



Year 10 Important Information

Contents:

- Revision strategies
- Organisation
- Revision timetable and topic planning
- Mental health and wellbeing
- Attendance
- Online resources

Key Dates

<i>Expectations Evening</i>	<i>Thursday 28th November 24</i>
<i>Parents Evening</i>	<i>Thursday 16th January 25</i>
<i>Work Experience</i>	<i>WB Tuesday 6th May</i>
<i>Year 10 Mock Exams</i>	<i>Monday 16th June 25</i>
<i>Audit 1</i>	<i>Thursday 14th November 2024</i>
<i>Audit 2</i>	<i>Friday 14th March 2025</i>
<i>Audit 3</i>	<i>Friday 18th July 2025</i>

Year 10 Key Staff:

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Borden Grammar School

GCSE Roadmap Year 10

September 2024- Begin your GCSE 01

You begin your GCSE courses. This is generally English, Maths, Science (triple) and then four subjects that you choose.

02 Expectations Evening

28th November 2024

Parents Evening 03

Thursday 16th January 2025

04 Year 10 Work Experience

Tuesday 6th-Friday 9th May 2025.

Year 10 Mock Exams 05

Begin on Monday 16th June 25

06 End of Year 10

Target setting for Year 11.



BORDEN GRAMMAR SCHOOL GCSE REVISION GUIDE SUGGESTIONS



From the 28th November to the 5th December these revision guides will go on sale on SCOPAY. These are just suggestions and not compulsory purchases. If you wish to order some revision guides, please go onto scope and select the ones that you wish to order. We will then distribute the revision guides to your child in due course.

Subject	Revision Guide	Workbook	Cost
Business	Provided by department	 BUSINESS EXAM PRACTICE BOOK	£3.25
Computer Science	Provided by department	 COMPUTER SCIENCE COMPLETE REVISION GUIDE AND PRACTICE	£4.99
Drama	 GCSE DRAMA PLAY GUIDE - BLOOD BROTHERS	 AQA GCSE DRAMA STUDENT TEXTBOOK	GCSE Drama Play Guide- £3.25 Student Textbook- £23.90
Geography	Provided by Department	 GEOGRAPHY- EXAM PRACTICE GUIDE	£6.29
Maths (Higher)	 EDEXCEL GCSE MATHS (HIGHER): REVISION GUIDE	 MATHEMATIC S (HIGHER) REVISION WORKBOOK	Revision Guide- £3.59 Revision workbook- £3.59
Maths (Foundation)	 MATHS (FOUNDATIO N) REVISION GUIDE	 GCSE MATHEMATICS (FOUNDATION) REVISION WORKBOOK	Revision Guide- £3.59 Revision workbook- £3.59
Further Maths	 AQA LEVEL 2 CERTIFICATE IN FURTHER MATHS: REVISION GUIDE	 FURTHER MATHS: EXAM PRACTICE WORKBOOK	Revision Guide- £4 Revision workbook- £4



BORDEN GRAMMAR SCHOOL GCSE REVISION GUIDE SUGGESTIONS




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Subject	Revision Guide	Workbook	Cost
Music	 <p>GCSE MUSIC REVISION GUIDE</p>	 <p>EDUQAS COMPLETE REVISION GUIDE AND PRACTICE</p>	Revision Guide- £12.37 Eduqas Complete revision guide and practice- £7.75
Statistics	 <p>GCSE STATISTICS REVISION GUIDE</p>	 <p>STATISTICS REVISION WORKBOOK</p>	Revision guide- £4.79 Revision workbook- £4.79
RS	 <p>MY REVISION NOTES OCR GCSE (9-1) RELIGIOUS STUDIES</p>		Revision Guide- £9.49
History	Provided by department	 <p>WEIMAR AND NAZI GERMANY, 1918-39</p>	£3.59
		 <p>EARLY ELIZABETHAN ENGLAND, 1558-88: PRACTICE PAPER</p>	£3.59
		 <p>EDEXCEL GCSE HISTORY MIGRANTS IN BRITAIN, C.800-PRESENT R</p>	£3.59
		 <p>HISTORY: SUPERPOWER RELATIONS AND THE COLD WAR, 1941-91</p>	£14.43

Supporting Effective Revision

It is important that both parents and students understand the most effective ways to revise. It is easy to fall into the trap of thinking that your child has done lots of revision because they have been in their room with a book open for 3 hours. It is easy for students to fall into the trap of carrying out tasks that do not require a lot of effort (such as highlighting notes), making them feel that they have carried out a large amount of revision. However, neither of these allow for deep and difficult thinking, which has been shown to positively impact upon exam results. The best techniques are outlined below.



Technique	Effectiveness	Description of Technique
Practice Testing	High	Self-testing or using past-exam questions while learning.
Distributed practice	High	Developing a schedule of revisions / learning activities over time.
Elaborative Interrogation	Moderate	Thinking about 'why' you have answered a question or creating an explanation for a response.
Self-explanation	Moderate	Linking new information to known information or using applied questions (problem based learning).
Interleaved Practice	Moderate	Developing a schedule that mixes different techniques during a period of study.
Summarisation	Low	Writing summaries of concepts / area of study.
Highlighting	Low	The use of highlighters or underlining while read / rereading.
Keyword Mnemonic	Low	Use of key terms / acronyms / images to associate with concepts to be learned.
Imagery	Low	Attempting to form mental images of materials while reading.
Rereading	Low	Revisiting text that has already been read.

Table 1: Learning techniques and their effectiveness adapted from Dunlosky et al (2013) pg 6.

On the next page, there is some guidance on effective revision techniques which you may find useful in GCSE preparation.

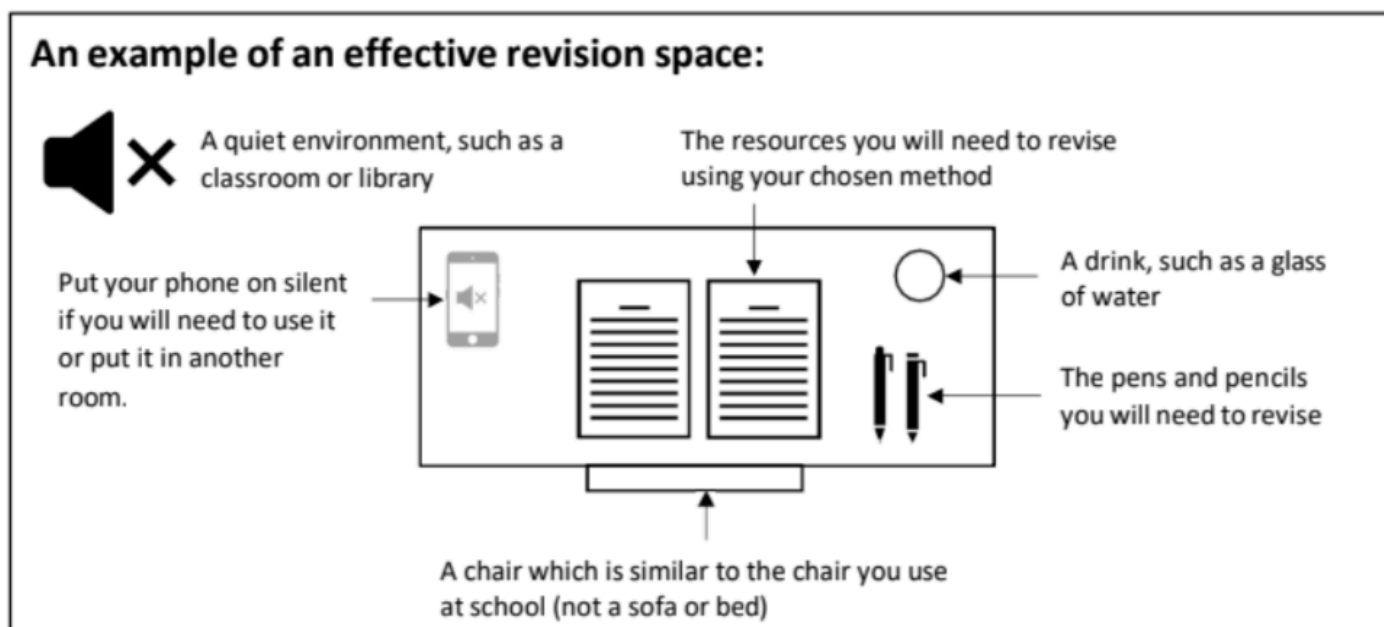
Key Revision Tips:

- Do something with the information - flash cards, mind maps, explaining key ideas
- Switch it up – don't do the same thing all the time
- Test yourself – use Quizlet, past papers or create your own
- Spread it out – don't leave it all until a week before, create a revision timetable

Organisation of Work Space

For success in revision, a well organised work space is key. The library is always available for an hour after school for independent study for any students who might find it difficult to focus at home. Important ingredients for successful revision include:

- Clean tidy working space
- Correct equipment
- Sensible plan
- A revision timetable and a subject topic weekly plan are included in this booklet



How to Organise Revision

It is also important for students to plan their revision in advance, to prevent them from becoming overwhelmed or from revising the same topics continuously. Students have been provided with a number of templates for revision timetables. Scanning the QR code will take you to a website which outlines the most effective ways to use revision timetables.



There are two guides on the following pages with templates for a revision timetable and a weekly topic planner. There is also guidance on how to create realistic timetables and topic planners.

How to create a revision timetable

1. Block lunches and dinners
2. Block in breaks and social time
3. Block in extra-curricular activities
4. Block in wind down time before bed
5. Block in any lie-ins on weekends (within reason!)
6. Block in homework (1 hour a day, 3 on weekends)
7. Block in revision – if you can't fit each subject in twice a week, something has gone wrong (e.g. maybe you are going out too much? Maybe you are having too many breaks?)

How to create a weekly topic planner

1. Write all your subjects along the top row
2. Identify the key topics that need to be revised for each subject
3. Identify which ones are the most important that you revise (ones you are least confident with)
4. Map these into the planner so you know what to revise each week for each of your subjects

It is really important not to give up if you miss one session or one day of your planned revision. Persist with the rest of your weekly plan, or adjust as necessary, but don't let one day derail the whole week of revision.

GCSE Grading

How numerical grades compare with old ones

Old grades	Numerical grades
A*	9
A	8
B	7
C	6
	5 Strong Pass
	4 Standard Pass
D	3
E	2
F	1
G	1
U	U



Exams, Stress and Wellbeing

Year 10 is a stressful time for all students, and it is normal for students to feel the pressure of starting their GCSE subjects. However, it is well publicised that boys are less open about their emotions than girls, and therefore may be much better at masking how they are really feeling. Wellbeing impacts on productivity, learning, outcomes, attendance and mental health so it is important to develop and maintain healthy habits during exam periods.

Attendance

Attendance below 95% has a significant impact on GCSE results: those students with 95%+ attendance in 2021/22 got 41% grade 9-7, versus those who were less than 90% getting 14% grade 9-7.

- Attend school on time, every day – morning registration is used as revision time and revision support
- Parental reason given for all absence
- 95% attendance
- If you are struggling, please let Mr Weller or Miss Powell know so that they can support you.

Identifying Issues







The NHS website states that, when stressed, children may:

- worry a lot
- feel tense
- have headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food or eat more than normal
- not enjoy activities they previously enjoyed
- be negative and have a low mood

Please feel free to contact Mr Weller or Miss Powell for support if you notice these signs and feel additional support is necessary.

There are many ways to support your child during this time and links to sources of information and support can be found below.

Wellbeing support resources and information

<p>NHS Exam Stress</p> 	<p>YoungMinds for Parents</p> 	<p>Mentally Healthy Schools</p> 
<p>Mind for Students</p> 	<p>YoungMinds for Students</p> 	<p>NHS Exam Preparation</p> 

Kooth is a fantastic, free, online resource for children to access. They have trained counsellors for students to chat to, alongside a wide range of forums for students to get support from. This is an ideal resource for year 9 students who may have concerns to access.



