

YEAR 11 BULLETIN

CARING - DETERMINED - REFLECTIVE

How to Support Your Child During the Mock Exams

As we approach the upcoming mock exams, we want to share some strategies to help reduce stress and support your child during this important time. Mock exams provide valuable practice, helping students become familiar with exam conditions and identify areas for improvement. Creating a positive and supportive environment can make a big difference in their well-being and performance.

Here are some helpful tips to promote a healthy balance during this period:

1. Encourage a Balanced Lifestyle

- Ensure your child maintains a routine that includes adequate sleep, nutritious meals, and regular physical activity. A healthy body supports a healthy mind.

2. Support Effective Time Management

- Help your child plan a realistic study schedule, incorporating breaks to prevent burnout. Remind them to use the techniques they've learned in school, such as creating revision timetables and using effective revision strategies.

3. Provide a Quiet Study Space

- Set up a distraction-free study area where your child can focus. It's helpful to keep mobile phones and other devices in another room during study sessions. There are also spaces available to use before and after school.

4. Promote Self-Care

- Encourage your child to take short breaks, continue hobbies they enjoy, and engage in activities that help them relax and recharge.

5. Keep Communication Open

- Let your child know they can talk to you about any worries or concerns. Sometimes, just being heard can relieve stress.

6. Set Realistic Expectations

- Remind your child that the purpose of mock exams is to learn and improve, not just to achieve grades. Emphasise effort and progress over perfection.

7. Celebrate Efforts

- Acknowledge your child's hard work and celebrate small wins. Positive reinforcement can boost their confidence and motivation.

8. Focus on the Bigger Picture

- Reassure your child that mock exams are part of their academic journey, with the ultimate goal being continual learning and growth.

Your support plays a vital role in helping your child navigate this time with confidence and resilience. Thank you for working with us to ensure their well-being and success.



Mocks

Mocks will be beginning Monday 27th January. All students have now been issued with their personalised timetable for the mocks. The overall mock timetable can be found with this link: [Overall mock timetable](#)

Applying to TMS Sixth Form

A reminder that all applications to TMS must be submitted through [KentChoices](#), which is now open. Deadlines for applications is Friday 31st January.

Prom – Hoodies – Year Book

A reminder that there are some important deadlines.

- Prom: Applications must be made by Thursday 30th January. Please contact Mrs Cable for further information.
- Hoodies: Orders must be placed by Friday 31st January. Please contact Mrs Cook for further information.
- Year Book: Orders must be placed by Friday 28th February. Please contact Mrs Cook for further information.

Period 6

The current period 6 timetable is below. We've had a great turnout to our after-school intervention and encourage as many of you to come along. The sessions run from 3.30-4.30 pm.

Day	SUBJECT	Location
Monday	Maths (by invite only)	Maths corridor
	Business Studies (exam paper practice)	R19
Tuesday	Science (Higher & Foundation sessions)	R7 & R8
	Psychology	M5
	Computer Science	B3
	Business Studies (exam paper practice)	R19
Wednesday	English	R11
	History	B10
Thursday	Maths	Maths corridor

What to revise this week?

Each week the Bulletin will suggest some topics for revision to try and take the stress out of deciding what to revise.

Biology: 9. Ecosystems and material cycles: Biodiversity & Human activity: - [BBC bitesize: Biodiversity & Human activity](#)

Chemistry: 6. Rates of reaction - [BBC bitesize: Rates of Reaction](#)

Physics: 8. Vector quantities (higher only) - [BBC bitesize: Resolving forces](#)

Geography: Cities - An urban world, UK urbanisation, Birmingham (CASE STUDY) context and structure, globalisation and economic change- Rev guide: p. 56-60

History: Key Inventions across Medicine 1250-present day - [resource](#)

Business Studies: Theme 2.1 Globalisation, barriers to trade & ethics and the environment - CGP revision guide and Knowledge organiser questions as per homework

Psychology: Issues and Debates: How Psychology has Changed over Time – [The Brain and Neuropsychology CB P30-36](#)

Sociology: Functionalist and Interactionist perspective on crime - Purple book p.74 and your curriculum book