

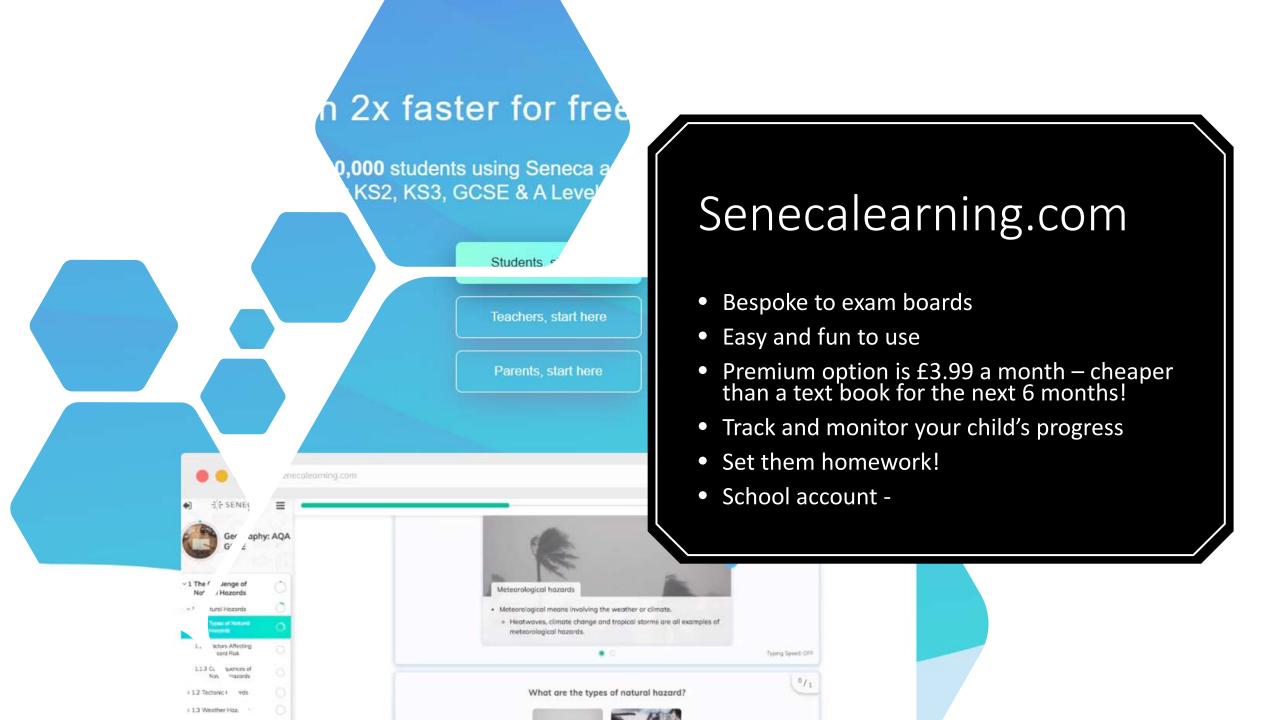
Term 1: Year 11 Review

- Congratulations on an excellent start to the Year!
- Vast majority have been positive, focussed and motivated to achieve with clear improvement since last year!
- Year 11 Attendance: 94% (National Average at the moment 87%!!)
- Over 750+ Character Strengths already logged for Year 11 this term. (250+ for motivation alone)
- Followed COVID rules well and adapted to new and regularly changing rules regarding procedures
- Clear self discipline and motivation completing NCFE
 PE focus day

Students' next steps...

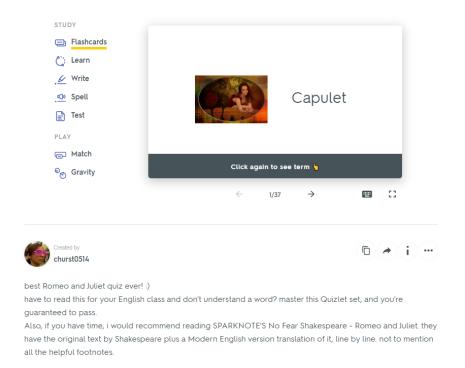
- Students must focus on attention in class teachers will be giving you essential information **LISTEN TO THEM!**
- Students **must** focus on **revision** revision slides will be sent home for all subjects and put on the website. These are a brief one stop shop that gives an overview of where to find revision resources for each subject (more on this to follow).
- Students **must** be revising at home this will make the difference of 1 or 2 grades if done regularly (this does not have to be for long but could be 2 to 3 periods of 15 minutes every evening).
- Mr Neeve's top revision tips:
 - Focus on a topic or specific part of a subject and try to refresh your memory of it or relearn it – small achievable targets are key!!
 - Make it into something visual eg spider diagram not dense text!
 - If in doubt, just have a go you'll feel much better if you do not avoid it and make a start on revision what's the worst that can happen?!

Utilising Technology at GCSE How can Technology be used to ensure you get the best possible GCSE outcomes?





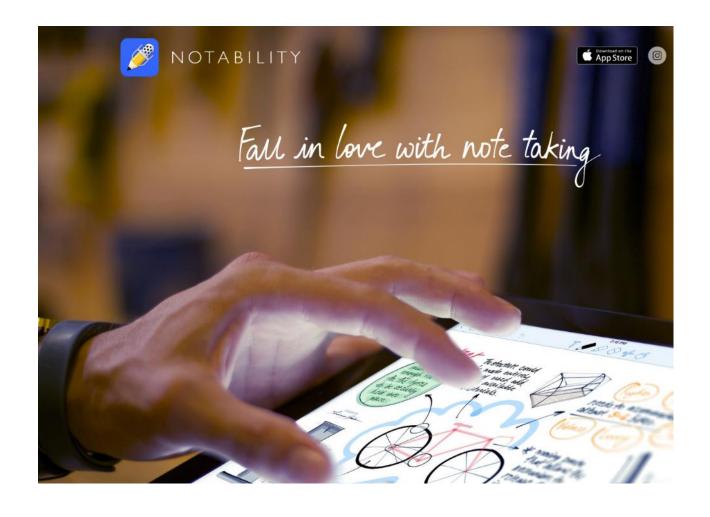
Romeo and Juliet





- Great for subjects reliant on memory
- Perfect for remembering those quotations
- User generated content made by students for students
- Great UI

Quizlet



- iOS
- Perfect for iPad users
- Excellent for storing notes digitally and excellent organisation potential
- Works with Apple Pencil
- I use it!

Notability



- Taxpayer funded!
- A classic used by generations of students
- Easy to use and accessible
- Not as comprehensive as other options
- Less 'techie' than others

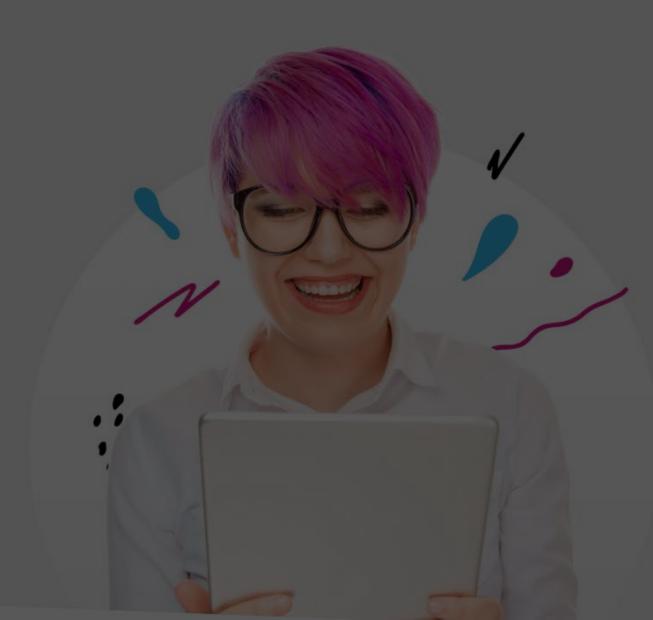
BBC Bitesize



SHMOOP!

- Best in class for English
- Funny student speak 1155
- Comprehensive and detailed Online learning tools that actually work.
- Fantastic, for quotations
- FREE! Homework help
 - ✓ Online courses







Search





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AQA English Language Paper 1 Question 2 ... :

AQA English Language Paper 1 Question 2 (updated & animat...

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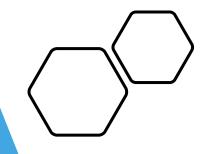




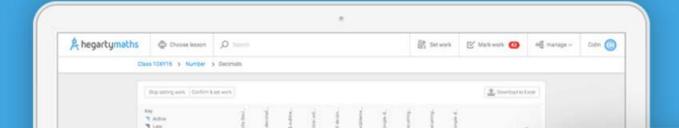
Built to make independent learners



Register interest







Remote Learning Preparation

How can we best prepare our students in the event of further lockdown/remote learning scenarios?

What can you do?

- Ensure your child has the correct equipment
- Encourage a healthy schedule mimic the school day
- Ensure your child has access to adequate ICT materials and notify us if support is needed
- Allow students to relax/reset if overwhelmed
- Liaise with Progress Leaders and allocated member of SLT if you have worries or concerns
- Download SIMS engagement application
- Ask your child to show you the work they have done at the end of each day

Revision schedule

- Due to current restrictions, and in the interest of maintaining the safety of our students, staff and parents, revision sessions will be delivered differently than in years gone by.
- This year, revision sessions will be conducted remotely using ZOOM video conferencing (as lessons were delivered during lockdown) or as a pre-recorded video for students to watch when appropriate.
- Specific details such as ZOOM meeting codes / YouTube links should be sent out via the class teacher / head of department.





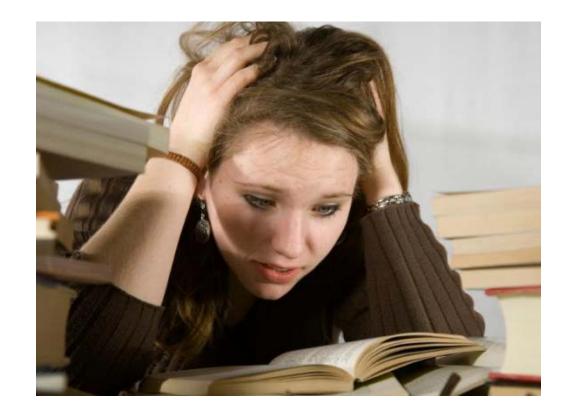


Exam stress

- What is 'exam stress'?
- How can you beat it?
- How can you stay healthy?

What is Exam stress?

- Exam stress occurs when you feel an increased sense of panic or anxiety in the days, weeks or months before, during or after an assessment or test of some sort.
- This may be a school examination, coursework or even a test of your skills at a hobby such as a music exam. Exam stress is most frequently short-lived - as soon as it is finished and you realise that you are free from studying for a few months, your stress levels diminish.



What are the symptoms?

It can be difficult to realise you are stressed, look out for the signs below to spot the signs early!

- A feeling of despair, anxiety or worry
- A feeling that you will never be able to get through enough work or preparation before the exam
- An inability to concentrate or to think clearly
- An inability to sleep because your mind is racing
- An inability to relax because you feel guilty that you are not working
- Migraines or headaches
- Prolonged tiredness
- Increased heart rate or a feeling of panic, perhaps even leading to a panic attack



Planning ahead...

Do

- Have your own revision timetable start planning well before exams begin. Your teacher should be able to help.
- Make your books, notes and essays user-friendly.
 Use headings, highlighting and revision cards, and get tips on other revision techniques from teachers and friends with experience of exams. You could also consider buying revision guides.
- Take notes of the important points when revising.
 Try to answer the questions of past exam papers
 explain answers to tricky questions to someone else.
- Everyone revises differently. Find out what routine suits you best - alone or with a friend or parent/carer; early morning or late at night; short, sharp bursts or longer sessions; with music or without noise.
- Ask for help from your teacher/learning mentor, parent/carer or a friend if there are things you don't understand.

Don't

- Don't leave revision to the last minute.
- Don't avoid revising subjects you don't like or find difficult.
- Don't forget that there is life beyond revision and exams.
- Don't cram ALL night before an exam.

How can I look after myself?

Remember it's important to eat and sleep well.



Put yourself first – this is an important time for you. Try to talk to your family about how they can make studying a little easier for you – for example, by agreeing times when you can have your own space, when they will try to be a little quieter around the house and when you'd rather not be disturbed (except perhaps for the occasional treat, such as a drink or snack).



How can I stay healthy?

Staying healthy when stressed can be extremely difficult – when stressed your body and mind will try to tempt you with comforting food; ultimately comfort food will only make you feel more stressed and tired...



What NOT to eat...

- Tea, coffee, cocoa, energy drinks
- Fast foods and takeaways
- Butter, cheese
- Meat and shellfish
- Sugar
- Soda, soft drinks and chocolate drinks
- Almonds, macadamias and other nuts
- Coconut oil



What you SHOULD be eating...

- Water
- Fresh vegetables
- Fresh fruits
- Fish
- Soups
- Yoghurts
- Herbal products



Accessing Visual Memory

You will need: A few different colour pens, a piece of paper.

- Ask the question to see how visual memory is accessed (normally up and to one side).
- Write the word *phenomenal* in different colours on the paper.
- Hold the paper up and to the side that visual memory is accessed.
- Bring it down and notice something different about the room.
- Repeat 4 or 5 times, breaking state each time.
- Turn the paper face down and look to the visual memory spot to see the word.
- Spell it out loud, try backwards as well as you see it.

What might you use this for other than spellings?



OF ELEMENTS IN THE PERIODIC TABLE



LEARNING THE TIMES
TABLES YOU USED TO
FORGET



EQUATIONS IN MATHS
THAT YOU NEED TO
KNOW



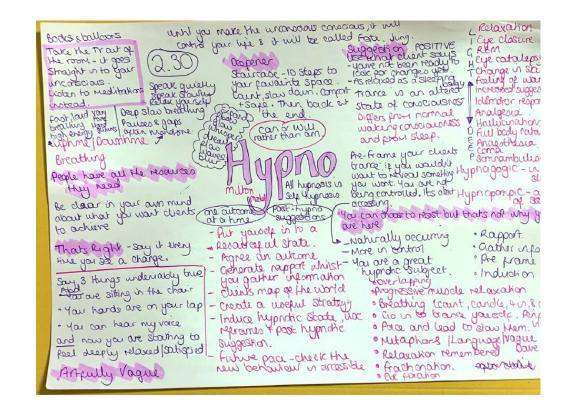
A TIMELINE OF DATES
IN HISTORY



BANK DETAILS....

Note taking, Mind Mapping and Condensing

- You will need a piece of paper, some different colour pens.
- You don't need to be creative or artistic!
- Templates are available to download if you don't know where to start.





What makes cliffs erode?

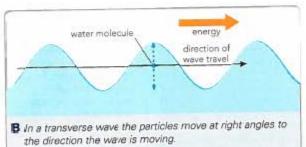
This house is about to collapse into the sea because the ground on which it stands has been worn away by the waves.

1 If the water in a wave moved in the same direction as the energy, what would happen to the water in a swimming pool if you made waves at one end?

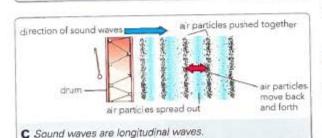
Sea waves **transfer** (carry) energy to the shore. When waves hit a cliff, the energy is transferred to the cliff and can wear it away. Water particles just move up and down as a wave passes – they aren't carried to the shore. Waves in which particles move at right angles to the direction that the wave is going are called **transverse**

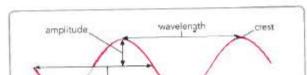


A Sea waves carry energy which can wear away a cliff.



waves.





Electromagnetic waves (such as light, radio waves, microwaves) are transverse and do not need a medium through which to travel.

Sound waves are not transverse. In a sound wave the particles move back and forth in line with the direction that the wave is going. These are longitudinal waves,

Earthquakes and explosions produce **seismic waves** that travel through the Earth. Solid rock material can be pushed and pulled (longitudinal seismic waves) or moved up and down or side to side (transverse seismic waves).

Frequency

Wave frequency is the number of waves passing a point each second. It is measured in hertz (Hz). A frequency of 1 hertz means 1 wave passing per second.

Wavelength

The wavelength of a wave is the distance from a point on one wave to the same point on the next wave, measured in metres.

Amplitude

The amplitude of a wave is the maximum distance

How fast the energy in a wave travels is the wave speed. There are two ways to work this out.

wave speed (metre/second, m/s) = distance (metre, m) time (second, s)

**

We can write this as symbols:

For example, if a wave carries a surfer 52 metres in 8 seconds, the wave speed is:

wave speed =
$$\frac{52}{8}$$
 = 6.5 m/s

The wave speed is also linked to the wave frequency and wavelength: wave speed (m/s) = frequency (Hz) × wavelength (m)

We can write this as symbols:

$$v = f \times \lambda$$

where λ (the Greek letter lambda) is the symbol for wavelength.

For example, if some waves of 13-metre wavelength have a frequency of 0.5 Hz then the wave speed is:

$$v = 0.5 \times 13 = 6.5 \text{ m/s}$$

- 4 Calculate: a the speed of light waves, which travel 90000000 m in 3 seconds
 b the speed of sound waves, which have a wavelength of 2 m and a frequency
 of 170 Hz
- (1) c the wavelength of seismic waves which travel at 5000 m/s and have a frequency of 100 Hz.
- 5 Draw a diagram of a transverse wave to help you explain what is meant by amplitude and wavelength. Then explain what is meant by frequency and wave speed and how these are connected to the wavelength.

2 Give two example of transverse waves and two examples

longitudinal waves.

3 Sea wave crests p
stick twice every ser

What is the frequen

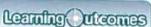
Skills spotlig

Scientists need to be able to write instructions for carry out observations. Write a brief plan for a way to work out th

a way to work out th wavelength of wave the sea if you are at end of a 50 m pier ar have a stopwatch.



The amplitude of a w is from the middle to top or bottom, not the distance from crast t trough.



- 1.12 Describe that waves transfer energy and information without transferring matter
- 1.13 Use the terms of frequency, wavelength, amplitude and speed to describe waves
- 1.14 Differentiate between longitudinal and transverse waves by referring to sound, electromagnetic and seismic waves
- 1.15 Use of both the equations below for all waves: wave speed (metre/second, m/s) = frequency (hertz, Hz) × wavelength (metre, m) $v = f \times \lambda$

