



Central Region  
Schools Trust

*Founded by the RSA*

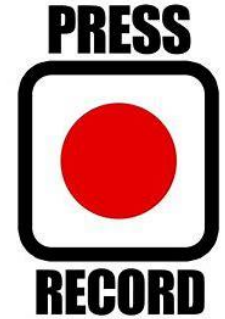


# Year 10 Parents Information Evening – November 2024

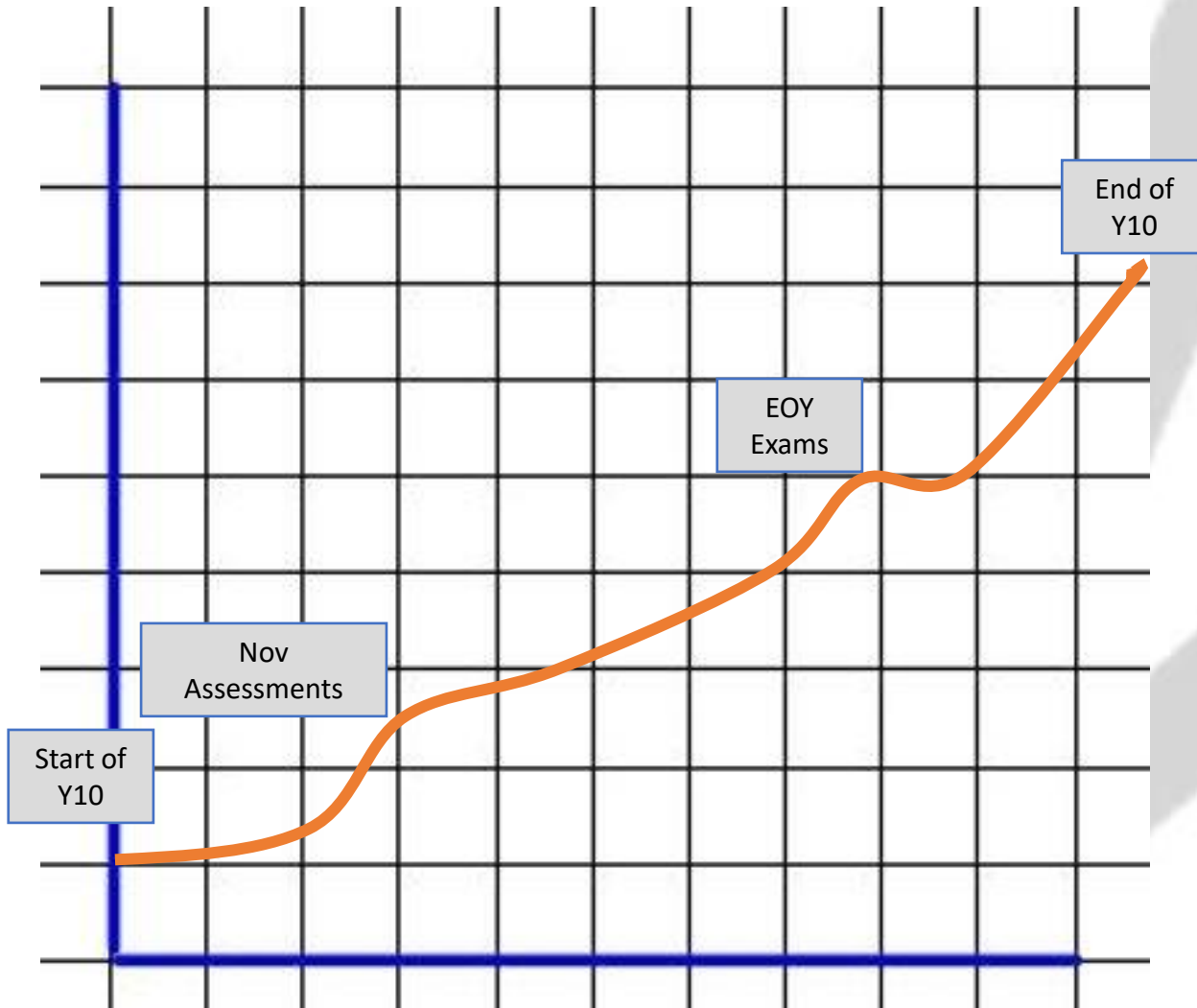
Welcome!

Tonight we will discuss:

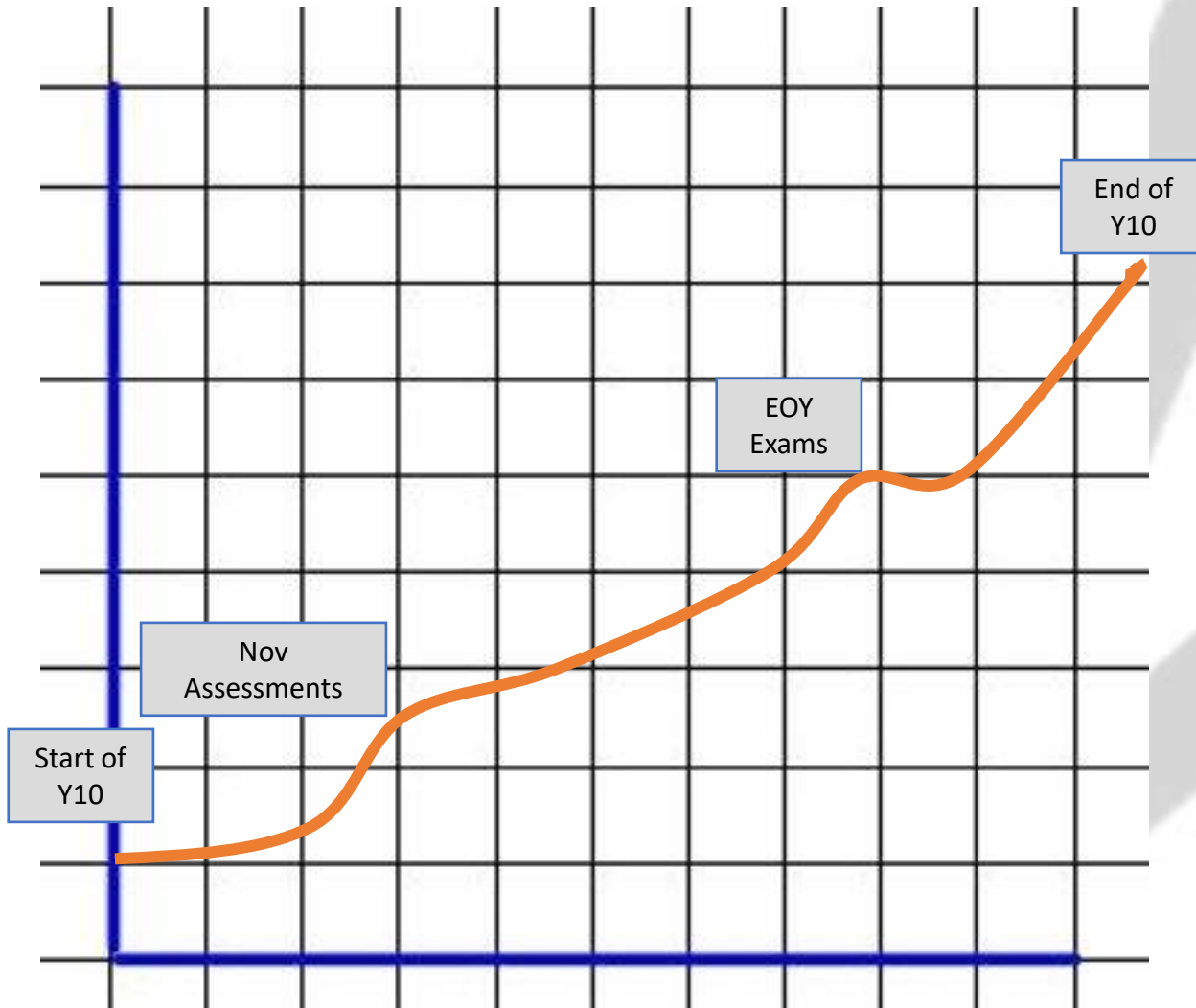
- The Arrow Vale **GCSE journey**
- Upcoming **assessments**
- What can you do **now?**
- **Support** at home
- **Revision** throughout the year
- Opportunity for **questions**



# The Journey



# The Journey



**- Attendance**

*96%+ half a grade per subject*

*90%+ over a grade per subject*

**- Staff**

**- Friends**

**- Homework**

**- Assessments and Feedback**



# Why Start Now?

- Pupil/Parent Voice
- Coursework
- Aspirations and Next Steps
- Get the right support for you
- **Revision and Assessment ROUTINE**



# KEY DATES – Year 10

- ***November Assessments – 18<sup>th</sup>-29<sup>th</sup> November 2024***
- ***Key Assessment 1 – End of December 2024***
- ***Summer Assessments – 28<sup>th</sup> April – 9<sup>th</sup> May 2025 (2 weeks directly after Easter)***
- ***Key Assessment 2 – June 2025***
- ***Year 10 Parents Evening – 12<sup>th</sup> June 2025***



# November Assessments – 18th-29th November 2024

- 6 x assessments in **exam venues**
- Full exam routine – **rules** to follow
- **Preparation** is key
- Help us help you – give us the opportunity to **support you** in your journey

# What are we preparing for?

## Year 11 is tough!

September – Parent Info Night

BTEC PSAs

February Mock Exams

GCSEs

Apply to Sixth Form/College/Apprenticeship

November Mock Exams

Speaking/Practical Exams

Parents Evening

Exam Information Evening



# What can you do now?

- Embed **revision** routines – find what works for you and start to practice it now
- **Aspirations** – what do you need?
- Build on **basics** – attendance, behaviour, commitment
- **Communicate** – don't go through it alone



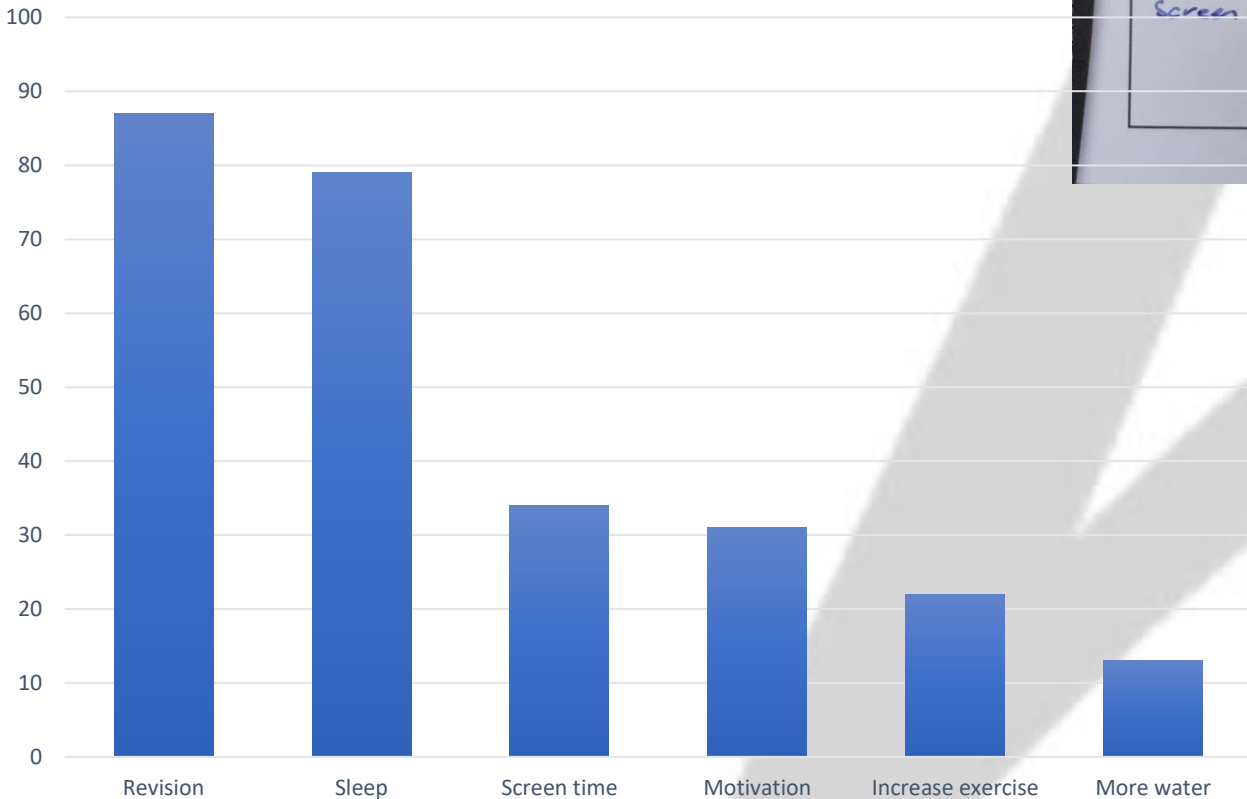
# Support at home



Top 3 Gaps	Current Reality	Ideal Result	Strategy/Commitment
revision	not revising at all = failing mocks	revising multiple times a week	create a revision timetable + actually follow it.
effort in lessons	not paying attention + missing out on important information	@ get grades up and <del>pay</del> pay more attention.	find a way to pay attention in lessons + focus on the tasks at hand
going to sleep late	tired in the day, unable to stay awake in lessons.	sleep earlier + have enough energy to focus in school	sleep earlier, cut down screen time before bed.

### Do What You Say You're Going To Do

Top 3 Gaps	Current Reality	Ideal Result	Strategy/Commitment
Revision	I don't do it and do other things.	If I do more I'll get better grades.	<ul style="list-style-type: none"> <li>Revision Schedule.</li> <li>Less off topic things.</li> </ul>
Better Sleep.	Don't get many hours.	I'll be more awake.	<ul style="list-style-type: none"> <li>Earlier time</li> <li>NO Snacks before.</li> </ul>
Too much Screen Time.	Too much screen time on phone.	I'll be more focused	<ul style="list-style-type: none"> <li>Screen limit timer</li> </ul>



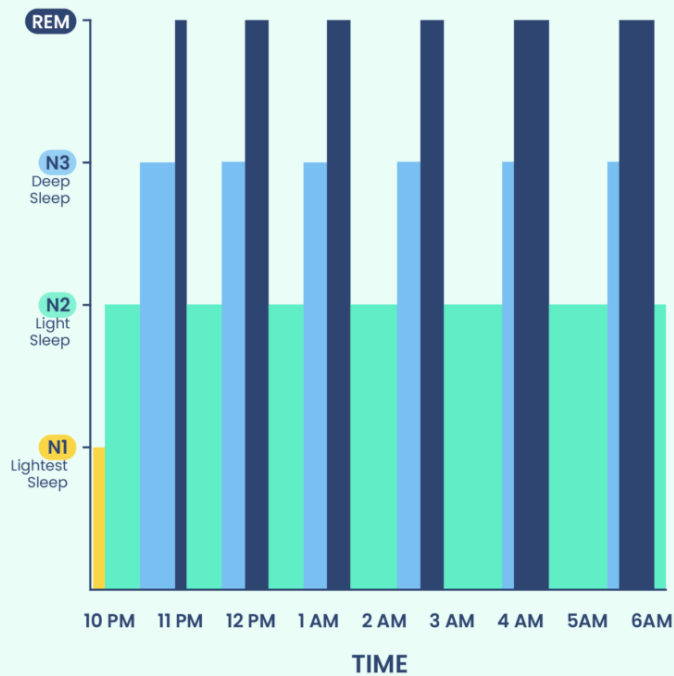
What are you going to do?

# Sleep: the magic numbers

There are no magic numbers. Sleep need varies as we age, and for each individual



## Sleep Cycles Through the Night



### Light Sleep:

- Ready to wake more **refreshed**

### REM:

- Dreaming stage
- **Consolidating new knowledge and information to long term memory**
- High levels of melatonin which increases **'grogginess'**

### Deep Sleep:

- This is the deep sleep stage. It's harder to rouse you during this stage, and if someone woke you up, you would feel **disoriented** for a few minutes.
- During the deep stages, the **body repairs and regrows** tissues, builds bone and muscle, and strengthens the immune system.
- As you get older, you sleep more lightly and get less deep sleep. Aging is also linked to shorter time spans of sleep, although studies show **you still need as much sleep as when you were younger.**



## Sleep Calculator: Your Personalized Tool for Sleep

Use the **sleep calculator** to develop an optimal sleep schedule based on your unique biology and lifestyle preferences, including your age and either your bedtime ...

[Sleep Cycle Calculator – How... · What Time Should I Wake Up?](#)

# Sleep Calculator

Select your age range

0-3 Months	4-11 Months	1-2 Years
3-5 Years	6-13 Years	14-17 Years
18-25 Years	26-35 Years	36-45 Years
46-55 Years	56-64 Years	65+ Years



I want to wake up at...



I want to go to bed at...

Hr



Min



AM



Calculate



# Sleep Calculator

It typically takes 15 minutes to fall asleep.

If you're 14-17 Years old and want to wake up refreshed at 7:15 AM, you should go to bed at one of the following times:



10:15 PM

Suggested Bedtime



07:15 AM

Wake Time



11:45 PM

Suggested Bedtime



07:15 AM

Wake Time

DISPLAYS



Smartphone use at night

SLEEP



Lack of sleep



Melatonin can't regulate your sleep cycle

Pineal gland can't produce melatonin



MELATONIN

Displays emit blue light



Blue light suppresses production of melatonin



PINEAL GLAND

BLUE LIGHT

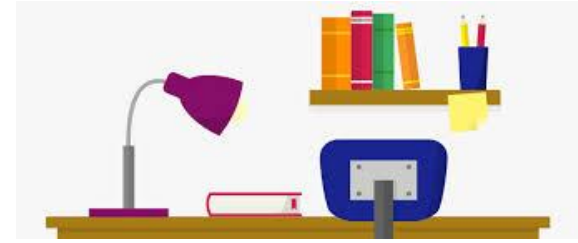


# Get your Z's

1. You need 6 sleep cycles a night to **repair, grow and consolidate new information and knowledge**
2. A sleep cycle for teenagers lasts approximately 1.5 hours
3. Waking up in Deep Sleep or REM can make you feel groggy or disorientated
4. Knowing when you should aim to sleep so you wake up refreshed is important
5. You need to be mindful of the **delay extrinsic factors, such as gaming, scrolling and social media have on how long it takes you to go to sleep**, and factor that in.



# Revision Advice – for Students



- Find a **space** that works for revision and stick to it.
- Have you got the **resources** you need? Ask us/your teachers. Don't waste time searching for your own!
- Make a revision **timetable** and stick to it. Cramming at the end won't get the best results.
- **Interleaving** - Do 25 mins of one subject then go onto a different one for 25 mins, then go back.
- Brown/white noise setting in the background – calming, increases **concentration**. Research suggests this is much more effective than music.
- **Use past papers and mark schemes!**

JUST DO IT!



# JUST DO IT!

“Count to 5 and then start revising - the reason you count to 5 seconds is that your brain will kill that ambition so within 5 seconds you might as well do it. I recently started doing this and it actually is helping me get through art coursework 😊👍”

“To beat procrastination, I use an app called 'forest', which you can get on your phone/pc - I put mine on 'blocklist' so I can only access a few sites”

# What do students say helps at home?

- Positive reinforcement – try to look for what is going right and build from there.
- Lacking motivation and lacking understanding often look the same.
- Any reward is a motivation – small and regular works best.
- Know the timetable and offer reminders and encouragement.
- Provide a revision space where possible and a revision pack
- Support us with what is offered in school
- On the day – fuel and ready to go
- Focus apps



## The 8 best focus apps

- [Freedom](#) for blocking distractions on all your devices at once
- [Cold Turkey Blocker](#) for scheduled system-wide blocking
- [LeechBlock NG](#) for free browser-based website blocking
- [RescueTime](#) for time tracking with built-in website blocking
- [SelfControl](#) for a nuclear option
- [Session](#) for a combination Pomodoro timer and distraction blocker
- [one sec](#) for adding a little friction to every distraction
- [PawBlock](#) for distraction blocking with cute animal pictures



# Revision Advice – useful links

- GCSE Bitesize – old but gold!
- Twinkl – loads of links with advice for parents and students
- REVISION 2025 on Student Shared Area
- Subject website ie.e SENECA for Science
- Social Media (yes you read it right!)
- Exam Board website (past papers and markschemes)
- [Past Papers - PMT \(physicsandmathstutor.com\)](https://www.physicsandmathstutor.com/past-papers/)



[Home](#) > [Past Papers](#)

## Past Papers

Below you will find AQA, CAIE, Edexcel, OCR, Eduqas and WJEC past papers and mark schemes for the following subjects:

### GCSEs & IGCSEs

[Biology](#)[English Language](#)[Maths](#)[Chemistry](#)[English Literature](#)[Physics](#)[Economics](#)[Geography](#)[Combined Science](#)[Psychology](#)[History](#)[Computer Science](#)

Connect with PMT Education!





# REVISION

START REVISING NOW!



Pearson  
Revise



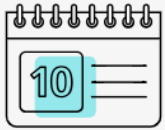
# Hi John,

Choose your subjects to revise.

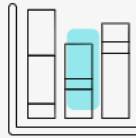


Pearson  
Revise

## Resources



View Revision Planner



Add Subjects

## Your GCSE Subjects

Pearson Edexcel

GCSE

**Mathematics  
Foundation**



Pearson Edexcel















GCSE

**Mathematics Higher**

# REVISION

< Previous This week Next >

 I am grateful for the opportunity to learn and grow through my studies. 

Mon 11th	Tue 12th	Wed 13th	Thu 14th	Fri 15th	Sat 16th	Sun 17th
	<p>+ Add session</p>	<p>+ Add session</p>	<p>+ Add session</p>	<p>+ Add session</p>	<p>+ Add session</p>	<p>+ Add session</p>
	<p> You've achieved something incredible. Congratulations!</p>					
<p> Reward</p>	<p>+ Add reward</p>	<p> Reward</p>	<p> Reward</p>	<p> Reward</p>	<p> Reward</p>	<p> Reward</p>
	<p> I release the worries of the day and allow my mind to quieten.</p>	<p>+ Add reward</p>	<p>+ Add reward</p>	<p>+ Add reward</p>	<p>+ Add reward</p>	<p>+ Add reward</p>
<p> Get some sleep</p>		<p> Get some sleep</p>	<p> Get some sleep</p>	<p> Get some sleep</p>	<p> Get some sleep</p>	<p> Get some sleep</p>



**Mathematics**

**English**

**Science**

**Humanities**

**Languages**

**Other subjects**

**BTEC Tech Award**



**Pearson  
Revise**



# REVISION



## AVA Student Shared

Private group

Documents



Documents > REVISION 2025



Name ▾

Location ▾



Art



BTEC Enterprise



BTEC Health and Social Care



BTEC Sport

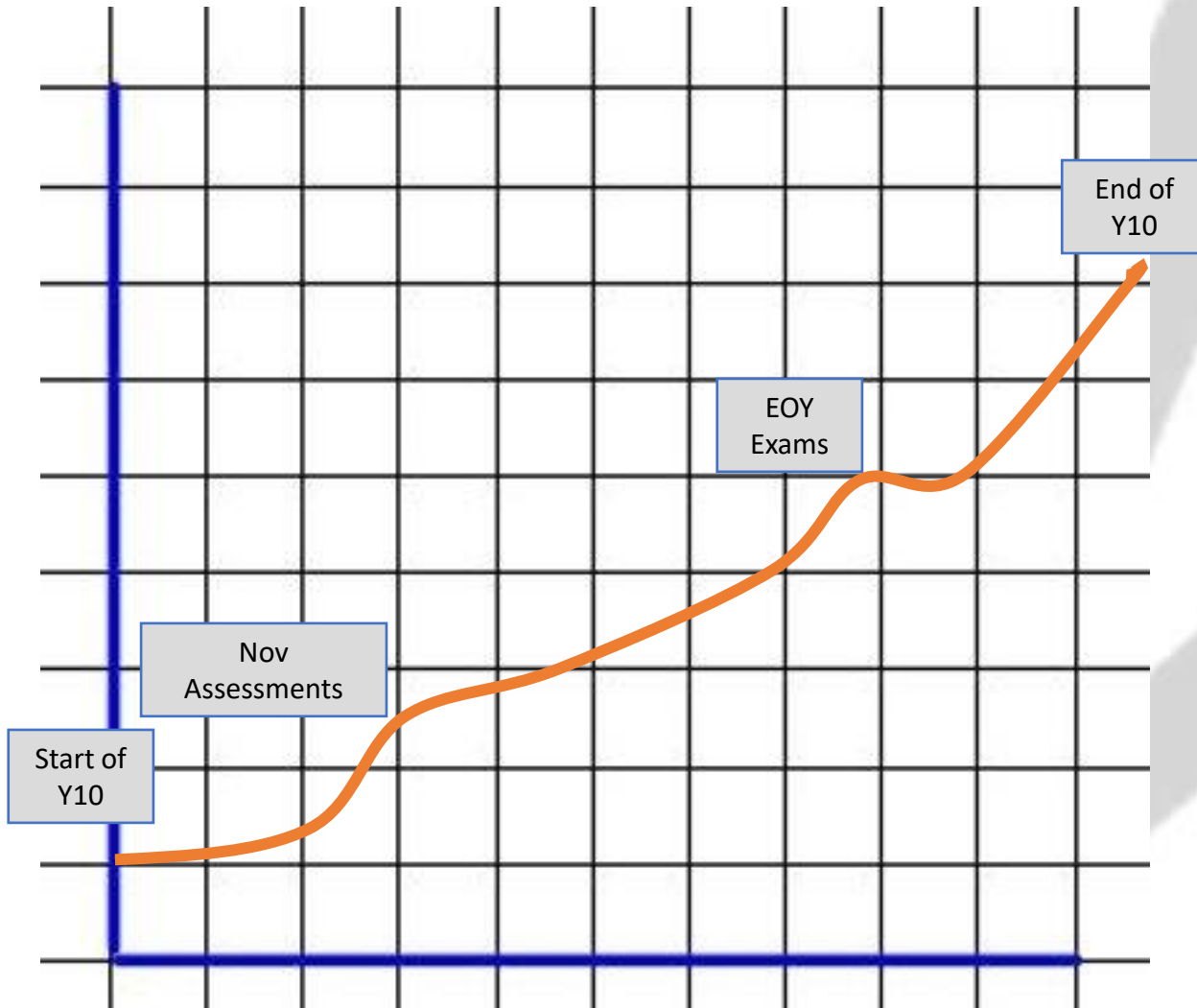


Cambridge National IT



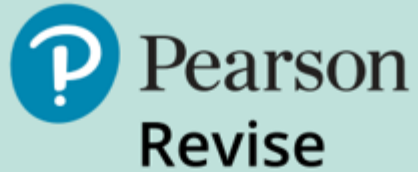
Creative iMedia

# The Journey





# Come and see us if you have questions



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