Y11 How To Help Your Child Evening
Welcome - Class of 2027

TPS | The Petersfield School







Mr Marande – Headteacher

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BOHUNT EDUCATION TRUST

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Programme

- Introduction – Mr Marande
- Pastoral Support - Mr Cornwell
- Core Subjects
- Revision success - Mr Ley



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

TPS



Parental engagement

4 months additional progress - per year!


IT'S A MARATHON,
NOT A SPRINT

Your 2026-27 Timeline

October
7th Year 11 Parents Eve

November
9th-20th
PPE 1

December
PPE Results Day

January
27th
Year 11 Parents Eve

March
1st – 5th
PPE 2

May
10th
EXAMS START!

June
24th
EXAMS END

June
Leavers Assembly

June/July
Y11 Prom

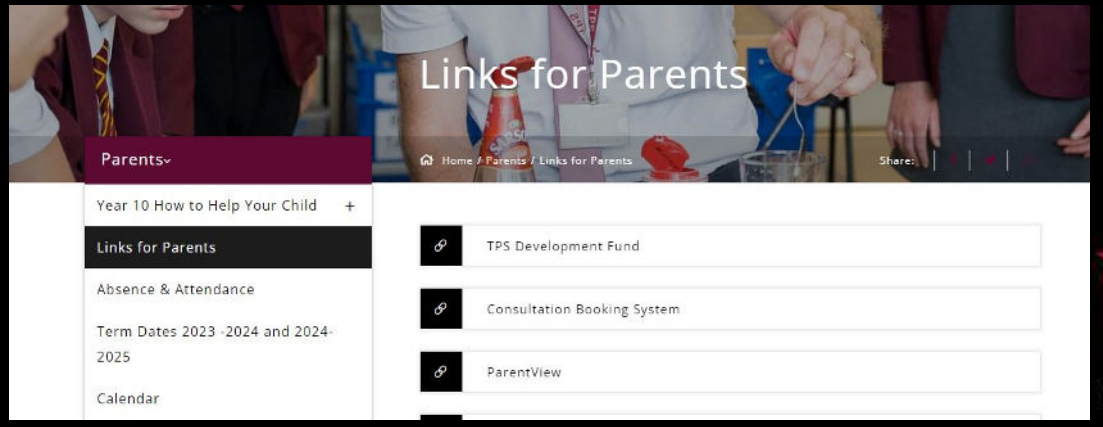
3 MONTH SUMMER HOLIDAY

Parents Evening

Wednesday 7 October 2026 - 5 - 8pm IN PERSON

Wednesday 27 January 2027 - 3:30 - 6:30pm ONLINE

- 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 - both only for Year 11.
- Online appointments are held using the booking system - require an internet enabled device with a camera and microphone.



TPS





Results Day 2026








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English & Maths at 4+/C+

2023	2024	2025	2026	2027
78%	76%	84%	**84%**	**BEST EVER??**

National and Hampshire average = **64%**

Charlotte and Ivor - **TEN** grade 9s each!



Charlotte said "I'm really happy with my results and have enjoyed studying Maths and Science at TPS, which I am now going on to study at Sixth Form".

Ivor said "I'm really, really happy with my results and a huge thanks to my teachers at TPS".

They are both off to our joint Bohunt Sixth Form.



Marta and Dasha



Ukrainian cousins, Marta, from South Harting, and Dasha, from Liss, both achieved great GCSE results, including top grades in their favourite subject of Dance - truly remarkable given that they joined TPS late and have only been in the UK since 2022 when they fled the war in Ukraine.

Dasha said "I'm really grateful to TPS for making me so welcome and for the support I have received. Thank you to my teachers for believing in me".

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."

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Provisional Maths GCSE results of 17+ year-olds in England

Cumulative percentages by grade

		Number sat	7	4	1
Male	2025	97989	1.0	17.8	94.7
	2024	88013	1.2	16.6	94.8
	2019	78391	1.1	21.5	96
Female	2025	108743	1.0	16.4	95.1
	2024	97714	1.3	18.2	95.2
	2019	91011	1.2	20.9	96.7
Male & Female	2025	206732	1.0	17.1	94.9
	2024	185727		17.4	95
	2019	169402	1.2	21.2	96.4

Source: Joint Council for Qualifications

FE WEEK

Provisional English GCSE results of 17+ year-olds in England

Cumulative percentages by grade

		Number sat	7	4	1
Male	2025	101734	0.6	17.9	93.9
	2024	86613	0.7	17.3	94.3
	2019	87859	0.8	25.8	96.8
Female	2025	73384	1.5	25.0	97.1
	2024	61956	1.5	25.9	97.3
	2019	63893	1.8	36.6	98.9
Male & Female	2025	175118	1.0	20.9	95.2
	2024	148569		20.9	95.5
	2019	151753	1.2	30.3	97.7

Source: Joint Council for Qualifications

FE WEEK

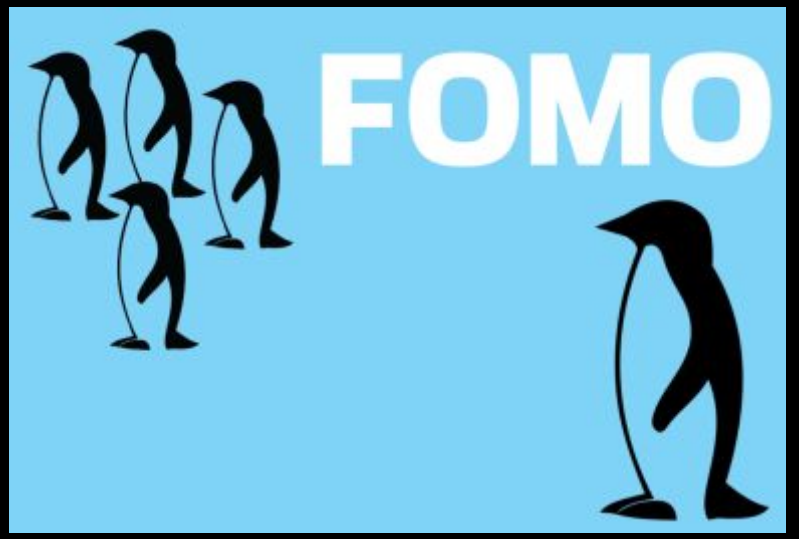
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Subject Tutors



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- Charge phones and tablets in another room overnight
- Give your phone away before you start your revision session
- 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)

TPS


GENERATIVE AI
GENERATIVE AI AT WORK'
AT WORK
AI
AI
AI
AI
GENERATIVE

TPS

Careers @ TPS



- 1:1 meeting with Independent Careers Advisor
- Assemblies (A-level, apprenticeships, T-Levels, vocational)
- 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 & www.unifrog.org
- 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 or Miss Groves (behind reception) with any questions - Ljoiner@petersfieldschool.com & lgroves@petersfieldschool.com
- TPS Careers Fair - Thursday 22 October (parent slot 3:30-4:30pm)

TPS

Bohunt Sixth Form

An incredible **46%** of all exams were awarded **A* or A grades**

Recently OFSTED graded

OUTSTANDING

Ranked **No.1** A level State provider in Hampshire

The **Class of 2025** is heading to:

- Oxbridge
- Russell Group universities
- Elite industry apprenticeships
- BA Speedbird Flight Academy




BOHUNT
SIXTH FORM
ABOUT
COURSES
STUDENTS & PARENTS
ENRICHMENT
UCAS & PROGRESSION
LIBRARY
CONTACT
Applications for Sept 2027 start are now open!
Attend our Open Evening on Thursday 8 October 5-8pm. No booking required, other than for our Head of Sixth Form Talks (link coming soon.)
Apply Now for Sept 2027

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The Pastoral Support Team @TPS

Assistant Headteacher – Behaviour & Culture
Dave Ayres
dayres@petersfieldschool.com

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

Attendance Officer
Sabina Tavinor
stavinor@petersfieldschool.com

School Nurse
Andy Phillips
nurse@petersfieldschool.com

Year 11 Progress Leader
Lewis Cornwell
LCornwell@Petersfieldschool.com

Year 11 Assistant Progress Leader
Antoinetta Vigliotti
AVigliotti@PetersfieldSchool.com

Mr K Curtis-Raleigh Mrs L Hume	Miss N Jones	Mr A Darracott	Miss R Wallace	Mr A Fraser
Mr J Graham	Miss L Bailiff Mr G Leeson	Mr I Newnham	Mr L Joiner Mr R Calverd	Mr T Zhang

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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 programmes
- Academic support – Period 7 workshops
- Tutor revision sessions
- Passport to Prom reward scheme

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Moments matter;

Attendance **really** counts

Children thrive at 95%+

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Children thrive at **95%+**

- 90% attendance means nearly 100 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.
- Nearly **9 in 10 students** with who attend school nearly every day pass GCSE English and Maths.
- 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.

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

ATTENDANCE MATTERS

WHAT DO YOUR ATTENDANCE FIGURES ACTUALLY MEAN?

BE SMART BE THERE!

Percentages based on 190 academic days

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

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What does 95%+ mean for me?

- Your average GCSE grade would be a **7**, instead of a **4** or **5**
- Each day off equates to **£750** in **loss of earnings** in the future
- It means you could earn **£10,000 a year more** than someone who comes in for 90%of the time
- It means you will earn **£20,000 a year more** than someone who comes in for 50% of the time
- 95%+ opens more doors for you, gives you great life chances and will get you more money

Source 'The Impact of School Absence on Lifetime Earnings' DfE March 2025

Enjoy Respect Achieve

Science

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Mr. C Styllis – Head of Science

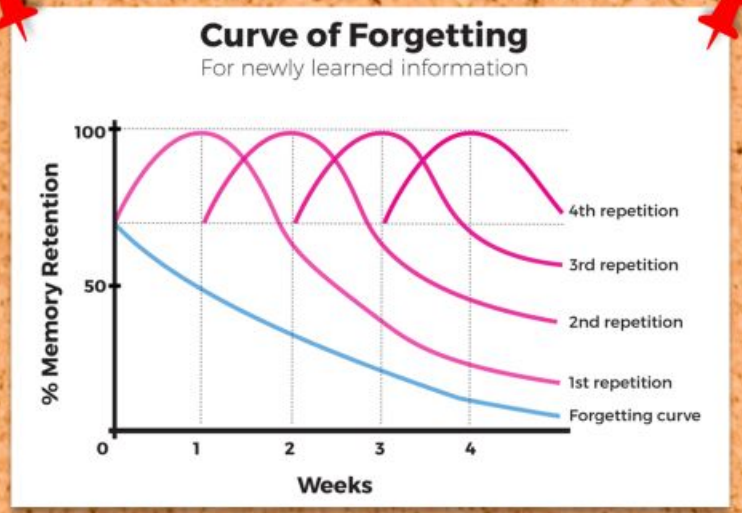
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Science Papers at a glance…

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.

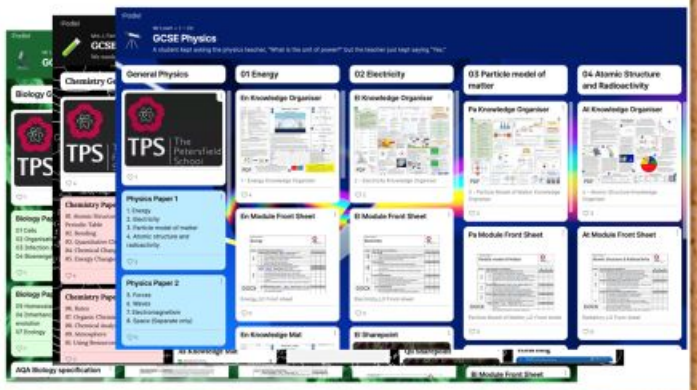


Knowledge is key!

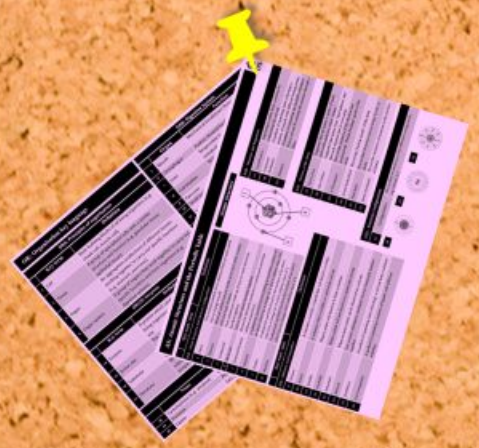
"A review of AQA practice exams showed that students gaining all marks for AO1 would place the student in the top 20% of the cohort."

This was reinforced in the exam report for 2025/26.

Science Padlets



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



Pink glossaries for building vocabulary

Sparx Science

Sparx homework assignments to aid memorisation of facts.

Equations

Know your physics equations by downloading this app.

On parent pay

Description	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

Maths

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Mrs Lauren Hume - Head of Maths

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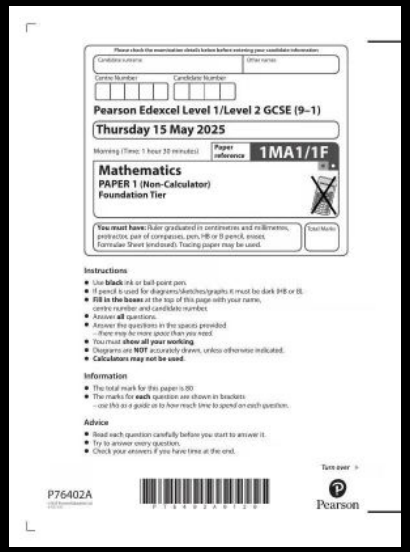
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What do Maths Exams look like?

Students sit three papers in total:

- Paper 1 non-calculator
- Paper 2 and 3 calculator
- Exam Board: Pearson Edexcel.



Pearson Edexcel Level 1/Level 2 GCSE (9–1)

Thursday 15 May 2025

Paper reference 1MA1/1F

Mathematics
PAPER 1 (Non-Calculator)
Foundation Tier

You must have: Ruler graduated in centimetres and millimetres, protractor, pair of compasses, pen, HB or B pencil, eraser. Formulae Sheet (enclosed). Tracing paper may be used.

Instructions

- Use **black** ink or ball-point pen.
- If pencil is used for diagrams/sketches/graphs it must be dark (HB or B).
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided – there may be more space than you need.
- You must **show all your working**.
- Diagrams are **NOT** accurately drawn, unless otherwise indicated.
- **Calculators may not be used.**

Information

- The total mark for this paper is 80
- The marks for **each** question are shown in brackets – use this as a guide as to how much time to spend on each question.

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over

P76402A

Pearson



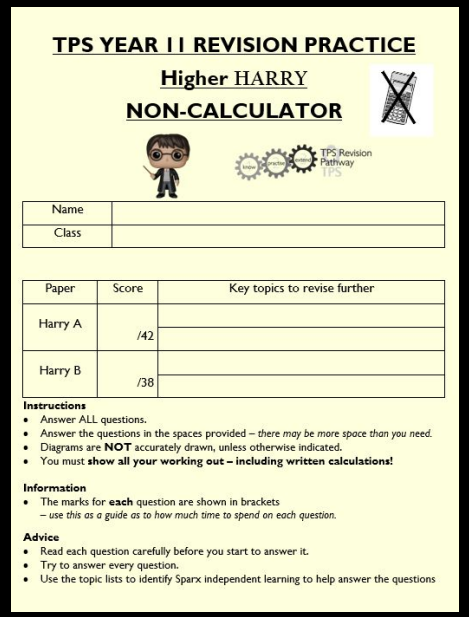
Students need to bring a pen, pencil, ruler, protractor, pair of compasses to each paper, plus a calculator for paper 2 and 3. We recommend the Casio Classwiz fx-83GT

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What your child should be doing right now

Homework:

- Students should be completing half an exam paper a week through their homework booklets.
- Sparx homework should be completed once a week, including written workings in the sparx booklet.



TPS YEAR 11 REVISION PRACTICE

Higher HARRY

NON-CALCULATOR

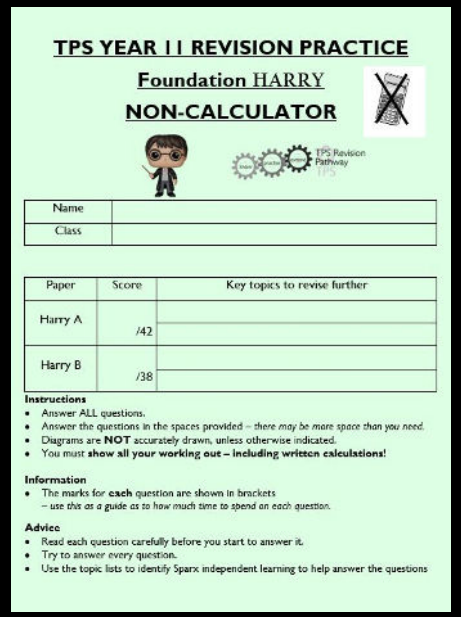
Name	
Class	

Paper	Score	Key topics to revise further
Harry A	/42	
Harry B	/38	

Instructions
- Answer ALL questions.
- Answer the questions in the spaces provided – *there may be more space than you need.*
- Diagrams are **NOT** accurately drawn, unless otherwise indicated.
- You must **show all your working out – including written calculations!**

Information
- The marks for **each** question are shown in brackets
  – *use this as a guide as to how much time to spend on each question.*

Advice
- Read each question carefully before you start to answer it.
- Try to answer every question.
- Use the topic lists to identify Sparx independent learning to help answer the questions



TPS YEAR 11 REVISION PRACTICE

Foundation HARRY

NON-CALCULATOR

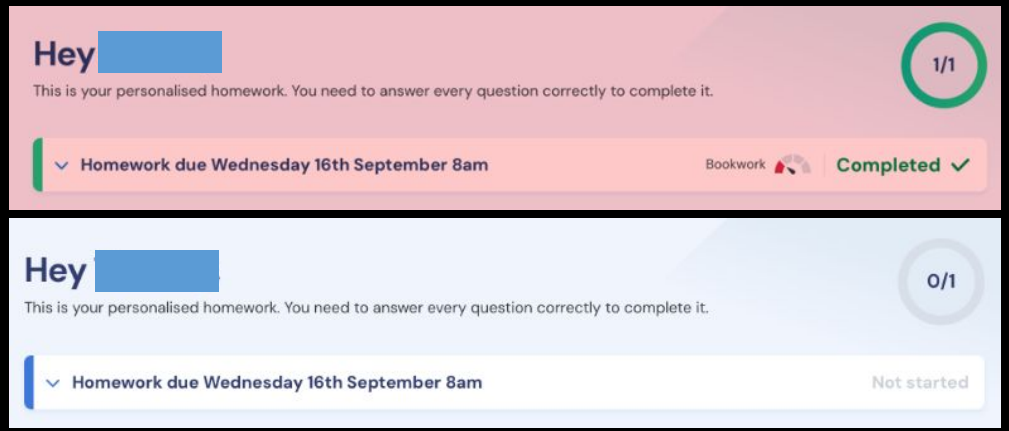
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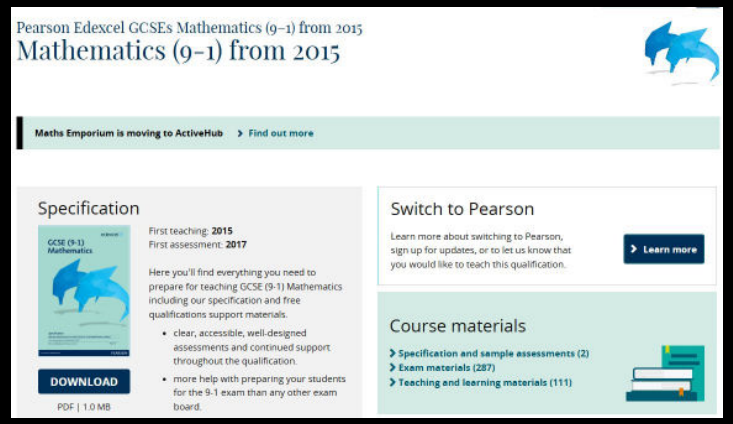


Due on Friday

TPS

Other Helpful Resources

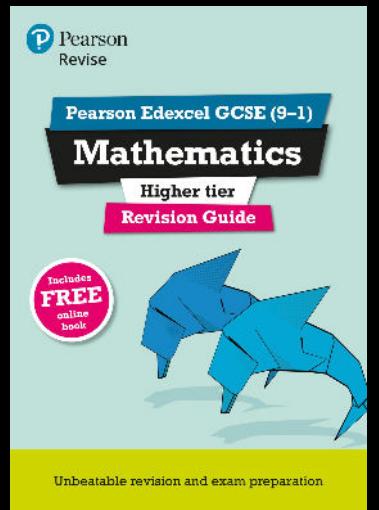
- Pearson website for past papers (ensure the correct tier is being used).
- Maths Genie (mathsgenie.co.uk)
- Hannah Kettle Maths (hannahkettlemaths.co.uk)
- 1st Class Maths (1stclassmaths.com)
- Revision Pathway
- Pearson Revision Guides

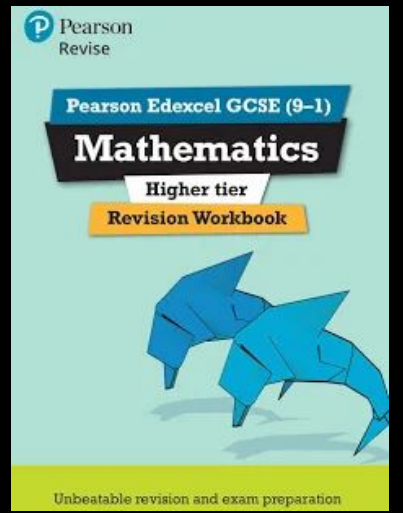


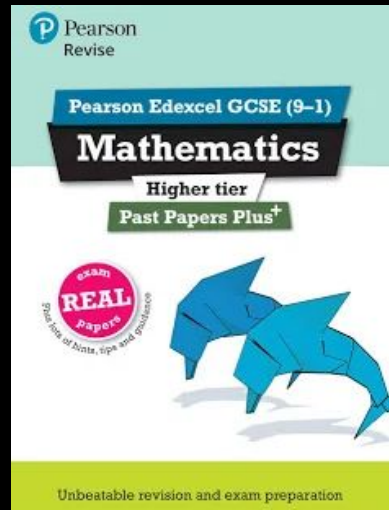
Maths Genie

Hannah Kettle MATHS TUTORIALS

1st







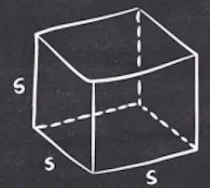


$ax^2 + bx + c = 0$



$V = \frac{4}{3}\pi r^3$

THE ONLY WAY TO LEARN MATHEMATICS IS TO DO MATHEMATICS



$V = s^3$



$y = mx + b$

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English

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Miss Jade Everest

Co-Head of Department

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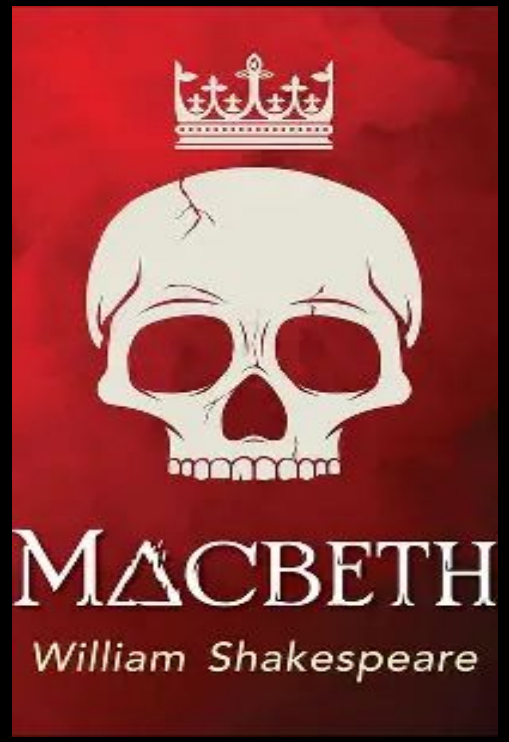
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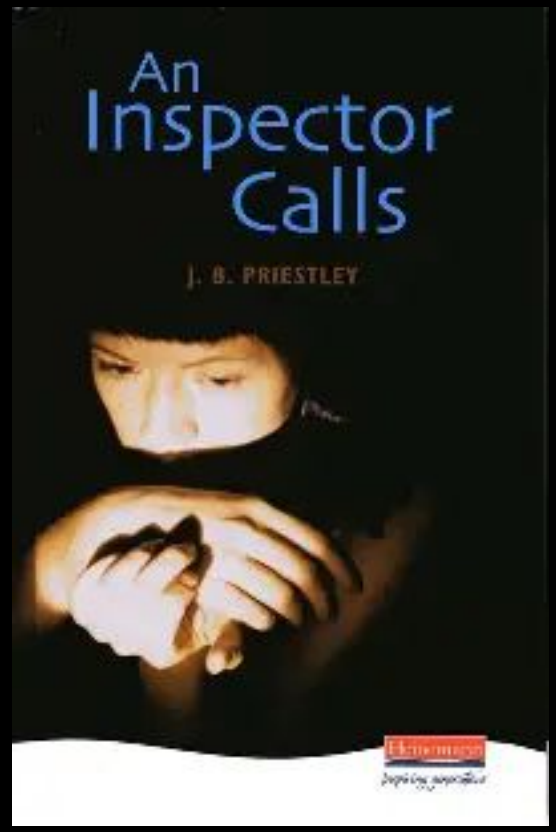
What is assessed in English?

Students will sit 4 papers in total for English.

- 2 English Language papers (Papers 1 and 2, fiction and non-fiction)
- 2 English Literature papers (Papers 1 and 2)









<u>Paper 1</u>

A Christmas Carol

Macbeth

<u>Paper 2</u>

An Inspector Calls

Power and Conflict poetry

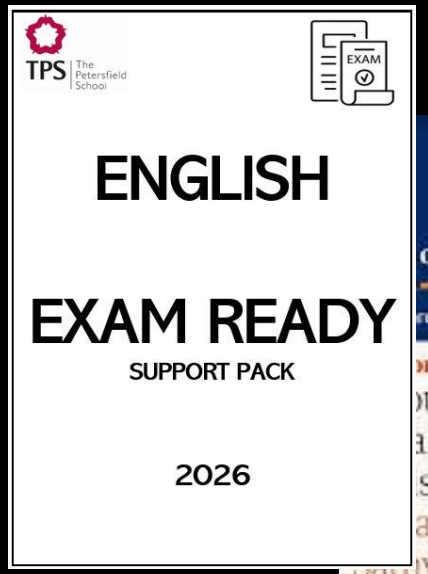
Unseen poetry

How to help your child revise in English Language:

Test them on their flashcards

- Discuss current affairs. Support with reading **news articles or stories** with them and ask questions like:
  - “What’s the writer’s attitude? How do you know”
  - “Do you agree with what they’ve said in the article? Why?”
  -
- Attempt p**ast papers** in timed conditions from the school Library. Read their answers and give feedback.

- Check they are completing their homework to a high standard each week.





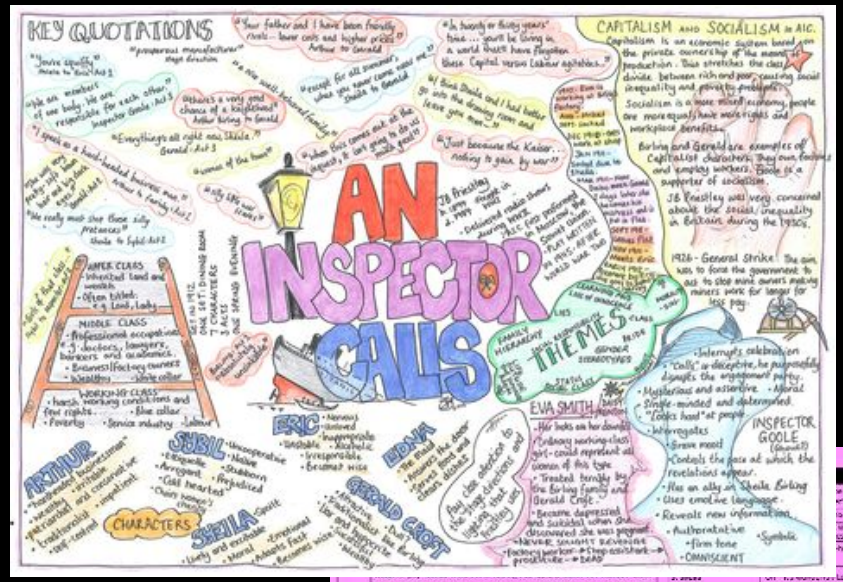


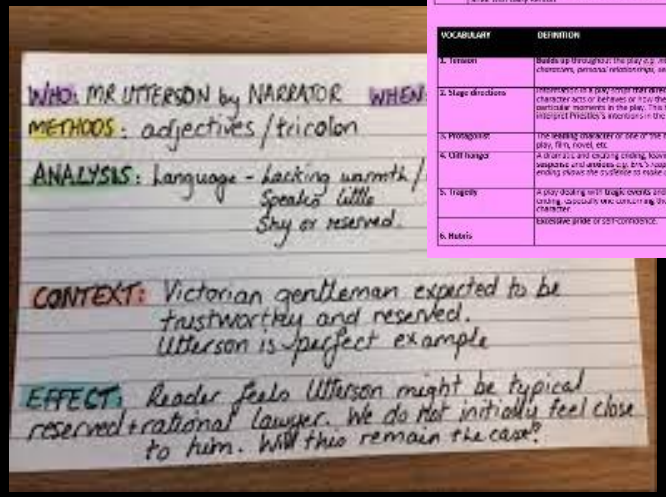
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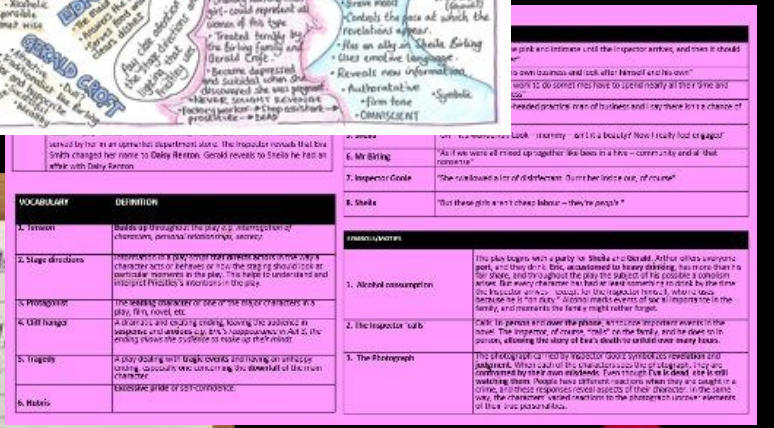
How to help your child revise in English Literature:

Encourage them to re-read the texts

- **Warn them about the danger of social media teachers.**
- **Test them on key quotations** – use flashcards, pink sheets and pocket revision
- **Discuss the texts** with them
- **Check their mind maps** – what they can remember in one colour, then use their notes to add to it in another
- **Check homework is high quality** – exam practice every week in their booklet. They should be spending an hour on this.



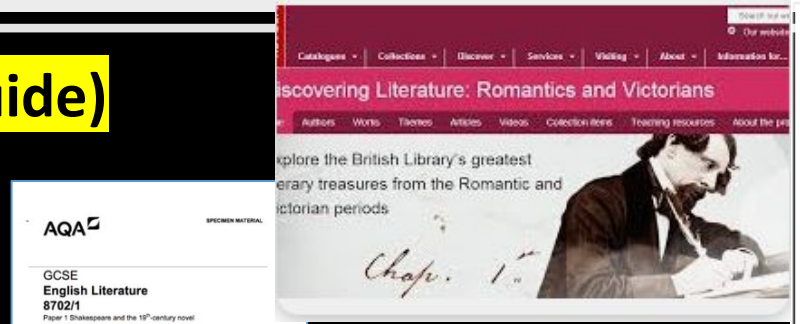




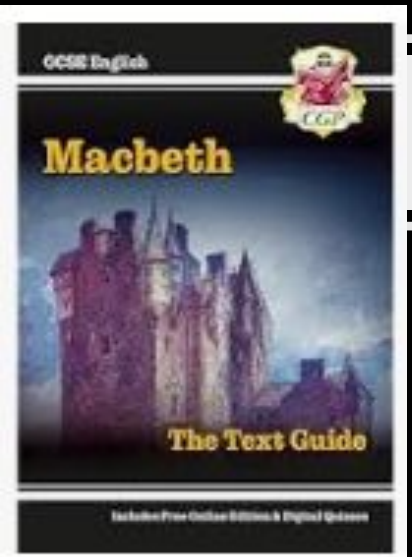
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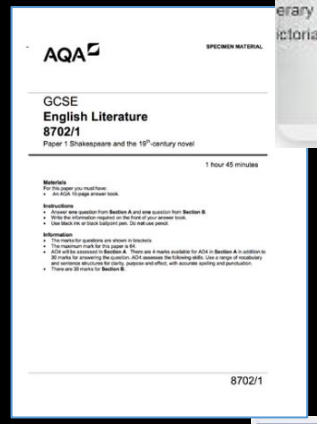
Revision available to them:

- **Steve (department revision guide)**
- **Pink Sheets**
- **Pocket Revision Guide**
- **Exam Ready Support Pack**
- **Homework Booklet**
- Massolit Lectures
- YouTube – Mr Bruff
- British Library website – wider reading
- Study guides – AQA – CGP/York Notes
- Their own annotated texts
- AQA website or school Library and school revision site – Past Papers
- Seneca – work on topics that they feel less secure on



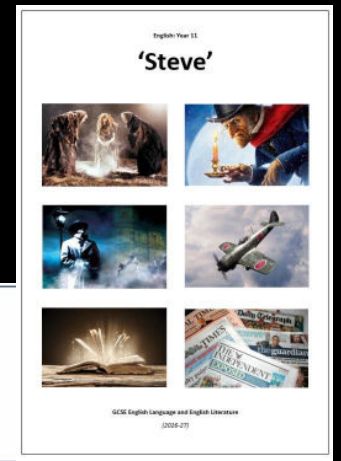


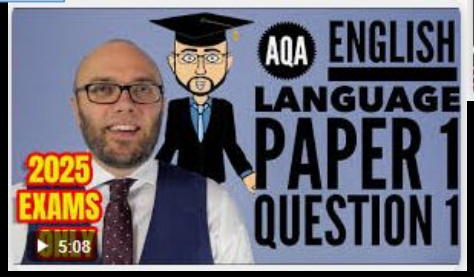


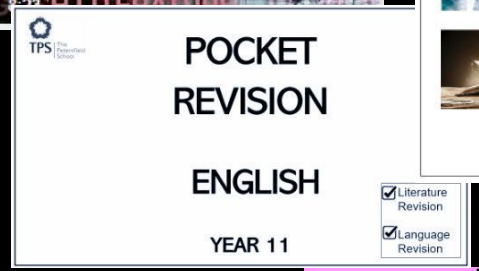


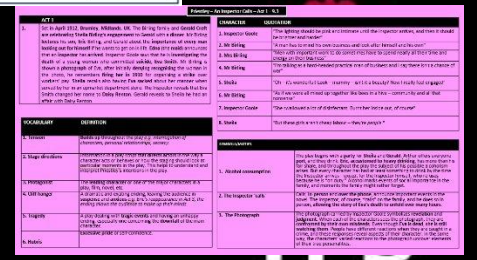












Revision

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Mr Jon Ley

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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

TPS

How much revision?

2 Hours a Day

HOMEWORK

=

REVISION

NEA Subjects

NEA (Coursework) is a big priority for Year 11 - marks in the bag before the exam!

- PE
- Drama
- Dance
- Tech
- Health and Social

Subjects will be in touch with deadlines

TPS







Prom 2026





TPS

TPS PROM

June 2026

CONGRATULATIONS ON EARNING YOUR PASSPORT TO THE PROM

2025 TPS PROM

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PASSPORT TO THE PROM

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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



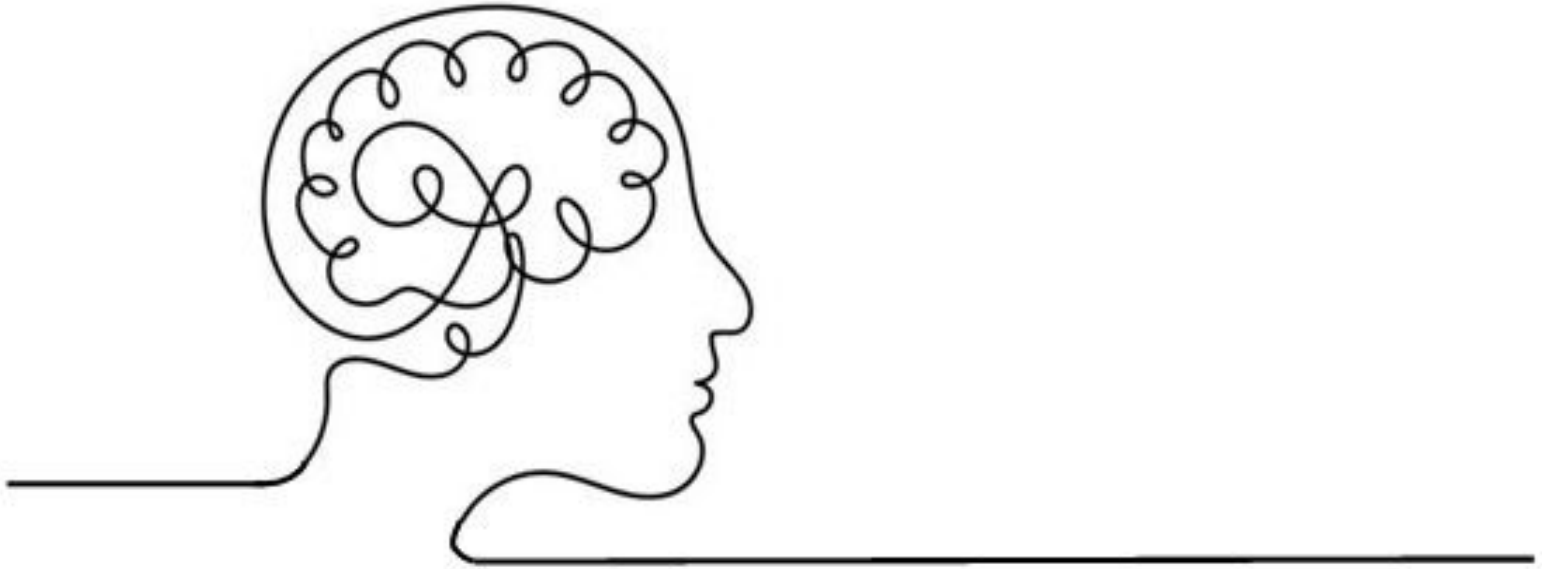
Period 7 Support

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

Monday	Tuesday	Wednesday	Thursday	Friday
Maths	English	Options	Science	Options

- Students who might benefit from an **additional push** or are **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**

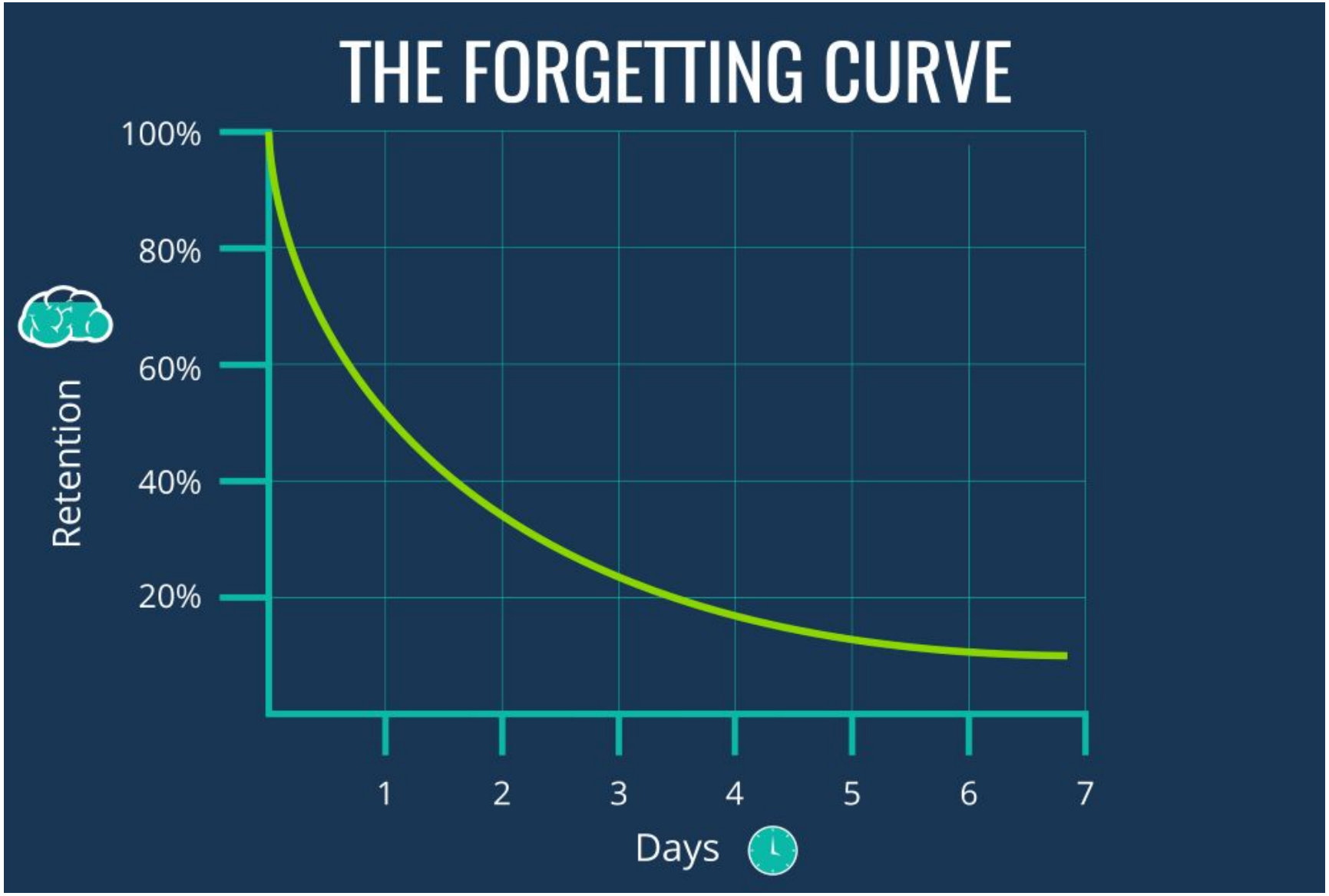
TPS



TPS RETRIEVES

#FightingForgetting

FIGHTING FORGETTING

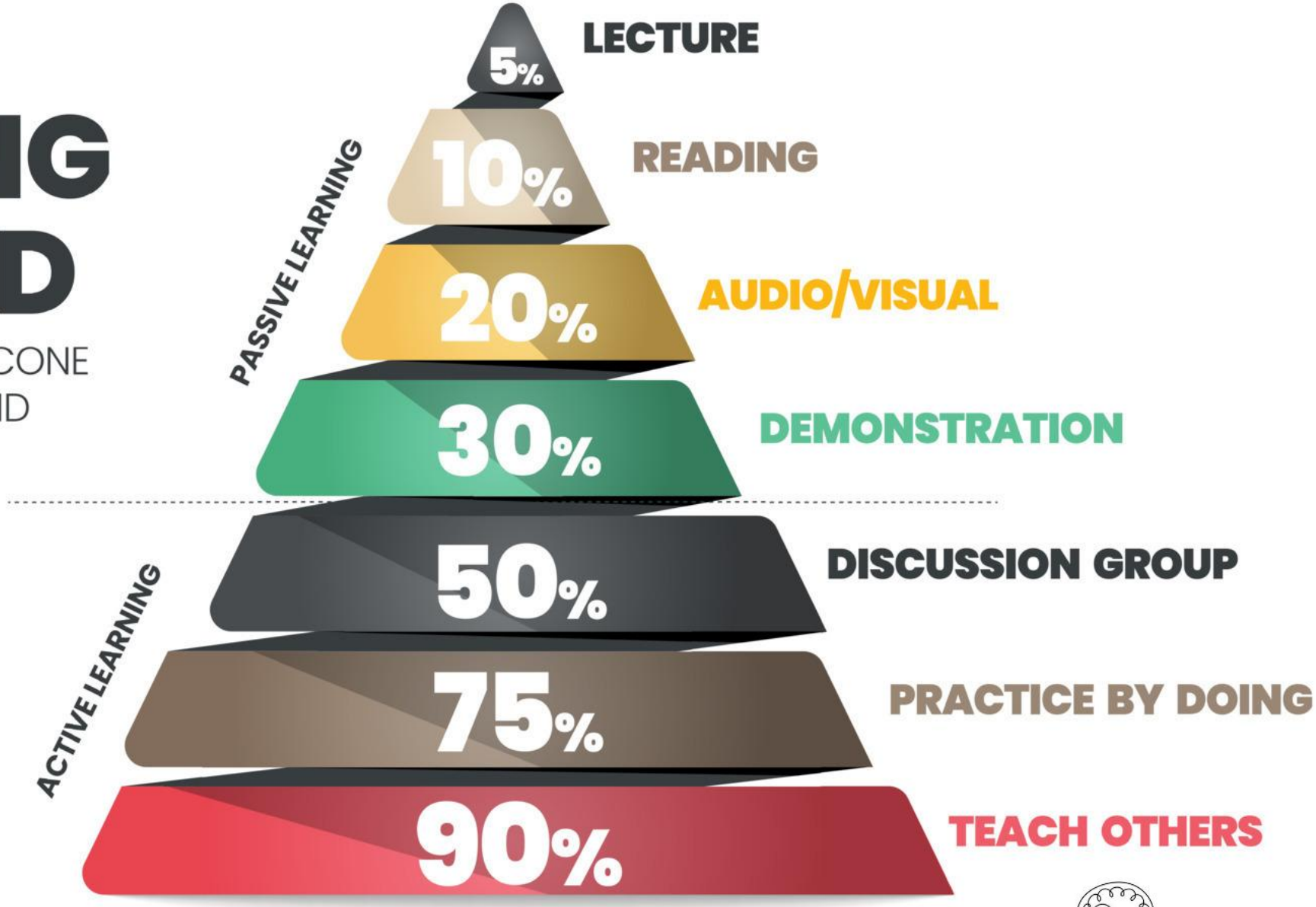


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TPS RETRIEVES

LEARNING PYRAMID

THE LEARNING CONE, THE CONE OF RETENTION, THE PYRAMID OF RETENTION



TPS RETRIEVES

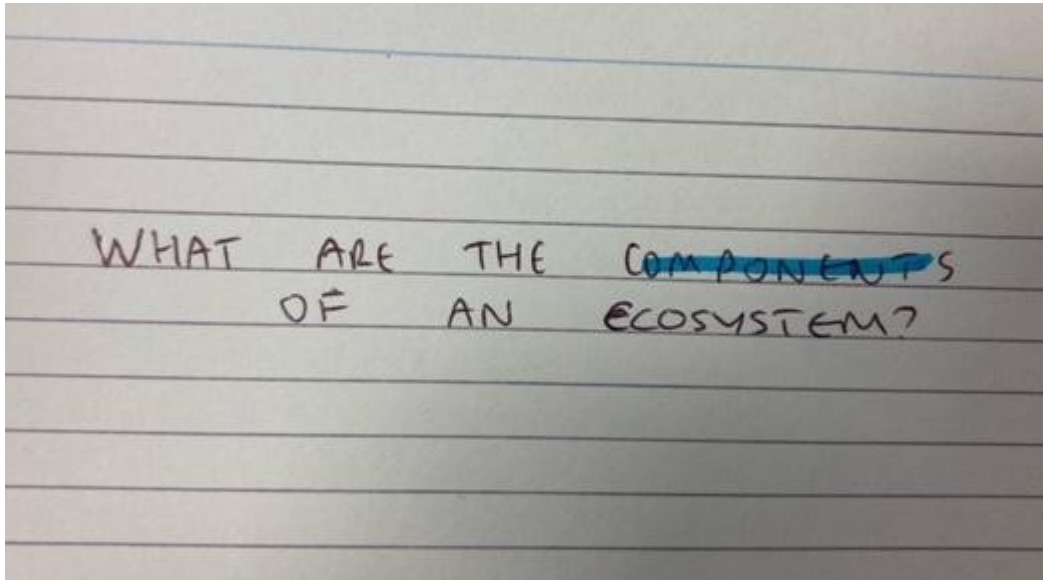
#1 Retrieve It
(retrieval practice - flashcards self/parent/sibling quizzing, etc...)

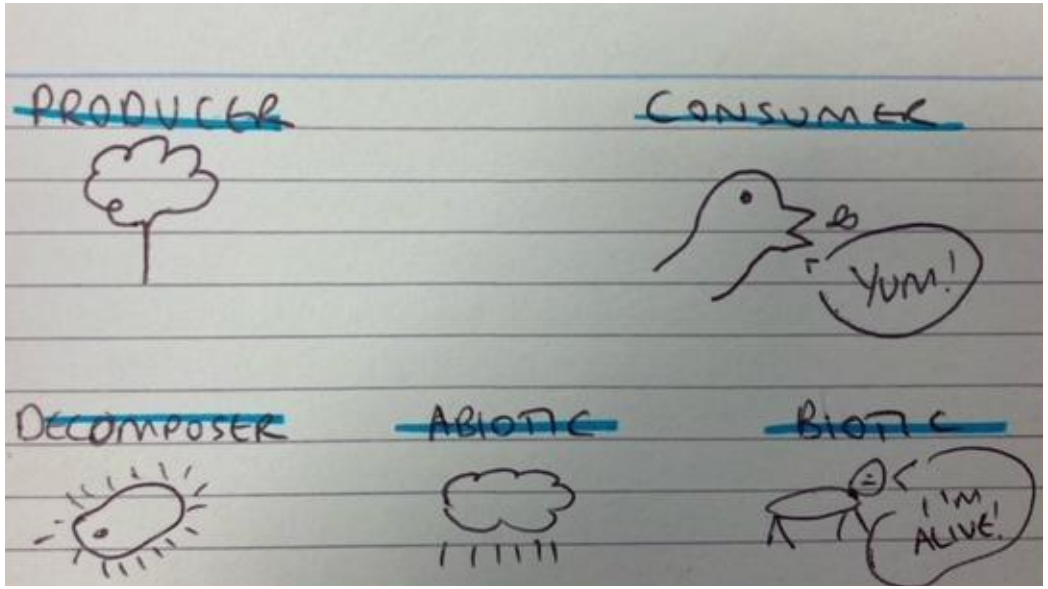


HOW TO STUDY



#1 Retrieve It (retrieval practice - flashcards self/parent/sibling quizzing,





- **Recognition and recall - study both sides of the Flashcard**
- **Add pictures – Mix them with words (dual code)**
- **Say your answers out loud….. Don't look until you have said it.**

KEY TIPS

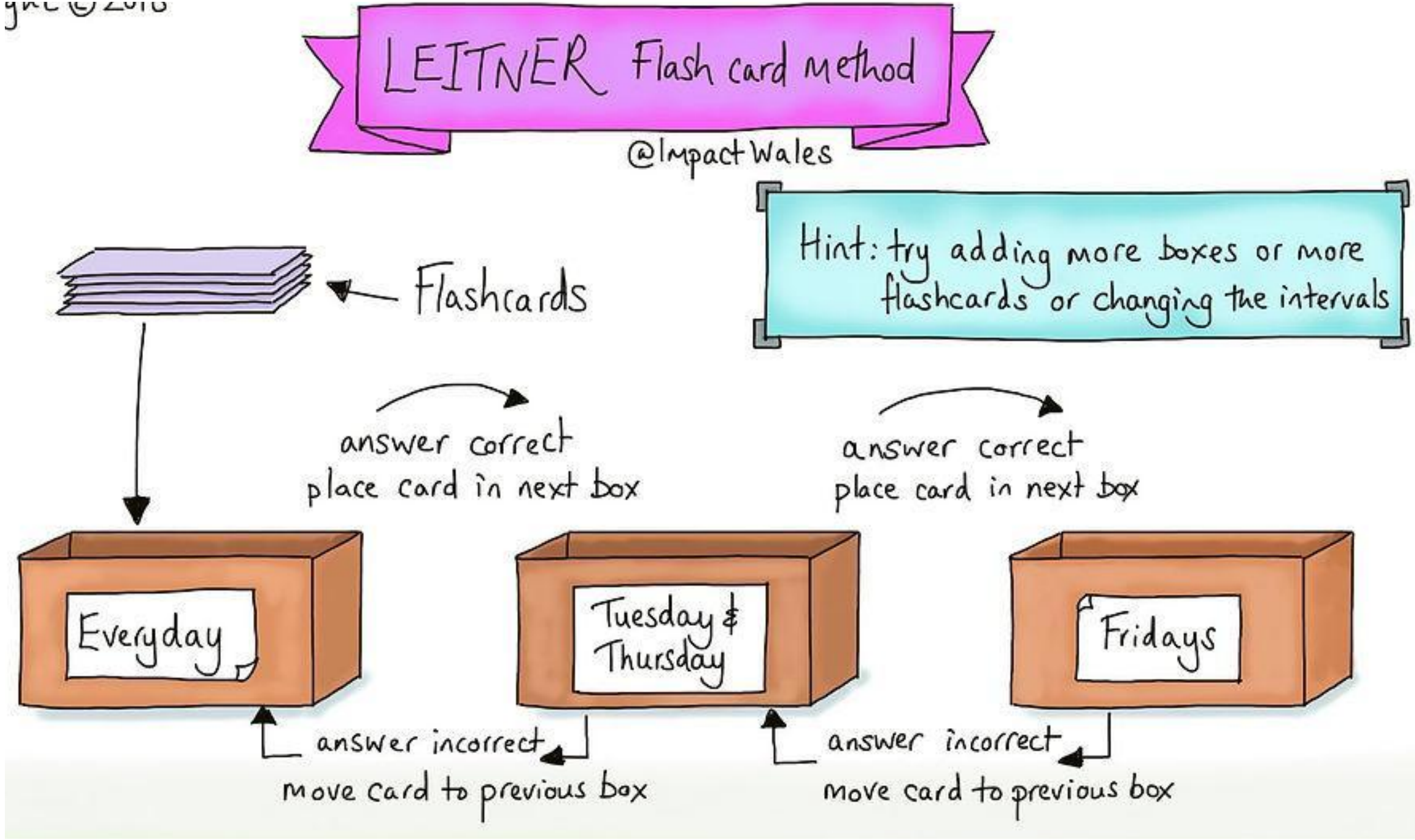
- Put a question on one side (should not link to loads of information)
- On the other side you then add the answer. This **SHOULD** be dual coded (pictures and words)
- This should also not be a huge amount of information. If it is you might need to make more than one flash card for this.



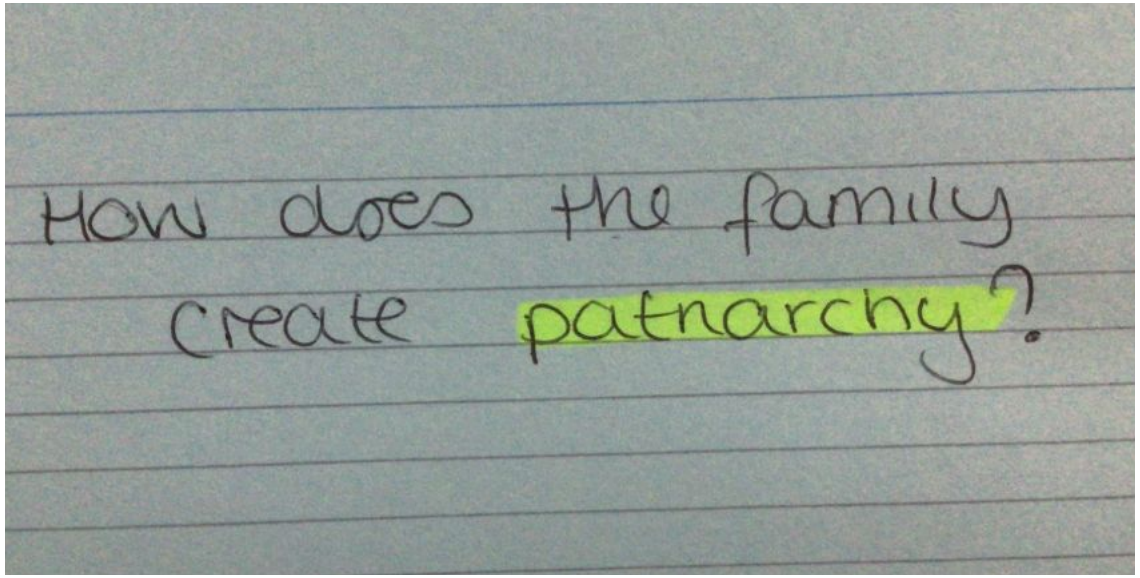
TPS RETRIEVES

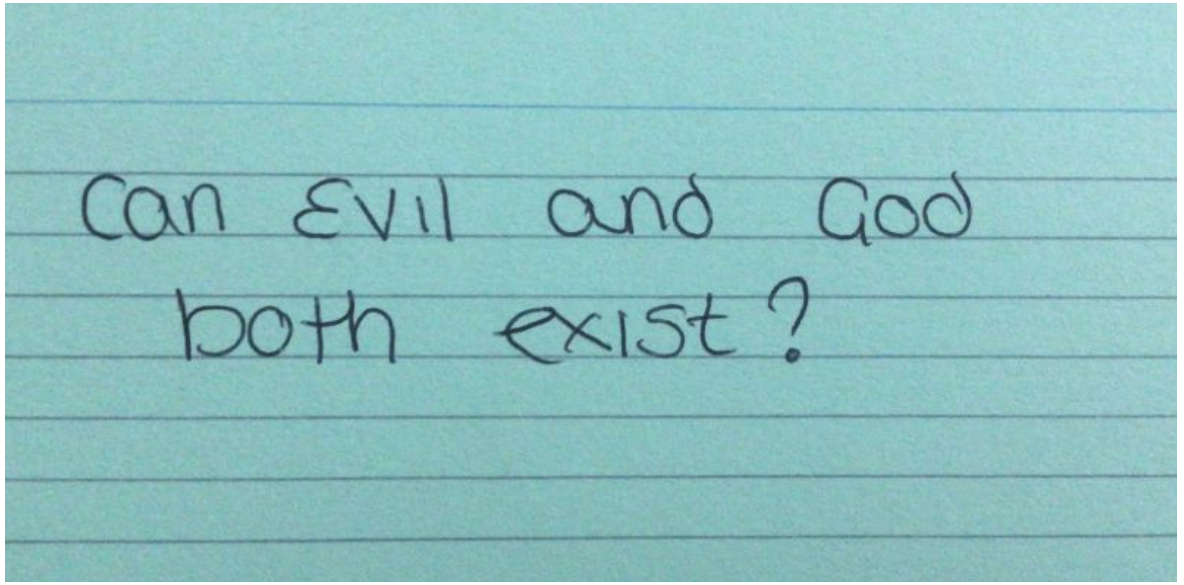
LEITNER Flash card method

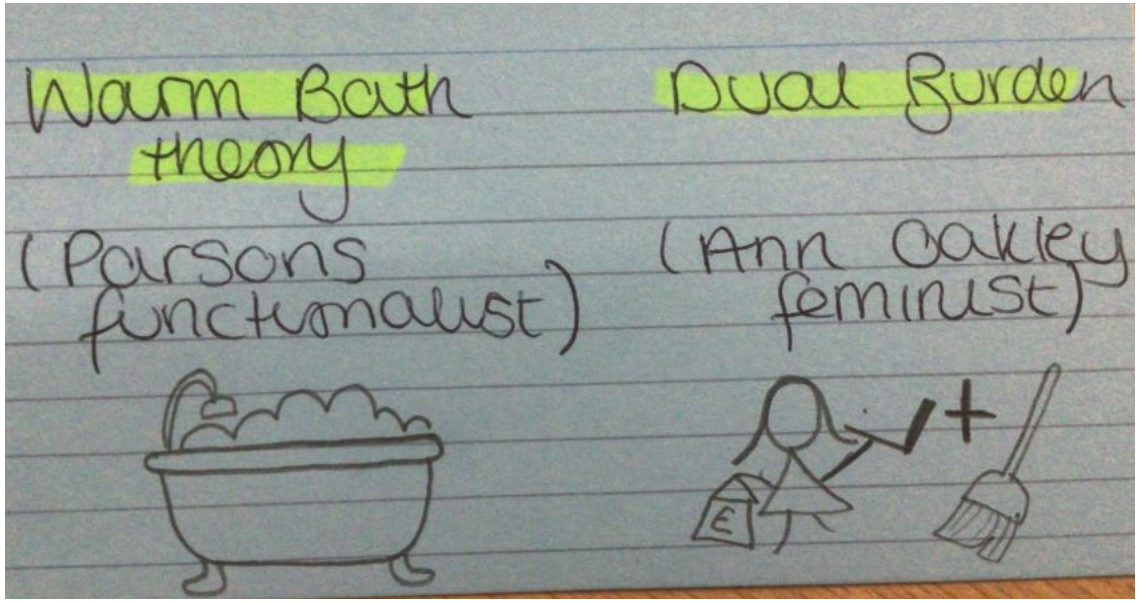
@ImpactWales

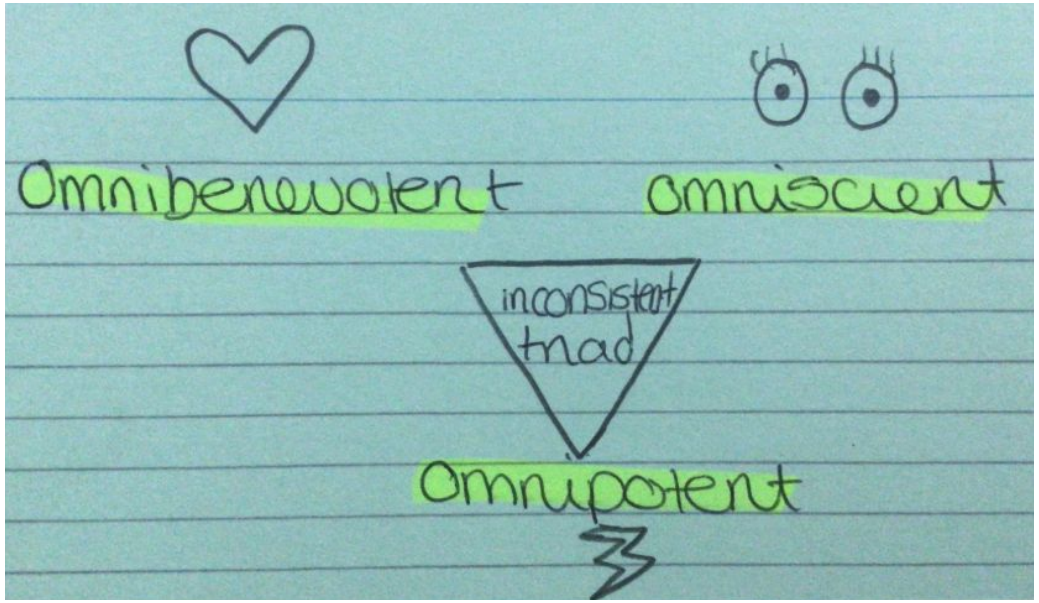


#1 **Retrieve It** (retrieval practice - flashcards self/parent/sibling quizzing,

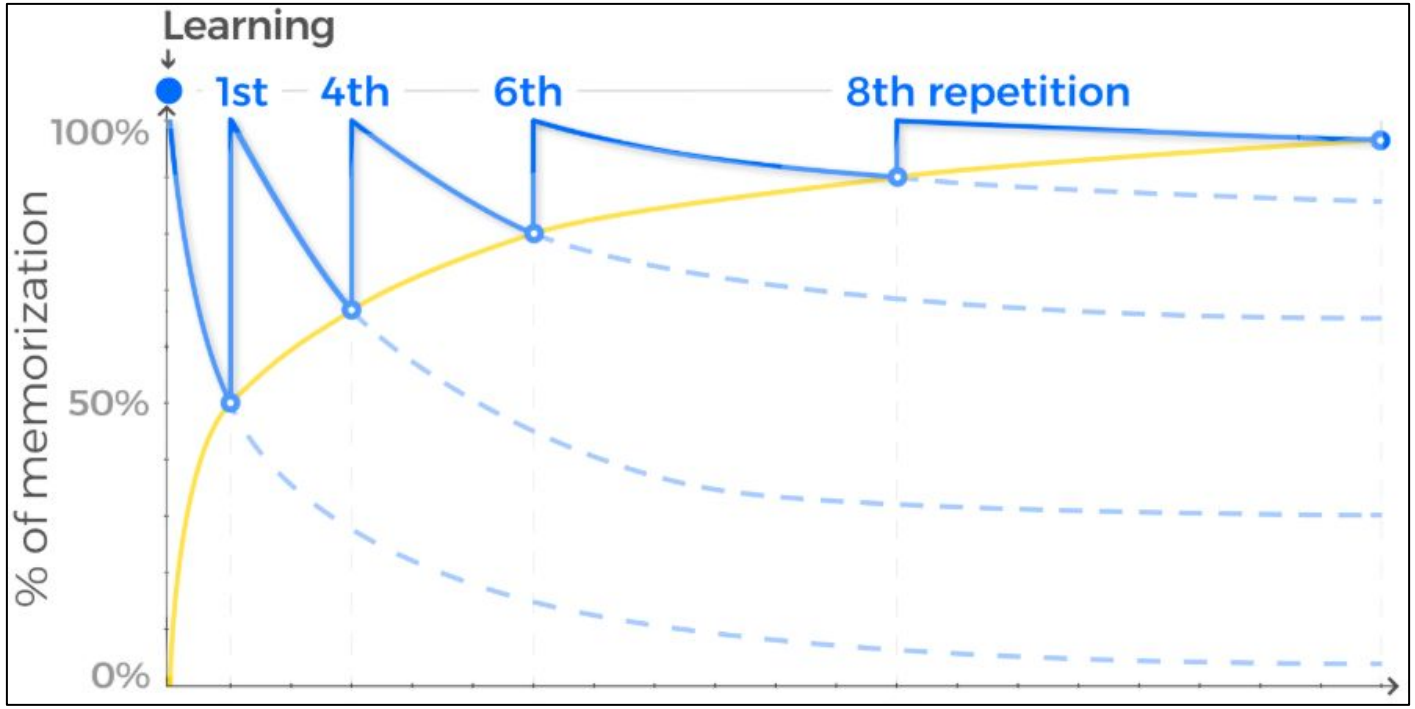


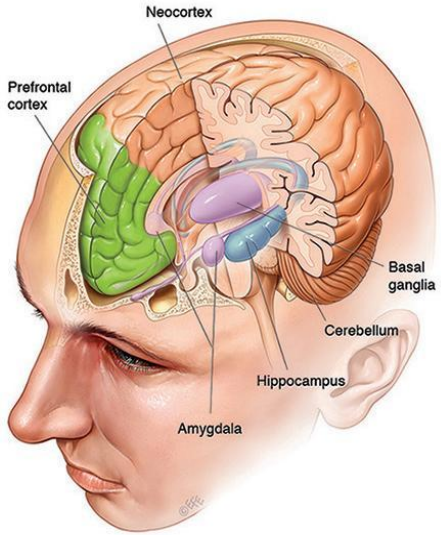


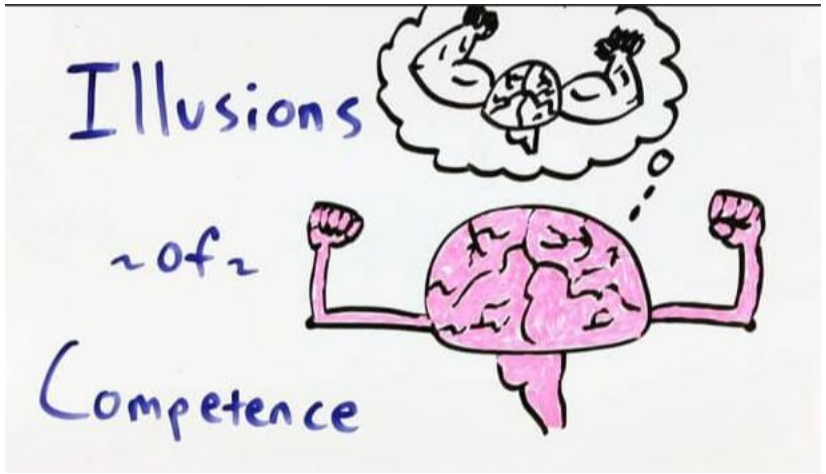




#2 Space It (keep going back to the knowledge)







We have to keep revisiting information to move if from short term to long term memory. This means going back to what you need to know again and again. This can be in lots of different ways.

- ***Tracked retrieval***
- ***Homework***
- ***Knowledge organisers***
- ***Pink Sheets***
- ***Exams***
- ***Flashcards***
- ***Mind Maps***

Plus lots more…..

The key thing for remembering is to keep revisiting this information. This also helps to avoid **'The Illusions of Confidence'**

TPS RETRIEVES

#3 **Jumble It** (student friendly language for interleaving)

Have a plan!

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What is Interleaving?

Interleaving involves **mixing different topics, skills, or problem types** during study or teaching sessions rather than focusing on one topic at a time, which is known as blocked practice.

TPS RETRIEVES

#3 **Jumble It** (student friendly language for interleaving)



TPS RETRIEVES

#4 **Visualise It** (dual coding)

Favela example = Rochina (Largest Favela in Rio. Population over 100,000

What are the challenges of Favelas?

- Average income is less than £75 a month



- Murder rates are very high (20 per 1000 people per year)



- Infant mortality rates are as high as 50 per 1000 (50/1000 children die before their first birthday)



The Favela Barrio Project = Improving life in the favelas

What did the project do?

- Installation of a cable car to the commercial centre of Ipanema – people living in the favela are given one free return ticket a day



- A pacifying police unit (UPP) set up, with police patrolling the community to prevent crime



- Paved and named the roads to allow formalised maps, bin collections and deliveries to houses



What is dual coding?

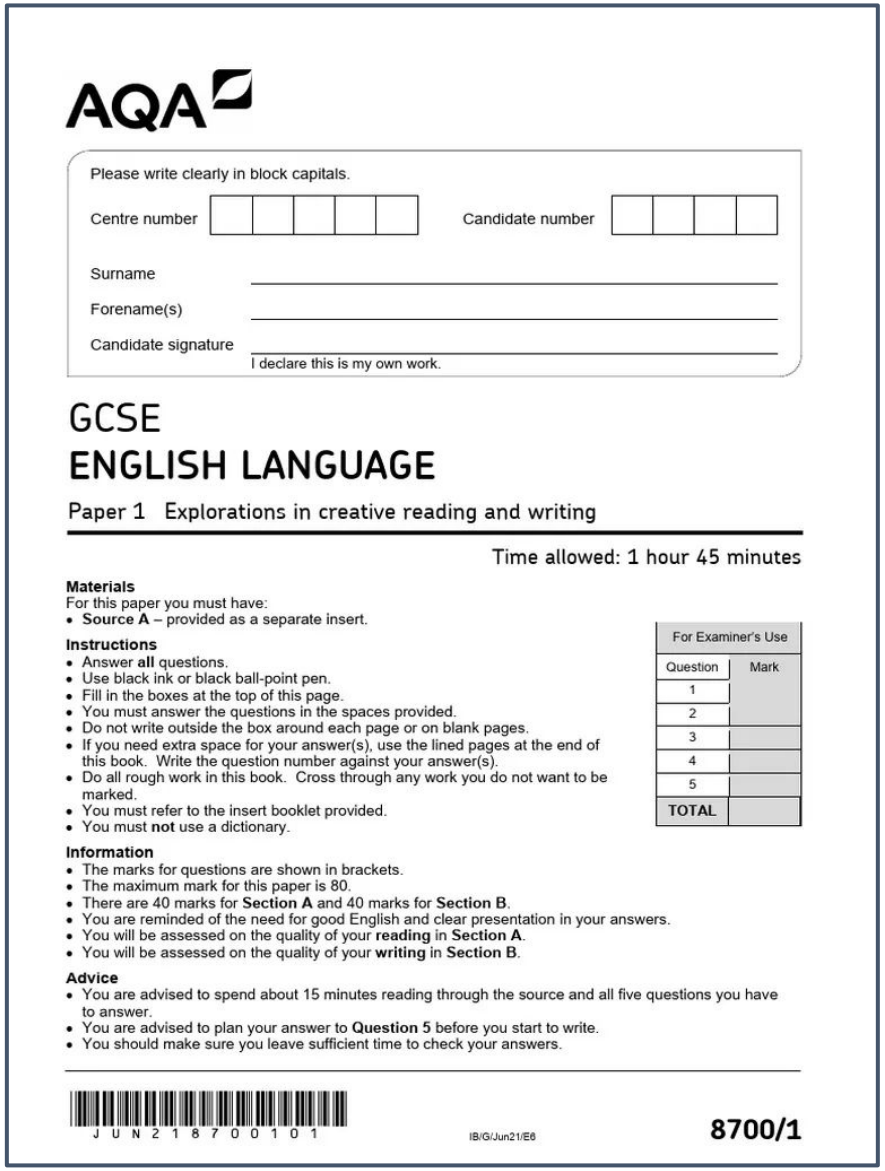
Dual coding is a cognitive principal that was developed by Allan Paivio in the 1970's (it has been around a while).

It is a learning strategy that enhances student understanding by combining verbal/textual and visual information.

The brain processes these 2 types of information in different ways. Combining them enhances memorisation.

TPS RETRIEVES

#5 Practice



AQA

Please write clearly in block capitals.

Centre number | | | | | | Candidate number | | | | |

Surname _____

Forename(s) _____

Candidate signature _____

I declare this is my own work.

GCSE

ENGLISH LANGUAGE

Paper 1 Explorations in creative reading and writing

Time allowed: 1 hour 45 minutes

Materials

For this paper you must have:
- **Source A** – provided as a separate insert.

Instructions
- Answer **all** questions.
- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- You must answer the questions in the spaces provided.
- Do not write outside the box around each page or on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.
- You must refer to the insert booklet provided.
- You must **not** use a dictionary.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
TOTAL	

Information
- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- There are 40 marks for **Section A** and 40 marks for **Section B**.
- You are reminded of the need for good English and clear presentation in your answers.
- You will be assessed on the quality of your **reading** in **Section A**.
- You will be assessed on the quality of your **writing** in **Section B**.

Advice
- You are advised to spend about 15 minutes reading through the source and all five questions you have to answer.
- You are advised to plan your answer to **Question 5** before you start to write.
- You should make sure you leave sufficient time to check your answers.

J U N 2 1 8 7 0 0 1 0 1

IB/G/Jun21/E6

8700/1



- Complete practice papers/questions regularly.
- Make sure you time your answers
- Check them against the mark scheme

'low usefulness triad' – Some revision is less effective….

Some revision strategies are less effective than other. However there are 3 you want to try and avoid as they waste lots of time and are not very effective.

1. Re-reading

We only remember about 10% of the information we read a week later. Re-reading information in revision guides/books/notes alone is therefore not an effective revision strategy.



2. Re-writing

Doing this can feel really good and seem like you have done a lot of work. However if this rewriting is just pages and pages of revision notes. Similar to re-reading it is not effective and difficult for your brain to process.



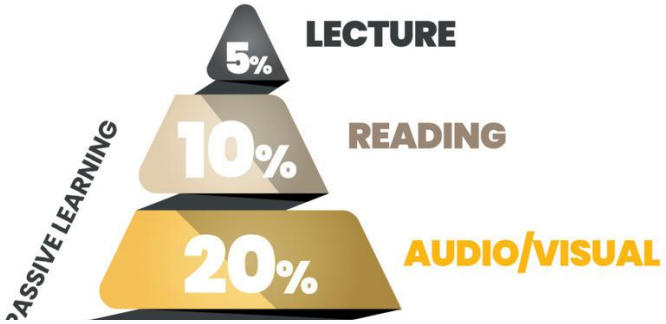
3. Cramming

Cramming does not work. Trying to learning everything you need to know in the day/week before a test down not give your brain the time and space to store information in your long term memory.



LEARNING PYRAMID

THE LEARNING CONE. THE CONE





TPS RETRIEVES

TOP TIPS

#1 Retrieve It (retrieval practice - flashcards self/parent/sibling quizzing, etc...)

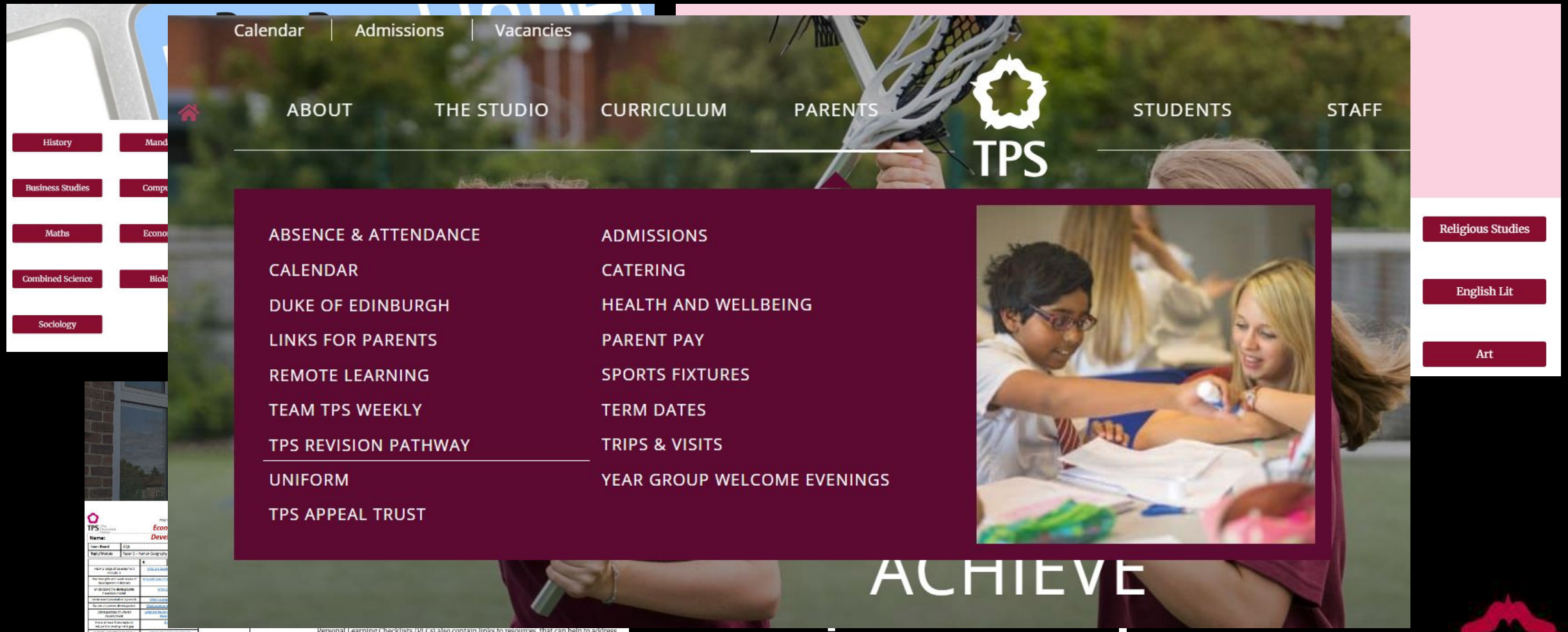
#2 Space It (keep going back to the knowledge)

#3 Jumble It (student friendly language for interleaving)

#4 Visualise It (dual coding - use pictures)

#5 Practice Do past papers and questions

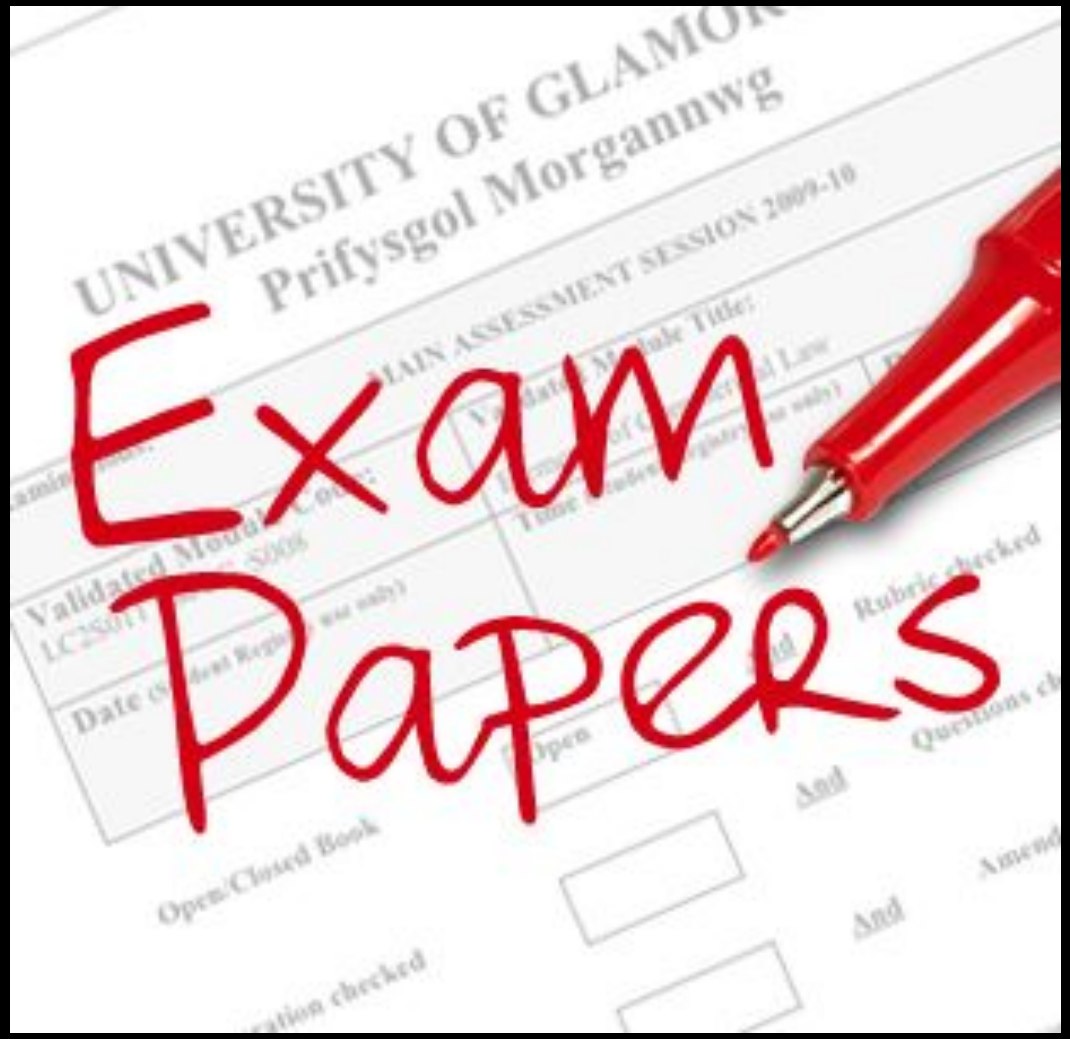
TPS Year 11 Revision Site



in one place

TPS

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.Sub-category%7CF=Sample+papers+and+mark+schemes
Design & Technology	WJEC/Eduqas	https://www.eduqas.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.eduqas.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.eduqas.co.uk/qualifications/history-gcse/#tab_pastpapers
Mathematics	Pearson	https://qualifications.pearson.com/en/qualifications/edexcel-gcses/mathematics-2015.coursematerials.html#%2FfilterQuery=category:Pearson-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.eduqas.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		

TPS

‘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.



TPS

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


IT'S A MARATHON,
NOT A SPRINT