

SAM Learning is a great way to revise and keep on top of subject topics. It is a website that holds information from all the GCSE subjects including the core subjects, English, Maths and Science. Within the website students can look at specific topics, revise, practice exam style questions, receive instant feedback and learn new skills. These all guide students to achieve grade 4 and above at GCSE level.

It really is simple to login to SAM Learning: all students need to do is....

- Go to **www.samlearning.com**
- Click on the login box at the top of the page
- Enter the center ID as BR7BW
- Enter their own birthdate followed by initials for the

username and password.

e.g. 120401NM

Students in Year 11 should be working on the GCSE subject selections. However, revision of KS3 work may be beneficial for some students to recap on previously learnt topics.

Teachers may also set homework on SAM Learning that links with classwork and improves student understanding of the topics covered in the curriculum. This can be found when students login to their homepage in the "My Homework" section.

Staff will monitor the tasks that students complete by getting a progress email

when a homework is set.

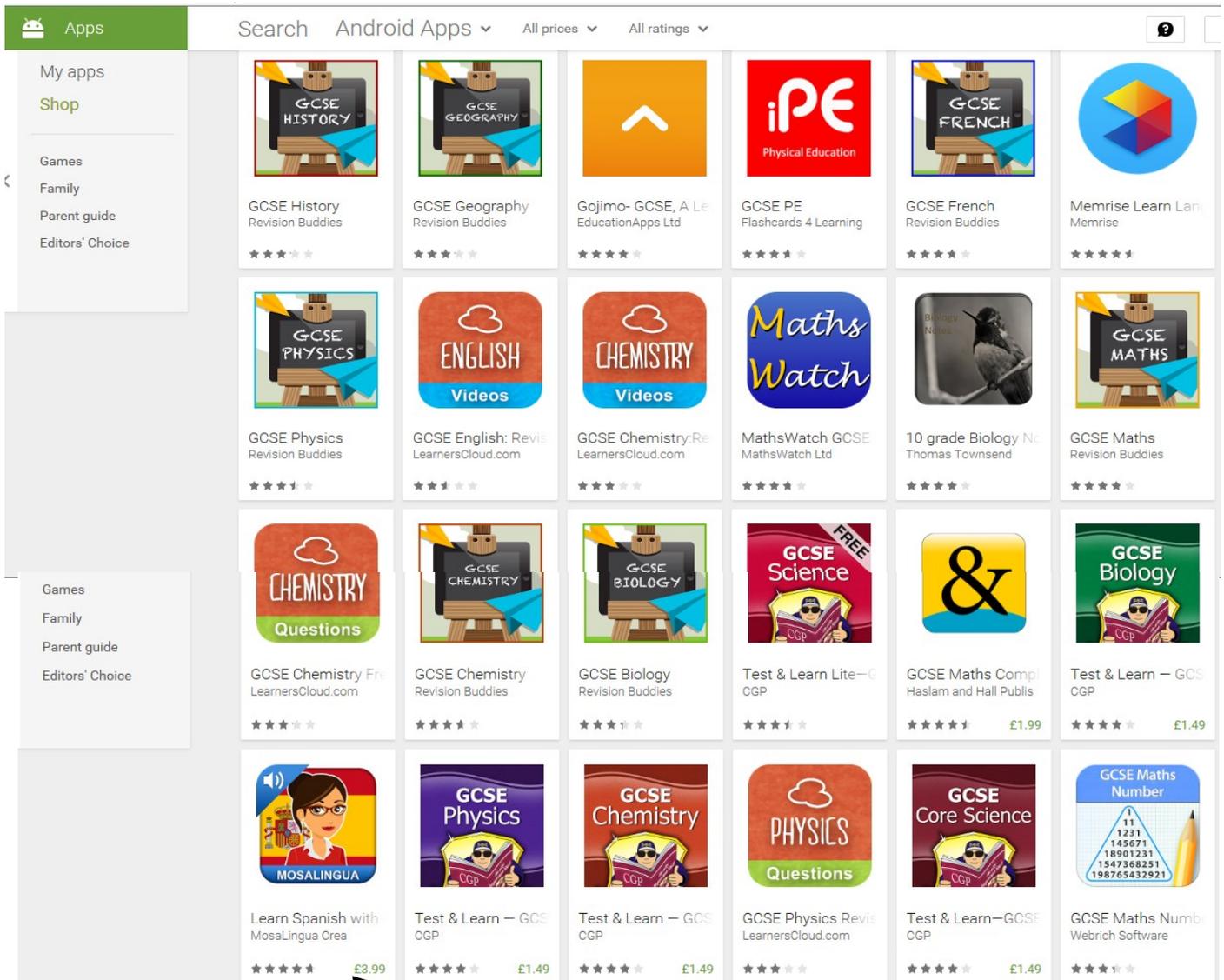
SAM Learning say that, based on statistics issued by the Fisher Family Trust, students can improve by 2 GCSE grades by spending 10 hours working on SAM learning in a year of school. We recommend that at this stage students should visit SAM Learning for 10 minutes each night to refresh classwork and to complete any homework set.

This is the SAM Learning homepage

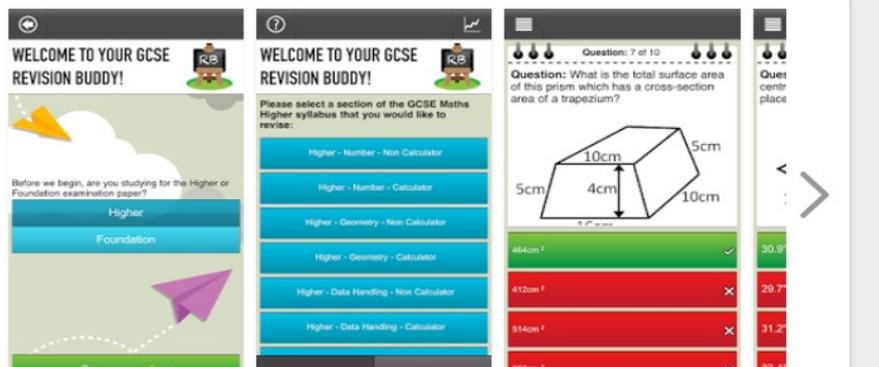
This is the login box that students put their username and password in to log in. It is located at the top right hand corner of the homepage.

Education Apps

Apps are an amazing way to revise. They are downloadable to many devices and this in turn makes them portable; making revision easy, practical and accessible. Students are encouraged to find apps that will suit them and their revision targets.



Some Apps have a small charge but are worth paying for the content and convenience.



Revision Buddies GCSE Maths: A comprehensive self assessment revision tool, written by passionate teachers, developed by a team dedicated to transforming GCSE revision.

- Revise anywhere, anytime
- Comprehensive content covering the higher and lower tiers of the AQA, Edexcel or OCR exam boards
- Over 1500 illustrated multiple choice questions with detailed explanations

E-Safety

The purpose of this page is to raise awareness and understanding of E-Safety issues amongst students and ensure parents/carers have the relevant information available so they can support their child. It is important that students understand how to keep themselves safe online and that parents discuss this issue regularly with their children. Good practices include, keeping your username and password safe and not sharing with others. Never give out personal information like your name, age, address and school. Stay in control of your online reputation. You must tell a trusted adult if someone or something has made you uncomfortable or worried whilst on the Internet.



The NCA's CEOP Command is here to help children and young people. They are here to help, if you are a young person and you or your friend have been forced or tricked into doing something online, or in the real world. They also have advice and links to support for other online problems young people might face, such as cyberbullying and hacking. Visit their Safety Centre for advice and to report directly to CEOP, by clicking on the Click CEOP button.

Useful Guides for Parents

- Google Safety Centre
- Yahoo Safety Centre
- Think U Know
- Safer Internet
- Get Safe Online
- Digital Parenting Magazine
- Vodafone How To Guides
- Parental Controls
- The Parent Zone
- Childnet.com
- Kidsmart.org.uk
- Digizen.org
- A parents guide to Facebook



External VLE Access

Students can access the VLE from home. This means they can look at all the different subject resources available to them. All students need to do is.....

go to
www.bullerswood.bromley.sch.uk

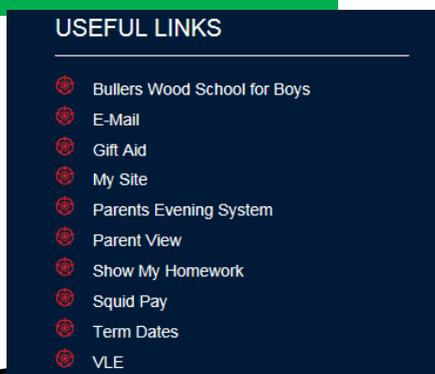
Click on the VLE link

Enter bws-ed\ followed by their 4 digit login number

Enter the password used to login at school with.

Click on the Y10 & Y11 page.

Students should look at the department areas of the subjects they study to get extra information, revision resources and power points from lessons.



Bullers Wood VLE



What can I do?

Make sure your Daughter knows how to login and get access to the VLE. Look at the department areas together to see what resources are available.

Link the resources to the topics covered in lessons.

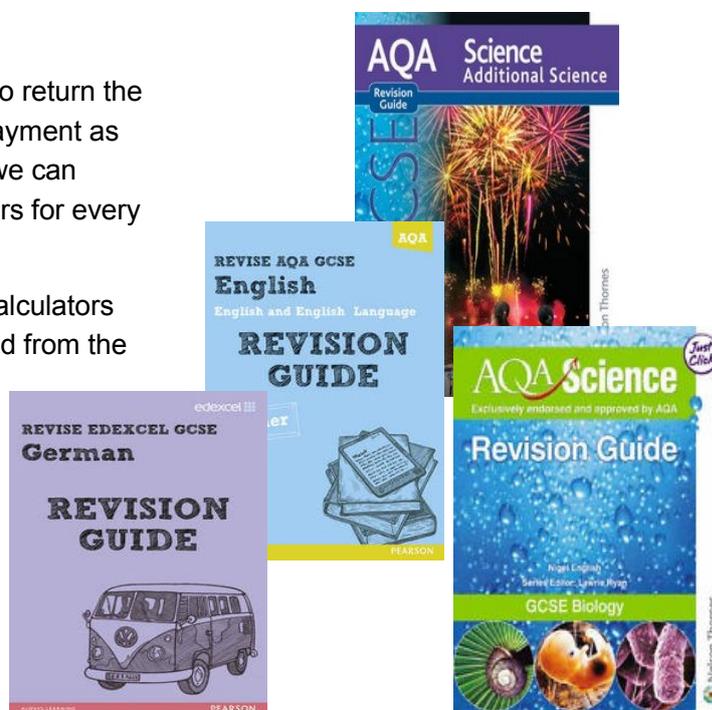
Revision Books

Subjects will be supplying students with the chance to buy revision guides and homework help books. We will write to parents individually at the time that resources are available.

We recommend that each student buys the revision guides that we select as they will be relevant to the course and useful for GCSE revision.

Parents are advised to return the reply slips and any payment as soon as possible so we can order relevant numbers for every student.

Equipment such as calculators can also be purchased from the Maths office.



What Can I Do?

Further on in this booklet there are pages that give you advice about a particular subject area. These pages hold the best advice to help you to understand and support your daughter through Year 11.

We understand that education from a parents point of view can be confusing and frustrating so we have thought about some useful hints and tips for parents that might make Year 11 easier for you.

Keep a list of Key Dates handy

Write on a calendar at home any dates that effect your Daughter. In this booklet we have supplied you with basic key dates for Year 11; write these down at home and display them in an area you can both see. Check this regularly to see what is coming up next.

Supply a quiet study area for your Daughter

Having somewhere quiet to study makes a huge

difference to concentration levels and improves standards of homework and grades.

Communicate regularly about school

It can be difficult to fit in a discussion about school at the end of the day, but try to talk about what's going on during your Daughter's school day.

Embrace Modern Technology

Technology is fast paced these days and it can be hard to keep up. Try to make sure that, when homework is done on a laptop, that it is homework being completed and not two hours on Facebook or MSN. Parental controls can be put in place by your internet service provider at your request. This can ensure that social networking can be stopped during crucial homework or study time at home. However, tablets and smartphones can be used to access useful Apps that may help with revision or study.

Communicate with us

Please communicate with us at school if you have any questions or issues that you

would like to raise with us: use the contact list on the back of this booklet. This will put you in touch with any of the KS4 team who are directly in communication with students and other staff so we can help you as best we can.

Keep calm

Even at times of great stress, if you remain calm, your Daughter will too. Try not to get angry as this can raise stress levels and make the situation more volatile. Staying calm can keep you in control of the situation and help you come to a reasonable solution more quickly and easily.

Be supportive

Help your daughter with small tasks so she can cope with bigger tasks or large pieces of work. For example, if she is preparing for a Controlled Assessment, make sure she has the right equipment for when she gets to school, supply regular snack breaks and help with small chunks of revision.



New GCSE Grading Structure

Year 11 are studying for the new specification GCSEs in the majority of their subjects, with students getting their results in August 2018.

The new GCSEs will be graded 1 to 9, with 9 being the top grade.

Key points;

- Broadly the same proportion of students will achieve a grade 4 and above as used to achieve a grade C and above
- Broadly the same proportion of students will achieve a grade 7 and above as used to achieve an A and above
- For each examination, the top 20 per cent of those who get grade 7 or above will get a grade 9 – the very highest performers
- The bottom of grade 1 will be aligned with the bottom of grade G
- Grade 5 will be positioned in the top third of the marks for a former Grade C and the bottom third of the marks for a former Grade B. This will mean it will be more challenging than the present grade C, and broadly in line with what the best available evidence tells us is the average PISA performance in countries such as Finland, Canada, Switzerland and the Netherlands.

Ofqual
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Grading new GCSEs from 2017

New grading structure	Current grading structure
9	A*
8	
7	
6	B
5	
4	
3	D
2	
1	
U	U

Helpful Hints

Eating Well

A balanced diet is vital for good health and will help you to feel well during school and exam time.

- Students—try to stay away from junk food in the lead up to your exams, this gives any toxins from junk food a chance to disappear, leaving you with a clear head.
- Parents—ensure healthy snacks and meals are prepared where possible. Use less healthy snacks as an occasional reward.

Sleep helps exam performance

Good sleep improves thinking and concentration, two vital components for exam time and school time in general.

- Students—you need between 8 and 10 hours sleep each night. This will help you to be refreshed and ready to learn in the morning.
- Parents—ensure a good nighttime routine is in place. Discourage last minute cramming or completing homework late into the night. Encourage calm, maybe a warm bath or hot drink before bedtime.

Exercise

Exercise will boost energy levels help to clear the mind and reduce stress. Even a short walk each day helps to calm nerves, bring down

anxiety and boost energy.

- Students—do a small amount of exercise each day, it could be that you walk to school rather than get a lift or the bus.

Parents—encourage a small amount of exercise, maybe suggest they walk the dog tonight, instead of you?

Useful Websites

Exam stress

Thecalmzone.net

mind.org.uk/mentalhealth

Childline.org

Thestudentroom.co.uk

Nspcc.org.uk

Healthy eating during exams

Parentsforhealth.org

Health.msstate.edu/health/resources/healthy_eating_during_exams

Useful links

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Examstress.aspx>

<http://www.nhs.uk/Livewell/teen girls/Pages/examsense.aspx>

https://www.iggy.net/news_events/news/article/relaxation-techniques#.U3yr0NiczIU

<http://www.childline.org.uk/Explore/SchoolCollege/Pages/exam>

-stress.aspx

http://www.bbc.co.uk/schools/parents/helping_with_exams

<http://www.bristolpost.co.uk/10-exam-day-survival-tips/story-18971224-detail/story.html>

<http://www.wikihow.com/Stay-Calm-During-a-Test>



Useful Contacts

School phone number: 0208 467 2280
Email: year11@bullerswood.bromley.sch.uk

Ms Gouldthorpe, Deputy Headteacher
agouldthorpe@bullerswood.bromley.sch.uk

Ms Sydney, Head of Year 11
csydney@bullerswood.bromley.sch.uk

Ms Santa Barbara, Raising Standards Leader
csantabarbara@bullerswood.bromley.sch.uk

Mrs Uluadam, Raising Achievement Support Coordinator
auluadam@bullerswood.bromley.sch.uk

For your notes...

