

Y11 How To Help Your Child Evening Welcome



Mr Marande – Headteacher

enjoy respect achieve

Programme

- Introduction – Mr Marande
- Pastoral Support - Mr Lown
- Revision & Subjects - Mr Ley



All presentations and resources will be available on our website www.petersfieldschool.com (under 'Parents') and links emailed to you

**Parental engagement in
education is one of the largest
factors in student achievement**



TPS

• This article is more than 3 months old

Why a good Ofsted report can be bad for GCSE results

Children whose families receive positive news about their school perform significantly worse in exams, according to study



This is the shock finding of a [study conducted by](#) four universities and two thinktanks which found that parents with children in schools that have received a better-than-expected Ofsted report are much more likely to reduce how much they [help their children with their homework](#). This, in turn, could have a damaging impact on their children's GCSE results.

The researchers from the Institute for Social and Economic Research at the University of Essex (ISER), the Institute of Fiscal Studies, the University of Sussex, University College London and the University of Bristol found that parents receiving good news about their children's schools were around 20 percentage points more likely to reduce help with homework than those who did not.

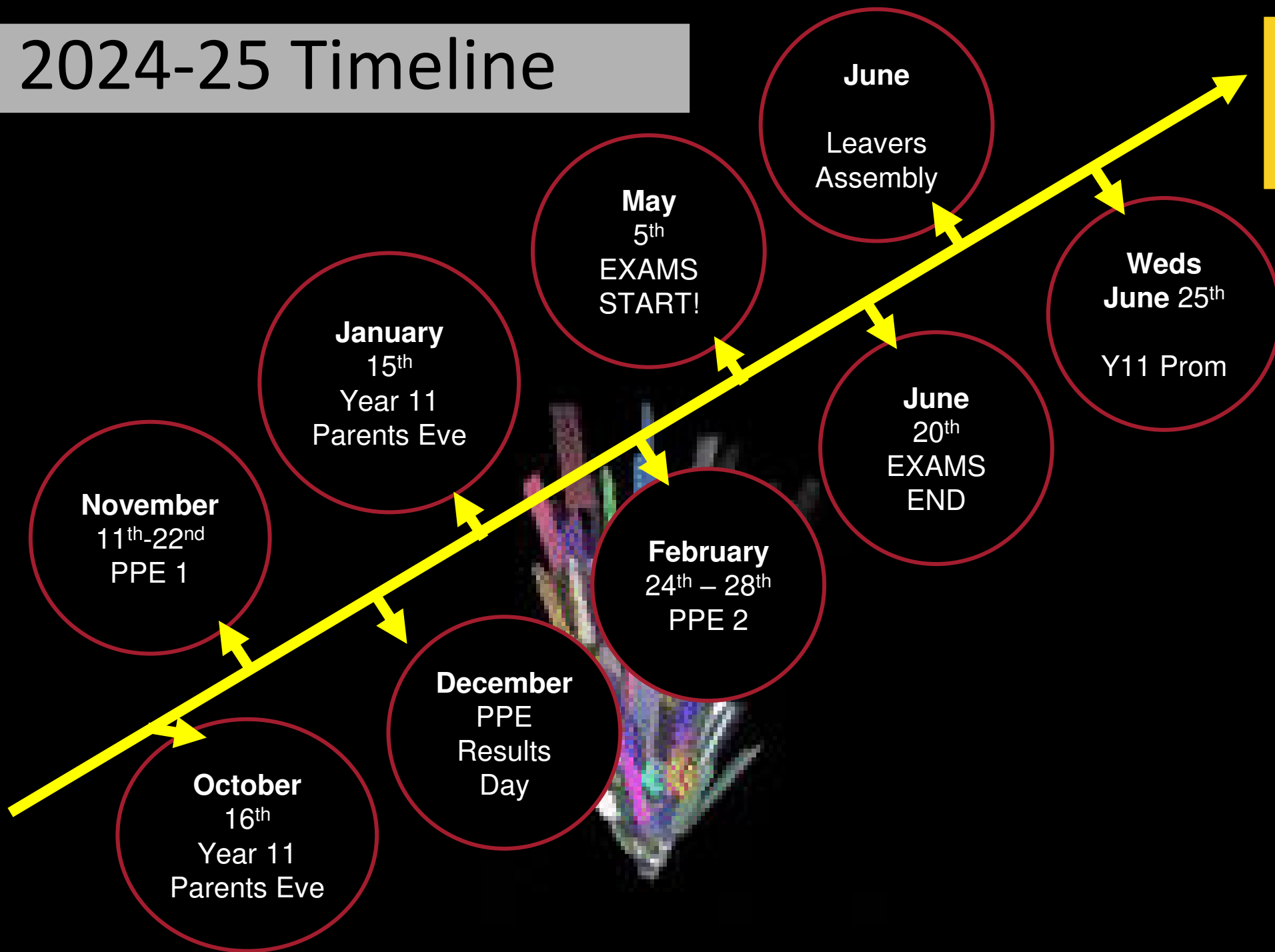
"Our new research shows parent reactions to an Ofsted inspection are significant and meaningful," said Professor Imran Rasul, from UCL and the Institute of Fiscal Studies. "They withdraw support for their children when they are happy the school is doing well. This might explain why research has found it hard to pinpoint the benefits of attending high-performing schools. More thought should be given to how information on school quality is given to parents, and how to prevent this from having an adverse impact on their children."

**IT'S A MARATHON,
NOT A SPRINT**



2024-25 Timeline

**3 MONTH
SUMMER
HOLIDAY**

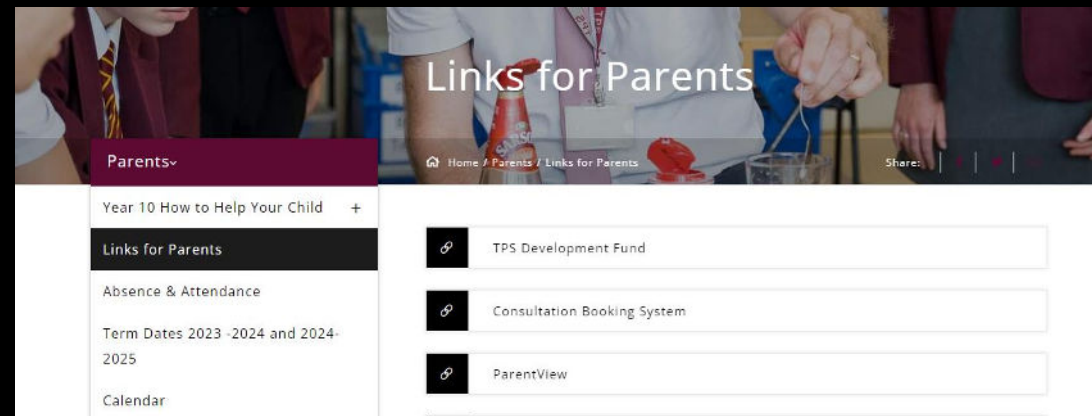


Parents Evening

Wednesday 16 October 2024 - 3.30-6.30pm online

Wednesday 15 January 2025 - 5-8pm in-person

- Bookings made through the Consultation Booking System, found under 'Links for Parents' on the school website.
- All families have the opportunity to attend **both** evenings and see each subject area twice.
- Online appointments are held using the booking system - require an internet enabled device with a camera and microphone.



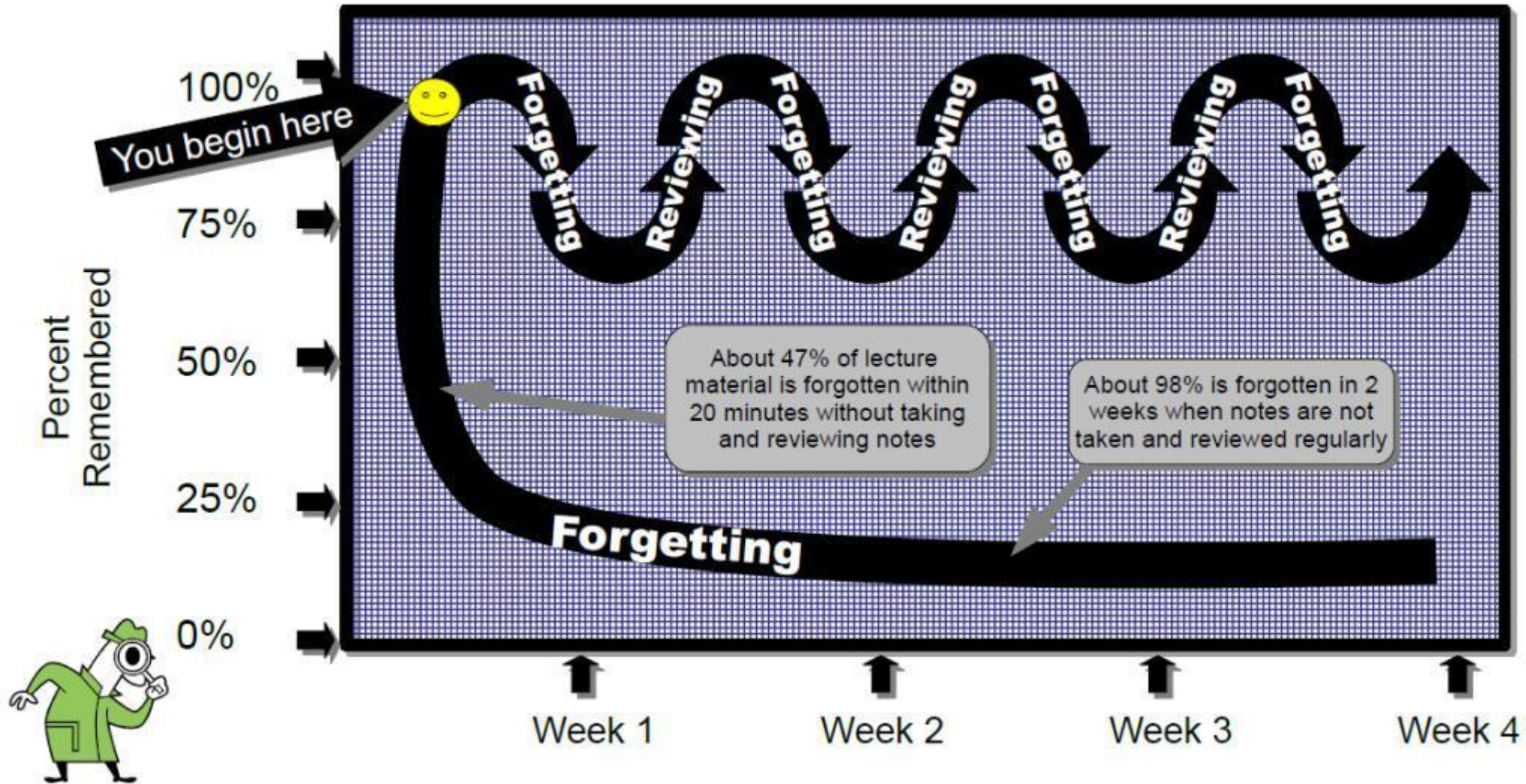
Best ex-Year 11 Mocks Quote

“I did well in the subjects I revised for but I didn’t do very well in the subjects that I didn’t revise.”



TPS

Ebbinghaus Curve of Remembering

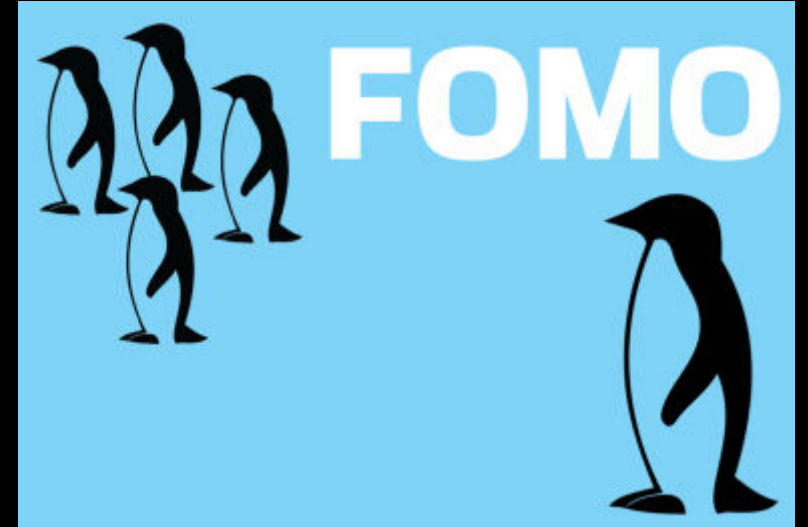


The general, overall conclusion about forgetting is that most forgetting takes place immediately after information is encountered and then slows down when notes are not taken and reviewed regularly.

Subject Tutors



THE DIGITAL DETOX CHALLENGE



- Give your phone away before you start your revision session
- Charge phones and tablets in another room overnight
- Turn WiFi/internet off / change password during revision sessions
- Remove your games console/controller from your bedroom/revision space
- Use Netflix as a reward for quality revision time (change password)

SEXTORTION

It's more common than you think.

UR so hot! 😍

TY. I love you so much! 🥰

More naked pics

Seriously? 😨

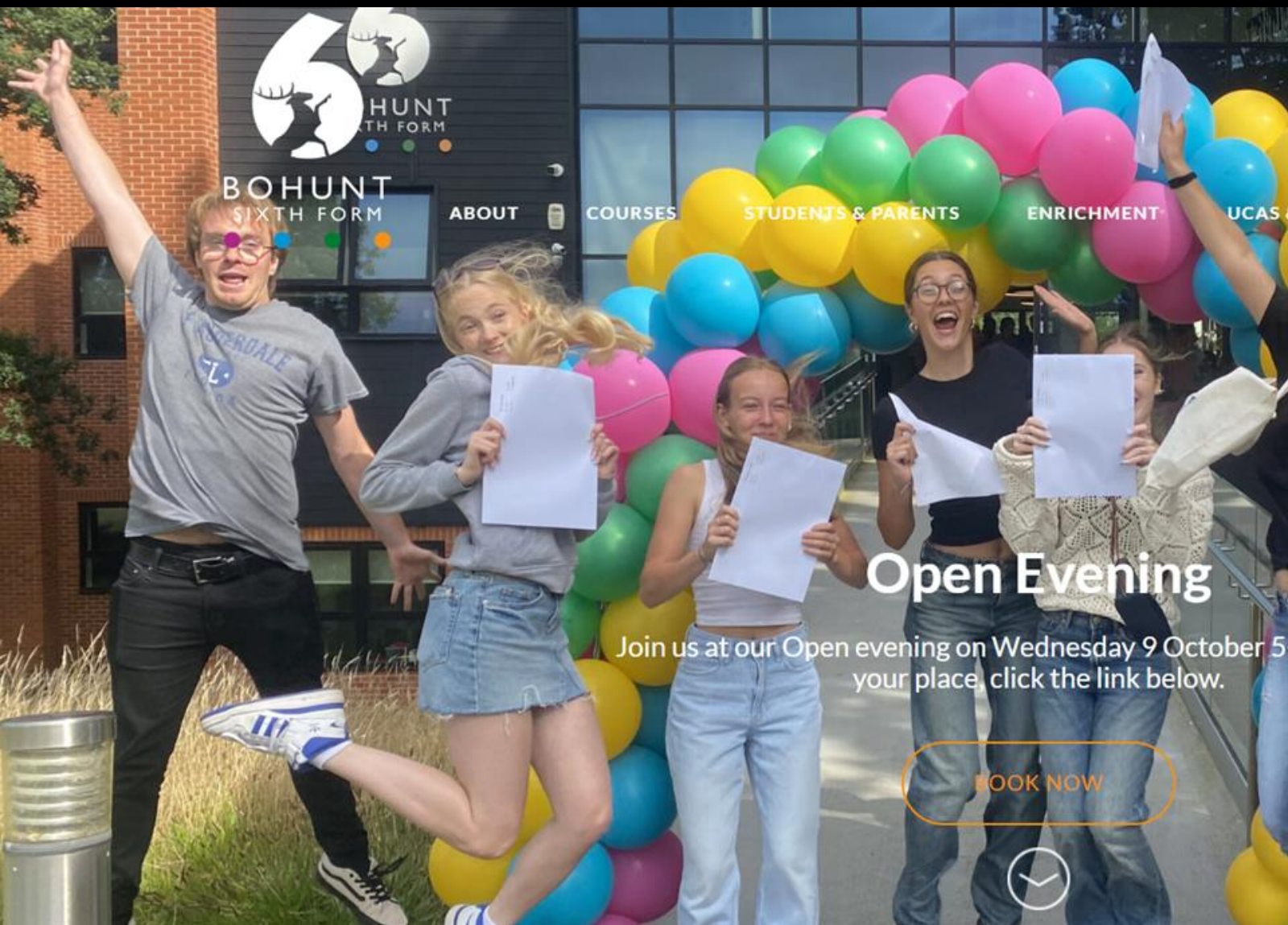
Get your pants off or I will share ur other pics with ur friends

Careers @ TPS

- 1:1 meeting with Independent Careers Advisor
- Assemblies (A-level and vocational)
- Future Focus sessions in PDL
- Careers Fair
- Support with sixth form/college applications
- Regular post-16 information and opportunities are available on the TPS Careers Padlet page for parents and pupils, located on the school website and TPS Weekly
- www.informedchoices.ac.uk & Kudos (www.kudos.cascaid.co.uk)
- We do expect all students to have applied to post-16 provider by Christmas. They do not need to make the final decision until they receive their GCSE results
- Contact Mr Joiner with any questions - Ljoiner@petersfieldschool.com



TPS



Grades	2024 %	National %
A*	12	9.3
A*/A	40	27
A*-B	70	
A*-C	86	76.4
A*-E	100	97.2
EPQ August 2024	100% A*	

For more information, please visit
<https://www.bohuntsixth.org/>

Open Evening

Join us at our Open evening on Wednesday 9 October 5-8PM. To book your place click the link below.

BOOK NOW



How will we support your child?

- PPE Results follow up – targeted support
- Tutor mentoring
- Teacher contact – emails on our website
- Silver/Gold Stars – recognition of good progress
- Mindfulness programme
- Academic support – P7 workshops
- Tutor revision sessions
- Passport to Prom reward scheme

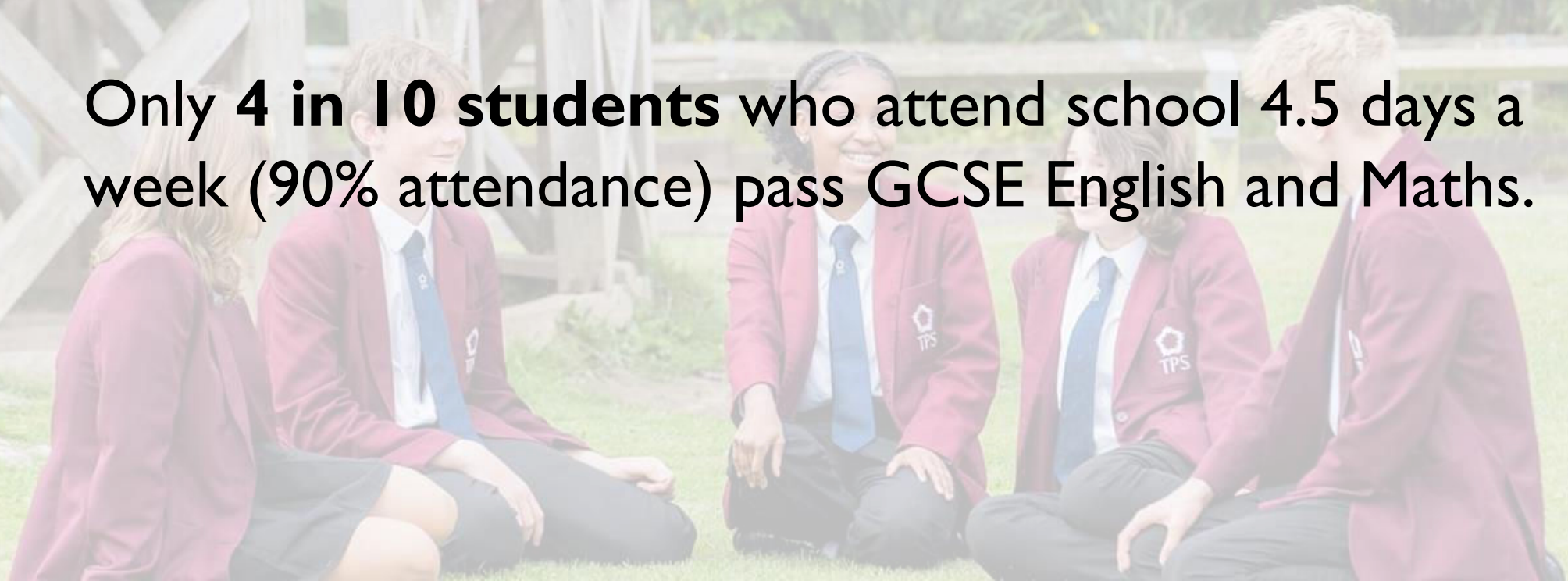


Moments matter; Attendance **really** counts

Children thrive at 95%+

How **good** is 90% attendance?

- 90% attendance means 114 missed lessons a year.
- Over secondary school, 90% attendance means missing half of entire academic year.
- **Only 4 in 10 students** who attend school 4.5 days a week (90% attendance) pass GCSE English and Maths.



ATTENDANCE MATTERS

WHAT DO YOUR
ATTENDANCE
FIGURES
ACTUALLY MEAN?

95%	=	47 LESSONS MISSED EACH YEAR 8 days in total or 1 week and 3 days
90%	=	95 LESSONS MISSED EACH YEAR 16 days in total or 3 weeks and 1 day
85%	=	142 LESSONS MISSED EACH YEAR 24 days in total or 4 weeks and 4 days
80%	=	190 LESSONS MISSED EACH YEAR 32 days in total or 6 weeks and 2 days

BE SMART BE THERE!

Percentages based on 190 academic days

[NHS - is my child too ill for school?](#)



Children thrive at 95%+

Children **miss out on brilliant opportunities** when they are not here. They are missed by their **friends**.

Being in school helps children to feel they **belong**, which is critical for their wellbeing.

‘Nearly **9 in 10 students** who attend school every day pass GCSE English and Maths.

Only **4 in 10 students** who attend school 4.5 days a week (90% attendance) pass GCSE English and Maths.

Only **2 in 10 students** who attend school 4 days a week (80% attendance) pass GCSE English and Maths’

Enjoy

Respect

Achieve

The Pastoral Support Team @TPS

Assistant Headteacher – Behaviour & Culture
Ali Whitehouse
awhitehouse@petersfieldschool.com

Assistant Headteacher – Alternative Provision -&
Safeguarding
Carol Taylor – ctaylor@petersfieldschool.com

Attendance Officer
Sabina
Tavinor stavinor@petersfieldschool.com



Year 11 Progress Leader
David Lown
dlown@petersfieldschool.com



Year 11 Assistant Progress Leader
Lisa Sutton
lsutton@petersfieldschool.com

School Nurse
Andy Phillips
nurse@petersfieldschool.com

Year 11 Tutor team

Bourne House

Mr Tabrah

Joseph House

Mrs Reah

Mr Ley & Miss Vaudrey

Kingsley House

Mrs Warren

Mrs Bishop-Reilly

Mirren House

Mrs Thwaites

Ms Farren & Mr Kirby

Redgrave House

Mr Currie

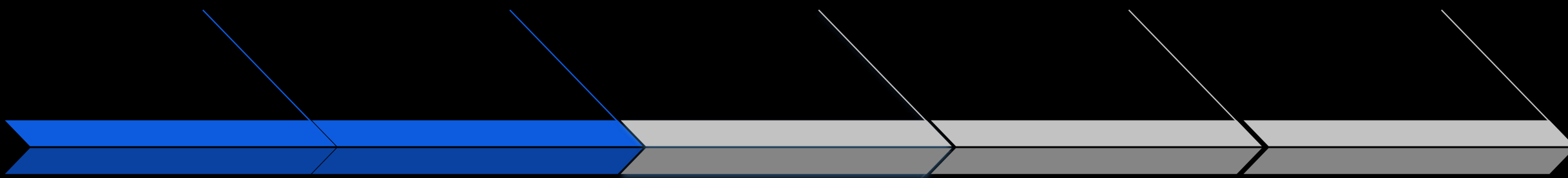
Mrs Marshall

Zephaniah House

**Mrs Hassan-Hicks &
Mr Morgan**

Miss Jones

How/where to ask for help and support



Tutors

Most enquiries can be solved by contacting your child's tutor in the first instance

Teachers

Syllabus, Homework, Classroom and Detention queries

Heads of Departments

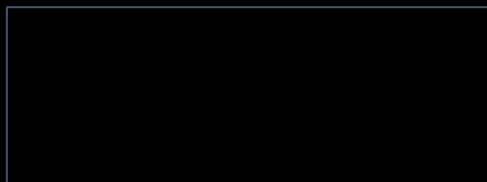
Additional syllabus enquiries, learning concerns

Nurse

Welfare and Medical concerns

Progress Leaders

Welfare concerns, urgent enquiries, whole school concerns.



Expectations

How to make their day easier!

- Punctuality to school and individual lessons
- Uniform
- Equipment
- Homework is revision

The Pathway to Success



Our Best Advice

Next week your son/daughter will receive a very useful booklet:

The foundations of revision

- A revision timetable template
 - Full GCSE exam calendar
 - Top tips from each subject
- Pages which contain our top tips for revision techniques



The Pathway to Success

The Pathway to Success in...

Music

Exam Schedule – Summer 2021

Exam Title	When	Key Content
Component 1: Performing Music	Assessed performance recordings in school: 19/11/20 25/02/21	1 performance to be submitted. Minimum time requirement is 1.5mins. A recording and score for the performance is mandatory.
Component 2: Composing Music	Ongoing Coursework- for completion by February half term	1 composition of length 2-4 mins. - A score, recording, and written composition logbook are required.
Component 3: Appraising Music	15 th June 2021	75min Exam Paper with listening exercises and written questions. Each question will link to one of the four Areas of study, and 2 of the questions are on the prepared extracts.

Music's Top Revision Tips

1) Knowledge Organisers

- These include **key terminology** for each Area of Study and for the Study Pieces.
- Read through a section at a time and **memorise** key terms
- Use them with a family member as a **quiz**.
- Test each other in class and listen to examples of key features

2) Use OneDrive/ Teams Resources

- Log on to the **OneDrive/ Teams** to access a **Revision PowerPoint** for every topic, which includes key content.

3) Focus on sound

- <https://petersfield.musicfirst.co.uk>
- Here you can find key features, recordings and short knowledge-based tests for many of the units including **all** of the AOS, Prepared extracts and General music theory.
- Musictheory.net** is also useful for testing general music theory knowledge.

4) Reacting to Feedback

- Go through your journals and **respond to the feedback** that you received from your teacher.
- Attempt exam questions or past papers** again where you have not received full marks.
- Plan and practice writing extended answers using musical terminology.

5) Revision Guides / Listening Tests

- The **WJEC/ EDUQAS GCSE Music Revision guide** includes all key content for the exam, as well as practice exam questions and example answers.

6) Quiz Star

- Log into the Quiz Star website to access your homework
- Here you can access a **range of questions** created by music staff in preparation for the appraising exam. You can take each test 3 times to improve your mark!

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The Pathway to Success in...

Science

Exam Schedule – Summer 2021

Exam Title	When	Key Content
Biology Paper 1		Cell Biology; <u>Organisation</u> ; Infection and response; and Bioenergetics.
Biology Paper 2		Homeostasis and response; Inheritance, variation and evolution; and Ecology.
Chemistry Paper 1		Atomic structure and the periodic table; Bonding, structure, and the properties of matter; Quantitative chemistry; Chemical changes; and Energy changes.
Chemistry Paper 2		The rate and extent of chemical change; Organic chemistry; Chemical analysis; Chemistry of the atmosphere; and Using resources.
Physics Paper 1		Energy; Electricity; Particle model of matter; and Atomic structure.
Physics Paper 2		Forces; Waves; and Magnetism and electromagnetism; Space (Physics GCSE only)

Science's Top Revision Tips

1) Revision cards

- A couple key points per revision card
- Either ones you make or print outs of science revision slides
- Keep them with you and look at them regularly

2) Past papers questions

- If there is an area you want to work on ask staff to print you out some past paper exam questions on that topic.

3) Revision Guides / Workbooks

- Consider purchasing a revision guide, workbook from the science technicians (£4 each)

4) doddlelearn.co.uk

- Log in and select science then click Browse
- Search for what you want to revise – there's a huge range of presentations and worksheets
- Re-attempt completed homework quizzes to check your understanding

5) Use tpsscience.co.uk

- Go to tpsscience.co.uk and click on the subject links under GCSE
- Website areas of Chemistry, Biology and Physics and some other useful links

6) Seneca Learning www.senecalearning.com

- AQA-specific content for **all** of the modules.
- Very good for revising the content (Knowledge), but less so for testing understanding.

7) MyGCSE Science <https://www.my-gcscscience.com>

- AQA-specific video tutorials, accompanied by revision sheets and exam questions.
- Highly recommended if videos help you to learn. Will need a paid subscription (for the year): Combined Science £24.95, Separate Science £49.90

8) Tassomai

- AQA-specific tutorial and testing program that tailors to your needs and provides more **personalised** learning. Sets goals and motivates you to keep up with your revision. Costs £20/month.

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Self-Testing Example

This is an example of a Geography case study flash card that has been specifically created to allow someone to test their knowledge.

Economic Change



Identify the 6 reasons for the rapid growth of China's secondary sector

- | | | |
|---|---|--|
| 1) Political moves from communism to capitalism | 4) China has benefited from rapid mechanisation in the secondary sector | 7) Investment from foreign companies (TNC'S) |
| 2) China has a lot of land to build factories | 5) Large amounts of natural resources (Particularly energy) | 8) Rising incomes make people more willing to work |
| 3) Few regulations to hinder industrial growth | 6) Growing demand for cheap manufactured goods | 9) Large, Cheap and fairly skilled labour force |

ANSWERS (would be on a separate sheet)

1, 3, 5, 6, 7, 9



How do I make flash cards which work?

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The Revision Timetable

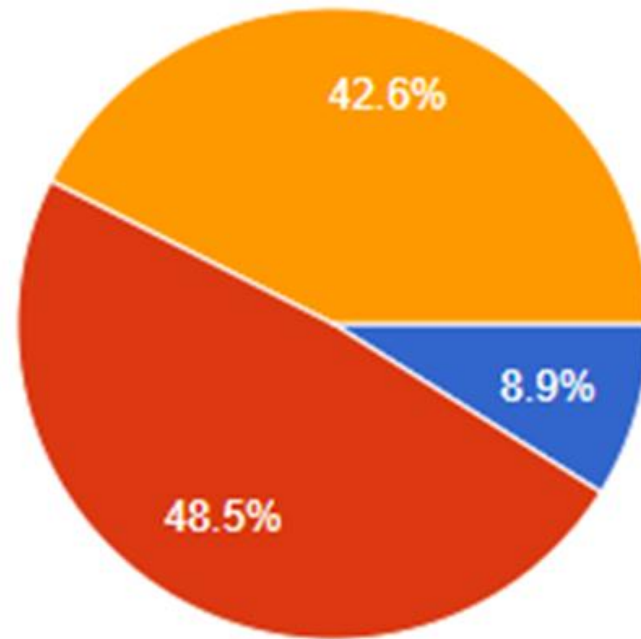
Name:				My Revision/homework timetable				
	Mon	Tues	Wed	Thurs	Friday		Sat	Sunday
Afterschool / Period 7						Revision 1 25 mins		
25 mins						Revision 2 25 mins		
25mins						Revision 3 25 mins		
25 mins						Revision 4 25 mins		

Name: Mr Ley				My Revision/homework timetable				
	Mon	Tues	Wed	Thurs	Friday		Sat	Sunday
Afterschool / Period 7	English	Science	Maths	Geog/ Hist/ MFL	Options	Revision 1 25 mins	English	Maths
25 mins	English	Science	Maths	Geog/ Hist/ MFL	Options	Revision 2 25 mins	English	Maths
25mins	History	Cycling 😊	DT	PE	Climbing 😊	Revision 3 25 mins	Science	Art
25 mins	History	Cycling 😊	DT	PE	Climbing 😊	Revision 4 25 mins	Science	Art

Are you using a revision/homework timetable?



235 responses



Yes

No

I made one last year but have not used/
lost it



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Purple Revision Folder



- Stick a white label onto the front of your folder.
- Write the following on your label:
 - First and Surname
 - Revision Folder,
 - Tutor group e.g. 11Thwaites
 - Tutor room number (in case it gets lost)
- Put the file dividers into your folder.
- Use a divider for each subject – label the front of the divider and the side.
- Decide how you want to organise each subject, how many sub-sections etc (*suggestions on the next slide for core subjects*).

How much revision?

2 Hours a Day

HOMEWORK

=

REVISION



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TPS PROM

June 2025

CONGRATULATIONS ON EARNING YOUR
PASSPORT TO THE PROM

2025 TPS PROM



TPS

The
Petersfield
School

PASSPORT
TO THE PROM





Discounts

- 100+ ERA Achievement points = 10% (Extra 5% for over 250)
 - Above 97% attendance = 10%
- ATL points score of 1.5 (or lower) = 10%
- Silver Star = 5% (November PPE)
 - Gold Star = 5% (March PPE)



The cost is down to you



Period 7 Support

Period 7 intervention sessions are already underway for many subjects across the school.

Monday	Tuesday	Wednesday	Thursday	Friday
Maths	English	Options	Geography, History, Science	Options

- Students who may be **underachieving** or **lacking confidence** will be **selected** by departments
- Sessions represent an opportunity to receive more **personalised support**
 - Subjects are focusing on two crucial aspects: **exam technique** and **plugging knowledge gaps**

Helping your child with Maths

- 1. They need to practise!
- 1. Exam questions are provided each week in a booklet
- 1. Past Papers are available through the Revision Hub
- 1. Monitor them doing it in exam conditions
- 1. Sparks! Complete the homework +Extra!



Class
Maths

Video Solutions



SCAN ME

PRACTICE PAPER FOR



Edexcel Paper 1H
(June 2024)



Disclaimer

This paper has been created based on the **most common** paper 1 topics from previous years. Due to the nature of some topics they are better suited to paper 1 as if you had a calculator, they would no longer be difficult to do. The paper should be excellent at helping students revise for exams, however, should not be relied upon as the basis for revision. The topics from this paper may well appear in the real exams, however there is absolutely no guarantee of this for the reasons previously mentioned. Some topics may appear, some may not.

Ultimately the best way to prepare for the exams is to **revise all topics**.

You can find a link to this paper and many more completely free resources at
www.1stclassmaths.com

Non-linear Simultaneous Equations				8+	36%
Quadratic Inequalities				8+	73%
Rationalise the Denominator				8+	82%
Speed Time Graphs				8+	64%
Transformations of Graphs				8+	82%
Vectors (Higher)				8+	91%
3D Trig and Pythagoras				7+	64%
Algebraic Fractions (Operations)				7+	91%
Area of a Triangle (Using Trig)				7+	82%

Question Number	Question	Spicy Rating	Video Solution	First Solved By
1				Nilo, 11 minutes
2				Damian, 8 minutes
3				Joshh, 4 minutes
4				Nilo, 8 minutes
5				Tushar, 2 minutes
6				A, Eng, 15 minutes
7				D, Chan, 2 minutes

<https://www.1stclassmaths.com/>



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Welcome to Maths Genie

Learn maths for free.



GCSE Revision

Video tutorials, practice exam style questions and answers.

Edexcel GCSE Papers

Edexcel GCSE past papers with model solutions and video explanations.

AQA GCSE Papers

AQA GCSE past papers and mark schemes.

OCR GCSE Papers

OCR GCSE past papers and mark schemes.

Eduqas GCSE Papers

Paper

Answers

[May 2023 Paper 1](#)



[June 2023 Paper 2](#)



[June 2023 Paper 3](#)



[November 2022 Paper 1](#)



[November 2022 Paper 2](#)



<https://www.mathsgenie.co.uk/>

How to help your child revise in English

- Encourage them to re-read the Literature texts/watch performances/listen to audio-books
- Test them on key quotations – use flashcards and pink sheets
- Discuss the texts – ask them to explain to you what they are about and why the writer has created them
- Mindmaps and brain dumps – what they can remember in one colour, then use their notes to add to it in another
- Encourage them to complete timed questions using past papers
- Wider reading – British Library, Massolit Lectures
- Check homework is high quality – exam practice every week in their booklet
- Encourage them to trust their teachers, not social media. There is no magic ingredient for the exam that they can get from TikTok.

Revision available to them:

- Massolit Lectures
- British Library – wider reading
- YouTube – Mr Bruff
- Study guides – AQA – CGP/York Notes
- Their own annotated texts
- AQA website – past papers
- Seneca – they can do more than just the set homework

Mr Bruff

Massolit Lectures

21% for English

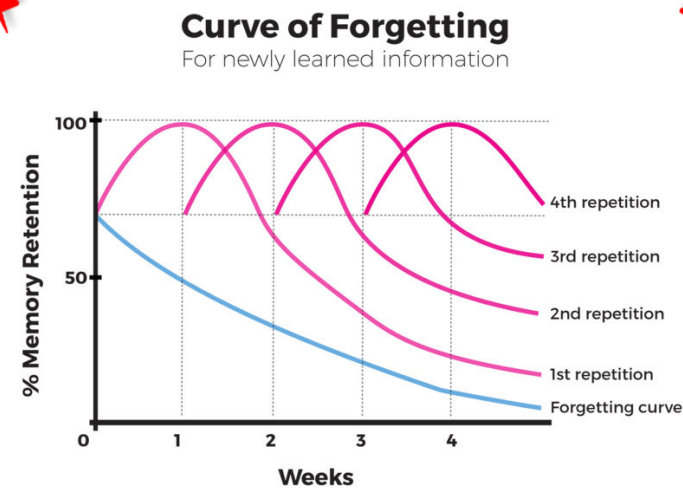
17% for Maths



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Science Papers at a glance...

AO1 – 40% recall
AO2 – 40% application
AO3 – 20% evaluation and synthesis



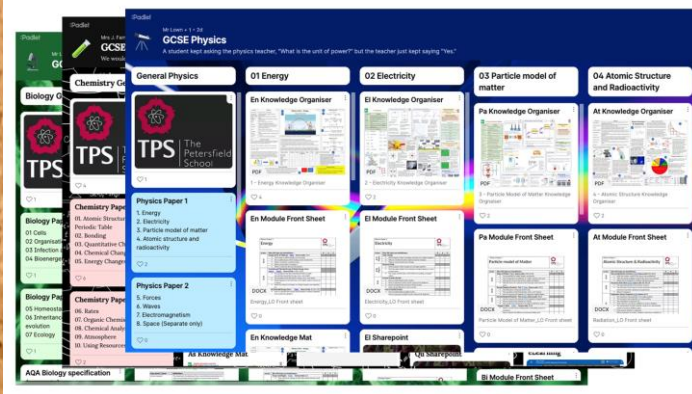
Revising little and often is key. Test your child on what they have revised.

Knowledge is key!

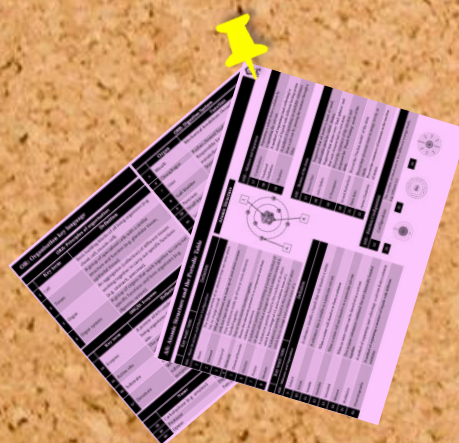
“A review of AQA practice exams showed that students gaining all marks for AO1 would place the student in the top 20% of the cohort.”

This was reinforced in the exam report for 2024.

Science Padlets



A one-stop-shop with learning checklists, knowledge organisers, exam questions and other supporting materials.



Pink glossaries for building vocabulary



Educake homework assignments to aid memorisation of facts.



Know your physics equations by downloading this app.

Description	On parent pay	Sale Price
Oxford Revise: AQA GCSE Triple Science Bundle		£12.20
Oxford Revise: AQA GCSE Combined Science Foundation		£9.20
Oxford Revise: AQA GCSE Combined Science Higher		£9.20

elevate
education



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Homework

=

Revision



TPS



In year 11 nearly all the homework the teachers at TPS set is revision. It could be knowledge planners, take 5's, online learning, past papers.... The list goes on. During the run up to the exams you must prioritise this homework. Remember we know what you need to revise and the homework reflects that. We are trying to make your revision as easy as possible for you 😊



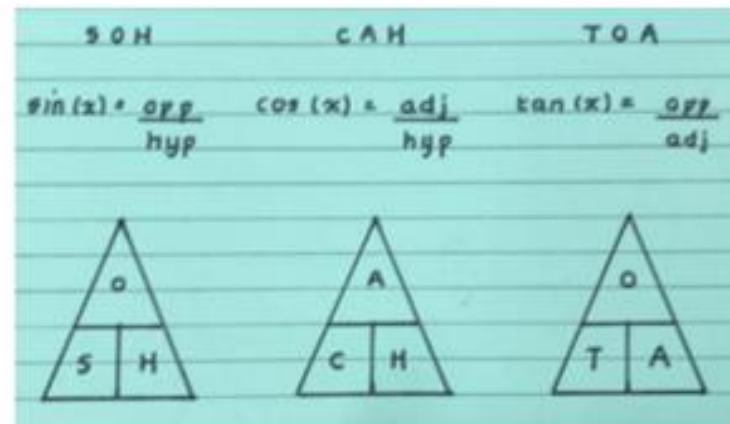
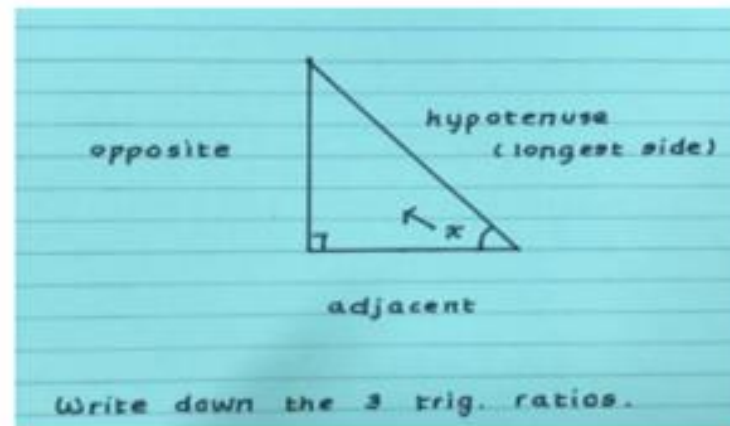
Top Revision Tips

SELF TESTING QUIZZES

Not a great flash card



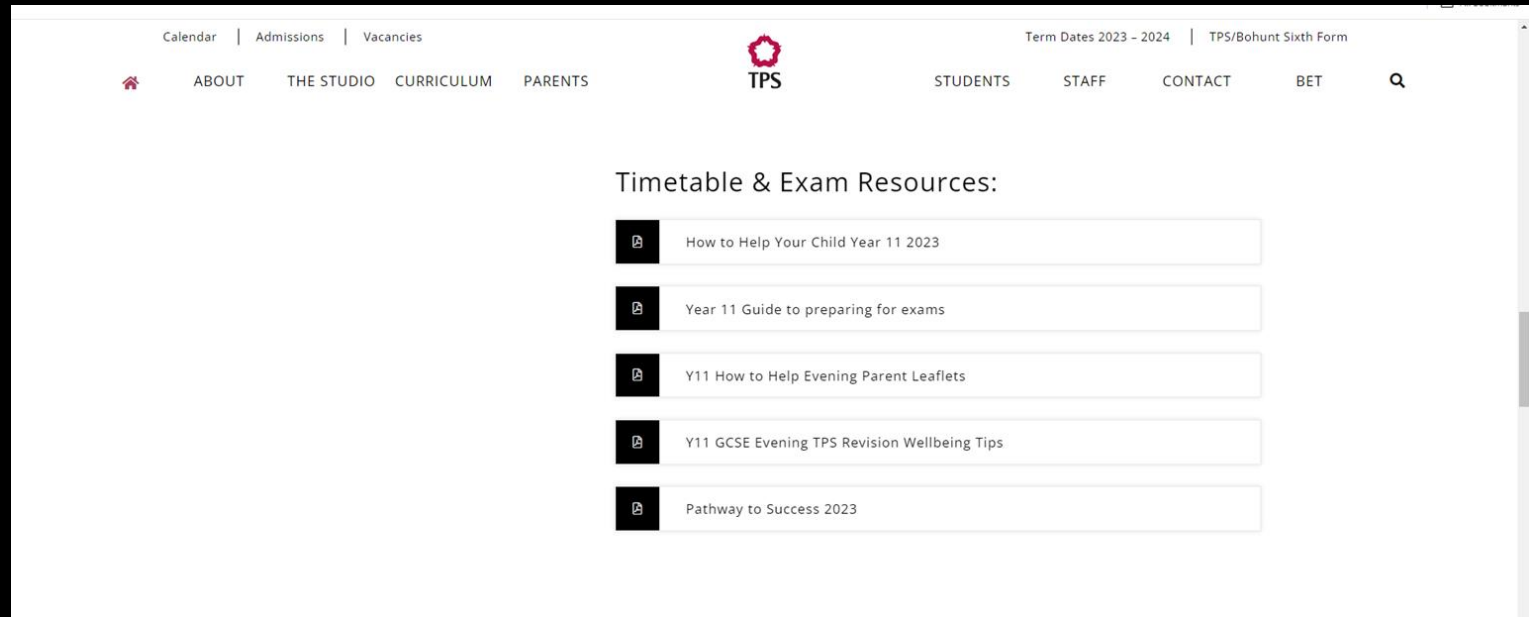
A great flash card



Year 11 – Guide to preparing for exams

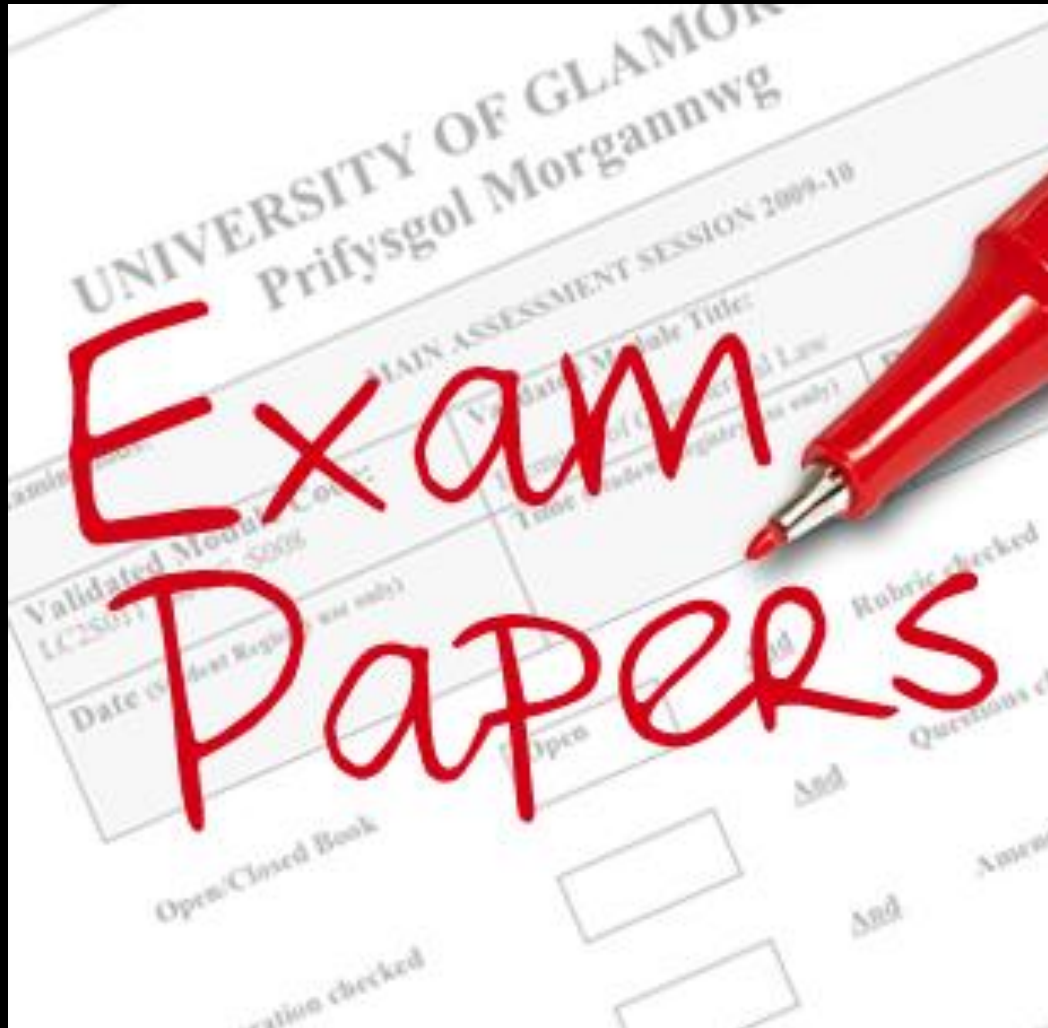



**KEEP
CALM
AND
REVISE**



Top Revision Tips

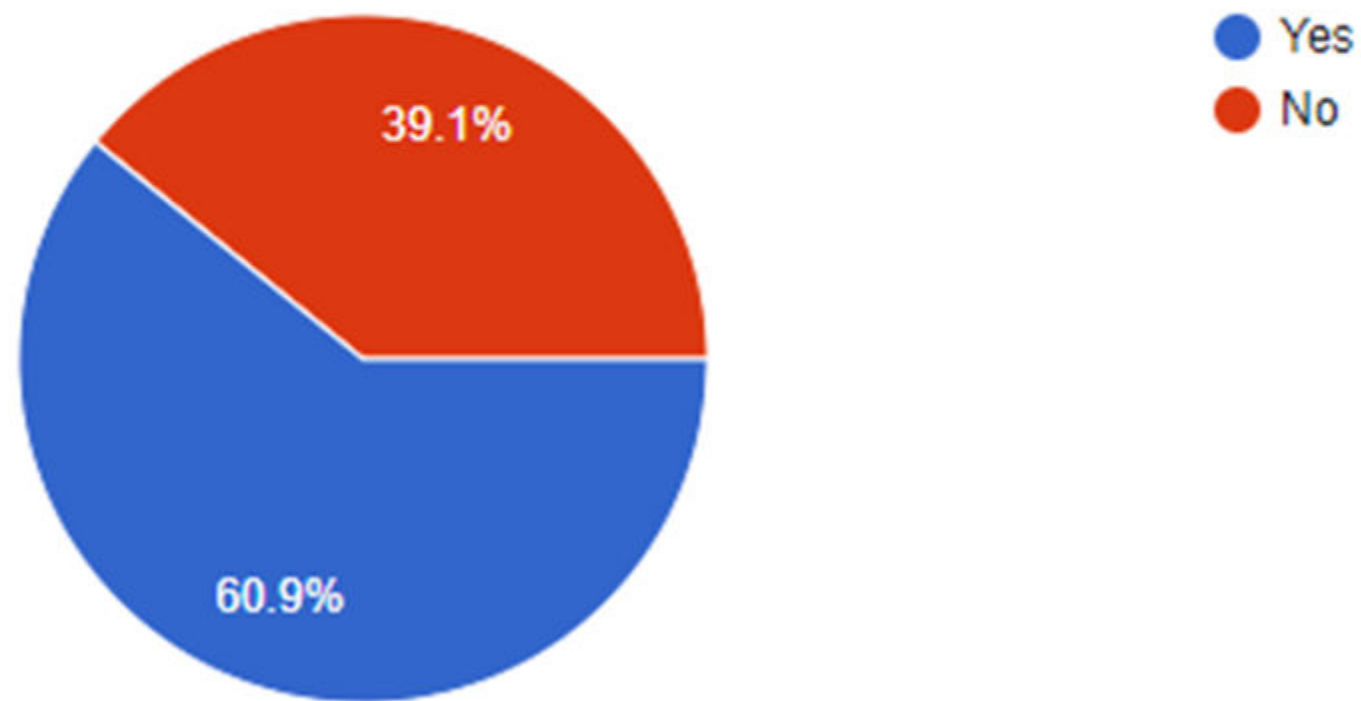
PRACTISE EXAM QUESTIONS



Art - Fine Art	AQA	https://www.aqa.org.uk/subjects/art-and-design/gcse/art-and-design-8201-8206
Art - Photography	AQA	https://www.aqa.org.uk/subjects/art-and-design/gcse/art-and-design-8201-8206/subject-content/photography
Biology	AQA	https://www.aqa.org.uk/subjects/science/gcse/biology-8461/assessment-resources?
Business	OCR	https://www.ocr.org.uk/qualifications/gcse/business-j204-from-2017/assessment/
Chemistry	AQA	https://www.aqa.org.uk/subjects/science/gcse/chemistry-8462/assessment-resources
Combined Science	AQA	https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-8464/assessment-resources
Computer Science	OCR	https://www.ocr.org.uk/qualifications/gcse/computer-science-j277-from-2020/assessment/
Dance	AQA	https://www.aqa.org.uk/subjects/dance/gcse/dance-8236/assessment-resources
Drama	AQA	https://www.aqa.org.uk/subjects/drama/gcse/drama-8261/assessment-resources?f%5Bsub-category%7C%5D=Sample+papers+and+mark+schemes
Design & Technology	WJEC/Eduqas	https://www.educas.co.uk/qualifications/design-and-technology-gcse/#tab_overview
Economics	OCR	https://ocr.org.uk/qualifications/gcse/economics-j205-from-2017/assessment/
English Language	AQA	https://www.aqa.org.uk/subjects/english/gcse/english-language-8700/assessment-resources
English Literature	AQA	https://www.aqa.org.uk/subjects/english/gcse/english-literature-8702/assessment-resources
Food preparation and Nutrition	WJEC/Eduqas	https://www.educas.co.uk/qualifications/food-preparation-and-nutrition-gcse/#tab_pastpapers
French	AQA	https://www.aqa.org.uk/subjects/languages/gcse/french-8658/assessment-resources
German	AQA	https://www.aqa.org.uk/subjects/languages/gcse/german-8668/assessment-resources
Geography	AQA	https://www.aqa.org.uk/subjects/geography/gcse/geography-8035/assessment-resources
History	WJEC/Eduqas	https://www.educas.co.uk/qualifications/history-gcse/#tab_pastpapers
Mathematics	Pearson	https://qualifications.pearson.com/en/qualifications/edexcel-gcse/mathematics-2015.coursematerials.html%2FfilterQuery%3Fcategory%3DPearson-UK-Category%2FExam-materials
Further Maths	AQA	https://www.aqa.org.uk/subjects/mathematics/aqa-certificate/further-mathematics-8365/assessment-resources
Media Studies	AQA	https://www.aqa.org.uk/subjects/media-studies/gcse/media-studies-8572/assessment-resources
Music	WJEC/Eduqas	https://www.educas.co.uk/qualifications/music-gcse/#tab_pastpapers
Physical Education	AQA	https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/assessment-resources
Physics	AQA	https://www.aqa.org.uk/subjects/science/gcse/physics-8463
Religious Studies A	AQA	https://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062/assessment-resources
Sociology	AQA	https://www.aqa.org.uk/subjects/sociology/gcse/sociology-8192/assessment-resources
Spanish	AQA	https://www.aqa.org.uk/subjects/languages/gcse/spanish-8698/assessment-resources
BTEC		
BTEC Level 1 / Level 2		
First Award - Travel & Tourism		

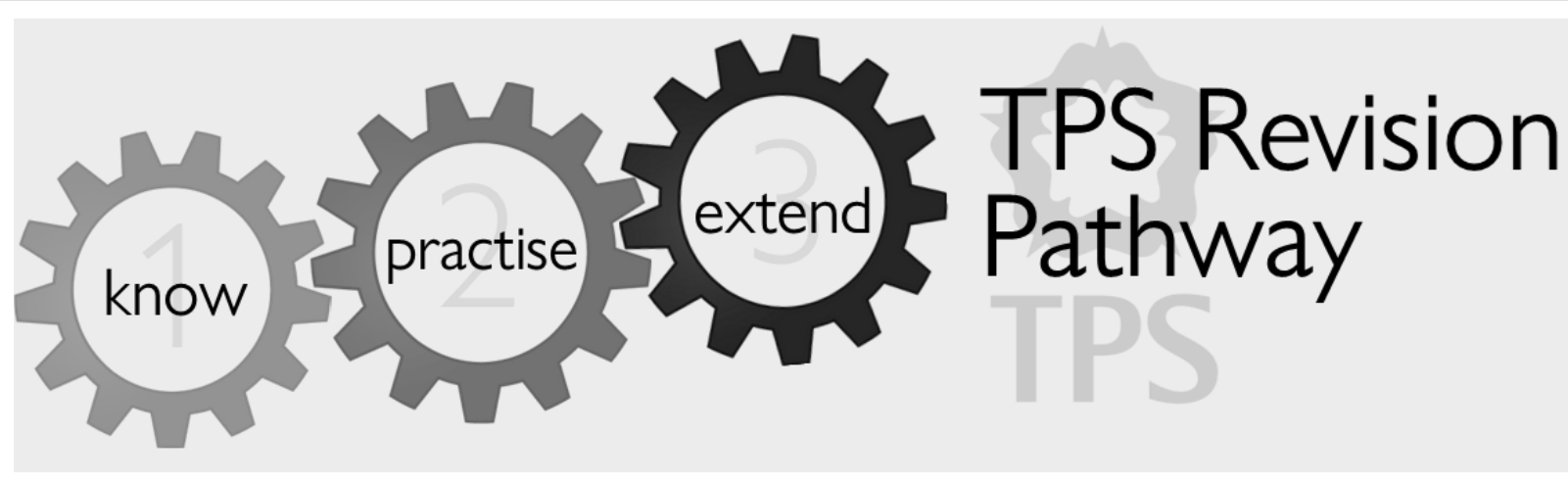
Have you completed any practice papers?

235 responses



TPS

TPS Year 11 Revision Pathway



The Year 11 revision hub can be found on the school website under the 'Students' tab.

This is a custom-made revision site for all the subjects studied by our Year 11s at TPS

Here you can find the following:

- **RAG Sheets for all subjects**
- **All Knowledge Organisers & Pink Sheets**
- **Departmental revision resources**

This is an excellent resources and available to all Year 11 students at TPS.

SCAN ME





TEAM TPS WEEKLY

CATERING

HEALTH AND WELLBEING

LINKS FOR PARENTS

REMOTE LEARNING

TERM DATES 2023 – 2024

TPS IPAD 121 SCHEME

UNIFORM

TPS REVISION PATHWAY

CALENDAR

DUKE OF EDINBURGH

LATEST LETTERS

PARENT PAY

SPORTS FIXTURES

TPS APPEAL TRUST

TRIPS & VISITS

ANCE & ATTENDANCE

VENINGS



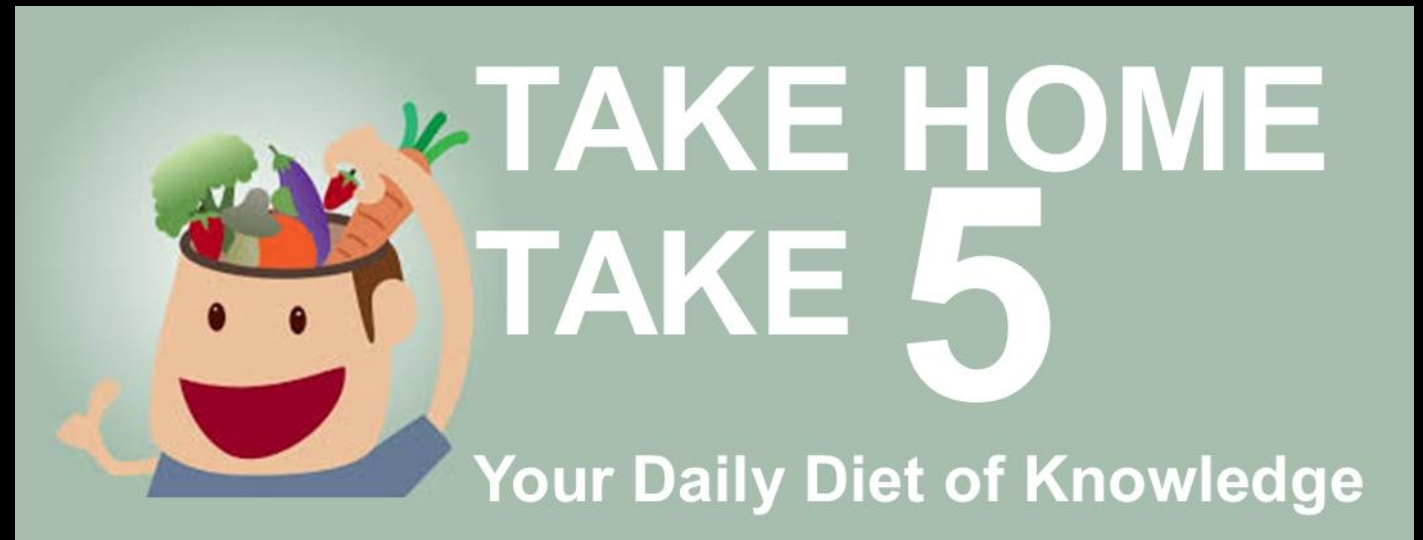
‘The protégé effect’

According to a wealth of psychological research, we learn more effectively when we teach someone else about the topic we’ve just explored. There are few shortcuts to mastery, but the protege effect appears to be one of the most effective ways of accelerating our knowledge and understanding.



Top Revision Tips

TAKE HOME TAKE 5



5 questions and answers for English, Maths, Biology, Chemistry, Physics, Geography and History **every Friday**. Start the conversation. Can they explain their answer? Make links to other areas?

DIG A LITTLE DEEPER.

Parental involvement produces one of the strongest positive impacts on achievement.

Get some rest!

A beneficial step is for teens to review and improve their sleep hygiene, which includes their sleep environment and habits. Some healthy sleep tips that can help in this process include:

- Budgeting eight hours of sleep into your daily schedule and keeping that same schedule on both weekdays and weekends.
- Creating a consistent pre-bed routine to help with relaxation and falling asleep fast.
- Avoiding caffeine and energy drinks, especially in the afternoon and evening.
- Putting away electronic devices for at least a half-hour before bed and keeping them on silent mode to avoid checking them during the night.
- Setting up your bed with a supportive bed that's the best mattress for you. And don't forget a good pillow.
- Keeping your bedroom cool, dark, and quiet.



TPS