enough at the corner; and then came the horrible part of the thing; for the man trampled calmly over the child's body and left her screaming on the ground. It sounds nothing to hear, but it was hellish to see. It wasn't like a man; it was like some damned Juggernaut. I gave a few halloa, took to my heels, collared my gentleman, and brought him back to where there was already quite a group about he screaming child. He was perfectly cool and made no resistance, but gave me one look, so ugly that it brought out the sweat on me like running.





Examination Skills:

To complete examinations in English, your child must be able to:

Select Interpret Deduce Analyse **Evaluate** Create Describe Narrate **Summarise** Compare **Synthesise** Comprehend

They must be able to analyse:

how writers use words and phrases

 How those words and phrases convey the writer's message.

• WHY they writer has chosen specific words.

WHAT effect those words create on the reader.

English revision



3 Top Tips:

- Little and often 20 minutes done regularly is better than 1 hour done weekly
- Test yourself before and after you do any revision.
- 3. Be focussed on what you are revising. Split your revision into manageable sections

Some ways YOU can help:

- Revision Cards
- Quick game of 'guess who'
- The post it note game
- 'Who said this' quotation game
- Create a post it note timeline
- Character pictionary.
- Put the plot in order against the clock.
- Test your child on the 'parts of speech'.
- Explain the relevance quick quiz.
- Match the character to the characteristics game.
- Competitive Kahoot

Revision Guides

If you missed the last order run (and don't intend to buy them individually) we can arrange one more bulk purchase.

Letters can be collected at the end of this session.





Suggested Revision Materials

GCSEpod https://www.gcsepod.com/

Mr Bruff's YouTube channel

https://www.youtube.com/channel/UCM2vdqz-7e4HAuzhpFuRY8w?disable_polymer=true

Shmoop

https://www.shmoop.com/teachers/best-practices/subject/english.html

Sparknotes https://www.sparknotes.com/lit/

Subject Google Classroom page and revision guides

Revising for your Science GCSE

Science Exam Board - AQA

The specification

Science at Westfield

AQA Combined Science (Trilogy)

https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-846

<u>4</u>

☐ Triple Science (Biology, Chemistry, Physics)

https://www.aqa.org.uk/subjects/science/gcse/biology-8461

https://www.aqa.org.uk/subjects/science/gcse/chemistry-8462

https://www.aqa.org.uk/subjects/science/gcse/physics-8463





GCSE COMBINED SCIENCE DOUBLE AWARD GRADE COMBINATIONS

Combined science awards grades on

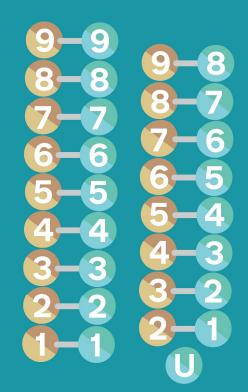
a 17 point scale

For example combined science: 5-5

Triple Science awards a separate grade for

Biology, Chemistry and Physics

For example: Bio 5, Chem 4, Physics 5



How to prepare

It is essential you/your child revises <u>regularly</u>, science has lots of content that needs to be recalled.

Where to find revision resources

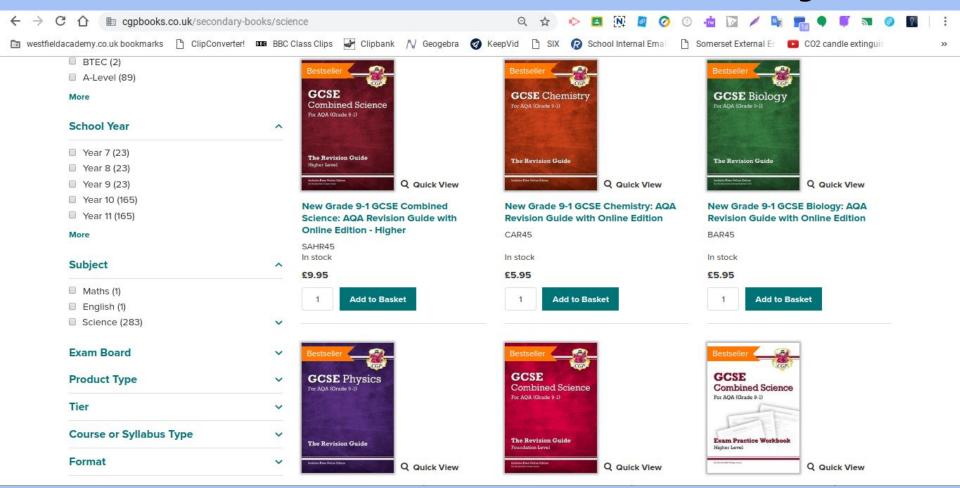
There is lots of choice out there:

- Revision guides/workbooks
- Specification
- Past test papers
- The internet
- → The school team drive

Just remember to keep the revision specific to our exam board (AQA)

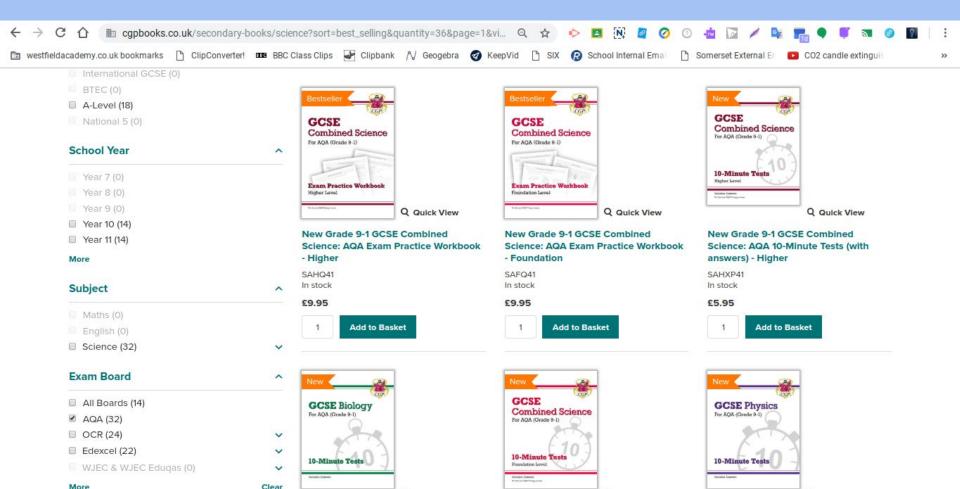
https://www.cgpbooks.co.uk/secondary-books/science

Revision guides



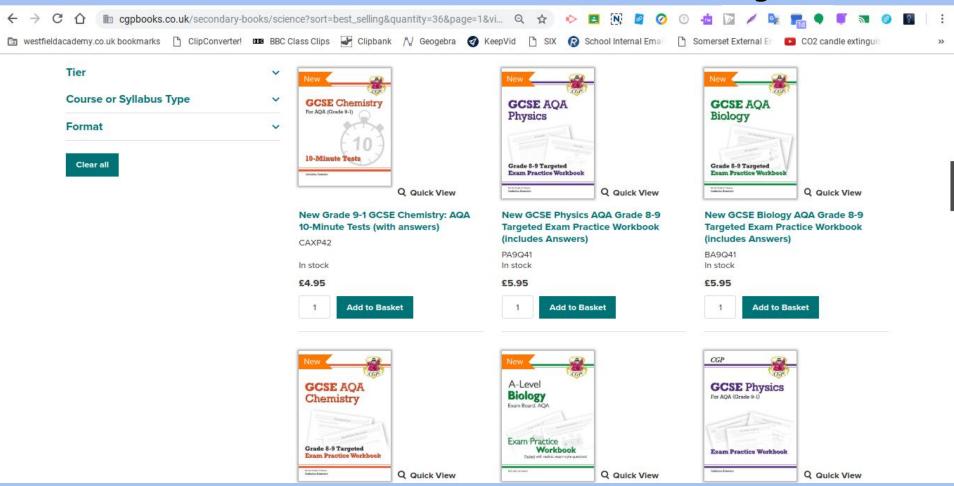
https://www.cqpbooks.co.uk/secondary-books/science

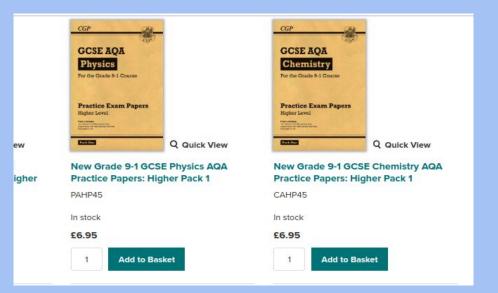
Workbooks



https://www.cgpbooks.co.uk/secondary-books/science

Workbooks for grades 8-9





https://www.aqa.org.uk/subjects/science/gcse/combined-science/https://www.aqa.org.uk/subjects/science/gcse/biology-8461/asshttps://www.aqa.org.uk/subjects/science/gcse/chemistry-8462/https://www.aqa.org.uk/subjects/science/gcse/physics-8463/asshttps://www.aqa.org.uk/subjects/s

Exam papers

Assessment resources

June 2018 papers and mark schemes

Insight report: results at a glance June 2018 (1.1 MB)

Specimen papers and mark schemes

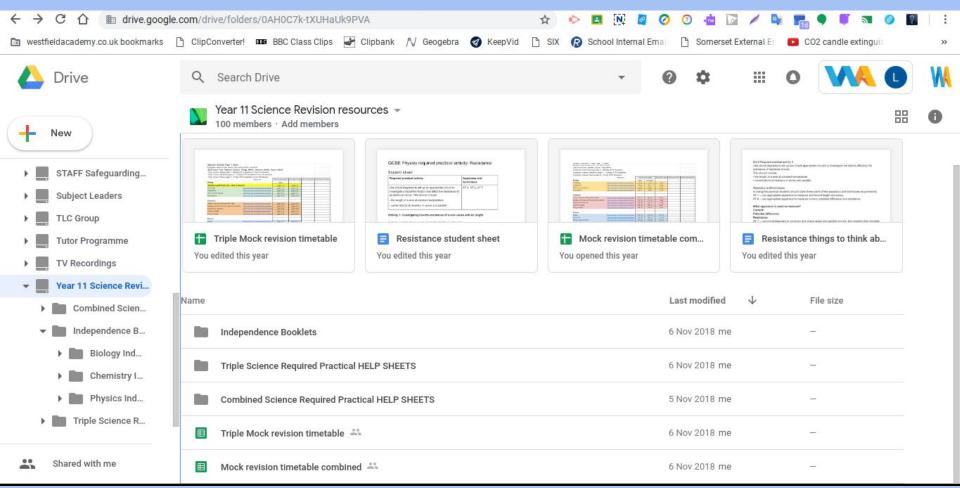
Foundation

- Paper 1 (Foundation): Specimen mark scheme (180.6 KB)
- Paper 1 (Foundation): Specimen question paper (666.2 KB)
- Paper 2 (Foundation): Specimen mark scheme (219.3 KB)
- Paper 2 (Foundation): Specimen question paper (782.4 KB)

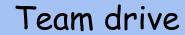
Higher

- Paper 1 (Higher): Specimen mark scheme (232.2 KB)
- Paper 1 (Higher): Specimen question paper (623.8 KB)
- Paper 2 (Higher): Specimen mark scheme (252.4 KB)
- Paper 2 (Higher): Specimen question paper (677.9 KB)

Google drive→ Team Drives → Year 11 Science Revision resources Team drive









Command words (Science)

Command words are the words and phrases used in exams that tell students how they should answer a question.

The following command words are taken from Ofqual's official list of command words and their meanings that are relevant to this subject. In addition, where necessary, we have included our own command words and their meanings to complement Ofqual's list.

Command words marked * are new for teaching from 2016.

Calculate

Students should use numbers given in the question to work out the answer.

Choose*

Select from a range of alternatives.

Compare

This requires the student to describe the similarities and/or differences between things, not just write about one.

<u>Command</u> <u>words</u>

Required practicals

In their exams, students will be required to demonstrate their understanding of scientific experimentation. <u>At least 15 percent</u> of the total marks available in each science GCSE will be dedicated to this. This proportion is large enough to have a significant effect on a student's grade.

- Write a method / change a method to test a different hypothesis
- ☐ Improve an investigation to give valid results
- Explain why a conclusion is correct or not
- Identify variables
- Identify errors
- Understand the relevance of a control group

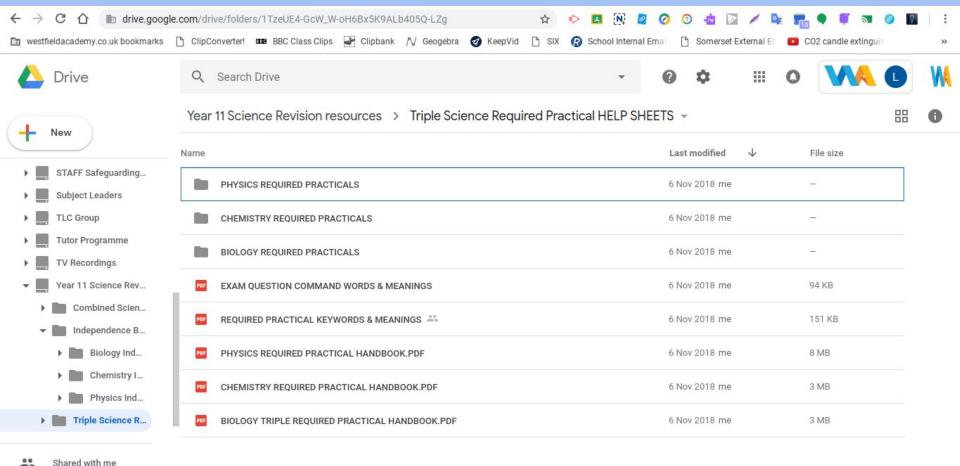
Required practicals- in revision guide

The first chapter 'working scientifically' in the revision guide is specifically designed to help your child prepare for these questions. For example what is a variable?

The revision guide also has an outline of each of the required practicals in the relevant topic area.

Required practical support

Team drive



Team drive

Subject specific vocabulary



Subject specific vocabulary (Science)

The following subject specific vocabulary provides definitions of key terms used in our GCSE Science specifications.

Wherever possible we have used the definitions derived from a booklet created in a joint project of the Association for Science Education and the Nuffield Foundation, *The Language of Measurement: Terminology used in school science investigation*, ISBN 978 0 86357 424 5, Association for Science Education (ASE), 2010.

Accuracy

A measurement result is considered accurate if it is judged to be close to the true value.

Calibration

Marking a scale on a measuring instrument. This involves establishing the relationship between indications of a measuring instrument and standard or reference quantity values, which must be applied. For example, placing a thermometer in melting ice to see whether it reads zero, in order to check if it has been calibrated correctly.

Specific heat capacity

Team drive

Investigating the specific heat capacity of different metals.

In this practical you will:

Heat up blocks of different metals using an elec Measure the mass and temperature of the block Calculate the work done by the heater.

Plot a graph of temperature change against wor specific heat capacity of the metal.

Apparatus

three metal blocks, one copper, one iron and on thermometer and heater some insulation material to wrap around the blo a thermometer a pipette to put water in the thermometer hole

a 12 V immersion heater (30 – 110W)

Specific heat capacity

An investigation to determine the specific heat capacity of one or more materials. The investigation will involve linking the decrease of one energy store (or work done) to the increase in temperature and

subsequent increase in thermal energy stored.

Apparatus and techniques

In doing this practical students should cover these parts of the apparatus and techniques requirements.

Physics AT 1 – use appropriate apparatus to make and record measurements of mass, time and temperature accurately.

In this investigation, how would you measure:

Mass

Time

Temperature

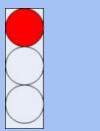
Physics AT 5 – use, in a safe manner, appropriate apparatus to measure energy changes/transfers and

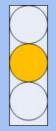
associated values such as work done.

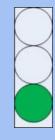
How do you calculate work done?

What are the units for work done?

Diagnosis - Personalised Learning Checklists









Triple PLCs

	P	Student Checklist	В	A
Describe the common features of all control systems Describe the endocrine system, including the location of the pituitary, pancreas, thyroid, adrenal gland, ovary and testis and the role of hormones State that blood glucose concentration is monitored and controlled by the pancreas Describe the body's response when blood glucose concentration is too high Explain what type 1 and type 2 diabetes are and how they are treated	5	Describe what homeostasis is and why it is important stating specific examples from the human body		
gland, ovary and testis and the role of hormones State that blood glucose concentration is monitored and controlled by the pancreas Describe the body's response when blood glucose concentration is too high Explain what type 1 and type 2 diabetes are and how they are treated HT CNIV: Describe the body's response when blood glucose concentration is too low	a	Describe the common features of all control systems		
Describe the body's response when blood glucose concentration is too high Explain what type 1 and type 2 diabetes are and how they are treated				
Explain what type 1 and type 2 diabetes are and how they are treated HT CNIV: Describe the body's response when blood always concentration is too low		State that blood glucose concentration is monitored and controlled by the pancreas		
Explain what type 1 and type 2 diabetes are and how they are treated HT CNIV: Describe the body's perpanse when blood always concentration is too low		Describe the body's response when blood glucose concentration is too high		
HT ONLY: Describe the hady's response when blood alucase concentration is too low		Explain what type 1 and type 2 diabetes are and how they are treated		
		HT ONLY: Describe the body's response when blood glucose concentration is too low		

Therapy

Personalised Learning Checklists AQA Biology Paper 1



For each area that is red or amber your child should try to improve using the techniques and

Topic	Student Checklist	R	Α	G
	Use the terms 'eukaryotic' and 'prokaryotic' to describe types of cells			
	Describe the features of bacterial (prokaryotic) cells			
	Demonstrate an understanding of the scale and size of cells and be able to make order of magnitude calculations, inc standard form			
	Recall the structures found in animal and plant (eukaryotic) cells inc algal cells	4		
	Use estimations and explain when they should be used to judge the relative size or area of sub-cellular structures			
	Required practical 1: use a light microscope to observe, draw and label a selection of plant and animal cells			
E .	Describe the functions of the structures in animal and plant (eukaryotic) cells			
Cell structure	Describe what a specialised cell is, including examples for plants and animals			
stu	Describe what differentiation is, including differences between animals and plants			
=	Define the terms magnification and resolution			
1.	Compare electron and light microscopes in terms of their magnification and resolution			

places already discussed.

*Remember if there is a particular area of weakness you can be asked for this to be gone over in class or pop along to a revision session/drop in with a science teacher.

GCSEpod

The internet

. DIOLOGY, DADED 4



9" POD GAMES

SIGN UP TO POD GAMES NOW!

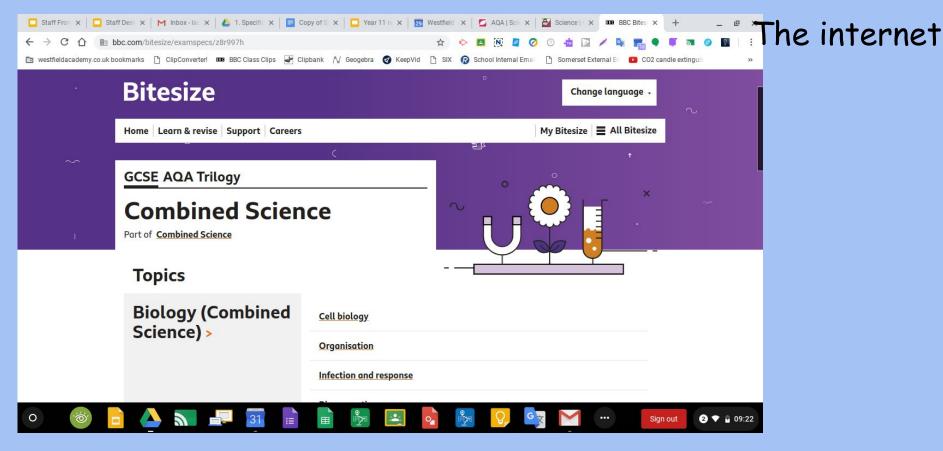
For each area of the specification GCSE pod has an exam board specific clip to describe and explain the key

concepts.

AQA: BIOLOGY: PAPER 1 (FOUNDATION)



Í	4.1/Cell biology Biology: 3 titles (14 Pods)			_
4.1.	1/Cell structure		4 Pods	_
Þ	Bacterial Growth	00:04:28	<u>+</u>	×
D	Unspecialised Plant Cells	00:03:08	<u>*</u>	×
Þ	Cell Differentiation	00:03:07		×
D	Cell Structures and Microscopes	00:04:46	*	×
4.1.	2/Cell division		6 Pods	+
4.1.	3/Transport in cells		4 Pods	+
1	4.2/Organisation Biology: 2 titles (14 Pods)			+
	4.3/Infection and resp	onse		_



https://www.bbc.com/bitesize/examspecs/z8r997h

The internet

Triple Science

Biology https://www.bbc.com/bitesize/subjects/z9ddmp3

Chemistry

https://www.bbc.com/bitesize/subjects/zs6hvcw

Physics

https://www.bbc.com/bitesize/subjects/zpm6fg8

GCSE free science lessons

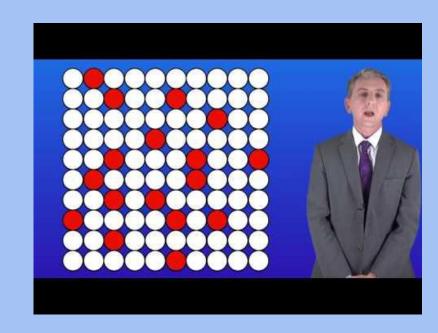


The videos can be found at https://www.freesciencelessons.co.uk/videos

Or on the youtube channel 'freesciencelessons'

Advantages:

- Exam board specific
- → Slow pace
- Covers the whole specification in short bites



Malmesbury Science

Subscribe to the youtube channel

'Malmesbury Science'

Required practicals

https://www.youtube.com/playlist?list=PLAd0MS

Advantages:

- Exam board specific
- Produced by teachers for their students
- Excellent coverage of the required practicals

The internet





Malmesbury Science

3,932 subscribers

HOME

VIDEOS

PLAYLISTS

GCSE Science Required Practicals



GCSE Biology Required Pra...

Malmesbury Science Updated 6 days ago VIEW FULL PLAYLIST (8 VIDEOS)



GCSE Physics Required Pra...

Malmesbury Science Updated 6 days ago VIEW FULL PLAYLIST (11 VIDEOS)

Fuse School

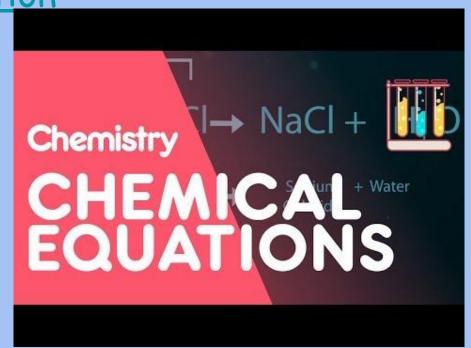


The videos can be found at the youtube channel

'FuseSchool-global education'

Advantages:

- Reasonable graphics
- More engaging than free science lessons
- □ For chemistry especially worked examples are given for the calculation questions



After school revision

Revision timetable

Week 1: Wednesday 3.15-4.00 Combined Science

Week 2: Wednesday 3.15- 4.00 Triple science

The next sessions are:

- Wednesday 23rd January 3.15 Triple Bonding (Foundation room 34, Higher room 36)
- Wednesday 30th January 3.15 Combined Bonding (Foundation room 34, Higher room 36)

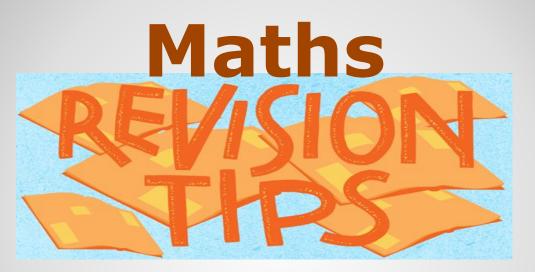
Revision tips

Make sure you know the:

- physics equations and units
- chemistry equations
- definitions of the subject specific vocabulary
- how to describe the method for each required practical
- what each exam question command word means (and the type of answer required)

Make the most of your lesson time:

You have an expert in front of you



Maths Exam Board Edexcel

Exam Dates:

Paper 1 Non- Calculator
May 21st am
Paper 2 - Calculator
June 6th am
Paper 3 - Calculator
June 11th am

TOP 10 TIPS

- Before you start revising, get all your notes sorted, and draw up a list of all the topics you need to cover.
- Plan exactly when you are going to revise, and be strict with yourself.
- Don't just read through the textbook!
- Use the internet.

Logins	Minutes Spent	Practice Questions	Assignment Questions	Videos	OMM
5	141	5	40	1	0
1	2	0	0	0	0
1	2	0	0	0	0
4	56	11	9	0	0
8	117	11	38	0	0
1	2	0	1	0	0
6	87	0	29	0	0
1	9	0	2	0	0
12	167	20	47	0	0
2	41	20	0	0	0
1	16	3	0	0	0
8	179	16	33	5	0
4	151	8	5	7	0
2	81	14	8	5	0
4	70	25	0	4	0

- Mathswatch
- Mymaths
- Corbettmaths
- Pixl Maths App
- GCSE Pod

- Don't just practice the topics you can do
- Make sure you ask for help
- Practice doing questions under exam conditions
- Practice using your calculator!
- If it works for you, try revising with a friend for a bit of the time
- Most important of all, try not to worry.



The Guide to the PiXL Maths App



AII

Images

Videos

News

More *

Search tools

About 1,420,000 results (0.27 seconds)

PMA

mathsapp.pixl.org.uk/ -

Training material - A walk through the PiXL Maths App: Adobe PDF ... With students completing the PMA online questions at home or at school, all of the results ...

PiXI Math App - PiXL Maths ... PowerPoint

20, 2014, 2014, 2014, 2014, 2014, 2014 2014 2014 2014 2014

More results from pixl.org.uk »

PiXL Maths App. Mathematics. Mr Varsani. PiXL Maths App ...

The PiXL Club - Login Required

www.pixl.org.uk/plc -

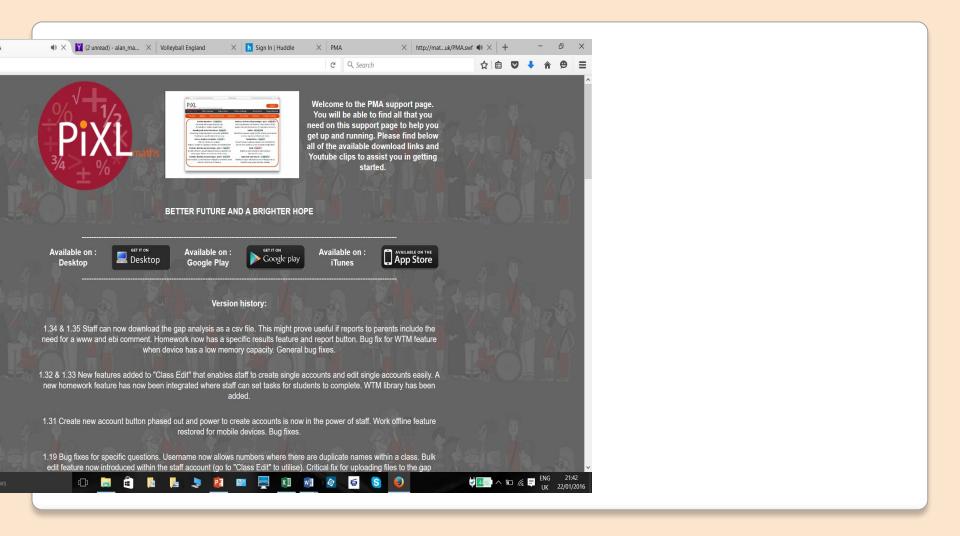
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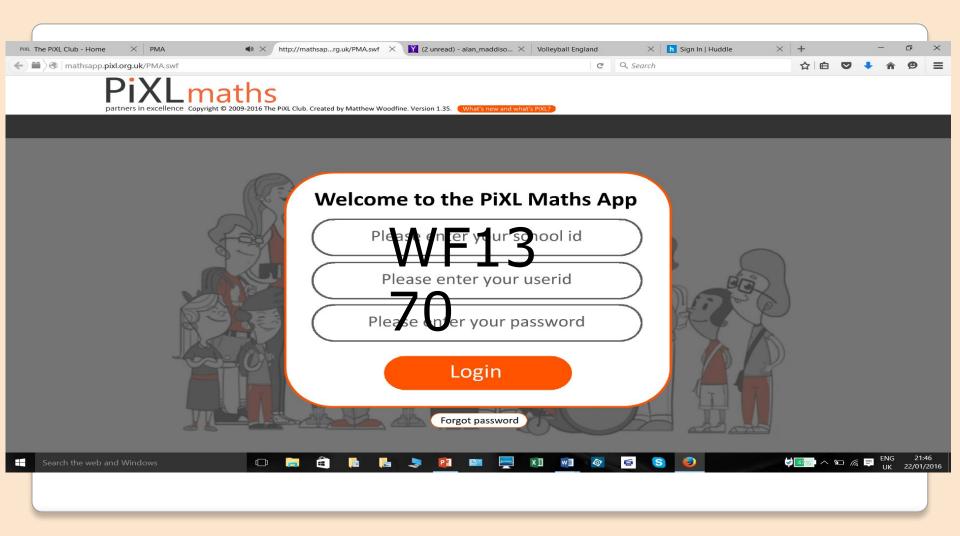
Contact Us Members Area Menu The PiXL Club Events & Initiatives Close, Members Area - Contact Us - My Details - Huddle - PiXL Edge

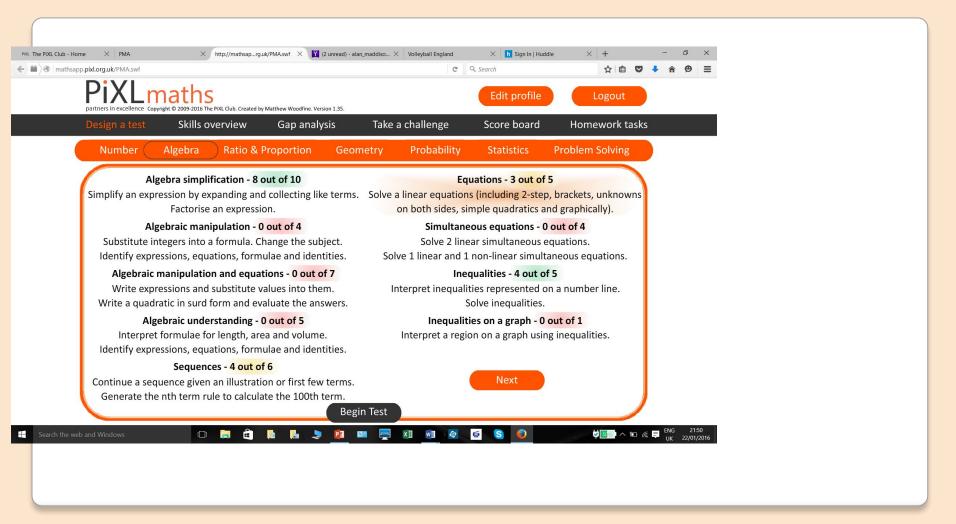
PiXL Maths - Android Apps on Google Play

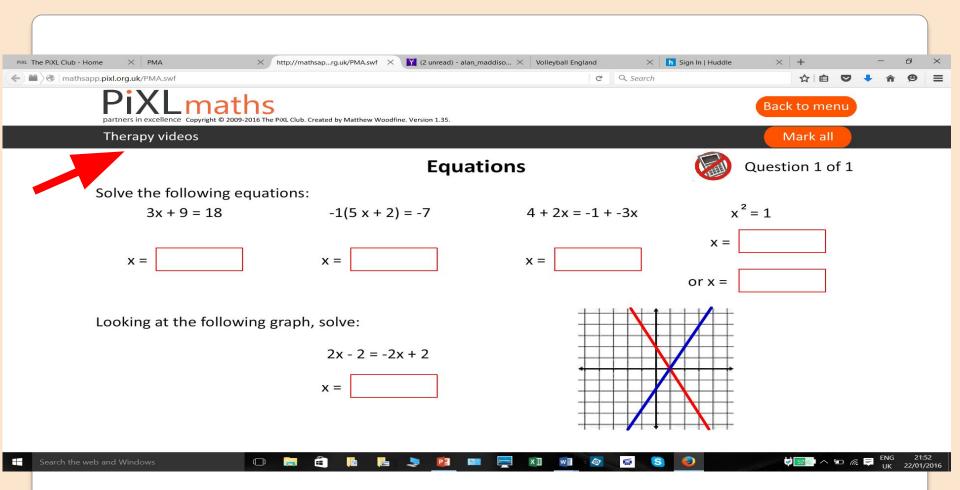
https://play.google.com/store/apps/details?id=air.PiXLMaths&hl=en... • *** Rating: 3.5 - 107 votes - Free

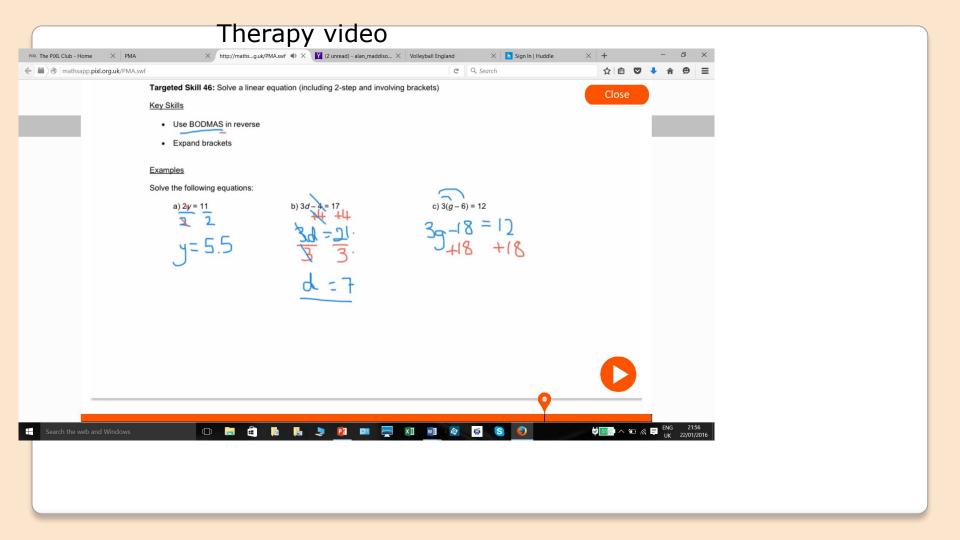
The PiXL Maths App (PMA) is a skills based assessment program. The app successfully highlights your strengths and your areas to develop. This is a very useful ...

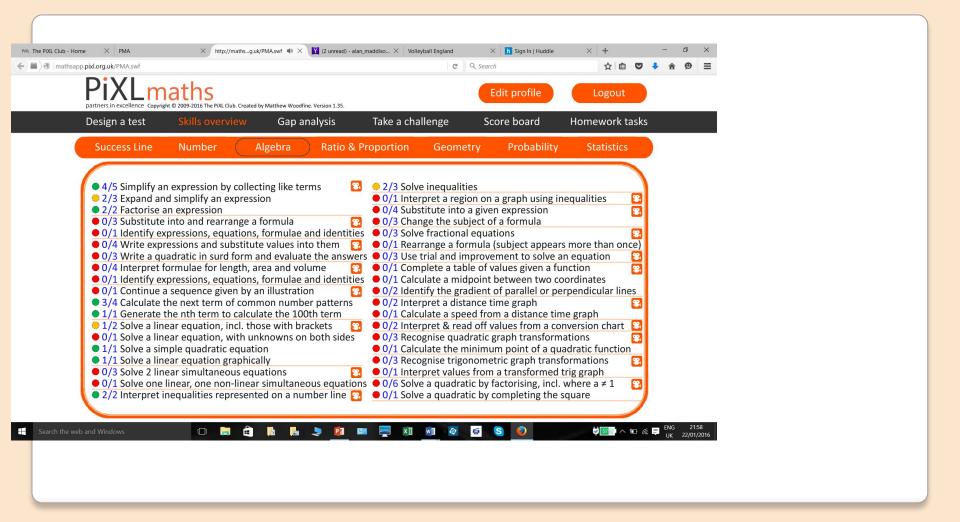












Take a test

9(v)=c

P.(F)

for to= 4 (finting+fin

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Set tasks

Paper QLA

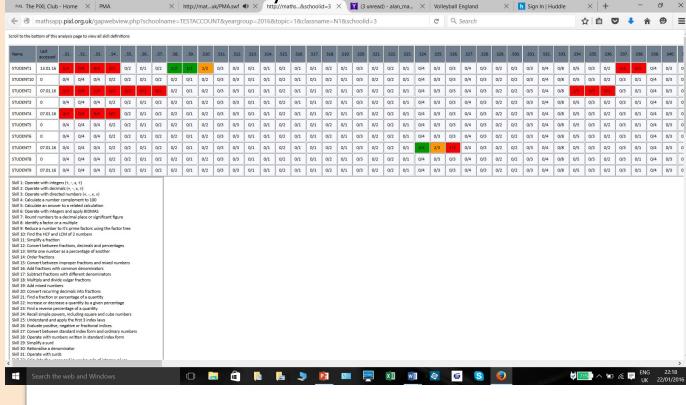
Scoreboard

gitas /= jaivear $div \vec{E} = (\nabla \vec{E}) = \frac{\partial \vec{E}}{\partial x} + \frac{\partial \vec{E}}{\partial z}$ $(\frac{\partial \vec{e}}{\partial x} + \frac{\partial \vec{e}}{\partial y} + \frac{\partial \vec{e}}{\partial z})$ $(\frac{\partial \vec{e}}{\partial x} + \frac{\partial \vec{e}}{\partial y} + \frac{\partial \vec{e}}{\partial z})$ $(\frac{\partial \vec{e}}{\partial x} + \frac{\partial \vec{e}}{\partial y} + \frac{\partial \vec{e}}{\partial z})$ $(\frac{\partial \vec{e}}{\partial x} + \frac{\partial \vec{e}}{\partial y} + \frac{\partial \vec{e}}{\partial z})$ $(\frac{\partial \vec{e}}{\partial x} + \frac{\partial \vec{e}}{\partial y} + \frac{\partial \vec{e}}{\partial z})$ Select 'Homework task' to set a task for a specific class or select a pre-designed challenge.

Arithmetic challenge Maths in Science Problem solving Grade 1/2/3 challenge Grade 4 challenge

> Grade 5 challenge Grade 6 challenge Grade 7/8/9 challenge

Class Analysis



What else will make the difference?

- Attending revision class Tuesday
 3:15 to 4:15
- Prepare thoroughly for the 45 minutes assessments each fortnight
- Purchase a revision guide or Practice papers

Revising little BUT often will make all the difference in Maths



Examinations and stress

We need to distinguish between:

- A Eustress (positive and motivational)
- B Distress (damaging to health and relationships)

Recognising stress

- These are high stakes examinations and your child will probably be feeling under pressure;
- This pressure is likely to grow between now and May;
- You might see some of the following behaviour signs:
 - Increased moodiness and irritability;
 - Increasingly argumentative;
 - Disrupted sleep patterns;
 - Becoming withdrawn;
 - Complaining of stomach aches and headaches;
 - Making negative statements about him or herself.

How to manage this

- Listen and try to be available;
- Offer reassurance these examinations will not last for ever;
- Try not to lose your temper;
- Encourage your child to use problem focused strategies, by being well planned and developing feelings of control;
- Encourage your child to use emotion focused strategies by taking planned breaks and arranging some positive distractions.