**Supporting Your Year 11 Child**

**September 2024**

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**Digital copies of the resources shared this evening can be found online, by scanning the QR code.**

**KS4 Important dates**

3rd October **Post-16 options morning and fair**

10th October **Year 11 Reports**

17th October **Progress Review**

15th 16th October **GCSE Music ensembles**

12th 13th November **GCSE Music solos**

19th November **Sixth Form open evening**

4th – 13th December **Year 11 Mocks (Art: 16th December)**

31st January **Year 11 reports and mock results**

w/c 13th January **Y11 into 12 open afternoons**

27th, 28th, 29th January **GCSE Geography field trip**

24th 25th April **GCSE Art exam**

7th May **GCSE NEA deadline**

20th May **GCSE Music ensemble evening**

8th May – 17th June **GCSE examinations**

October – January **Open events at sixth form and colleges.**

Applications deadlines are typically January-February.

We always encourage students have a plan A and at least one plan B. Remember, students can apply to as many different course providers as they choose and can apply for multiple courses at the same provider.

**GCSE Course Information 2022-23**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Subject** | **Exam boards** | **Specification** | **What does revision look like in this subject?** | **Recommended resources** |
| Art | AQA | Fine art | N/A  **Deadlines-**   * Course work January 6th * External exam- 27th April | [BBC Bitesize](https://www.bbc.co.uk/bitesize/subjects/z6hs34j) |
| Computer Science | [OCR](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ocr.org.uk%2Fqualifications%2Fgcse%2Fcomputer-science-j276-from-2016%2F&data=05%7C02%7CRLowdon%40bishopstopford.com%7C13651ee4707d47ec33e008dcd63ff5c0%7Cdfb84607f62648bbb289e9ffdd924070%7C0%7C0%7C638620817455044989%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=0PsdZEa3BTPnq%2F8VJnsbzJrUGXzjWsS97acdxKe8hA8%3D&reserved=0) | [J277 Computer Science](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ocr.org.uk%2FImages%2F558027-specification-gcse-computer-science-j277.pdf&data=05%7C02%7CRLowdon%40bishopstopford.com%7C13651ee4707d47ec33e008dcd63ff5c0%7Cdfb84607f62648bbb289e9ffdd924070%7C0%7C0%7C638620817455057444%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=6BkXui9gzrGfx%2Fq0WiqCJoWsYbbSW7SMYj%2FnWdrEcY8%3D&reserved=0) |  | [Computing Department - GCSE (bishopstopfordcomputing.co.uk)](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bishopstopfordcomputing.co.uk%2Fgcse&data=05%7C02%7CRLowdon%40bishopstopford.com%7C13651ee4707d47ec33e008dcd63ff5c0%7Cdfb84607f62648bbb289e9ffdd924070%7C0%7C0%7C638620817455064914%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=2H3t9myx5NuGByqWMjhlD%2FQgf4C8sgEcV6HBqMTCX1c%3D&reserved=0)  Your OneNote area  [BBC Bitesize](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bbc.co.uk%2Fbitesize%2Fexamspecs%2Fzmtchbk&data=05%7C02%7CRLowdon%40bishopstopford.com%7C13651ee4707d47ec33e008dcd63ff5c0%7Cdfb84607f62648bbb289e9ffdd924070%7C0%7C0%7C638620817455072172%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=vv0%2BLJyA2aoE5hRFd1b6B4O%2BGadV81oz9kloL%2Fiwo%2BM%3D&reserved=0) |
| D&T | AQA | Design and Technology GCSE | * Use of blue theory folders * Practice exam papers – and topic resources on Firefly * GCSE Pod and Seneca Learning * Revision guides * Revision Cards | [DT revision guide](https://www.amazon.co.uk/Grade-Design-Technology-Revision-Guide/dp/1782947523/ref=asc_df_1782947523/?tag=googshopuk-21&linkCode=df0&hvadid=310977458808&hvpos=&hvnetw=g&hvrand=1637789894556506829&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1006917&hvtargid=pla-563556076242&psc=1&th=1&psc=1)  [Text book](https://www.pgonline.co.uk/resources/design-and-technology/gcse-aqa/gcse-design-and-technology-textbook-8552/)  Firefly Theory Resources  <https://bishopstopford.fireflycloud.net/technologies/design-and-technology/ks4/product-design/theory-topics>  BBC Bitesize  <https://www.bbc.co.uk/bitesize/examspecs/zby2bdm>  Your blue theory folders |
| Drama | Edexcel | GCSE Drama (1DRO) | **The Crucible**  **Know and understand:**   * Characters * Themes * Context   **Have an idea of:**   * How to present the characters * How to stage the scenes * How you would design the set, character, light and sound     **Live Performance (Performance of choice – not The Crucible):**  Know and understand:   * Characters * Context * Design elements - set, costume, light, sound * The names of characters, director and designer   **Complete practice exam papers.** | **GCSE Pod:** <https://members.gcsepod.com/pupils/assignments/assignment/892065> or <https://members.gcsepod.com/pupils/assignments/assignment/896963>  **BBC Bitesize:**  <https://www.bbc.co.uk/bitesize/examspecs/zrnjwty?scrlybrkr=8aaca1af>  **Sparknotes:**  <https://www.sparknotes.com/lit/crucible>  Live performance resources on theatre company website.  **Grade 9-1 GCSE Drama Play Guide - The Crucible.**  **ISBN: ‎ 978-1782949657**  Revision sessions in AC4 Friday lunchtime Week B. |
| English Language | AQA | [English Language AQA 8700](https://www.aqa.org.uk/subjects/english/gcse/english-language-8700) | * Practice exam papers * Skill drills * Technical knowledge – e.g. knowledge of structure * Reading widely to encounter different creative approaches (paper 1) * Read / engage with the news and topical issues (paper 2) * Revision guides   *It is important for students to know that this is largely skills based – students are learning HOW to answer the paper, not WHAT to say. To this end, like any skill, revision is practice. I always make the comparison with sport – knowing how to run a marathon is very different to being able to. Being able to takes consistent practice.* | [BBC Bitesize Language](https://www.bbc.co.uk/bitesize/subjects/zr9d7ty)    [BBC BItesize Literature](https://www.bbc.co.uk/bitesize/examspecs/zxqncwx)    [Mr Bruff on YouTube](https://www.youtube.com/channel/UCM2vdqz-7e4HAuzhpFuRY8w)    [Miss Reay on YouTube](https://www.youtube.com/channel/UCJhuqpyhE8NzYZFkwTzi_7g)    GCSE Pod  GCSE Lectures hosted by the English Faculty  Students’ own exercise books |
| English Literature | AQA | [English Literature AQA 8702](https://www.aqa.org.uk/subjects/english/gcse/english-literature-8702) | * Mind-maps – key quotations, context, characters * Practice exam papers * Revise annotated texts * Revision guides * Revise key knowledge |
| Food Preparation and Nutrition | OCR | J309 |  | Senecalearning.com  OCR’s Food preparation and Nutrition textbook |
| Geography | AQA | [AQA | Geography | GCSE | Geography](https://www.aqa.org.uk/subjects/geography/gcse/geography-8035) | Practice exam papers (shared folder skills booklet)  Revision guides  Summarise information using knowledge organisers  Revisit skills i.e. scale, directions  **Stratford fieldtrip – 1 day**  (27/01/25, 28/01/25 or 29/01/25 depending on teaching group) | CGP Revision Guide  CGP Flash cards  Senecalearning.com  GCSE Pod  [Geography | Geography | tutor2u](https://www.tutor2u.net/geography)  [Foldr - Bishop Stopford School](https://files.bishopstopford.com/home/files/School%20Shared%20Area/Faculties%20-%20Humanities/Shared%20Documents/Geography/Y11/GCSE%20REVISION) |
| Health and Social Care | Pearson | [BTEC Level 2 TECH award](https://qualifications.pearson.com/en/qualifications/btec-tech-awards/health-and-social-care.html) | * Mind-maps – key terms, Health data guidelines. * Practice exam papers * Revision guides   Application to case study practise. | ZigZag education  Getrevising.co.uk  [Revision guide](https://www.amazon.co.uk/Revise-Award-Health-Social-Revision/dp/1292245611/ref=sr_1_5?crid=2AR9Y7SNK7JYH&dchild=1&keywords=btec+health+and+social+care+level+2&qid=1593688336&sprefix=btec+health+and+social+care+l%2Caps%2C144&sr=8-5)  [School Shared area](https://files.bishopstopford.com/home/files/School%20Shared%20Area/Faculties%20-%20Science/Shared%20Documents/KS4) |
| History | Edexcel | [9-1 History](https://qualifications.pearson.com/en/qualifications/edexcel-gcses/history-2016.html) | * Use of exercise and textbooks * Practice exam papers – questions in textbook and on Firefly * GCSE Pod and Seneca Learning * Revision guides * Revise key knowledge/dates * Use crib sheets to revise how to answer the questions | Follow link and open the first document for a word document with links to revision guides:  <https://bishopstopford.fireflycloud.net/humanities/history/ks4/revision> |
| iMedia | [OCR](https://www.ocr.org.uk/qualifications/cambridge-nationals/creative-imedia-level-1-2-award-certificate-j807-j817/) | [OCR Cambridge Nationals Creative iMedia](https://www.ocr.org.uk/Images/115888-specification.pdf) |  | [Firefly page](https://bishopstopford.fireflycloud.net/technologies/creative-imedia)  Revision book provided – My revision notes |
| Maths Higher Tier | Edexcel | [GCSE Maths H](https://qualifications.pearson.com/content/dam/pdf/GCSE/mathematics/2015/specification-and-sample-assesment/gcse-maths-2015-specification.pdf) | Lots of practice of topics! Use the revision guide or the links to the right to help do this.  Exam paper practice.  Justmaths is good for those aiming for a 4/5, or want to sharpen up on the skills which come up at the end of foundation/beginning of higher.  Justmaths username and password:  StopfordStudent  Stopford | [Pearson revision guide](https://www.amazon.co.uk/REVISE-Edexcel-Mathematics-Higher-Revision/dp/1447988094/ref=sr_1_4?crid=L40PTPG0S9V3&keywords=pearson+revision+guide+maths+gcse&qid=1667994250&sprefix=pearson+revision+gu%2Caps%2C2436&sr=8-4)  [Pearson revision workbook](https://www.amazon.co.uk/Revise-Edexcel-Mathematics-Revision-Workbook/dp/1292210885/ref=pd_bxgy_img_sccl_1/261-8001428-9867547?pd_rd_w=timFu&content-id=amzn1.sym.79b812bf-5c8b-4c0c-851c-784423adaff5&pf_rd_p=79b812bf-5c8b-4c0c-851c-784423adaff5&pf_rd_r=RMEXKP1TK5F9M0RDNSSF&pd_rd_wg=8HXw9&pd_rd_r=eecca4ca-d057-4335-9071-960d35833f67&pd_rd_i=1292210885&psc=1)  [CGP Targeted 8-9 Workbook](https://www.amazon.co.uk/Edexcel-Targeted-Practice-Workbook-Revision/dp/178294415X/ref=sr_1_2?crid=PRUFG3W8Q5PQ&keywords=cgp+maths+8+targeted+edexcel&qid=1667994641&s=books&sprefix=cgp+maths+8+targeted+edexce%2Cstripbooks%2C548&sr=1-2)  [MathsWatch](https://vle.mathswatch.co.uk/vle/)  [Corbettmaths](https://corbettmaths.com/)  [MathsGenie topic worksheets](https://www.mathsgenie.co.uk/gcse.html)  [Exam papers and mark schemes](https://www.mathsgenie.co.uk/papers.html)  [JustMaths Online](https://online.justmaths.co.uk/)  Maths help every Wednesday lunchtime. |
| Maths Foundation Tier | Edexcel | [GCSE Maths F](https://qualifications.pearson.com/content/dam/pdf/GCSE/mathematics/2015/specification-and-sample-assesment/gcse-maths-2015-specification.pdf) | Lots of practice of topics! Use the revision guide or the links to the right to help do this.  Exam paper practice.  Justmaths is good for those aiming for a 4/5.  Justmaths username and password:  StopfordStudent  Stopford | [Pearson revision guide](https://www.amazon.co.uk/REVISE-Edexcel-Mathematics-Foundation-Revision/dp/1447988043/ref=sr_1_8?crid=3LS15U4SJPLNA&dchild=1&keywords=edexcel+gcse+maths+revision+guide&qid=1593616844&sprefix=edexcel+gcse+maths+re%2Caps%2C139&sr=8-8)  [Pearson revision workbook](https://www.amazon.co.uk/Edexcel-Mathematics-Foundation-Revision-Workbook/dp/1447987926/ref=pd_bxgy_img_2/261-0567718-1942122?_encoding=UTF8&pd_rd_i=1447987926&pd_rd_r=28476095-97ac-41fe-bafe-098198692643&pd_rd_w=Ei6Hp&pd_rd_wg=xxz0S&pf_rd_p=19e34f4b-eea0-410c-bc90-53148116ae6c&pf_rd_r=Y94DWA6WGE6VQP8XAYCT&psc=1&refRID=Y94DWA6WGE6VQP8XAYCT)    [MathsWatch](https://vle.mathswatch.co.uk/vle/)  [Corbettmaths](https://corbettmaths.com/)  [MathsGenie topic worksheets](https://www.mathsgenie.co.uk/gcse.html)  [Exam papers and mark schemes](https://www.mathsgenie.co.uk/papers.html)  [JustMaths Online](https://online.justmaths.co.uk/) |
| **Modern Foreign Languages** | | |  | [www.languagenut.co.uk](http://www.languagenut.co.uk)  www.linguascope.com  Seneca  BBC Bitesize  quizlet.com  GCSE revision guides |
| French | AQA | GCSE French | Vocab revision  Skills practice (reading and listening)  Grammar revision  Writing skills  Translation practice |
| Spanish | AQA | GCSE Spanish |
| Music | Edexcel | Music GCSE | Listening to set works following annotated score.  Revising key vocabulary.  Learning the key points for each work – date, style and key musical features.  Practice using specialist vocab to describe Music. | BBC Bitesize.  Rhinegold Edexcel GCSE Music Revision Guide ISBN: 9781785581687  School shared area |
| PE | AQA | GCSE Physical Education (8582) | First stage is knowing definitions and key terminology.  Active revision is essential here; quizzing, Seneca, flashcards etc.  In the PE area on Firefly, there is a guide on active revision techniques.  The next stage is practising exam questions; decoding the questions, practising exam technique, using markschemes to mark them and really take note of the specific language on the markscheme.  Access past papers and more questions in the PE area on Firefly and on the AQA website  Finally, watch and read about lots of sport and become familiar with the vocabulary/sport-specific terms used in them. | <https://senecalearning.com/en-GB/> My Revision Notes: AQA GCSE (9–1) PE Third Edition, Kirk Bizley **ISBN ‏ : ‎** 1510405232 [AQA | GCSE | Physical Education | Assessment resources](https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/assessment-resources?f.Resource+type%7C6=Question+papers&sort=title&num_ranks=10) |
| RS | AQA | 8062A (Buddhism and Christianity) | * Practice exam papers * Knowledge organisers * Revise **key terms!** * Revision guides\* * Workbooks\*   The best revision is quizzing yourself using the knowledge organisers and using the question bank to practice past paper questions.  \**No longer provided by the school but are available for purchase online.* | * Revision Guide * Kerboodle (textbooks are online, alongside interactive revision acitivities) * GCSEpod * Seneca * [BBC Bitesize](https://www.bbc.co.uk/bitesize/examspecs/zjgx47h) * [Youtube - Ben Wardle](https://www.youtube.com/@BenWardle) |
| **Science** | | |  | * CGP revision guide * Seneca * [www.Kerboodle.com](http://www.Kerboodle.com) * [Physics and Maths tutor](https://www.physicsandmathstutor.com/) * [School Shared area](https://files.bishopstopford.com/home/files/School%20Shared%20Area/Faculties%20-%20Science/Shared%20Documents/KS4) * [Physics assessment material](https://www.aqa.org.uk/subjects/science/gcse/physics-8463/assessment-resources) * <https://www.youtube.com/c/Cognitoedu> * <https://www.youtube.com/c/Freesciencelessons> |
| Double Science | AQA | [Combined Science Trilogy](https://www.aqa.org.uk/subjects/science/gcse/combined-science-trilogy-8464) | Retrieval quizzes, use these to direct your revision, highlighting topics, WWW/EBI.  Review your knowledge on identified EBI areas. This could be using your revision guide or watching the Cognito videos or listening to a podcast.  Then apply your learning to as many past paper questions as possible. Use mark scheme to assess (or bring them to your teacher).  Read examiners comments, these may be helpful to identify and correct common misconceptions. |
| Biology (Triple science) | AQA | [GCSE Biology](https://www.aqa.org.uk/subjects/science/gcse/biology-8461) |
| Chemistry (Triple science) | AQA | [GCSE Chemistry](https://www.aqa.org.uk/subjects/science/gcse/chemistry-8462) |
| Physics (Triple science) | AQA | [GCSE Physics](https://www.aqa.org.uk/subjects/science/gcse/physics-8463) |

**Recommended Revision Resources**

**Online resources available to all:**

* GCSEpod
* [BBCbitesize](https://www.bbc.co.uk/bitesize/levels/z98jmp3)
* [Seneca](https://senecalearning.com/en-GB/)
* [Kerboodle](https://www.kerboodle.com/users/login?user_return_to=%2Fapp)
* SAMlearning
* [CGP](https://www.cgpbooks.co.uk/secondary-books) Revision Guides
* Oak Academy
* Exam boards and specification websites

**Practical strategies:**

* Dual coding
* Knowledge organisers
* Flash cards
* Using past papers
* Around the clock (chunking activity)

Examples of these can be found at the back of the booklet

**BSS Sixth Form points calculator**

50 points required

|  |  |  |  |
| --- | --- | --- | --- |
| **Bucket criteria** | **Subject** | **GCSE Projections** | **Points** |
| **Bucket 1**  English Language OR English Literature  (Best result counted and doubled) |  |  |  |
| **Bucket 2**  Maths  (Score doubled) |  |  |  |
| **Bucket 3**  Science, History or Geography, MFL or Computer Science  (Best three results count) |  |  |  |
|  |  |
|  |  |
| **Bucket 4**  Best results in three other subjects |  |  |  |
|  |  |
|  |  |
| **Total:** |  |  |  |

**Managing Perfectionism**

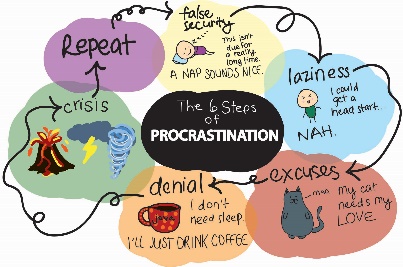
**Why it is so important to manage our perfectionism…**

* Perfectionism can drive impossibly high standards and have harmful consequences
* Maintaining that flawless veneer can put your mental and physical wellbeing at risk as you search for that perfect life (Thomson, 2019).
* The number of people experiencing perfectionism is rising dramatically, especially among the young (Curran & Hill, 2019).

**The Perfectionism – Procrastination – Paralysis Cycle**

Recognize the scenario?

1. Overwhelming ‘to do’ list
2. Don’t know where to start and feel like it won’t be good enough when you do
3. Start to feel shame over not getting the task done
4. Existential crisis: am I lazy? Is my brain broken? Why do I do this to myself?
5. Absolute panic/overcompensating/staying up late/other unhealthy behaviours

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**Procrastination Prevention for managing perfectionism:**

One symptom of perfectionism is procrastination – putting off tasks, often due to fear of failure.

Tips for managing this:

1. Write a list of tasks/goals (can be for a day/week/month) and prioritize these in terms of importance
2. Experiment with ‘scheduling’ (plotting a precise time slot for each task and sticking to it, e.g. a revision timetable) and ‘unscheduling’ (having a clear ‘to-do’ list with deadlines but leaving some flexibility as to when tasks need to be accomplished)
3. Where necessary, ‘chunk’ bigger tasks into smaller steps that can be ‘ticked off’ easily, by a specific time limit – disrupt the ‘all-or-nothing’ thinking pattern
4. Set time limits for attempting a task, then plan a reward afterwards (e.g. doing something you would enjoy)
5. Use momentum: start with a task that you like and that energizes you, and then quickly switch to a task that you have been putting off

**Other strategies and tips for managing perfectionism will be explored in the lunch sessions starting W/C 30.09.24!**

**Well-being toolkit and links to support**

**In-school support beyond the classroom:**

* Youthworks counselling sessions – Tuesday and Wednesday
* KS5 subject mentors
* Strength and conditioning at lunchtime for well-being
* School nurse – Thursday
* Subject interventions

\*Please speak with a member of the pastoral team regarding any of these interventions.

**External support available:**

<https://youngminds.org.uk/>

Young Minds: The Young Minds Website has a parents and professionals section as well as advice and moderated blogs for young people and a free telephone.  Parents Helpline Tel: 0808 802 5544.

<https://www.kooth.com/>

Kooth.com online support for young people: Kooth is a web-based confidential support service available to young people aged 11 to 18yrs, providing a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. It offers the opportunity to have a text-based conversation with a qualified counsellor.

<https://www.mind.org.uk/>

<https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/>

<https://www.childline.org.uk/info-advice/your-feelings/mental-health/?gclsrc=aw.ds&&gclid=Cj0KCQiAqdP9BRDVARIsAGSZ8AknwltxF9HQcJKPyfx4uUxoiNSJHo0>

Youthworks are a Charitable Incorporated Organisation that deliver education and support services to the young people of Northamptonshire. They have a crisis cafe based in Kettering that provides drop-in counselling services.

[Youth Works Northamptonshire](https://www.youthworksnorthamptonshire.org.uk/)

Useful podcasts for mindfulness and relaxation:

<https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TlXBj/your-mental-health-toolkit?scrlybrkr=5f6eec16>

Sleep and rest is vital in looking after ourselves. If you’re having trouble sleeping, try following some of the advice provided below:

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

[NHS wellbeing audio guides](https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/)

**Self-regulation strategies**



A close-up of a website

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