

# How do I support my student with exams and revision?



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Success doesn't come from what you do occasionally, it comes from what you do consistently.

Marie Forleo


quote fancy

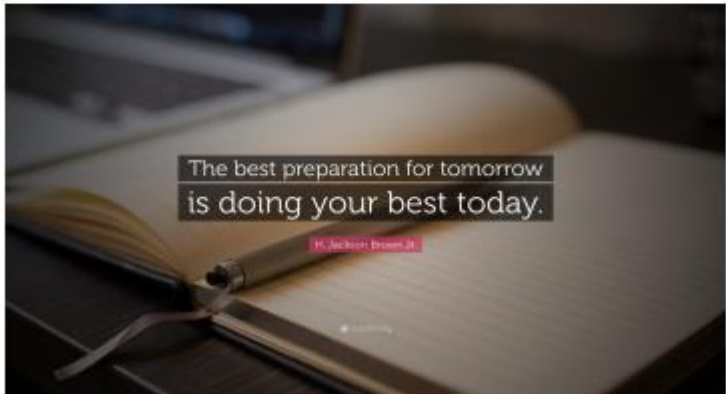
PREPARE TO PERFORM

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 Issue 1 October 2024



The best preparation for tomorrow is doing your best today.



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Welcome to issue one of the Year 11 Prepare to Perform Newsletter. Every month we are going to share what has been happening at Noadswood to support your student as they prepare for their GCSE exams and post 16 education. We will also be providing a link to the P2P calendar so you can see what's coming up and how best to help your student at home. There will be top tips to keep both your students physical and mental health well throughout their final year of school and beyond.


[KS4 Revision Plan 24-25.pdf \(noadswood.hants.sch.uk\)](#)

## Using Flashcards

Information for parents and carers

### Did you know?



Using flashcards is a repetition strategy. They are a simple 'cue' on the front and an 'answer' on the back. Flashcards engage students in "active recall", which means they are creating connections with their memory.

Research shows that using flashcards can enhance long-term learning and help students to memorise facts quickly. Flashcards are not an effective method for last-minute cramming!

Studies have found that it's more effective to review a whole stack of cards in one sitting rather than to carry them around and have students glance at them every so often.

 **A DIFFERENT FISH FINGER SANDWICH**

**A DIFFERENT FISH FINGER SANDWICH. OR FISH BURGER. SERVES 4 AS A DIFFERENT KIND OF BUTTIE.**

8 slices bread or 4 of your favourite buns  
2 whole haddock fillets, weighing about 300g in total, skinned  
1 small bag spiced or salted nachos, crushed to the size of breadcrumbs  
50g plain flour  
2 eggs, beaten

A pan of vegetable oil for shallow frying or a fryer, set to 175°C.

**METHOD:**  
Blitz or crush the nachos and pour into a bowl.  
Pour the beaten egg into a separate bowl.  
Place the flour into a third bowl and arrange them in the following order; flour, egg then crushed nachos.  
Cut fish fillets into finger sized pieces, resembling fish fingers.  
Place each piece of fish into the flour, then the egg and finally the nacho 'crumbs'.  
Once all the fish has been crumbed, carefully lower into the oil and cook for 4 to 5 minutes, until golden brown.  
Now the bun is up to you; I like mine toasted with lettuce, tomatoes, gherkins and mayonnaise, maybe even keep a few of those nachos for on the side.



**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**  
Helps improve mood, regulates blood pressure and stabilises blood sugars.  
**The best time to eat this dish:** At lunchtime before an exam or afternoon of revision.  
**Reason:** Haddock is high in protein, low in fat and packed full of essential B vitamins. All the nutrients in this dish are useful for helping our bodies stay energised and motivated. Omega 3s stimulate brain function and increase your concentration. Wholemeal bread or buns will maintain your energy levels for longer and enhance your memory function.

This dish has been specially created by celebrity chef, Mark Lloyd.

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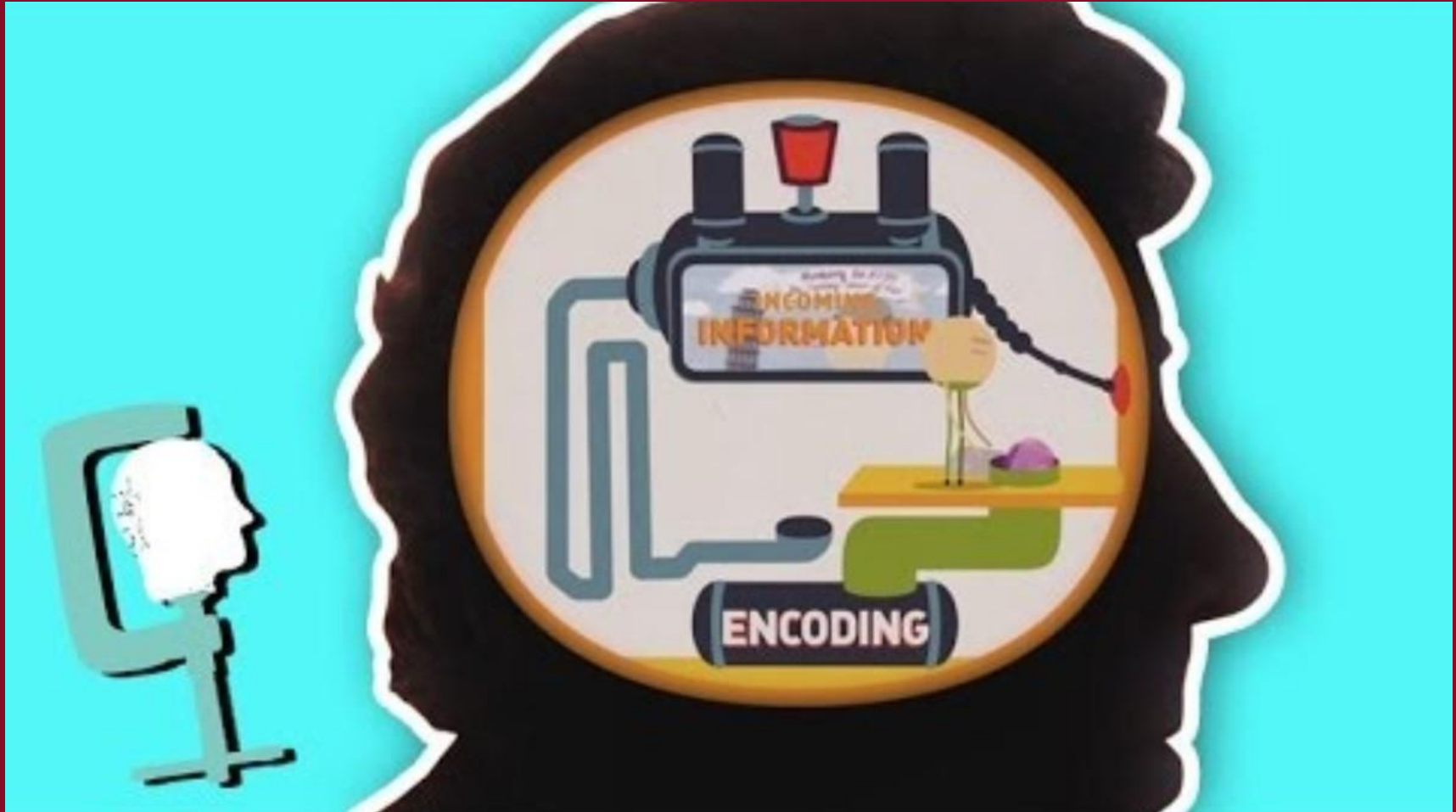
Autumn Term 2024 Year 11						
Week	Date	Revision Focus After School	Fixtures & Events	Exams	College Dates	Other key dates
September	Mon	2-Sep	Inset Day			
	Tues	3-Sep	Year 7 ONLY			
	Weds	4-Sep	BACK TO SCHOOL			
	Thurs	5-Sep				
	Fri	6-Sep				
	Mon	9-Sep				
	Tues	10-Sep		Netball U16		College Assemblies
	Weds	11-Sep				College Assemblies
	Thurs	12-Sep		Rugby U16		College Assemblies
	Fri	13-Sep				Year 11 Photographs
	Mon	16-Sep	Science 2:55-3:25pm / Maths 3:30-4pm	Dance Live		
	Tues	17-Sep	French 2:55-3:25pm / Art Catch-Up 3-4pm	Netball U16		
	Weds	18-Sep	Dt/Food 3-4pm			
	Thurs	19-Sep	History or Geography 2:55-3:25pm / German or Spanish 3:30-4pm	Careers Fair at Noadswood / Rugby U16		
	Fri	20-Sep				
	Mon	23-Sep	Maths 2:55-3:25pm / Science 3:30-4pm	Dance Live		
	Tue	24-Sep	French 2:55-3:25pm / Art Catch-Up 3-4pm	Netball U16		
	Wed	25-Sep	Dt/Food 3-4pm			Barton Peveril & Brockenhurst Open Event
	Thu	26-Sep	Computer Science/Child D, HS&C, Dance 2:55-3:25pm / German or Spanish 3:30-4pm	Rugby U16		Barton Peveril Open Event
	Fri	27-Sep	Inset Day			
October	Mon	30-Sep	Science 2:55-3:25pm / Maths 3:30-4pm	Dance Live		
	Tue	1-Oct	French 2:55-3:25pm / Art Catch-Up 3-4pm	Netball U16		
	Wed	2-Oct	Dt/Food 3-4pm			
	Thu	3-Oct	History or Geography 2:55-3:25pm / German or Spanish 3:30-4pm	Rugby U16		
	Fri	4-Oct				
	Mon	7-Oct	Maths 2:55-3:25pm / Science 3:30-4pm	Dance Live		Sparsholt College Open Event
	Tue	8-Oct	French 2:55-3:25pm / Art Catch-Up 3-4pm	Netball U16		
	Wed	9-Oct	Dt/Food 3-4pm			
	Thu	10-Oct	Computer Science/Child D, HS&C, Dance 2:55-3:25pm / German or Spanish 3:30-4pm	Rugby U16		Southampton City College Open Event
	Fri	11-Oct				
	Mon	14-Oct	Science 2:55-3:25pm / Maths 3:30-4pm	Dance Live		Brockenhurst Open Event
	Tue	15-Oct	French 2:55-3:25pm / Art Catch-Up 3-4pm	Netball U16		Fareham College Open Event
	Wed	16-Oct	Dt/Food 3-4pm			
Thu	17-Oct	History or Geography 2:55-3:25pm / German or Spanish 3:30-4pm	Rugby U16			

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**STUDY BREAKS**  
INCREASE YOUR PRODUCTIVITY  
How to do it properly?

 <p>Have a Healthy Snack</p>	 <p>Drink Water</p>	 <p>Listen to Music</p>
 <p>Socialize</p>	 <p>Exercise</p>	 <p>Leave your study space and walk to somewhere with nature</p>



**BEFORE YOU START REST UP!**

**9-11 TOTAL HOURS OF SLEEP A DAY**

**A LACK OF SLEEP CAN CAUSE:**

- POOR ACADEMIC PERFORMANCE
- BEHAVIORAL ISSUES
- FATIGUE AND HEADACHES
- DEPRESSION\*

**HYDRATE**

IMPROVE CONCENTRATION BY DRINKING A MINIMUM OF 6 CUPS OF WATER PER DAY\*\*.

MILD DEHYDRATION (THE LOSS OF WATER) CAN LEAD TO POOR MEMORY AND BRAIN PERFORMANCE.

**FOOD IS FUEL**

FOR ENERGY AND BRAINPOWER

BOTH THE BRAIN AND THE BODY NEED GOOD NUTRITION TO STAY ALERT AND FUNCTION WELL.

**POWER SNACKS**

APPLE SLICES WITH PEANUT BUTTER, MIXED FRUIT CUP OR VEGGIES WITH HUMMUS

**HEALTHY SNACKS**

**GIVE YOUR BRAIN A BREAK!** "BRAIN BREAKS" ARE SHORT, ENERGIZING BURSTS OF ACTIVITY THAT BOOST BLOOD FLOW, SEND OXYGEN TO THE BRAIN AND HELP YOU RETAIN INFORMATION\*\*\*

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# How do I support my student with exams and revision?



Intro: 6pm

Session 1 6:25-6:45

Session 2: 6:50-7:10pm

Session 3: 7:15 – 7:35pm

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