

If I am not for myself who will be for me?  
If I am only for myself, who am I?  
If not now, when?  
*(Ethics of the Fathers 1:14)*



**Year 11 GCSE Mock Exams**  
**Key information and support strategies webinar**  
**Thursday 9<sup>th</sup> November 6:00pm-7:00pm**



# Outline for this evening

1. Welcome from the headteacher (MPH)
2. How mocks work - Information, dates, timetable, purpose (BAB)
3. Revision, wellbeing and pastoral support (LPA)
4. Answering pre submitted questions



# Key information for the mock exams

- Mock exams will take place from **Wednesday 22nd November** to **Wednesday 6th December**.
- Year 11 students will sit all examination subjects.
- Students will attend all lessons when they are not sitting an exam.
- Students will attend all lessons in between exams. There is no study leave.



**WINTER MOCKS 2023 - EXAM TIMETABLE**

	Monday 20th November	Tuesday 21st November	Wednesday 22nd November	Thursday 23rd November	Friday 24th November
AM 8:45-11am	NO EXAMS		GCSE Spanish Listening	GCSE English Language	GCSE RS Paper 1
MID AM 11:30-1:30pm	NO EXAMS		GCSE Geography	GCSE History Paper 1	GCSE PE Paper 1
PM 2pm- 4pm			GCSE Maths Paper 1 - (Non Calc)	GCSE Biology Paper 2 / Combined Science Biology Paper 1	GCSE Music
					NO EXAMS
	Monday 27th November	Tuesday 28th November	Wednesday 29th November	Thursday 30th November	Friday 1st December
AM 8:45-11am	GCSE Chemistry Paper 2 / Combined Science Chemistry Paper 1	GCSE Maths Paper 2 - (Calc)	GCSE History Paper 2	GCSE Sociology	GCSE Computer Science Paper 1
MID AM 11:30-1:30pm	GCSE Food and Nutrition GCSE Drama GCSE Design Technology	GCSE PE Paper 2 CNAT Sport Studies	NO EXAMS	GCSE Spanish Writing	NO EXAMS
PM 2pm- 4:30pm	GCSE English Literature	GCSE Physics Paper 1 / Combined Science Physics Paper 1			
	Monday 4th December	Tuesday 5th December	Wednesday 6th December	Thursday 7th December	
AM 8:45-11am	GCSE Chemistry Paper 1 / Combined Science Chemistry Paper 2	GCSE Computer Science Paper 2	NO EXAMS	NO EXAMS	NO EXAMS
MID AM 11:30-1:30pm	NO EXAMS	NO EXAMS			
PM 2pm- 4:30pm		GCSE Physics Paper 2 / Combined Science Physics Paper 2	GCSE Maths Paper 3 (Calc)		

# The purpose of mock exams

Mock exams are important because it allows all students to:

- **Practice sitting exams** - replicate the experience of sitting an exam
- **Practice using revision techniques** - crucial in committing content to memory
- **Produces data** - this is used to identify gaps in learning and to intervene early with the relevant support strategies.





# Exam admin – A message from the Exams Officer

- Morning exams – 8:45am start
- Mid-morning exams – 11:30am start (except for Friday 24th November – 11:45am)
- Afternoon exams – 2.00pm start
- There will be a line up procedure for exams
- If your child is not going to be in for an exam due to illness, please call email the exams officer on the morning of the exam (as well as reporting to the school office as normal):

[hgrantbampton1.317@kshsonline.uk](mailto:hgrantbampton1.317@kshsonline.uk)





# Equipment expectations – Students must bring into the exam room...

- School ID / lanyard – must be placed on your exam desk in the top right-hand corner face up
- Black Bic type pen x 2
- Ruler
- Rubber
- Compass
- Protractor
- Scientific calculator (only for exams that allow one)
- Clear pencil case – no markings on it at all
- Clear water bottle – buy a bottle of Evian / Volvic and rip the label off – bring to every exam

**Your child will NOT be allowed back out of the exam room once you are inside, so they need to make sure they have everything they need before entering.**



# Students should not bring the following into the exam room

- Mobile phones
- All watches
- All headphones – including air Pods, earphones and earbuds
- MP3/4 players
- Electronic devices – anything that can access the WIFI / internet
- Calculator lids and/or calculator information booklets
- Water bottle labels or water bottles that are not completely plain
- Non-see-through pencil cases including tinned maths equipment
- No notes / gel pens / tippex or correcting fluid
- No bags or coats





## Reinforce and remind...

- Emphasise to your child the importance of following the exam board rules.
- Any students misbehaving in the exams will be sanctioned in accordance with our behaviour policy.
- Your child's seat number can be found on their exam timetable
- Students sitting their exams in another room need to go straight to that room at the allocated times.
- Complete silence must be maintained from the moment your child enters the exam hall until after they leave the exam hall.



# Malpractice = Breaking the rules

- Communicating verbally / non – verbal / body language / signalling to another candidate
- Bringing into the exam room one of the prohibited items mentioned previously
- Cheating or attempting to cheat – including use of notes
- Students should re-read and familiarise themselves with the JCQ information documents sent out via teams



# Revision and preparation

What has been included in the year 11 Revision team (Year 11 Revision 23-24)

For each subject students will find:

- Topic checklist
- Exam information
- Guidance on how to answer exam style/specific questions with model answers.
- Exam style questions/practice papers
- Mark schemes that allow students to check their understanding



# What can parents and carers do to support their child with revision?

1. Help them to be organised
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Positive sleep patterns
6. Unplugging
7. Be supportive

Each day you can support your child to make choices which can impact how they perform during the exam period





# Flashcards

Flashcards are an effective way for students to revise information using a ‘chunking method’.

Students can utilise flashcards by writing a key question and then an answer as well as key words and their definitions.

At home, flash cards are a great way for parents to help their children with revision as you can ask the question/select a keyword and the students can reply with their answer being checked.

<p>Question: Identify the functions of the skeleton</p>	<p>Answer: Protection, Support, movement, storage of minerals and blood cell production.</p>
<p>Key word: Agility</p>	<p>Definition: The ability to change direction or position of the body at speed.</p>



## 2. Goal Setting

- **Encourage** your child to keep their goals visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about **'why'** and **'what'** they want to achieve.



'By the end of this week I will produce a series of flashcards on the respiratory system.'

'I want to achieve at least a level 5 on my maths paper.' 1.



## 3. Keeping active

- Exercise has a positive impact on our mood and stress.
- Plan to do active things together on a weekend or even go out for a walk together and get some fresh air.
- Encourage your child to carry out some form of physical activity everyday.
- Research shows that our brain functions better after exercise so encourage a revision session after physical activity.





## 4. Eating Healthy

- Eat regular healthy meals and avoid high sugary and fatty foods.
- Encourage your child to schedule breaks during their revision to grab healthy snacks
- Ensure your child eats breakfast everyday
- Make sure your child is drinking at least 8 glasses of water a day and they carry a bottle of water with them



## 5. Good sleep patterns

- Sleep improves memory and recall.
- Getting a good night's sleep has been found to help boost mood and general wellbeing.
- Young people need between 8 & 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure your child doesn't eat too late at night
- Avoid giving your child caffeine or sugary drinks late at night
- Make sure your child doesn't work or revise too late before going to bed
- Encourage your child to switch off from social media/ technology at least an hour before bedtime



## 6. Unplugging

- Encourage your child to unplug from technology everyday.
- Help your child to switch off from technology at least 30 mins to 1 hour before going to sleep.
- Make sure your child puts their phone away, in another room and on silent, while they are concentrating on tasks / revision / homework.
- Choose some time each day/week to switch off and unplug from technology with them. This could be something you do as a family.



## 7. Be supportive

- Give your child positive reinforcement and boost their confidence daily
- Celebrate any successes to show your child how proud you are of them and reward them e.g. if they have achieved their mini-goals.
- Help your child to plan out coping strategies to deal with their stress.
- Help your child to understand their stress & to focus on controlling the controllables.
- Promote a balance of their academic studies & other activities during the week.
- Be a good listener and approachable.
- Help your child deal with their emotions & feelings.
- Offer caring advice and just be there for your child!





# Wellbeing and pastoral care

At King Solomon we have a large pastoral team dedicated to students ' safety and wellbeing. So if your child has any concerns with anything they can speak to anyone of the following:

- Form tutor - the students have access to their form tutor every morning from 8:20 – 8:50.
- Year 11 team pastoral team - Mr Abrahams (deputy headteacher), Miss Burack (Assistant headteacher and Designated Safeguard lead), Mr Palmer (Head of Year 11), Ms Van Graan (Assistant HOY) are available throughout the day.
- We also have personalised support through our school counsellor, mentors and deputy designated safeguard lead.





# Year 11 pastoral team



**Mr Abrahams**  
Deputy  
headteacher  
line manager



**Mr Palmer**  
Head of Year  
11



**Ms Van Graan**  
Assistant Head of  
Year 11



# Interventions

## What does the research say?

- High quality teaching is the most impactful way to supporting progress.
- Responsive teaching in the classroom mean students are less likely to fall behind in the first place.
- Interventions should be delivered by experts.
- The resources provided should be high quality.
- Interventions should be targeted using summative assessments to identify underperforming students, and where their underperformance lies, to ensure maximum impact.
- Targeted intervention groups should be small and regular but have an end date.



# Intervention expectations

- All students who are on the compulsory list must attend
- Students are not on the list can attend but must speak to the Head of Department first
- No warnings, any poor/disruptive behaviour students will be asked to leave straight away – Behaviour letter will be sent to inform parents/carers
- A letter will be sent to parents/carers if your child fail to attend
- If your child receive a detention, they must sit their detention







# Intervention Timetable

Week 1	Monday	Tuesday	Wednesday	Thursday
Lunch (1:40-2:10)		PE	PE	PE, DT
Afterschool (3:20-4:00)	Drama, Music, English		Geography, Spanish, Sociology, Maths	Science, History, Maths
Week 2	Monday	Tuesday	Wednesday	Thursday
Lunch (1:40-2:10)	Media	PE	PE	PE
Afterschool (3:20-4:00)	Drama, Music, Spanish		Geography, Sociology, Maths	History, Maths, Religious Studies, Science



# Submitted questions



**King Solomon sixth form open evening**

**THURSDAY 16TH NOVEMBER 2023**

**5-7PM (DOORS OPEN AT 4:45PM)**  
**THE HEADTEACHERS TALK WILL BEGIN AT 5PM**




Learning

Charity

Community

עבודה

גמילות חסידים

תורה