



Supporting Success Evening

Thursday 28th October, 2021



Head of Year & Assistant Head of Year

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Pastoral Care and Support



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- 11LE – Lucy Elliott lelliott@johnferneley.org
- 11KOH – Kate O'Hagan kohagan@johnferneley.org



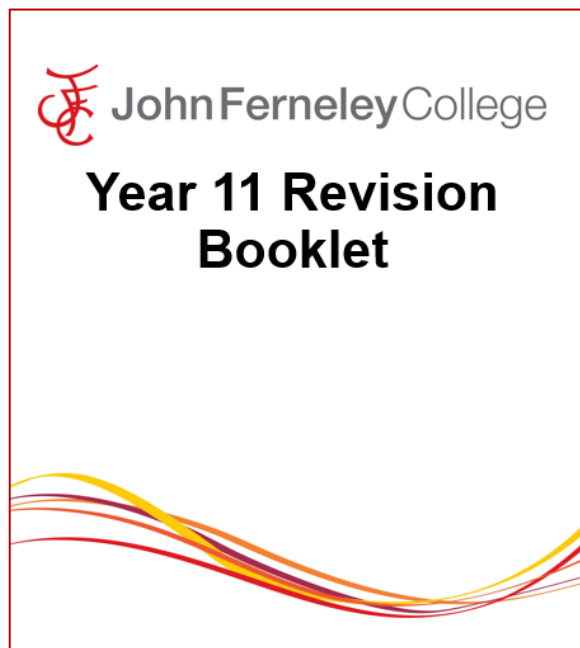
PRACTICE
MAKES
PERFECT



Revision in school and at home



Support with revision at school



Learning in lessons and homework!!

After school sessions (Supporting Success Timetable)

GCSEPod (www.gcsepod.com/parent-resources/)

Hegarty Maths

Revision guides

Feedback from Mock Exams (wc 8th November)

JFC website

HOME → STUDENTS → YEAR 11 SUPPORTING SUCCESS

YEAR 11 SUPPORTING SUCCESS

REVISION RESOURCES

- GCSE Pod
- Hegarty Maths
- Unifrog

SUPPORTING SUCCESS TIMETABLE

Below is the timetable for GCSE after-school support sessions. Supporting Success provides students with an opportunity to:

- Consolidate their classroom learning and build further confidence
- Fill identified gaps in knowledge
- Complete and improve coursework elements of subjects
- Attend targeted sessions to support the move from one specific grade to the next

All sessions after-school run from 3.00pm - 4.00pm.

John Ferneley College				
Year 11 Supporting Success Timetable				
	Monday	Tuesday	Thursday	Friday
Every week 8:00am – 8:40am		PE (P2)		
Week 1 After School	Science – Chemistry (D7/D8)	English	Maths	Design Technology (E6)
	Drama (P8)	Science – Biology (D1/D2)	Science – Physics (D1/D4/D8)	Drama (P8)
	Art (P1)	Computer Science (E7)	Computer Science (E7)	Music (P7)
	Enterprise & marketing -	Geography (K5)		Media (Communication)

IN THIS SECTION

STUDENT LIFE AT JFC →

PASTORAL STUDENT
SUPPORT →

STAYING SAFE
ONLINE →

FUTURES / CAREERS
PROGRAMME →

LIBRARY →

ART EXHIBITION
2021 →

RESOURCES →

YEAR 11 SUPPORTING
SUCCESS →

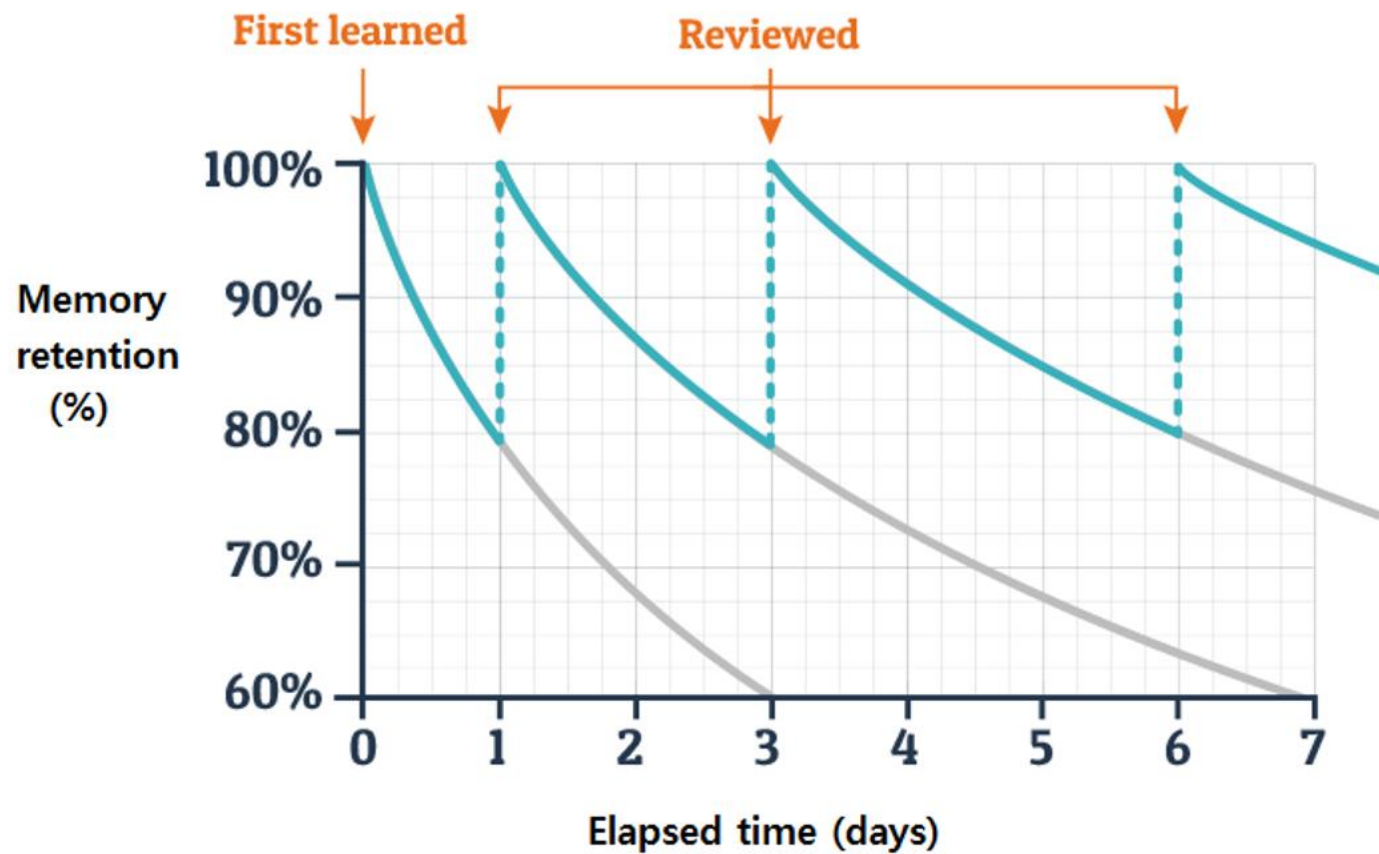


Revision at home

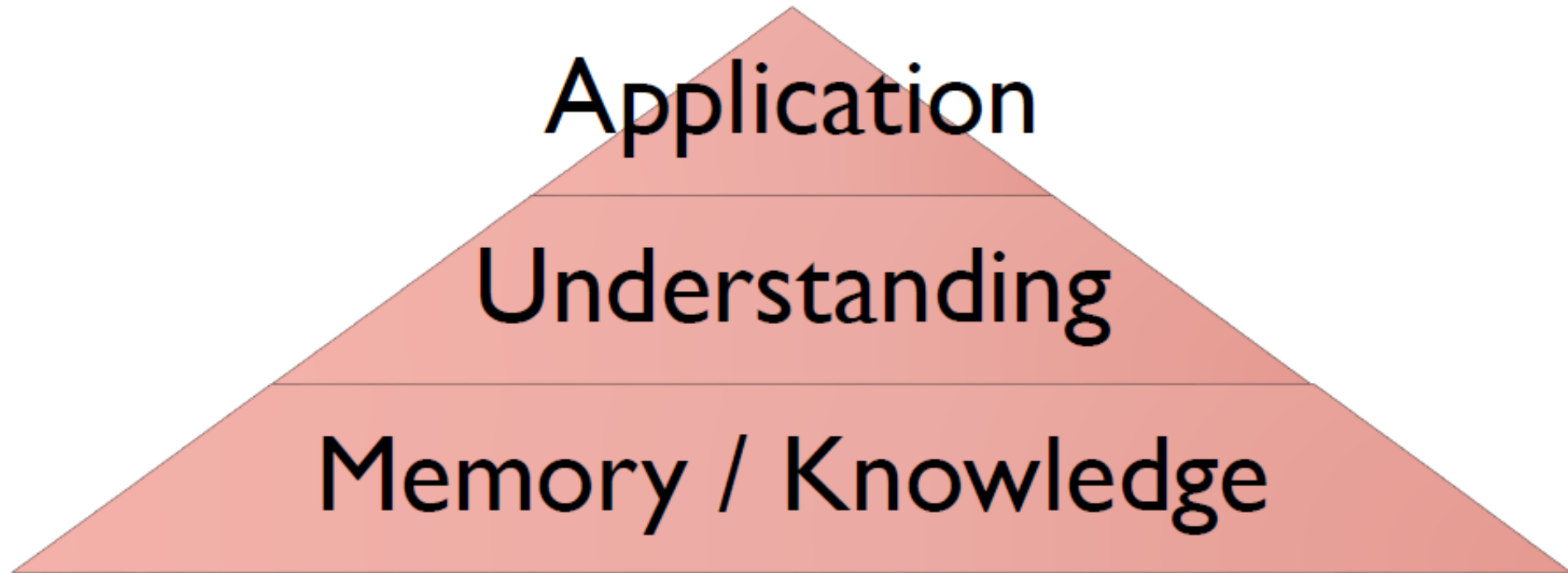
- Right environment
- Right equipment
- Plan a revision timetable – not last minute!
- Short manageable chunks with rewards in between
- No distractions – put phones on silent or in another room



Why revise?

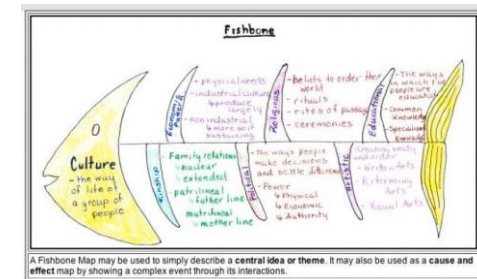
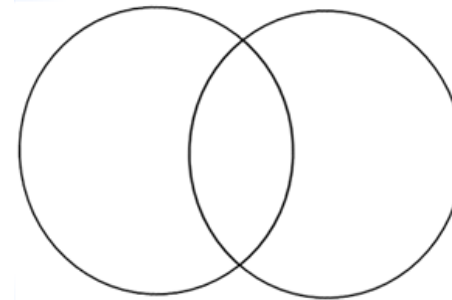
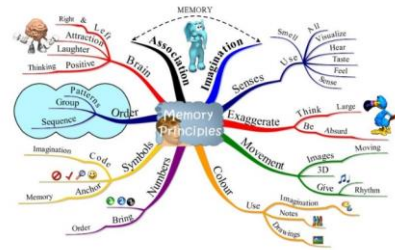
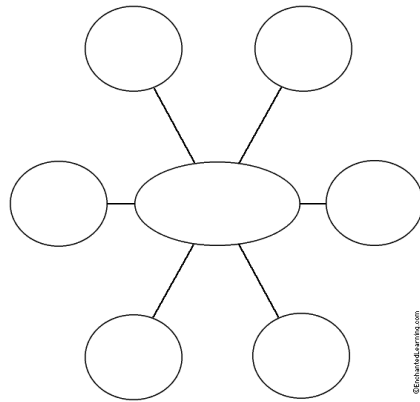


Effective revision **must** involve:



It isn't re-reading, copying or highlighting!

Graphic organisers



- Pick out the key information and form spider diagram or mind map showing how they link together – create “nuggets” of information.



Flashcards

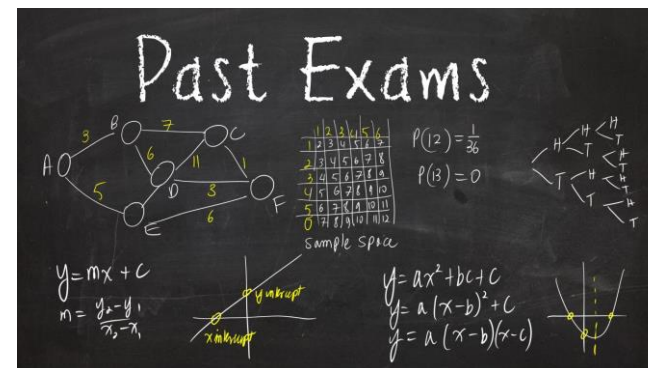
- Key facts only
- Revisit the information regularly





Testing

- Explain to someone else
- Test yourself or get someone else to test you (use flash cards with key points)
- Use or apply what you have learnt – past exam papers (most exams don't change that much!)

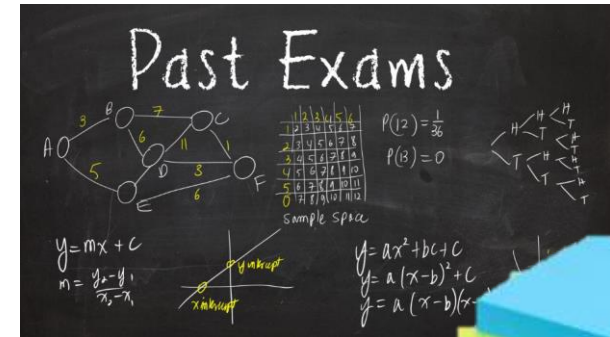


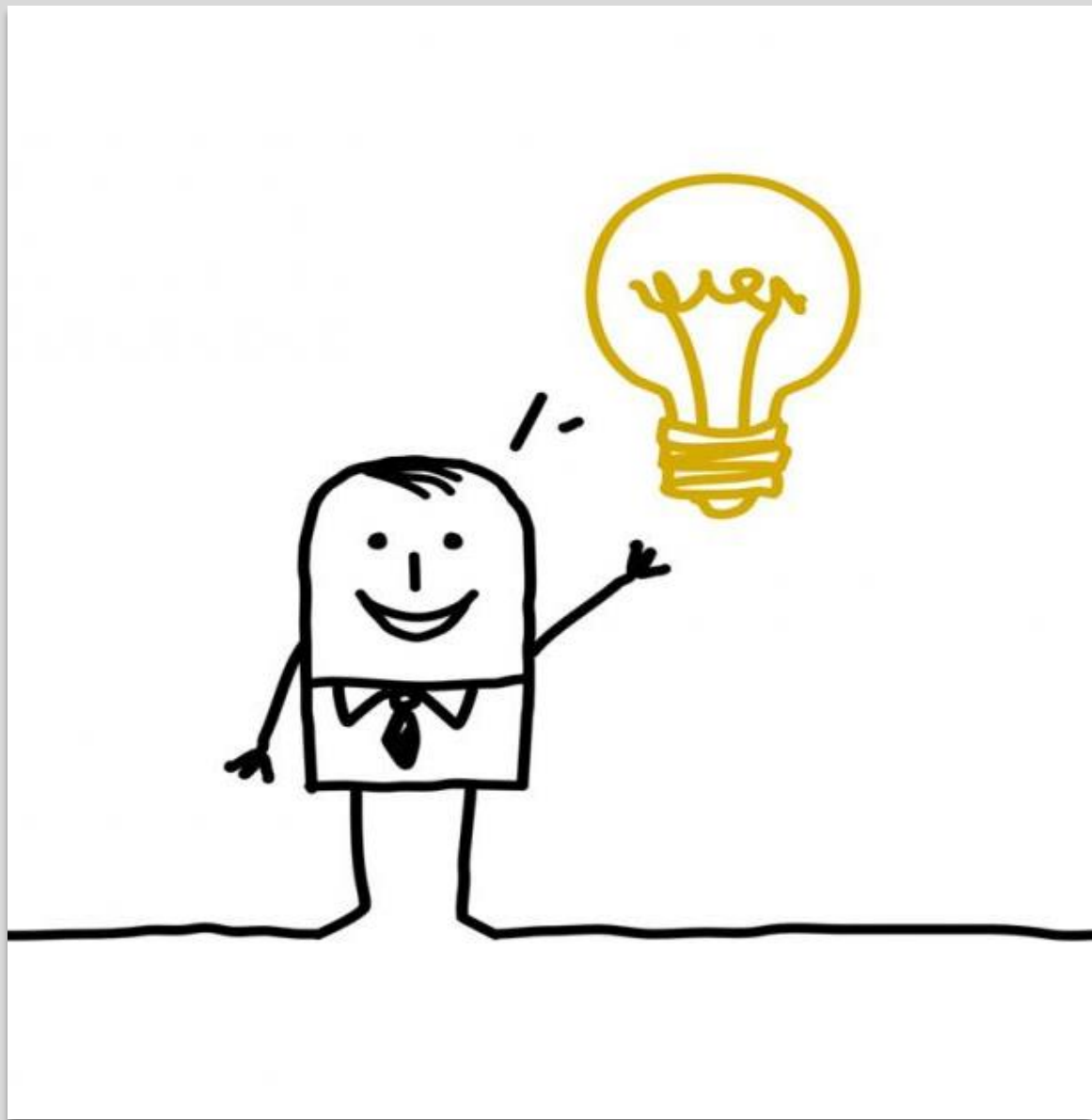
LOOK
SAY
COVER
WRITE
CHECK



Revisit again!!

- Post-it notes
- Flashcards
- Repeat exam papers





**Top tips to
support your
child through
their exams**



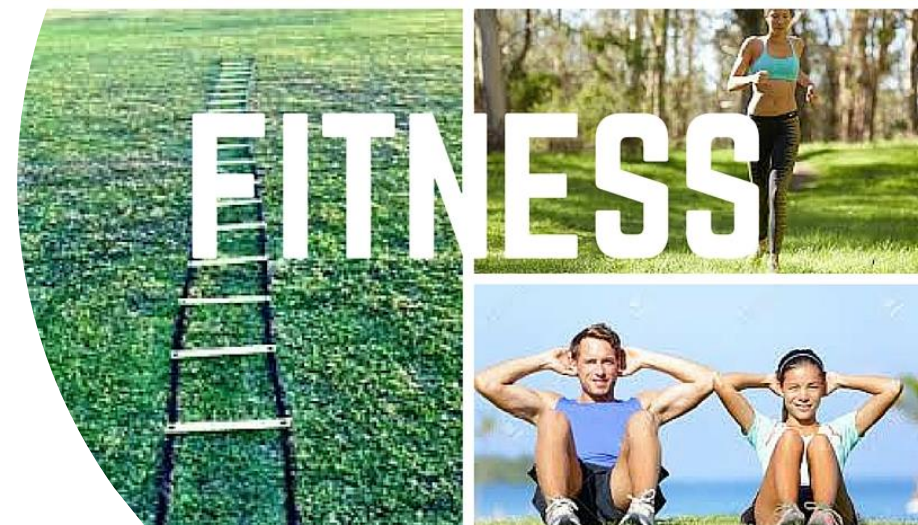
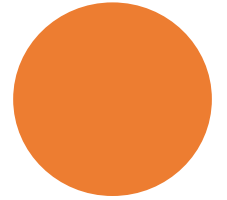
Goal Setting

- 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



Stay Healthy

- Encourage them to keep active daily
- Go out for a walk together and get some fresh air
- After exercise your brain functions well, so encourage a revision session afterwards
- Avoid caffeine
- Encourage them to eat breakfast
- Stay hydrated



Take time out

- Encourage them to build in opportunities for time out every week
- Spend time doing things they enjoy
- Time away from phones and social media

TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN





Sleep Patterns

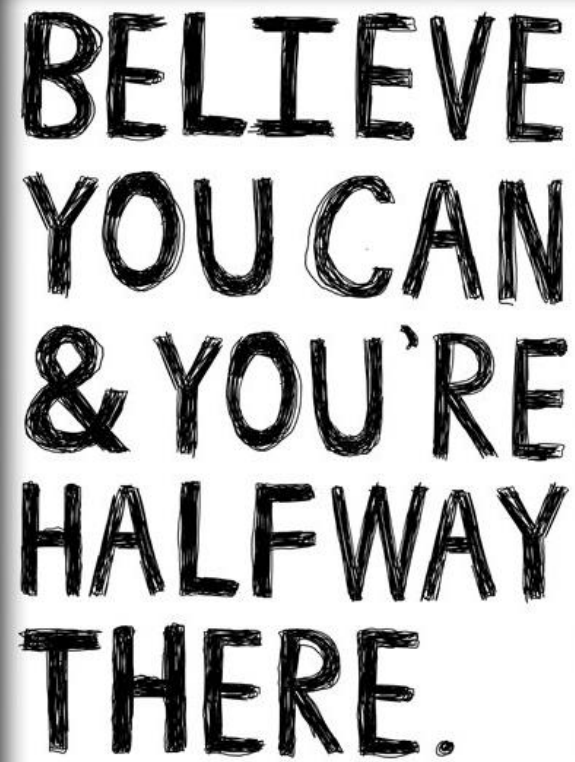
- Young people need between 8 – 9 hours sleep per night
- Make sure they don't eat too late at night
- Try to avoid eating or having caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



Staying cool and calm

- Set a good example by staying calm yourself
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling things they can control
- Promote a balance of their academic studies & other activities during the week





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

Support them to believe in themselves

- Give them positive reinforcement and boost their confidence
- Celebrate any successes
- 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
- Listen and just be there for them!



Take Aways

Revision on a page booklet – information for all subjects

Art information booklet

Revision resources

Little bag of happiness – help yourself at the end!

Revision guides for sale

Futures Booklet

Thank you!