



BUTTERSHAW
BUSINESS & ENTERPRISE COLLEGE

A member of
the **bdaf** family
BUSINESS DEVELOPMENT ASSOCIATION

Preparing your Year 11 student for GCSEs



AMBITION



RESILIENCE



COURTESY



KINDNESS



How to revise

We encourage students to revise using a method known as Pomodoro. This method encourages the student to stay focused and mentally fresh when revising.

It involves a 25-minute period of work followed by a 5-minute period of rest, before another 25-minute period of work.

We recommend 4 pomodoros, as a minimum, every evening, and 8 each day at the weekend.





Students should:

1. Check the subject and topic on their revision planner. Get resources to hand. Put their phone in another room!
2. Set a 25-minute timer.
3. Work **on task** until the time is up.
4. Take a 5-minute break. Move away from their revision!
5. Complete another pomodoro.
6. Every 4 pomodoros, take a 15-30 minute longer break.



Students should plan a timetable that details what they will revise and when. They should be specific, including the subject and the topic. There is a copy of this on the website and students can collect paper copies in school.

Revision Planner

Day of the week

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday	
8.30 - 9.15	<h1>SCHOOL</h1>					Pomodoro 1			
9.15 - 10.15						5 minute break			
10.15 - 10.30						Pomodoro 2	Eng Lang Blood Brothers quotes	Biology The digestive system	
10.30 - 11.30						5 minute break			
11.30 - 12.30						Pomodoro 3	Sport Components of fitness		
12.30 - 1.00						5 minute break			
1.00 - 2.00						Pomodoro 4			
2.00 - 3.00						30 minute break			
Pomodoro 1		Geography Costal erosion					Pomodoro 5		
5 minute break							5 minute break		
Pomodoro 2	Maths Pythagarus					Pomodoro 6			
5 minute break						5 minute break			
Pomodoro 3						Pomodoro 7			
5 minute break						5 minute break			
Pomodoro 4						Pomodoro 8			

Time in school. They will only have time for independent revision on Tuesday and Wednesday, Period 1

They should plan each pomodoro by adding their subject and topic

They should take a 5-minute break between pomodoros and a 30-minute break every 4 pomodoros

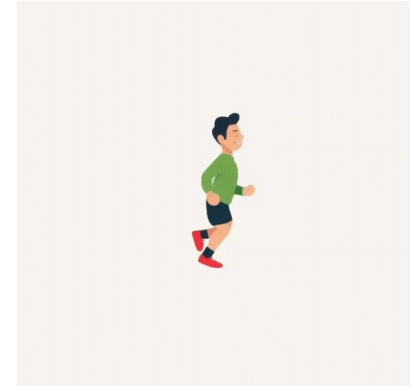
They should be doing 4 pomodoros at home, every evening

They should do something different in their break – get a snack, walk round the block, scroll TikTok - but **stick to 5 minutes!**



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Make Time For The Fun Stuff!

- It is important to allow time to relax and forget about studying!
- They should continue with their usual extra-curricular activities, such as rugby, piano lessons, Youth Club etc.
- They may have a part-time job that they are committed to, but it is important not to work too many hours. During term-time children can only work a maximum of 12 hours a week. This includes:
 - a maximum of 2 hours on school days and Sundays
 - a maximum of 8 hours for 15 to 16-year-olds.



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Being organised will help them
feel less stressed!

You can help them organise
their working space, resources
and time.





- Help your Year 11 create a workspace where they can revise without distractions. This could be in their bedroom, the living room, or even the shed! If this difficult at your house, maybe they could revise at a relative's house?
- Make sure it is well lit and well ventilated. Stuffy air will send them to sleep!
- Create space for their revision resources so that they know where to find everything and they have everything to hand.
- Encourage them to use folders to keep their revision diary, Learn Sheets, revision materials, blank flash cards etc. together.





Stock up on resources:

- Folders
- Highlighter Pens
- Post-Its
- Blank Revision Cards
- Lined and plain paper
- Coloured pens





Their revision time needs to be effective!

- Encourage them to remove distractions (put their phone in a different room!)
- They have been taught how to plan their revision session and different methods to use to revise. They should have a copy of the 'How To Revise' book which will remind them. There are also instruction videos on the school web site.
- They should choose the methods that work for them. If they don't know it, something's not working, and they need to make changes!

“

I don't
aspire
to be cool.
I aspire to
be effective.

Todd Henry

”

Get involved!



Aside from helping them to organise their space and equipment, there are other things that you can do to help:

- Check their Class Charts for homework tasks and notifications.
- Check their revision plan.
- Quiz them, using their flash cards and other resources. Have them explain what they have learnt/drawn/written.
- Build their confidence. Encourage the effort, not the outcome. Praise your child when they are engaged with study.
- Students can become snappy and moody as exams draw near. Spend some time doing fun things to take their mind off revision for a short time.



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Stress

Year 11 is a stressful time for both students and parents!

Some stress is to be expected and as long as it is managed, it can be good for students. It can motivate them to do well.

Encourage them to be resilient, to expect challenge and keep trying. Remind them that it is ok to ask for help and accept help!



Helping students with stress

- Academic success can easily become the centre of attention during this period, but it is crucial that this pressure doesn't overshadow their wellbeing, both in school and at home.
- Encourage them to prepare in advance. Revision starts now in small, manageable chunks. If they leave all their revision to a few weeks before the exam, then it can become overwhelming and stressful.
- If they are behind with coursework, or confused about revision, they should see their teacher to work out a plan for catching up. Taking control reduces stress.
- Remind them often that **'you can only do your best'**. A few nerves are good, but if they feel like they aren't coping, they should speak to someone.
- Help them to make a revision timetable. Make sure they have time to unwind.
- Encourage them to eat and sleep well. Don't let them revise late into the evening



When to get help

- Most of the time students do cope with the demands of Year 11, but sometimes they may need a little extra help.
- Signs to watch out for:
 - Changes in eating/sleeping over a prolonged period of time.
 - Changes in behaviour at school/truancy.
 - Refusal to attend school/lessons.
 - Numerous illnesses such as nausea, stomach ache, headache.
 - Not wanting to go out, take part in activities or see friends.



Where to get help

In school

- Form tutors and subject teachers.
- Year Head/Assistant Year Head and Pastoral Manager.
- TIC TAC – Mrs Mordue
- Safeguarding and wellbeing team (if you feel you're not coping)- Mrs Mordue, Mrs Benn, Mrs Tolan, Miss Sweeney, Mrs Mason, Mr Colman, Mr Taylor

From home

- www.youngminds.org.uk 02070 895050
- www.samaritans.org
- CALM 0800 585858