

HOLDING SCREEN: PARENT FORUM

Hello everyone, Thank you for joining our parent forum. This forum is on '**Preparation for Assessment Week and Revision**' and will begin at **17:20**.

If you have any questions that are relevant to this forum, that we could answer during this session, then please email your question to parentforum@rodingvalley.net.

Note: If you have a personal question relating to a specific subject etc, then please do contact the subject lead, subject teacher, or Year Progress Leader.
The parent forum email address will expire after the sessions.

Email- parentforum@rodingvalley.net



PREPARATION FOR ASSESSMENT WEEK AND REVISION TECHNIQUES

- **Getting Started:** planning revision, avoiding procrastination and setting good routines.
- **Revision:** content, application and strategies
- **Supporting your child**

GETTING STARTED

Planning Revision

- Revision should be 'chunked' into **smaller topics**.
- A **variety of activities** will assist with memory and recall.
- Each revision activity should not be longer than **45 minutes without a break**.
- Putting together a **revision schedule** will help manage the GCSE content and will allow students to have more of a strategic approach to their revision.

MON	TUES	WEDS	THURS
4pm: English Watch a 20 minute video for English on 'War Photographer' 4:30pm: History Complete a 30 minute Seneca quiz on causes of WW1	3pm: Maths Complete 30 minute quiz for equations MyMaths 4pm: English Complete a Buzan Mind Map in 20 minutes on Lady Macbeth	3:15pm English Complete an essay question on the theme of Loneliness in A Christmas Carol- 45 minutes	etcetera...

AVOIDING PROCRASTINATION AND SETTING ROUTINES

- Share your goals with others. Telling parents, friends and family that you are going to 'write an essay on Sunday' makes your plan official.
- Change your environment. Don't attempt to work sitting on the sofa. Dedicate the dining room table or library as a place to work and keep it that way.
- Set yourself explicit, measurable goals. 'I will not go out until I have completed 2 practice questions in Psychology'.
- Use a physical calendar. Write in the revision sessions you want to achieve and cross them off. It makes it a visual reminder and 'official plan' to revise and when not to revise. Also quite rewarding to 'cross off' revision days you have completed.
- Ensure you have pens, paper, highlighters, cue cards, coloured pens etc. Using them for revision becomes a better experience when you have everything you need.
- Get enough sleep and exercise- having too much or too little energy will not allow students to revise effectively.
- Use some of the apps from the next slides to help you concentrate.



THREE QUESTIONS TO ASK YOUR CHILD...

- 1) How many hours sleep did you get last night?
- 1) iPhone users: Go onto Settings>Screen time. What was your average screen time per day last week?
- 1) Go onto Settings>Screen time> See all activity. What was your 'most used' app yesterday and how long did you spend on it?

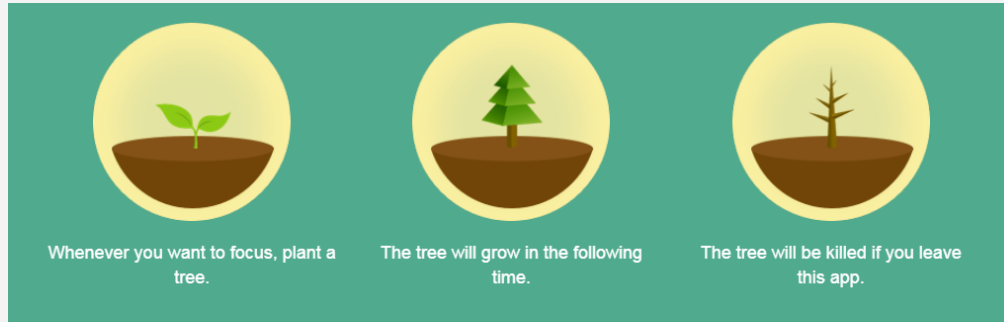
FOREST

What it is:

- An app that takes 30 minutes to grow a little tree. In this time, you cannot exit the app or minimise the app or the tree will die.
- You can then add the tree to your 'forest', representing all the time that has been 'well spent'.

What you need:

- Forest app.
- All of your H/W/revision materials ready to make the most of the 30 minutes.
- A quiet place away from anything else that might distract you.
- If working with a friend, challenge yourself to see if you can work independently for 30 minutes without talking.



FLIPD

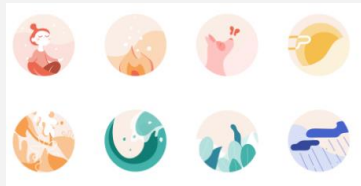
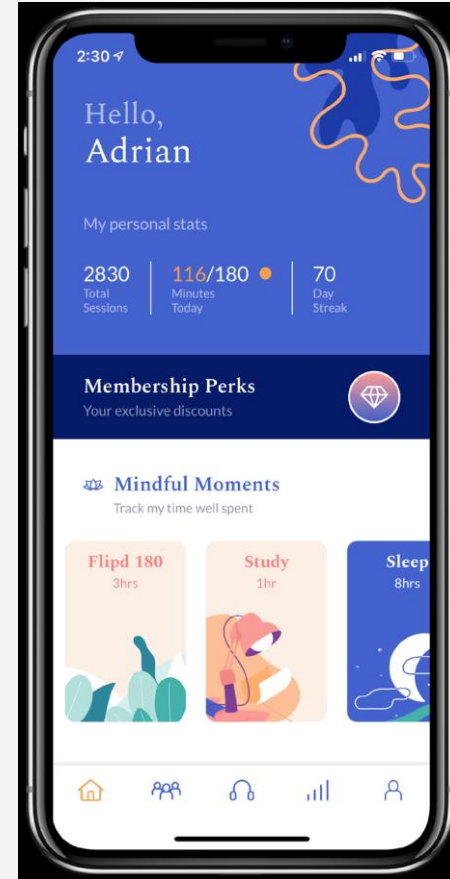
What it is:

- Flipd is a great little app which blocks all of your games and social media apps for a predetermined amount of time. It also replaces your lock screen with a timer to let you know how long you've stayed away.

- It also has a wellbeing centre on the app so this is a good one to help relieve and manage stress/anxiety around the exam period.
- It also encourages you to make the most of the time you have by tallying up your productive hours and keeping a 'streak' of productive days.

What you need:

- The Flipd app.
- This can be great to complete timed practice questions at home as you can enter your own timer goal.



FOCUS

What it is:

- If you have a short attention span, this app is for you.
 - Use the app to complete 'focused' work for a set amount of time (usually 25 minutes) and reward yourself with 5 minutes of 'you time'. Watch a video, eat a snack, get a cup of tea. Try not to text while doing this or start a conversation that will continue into the second half of your allocated hour!

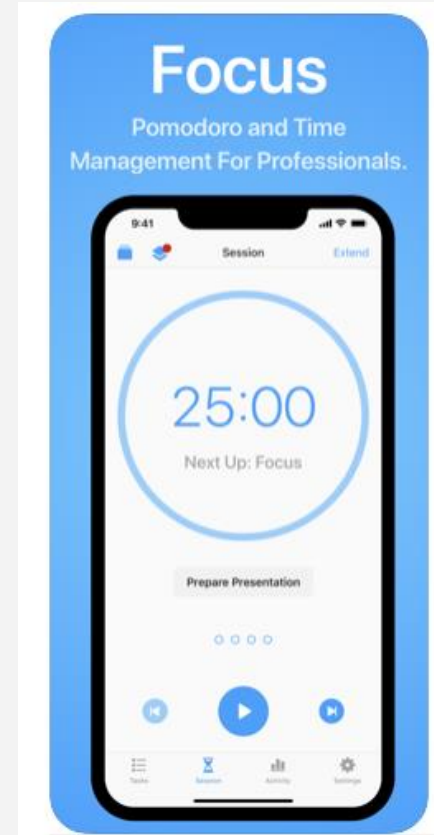
What you need:

The Focus app.

- Revision materials ready.
- A 'treat' to enjoy in your 5 minute reward time?



~34% of work
time is wasted on
interruptions and a lack of
focus.



IPHONE 'BEDTIME'

What it is:

You can set a reminder to go to bed- or start getting ready for bed and match that up with how much sleep you should be getting.

What you need:

A phone.

A bed!

Being tired does not allow us to focus on certain tasks and means that we are more likely to procrastinate. Sleep helps turn short term memory into long term memory. There is no sense in staying up all night to complete your homework if you're not going to get enough sleep!



IPHONE APP LIMITS

What it is:

- Allows you to set time limits for certain apps that reset at midnight. Consider using this for an app you have discussed this morning.

What you need:

- An I Phone.

Settings > Screen time > App Limits



REVISION: CONTENT

Over the last few weeks, students have been asked to engage with revision techniques. These techniques are really effective in knowledge recall:

- 'Tell me five'
- Cue cards
- Buzan mind map

These techniques are also effective for interleaved revision. It is proven that short, sharp bursts of revision on different topics, interleaved with other subjects is more effective than one long revision session.

Students have been taught how to effectively use these techniques, but there are also other techniques for individual subject areas that your child will be aware of:

- Seneca
- My Maths
- Bitesize etc.

Finally, you can help with your child's revision. Content is best consolidated when students are able to teach others. Can your child explain what they are learning? You might use cue cards to ask them questions or ask them about their tier 3, subject vocabulary.

REVISION: APPLICATION

At this point in year 11, many subjects have finished teaching content and have even gone back to revise this content. As well as revising knowledge, it is important that students are now applying this knowledge and developing their skills.

In English Language, for example, students are not tested on their knowledge, but their skills. It is really important that students complete a wide range of revision activities that do not just focus on content recall, including:

- Essay questions
- Past papers.
- Timed essay questions
- Chunked sections from an exam

If students are able to complete the above activities successfully, without notes in front of them, then they should be ready for their exams.

SUPPORTING YOUR CHILD...

Supporting your Child

Encouraging Independence

Information for parents and carers



Did you know?

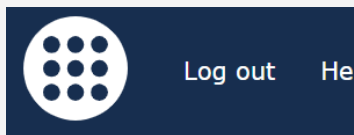
Developing independence has many benefits: increased academic success, increased motivation and confidence and improved awareness of students' own strengths and weaknesses, as well as how to manage these.

Independent learning isn't about working alone: teachers and parents still need to support and enable the learning that is needed in this time so that it is structured, productive and effective. We can't expect children to just 'know' how to work independently as well as effectively, they will need some guidance and support.

Independent learning is most effective when students can be encouraged to self-regulate their own learning and behaviour.



Supporting your Child



Select Curriculum

GCSE 9-1 (England) ▼

Probability

Statistics

Revision and assessment >

GCSE booster pack: grades 1 and 2

GCSE booster pack: grades 3 and 4

A screenshot of the MyMaths login interface. It features a light blue header with the MyMaths logo. Below is a dark blue login box with two input fields: "School username" (containing "roding") and "School password" (containing "*****"). At the bottom left is a question mark icon, and at the bottom right is a "Log in" button.

<https://login.mymaths.co.uk/login>

Revision and assessment

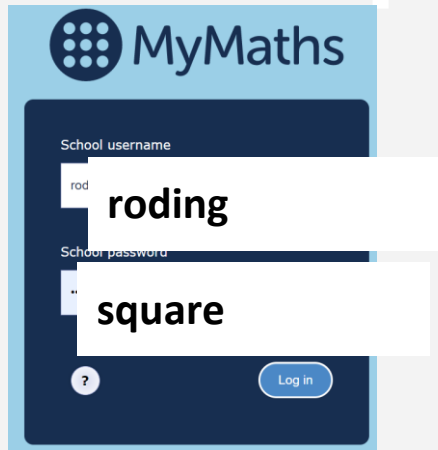
These booster packs will help you **assess** what you know and **revise** the topics you are not sure about. Find out from your teacher which pack is best for you.

Test yourself with the **worksheet** and use the **revision lesson** to go over any areas you find difficult. If you need to go deeper into a particular topic, you can use the supporting lessons and homework tasks.

Make sure you are logged in to My Portal to save your scores and track your progress.

Choose your booster pack on the left then choose a topic to get started.

Supporting your Child



The image shows the MyMaths login page. It has a blue header with the MyMaths logo. Below the header, there are two input fields: 'School username' and 'School password'. The 'School username' field contains the text 'roding' and the 'School password' field contains the text 'square'. There is a 'Log in' button at the bottom right of the login area.

MyMaths

School username

roding

School password

square

Log in

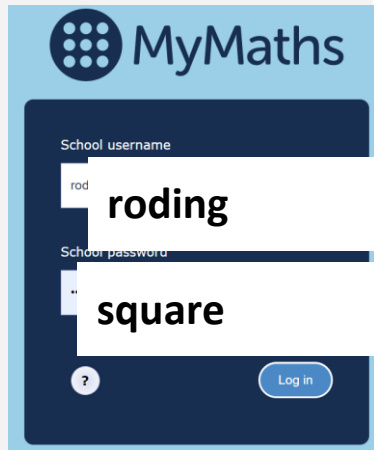
<https://login.mymaths.co.uk/login>



The image shows the MyMaths lesson interface. It has a blue header with the MyMaths logo and the text 'Lesson | Calculations: 4 to 5 booster'. Below the header, there is a table with 8 rows. The first column contains numbers 1 through 8. The second column contains chapter titles. The third column contains right-pointing arrows. The table is titled 'Chapter title'.

	Chapter title	
1	1	Pretest: Calculations >
2	2	Skills: Using place value with decimals >
3	3	Recap: Written methods >
4	4	Skills: Written methods >
5	5	Exam prep: Systematic listing >
6	6	Exam prep: Reasoning 1 >
7	7	Exam prep: Modelling >
8	8	Exam prep: Reasoning 2 >

Supporting your Child



The image shows the MyMaths login page. At the top is the MyMaths logo. Below it are two input fields: 'School username' and 'School password'. The 'School username' field contains the text 'roding' and the 'School password' field contains the text 'square'. At the bottom right of the login area is a blue 'Log in' button. To the left of the 'Log in' button is a small circle containing a question mark.

MyMaths

School username

roding

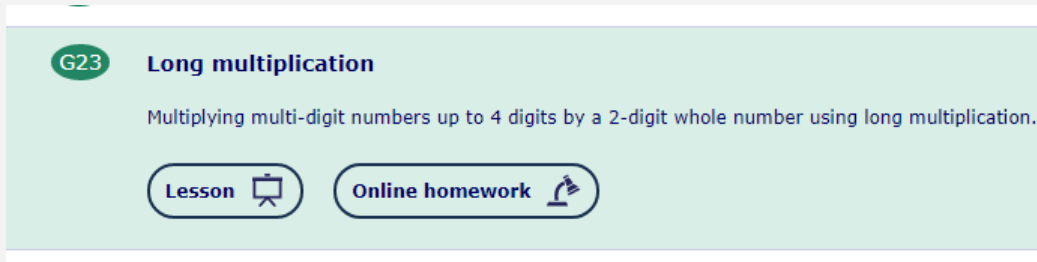
School password

square

?

Log in

<https://login.mymaths.co.uk/login>



The image shows a lesson card for 'Long multiplication'. It has a light green background. At the top left is a green circle with the text 'G23'. To its right is the title 'Long multiplication' in bold. Below the title is a description: 'Multiplying multi-digit numbers up to 4 digits by a 2-digit whole number using long multiplication.' At the bottom are two buttons: 'Lesson' with a monitor icon and 'Online homework' with a microscope icon.

G23

Long multiplication

Multiplying multi-digit numbers up to 4 digits by a 2-digit whole number using long multiplication.

Lesson

Online homework

Supporting your Child



<https://www.thenational.academy/>



Art



Citizenship



Computing



Design &
Technology



Drama



English



French



Geography

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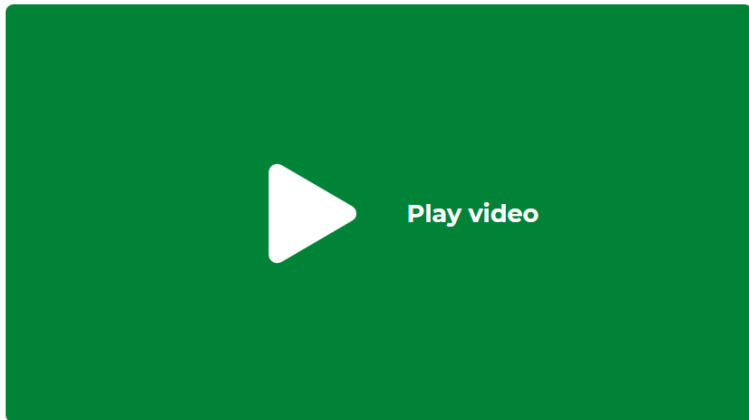


Maths



Teacher View

Video



Click on the play button to start the video. If your teacher asks you to pause the video and look at the worksheet you should:

- Click "Close Video"
- Click "Next" to view the activity

Your video will re-appear on the next page, and will stay paused in the right place.

Supporting your Child



<https://senecalearning.com/en-GB/parents>

Learn 2x faster for free with Seneca

Join **4,500,000** students using Seneca as the funnest way to learn at KS2, KS3, GCSE & A Level. And it's free!

Students, use for free

Teachers, use for free

Parents, use for free

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Price  Free  GCSE  Combined Science 


Age Group 





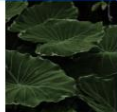





Subject 

- ☐ Biology (23)
- ☐ Business (14)
- ☐ Chemistry (20)
- ☐ Coding (1)
- ☒ Combined Science (39)
- ☐ Computer Science (8)
- ☐ Design Technology (4)

Exam Board 

Type 

Tier 

Co-ordinated Science Biology: CIE iGCSE 	Co-ordinated Science Chemistry: CIE iGCSE 
Co-ordinated Science Physics: CIE iGCSE 	Combined Science Biology: AQA GCSE Foundation 
Combined Science Biology: AQA GCSE Foundation - Diagnostic Misconceptions 	Combined Science Biology: AQA GCSE Foundation - Standardised Assessments 
Combined Science Biology: AQA GCSE Higher 	Combined Science Biology: AQA GCSE Higher - Diagnostic Misconceptions 
Combined Science Biology: AQA GCSE Higher - Standardised Assessments 	Combined Science Biology: Edexcel GCSE Foundation 

Supporting your Child



Parent FAQs

Answers to frequently asked questions from parents



28 articles in this collection

Written by Lukas Feddern and Olivia

Supporting your Child

Bitesize

[Home](#)[Learn](#)[Support](#)[Careers](#)

GCSE

English Language

Exam board content from BBC Bitesize for students in England, Northern Ireland or Wales. Choose the exam specification that matches the one you study.

Supporting your Child

How to encourage productive learning

Information for parents and carers



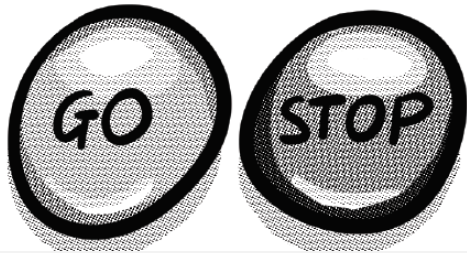
Did you know?



Having a tidy space can reduce stress and improve productivity. Another way to maximise opportunities for work and reduce distractions is to ensure the space is organised with everything needed for studying: laptop, books, pens and any other equipment. If you want to go a step further, plants are shown to not only create a calm space but also aid concentration.

Many people find approaches like the Pomodoro technique help to increase their levels of productivity as it allows for focused 'work' time for 25 minutes, and then a 5-minute reward break. It is often surprising how much we can actually achieve in short bursts of time when we are fully focused, with no distractions, and know that there is a clear end when we'll get to do something we want to.

Experts in nutrition stress the importance of healthy diets for ensuring the most effective working of our brains. For example, although caffeine and sugar can provide bursts of energy, consuming these can lead to significant dips in focus and energy. We also know that easy swaps can lead to more balanced nutrition and energy levels, like using wholegrains, nuts and berries.



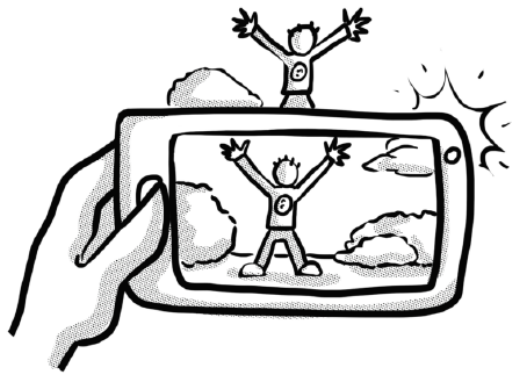
Supporting your Child

Building Resilience

Information for parents and carers



Did you know?



Resilience is the ability to overcome adversity, 'bounce back' during difficult times and get back to feeling good. It is about having the capacity to adapt to difficult circumstances, and using tools and resources available to do so.

The Institute of Health Equity suggests that resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience. Building resilience is fundamental to teenagers becoming happy and functioning adults. Young people who are not resilient will be more likely to respond to stress by developing anxiety and depression.

Evidence suggests that promoting resilience can help young people sustain good relationships, develop personal life skills, overcome challenges, cope in difficult situations and help them to achieve their potential. Human brains develop and change more during the teenage years than most other times in their life. This means that this is a time when there is huge potential for the development of new skills and capabilities.



Supporting your Child

- **Encourage** them to keep their goals planner 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



Supporting your Child

- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve



**BELIEVE
YOU CAN
& YOU'RE
HALFWAY
THERE.**

Supporting your Child

Using Flashcards

Information for parents and carers

Flipped Learning

The chunking technique

The Interleaving technique

Information for parents and carers

PIXL
partners in excellence

Spacing and Timing of Revision

Keeping active during Revision

Cognitive Load Theory