



Diocese of St. Albans



March 2022

Dear Parent / Carer

Re: Year 10 'Pre Public Examinations' (PPE's) – Wednesday 20th April – Friday 29th April 2022

Please find attached the details regarding the upcoming Year 10 Pre Public Examinations (PPE's). This examination series is the first of three exam periods that students will experience during Key Stage 4 before their public examinations in summer 2023.

It is essential that these examinations are used by students as an opportunity to consolidate their understanding and to refine revision and examination techniques. The examination results will be used, alongside other data, to help inform tiers of entry for future examinations, re-set classes and / or inform targeted interventions for students. The outcomes from these exams will also be used as evidence of student progress and indicate how well students have progressed in their courses. It is therefore essential that every student performs to their potential in these examinations.

It is expected that all students, to maximise their chance of success, use the upcoming weeks to prepare themselves fully by revising each of the topics covered to date as part of their GCSE/BTEC courses. Revision materials and exam details can be found in the recently published examination booklet and on Google Classroom.

During the examination period when students are not sitting an exam, they will be expected to remain in school and in normal lessons where they will be expected to revise independently. **For this examination series, students will not be on study leave.**

During the examinations, normal school rules apply to students, in particular in relation to uniform expectations and the use of mobile phones.

Students will return to their normal timetabled lessons on Tuesday 3rd May 2022; Monday 2nd May is a bank holiday.

Students and parent/carers will be provided with the results of the examinations later in the summer term. Thank you in anticipation of your full support.

Yours faithfully

E Watts

Mrs Emma Watts
Deputy Head Teacher

S Tilbury

Mr S Tilbury
Deputy Head Teacher

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Headteacher: Mr Nicholas Simms B.Sc. (Hons), NPQH

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Timetable for Y10 PPE's

Week 1	0850AM	1120AM	1.55PM
Monday 18th April	Bank Holiday		
Tuesday 19th April	Staff CPA Day, school closed to students		
Wednesday 20th April	Maths Non-Calculator 90mins	French Writing Spanish Writing 65mins/80mins	Geography Papers 1 & 2 combined 60mins
Thursday 21st April	English Literature: Shakespeare & Poetry 2hrs	Chemistry C2 and C3 – both Combined and Triple 60mins	History: Migrants in Britain 1000 - Present 55mins
Friday 22nd April	Computer Science 60mins		
	Textiles – 5hrs		
Week 2	0850AM	1120AM	1.55PM
Monday 25th April Week A	RS: Paper 1 and Paper 2 80mins	Physics P2 and P3 – both Combined and Triple 60mins	
Tuesday 26th April	Biology B2 and B3 both Combined and Triple 60mins	Maths Calculator 90mins	
Wednesday 27th April	Hospitality & Catering: Unit 1 The Hospitality Industry 90mins	Health & Social Care: R021 Essential Values of Care 60mins	
Thursday 28th April	Drama: Component 3: Theatre Makers in Practice DNA Section A only 75mins	Engineering: R105 60mins	
Friday 29th April	History: Anglo Saxon & Norman England 1060 - 1088 55mins	French Reading Spanish Reading 45mins/60mins	

Subjects with no exams at this time due to the practical/coursework nature of the course	
English Language	No exam at this time
Art	No exam at this time; will take place later in the summer term
DIT [ICT] Enterprise/Business	No exam at this time. Students are currently completing coursework based units
Music Sports Science	No exam at this time. Students are currently completing coursework based units having sat their first external exam in January/February 2022

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St Mary's CE High School

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Parent/Carer Support Guide Year 10 April 2022

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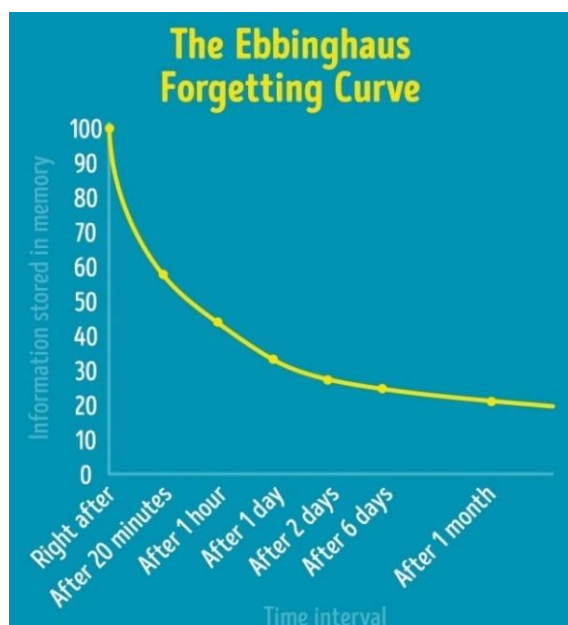
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Why is revision important?

The forgetting curve

At GCSE students are required to learn a large amount of knowledge but the brain can forget as much as 97% of information within 30 days, unless it is constantly revisited and relearned. Teachers will set tests throughout the course to help embed knowledge into the longer term memory but students are also required to self-test and make revision resources throughout their courses. Practice examinations are a way to support students' experience the exam and familiarise themselves with the systems and pressures of sitting in the examination hall. It serves as a safe environment in which to make mistakes so that these are not made in summer of 2023. The process of revision also breaks up the course and provides manageable chunks of content to revise throughout their GCSE years so that by the time the summer examinations commence they are already an expert at revising and they would have revisited the materials at least four times.



The examination process

Studying and revising for GCSE's is a process that starts in KS3 until the end of the Summer examinations in 2023. Students must aim to revise throughout their GCSE's so that they continually practice GCSE skills and embed the wealth of knowledge expected for each subject. Students should be continually revising subject content and self-testing throughout their GCSE's so that they space out revision but also have the confidence to retrieve knowledge in the examination.

Staff will support students through the testing of knowledge throughout the courses students' study and students will be given feedback on the examination skills that they will be assessed.

The most important role as parent/carers is to be supportive. GCSE's are important and require effort and time but students also need to develop their own interests and have time for their well-being. Therefore, as parents/carers it is important to ensure there is a good balance between pressuring and motivating and not allowing students to become too complacent.

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Academic achievement is important in ensuring stability for the future but your son/daughter's well-being is of great importance too and therefore the support of home and school is imperative. Do not underestimate the amount of stress your son/daughter may be feeling. If things seem to be getting too much, try to encourage them to share their thoughts and feelings and inform the school if you feel there is support that could be put in place to help.

Helpful hints to support your son/daughter:

- Encourage without pressure
- Take an interest without being concerned about everyone else in the class – your child's targets are your bench mark
- Speak to teachers if you have any concerns about your child's progress and well-being
- Familiarise yourself with Google Classroom
- Encourage students to attend revision lessons and speak to their teachers if they are stuck
- Help to plan revision using revision timetables
- Structure time on electronic devices so that your child has an academic and personal balance of time
- Test your son/daughter on the knowledge they have to learn – this is one of the most effective methods of revision
- Time them when completing exam questions and be the stopwatch
- Familiarise yourself with their revision programme so that you know the order of examinations and can help them prepare
- Check students are well equipped with equipment from black pens, to rulers and calculators
- Try to remain calm and remember they may be stressed

Revision tips to share with your child or to help your child with:

1. **Revision space:** Give your child a quiet place to work without social media and other distractions
2. Know when each examination starts and ends – make **examination timetables visual**
3. Support your child creating a **revision timetable**, especially in the lead up to preparation and the summer examinations
4. Encourage **short breaks** between revising
5. **Provide brain food and encourage exercise** – even just going for walk
6. **Do not allow your child to go to bed late** before an exam: last minute revision is not proven to support good memory retention and can in fact hinder the retention of information

REVISION

* = course of periods
// = no revision/area

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30-4:30	maths	maths	maths	maths	maths	*	*
4:30-5:00	media	chemistry	media	maths	english	maths*	//
5:00-5:30	english	chemistry	media	maths	english	maths*	//
5:30-6:00	//	//	maths	english	media	//	//
6:00-6:30	english	english	//	//	//	//	//
6:30-7:00	maths	english	//	//	chemistry	//	//
7:00-7:30	//	//	english	chemistry	//	*	biology
7:30-8:00	//	//	physics	chemistry	//	*	media
8:00-8:30	maths	biology	//	//	chemistry	english	//
8:30-9:00	maths	maths	maths	biology	physics	english	//
9:00-9:30	//	//	//	//	//	//	//
9:30-10:00	biology	maths	biology	biology	phys*	//	//
10:00-10:30	media	physics	biology	media	phys*	//	//



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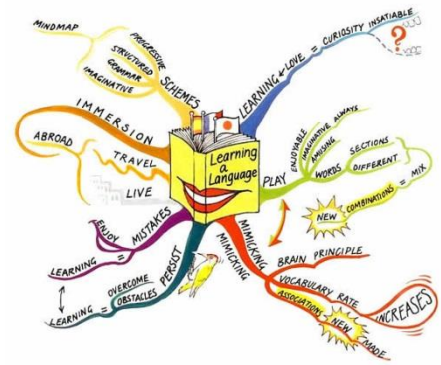
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7. Encourage your child to use a variety of **revision techniques**:

- Flash cards
- Mind maps
- Testing
- Create posters
- Diagrams and charts

8. **Test** your child and time them when practicing exam questions

9. Build in **rewards and treats** so that your child has something to look forward to – this could be as simple as walking the dog together, watching a film or making a nice cup of hot chocolate



Helping your child to manage exam stress

Students must know that it is normal to be stressed during this period of time and most importantly they must know how to manage their exam stress so that they can perform to the best of their ability.

As parent/carers you can help students by:

- Making healthy but tasty food
- Recognising that your son/daughter may be short tempered and irritable and fight the urge to retaliate when they snap at you – it is not personal
- Let some things go such as chores or tidying their bedroom as they have a lot on their minds
- When your son/daughter is on a break, make that break count and gauge their mood as to whether they want to talk about their work or whether discussing something neutral is better

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Helpful websites:

- <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>
- <http://www.studentminds.org.uk/examstress.html>
- <https://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress/>

After the exam

After each exam, give students the opportunity to talk about how they have done and allow them to do the talking while you listen. Encourage them not to dwell on mistakes they may have felt they have made. They may want some space to compare notes with other friends. You may want to share your experiences of exams as this may reassure them.

Plan an event to mark the results, whatever they are and have some fun with your child. Make it clear that you love and value your child for who they are, and not for what happened in an exam.

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