

OUR VISION

Our school will be a place of excellence where every young person achieves and reaches their full potential

Engaging Parents Raising Attainment



TOP 10 Habits of Successful Students

1. **Sleep** - Don't underestimate the importance of those eight hours of sleep every night! Getting a good night's rest will sharpen your focus and improve your working memory.
2. **Healthy Diet** – The same can be said for your '5 a day'. A healthy body means a healthy mind. A good balanced diet will provide you with vital energy and prevent you feeling sluggish.
3. **Ask questions** - You're in school to learn, so don't be afraid to do just that! Asking for help - from a teacher, a tutor is a good way to make sure that you truly understand the material.
4. **Take notes** - Taking notes will not only keep you more engaged during class, but will also help you narrow down what you need to study when exam time rolls around. It's much easier to reread your notes than to reread your entire textbook!
5. **Study** - This one might be obvious, but did you know that there's a right and a wrong way to study? It is always a good idea to do your homework straight away while it's fresh in your mind. It's a good habit to read through your notes when you get home to reinforce learning. If you have a test, review your material several days ahead of time, in small chunks, and in different ways (for example, write flashcards one day and take practice tests the next). In other words, don't cram.

Manage your study space. Find a place that will maximize your productivity. Look for places away from the television and other distractions. Whether it's your local library or just a space in your bedroom, set aside a study space that you'll want to spend time in.

6. **Find a study group** - Sitting down with a group of people who are learning the same things as you is a great way to go over confusing class material or prepare for a big test. You can quiz each other, reteach material, and make sure that everyone is on the same page. After all, teaching someone else is the best way to learn.
7. **Set a schedule** - Do you work better right after school or after you've eaten dinner? Are you more productive in 90-minute blocks or half-hour spurts? Find a schedule that works for you, and stick to it.
8. **Divide it up** - Studying isn't fun to begin with, and forcing yourself through a study marathon will only make it worse. Dividing your work into manageable chunks and rewarding yourself when you finish each chunk will make studying (more) fun.
9. **Get Organized** - Making a plan for what you're going to do and when you're going to do it will make sure you're always ahead of the game.
10. **Don't multitask** - Studies have shown that multitasking is physically impossible.



How to Support your Child

The beginning and end of the school day

The beginning of the school day can be a rush for everyone. Establishing a routine in the morning and evening will help the day start smoothly and with minimum stress.

Tips for a positive start to the school day:

- encourage your child to pack their school bag and lay out their uniform before going to bed each evening
- try to make sure your child eats breakfast - this provides essential energy and will help him or her perform better at school
- allow plenty of time for your child to get to school - build extra time into your morning routine so that if there are transport or other problems he or she won't be late for registration
- check each evening for letters home or permission forms or homework diaries to sign as this will help avoid early morning panic and items being forgotten.

Helping with homework

Look for opportunities to talk to your child about schoolwork - children enjoy sharing what they are learning. Try to find topics you're both interested in so it's more of a conversation than an interrogation.

Ask your child if there's anything you can do to help with homework. Discuss the organisation of the work. If your child has several assignments due in on the same day, suggest they space the work out rather than leave it all until the night before. Check that they have a schedule, you can help them with this. The following is a rough guide to how long your child should be spending on homework at secondary school:

Years 7 and 8	-	45 to 90 minutes a day
Year 9	-	60 to 120 minutes a day
Years 10 and 11	-	90 to 150 minutes a day

Other ways to support your child's learning

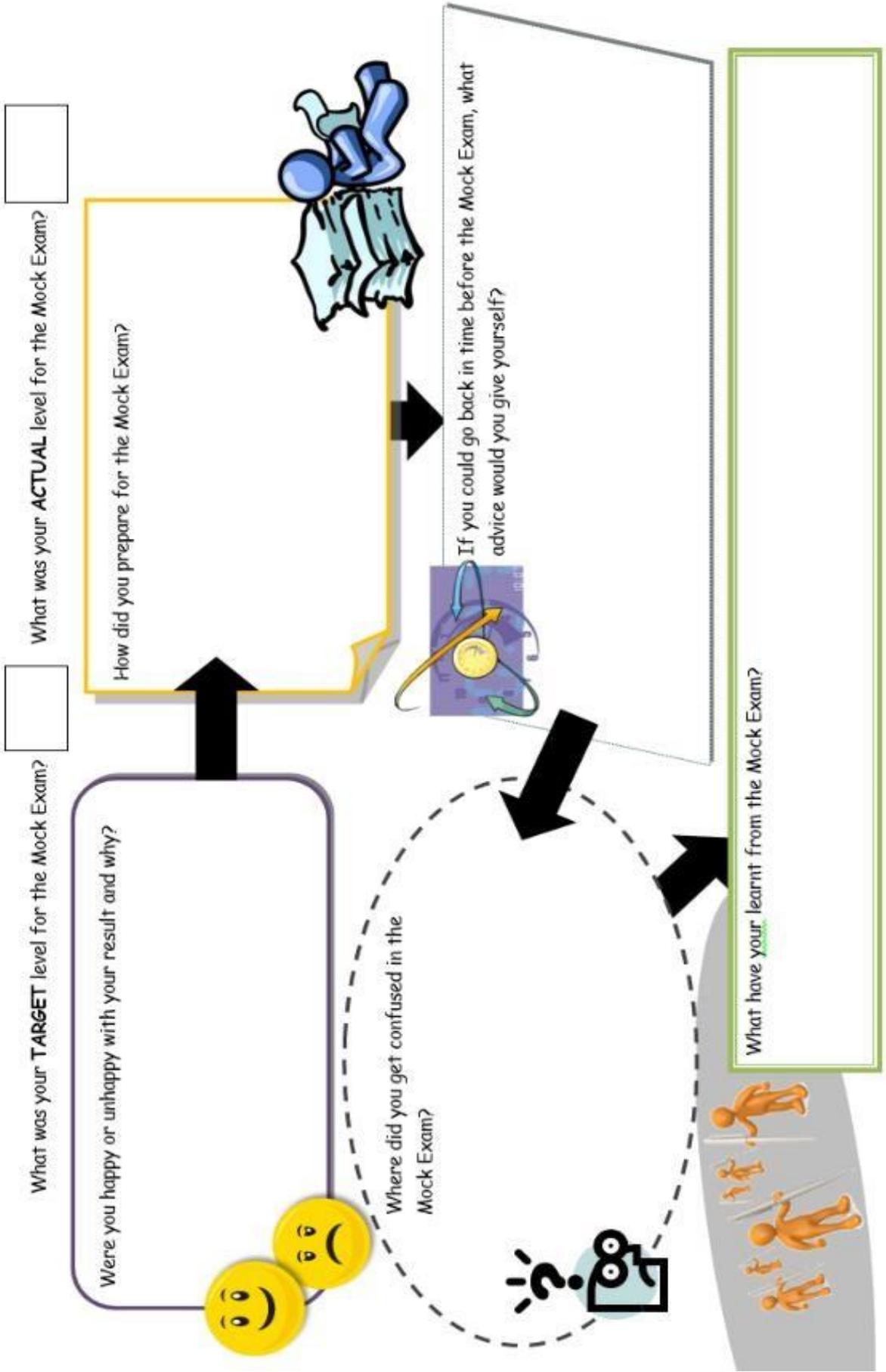
You may not be reading with your child as you did at primary school but you can still support good reading habits. Talk to your child about the books you're both reading. Encourage books as Christmas presents, this could be an autobiography of their favourite footballer or blogger.

Keeping up-to-date with the news helps with schoolwork. Try to encourage your child to read a newspaper at least once or twice a week. Find news stories that connect to lesson topics. If your child is researching a subject, suggest the online archives of a good newspaper or the BBC website.

If you're planning a day out, visit a museum or gallery that will tie in with work your child is doing in subjects such as Art, English, History, Geography or Science - this can be a fun way to add depth and interest to your child's learning. It is also a good idea to organise quiet time in the house and make sure they have down time. Remember that it doesn't matter how old your child is, they love even small rewards.

Name:

Mock Exam Reflection



Useful Command Words

Analyse separate information into components and identify their characteristics	Assess make an informed judgement	Consider review and respond to given information	Criticise assess worth against explicit expectations
Comment present an informed opinion	Define specify meaning	Describe set out characteristics	Discuss present key points
Deduce draw conclusions from information provided	Examine investigate closely	Explore investigate without preconceptions about the outcome	Evaluate judge from available evidence
Explain set out purposes or reasons	Illustrate present clarifying examples	Interpret translate information into recognisable form	Outline set out main characteristics
Summarise present principal points without detail	State express in clear terms	Relate demonstrate connections between items	Review survey information
Argue present a reasoned case	Debate present different perspectives on an issue	Give produce an answer from recall	Justify support a case with evidence
Estimate assign an approximate value	Calculate work out the value of something	Suggest present a possible case	Prove demonstrate validity on the basis of evidence
Compare identify similarities	Contrast identify differences	Apply put into effect in a recognised way	Complete finish a task by adding to given information

Develop take forward or build upon given information	Identify name or otherwise characterise		
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