# Year 11 GCSE Success Evening

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#TeamLiskeard

## Aims of the evening

- To ensure you're aware of key dates over the year.
- To keep you in the loop on:
  - What's happening in school
  - Revision techniques
- To give you specific English, Maths and Science revision advice.
- To give you advice on how you can support your child at home.



# Key Dates – AUTUMN TERM

Thursday 14<sup>th</sup> September – EOY10 Exam Results and Y11 Progress Evening Sept/October – Revision support and additional Maths/English support begins Tuesday 17<sup>th</sup> October – GCSE Success Evening 1 Thursday 16<sup>th</sup> November – LSCC Sixth Form Open Evening Monday 20<sup>th</sup> November – Mock Exams begin Friday 15<sup>th</sup> December – Mock Exams end



# Key Dates – SPRING TERM

Monday 8<sup>th</sup> January – Mock Results Day

Friday 12<sup>th</sup> January – Y11 Taster Day in LSCC Sixth Form

Thursday 25<sup>th</sup> January – Y11 Progress Evening

Tuesday 6<sup>th</sup> February – GCSE Success Evening 2

End of February/Beginning of March – Second mocks in Maths, English and Science

Tuesday 26<sup>th</sup> March – GCSE Success Evening 3



# Key Dates – SUMMER TERM

Monday 9<sup>th</sup> May – GCSE Exams start

Wednesday 19<sup>th</sup> June – GCSE Exams end – (However, candidates must be available until Wed 26<sup>th</sup> June in case contingency plans have to be put in place).

Friday 28<sup>th</sup> June - Class of 2024 Prom, St Mellion

Thursday 22<sup>nd</sup> August – GCSE Results Day

Please note:

- Students are expected to be in school until their last exam has been sat so we can support them.
- Students will receive tailored and individualised timetables to take them to the end of their final exam.
- Subject specific teaching will continue until the exam in that subject is completed.

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# Important deadlines - NEA

- NEA stands for Non-Examined Assessment (used to be called Coursework).
- A number of GCSE subjects have an NEA element as well as a written examination paper.
- The stronger a student's NEA piece, the stronger position they are in when they sit down for the exam.
- Teachers will provide further advice and guidance on NEA in their subjects, including the dates they ned to be submitted by.
- Submission dates it's worth adding these to your family calendar.

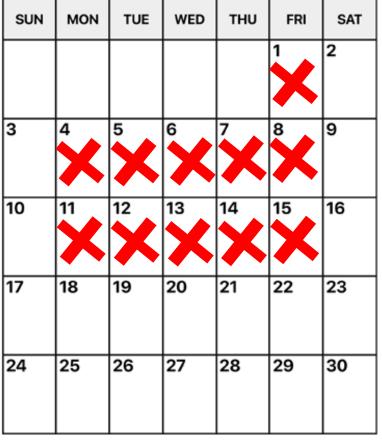
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## November Mocks

Please note, the final 2 weeks are practical exams and speaking exams only.

#### NOVEMBER 2023 MON TUE WED SUN THU FRI SAT

#### DECEMBER 2023



#### Year 11 Mock Nov/Dec Timetable

#### Y11 November Mock exam Timetable

Week 1 20/11/23	AM Tutor + P1 Exam line up 08:45 for exam start at 09:00	Period 2	Period 3/ Early lunch	Lunch Line up for exams 12:45	Exams start at 13:00 Lunchtime and Period 4 Students return to period 4 lessons
Monday 20 <sup>th</sup>	English Language 1h45m 0900 – 1045 (ET: 1115)				
Tuesday 21st	Science Biology Tril 1h15m 0900 – 1015 (ET: 1035) Science Biology Sep 1h45m 0900 – 1045 (ET: 1115)				Maths P1 1h30m 1300 - 1430 (ET: 1455)
Wednesday 22 <sup>nd</sup>	Maths P2 1h30m 0900 - 1030 (ET: 1055)			Line up for exams 12:45       Lunchtime and Period 4 Students return to period 4 lessons         Maths P1 1h30m 1300 - 1430 (ET: 1455)         Science Physics Tril 1h15m 1300 – 1415 (ET: 1435) Science Physics Sep 1h45m 1300 – 1445 (ET: 1515)         Geog P1 1h 1300 - 1400 (ET: 1415)	
Thursday 23 <sup>rd</sup>	English Literature 1h45m 0900 – 1045 (ET: 1115)				
Friday 24™			INSET		

Week 2 27/11/23	AM Tutor + P1 Exam line up 08:45 for exam start at 09:00	Period 2	Period 3 & Early lunch	Lunch Line up for exams 12:45	Exams start at 13:00 Lunchtime and Period 4 Students return to period 4 lessons
Monday 27 <sup>th</sup>	Maths P3 1h30m 0900 - 1030 (ET: 1055)				HSC 1h30m 1300 - 1430 (ET: 1455) Sport St. 1h15m 1300 – 1415 (ET: 1435)
Tuesday 28™	Drama 1h45m 0900 – 1045 (ET: 1115) Computing P1 1h30m 0900 - 1030 (ET: 1055) Astronomy 1h45m 0900 – 1045 (ET: 1115)				Child Dvlpmnt 1h30m 1300 - 1430 (ET: 1455) Product Design 1h30m 1300 - 1430 (ET: 1455)
Wednesday 29 <sup>th</sup>	Music 1h30m 0900 - 1030 (ET: 1055) Film St. P1 1h30m 0900 - 1030 (ET: 1055)				
Thursday 30th	Hosp. & Catering 1h30m 0900 – 1030 (ET:1055)				Business 1h45m 1300 – 1445 (ET: 1515)
Friday 1st	History 1h 15m 0900 – 1015 (ET: 1035)				

#### Y11 November Mock exam Timetable

Week 1 04/12/23	AM Tutor + P1 Exam line up 08:45 for exam start at 09:00	Period 2 10:50 – 12:05	Period 3 12:05 – 13:20	Lunch 13:20 – 14:00	Period 4 14:00 – 15:15	Period 5 15:15 – 16:15		
Monday 4 <sup>th</sup>		11B/Ar1, 11B/Ph1, 11B/Tx1 & 11B/Tx2 – Comp 1, day 1						
Tuesday 5 <sup>th</sup>	11B/Ar1, 11B/Ph1, 11B/Tx1 & 11B/Tx2 – Comp 1, day 2							
Wednesday 6 <sup>th</sup>	11C/Ar1 & 11A/Ph1 – Comp 1, day 1							
Thursday 7th	11C/Ar1 & 11A/Ph1 – Comp 1, day 2							
Friday 8th	11A/Cd1 & 11C/Cd1 – NEA 1 day							

Week 2 11/12/23	AM Tutor + P1 Exam line up 08:45 for exam start at 09:00	Period 2 10:50 – 12:05	Period 3 12:05 – 13:20	Lunch 13:20 - 14:00	Period 4 14:00 – 15:15	Period 5 15:15 – 16:15
Monday 11th		110	/Ph1 – Comp 1, day 1			
Tuesday 12 <sup>th</sup>						
Wednesday 13 <sup>th</sup>	11D/F1 – French Speaking Assessments (separate times for each student running all day)					
Thursday 14 <sup>th</sup>	11C/Sp1 – Spanish Speaking Assessments (separate times for each student running all day)					
Friday 15th	11B/Sp1 - 3	Spanish Speaking Assessm	ents (separate times for e	ach student runnir	ng all day)	

## Important Information -November Mocks

Individual timetables – will be issued before the exams. Students need to check their timetable carefully for exam start times and rooms. Please arrive 15mins before exam start time to be registered and seated, so that the exam can start on time as planned.

Unauthorised items – no phone, no watch of any kind, nothing that might be web-enabled allowed into the exam. Students must switch everything off and leave it in their bags or hand it to an invigilator. In the external exams if a phone rings in an exam room it has to be reported to JCQ and could result in disqualification so it is really serious.

Students must bring correct equipment to exams.

#### Unauthorised items

AQA

City & Guilds

OCR

Pearson

WJEC

#### NO MOBILE PHONES NO WATCHES

CCEA

NO POTENTIAL TECHNOLOGICAL/WEB ENABLED SOURCES OF INFORMATION



Possession of unauthorised items, such as a mobile phone or any watch, is a serious offence and could result in

DISQUALIFICATION

from your examination and your overall qualification.

# What is happening in school

#### Ongoing lessons:

- Every lesson counts
- Attendance matters

#### Guidance on:

- Suitable Revision sites/apps/materials from subject specialist teachers
- 'What, how and where' to revise do ask us if you're unsure

#### **Tutorial Sessions:**

- Monday Assemblies
- Tuesday, Wednesday, Friday Maths or English Morning Teaching
- Thursday Revision Strategies, Revision Planning

#### Period 5:

 Tuesday, Wednesday, Thursday – Period 5s in English, Science and Maths



# Revision Strategies – what we're focusing on in school...

- How to create a Revision Timetable
- 100 Hour Revision Challenge
- Flash Cards
- Mind Mapping
- Cornell Notes
- Revision Guides
- Exam Essentials



### How to create a Revision Timetable



Consider how much time do you have to revise. Prioritise and balance your subjects/topics. Break subjects into topics. Allocate 30 minute time slots. Plan what to do in each revision session. Stay flexible. Make your timetable achievable.



Leave everything until the last minute. Just focus on your favourite subjects. Just focus on the topics you feel happy with. Work on one subject for hours. Just pick up a random resource to revise. Get stressed if you can't follow your timetable.

### Flash Cards Great for testing and improving memory through practiced information retrieval.

Make your own flash cards.



Use pictures and words together to help your memory . Use mnemonics.

Put 1 question on 1 card (with the answer on the back).
Put 1 keyword on 1 card (with the definition on the back).
Break complex ideas down into multiple simple questions.
Using flash cards – test yourself, or get others to test you: Say answers out loud.
Use your cards from both sides.



Buy pre-made Flash Cards. Cram as many facts as possible onto one card. Assume that writing something once means you know it. Just read the flash cards.

# Mind Mapping

Great for collecting all information about a topic on one page and maximising the working of both sides of our brains.



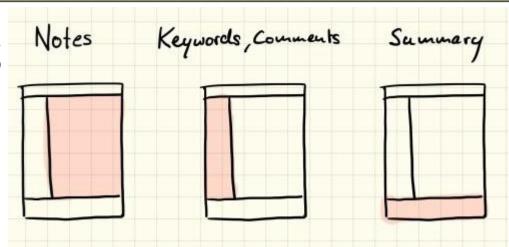
Use different colours for different topics. Use A3 paper to give you more room to get an entire topic on one page. Try to copy out your mind map from memory. Get someone to test you on it.



Create your mind map in black and white. Assume that writing something once means you know it. Just look at the Mind Map.

## Cornell Notes

A great method for taking notes, as well as organising and summarising notes.



Set your page out as above.

Write your title in the top section.

Write your main notes and key thoughts in the largest section. Write any keywords, comments, questions raised in the left column.





Summarise the information in the bottom section. Get someone to test you on your questions/ keywords/ summaries to practice active recall.

Write your notes over the entire page without sections. Just highlight key words.

#### Revision Guides – see Parent Pay Great for having all detailed and relevant information in one place.



Familiarise yourself with the content and layout so you can use them effectively.

Get someone to test you on the information in your revision guide to practice active recall.

Where there are exam questions, attempt them.

Use your revision guides to help you make Cornell notes, or Flash Cards.

Teach someone else the content.



Assume 'ownership = knowledge'. Just read your revision guides. Just highlight key words.

# Exam Essentials

Later in the year, students will receive an Exam Essentials document. It will also be accessible on our website. This is a summary of:

- all the subjects they're studying
- topics they need to know for each subject
- detailed information on the types of questions and exam advice
- dates of exams
- best resources to use for revision



D()s

Use it to help plan revision for the run up to the summer. Consider the topics you need to work on, dates of the exams, number of papers in the subject, suggested resources.



Assume 'ownership = knowledge'.

Maths Claire Ollerenshaw – collerenshaw@liskeard.net

English Ceri Shilling – cshilling@liskeard.net

**Science** Will Broad – wbroad@liskeard.net



# Preparing for GCSE Mathematics



# The Exam

		Please write clearly in block capitals.	
	arddate number	Certe number Candidate number Sumame Forename(s) Candidate signature	
Cente number	s). 18-10 wer.	GCSE MATHEMATIO Higher Tier Pe Materials For this paper you must have: • mathematical instruments • the formulae share (inclusted You must not use a calculator. Instructions • Use black hisk ball-per	
	Name         20-27 28-27 28-27         20-27 28-27         Number of State         8300/1F           rg pager.         TOTAL         Number of State         8300/2F	You must answer the question     You need exits a gape for you     of his book. Write the question     of his book.     of hi	is in the signer on ur answerd     - mathematical instruments     2-3       Instructions
8300 N 2 2 8 3 0 0 3 F 0 1	<sup>3</sup> 3 x 1 ½ h	our paper.	JUN2205003H01 BMJ00EB 8300/3H
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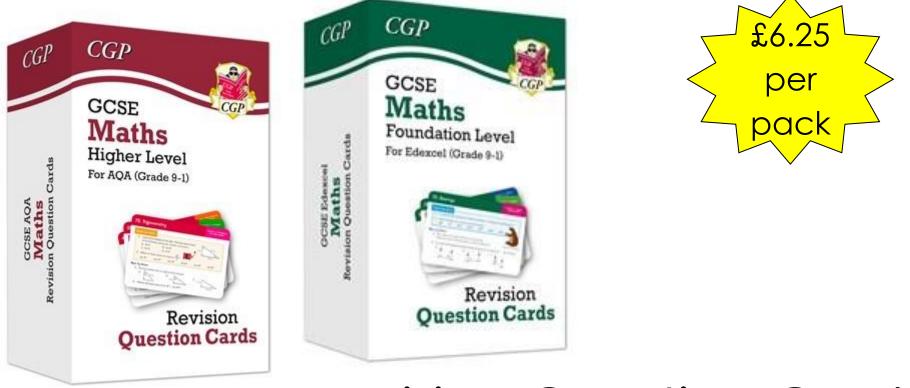
# The best way to revise maths is to do some maths...



# Revision Guides & Workbooks



#### The best way to revise maths is to do some maths...



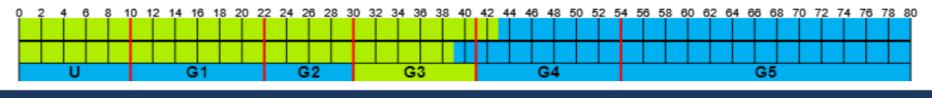
## **Revision Question Cards**





## www.onmaths.com





Q1 - Q42

(2)

Mark

**Q26** 

Write all the possible integer values of x.

 $1 < x \le 6$ 

Separate answers with commas.



# HTeamMaths

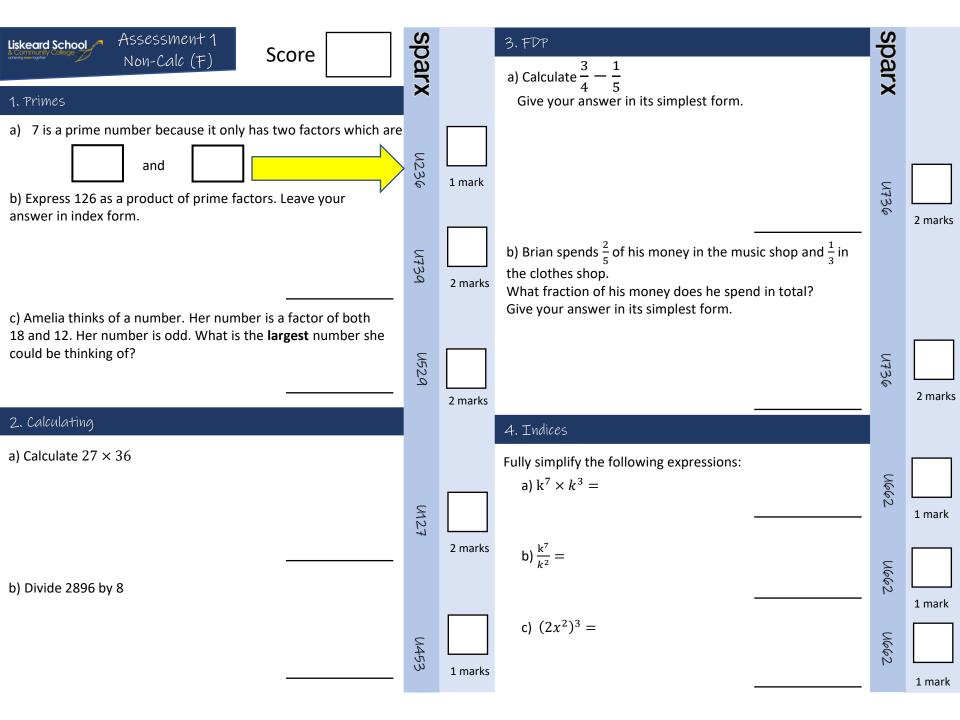
The best way to revise maths is to do some maths...

# sparx

### Maths. Reimagined.

www.sparx.co.uk

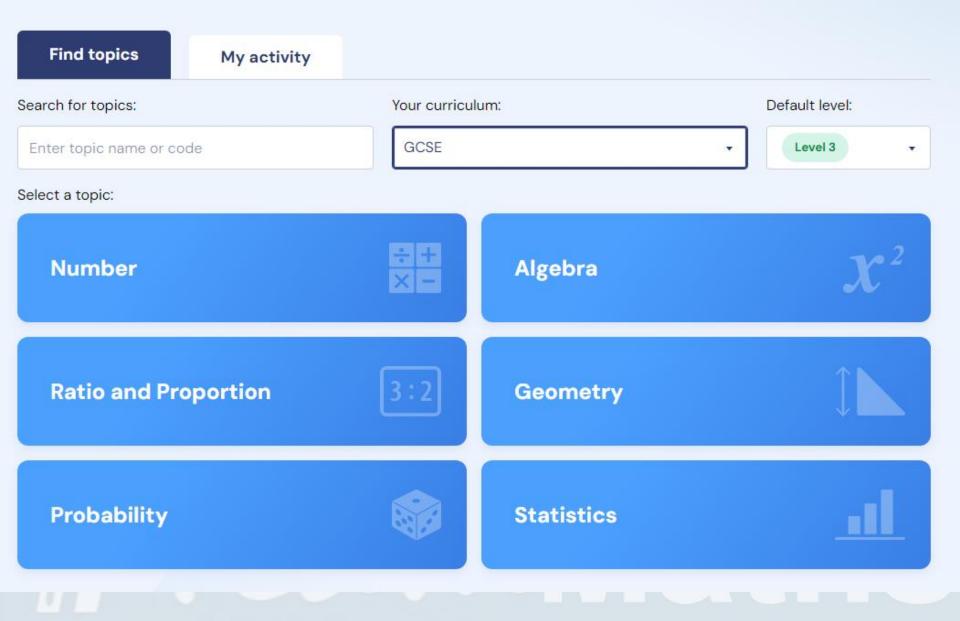




# Independent Practice – target your areas of weakness

1		_	-	-	-		
Questions	Торіс		So	core		Sparx Code	
1	Reading, converting and calculating with time		1	1 :	1	U902	
2	Identifying parts of circles		1	1 :	1	U767	
3	Ordering fractions, decimals and percentages			1 :		U594	
4	Calculating with roots and powers			1 :		U851	
5	Simplifying expressions by collecting like terms			1 :		U105	
6a	Interpreting two-way tables			1 :		U981	
6b	Interpreting two-way tables, Writing numbers as percentages of other numbers			1 :		U981, U925	
7	Finding fractions of amounts without a calculator		3		3	U881	
8	Writing numbers as percentages of other numbers		2	1 :	2	U925	
<b>∂</b> a	Finding the area and perimeter of simple shapes			1 :		U993	
9b	Finding the area of parallelograms			1 :		U424	
9c	Line and shape properties			1 :		U121	
10a	Using a written method to divide integers	_		1 :		U453	
10b	Multiplying and dividing with place value			1		U735	
11a	Solving direct proportion word problems			1		U721	
11b	Solving direct proportion word problems			1		U721	
11c	Solving direct proportion word problems, Finding fractions of amounts			1		U721, U881	
 12a	Converting units of length, Adding and subtracting decimals			1		U388, U478	
12b	Writing and simplifying ratios			1		U687	
13	Using algebraic notation			1 :		U613	
14	Using a written method to multiply decimals	_	_	1		U293	
15a	Solving equations with the variable on both sides			1 :		U870	
15b	Solving equations with two or more steps			1		U325	
16a	Using equivalent ratios to find unknown amounts		3	1	3	U753	
16b	Writing probabilities as fractions			1		U408	
17	Converting between fractions, decimals and percentages			1		U888	
18	Sharing amounts in a given ratio			1		U577	
19	Writing algebraic proofs			1		U582	
20	Interpreting frequency tables with grouped data			/ :		U312	
21a	Understanding column vectors			1		U632	
21b	Multiplying column vectors by a scalar			1		U564	
21c	Adding and subtracting column vectors			1		U903	
22	Operations with fractions			1		U736, U544	
23	Solving double inequalities			1		U145	
24	Venn diagrams, Finding fractions of amounts without a calculator			1		U476, U881	
25	Index rules with positive indices, Writing and simplifying ratios			1		U235, U687	
26	Percentage change without a calculator, Writing and simplifying ratios					U773, U687	
20	Unknown sides in right-angled triangles, Exact values of trigonometric ratios	_	_	/		U283, U627	
21		otal 4				5205, 0027	
		o car -	"	/ •	~		

#### Independent Learning





#### Students made 83% more progress with just 15 minutes of practice every week

Students using Sparx Maths Homework made 83% more progress with just 15 minutes of practice (in comparison to those who did no homework). For each further 15 minutes of practice they made 67% more progress.



#### **1 hour** of Sparx Maths a week significantly improves grades

External research conducted by RAND Europe and Cambridge University found that using Sparx Maths for **1 hour** a week significantly improves grades.



#### Achieving success in English

Knowing what to expect in your exams. Knowing how to revise. Knowing how to answer the questions.



# What will be in the mock exams?

There will be two exams in the mock in November:

Language paper 1 – 1 hour and 45 minutes Literature paper 1 – 1 hour and 45 minutes

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(This represents **half** of the papers for the final exam, where there will be two papers for each GCSE.)

### English language paper 1

Section A: (1 hour)

There will be an extract from a piece of fiction.

Students will then be asked to answer **four questions** to assess their comprehension and analysis skills.

There are frameworks and instructions in their core knowledge books, which can also be found on the website.

## English language paper 1

There are frameworks and instructions in their core knowledge books, which can also be found on the website.

Core knowledge sheet link

The best revision will be:

- Know exactly what the questions will look like
- Know what the examiners are looking
- Learn the frameworks for answering each question type
   All of this can be found in the booklet online.
   Liskeard School

# English language paper 1

Section B: (45 minutes)

Students will be asked to write descriptively, based on an image or a written prompt.

They will be assessed on:

- Vocabulary
- Punctuation
- Paragraph structuring
- Sentence structures
- Use of language techniques
- Crafting of language



0 5

Your local newspaper is running a creative writing competition and the best entries will be published.

Either

Write a description of a fishing village, as suggested by this picture:



or

Write a story about an unlikely friendship.

(24 marks for content and organisation 16 marks for technical accuracy) [40 marks]

It will look similar to this, but could be a painting or piece of art, rather than a photo.

There are hints and tips in the language booklets.

#### Students should know:

- a range of high level vocabulary to describe different situations, e.g. weather, places, people, colours
- How to use a range of techniques
- How to use a range of punctuation accurately

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How to vary sentence<u>s</u>

# **English literature paper 1**

There are **two** questions to answer in this paper:

One question about Macbeth One question about A Christmas Carol

They will both have an extract to analyse, along with a question which requires them to write about the **whole text**.





#### Charles Dickens: A Christmas Carol

Read the following extract from Chapter 2 of A Christmas Carol and then answer the question that follows.

In this extract, the Ghost of Christmas Past shows Scrooge his last meeting with Belle.

This was not addressed to Scrooge, or to any one whom he could see, but it produced an immediate effect. For again Scrooge saw himself. He was older now; a man in the prime of life. His face had not the harsh and rigid lines of later years; but it had begun to wear the signs of care and avarice. There was an

- 5 eager, greedy, restless motion in the eye, which showed the passion that had taken root, and where the shadow of the growing tree would fall. He was not alone, but sat by the side of a fair young girl in a mourning-dress: in whose eyes there were tears, which sparkled in the light that shone out of the Ghost of Christmas Past.
- 10 "It matters little," she said, softly. "To you, very little. Another idol has displaced me; and if it can cheer and comfort you in time to come, as I would have tried to do, I have no just cause to grieve."

"What Idol has displaced you?" he rejoined.

"A golden one."

15 "This is the even-handed dealing of the world!" he said. "There is nothing on which it is so hard as poverty; and there is nothing it professes to condemn with such severity as the pursuit of wealth!"

"You fear the world too much," she answered, gently. "All your other hopes have merged into the hope of being beyond the chance of its sordid reproach. I have

20 seen your nobler aspirations fall off one by one, until the master-passion, Gain, engrosses you. Have I not?" "What then?" he retorted. "Even if I have grown so much wiser, what then? I am

not changed towards you." She shook her head.

25 "Am I?"

"Our contract is an old one. It was made when we were both poor and content to be so, until, in good season, we could improve our worldly fortune by our patient industry. You are changed. When it was made, you were another man." "I was a boy," he said impatiently.

30 "Your own feeling tells you that you were not what you are," she returned. "I am. That which promised happiness when we were one in heart, is fraught with misery now that we are two. How often and how keenly I have thought of this, I will not say. It is enough that I have thought of it, and can release you."

# They will look similar to this.

0 8

Starting with this extract, explore how Dickens presents the effects of greed in A Christmas Carol.

Write about:

- how Dickens presents the effects of greed in this extract
- how Dickens presents the effects of greed in the novel as a whole.

[30 marks]



# **English literature paper 1**

- 1. Make sure students know that they are **only** answering questions on *Macbeth* and *A Christmas Carol* (there are other options that we do not study).
- 2. Students should learn the core knowledge from the literature core knowledge booklets:

<u>Macbeth core knowledge booklet</u> <u>A Christmas Carol core knowledge booklet</u>

These have the essential information in them – this should be learned as a basic starting point.

# **English literature paper 1**

The best way to get a good grade in literature is to know the texts incredibly well.

Plot – what happens and in what order? Characters – who's involved and what are we supposed to think about them? Themes – what are the big ideas of the texts? Messages – why did the writers create these texts?



#### English literature paper 1 -Useful revision techniques

- Learning some short, useful quotations – flash cards
- Short planning activities what would you use in an essay about...?
- Quick fire questions what happens before and after this episode?
- Quick links which parts of the texts relate to...

- Learning the prepared introductions
- Mindmapping the ideas from the texts
- Pairing quotations up what would be a useful contrast across the text and why?



## Other useful websites

**BBC Bitesize** 

Seneca learning

Dr Aidan's YouTube channel

Mr Bruff's YouTube channel

Mrs Whelan's YouTube channel



Year 11 Mock Preparation Science Liskeard School & Community College achieving more together Science Faculty Building Success, Curiosity & Resilience

# **Qualifications-Science**



#### **Combined Science**

AQA GCSE Combined Science Trilogy

**Two full GCSEs in Science** 

End of Y11: Six 1hr 15 minute Exam Papers Separate Science

AQA GCSE Biology

**AQA GCSE Chemistry** 

**AQA GCSE Physics** 

Three Separate full GCSEs in Science

> End of Y11: Six 1hr 45 minute Exam Papers

# Science November Mocks

# AQA

#### **Combined Science**

#### 2x 1hr 15 minute Exam Papers

#### **Biology Paper 2**

- Homeostasis & Response
- Genetic Inheritance & Evolution
- Ecology

#### Physics Paper 2

- Forces
- Waves
- Magnetism & Electromagnetism

#### Separate Science

#### 2x 1hr 45 minute Exam Papers (1 each)

#### **Biology Paper 1**

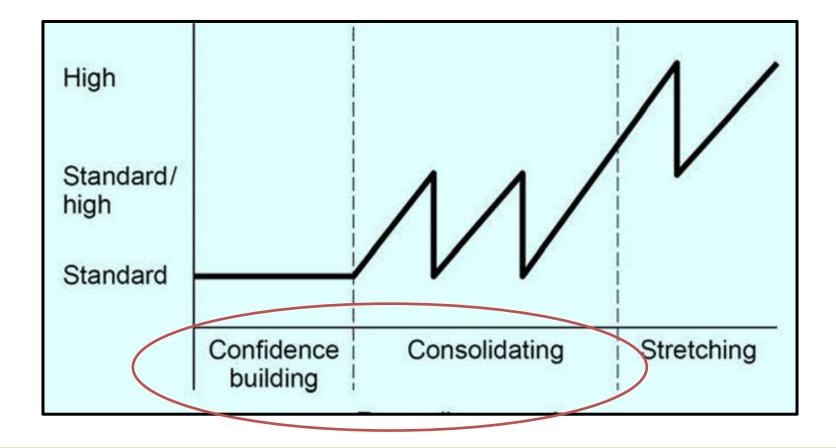
- Homeostasis & Response
- Genetic Inheritance & Evolution
- Ecology

#### **Physics Paper 2**

- Forces
- Waves
- Magnetism & Electromagnetism
- Space science

Chemistry is heavily assessed later in the year! but <u>not</u> in these mocks. This is to stop confidence being knocked early in Y11.

#### Paper structure

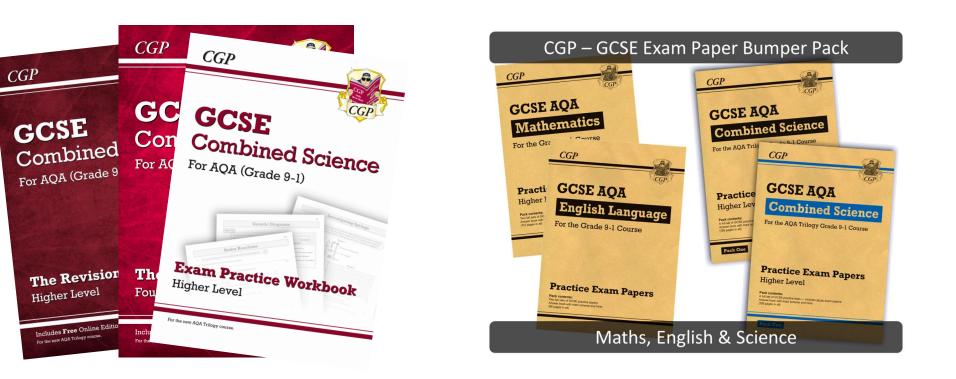


During the middle part of the paper questions will gradually get more difficult, but after every hard question there will be some much easier ones!

## Get prepared: Revision Guides & Workbooks

Students should have revision guides. Workbooks can be helpful to parents- monitor what is completed in the workbook each week.

# Make sure you get the right one For combined or Separate science! All on Parent Pay



# To do now!

# Get yourself equipped...

## ✓ Be prepared, <u>every</u> science exam/ lesson you need:

#### ✓ Purple Pen

- ✓ <u>Scientific</u> Calculator
- ✓ Normal Pen & Pencil
- ✓ Ruler
- ✓ Highlighter

✓ Make sure you know what your Mock revision plan isin the next few of weeks.

 ✓ Make sure you know how to access the right resources for our exam board- we are AQA.
 ✓ For HT you will need a protractor too!



#### satchel: One Carousel-Learning.com

- It's 10-25mins a week.
- All on Satchel:One. Parents can monitor this. Science suggests the following with HW to help long term memory:



Science revision

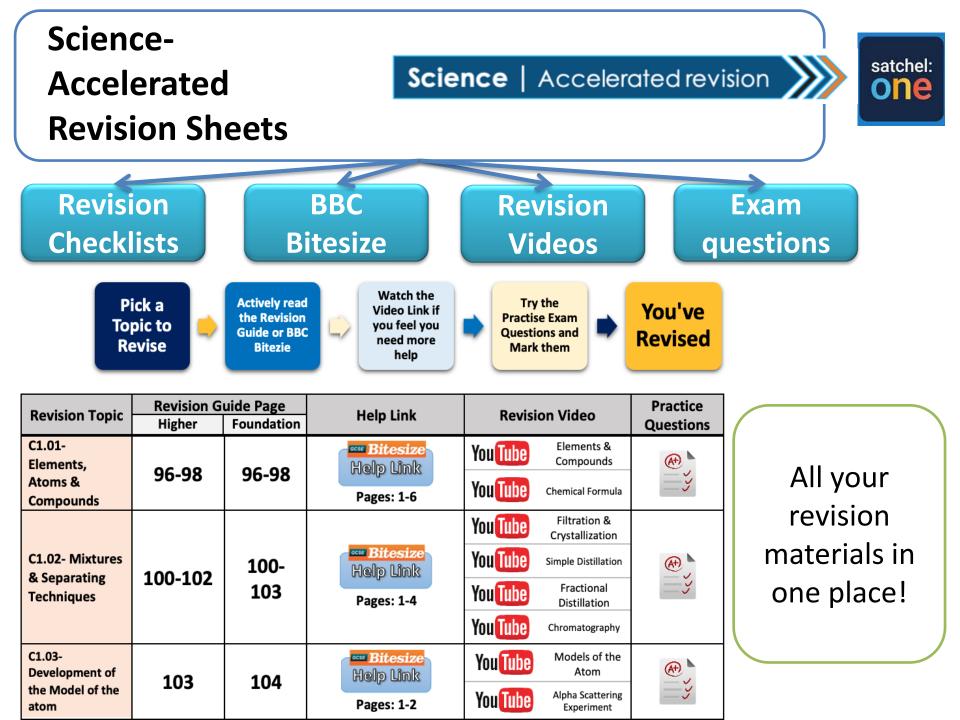
 hour for each subject, each week.
 Biology

**Chemistry** 

**Physics** 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teacher sets homework	5-10 mins flashcards	10-15 mins flashcards	Quiz + mark	5-10 mins flashcards	Retake quiz	Homework due

There is a helpful Tips for Parents document available. Please collect before you leave.



### **Dangerous Revision**

Don't revise in your comfort zone. Make sure you focus on the areas that will move you forward

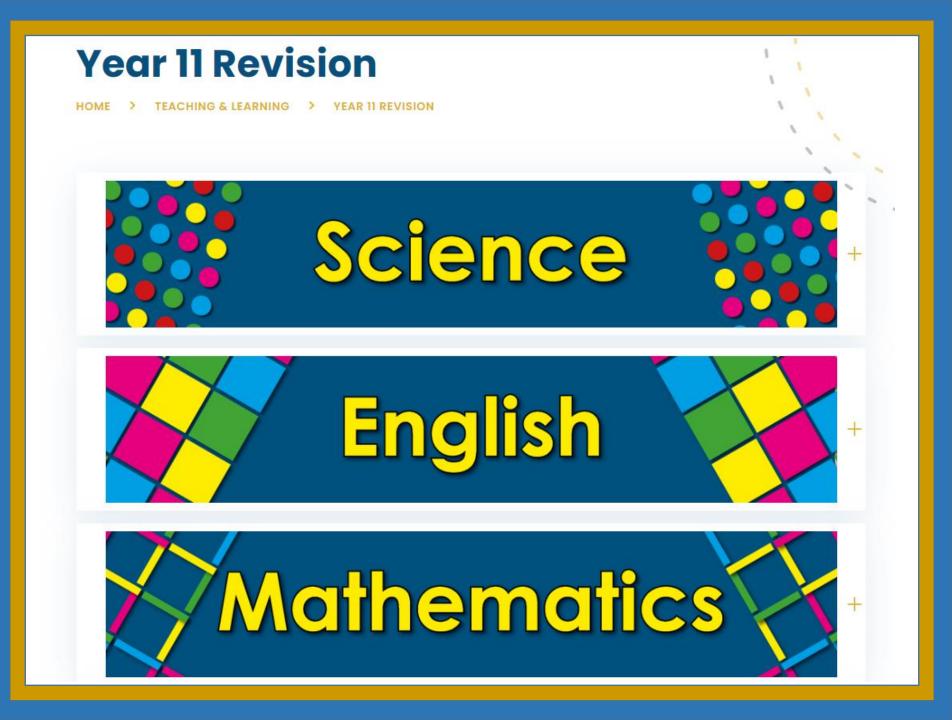
# Where the magic happens

zone

Comfort

# Subject Specific Materials on our website

		Vacancies → Admin → Quickli
Liskeard School & Community College	About Us	& Events Teaching & Learning Information Sixth Form Contact
		Assessment & Exams
		Behaviour & Rewards
		Careers
		СРД
		Curriculum
		External Links
		Extra-Curricular
		Home Learning
		Pastoral Support
		SEND
		Supporting your Child
		Year 9 Options
		Year 6 to 7 Transition
		Year 11 Revision
		<i>wLiskeard</i>





French

**Exam Essentials - GCSE French** 

**Personal Learning Checklist** 

**Knowledge Organisers** 

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Spanish

# Why is this all so important?

- Success in exams
- Life chances
- Next steps





# Thursday 16th November | 5-7 pm

#### Talk in the New Hall at 5 pm | Meet the Teachers at 5:30 pm

Email: sixthform@liskeard.net | Tel: 01579 325734 / 325733 Web: www.liskeard.net/sixth-form



# How you can help at home

- Ensure your child attends school.
- Add key dates to family calendars.
- Be involved in revision sessions test them and allow them to teach you!
- Support your child to stick to their Revision Timetable.
- Help them to have a quiet place to study and minimise distractions.
- Make sure they have breaks.
- Encourage good sleeping habits.
- Encourage exercise.
- Ensure they eat breakfast.
- Have tasty snacks, support and motivation on hand!

Remember that you are also a part of III TeamLiskeard