



Set your goals high, and
don't stop till you get there.

Bo Jackson

quotezancy

Welcome to issue five 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.



[KS4 Revision Plan 2026 Spring UPDATED.pdf](#)



Message from Miss. Marshall:

If you're anything like I was, and indeed can still be, when people are relentlessly at you about something (such as revision, and making the most of the time left etc etc) it can feel all-consuming and make you want to talk about or do practically anything but focus even harder.

That is a totally human response, and we get it. But we also know that these are the weeks to be single-minded about your school goals now. **For you**, and not because anyone else is getting in your ear. I spoke to a new colleague earlier today who came to Noadswood as a student some years ago, and she said, 'I really didn't like school, I hope you don't mind me saying' - here's the thing: I never mind people saying that and speaking their truth. I am passionate about people getting as much out of school as they can and we do all we can in that spirit, but I recognise it's a tough environment for some of us. I know some of you are feeling that way now, with the pressure on.

So let me take you back to that word: single-minded. Be of one mind and of one focus on doing the best you can for yourself, to hit the goals you need, so that the effort you have made to grapple throughout 11 years of education come to fruition. For you. Purely for YOU.

As I read and research over a week, I am always looking for useful nuggets I can share with students and colleagues here just to freshen up our thinking – not to make 'scatter gun' changes, because that helps nothing. But instead, just things that seem to capture what we are aiming at anew. Below, then, from Kate Jones, who has delivered CPD to our staff in my time here, is an approach to revision that makes a lot of sense. Lots of you will be following this sort of approach already. But if you're not, consider doing so. It isn't too late, and I particularly like her focus on retrieving what you can in terms of knowledge from which to plan action, as opposed to rather passively reading over information, without doing anything decisive after you've done so. And if you think you can't take the actions you need by yourself, come and see someone – we are all willing you on.



Responsive Revision:
A framework for evidence-informed revision.

Retrieve
Generate evidence. No notes. What can you recall? Revision should not rely on familiarity. It should generate evidence and informed action.

Diagnose
Where are the gaps?
Vocabulary? Core knowledge? Application?
Exam technique?

Act
Target the gaps. Retrieve again. Practise.
Improve.

Repeat
Monitor progress.
Build confidence.
Be exam ready.

KateJonesEducation.com



Be single-minded, Year 11, for you, the most important voice of all.
Thinking of you all and very much impressed by very many of you.



Message from Mr Wilkinson:

As we begin another week of mock exams, this is a valuable moment to pause, reflect, and refocus. The last set of mocks has given you important feedback—not as a judgement, but as a guide. Use it to identify what went well and where you can improve. Small, targeted changes in revision can make a big difference.

Being organised is key. Plan your week, break revision into manageable chunks, and prioritise subjects or topics that need the most attention. Revise actively: test yourself, explain answers out loud, and practise exam questions rather than just rereading notes. Make the most of the exam revision sessions after school being offered by your teachers. Make sure revision is realistic and sustainable, not overwhelming.



Just as important is staying positive. Progress is rarely perfect, and setbacks are part of learning. What matters is consistency, resilience, and the willingness to keep going. Remember to look after your mental health too—sleep well, eat properly, take regular breaks, and talk to someone if you’re feeling under pressure.

By balancing hard work with self-care, you are building strong habits for the summer exam period and beyond. Every effort you make now is an investment in your future. As the writer William Arthur Ward reminds us: *“The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.”*



Messages from Miss Clews and Mr. Lewis:

Brockenhurst College is still in the process of arranging all outstanding interviews. If your child has not received an interview by the end of March, they should email admissions@brock.ac.uk with their full name and date of birth asking when an interview will be arranged.

SETA is now advertising engineering apprenticeships at https://www.setatraining.co.uk/apprenticeships/current_vacancies.html for this year’s school leavers. There is already a good selection of vacancies, with more expected in the coming weeks and months.

Further apprenticeship vacancies can be found on the government’s apprenticeship website at <https://www.findapprenticeship.service.gov.uk/> which covers the whole of England. Vacancies can be filtered based on postcode and career interests.

As a general rule, Level 2 apprenticeships vacancies are open to all school leavers. Most Level 3 apprenticeships are available to school leavers, but some vacancies may have age restrictions or additional requirements, such as a driving licence etc. Apprenticeships at Level 4 and above are



university level, meaning that applicants must be aged 18 with A-level or equivalent qualifications gained at college or have a fully completed Level 3 apprenticeship qualification.

Anyone who would like to receive a PDF copy of the apprenticeship booklet which provides hints and tips on searching and applying for vacancies, should request a copy by emailing Mr Lewis, Careers Advisor, at glewis@noadswood.hants.sch.uk.



#5 Top Tips to support your child with their revision

Keep Active

- ✓ Encourage them to keep active on a daily basis
- ✓ Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- ✓ Plan to do active things together on a weekend
- ✓ Go out for a walk together and get some fresh air
- ✓ Help them plan out their weekly exercise schedule in advance
- ✓ After exercising your brain functions well, so encourage a revision session afterwards



Revision Strategy of the month



The chunking technique

Information for parents and carers



Did you know?



Chunking is a technique which can improve the **memory**. Chunking is the process of taking individual pieces of information (**chunks**) and **grouping them into larger units**.

The chunking process encourages students to break down larger amounts of information into smaller units, identify similarities or patterns, organise information and group information into manageable units. Studies have shown that students have gone from remembering seven pieces of information to over 80 by using the chunking technique.

Research shows that chunking is useful because it can help students' memory system become far more efficient as they are able to retain information better. They will then be able to recall relevant information in their exams.





What can you do?

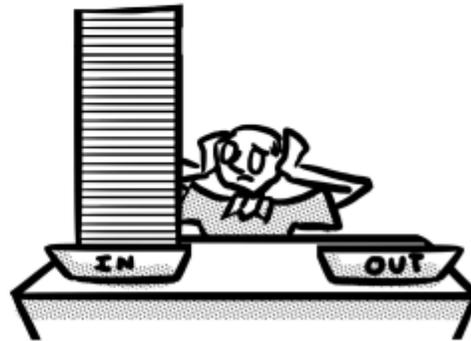


Support your child to **challenge themselves** to remember lists of things, whether it's a shopping list, vocabulary words or important topics they are learning about.

Help your child to **separate their revision into relevant sections** as this will help them digest everything and remember the information more easily. Encourage them to create links between different bits of information and put them into meaningful categories because it can help them remember them better.

Chunking works well if work is **organised and neat**, so help your child to use headings and titles

for different sections, use tables to summarise data, bullet points to summarise key points and also combine illustrations with text to create visual associations.





Recipe to Boost Brain Power



MEDITERRANEAN VEGETABLE PASTA BAKE





MEDITERRANEAN VEGETABLE PASTA BAKE

MEDITERRANEAN VEGETABLE PASTA BAKE, RIPPED UP MOZZARELLA. SERVES 4.

- 1 large aubergine, washed and cut into 2cm cubes
- 3 medium courgettes, washed and cut into 2cm cubes
- 3 red onions, peeled and roughly diced
- 2 cloves garlic, peeled and crushed
- 1 red pepper, core removed and diced
- 6 tomatoes, quartered, but seeds left in
- 4 tablespoons olive oil
- Sea salt and freshly ground black pepper
- 1 teaspoon dried oregano
- 100g Penne pasta (the little tubes)
- 3 mozzarella ball, or a tub of the mini ones (Boccancini)

METHOD:

Preheat the oven to 180°C.

Combine all the prepared veg and place in a large baking dish. If the baking dish is overcrowded with veg, split the veg between two dishes. Drizzle veg with olive oil and sprinkle with salt, pepper and oregano. Mix well to coat the veg. Bake in the oven until the vegetables are very soft, about 45 to 55 minutes.

Meanwhile, during the last 10 minutes of cooking the veg, cook the Penne (pasta) in boiling salted water according to the timing on the packet, usually about 8 to 10 minutes, then drain in a sieve or colander.

Remove the veg from the oven. In the baking dish, toss the veg with the hot pasta. Now tear up that Mozzarella cheese and fold into the pasta so it becomes all stringy and soft. Season to taste with salt and pepper, then serve straightaway with a big green salad.



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

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps elevate mood, prevents energy highs and crashes.

The best time to eat this dish: At lunchtime before an afternoon exam or before a revision session.

Reason: Courgettes and aubergines will help beat stress by reducing your blood pressure. Pasta will help to maintain your blood sugars and keep your energy levels constant. Onions, tomatoes and peppers all contain high amounts of antioxidants, improve your blood flow and therefore brain functions like memory and focus. Complex carbohydrates along with oregano will improve your mental wellbeing.