



# URSULINE HIGH SCHOOL

## Year 10 End of Year Exams

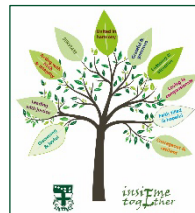
Information and Advice

Ms Seoighe Kearney  
Head of Year 10



# Key Information

- End of Year Exams will take place Monday 19<sup>th</sup> June – Wednesday 28<sup>th</sup> June 2023.
- These internal examinations are a vital part of the overall strategy of preparing your daughter for the GCSE Exams sat this time next year. It is essential that your daughter applies herself as best she can for every exam as the information derived from these exams will be used to identify effective targets for improvement and after school intervention groups for September.
- Revision information and guides are available online on MS Teams.



# How to prepare?

For many students, starting revision is the biggest hurdle to overcome.

- 1. Create a plan:** Break down everything you need to revise into small topics and just revise one topic at a time. By creating a plan you are taking control
- 2. Set targets:** Identify when you are going to revise each topic. Give yourself a time limit for when to complete each topic
- 3. Check progress:** Check your progress and set yourself a new time limit if necessary. Once you've met a target, set yourself a new one

**The key things to remember are that:**

Targets should be achievable and manageable

Targets must be short-term and include a time-limit

Review your targets, and when complete, set new ones

It is important to test yourself to see if your revision is effective



Ursuline High School - Year 10 Exam Time Table Monday 19th June - Wednesday 28th June									
		Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd	Monday 26th	Tuesday 27th	Wednesday 28th
Period 1	Instruction	Line up in Eng Sets	Line up in Maths sets	Line up in Eng sets ( <b>Revision time first</b> )	Line up in RE sets	Line up in Sci sets ( <b>Revision time first</b> )	Line up in Maths sets	Line up in Sci sets	Line up in RE sets ( <b>Revision time first</b> )
	Name	<b>English Language Paper 1</b>	<b>Maths - Non Calculator</b>	<b>English Literature Exam 2</b>	<b>RE Exam Paper 1</b>	<b>Science Paper 2 - Physics</b>	<b>Maths - Calculator</b>	<b>Science Paper 3 - Chemistry</b>	<b>RE Paper 2</b>
	Duration	1hr 45mins	1hr 30mins	1 hour	1 hour 45 mins	Triple 1 hour 45 mins Combined 1 hour 15 mins	1hr 30mins.	Triple 1 hour 45 mins Combined 1 hour 15 mins	50 mins
	Start	Start 8:45am. Finish 10:30am.	Start 9am. Finish 10:30am	Start 9:30am. Finish 10:30am.	Start 8:45am. Finished 10:30am.	Start 8:45/9:15am. Finish 10:00/10:30 am	Start 9am Finish 10:30am	Start 8:45am/9:15am. Finish 10:00/10:30 am	Start 9:40am. Finish 10:30am.
Period 2		<b>Exam continued</b>	<b>Exam continued</b>	<b>Exam continued</b>	<b>Exam continued</b>	<b>Exam continued</b>	<b>Exam continued</b>	<b>Exam continued</b>	<b>Exam continued</b>
		<b>Students not taking History or French may go home</b>	<b>Students not taking BS or Spanish may go home</b>	<b>Exam continued</b>	<b>Students not taking Drama/Computer Sci/German may go home</b>	<b>Students not taking Geography may go home</b>	<b>Students not taking Music/Sociology/PE may go home</b>	<b>Students not taking Spanish, Art or Food &amp; Nutrition may go home</b>	<b>Students not taking German or French may go home</b>
<b>Break</b>									
Period 3	Instruction	Line up in History sets/Tutor Group	Line up in BS sets/Tutor Groups	Line up in Sci sets	Line up in Drama/Computer Sci/Tutor Groups	Line up in Geography sets	Line up in Music/Sociology sets or Tutor Groups	Line up in Spanish/Art sets or Tutor Groups	Line up in German sets
	Name	<b>History Exam</b>	<b>Business Studies/Revision</b>	<b>Science paper 1 - Biology</b>	<b>Drama/Computer Sci/Revision</b>	<b>Geography</b>	<b>Music/Sociology</b>	<b>Spanish Writing/Art/Catch Up</b>	<b>German Reading/Catch Up</b>
	Duration	1 hour 45 mins	1 Hour 45 mins	Triple 1 hour 45 mins Combined 1 hour 15 mins	Drama 1 hour 15 mins Computer Sci 1 hour 30 mins	1 hour 30 mins	Music 1 hour 15 mins Sociology 1 hour 45 mins	1 hour	1 hour
	Start	Start 10:55am. Finish 12:40pm	Start 10:55am. Finish 12:40pm	Triple Start 10:55am. Finish 12:40pm. Combined Start 11:05am. Finished 12:20pm	Start 11:00am. Finish 12:15/12:30pm	Start 11:00am. Finished 12:30pm.	Start 10:55am. Finish 12:10/12:40	Start 11am. Finish 12pm.	Start 11am. Finsih 12pm
Period 4		<b>Exam continued</b>	<b>Exam continued</b>	<b>Exam continued</b>	<b>Exam continued</b>	<b>Exam continued and dismissed for home when finished</b>	<b>Exam continued</b>	<b>Exam continued</b>	<b>Exam continued</b>
		<b>Students not takqng French may go home at 12:40pm</b>	<b>Students not taking Spanish may go home</b>	<b>Students not taking GCSE PE may go home</b>	<b>Students not taking German may go home</b>	<b>Catch up sessions</b>	<b>Students not taking GCSE PE may go home</b>	<b>Students not taking Food and Nutrition may go home</b>	<b>Students not taking French may go home</b>
<b>Lunch</b>									
Period 5	Instruction	Line up in French sets	Line up in Spanish sets	Line up in GCSE PE sets	Line up in German sets		Line up in PE sets	Line up in Food sets	Line up in french sets
	Name	<b>French Reading Exam</b>	<b>Spanish Reading Exam</b>	<b>GCSE PE Paper 1</b>	<b>German Writing</b>	<b>Catch up sessions</b>	<b>PE Paper 2</b>	<b>Food and Nutrition/Catch Up</b>	<b>French Writing/Catch Up</b>
	Duration	1 Hour	45 minutes	1 hour 15 mins	1 hour 15mins		1 hour 15 mins	1 hour 45 mins	1 hour 15 mins
	Start	Start 1:50pm. Finish 2:50pm	Start 2pm. Finish 2:45pm.	Start 1:50pm. Finsihed 3:05pm	Start 1:40pm. Finish 2:55pm		Start 1:30pm. Finish 2:45pm	Start 1:25pm. Finish 3:10pm	Start 1:40pm. Finish 2:40pm
Period 6		<b>Exam continued and dismissed for home when finished</b>	<b>Exam continued and dismissed for home when finished</b>	<b>Exam continued and dismissed for home when finished</b>	<b>Exam continued and dismissed for home when finished</b>		<b>Exam continued and dismissed for home when finished</b>	<b>Exam continued and dismissed for home when finished</b>	<b>Exam continued and dismissed for home when finished</b>

	Monday	Tues	Wed	Thurs	Friday	Mon	Tues	Wed
Period 1	English Language	Maths Non-Calc	English Literature	RE Paper 1	Science – Physics	Maths Calc	Science – Chemistry	RE Paper 2
Period 2								
Period 3	History	Business	Science Paper 1 - Biology	Drama/Computer Science	Geography	Music/Sociology	Art/Spanish Writing	German Reading
Period 4								
Period 5	French Reading	Spanish Reading	GCSE PE Paper 1	German Writing		GCSE PE 2	Food and nutrition	French Writing
Period 6								

# Revision Timetable (Example)

## Term Time / Half Term

**MY REVISION TIMETABLE** *(Make one of these for each of the weeks before the exams)*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Subjects	How many sessions per week ?
9 - 10am								ENGLISH	x
10-11am								MATHS	x
11-12am								SCIENCE	x
12-1pm									x
1-2pm									x
2-3pm									x
3-4pm									x
4-5pm									x

When do I work most effectively?  
Morning  
Afternoon  
Evening

Revision Timetable during term time

Are timings realistic?  
Is enough time have a rest planned in?  
Should the same amount of time allocated to each subject?

Review the timetable if it doesn't work.

**MY REVISION TIMETABLE** *(Make one of these for each of the weeks before the exams)*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Subjects	How many sessions per week ?
9 - 10am								ENGLISH	x
10-11am								MATHS	x
11-12am								SCIENCE	x
12-1pm									x
1-2pm									x
2-3pm									x
3-4pm									x
4-5pm									x

Blank Non-School Week



Revision Timetable during half term

# Revision Material and Techniques

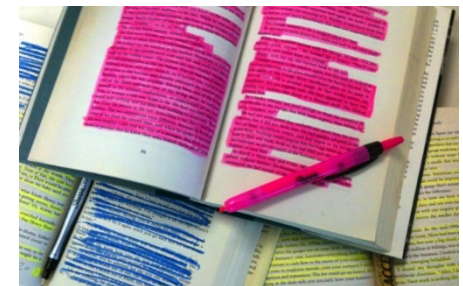
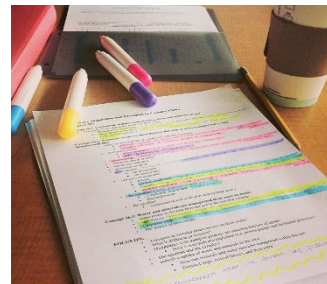
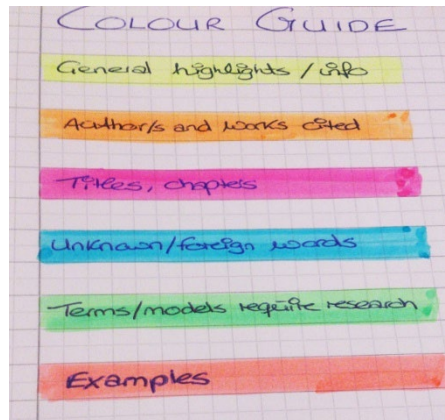
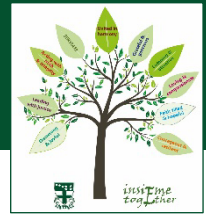


- Revision materials via MS Teams, supplemented by subject specific websites (MS Teams, Assignment, GCSE Pod, Kerboodle, exam boards, Seneca learning etc)
- Offer encouragement
- Reward effort
- Breaks every 45-50 minutes (water, snacks)
- Test rote learning (i.e. facts/dates/case studies)
- Be the student – let your daughter teach you a topic!





# Revision Techniques



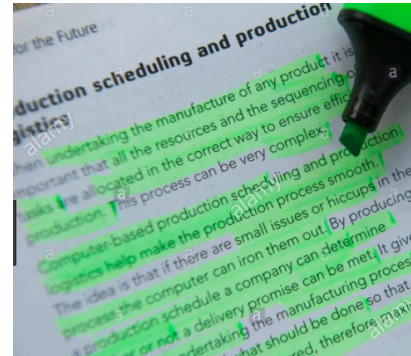
**Remember** – different people learn in different ways. What works for somebody else might not work as well for you. That's ok!!



# What doesn't work so well

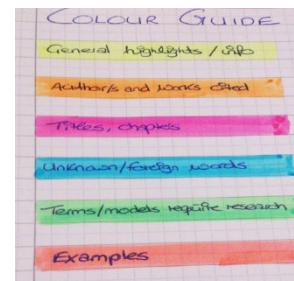


- **Re-reading class books / notes without summarizing or note taking.**
  - Revision should be more active: you should be doing something with the information you revise.
- **Excessive or thoughtless highlighting of notes**
  - Can you explain why you've highlighted what you've highlighted?
  - Have you used different colours for different things?
  - If the whole page is highlighted, what is the point?



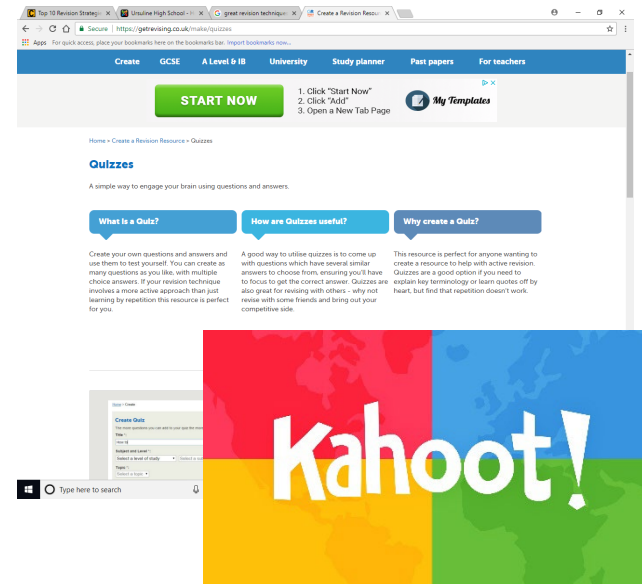
## Top Tip:

When re-reading your notes, you could summarise key points onto flashcards or mindmaps, or annotate your notes.



## Quizzes and past papers (Use Technology)

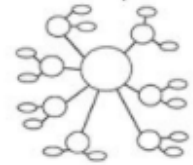
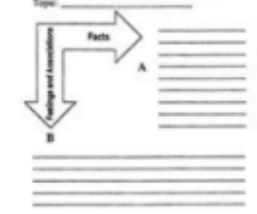
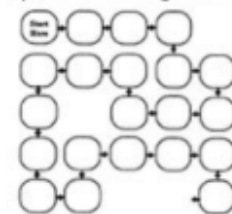
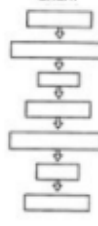
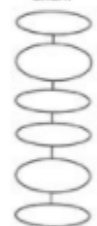
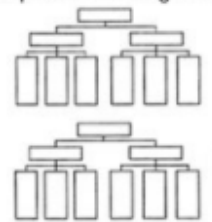
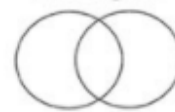
- Past papers and quizzes are an ideal vehicle to get students self-testing.
- Proven to be a robust revision strategy, so that students can calibrate their knowledge and ability to recall information.
- There are various types of quizzes, of course, such as short answer, multiple-choice or true and false.
- Students can create their own quiz resources to help themselves & their peers revise.



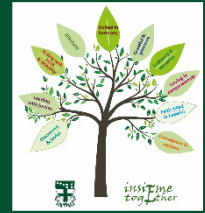


# Active Reading

- Summarizing
- Explaining
- Identifying: key words and concepts
- Knowing why you read a text
- Knowing what information you look for
  - “From this information, I am looking for three reasons why...”



# Presenting/Teaching



Ask your daughter to present a topic for a minute or to teach you about what they've been revising.

WHY?

A good way of checking that your child is revising, and revising effectively.

Shows you are invested in their education.

HOW?

**Parent:** What have you been revising tonight?

**Child:** Science.

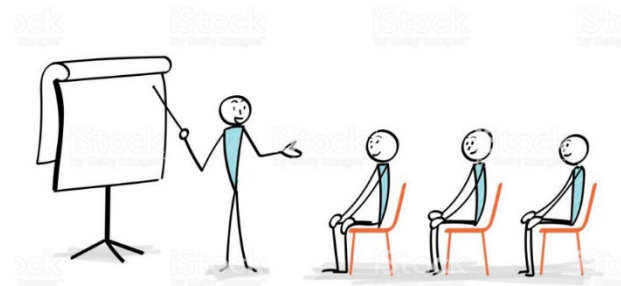
**Parent:** Specifically?

Child: Plant cells.

**Parent:** OK, tell me about...

MAKE IT  
FUN

Why not play games like 'Just a Minute'. Give your child 1 minute to talk about a revision topic of their choice without hesitation, deviation, etc. Can you incentivise it?

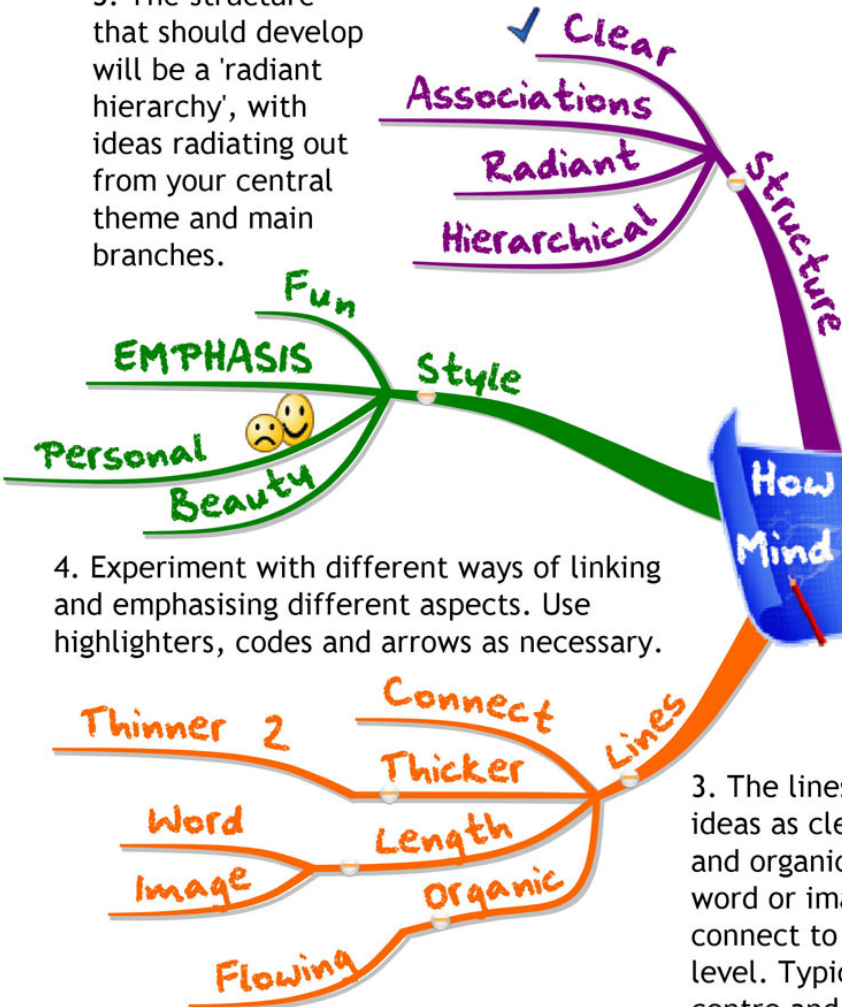




# Creating a Mindmap



5. The structure that should develop will be a 'radiant hierarchy', with ideas radiating out from your central theme and main branches.



1. Start at the centre of a blank, landscape page, ideally with a colourful image to represent your subject.

2. Use words and pictures throughout your map. Wherever possible use single KEY words, printed along a line. Each word or picture sits on its own line.

3. The lines make the associations between ideas as clear as possible. Make them flowing and organic, each line the same length as the word or image. Always ensure that lines connect to the end of the line at the previous level. Typically lines will be thicker at the centre and thinner further out.

4. Experiment with different ways of linking and emphasising different aspects. Use highlighters, codes and arrows as necessary.



# Food & Exams

Stress plays havoc with our appetites but skipping meals will not help concentration. Very simply, **your daughter's brain needs the energy from food to work efficiently.**

**Help your daughter avoid the temptation to reach for something sweet to get them through the exam.** The temporary high they'll get from a sugar-fix will be followed quickly by crashing blood sugar levels causing, among other things, tiredness.

**Get them to eat something for breakfast!** Even if they won't eat first thing in the morning, get them to bring something like a banana or cereal bar to school and eat it before the exam.

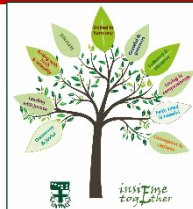


# Water

Water allows many of the chemical reactions in our bodies to take place and therefore, **the speed at which our brains can work and process information will be affected if we become dehydrated.**

The NHS recommends we aim to drink around **1.2 litres** of fluid a day - water being the liquid of choice to keep your body functioning on top form.

**Energy drinks are not recommended.**



# Sleep & Exams

Stress also plays havoc with our sleep patterns but enforcing a reasonable bedtime is vital. Students should aim for a full 8 hours of sleep before an exam.

Help them avoid the temptation of an afternoon nap which only serves to disrupt sleep later on – take the dog for a walk, have a shower and get changed...

Ideally students should not go to bed with their phones – they are a distraction.



# How can parents help?

- Wherever possible provide a quiet dedicated space to revise.
- Check that a revision timetable is in place and that it allows for enough rest time.
- Ask your daughter to explain to you what she is doing.
- Ensure that distractions are minimized (mobile phones etc.).
  - Students may **say** that having music, etc. on helps them; this isn't necessarily true.
- Ensure that your daughter has enough sleep and refreshments.
- Check her school and revision material.
- **Provide reassurance**



# How can parents help?

- It is important that students arrive on time, it would be greatly appreciated if you can please support your child in arriving to school by 8.25am during exam week.
- It has been agreed that Year 10 students can have Study Leave during the exam season. This will mean that they only need to be in school for their exams. On the days where they have an exam in the morning only, your child can sign out at break time. Likewise, if students have exams Period 5 & 6, then they sign in at lunch time.
- The only exception to the study leave will be if a student has an exam in the morning (P1&2) & afternoon (P5&6) then students must remain in school to revise during periods 3 and 4.
- If your child arrives late or does not follow the agreed conditions, then study leave will be cancelled.
- If you would like your child to be supervised in school at all times, and not have study leave, please email me at [Seoighe.kearney@uhsw.com](mailto:Seoighe.kearney@uhsw.com) at your earliest convenience.

# Tips for students

- Breathe – take some deep breaths to relax your body and mind. This will really help if you freeze up or are struggling to get started.
- Focus on your paper. Block out the exam room and other students.
- Read the entire question paper, answering the questions you feel most comfortable with. By answering these first, you will feel more confident and settle into the rest of the exam.
- Stuck with a question? Leave it. Work on the next one and then come back to it.
- Remember, it's not a race. You've been allocated a set amount of time – use it and make sure you have done as much as you can.
- Keep a good attitude and use positive language with yourself; your nerves will pass and you're not alone.





## In conclusion

# These are important assessments

- Help her **plan** her revision time
- Ensure she is **actively** revising
- Encourage her to take **regular breaks**
- Get her to **ask questions** in remaining lesson time
- Help her **focus on the positive**, work she knows
- Help her **eat, drink and sleep well** to perform to her best
- Encourage down time; **physical activity, mediation**
- Support is available from school; Ms Kearney, tutors, subject teachers
- Tell her to do **her best** and that **will be good enough**

Any questions please contact via email.

Ms Kearney [Seoighe.Kearney@ursulinehigh.merton.sch.uk](mailto:Seoighe.Kearney@ursulinehigh.merton.sch.uk)

