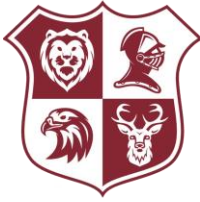




**Welcome to issue three of the Year 11 Prepare to Perform Newsletter. As you are aware every month, we are sharing what has been happening at Noadswood to support your child as they prepare for their GCSE exams and post 16 education. We will also continue to provide a link to the P2P calendar so you can see what's coming up and how best to help your child at home. There are also top tips to keep both your child's physical and mental health well, throughout their final year of school and beyond.**



## **Message from Miss. Marshall:**

Firstly, wishing you all a break and a breather that you need and deserve:

One in which you look after yourselves and look after those you love and care about. That is how you will feel restored by the time we come back together.

On the days when you're not up to your eyes in all things Christmas and New Year, keep your eye in with your revision. Make a plan that's realistic and that you will feel good if you stick to – don't forget about it all to such a point that the return is such a jolt that it hurts. Find that middle way.

Maybe hook up with friends on the days when you are going to work, to help the whole mood to feel better. Or work through some past paper questions, then go off to enjoy the rest of the day.

Do what works for you but plan it – take it from someone who didn't always do this: a schedule works, but reactive decisions to do a bit of this or that help somewhat but you will equally find things bumpy and success inconsistent.

In assembly, I mentioned this word:

**ACCOUNTABLE:** (Adjective)

We are responsible for our choices, actions, the sounds we make, the things we do.. ALWAYS.

Don't hit January blaming other people, the weather, the teachers, your family for things you haven't done. Be accountable now – have fun, take a break but work to a schedule.

You've got this, if you plan a schedule and stick to it.



## Message from Mrs Way:



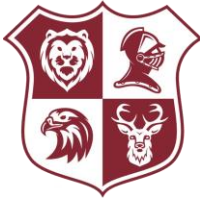
As you prepare to tackle your mock exams, I want to remind you of the importance of this moment and the opportunities it presents. These exams are not just a practice run; they are a chance to identify your strengths and the areas where you can grow before the real thing.

Here are some key points to keep in mind:

- **Preparation is Key:** Review your notes, past assignments, and use the resources provided by your teachers. A well-structured revision plan can make all the difference.
- **Practice Makes Progress:** Work through past papers and time yourself. This will help you get comfortable with the format and manage your time effectively.
- **Balance is Vital:** Make sure to rest, eat well, and take breaks. Your well-being is crucial for best performance.
- **Learn from the Process:** These exams are a stepping stone. Whatever the results, use the feedback to guide your efforts moving forward.

Believe in your abilities and approach these exams with confidence. Your hard work and determination will pay off. We are all here to support you every step of the way.

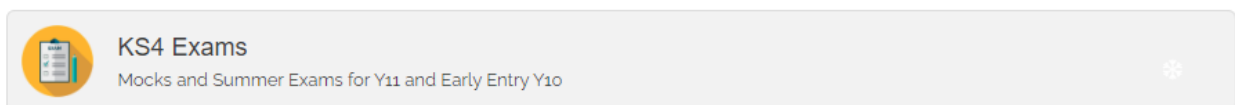
Best of luck—you've got this!



## Messages from Miss Ferry:



### Mock Examinations:



Good luck to all the year 11 candidates (and some in y10) who will no doubt spend some of their holiday revising and preparing for the mock examinations. They begin on the 6<sup>th</sup> January and the last exam is on the 21<sup>st</sup> January. The full schedule is available [here](#). On this page which pupils will find in FROG we have provided full guidance of what pupils may and may not bring into exams. The mock series will be conducted in exactly the same way as the summer series so as to prepare the pupils effectively. Please pay particular attention to the 'must read for all candidates section'. Individual pupils' timetables will be emailed to pupils and parents next week, these will include all of the venues for the examinations.



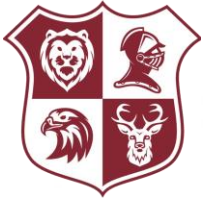
## Top Tips to support your child through their exams

### #3 Unplug and get a good night's sleep

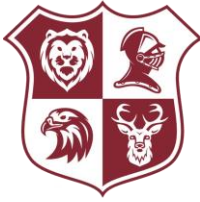


Young people need between 8 – 9 hours sleep per night

- ✓ Help your child create a relaxing evening routine
- ✓ Make sure they don't eat too late at night
- ✓ Avoid giving them caffeine or sugary drinks late at night
- ✓ Make sure they don't work or revise too late before going to bed
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Encourage them to switch off from social media / technology at least an hour before bedtime
- ✓ Choose some time each day/week to switch off and unplug from technology with them



## **Revision Strategy of the month**



# The Interleaving technique

Information for parents and carers



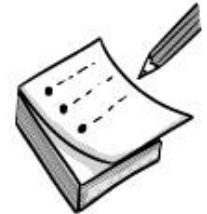
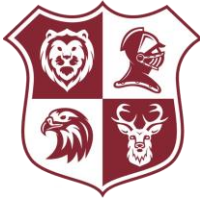
## Did you know?



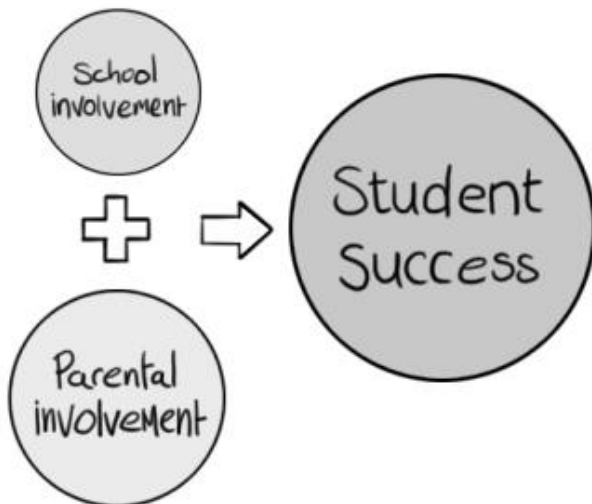
Interleaving is a method used to help students revise and remember more for the exam. It is about what students do with their time when they revise. With the interleaving technique, learning is spread over time, in smaller chunks, rather than dedicating a whole day for one subject or topic.

Research says 'Mixing it up boosts learning' when compared to more traditional methods of block learning where students master one topic before moving on to the next in preparation for exams. Studies have highlighted that students who use interleaving perform better on the examination if the examination was more than one day away.

Evidence highlights that interleaving strengthens memory recall because by revisiting material from each topic several times, in short bursts, students can increase the amount they remember in exams.



# What can you do?

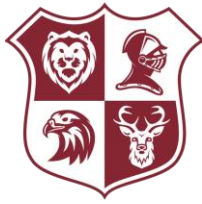


Watch this video with your child to understand more about how interleaving works - <https://youtu.be/WbDpYMp8F6o>

Help your child to decide on the key topics they need to learn for each subject. Work with your child to create a revision timetable which spaces their topics out across a good period of time.

Short bursts of revision are more effective than long sessions so encourage your child to mix topics up and do little and often as quality is better than quantity. Encourage them to take regular breaks in their revision and not to focus on the same topic for a whole day!





## Recipe to Boost Brain Power



### MEXICAN CHICKEN ENCHILADAS

**MEXICAN CHICKEN ENCHILADAS, CHIVE YOGHURT, BASHED AVOCADO, ROASTED TOMATOES. MAKES 2 ENCHILADAS PER PERSON.**

**METHOD:**

Preheat oven to 180°C/Gas 4.

In a medium, non-stick frying pan over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the pan. Add the onion, yoghurt, chives, 125g Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, half of the chopped tomatoes, water, chilli powder, green pepper and garlic. Roll even amounts of the mixture in the tortillas. Arrange in a baking dish. Cover the rest of the tomatoes and the remaining 85g Cheddar cheese. Bake uncovered in the preheated oven 20 minutes. Cool 10 minutes before serving.

- 4 skinless, boneless chicken breast fillets
- 1 onion, chopped
- 225ml yoghurt
- 1 bunch of chives, cut into thin rings
- 125g grated Cheddar cheese
- 1 tablespoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt (optional)
- 400g tomatoes, roughly chopped
- 125ml water
- 1 tablespoon chilli powder
- 5 tablespoons chopped green pepper
- 1 clove garlic, minced
- 8 flour tortillas
- 85g grated Cheddar cheese
- 2 avocados
- Juice from 1/2 lemon



**FOR THE AVOCADO SMASH:**

Split the avocados, remove the stone and scoop out the flesh, roughly chop or smash and squeeze over the lemon juice, this adds flavour, but also stops the avocado from turning brown.

**EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:**

Energises you over a long period, makes you feel great, boosts memory and promotes healthy brain cells.

**The best time to eat this dish:** For lunch or an evening meal during peak exam period.

**Reason:** High in protein from the chicken and the yoghurt which will keep you full, give you energy and make you feel good. Tortillas are high in fibre and complex carbohydrates for more sustained energy and the iron content will help blood move oxygen around your body. Avocado is a superfood rich in stress relieving B vitamins, potassium and healthy fats.



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