

YEAR 11 BULLETIN

CARING - DETERMINED - REFLECTIVE

How to manage stress this year?

GCSEs can be a stressful time for students, with pressure to perform, heavy revision loads, and uncertainty about the future often causing anxiety. While some stress is normal, it's essential to have effective coping strategies.

Parents and carers play a key role by encouraging open conversations about stress and emotions, helping students feel comfortable sharing their challenges. This support can make it easier for them to manage the pressures of studying.

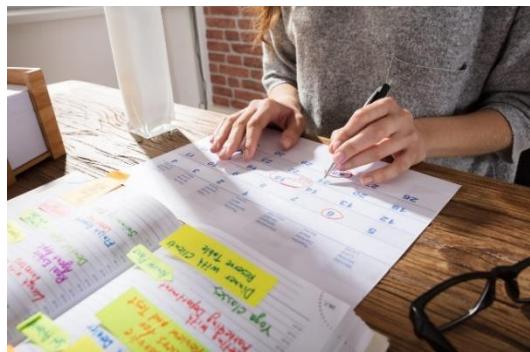
Several strategies can reduce stress. Mindfulness, even for a few minutes daily, improves focus and reduces anxiety. Physical activity like walking or exercising relieves tension and boosts mood. Regular breaks during revision prevent burnout, and sufficient sleep is vital for mental and physical health.

Finally, balance is crucial. While revision is important, downtime is equally necessary. Encouraging a healthy mix of study and relaxation helps maintain motivation and prevent overwhelm.



How to plan an effective revision timetable?

This week, during their GCSE mindset sessions, students created practical revision timetables to plan effectively for exams. These timetables don't need to be perfect or beautifully designed; what matters is that they're practical and actually used. An example of a revision timetable template can be found here: [Mock Exam Revision Timetable.pdf](#)



A good revision plan helps students manage their time, reduce anxiety by breaking tasks into smaller steps, and ensures every subject gets attention. That said, flexibility is vital. Life happens, and plans may need to adapt—but the focus should always be on making steady progress. Parents and carers can support by encouraging their children to stick to the plan, adapt it when needed, and keep sessions manageable with regular breaks to stay refreshed. The goal is action, not perfection.

When considering the effectiveness of a revision timetable, these points are important to consider:

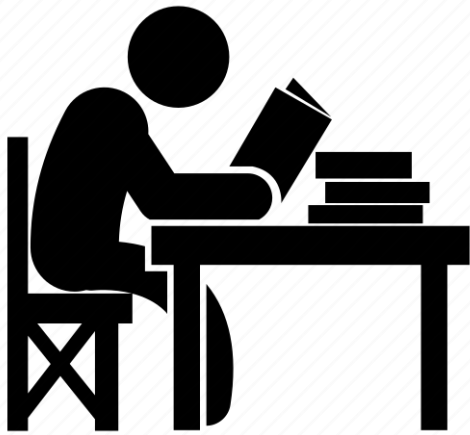
1. Effective plans focus on specific, targeted tasks. Instead of broadly allocating time to "English," it's more effective to specify the focus for that time slot, such as revising *A Christmas Carol* or *Romeo and Juliet*. Breaking the subject into smaller, manageable chunks makes the revision more focused and productive.
2. Rather than just noting down 'revise' as the action. It is more impactful to commit to a certain task. It could be 'Watch a video about ions and complete a Cornell note taking page' or complete the last 15 questions of a maths practice paper.
3. Breaks are just as important as the revision itself. Our brains need time to rest. We are like sponges and eventually we cannot take on any more information without a break.
4. Mocks and their results provide a valuable opportunity for students to refine their revision timetables, focusing on weaker areas to prioritise improvement.
5. Revisiting is so important. We can't just put a topic on the timetable once and expect to remember it. We need to build in opportunities to revisit it over time.

Once happy with the revision timetable, the hard work really starts. The timetable is a useful tool because it helps you to keep track of what your child has agreed they are going to do, and you can hold them to account. You can also see where they are meant to be resting and taking a break and encourage them to step away from the flashcards and join you downstairs for some tea and a chat.

How to motivate and avoid procrastination?

During GCSE mindset sessions, students learned about setting "missions"—short-term, achievable goals like completing a practice paper—that break down exam preparation into manageable steps. As parents and carers, you play a key role in celebrating these milestones. Rewards can motivate and reinforce positive habits, but they don't always need to be material. Small gestures like words of encouragement, praise, or recognition of their effort can go a long way. Larger milestones might be marked with extra privileges, like choosing a family activity, a takeaway for dinner or having a bit of extra downtime. The key is to celebrate progress and effort, not just results. By recognising and rewarding your child's missions, you're helping them see the value of hard work and consistent effort. This positive reinforcement builds their confidence and keeps them focused on the journey, not just the destination.

How can you tell if your child is revising effectively?



As a parent, it can be very hard to judge whether our students are revising effectively. There are a couple of indicators that can help though:

1. To maximize focus, students should revise without distractions, especially from phones, which can reduce productivity by up to 60% even if left in the same room. While some may argue that music or phone timers help, research shows music can hinder concentration and retention. Removing phones during revision sessions is a simple but effective way to improve productivity.
2. Ideally students should work in a quiet, well lit space. Avoid family areas where televisions are on etc. There are lots of venues at school that can provide this too.
3. Effective revision involves setting specific, timed goals rather than unrealistic plans like revising all day. For example, a 20-minute session on *A Christmas Carol* quotes using flashcards is more manageable. Parents can support by timing sessions and ensuring they stick to the plan.
4. Effective revision should be active, requiring effort and critical thinking. Instead of passive activities like highlighting or copying notes, students should focus on tasks like timed practice responses, using flashcards, or self-quizzing for better results.

What can you do?

1. **Manage Stress**
 - Encourage open discussions about stress and emotions.
 - Promote mindfulness, exercise, and adequate sleep.
 - Ensure regular breaks and a balance between study and relaxation.
2. **Support Revision Timetables**
 - Help create focused, manageable revision tasks (e.g., "Revise *A Christmas Carol*").
 - Encourage task-oriented goals and regular breaks.
 - Adjust timetables based on mock exam results and weaker areas.
3. **Motivate and Prevent Procrastination**
 - Help set achievable "missions" and celebrate progress.
 - Reward effort with praise or extra privileges, focusing on consistency.
4. **Ensure Effective Revision Habits**
 - Remove distractions like phones and provide a quiet study space.
 - Use timed, active revision methods (e.g., practice questions, flashcards).

By staying involved, parents can help their child manage stress, stay focused, and revise effectively.

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](#)

The French and Spanish mock speaking exams will **commence the week of January 20th**.

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: Ecosystems: - [BBC bitesize: Ecosystems](#)

Chemistry: 5. Groups in the periodic table: Halogens - [BBC bitesize: Group 7 - Halogens](#)

Physics: 9. Electricity - Mains electricity - [BBC bitesize: Mains electricity](#)

Geography: Ecosystems - Deciduous woodland features, adaptations, goods and services, deforestation and management- Rev guide: p. 50-54

History: Little Crows War - [resource](#)

Business Studies: Theme 2.1 Changes in aims & objectives - CGP revision guide and Knowledge organiser questions as per homework

Psychology: Key Study: Damasio et al. (1994) – [The Brain and Neuropsychology CB P25-29](#)

Sociology: Definitions of crime and deviance- Purple book p.72 and your curriculum book