



September 2021

Dear Parent/Carer

Revision Guidance & Support for Year 11

Firstly, we would like to take this opportunity to congratulate our Year 11 students for their resilience and integrity upon return to school. Students have arrived back ready to learn and focused on the year ahead.

We write to offer further support and guidance with regards to revision techniques and timetables. We are aware that Year 11 can be challenging for our students and, naturally, may cause our students to feel varying levels of pressure. We are working tirelessly as a team to ensure that all our students receive the best possible guidance, alongside opportunities to relieve levels of stress, through a programme of tailored support. This includes targeted curriculum support for subjects so that students can be supported whilst working toward their target and aspirational grades.

Students currently have access to:

- Weekly 'Calm Classes' (yoga & meditation) each Wednesday lunch time 12:30pm – 1:00pm.
- After School Revision Support each Tuesday, Wednesday and Thursday in M28.
- Dedicated 1:1 meeting with their Academic Heads of Year.
- A new developed programme of Wider Curriculum Time supporting Personal Development.
- A rigorously planned programme of careers advice, information and guidance.

We would like to encourage all of our Year 11 students to engage with the support made available.

Over the next few weeks students will need to begin considering how they will approach **revision at home**. For many students this can be a stressful time as they consider how to manage their time effectively, how many hours of revision they should be undertaking and how to create a timetable that works for them.

It is vital that students consider their wellbeing and self-care when allocating time for revision. *Students should be undertaking no more than 2/3 hours of revision per evening, and evenings should be balanced with opportunity for self-care.*

EXAMPLE - Typical Revision Timetable for a Student in Term 1 of Year 11

Revision may increase more frequently when approaching exam season. Importantly, at this stage of the year, revision needs to be planned to fit in around other homework tasks that students have. We hope that by February half-term, most subjects will have finished teaching any new content and students will be able to focus fully on revision.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day			Calm Class				2 hours of revision
Evening	2 hours of revision	30 mins of revision	Self-care	Study Club at school - 1 hour	Self-care		1 hour of revision

Your child's revision timetable should work for them and enable them to continue enjoying their hobbies in addition to focusing on their exams.

BBC, GCSE Bitesize recommends that students

- Be realistic and plan time away from your work to avoid burn-out!
 - Make sure you study the hardest subjects first, and not at end of day when you are tired
 - Be focused: 20 minutes working followed by 10 minutes rest is a good starting point.
 - Planning helps you to balance your time so that you don't spend all your time revising one subject
 - If you share your revision plan with friends or family then you are more likely to stick to it
- Don't worry about other students' revision plans, everyone does it differently!

Use a range of revision strategies such as: read, cover, test; making revision cards; having someone test you; making mind maps or making a rhyme or song which is memorable.

We have further planned to support students this year through activities such as, a wellbeing afternoon, revision workshops and much more. In the meantime, we would like all of our Year 11's to find time with their parents/carers to consider and draft a timetable that works for them.

If you have any further questions or wish to discuss your child's access to further support, please contact our Year 11 Head of Year team. We look forward to celebrating every success of our Year 11's this year.

Yours faithfully



Mr S Roney
Head of Year



Mrs T Mitchell
Deputy Head of Year



Mrs A Poole
Academic HOY



Mrs J Karchud
Academic HOY