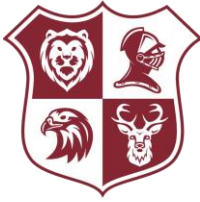


Welcome to issue one of the Year 11 Prepare to Perform Newsletter. Every month we are going to share what has been happening at Noadswood to support your student as they prepare for their GCSE exams and post 16 education. We will also be providing a link to the P2P calendar so you can see what's coming up and how best to help your student at home. There will be top tips to keep both your students physical and mental health well throughout their final year of school and beyond.

[KS4 Revision Plan 24-25 .pdf \(noadswood.hants.sch.uk\)](#)



Message from Mrs Way:

Year 11 is now well underway, and you have probably noticed already that there is a different feel to it; there is an even stronger focus on learning, whilst ensuring that students are supported through the final leg of their journey. Parents and students alike need to have faith and trust in us to guide you all through what can be a very busy year full of opportunities and challenges.

There is a lot to process and work towards in year 11, so it is important that we work together to ensure that we keep sight of the end goal. Fundamentally, it is about students working hard whilst looking after themselves, each other and taking advantage of every opportunity offered, which will ensure we all have a fantastic final year together.

I have been very impressed with the positive attitude the year group have been demonstrating over the first few weeks of this new academic year, there is a purposeful atmosphere in classrooms and high engagement with learning. It has also been great to see so many taking advantage of the after-school revision opportunities already being offered.




Messages from Miss Clews and Mr Lewis:

CAREERS APPOINTMENTS

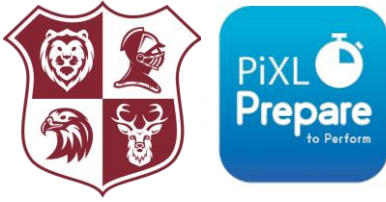
Mr Lewis, Careers Advisor, will be offering appointments to students in Year 11 to discuss their future options. This may include colleges, apprenticeships or employment, depending on individual needs and ambitions. Appointments will be automatically offered but, if any student would like to have an appointment earlier rather than later, please email glewis@noadswood.hants.sch.uk, speak to their tutor or call at the careers office during breaktimes on Tuesday or Thursday most weeks.

COLLEGE OPEN EVENTS

A leaflet detailing all known events in the local area was electronically sent to parents/carers at the start of term, with a copy also displayed in tutor rooms. It can also be found on student share at

 [Information Events 2024-25 V1.pdf](#)

Attending an open event can help you learn more about the colleges and courses that are available.



COLLEGE APPLICATIONS

All college applications should be completed online by December 2024. It is possible to apply for more than one college, as well as change course choices before next September. Peter Symonds has a strict deadline of 9 December 2024, while Barton Peveril's deadline is 14 February 2025. Neither college will accept late applications. For other colleges, please check individual websites. It is possible to apply to a college without attending an open event.

APPRENTICESHIPS

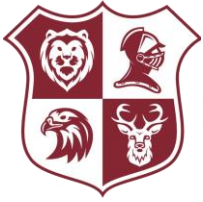
Most apprenticeship applications do not start until February 2025 and Mr Lewis will be offering apprenticeship workshops during the spring term to those who would like to consider this option. If you would like to attend one of these sessions, please email your name to glewis@noadswood.hants.sch.uk or ask your tutor to pass your name to Mr Lewis. However, as the apprenticeship process is very competitive, everyone making an application must have also completed at least one college application in accordance with the guidelines shown above.

EMAILS

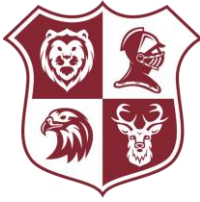
When applying for colleges, apprenticeships or employment, it is important that you use a suitable and professional-sounding **personal** email address. Also, please remember to check all junk folders as well as your inbox for important messages once you have started making applications. You do not want to miss an important interview or event just because the email was identified as spam!

Top Tips to support your student through their exams

#1 GOAL SETTING



- ✓ Encourage them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- ✓ Help focus them and talk to them about their goals regularly
- ✓ Give positive reinforcement
- ✓ Connect with them about ‘why’ and ‘what’ they want to achieve



Revision Strategy of the month

Using Flashcards

Information for parents and carers



Did you know?



Using flashcards is a repetition strategy. They are a simple 'cue' on the front and an 'answer' on the back. Flashcards engage students in "active recall", which means they are creating connections with their memory.

Research shows that using flashcards can enhance long-term learning and help students to memorise facts quickly. Flashcards are not an effective method for last-minute cramming!

Studies have found that it's more effective to review a whole stack of cards in one sitting rather than to carry them around and have students glance at them every so often.



What can you do?

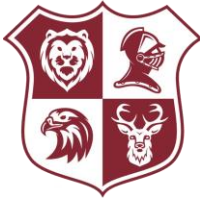
Encourage your child to make flashcards as part of their revision strategy. The key is to have a question or key term on one side and the answer or definition on the other. Suggest using different colours for topics to help categorise information and to keep them neat. Flashcards containing just notes are not effective.

Try testing your child using the flashcards and give them time to digest the question before answering. If they get the answer right, don't discard the card – they need to keep repeating it again and over time.

When using the flashcards, help your child review their cards using a system. With your child, read

through this article which explains how to use flashcards effectively using a system approach: <https://www.parent24.com/Learn/School-exams/watch-how-to-study-using-flashcards-20160825>





Recipe to Boost Brain Power



A DIFFERENT FISH FINGER SANDWICH

**A DIFFERENT FISH FINGER SANDWICH. OR FISH BURGER.
SERVES 4 AS A DIFFERENT KIND OF BUTTIE.**

8 slices bread or 4 of your favourite buns
2 whole haddock fillets, weighing about 300g in total, skinned
1 small bag spiced or salted nachos, crushed to the size of breadcrumbs
50g plain flour
2 eggs, beaten

A pan of vegetable oil for shallow frying or a fryer, set to 175°C.



METHOD:

Blitz or crush the nachos and pour into a bowl.
Pour the beaten egg into a separate bowl.
Place the flour into a third bowl and arrange them in the following order; flour, egg then crushed nachos.
Cut fish fillets into finger sized pieces, resembling fish fingers.
Place each piece of fish into the flour, then the egg and finally the nacho 'crumbs'.
Once all the fish has been crumbed, carefully lower into the oil and cook for 4 to 5 minutes, until golden brown.
Now the bun is up to you; I like mine toasted with lettuce, tomatoes, gherkins and mayonnaise, maybe even keep a few of those nachos for on the side.



This dish has been specially created by celebrity chef, Mark Lloyd.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps improve mood, regulates blood pressure and stabilises blood sugars.

The best time to eat this dish:

At lunchtime before an exam or afternoon of revision.

Reason: Haddock is high in protein, low in fat and packed full of essential B vitamins. All the nutrients in this dish are useful for helping our bodies stay energised and motivated. Omega 3s stimulate brain function and increase your concentration. Wholemeal bread or buns will maintain your energy levels for longer and enhance your memory function.