



Year 11 GCSE Information Evening

“Level up and ace your mocks!”

Wednesday 6th November 2024



Prayer

Lord, I know you are with me and love me.
Give me peace of mind as I prepare for this time of
revision.

Help me to focus on my work, my books and notes,
keep me from all distractions so that I will make the
best use of the support around me and the time
that is available to me.

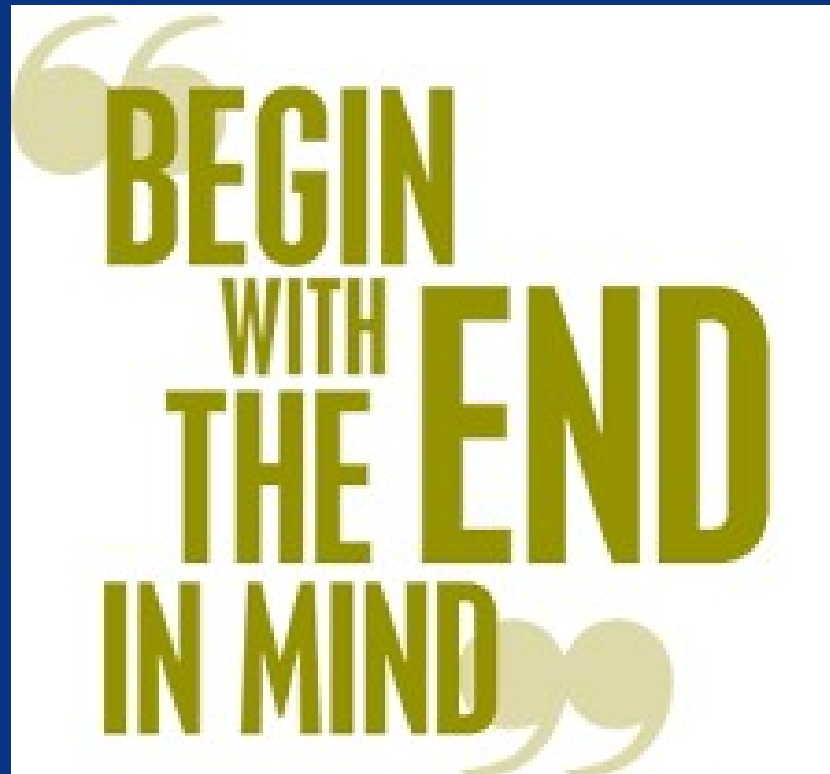
We ask this in your name Lord,

Amen



Results Day

Thursday 21st August 2025



Countdown to your GCSE exams

November	17 days
December	15 days
January	20 days
February	14 days
March	21 days
April	7 days
May	4 days

Total

98 days

First EXAM

Thursday 8th May 2025



Mr Muttock

Assistant Principal

Exams and Attendance



Link between outcomes and attendance

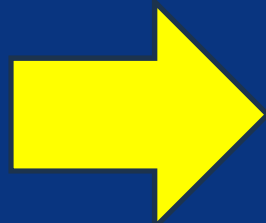
	95% +	95% -
Average total A8	60.00	46.81
P8	+0.77	-0.18
9-7 inc Eng and Ma %	22.9	11.3
9-5 inc Eng and Ma	75.9	47.4
9-4 inc Eng and Ma	91.6	71.1

0.95 of a grade per subject!



Year 11; 'The class of 25'

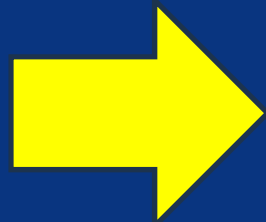
59



$\leq 95\%$

34% of our
year 11 cohort

32



$\leq 90\%$

18% of our
year 11 cohort

If you are absent from college... be
proactive on your return.





ST BENEDICT'S CATHOLIC COLLEGE Examination Handbook 2024 – 2025



Hints, Tips, Rules and Regulations



St Benedict's Catholic College Summer 2023 GCSE Exam Timetable

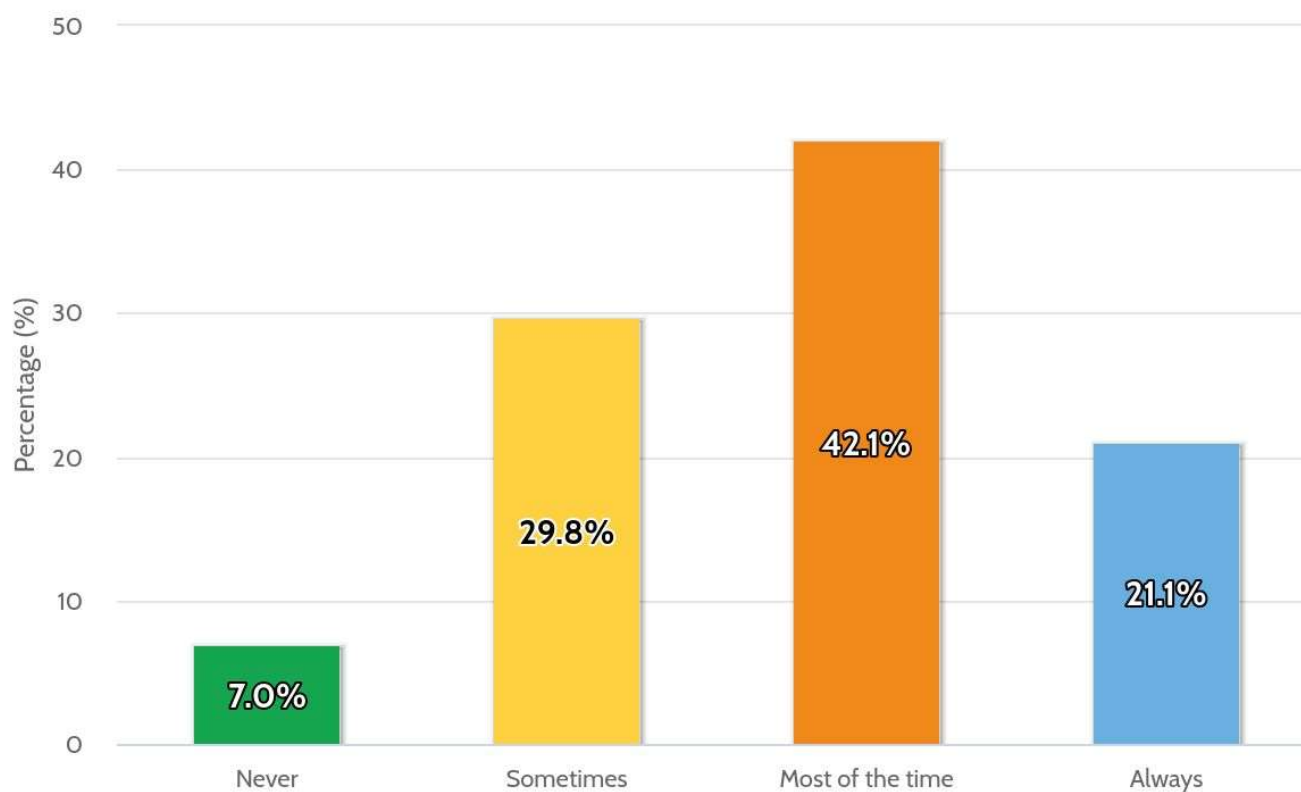
Mon 24 Apr	09:00	0:00	AQA	8658/SF	French Speaking Test Tier F
Mon 24 Apr	09:00	0:00	AQA	8658/SH	French Speaking Test Tier H
Mon 15 May	09:00	1:30	WJEC/GCSE	C120U80-1	RS Route B Comp 1 Found. Catholic
Mon 15 May	13:25	1:30	OCR	J316/04	Drama: Drama: Prfrmnce & Rspns Wtn
Mon 15 May	13:25	1:45	OCR	R012/01	Info Tech: Undrstndng Tool Tchngs Wtn
16 May	09:00	1:45	AQA	8461/1H	Biology Paper 1 Tier H
16 May	09:00	1:15	AQA	8464/B/1H	Combined Sci Trilogy Biology P1H
16 May	09:00	1:15	AQA	8464/B/1F	Combined Sci Trilogy Biology P1F
16 May	13:25	1:30	WJEC/GCSE	C680U10-1	Media Studies COMP1 Exploring Media
16 May	09:00	1:45	EDEXL/GCSE	1ET0 01	Shakesp. & Post 1914 Lit.
16 May	13:25	1:00	OCR	J587/01	PE: Physcl Fctr Affctng Perf Wtn
16 May	10:15	1:15	EDEXL/GCSE	1HI0 11	Medicine in Britain
16 May	1:45	EDEXL/GCSE	1BS0 01	Investigating Small Bus.	
16 May	1:30	AQA	8300/1F	Mathematics Paper 1 Tier F	
16 May	1:00	AQA	8300/1H	Mathematics Paper 1 Tier H	
16 May	1:00	OCR	J277/01	Comp Sci: Computer Systems Wrtng	
16 May	1:00	AQA	8462/1H	Chemistry Paper 1 Tier H	



Year 11 Survey



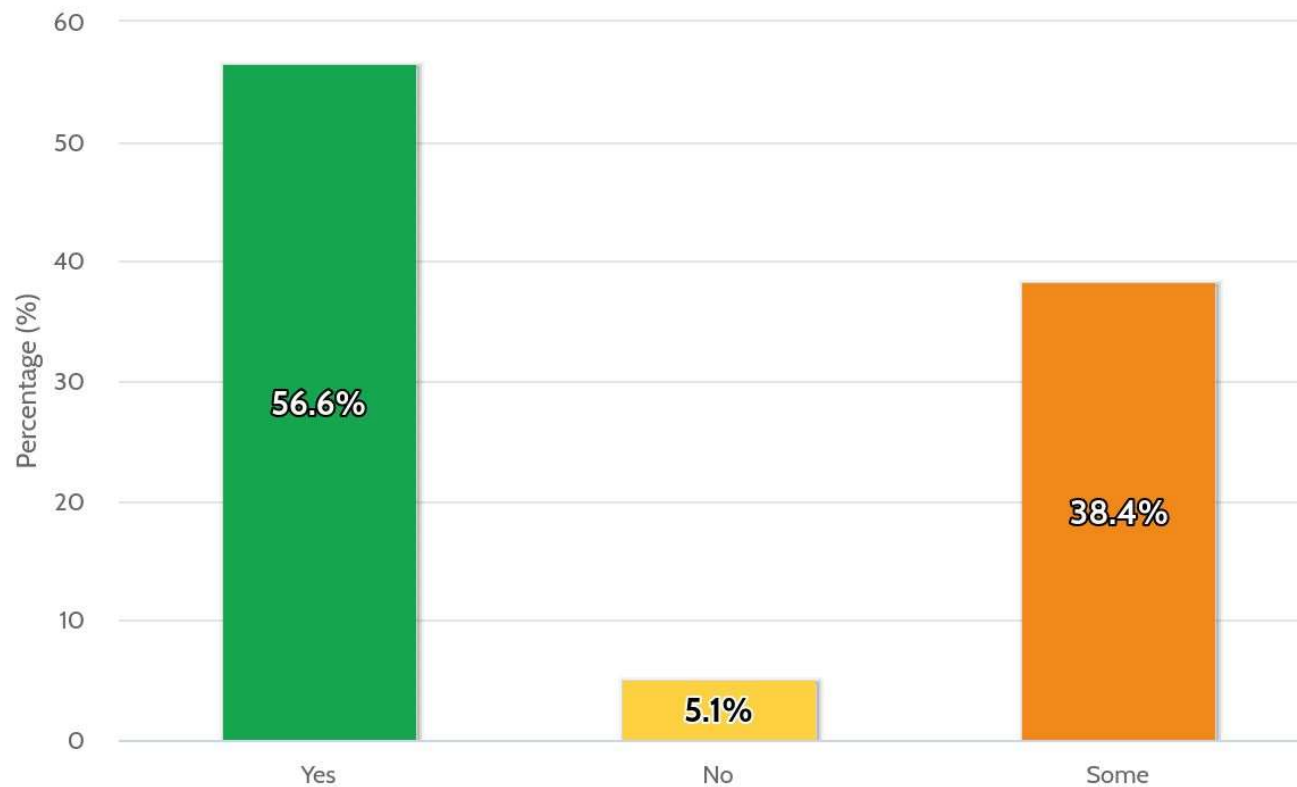
If I am absent, I make sure I catch-up on what I have missed



Year 11 Survey



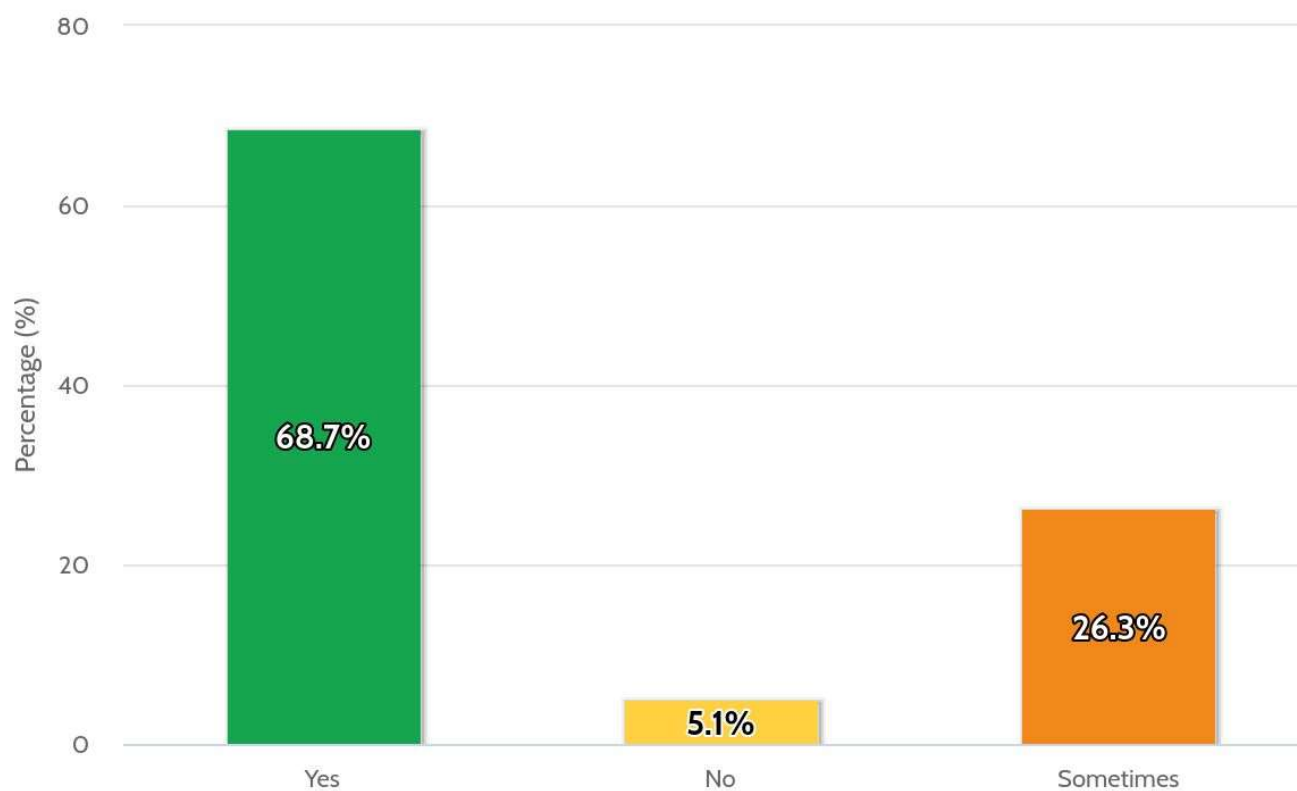
Do your friends have a positive attitude towards doing well at college?



Year 11 Survey



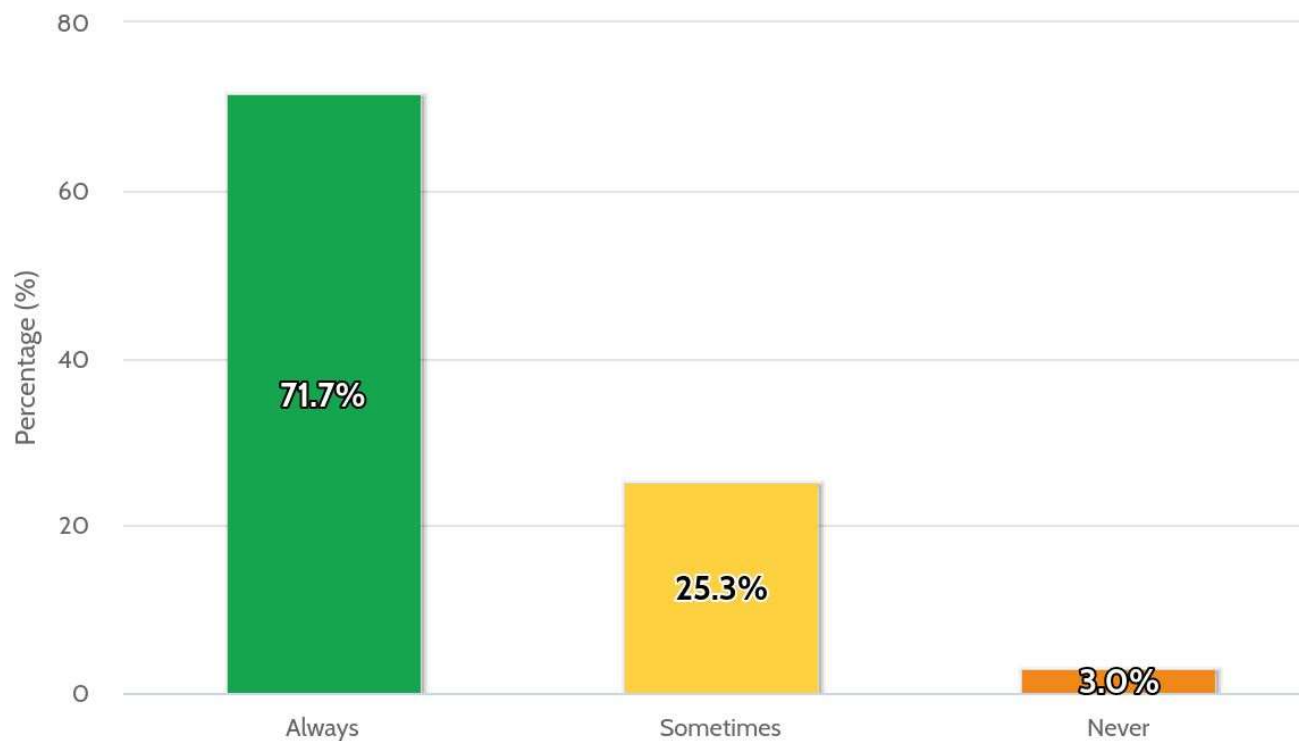
Do you have somewhere quiet to work at home?



Year 11 Survey



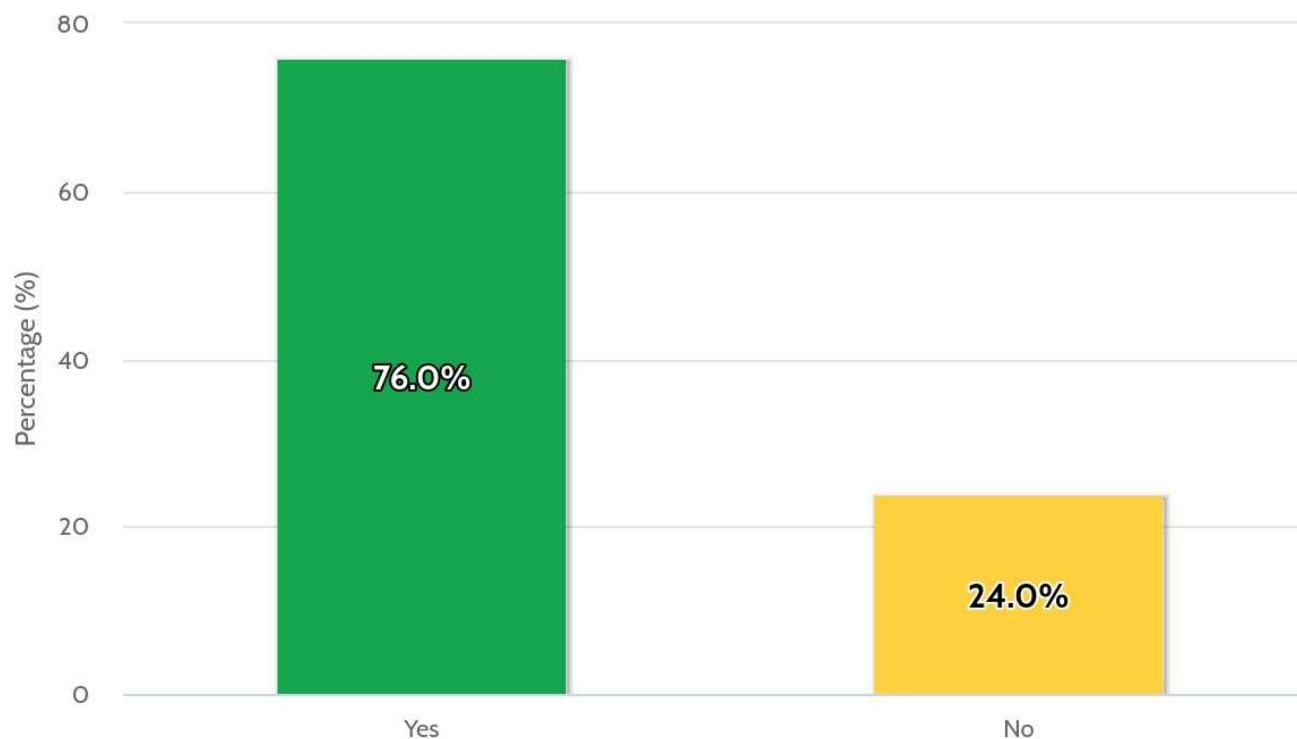
Do your parents/carers discuss your end of term reports with you when the college issues them?



Year 11 Survey



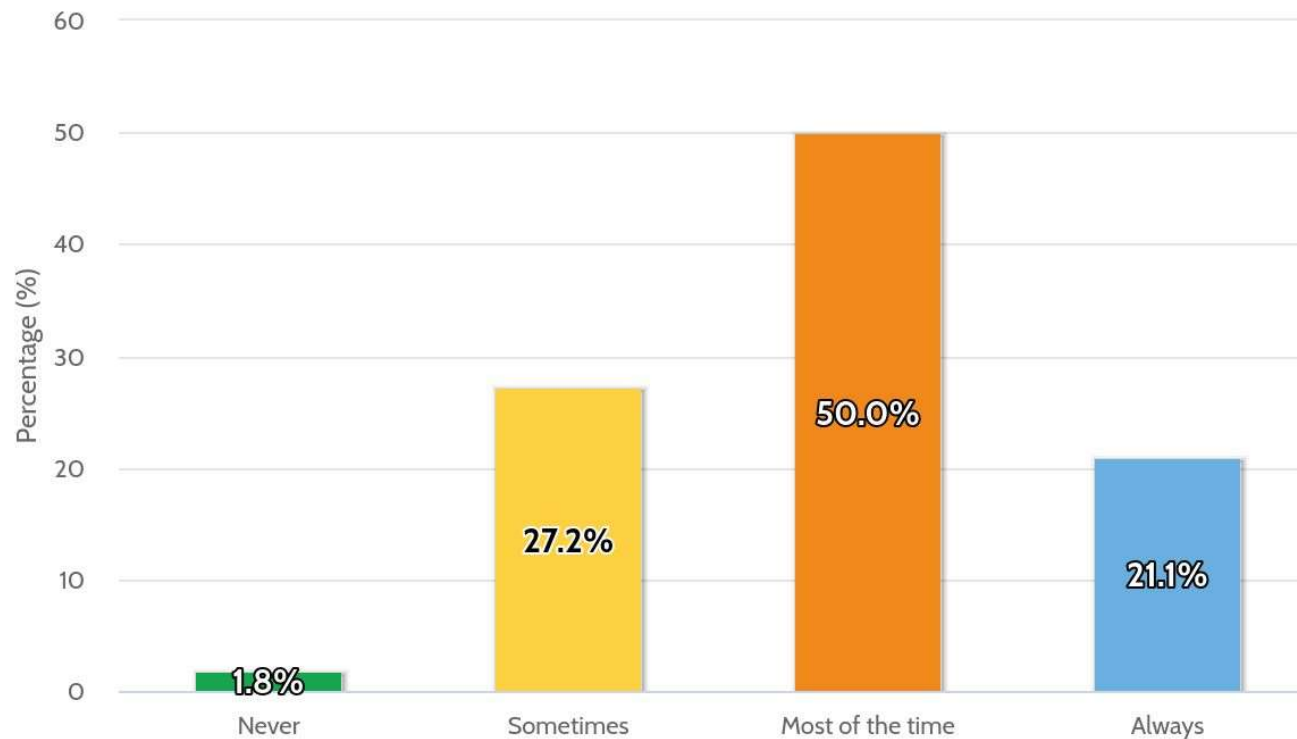
Have you started any additional preparation/revision for your examinations?

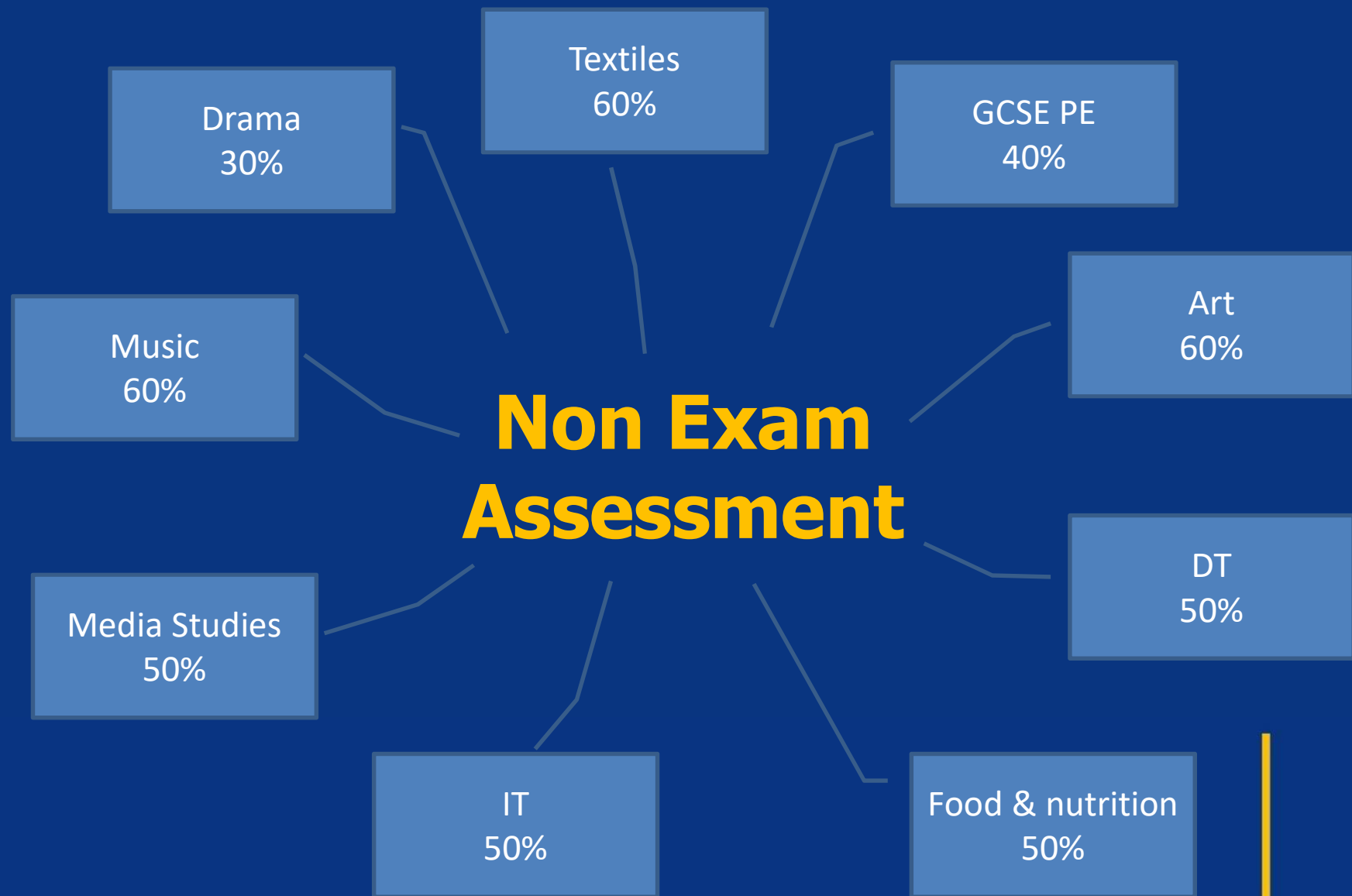


Year 11 Survey



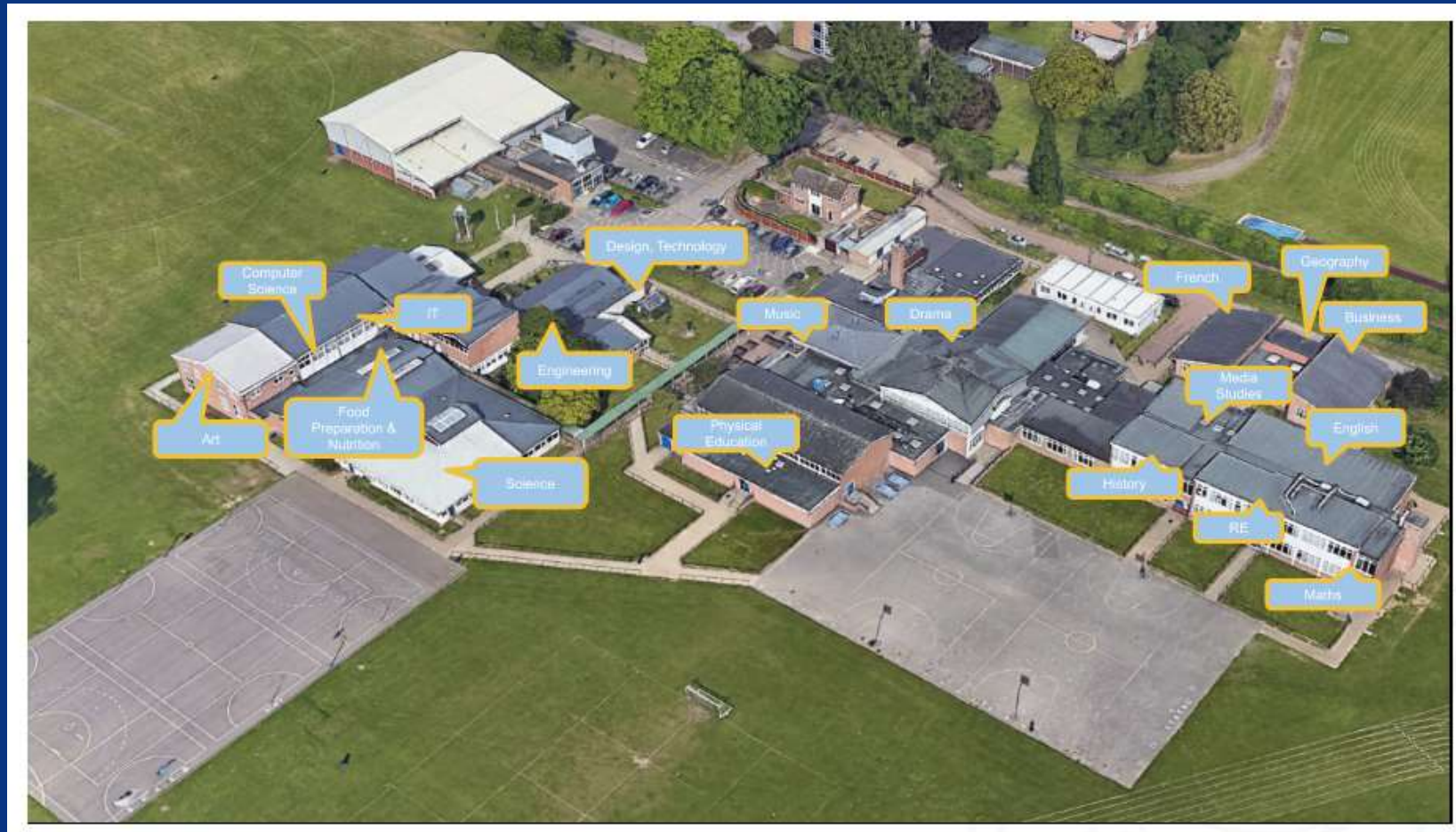
I am actively engaged in lessons and I make a positive contribution to the learning





87% of our students study at least one subject with NEA
47% study at least two subjects with NEA
8% study three subjects with NEA

Revision zone





St Benedict's Catholic College

GCSE Revision Support

Words included in the word cloud: Talk, Develop, Proud, Curiosity, Persevere, Action, Levels, Improve, Thrive, Progress, Believe, Teaching, Growth, Provision, Mind map, Work, Result, Learning, Preparation, Encourage, Parents, Academic, Marginal gains, Brain break, Attend, Support, Positive attitude, Core, Period 6, Patience, Confidence, Respect, Example, Planning, GCSE, Students, Courage, Talents, Work, Parents, Improve, Preparation, Encourage, Parents, Academic, Marginal gains, Brain break, Attend, Support, Positive attitude, Core, Period 6, Patience, Confidence, Respect, Example, Planning, GCSE.

#UNLOCKYOURFUTURE

GCSE REVISION AND SUPPORT
2024 – 2025
We strive for excellence in all we do!





Valid from 5th November - 5th December				
Day		Before school 8:00 - 8:40	Lunch time 13:40 - 14:25	After school 15:30 - 16:30
		<i>Subject and Rooms:</i>	<i>Subject and Rooms:</i>	<i>Subject and Rooms:</i>
Tues	5th Nov	<i>Independent revision</i>	<i>Independent revision</i>	<i>Independent revision</i>
Weds	6th Nov	<i>Independent revision</i>	<i>Independent revision</i>	English Lit Rm 7
Thurs	7th Nov	<i>Independent revision</i>	<i>Independent revision</i>	Maths Rm 9, 10
Fri	8th Nov	<i>Independent revision</i>	<i>Independent revision</i>	RE Rm 14, 15, 17
Mon	11th Nov	<i>Independent revision</i>	Music Rm 3	<i>Independent revision</i>
Tues	12th Nov	Biology Rm 36, 37	<i>Independent revision</i>	English Lit Rm 7
Weds	13th Nov	French Rm L1	<i>Independent revision</i>	Chemistry Rm 24, French Rm L2
Thurs	14th Nov	French Rm L1	<i>Independent revision</i>	IT Rm 33, Geography Rm 39, History Rm 12
Fri	15th Nov	PE Rm 4	<i>Independent revision</i>	History Rm 12, 17
Mon	18th Nov	Physics Rm 24, 30	<i>Independent revision</i>	Maths Rm 9, 10
Tues	19th Nov	<i>Independent revision</i>	<i>Independent revision</i>	English Lang Rm 7, Business studies Rm 38
Weds	20th Nov	<i>Independent revision</i>	<i>Independent revision</i>	Computer Science Rm 33
Thurs	21st Nov	Food Rm 26	DT Room 23	<i>Independent revision</i>
Fri	22nd Nov	<i>Independent revision</i>	<i>Independent revision</i>	<i>Independent revision</i>
Monday	2nd December	<i>Independent revision</i>	<i>Independent revision</i>	<i>Independent revision</i>
Thursday	5th December	<i>Independent revision</i>	<i>Independent revision</i>	<i>Independent revision</i>



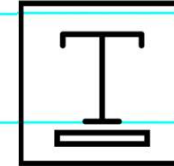
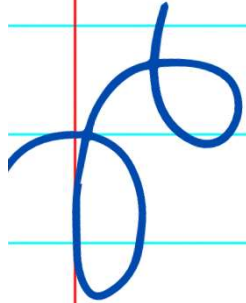
Mr Martin

Raising standards leader



REVISION VS EFFECTIVE REVISION





Highlighting/re-reading/underlining

- Better than nothing but not effective.
- Requires huge amounts of effort, energy and time when compared with more effective techniques.
- Easy and don't require mental effort. Makes you look productive. Tempting but should be a starting point only.



MYTH BUSTING

Multitasking



Rapid task switching
leads to mistakes
lower cognitive
engagement with the
material that matters.

Driving trying to find the
right house you turn the
volume down.

Don't kid yourself remove
distractions.





EFFECTIVE REVISION


Retrieval practice

Retrieving information from your memory through self-testing and quizzing.

Spaced repetition

Revision spaced out over time to get ahead of the forgetting curve and preventing burn out from cramming.

These strategies can and should be combined.

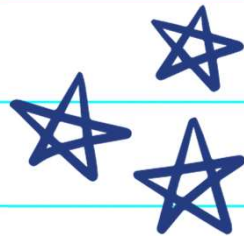
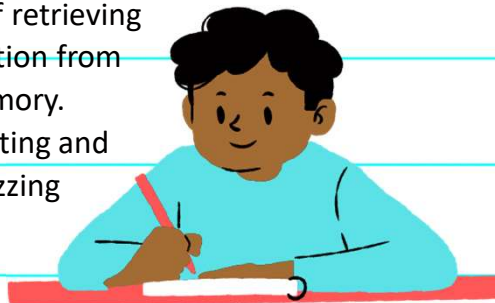
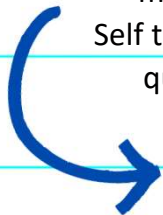


Retrieval Practice

What is it ?

The act of retrieving information from memory.

Self testing and quizzing



Multiple choice

Use multiple choice quizzes online or revision guides.

Verbal recall

Say out loud what you can remember from a topic.

This is a really effective tool as you not only recall but you also hear the content again.

Brain dump

Writing down a list of the main subtitles from a topic and then writing all you can remember for each section.

Flash cards

1 question per card

they don't need to be works of art.

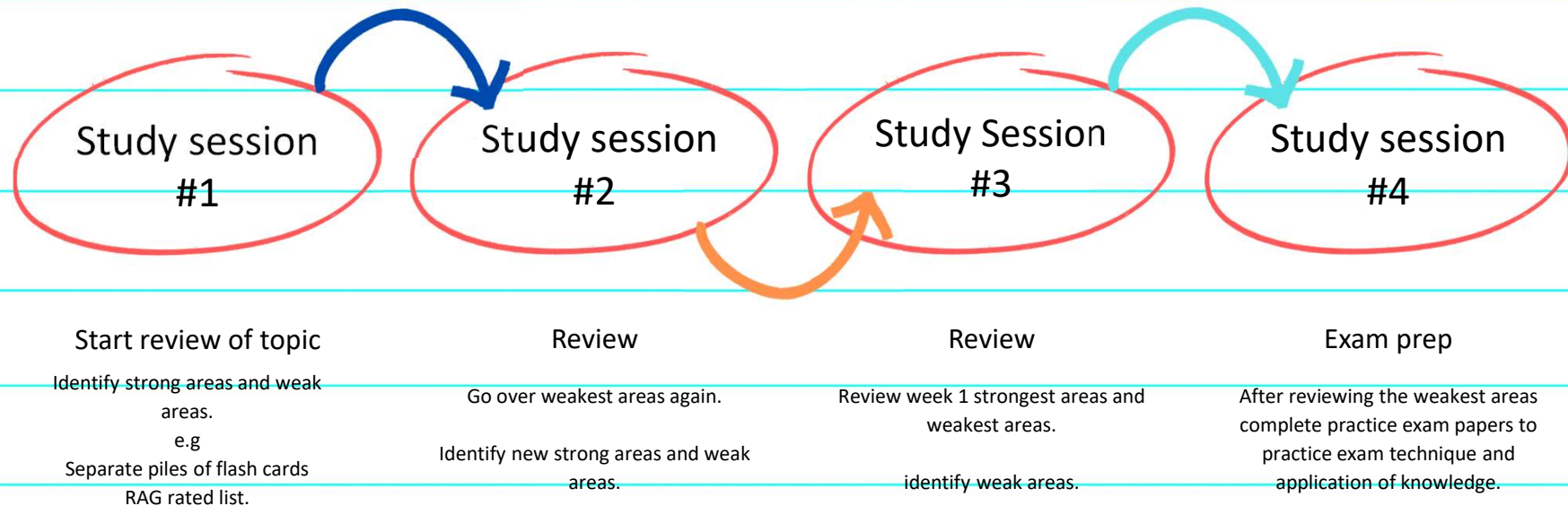
Make them online.



Spaced practice

The act of spreading revision out over time to aid retention and avoid burn out from cramming.

Spread out across the weeks. Little and often. Get organised.



20

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-15:30	College	College	College	College	College
15:30-16:30	Afterschool revision	Afterschool revision	Afterschool revision	Afterschool revision	Afterschool revision
17:00-18:00	Music lesson	Science	Maths	Swimming	Gym
18:30-19:30	English Lang	English Lit	Tech	PE	French
20:00-21:00	Maths	PE	RE	English Lit	RE

Revision timetables

Help me help myself

You and your adults at home can agree when you should be working and when you are not.



Key dates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Exam #1				
	Exam #2					
	Exam #3					
			Exam #4			

Know when your exams fall so that you can know when to prioritise certain subjects in your weekly timetable.

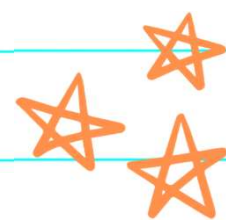
Make sure you have the correct equipment for the correct exam.
Calculators protractors
compasses etc.





Look after yourself!

Dont forget these three golden rules !



Sleep

8 hours will recharge your brains and help you have a clear head for the exam



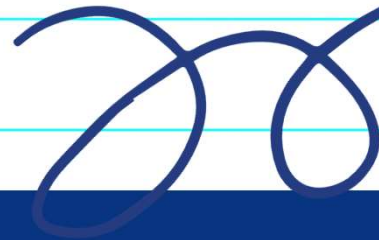
Be Healthy

A balanced diet will refuel your mind to be used effectively.



Exercise

Release stress.
Release positive hormones.
Reset your brain.



Keys to success

If you let one of these drop it can effect your overall outcome.

Positive mindset

The belief that you can actually be successful will help you align your behaviours with being successful



Effective revision

Retrieval practice and active strategies



Spaced practice

Start early and spread your revision out over the coming weeks.

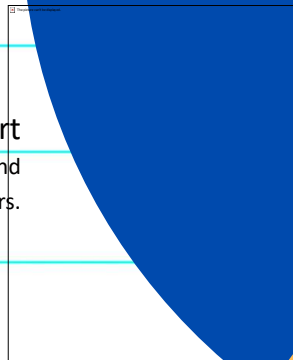


Attendance

Maintaining as good as possible attendance will ensure you get the most out of your teachers in preparation for your exams

Support

From parents, peers and teachers.



Further Education September 2024

- **Deadline** for applications to Colchester 6th Form and Institute **31st January**
- **Colchester Royal Grammar School** deadline is 1st December
- Course information and Apprenticeships Information Evening **13th February** at Colchester Institute – book tickets via their website
- Make sure your young person has a 'back up plan'- ideally applications should have been made to two FE establishments



The rest of the evening:



Short talks from
our core subject leaders – Top tips

Strategies to support your child in dealing with
exam stress – Mrs Davis Assistant Principal
Safeguarding



R.E.





myrevision notes

Use your revision guide, Teams and your teachers. **No homework does not mean no work.**

Practice exam questions, **especially 15 markers.** Get to know the mark scheme.

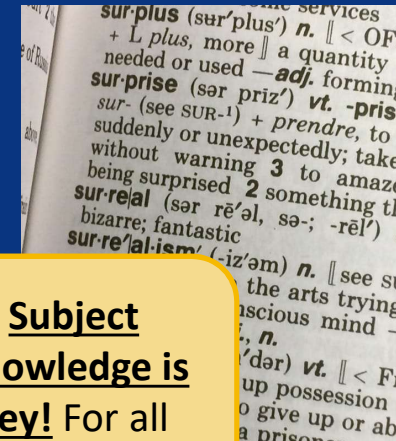
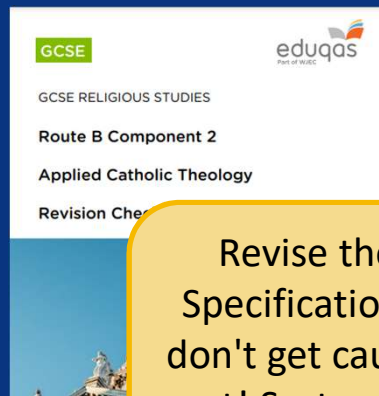
Subject knowledge is key! For all questions.

Watch the RE Information video.

Revise the Specification – don't get caught out! Sort notes into papers.

Success tips for RE

For information regarding exam dates, exam board and suggested revision materials please visit our Year 11 GCSE support page

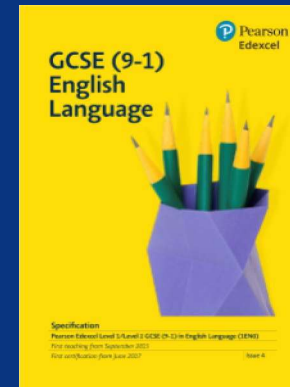


English & English Literature





Your child is working towards TWO GCSEs in their English lessons. These are **English Language** and **English Literature**



Make active use of revision resources

Re-read all key texts at least 3 times!
No home-learning?
Nonsense – re-read the texts!

No books in the exam!
Students must learn quotations off by heart

Success tips for English

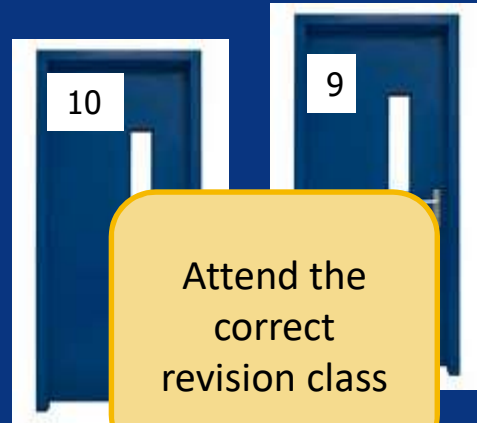
Watch the English Information video.



For information regarding exam dates, exam board and suggested revision materials please visit our Year 11 GCSE support page

Maths





Attend the
correct
revision class

Complete the
homework
set!
Look for ALL
the answers

Use your QLAs
to help with
revision

Watch the
Maths
Information
video.

Use past
paper
questions
(maths genie)

Success tips for Maths

Questions	Topic	Scores	Topic Code
1	Writing and simplifying ratios	1 / 1	UK87
2	Percentages	0 / 1	UK89
3	Writing and simplifying ratios	1 / 1	UK87
4	Percentages	0 / 1	UK89
5	Writing and simplifying ratios	1 / 1	UK87
6	Percentages	0 / 1	UK89
7	Writing and simplifying ratios	1 / 1	UK87
8	Percentages	0 / 1	UK89
9	Writing and simplifying ratios	1 / 1	UK87
10	Percentages	0 / 1	UK89
11	Writing and simplifying ratios	1 / 1	UK87
12	Percentages	0 / 1	UK89
13	Writing and simplifying ratios	1 / 1	UK87
14	Percentages	0 / 1	UK89
15	Writing and simplifying ratios	1 / 1	UK87
16	Percentages	0 / 1	UK89
17	Writing and simplifying ratios	1 / 1	UK87
18	Percentages	0 / 1	UK89
19	Writing and simplifying ratios	1 / 1	UK87
20	Percentages	0 / 1	UK89
21	Writing and simplifying ratios	1 / 1	UK87
22	Percentages	0 / 1	UK89
23	Writing and simplifying ratios	1 / 1	UK87
24	Percentages	0 / 1	UK89
25	Writing and simplifying ratios	1 / 1	UK87
26	Percentages	0 / 1	UK89
27	Writing and simplifying ratios	1 / 1	UK87
28	Percentages	0 / 1	UK89
29	Writing and simplifying ratios	1 / 1	UK87
30	Percentages	0 / 1	UK89
31	Writing and simplifying ratios	1 / 1	UK87
32	Percentages	0 / 1	UK89
33	Writing and simplifying ratios	1 / 1	UK87
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36	Percentages	0 / 1	UK89
37	Writing and simplifying ratios	1 / 1	UK87
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39	Writing and simplifying ratios	1 / 1	UK87
40	Percentages	0 / 1	UK89
41	Writing and simplifying ratios	1 / 1	UK87
42	Percentages	0 / 1	UK89
43	Writing and simplifying ratios	1 / 1	UK87
44	Percentages	0 / 1	UK89
45	Writing and simplifying ratios	1 / 1	UK87
46	Percentages	0 / 1	UK89
47	Writing and simplifying ratios	1 / 1	UK87
48	Percentages	0 / 1	UK89
49	Writing and simplifying ratios	1 / 1	UK87
50	Percentages	0 / 1	UK89
51	Writing and simplifying ratios	1 / 1	UK87
52	Percentages	0 / 1	UK89
53	Writing and simplifying ratios	1 / 1	UK87
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63	Writing and simplifying ratios	1 / 1	UK87
64	Percentages	0 / 1	UK89
65	Writing and simplifying ratios	1 / 1	UK87
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70	Percentages	0 / 1	UK89
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73	Writing and simplifying ratios	1 / 1	UK87
74	Percentages	0 / 1	UK89
75	Writing and simplifying ratios	1 / 1	UK87
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77	Writing and simplifying ratios	1 / 1	UK87
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80	Percentages	0 / 1	UK89
81	Writing and simplifying ratios	1 / 1	UK87
82	Percentages	0 / 1	UK89
83	Writing and simplifying ratios	1 / 1	UK87
84	Percentages	0 / 1	UK89
85	Writing and simplifying ratios	1 / 1	UK87
86	Percentages	0 / 1	UK89
87	Writing and simplifying ratios	1 / 1	UK87
88	Percentages	0 / 1	UK89
89	Writing and simplifying ratios	1 / 1	UK87
90	Percentages	0 / 1	UK89
91	Writing and simplifying ratios	1 / 1	UK87
92	Percentages	0 / 1	UK89
93	Writing and simplifying ratios	1 / 1	UK87
94	Percentages	0 / 1	UK89
95	Writing and simplifying ratios	1 / 1	UK87
96	Percentages	0 / 1	UK89
97	Writing and simplifying ratios	1 / 1	UK87
98	Percentages	0 / 1	UK89
99	Writing and simplifying ratios	1 / 1	UK87
100	Percentages	0 / 1	UK89
Total		1 / 100	UK87

For information regarding exam dates, exam board and suggested revision materials please visit our Year 11 GCSE support page

MFL



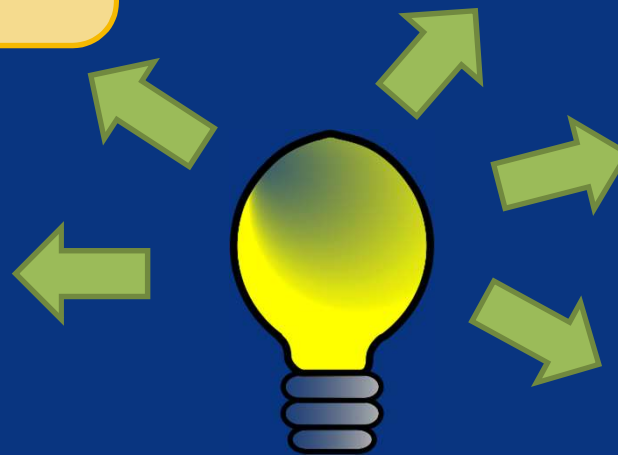


Make sure you learn vocabulary on a regular basis

Use Exampro and the AQA website to help you practise past papers

Remember, your Speaking exam is just after the Easter holidays

Use your revision guides and go over the exam criteria for each of the 4 exams



Success tips for MFL

Watch the MFL Information video.



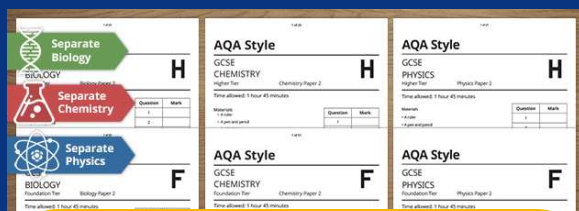
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Science



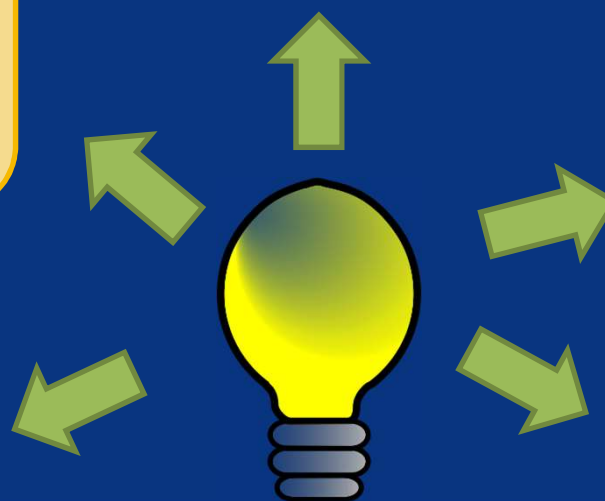


Place in appropriate revision time.
Science is worth TWO GCSEs or THREE GCSEs.



Use past paper questions (physics and maths tutor)

Understand the equations and how to use them.
Learn the S.I. units!



Success tips for Science

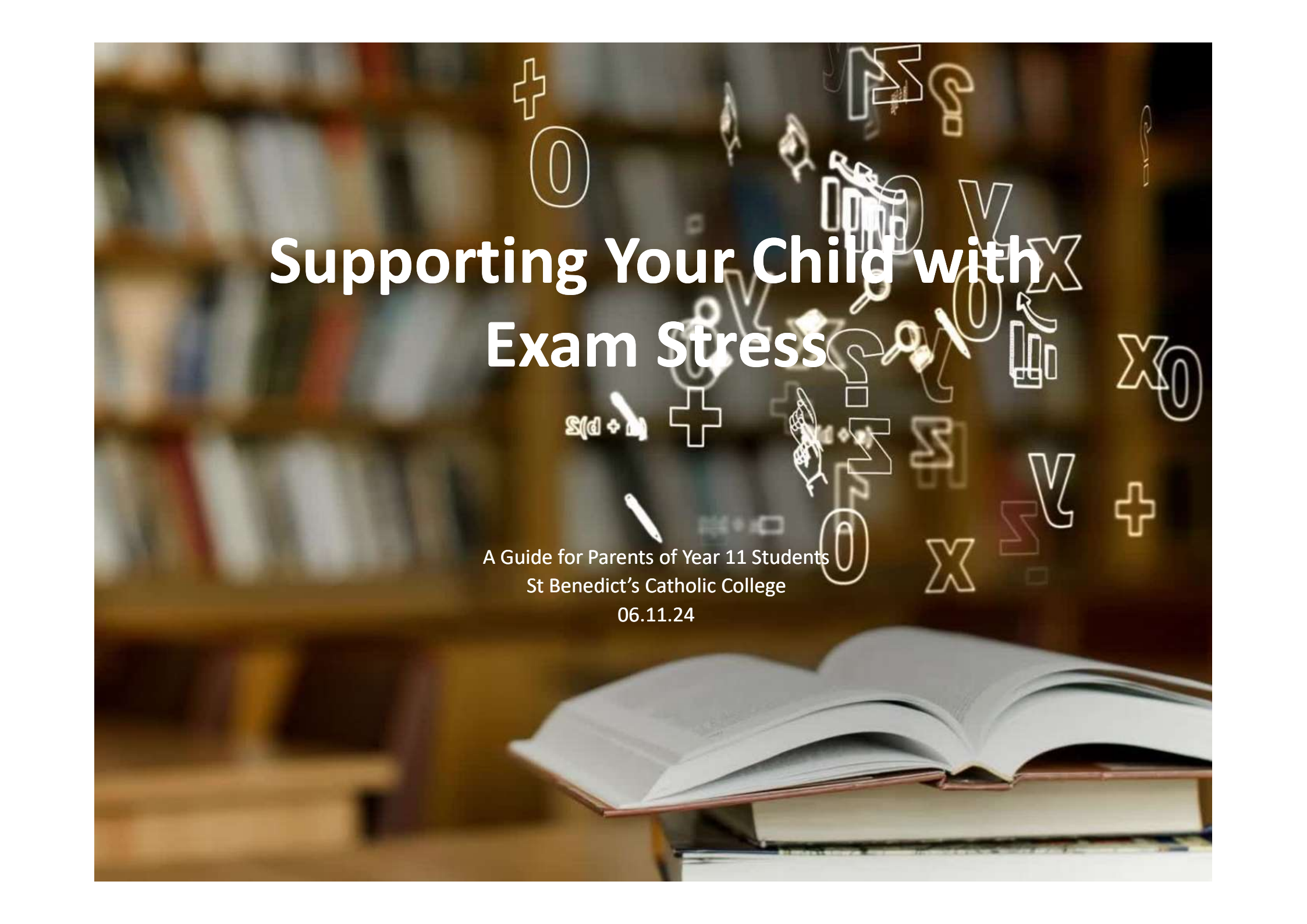
Syllabus reference	Year 2024	Year 2023	Year 2022	Year 2019	Average
6.1 Energy	38.6%	32.1%	22.9%	6.0%	24.9%
6.1.1.1 Energy stores and systems	10.7%	1.4%	2.9%		3.8%
6.1.1.2 Changes in energy	6.4%	10.0%	7.1%		5.9%
6.1.1.3 Energy changes in systems	2.9%	3.6%		2.0%	2.1%
6.1.1.4 Power	7.1%		4.3%		2.9%
6.1.2.1 Energy transfers in a system	1.4%	5.7%	2.9%		2.5%
6.1.2.2 Efficiency	4.3%			2.0%	1.8%
6.1.3 National and global energy resources	9.7%	11.4%	5.7%		6.2%
6.2 Electricity	25.7%	41.3%	31.3%	48.0%	36.6%
6.2.1.1 Standard circuit diagram symbols		1.4%		7.0%	2.1%
6.2.1.2 Electrical charge and current			4.3%		1.1%
6.2.1.3 Current, resistance and potential difference		17.9%		13.0%	7.7%
6.2.1.4 Resistors	15.7%	0.7%	7.1%	5.0%	7.1%
6.2.2 Series and parallel circuits		7.0%		4.0%	2.8%
6.2.3.1 Direct and alternating potential difference				3.0%	0.8%
6.2.3.2 Mains electricity	1.4%				0.4%
6.2.4.1 Power	7.1%	5.7%	7.1%	8.0%	7.0%
6.2.4.2 Energy transfers in everyday appliances	1.4%		7.1%	6.0%	3.6%
6.2.4.3 The National Grid		8.6%	5.7%		3.6%
6.3 Particle model of matter	8.6%	10.8%	22.9%	23.0%	16.3%
6.3.1.1 Density of materials	2.9%	2.9%	4.3%	12.0%	5.3%
6.3.1.2 Changes of state			1.4%		0.4%
6.3.2.1 Internal energy	1.4%			2.0%	0.9%
6.3.2.2 Temperature changes in a system and specific heat capacity	2.9%	3.6%	4.3%		2.7%
6.3.2.3 Changes of heat and specific latent heat				2.0%	0.5%
6.3.3.1 Particle motion in gases	1.4%	4.3%	12.9%	5.0%	5.9%
6.4 Atomic structure	27.1%	15.7%	17.1%	23.0%	20.7%
6.4.1.1 The structure of an atom			1.4%		0.4%
6.4.1.2 Mass number, atomic number and isotopes			0.7%		0.2%

Use past paper analysis to guide you revision

Watch the Science Information video.



For information regarding exam dates, exam board and suggested revision materials please visit our Year 11 GCSE support page



Supporting Your Child with Exam Stress

A Guide for Parents of Year 11 Students
St Benedict's Catholic College
06.11.24

I will survive...

- There is light at the end of the tunnel, I promise!
- At St Ben's you can be assured that we are with you, because we have *been* you with our own children here doing GCSEs



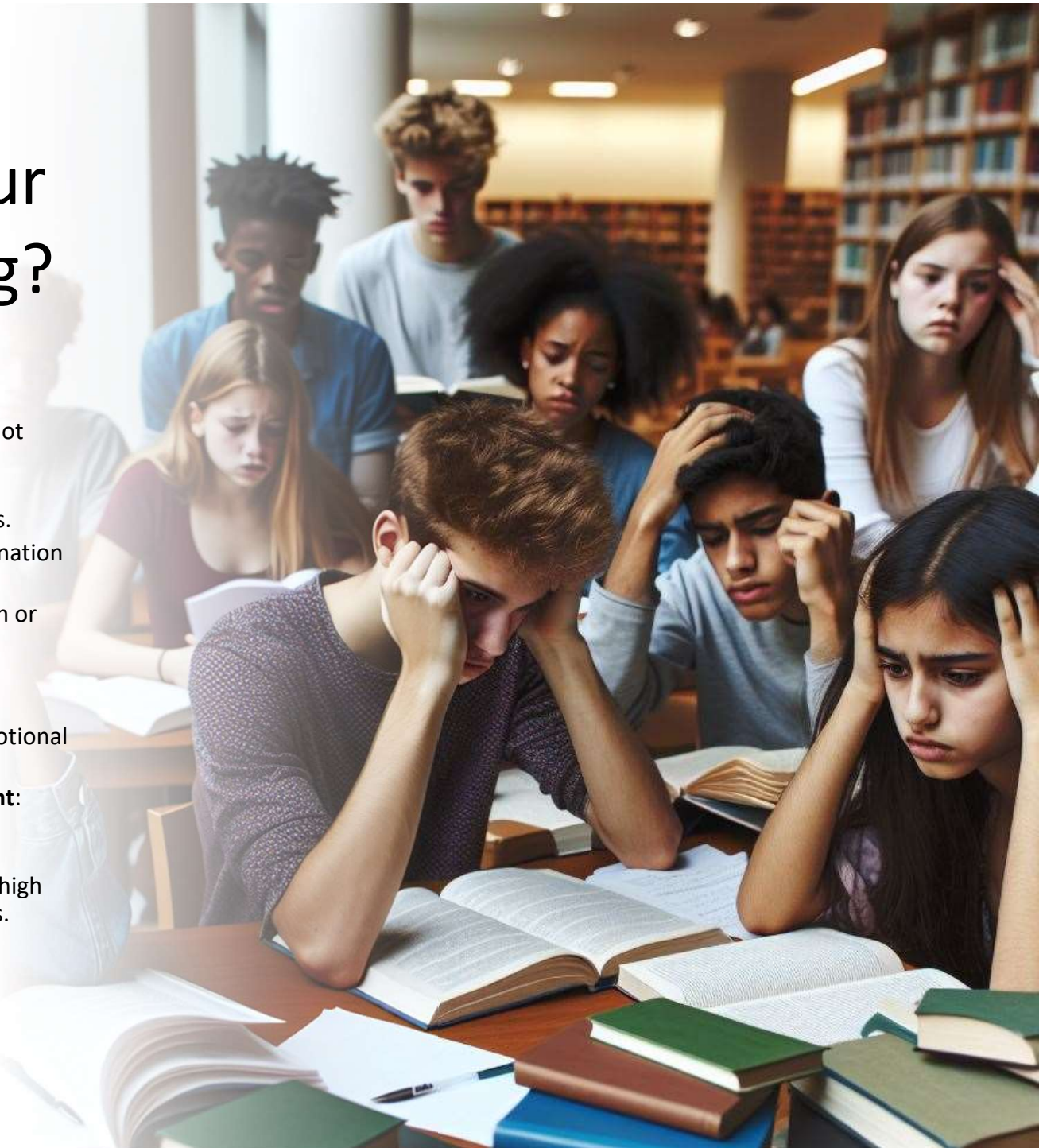
Class of 2022

- Now at 6th form college
- Applying for university to study psychology
- Working at a pizza restaurant
- Passed her driving test!



What is your child feeling?

- **Fear of Failure:** Worry about not meeting expectations.
- **High Academic Expectations:** Pressure to achieve top grades.
- **Lack of Preparation:** Procrastination or ineffective study habits.
- **Peer Pressure:** Desire to match or surpass peers.
- **Parental Pressure:** Intense expectations from parents.
- **Test Anxiety:** Physical and emotional symptoms related to tests.
- **Inadequate Time Management:** Struggling to balance multiple subjects.
- **Perfectionism:** Unrealistically high standards and fear of mistakes.



Understanding how these feelings will manifest

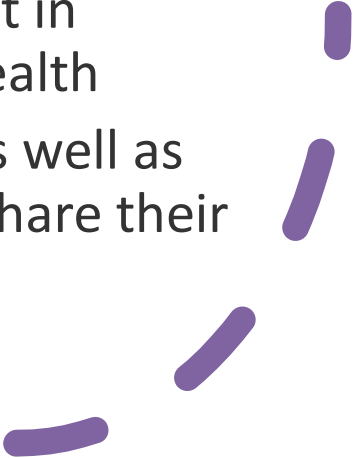
Common Symptoms of Exam Stress include:

- **Physical:** Headaches, stomach aches, fatigue, changes in appetite.
- **Emotional:** Anxiety, irritability, mood swings, feelings of overwhelm – acting out
- **Cognitive:** Difficulty concentrating, forgetfulness, negative thinking.
- **Behavioural:** Changes in sleep patterns, withdrawal from social activities, procrastination.



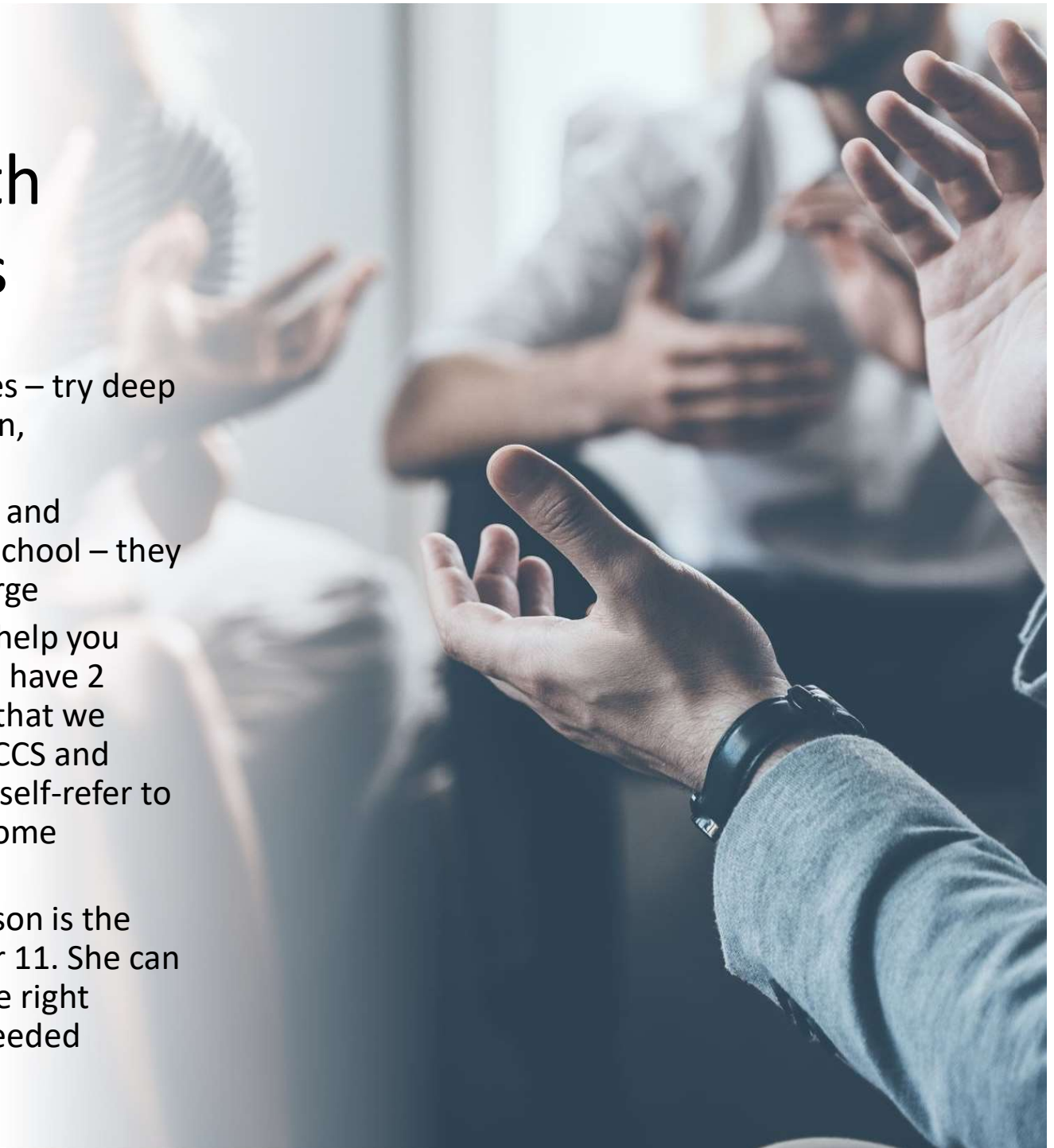


Creating a Supportive Environment

- Open Communication – it's really important that your child knows you are there for them to discuss any fears or worries they have, even when they are stressed and acting out
 - Encourage open discussions about feelings and concerns – empathy – be with your child in those times, let them know you understand
 - Healthy routines are important to establish now
 - Regular sleep, balanced nutrition, and physical activity play a big part in supporting positive mental health
 - Having a quiet study space, as well as somewhere where they can share their learning with you
- 

Coping with the stress

- Relaxation techniques – try deep breathing, meditation, mindfulness
- Engage with hobbies and interests outside of school – they help relax and recharge
- Seek help – GPs can help you access resources; we have 2 counselling services that we employ in college (BCCS and Renew) and you can self-refer to CAMHS if things become overwhelming
- Talk to us – Miss Wilson is the pastoral lead for Year 11. She can support in finding the right resources that are needed





Encouragement

- Praise effort not just results
- Have realistic expectations
- View mock exams as opportunities to learn and develop, not just measure where your child is
- View challenges through a growth mindset – things might not always go how we want them to, but every challenge is an opportunity to improve
- GCSEs are a gateway to the next level of education – they give your child choice and opportunities, that is why they are important, not just for the grades they get



Year 11 GCSE Support Evening

Level Up!

Closing Remarks
Mr J Callaghan
Vice Principal

