



March 2023

Dear Parent/Carer

**Year 10 Pre-Public Examinations (PPE's) – Monday 19<sup>th</sup> – 28<sup>th</sup> April 2023**

Please find attached the details regarding the Year 10 PPE's.

During this fortnight, students will be sitting a number of PPE examinations to provide them with an experience similar to that they will experience in the Summer 2024 series. Students will practice the routines pressures of the public examinations and also learn how to revise effectively and manage their time efficiently.

Students will not have study leave but they may have opportunities in school to revise under the supervision of their teachers when they are attending an examination. Setting revision is the prerogative of teachers and teachers will decide if students are completing curriculum work; revision for their subject or general revision. In the latter scenario, students must bring revision materials to their lessons in order to support their revision to ensure they are prepared for their examinations. However, students should have started their revision for these PPE's from the moment they receive this booklet. The Parent/Carer booklet and student booklet are designed to support them chunk and tailor their revision.

**It is essential that every student performs to their potential in these examinations.** It is expected therefore 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 / vocational courses. Attached is a booklet detailing the way in which you can support your child with revision. The booklet also contains summary information about the content of the examinations for each subject.

Please encourage your child to take these examinations seriously and support them by helping them to devise a revision timetable to manage their study time across all subjects.

Thank you in anticipation of your full support.

Yours faithfully

Mr S Tilbury  
Deputy Head Teacher

Mrs E Watts  
Deputy Head Teacher

WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

e: [admin@st-maryshigh.herts.sch.uk](mailto:admin@st-maryshigh.herts.sch.uk) w: [www.st-maryshigh.herts.sch.uk](http://www.st-maryshigh.herts.sch.uk)

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

*'Students feel happy and safe at school'* OFSTED 2019

*'An exceptionally inclusive and caring community'* SIAMS Inspection 2020

## Exam timetable

### Year 10 PPE timetable 19<sup>th</sup> to 28<sup>th</sup> April 2023

	0850 – 1050	1120 – 1320	1355 - 1455
Wed 19 <sup>th</sup> April	Maths  Paper 1 Non-calculator  1hr 30mins	Biology  1hr	
Thurs 20 <sup>th</sup> April	English Literature  Romeo & Juliet and Poetry anthology  1hr 45mins	Spanish Writing  1hr – foundation  1hr 15mins – higher	Geography  Paper 1 and Paper 2 combined  1hr
Fri 21 <sup>st</sup> Apr	Eid - TBC  French Writing  1hr – foundation; 1hr 15mins – higher		
Mon 24 <sup>th</sup> April	Chemistry  1hr	History  Migrants in Britain c800 – present  1hr 15mins	Hospitality & Catering  The Hospitality & Catering Industry  1hr
Tues 25 <sup>th</sup> April	RS  Theme A and Islamic Beliefs  50mins	Physics  1hr	
Wed 26 <sup>th</sup> April	Maths  Paper 2 Calculator  1hr 30mins	History  Paper 2: Anglo Saxon & Norman England  55mins	

WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

e: [admin@st-maryshigh.herts.sch.uk](mailto:admin@st-maryshigh.herts.sch.uk) w: [www.st-maryshigh.herts.sch.uk](http://www.st-maryshigh.herts.sch.uk)

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

*'Students feel happy and safe at school'* OFSTED 2019

*'An exceptionally inclusive and caring community'* SIAMS Inspection 2020

Thurs 27 <sup>th</sup> April	English Literature  Unseen poetry  1hr	Engineering  Principles of Engineering Design  1hr  GCSE Business  Investigating small business  1hr 4mins	French Reading  Spanish Reading  45mins - foundation  1hr – higher
Fri 28 <sup>th</sup> April	Computer Science  Component 1  1hr	Drama  Component 3: Theatre Makers in practice Section A only  1hr 15mins	
	GCSE Art Component 1: Development piece 5hrs  BTEC Art Component 3: Developing ideas in 2d art and design 5hrs		

### **The importance of the PPE's**

It is important to make you aware that the forthcoming PPE's are important to students and their predictions will be based in part on these examinations. Staff predictions for Sixth form and college courses take into account the PPE results and the progress students make between each series. The PPE examinations differ from end of unit assessments because more knowledge has to be learnt and retrieved from Year 10 and eventually in Year 11. To do this successfully, comprehensive revision is needed and students need to practice the best techniques for them to revise.

Therefore, we ask for your support to ensure that your child is revising from now and over the Easter holiday and that they are using the booklets provided and resources on Google Classroom to prepare themselves for their examinations. Students will receive their complete grades in an assembly to replicate the summer experience and these will be sent to you.

I also want to make you aware that we will not have any knowledge of the grade boundaries for the summer 2024 examinations. We know they will not be as generous as the 2022 examinations therefore we will be using the 2019 boundaries to award grades in the PPE's.

WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

e: admin@st-maryshigh.herts.sch.uk w: www.st-maryshigh.herts.sch.uk

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

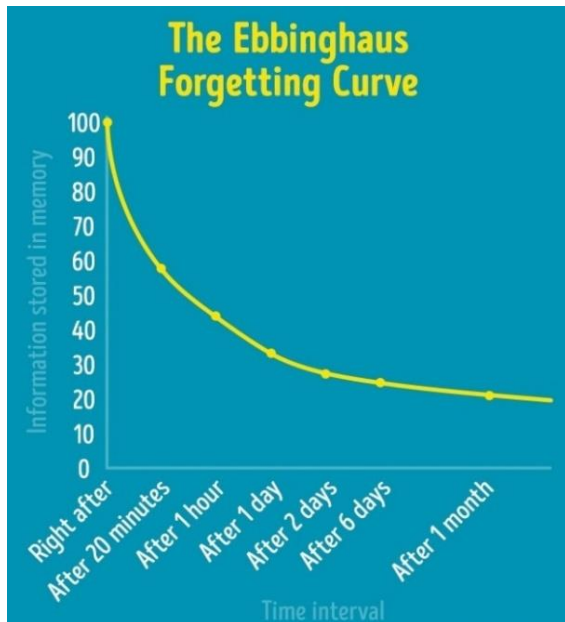
*'Students feel happy and safe at school'* OFSTED 2019

*'An exceptionally inclusive and caring community'* SIAMS Inspection 2020

## 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 2024. 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 2024. 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.

WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

e: [admin@st-maryshigh.herts.sch.uk](mailto:admin@st-maryshigh.herts.sch.uk) w: [www.st-maryshigh.herts.sch.uk](http://www.st-maryshigh.herts.sch.uk)

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

*'Students feel happy and safe at school'* OFSTED 2019

*'An exceptionally inclusive and caring community'* SIAMS Inspection 2020

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

WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

e: [admin@st-maryshigh.herts.sch.uk](mailto:admin@st-maryshigh.herts.sch.uk) w: [www.st-maryshigh.herts.sch.uk](http://www.st-maryshigh.herts.sch.uk)

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

*'Students feel happy and safe at school'* OFSTED 2019

*'An exceptionally inclusive and caring community'* SIAMS Inspection 2020

1. **Revision space:** Give your child a quiet place to work without social media and other distractions

3. Support your child creating a **revision timetable**, especially in the lead up to preparation and the summer examinations

5. **Provide brain food and encourage exercise** – even just going for walk

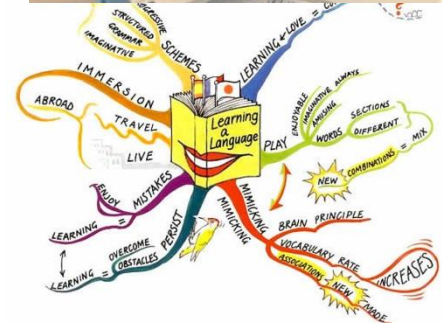
6. **Do not allow your child to go to bed late** before an exam: last minute revision is not proven to support good memory retention and can in fact hinder the retention of information

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

- 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

A stack of colorful, hand-drawn notecards. The top card is yellow and features a drawing of a cell with labels like 'nucleus', 'mitochondria', and 'cytoplasm'. Other cards contain handwritten text such as 'the structure of a neuron', 'the function of a neuron', and 'the function of a cell'. The cards are held together by a purple binder clip.

St Mary's CE Academy, Cheshunt, is a limited company registered in England and Wales  
Company No. 07999861 Registered Office: As above

## STUDENTS HAVE MORE TIPS IN THEIR PPE BOOKLET AND THE SCHOOL IS SUBSCRIBED TO GSCE POD AND OTHER ON-LINE REVISION RESOURCES

### 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



#### 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/>

WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354  
e: [admin@st-maryshigh.herts.sch.uk](mailto:admin@st-maryshigh.herts.sch.uk) w: [www.st-maryshigh.herts.sch.uk](http://www.st-maryshigh.herts.sch.uk)  
Headteacher: Mr Nicholas Simms B.Sc. (Hons), NPQH

*'Students feel happy and safe at school'* OFSTED 2019  
*'An exceptionally inclusive and caring community'* SIAMS Inspection 2020

St Mary's CE Academy, Cheshunt, is a limited company registered in England and Wales  
Company No. 07999861 Registered Office: As above

## **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.

WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

e: [admin@st-maryshigh.herts.sch.uk](mailto:admin@st-maryshigh.herts.sch.uk) w: [www.st-maryshigh.herts.sch.uk](http://www.st-maryshigh.herts.sch.uk)

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

*'Students feel happy and safe at school' OFSTED 2019*

*'An exceptionally inclusive and caring community' SIAMS Inspection 2020*