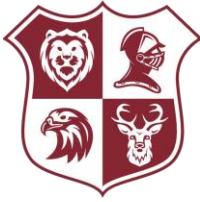


**Welcome to issue six of the Year 11 Prepare to Perform Newsletter. As you are aware every month, we are sharing what has been happening at Noadswood to support your child as they prepare for their GCSE exams and post 16 education. We will also continue to provide the P2P calendar so you can see what's 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:**



Hi all

Congratulations on the efforts soooo many of you made in the recent March mocks – once again pretty much all of you impressed us with your attitude and approach to them, providing you with another good snapshot of where knowledge and skills are secure and where you can still plug some gaps.

I had a browse on the Mind website at ways to help when you feel overwhelmed with anxious thoughts or overwhelmed by it all, and their advice is summarised here:

- Make time for things you enjoy. Find ways to release stress and celebrate progress. You could listen to music, draw, cook, play with a pet or go for a walk. You can try things alone or with friends.
- Talk to others about how you feel. Connect with other people, especially people who are going through the same thing. For more information, see our page on [talking about how you're feeling](#).
- Try to find balance. Take regular breaks and be realistic about what you can do in a day. Keep things in perspective and remember that exams won't last forever.
- Take care of your physical health. Make sure you get enough sleep, food, water and exercise. If you take regular medication, keep up with your routine.
- Focus on yourself. Try not to compare yourself to others. Think of things you like about yourself and what you're good at – this can help boost your [confidence](#).

It isn't too late for you or your parents/carers to talk to Mr Wilkinson, Miss Fitzgerald, your tutor or me or any member of the team if you feel you need some specific help, or there is something that hasn't been done that you thought would be, or if something has bothered you during the mocks. Please do let someone know and we will put a plan together to help. It is not too late.

If you don't need anything like that, continue to take great care to plan and use your time carefully so that there is a balance to your lives – if you can say these eight things to yourselves with real pride, you are already on to a win:

- I know I have tried my best and done all I can,
- I plan how I am going to use my time and I stick to it,
- I know I am looking after myself and making good, healthy choices that work for me and for other people important to me,



- I know I am asking for help, and not closing down communication with adults and my peers who can help me,
- I know I get fresh air and some exercise every week,
- I know I put my phone to one side so I can get good sleep and focus on my revision,
- I know what works for me when I revise (real quiet, some music, 30 min bursts of work then a break, whatever it is!) and I make sure I do it.
- I know I am not making it more difficult in school or at home for myself or other people in Y11.

If you can look back at this time secure in those points above, you will do as well as you possibly can now, and you will have skills and an approach to life that will be welcomed by everyone in the future. You will have learnt to control all the controllable, when you are under genuine pressure, and life will be the richer for that, long after your Noadswood days are a distant memory.



### **Message from Mr Wilkinson:**

Firstly, a huge well done to all of you who revised, attended revision or catch-up sessions and went into this mock window with the determination to succeed. I managed to see so many of you at the start and end of most of the exams and I saw young people caring about the tests and making a real effort. This mock window was predominately about practise. A final chance to experience what the summer exam seasons will be like. I appreciate that for some it was a packed week with many of you having one exam after another. I also appreciate that this might have placed added pressure on you. With the mock exams now complete, you have gained valuable insights into your strengths and areas for improvement. Mocks provide a realistic experience of the final GCSEs, helping to refine exam techniques and revision strategies. Now is the time to build on these lessons and focus on the weeks ahead. A quick reminder though: You should arrive to your exam location at the very latest 10 minutes before the exam, knowing where your seat is. You should not have your mobile phone on your person – it needs to be switched off in your bag, and you must not speak whilst you are in the exam room even when leaving. I know it's difficult but following these rules will stop you from being disqualified!

Year 11, you'll now be reflecting on these Mock exams, reviewing your results, understanding where improvements are needed, and acting on teacher feedback to help fine-tune approaches to revision.

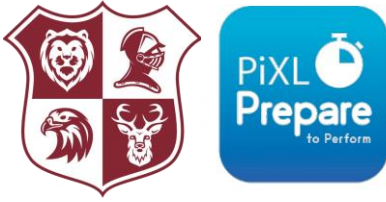
Effective GCSE Preparation:

**Refine Your Revision Timetable** – Use your mock results to adjust your study plan and prioritise weaker areas.

**Utilise Active Revision Techniques** – Summarise key topics, teach others, and use flashcards to enhance retention.

**Practice Exam Questions** – Work through past papers under timed conditions to improve speed and accuracy.

**Engage with Teachers** – Ask for clarification on challenging topics and seek feedback on your work.



**Maintain a Healthy Balance** – Prioritise sleep, healthy eating, and relaxation to stay focused and motivated.

Looking Ahead to GCSEs

With the final GCSE exams approaching, now is the time to consolidate learning and develop a strong revision routine. Stay positive, stay consistent, make the most of all the resources available and lean into all the support that is available. With dedication and the right strategies, success is within reach!

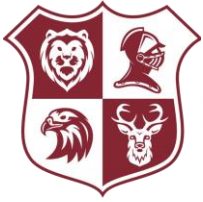
Finally, this is a stressful time, and I know that some of you are feeling the pressure and others, feel like progress is impossible. Don't give up. Speak to your trusted adults in school whether that be your favourite teacher, tutor, Miss Fitzgerald, any of the pastoral team or me. We are here to help and support and guide you through these final few months of school. Lean on us, believe in yourself, find a balance between work and rest, but do keep revising!

Mr Wilkinson



## **Messages from Miss Clews and Mr. Lewis:**

Applications for Brockenhurst College are now closed. However, the college has announced that it will continue to receive late applications but can no longer guarantee spaces on some courses. For further information and to apply, please visit [www.brock.ac.uk](http://www.brock.ac.uk) Late applicants will be interviewed at the main college site during the first half of the summer term.

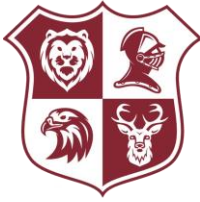


## Top Tips to support your child with their revision

### #6 Belief



1. Give them positive reinforcement
2. Boost their confidence daily
3. Celebrate any successes and reward them e.g. if they have achieved their mini-goals
4. Show them how proud of them you are
5. Highlight things to make them feel good
6. Give them the belief in themselves to help them achieve



## Revision Strategy of the month

### Cognitive Load Theory

Information for parents and carers



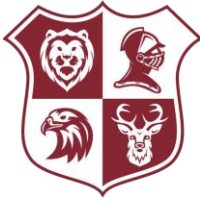
### Did you know?



Cognitive load theory is a handy model to understand challenge and how to learn information which isn't too hard, or too easy, but just right. (Sweller 1998) Cognitive load is the amount of information our working memory can hold at any one time. The capacity of our working load is limited and therefore students can maximise their working memory by practising a range of strategies.

Research shows that strategies for reducing cognitive load can assist the human brain to learn and store knowledge, boost confidence and improve memory retention.

Further research has identified that reducing the cognitive load can reduce stress and anxiety and the feeling of being overwhelmed with tasks.



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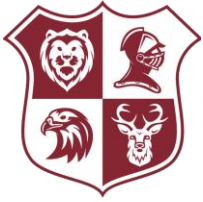
## What can you do?

Support your child to try out strategies to reduce the cognitive load. Examples include:

- Breaking down problems into smaller parts. This reduces the problem space and lightens the cognitive load, making learning more effective.
- Helping them to understand worked examples in order to work out how to complete tasks.
- Encouraging them to take advantage of auditory and visual channels in their working memory and supporting them to create stories to help remember information in accessible chunks.
- Working with them to simplify information and build on it. Students should avoid overloading their brain with too much information at any one time.

The learning environment is crucial to reducing cognitive load. Help your child to create a calming environment to work in with as few distractions as possible. Encourage them to turn off their phone, music or the TV whilst revising or doing homework. Distractions only add to our working memory.

Help and encourage your child to review information from their lessons as they go along because this will help improve their retention, adding knowledge to their long-term memory. Help them get into a routine which works for them.



## Recipe to Boost Brain Power



### CHICKPEA AND VEGETABLE CURRY





## CHICKPEA AND VEGETABLE CURRY

**CHICKPEA AND ROASTED VEGETABLE CURRY. THIS MAKES ABOUT 10-12 PORTIONS, BUT FREEZES EXTREMELY WELL.**

### METHOD:

Part cook the celeriac and squash in boiling, salted water. Just cook until the tip of a knife will go into the veggies.

In a large enough pan to take all the rest of the ingredients, heat the coconut oil and add the garlic, ginger and the dry spices, frying them for 30 to 45 seconds, before adding the tomato puree.

Add the chickpeas, stock and tinned tomatoes once the puree has slightly browned, stirring to remove the sticky bits of puree from the bottom of the pan.

Cook for 35 minutes or until the chickpeas are soft, then add the celeriac and squash.

Add the desiccated coconut and continue to cook for a further 20 minutes or until the consistency of the sauce is nice and thickened, if you need to add more liquid, please add some more water. Adjust the seasoning with salt and pepper before serving. Now get a wholemeal naan and get dipping!

- 1 celeriac, peeled and diced
- 1 butternut squash, peeled and diced
- 2 white onions peeled and diced
- 1 thumb of ginger, peeled and finely grated
- 1 teaspoon turmeric
- 1 can of chickpeas, drained
- 2 cloves garlic, crushed
- ¼ teaspoon dried chilli flakes
- ¼ teaspoon ground black pepper
- 250g chopped tomatoes, tinned will do
- 50g desiccated coconut
- 150ml coconut cream
- 150ml good vegetable stock
- ½ stick cinnamon
- 2 black cardamom
- 1 teaspoon black onion seeds
- 1 teaspoon mustard seeds
- ½ teaspoon nigella seeds
- 2 teaspoon garam masala
- 2 tablespoons tomato puree
- 1 tablespoons coconut oil



WATCH  
THE  
VIDEO!

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

Stimulates brain cells and improve memory, helps to relax and de-stress, gives immunity a boost.

#### The best time to eat this dish:

Evening mid-week meal when you have a lot of work to focus on.

**Reason:** Chickpeas are one of the best sources of magnesium which makes them a top brain boosting food. Butternut squash contains a huge amount of vitamin A and potassium which help lower your blood pressure. All the herbs and spices contain powerful antioxidants which will keep your brain sharp and your immunity in check.