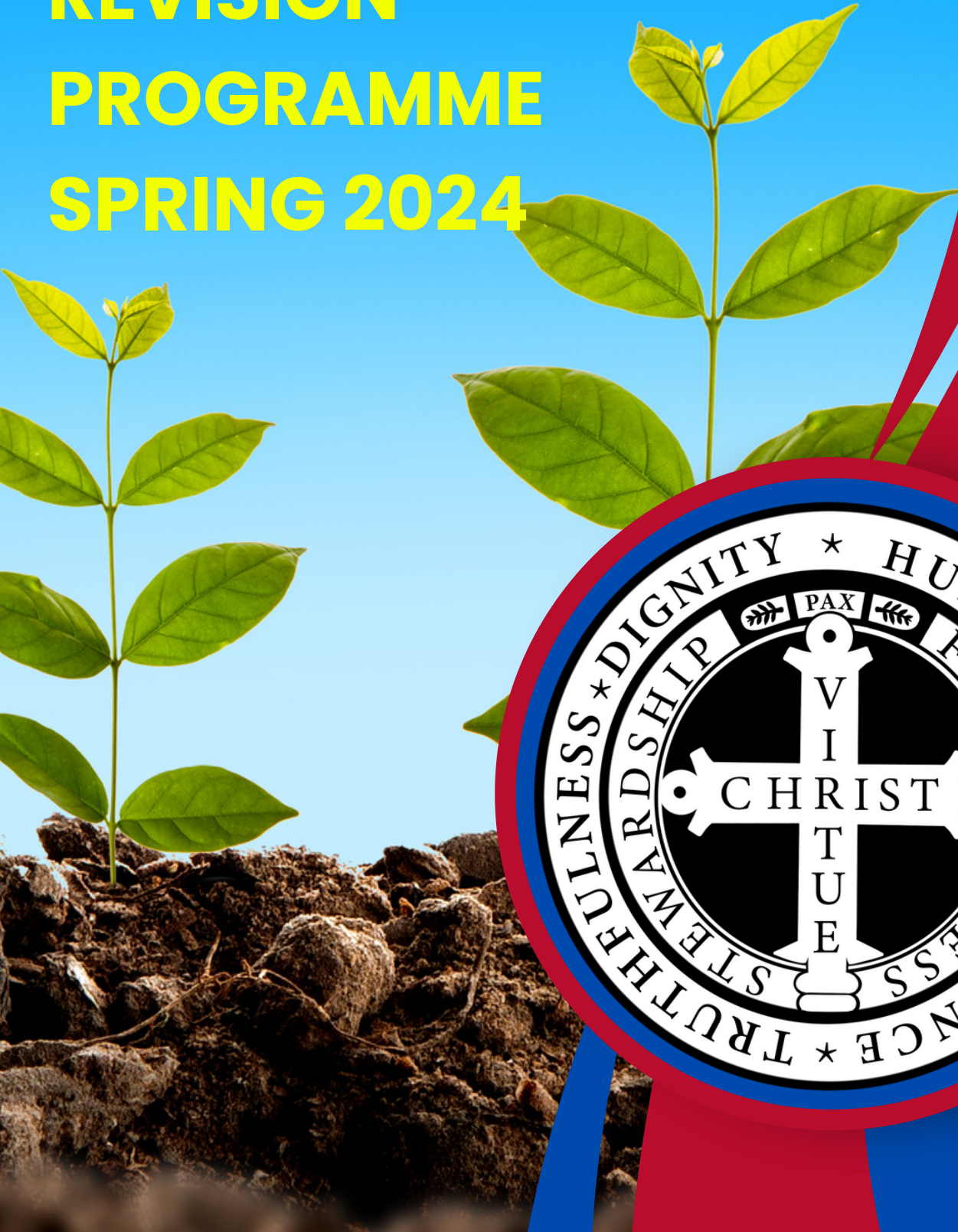




St Benedict's
Catholic High
School

1971

YEAR 11 REVISION PROGRAMME SPRING 2024



Through love of Christ, delight in Virtue

INTRODUCTION

for parents/carers

As we approach a crucial juncture in your child's academic journey, we are thrilled to provide you with this comprehensive guide on the significance of revision and the invaluable resources available to support your child's success during this pivotal time. With Year 11 swiftly progressing through their final academic year, it is imperative to underscore the importance of effective revision and optimal attendance.

We firmly believe that every moment spent in school is an opportunity for growth and learning. With exams on the horizon, now more than ever, consistent attendance and active participation in our revision programme can significantly impact your child's academic outcomes.

Throughout this booklet, you will find detailed insights into the structure and benefits of our revision programme, along with practical tips and strategies to empower your child to make the most of their revision time. From subject-specific revision sessions to targeted study resources, we are committed to equipping your child with the tools they need to excel academically.

As partners in your child's education, we encourage you to actively engage with the content of this booklet and leverage the resources provided to support your child's revision journey.

Thank you for your ongoing support. Together, we can inspire a generation of confident, capable learners prepared to embrace the challenges and opportunities that lie ahead.

**MOMENTS
MATTER,**

**ATTENDANCE
COUNTS.**

THE ST BENEDICT'S OFFER

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"What you have learned and recieved and heard and see in me -practice these things, and the God of peace will be with you."

Philippians 4:9

UNIVERSAL OFFER: THE REVISION HUB

We have developed a website that is available to all pupils in the lead up to the exams. Resources have been placed on the site for all pupils to access no matter which tier paper they may be sitting. The range of resources available include:

FAQs

Past exam papers & mark schemes

Tutorial videos

Topic explainer videos

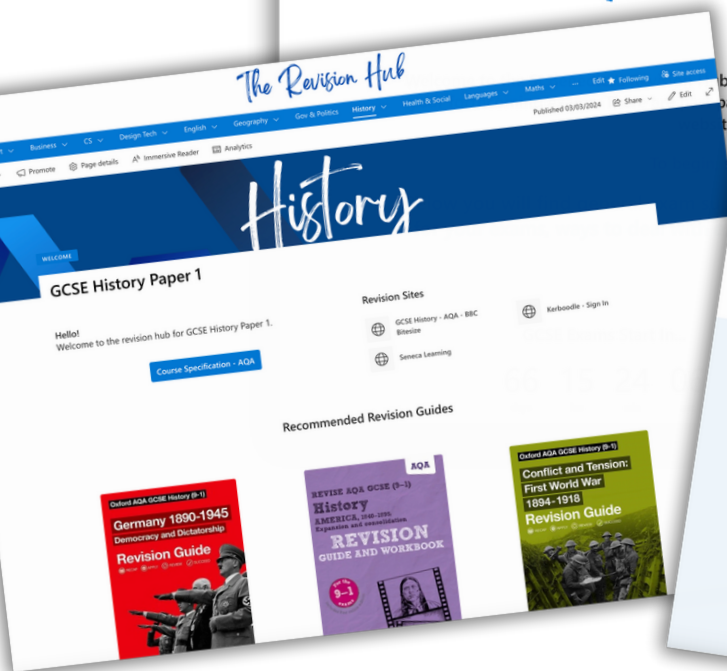
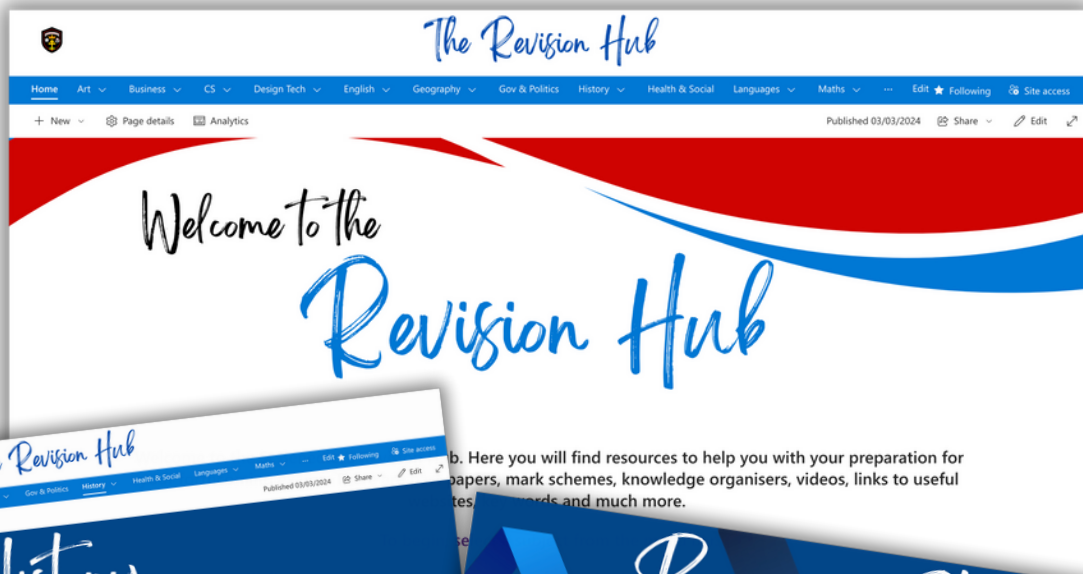
Key word definitions

Exam walk throughs

Links to useful websites for the subject

Knowledge organisers

and more...



TO ACCESS THE REVISION HUB



METHOD ONE:

Scan the QR code with your phone

METHOD TWO:

Click on the Revision Hub button on the navigation bar in Microsoft Teams



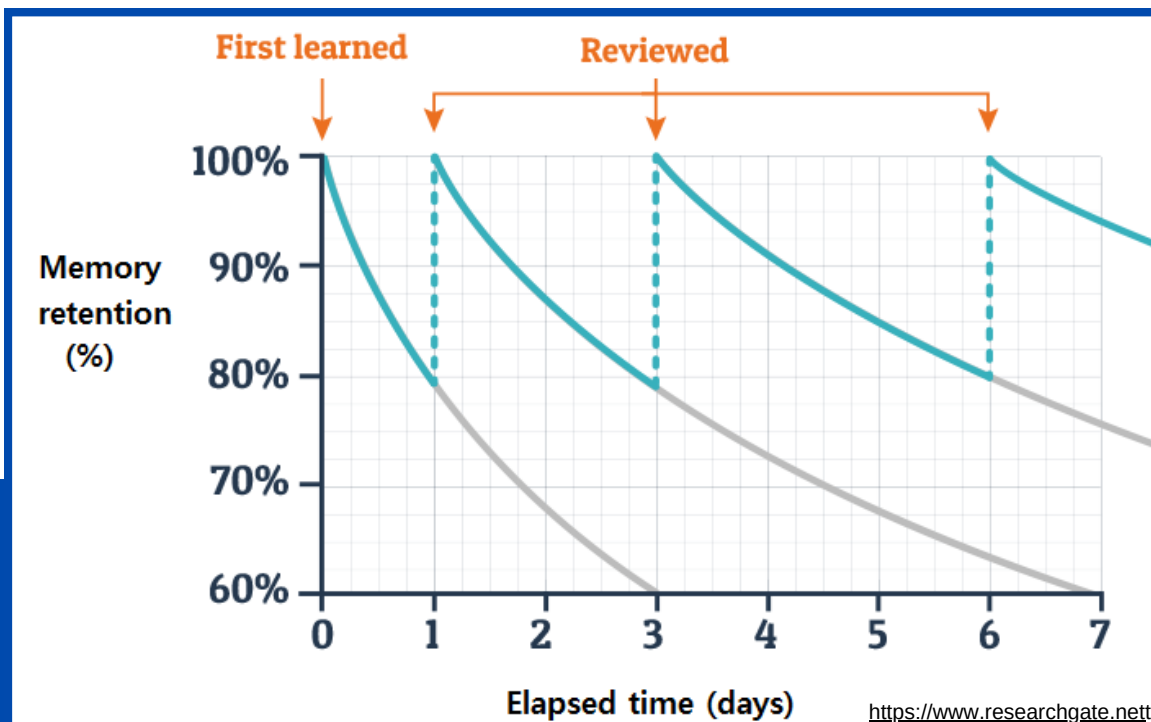
Microsoft Teams

DID YOU KNOW?

Did you know that you forget 80% of what you learn in the first 24 hours? This is why cramming for exams does not work.

It is proven that by reviewing what you've learnt at regular intervals, you can reduce how much you forget to just 10%

YOU'LL FORGET THIS IN 24 HOURS...UNLESS YOU REVISE



Review your work four times within a month and you'll remember almost 100%

TARGETED PROGRAMME: REVISION CLASSES

There are a number of specific revision classes that staff have planned to support **identified pupils**. Pupils and parents have been contacted separately about this programme.

	SUBJECTS AVAILABLE	APPROX. TIMES
MON	English Maths RE Catering	15:30-16:30
TUES	French English Business Computer Science Maths BTEC Sport RE Engineering	15:30-16:30
WED	Geography German Maths BTEC Sport RE Spanish History	15:30-16:30
FRI	Science RE	15:30-16:30

UNIVERSAL OFFER: REVISION CLASSES

CORE SUBJECTS: ENGLISH, MATHS, RE, SCIENCE

The staff are offering an after school revision programme. This is a programme that is free to all pupils who wish to attend. The timetable below outlines what is on offer.

ENGLISH	<p>Microsoft Teams Boosters the evening before every exam (exact time will be posted on social media- Facebook and Instagram: @stbenedictsenglish);</p> <p>Wednesday: 15.30-16.30 screenings of literature texts with teacher explanation (from Easter) dates will be posted on social media for each text.</p>
MATHS	<p>Monday: 15:30-16:30</p> <p>Foundation: B307 Miss Tremble</p> <p>Higher: B305 Mr France</p>
RE	Tuesday: 15:30-16:30
SCIENCE	See the plan below. The department is offering weekly revision sessions organised by topic.

SCIENCE WEEKLY REVISION PLAN

Number of weeks to Summer Exams	Week Beginning	Biology					Chemistry					Physics				
		Day	Time	Room	Member of Staff	Topic	Day	Time	Room	Member of Staff	Topic	Day	Time	Room	Member of Staff	Topic
11	19-Feb	Fri	2.30 - 3pm	C204	FT	Cell Biology	Wed	3.30 - 4pm	C104	AWS	Atomic Structure & The Periodic Table	Fri	1.05 - 1.35pm	C102	KB	Energy
10	26-Feb	Fri	2.30 - 3pm	C203	MTM	Organisation	Mon	1.05 - 1.35pm	C105	KK	Bonding, Structure & the Properties of Matter	Tues	3.30 - 4pm	C205	WJ	Electricity
9	04-Mar	Fri	2.30 - 3pm	C202	MO	Infection & Response	Mon	1.05 - 1.35pm	C105	KK	Quantitative Chemistry	Fri	1.05 - 1.35pm	C102	KB	Particle Model of Matter
8	11-Mar	Fri	2.30 - 3pm	C203	MTM	Bioenergetics	Wed	3.30 - 4pm	C104	AWS	Chemical Changes	Mon	3.30-4.00	C204	KP	Atomic Structure
7	18-Mar	Fri	2.30 - 3pm	C203	MTM	Homeostasis & Response	Fri	2.30 - 3pm	C202	MO	Energy Rates	Mon	1.05 - 1.35pm	C205	WJ	Forces
6	25-Mar	Fri	2.30 - 3pm	C202	MO	Inheritance, Variation & Evolution	Wed	3.30 - 4pm	C104	AWS	The Rate & Extent of Chemical Change	TBC			KMK	Waves
5	01-Apr	EASTER HOLIDAYS														
4	08-Apr	EASTER HOLIDAYS														
3	15-Apr	Mon	1.05 - 1.35pm	C104	CR	Ecology	Mon	1.05 - 1.35pm	C105	KK	Organic Chemistry	TBC			KMK	Magnetism & Electromagnetism
2	22-Apr	Thurs	1.05 - 1.35pm	B104	MTM	Working Scientifically (Biology) - Extended Response Questions	Wed	3.30 - 4pm	C104	AWS	Chemical Analysis	Mon	3.30-4.00	C204	KP	Space Physics
1	29-Apr	Mon	1.05 - 1.35pm	C104	CR	Working Scientifically (Biology) - Graphs	TBC			AK	Chemistry of the Atmosphere	TBC			KMK	Paper 1 - Required Practicals
	06-May	TBC			AK	Paper 1 - Required Practicals	Mon	1.05 - 1.35pm	C105	KK	Using Resources	Mon	3.30 - 4pm	C205	WJ	Working Scientifically (Physics) - Equations
	13-May	Mon	1.05 - 1.35pm	C104	CR	Working Scientifically (Biology) - Describe & Explain	TBC			AK	Paper 1 - Required Practicals	Fri	2.30 - 3pm	C204	FT	Working Scientifically (Physics) - Graphs
	20-May	Mon	1.05 - 1.35pm	C104	CR	Paper 2 - Required Practicals	Mon	1.05 - 1.35pm	C105	PMP	Paper 2 - Required Practicals	TBC			KMK	Paper 2 - Required Practicals

UNIVERSAL OFFER: REVISION CLASSES

OPTION SUBJECTS

	SUBJECTS AVAILABLE	APPROX. TIMES
MON	Business Studies French: Higher	15.30-16.15 15:30-16:30
TUES	Computer Science French: Foundation	15:30-16:30 15:30-16:30
WED	Spanish History German	15:40-16:40 15:40-16:40 15:30-16:30

Outside of the times above, some departments run holiday sessions. As these are organised departments will contact pupils and parents via EduLink and on school social media.

DT/Engineering: Drop in sessions are available after school. Please speak to your teacher beforehand.

Geography: Please speak to your teacher.

THE PROCESS OF REVISION

1



START AS EARLY AS YOU CAN

Cramming at the last minute is stressful and has limited success.

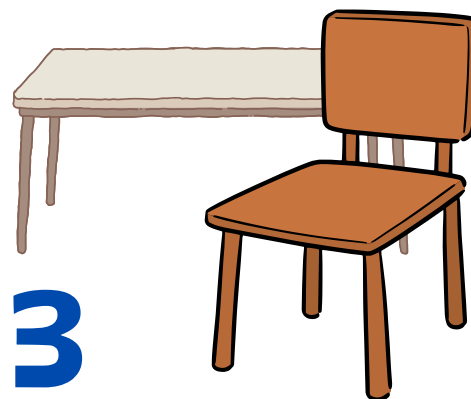
2



MAKE A PLAN

Work out how much time you have and how long you can spend on each subject.

3



CREATE A STUDY SPACE

Find a quiet spot away from distractions and keep your things all in one place.

4



MIX IT UP

Cramming at the last minute is stressful and has limited success.

5



TAKE REGULAR BREAKS

Work out how much time you have and how long you can spend on each subject.

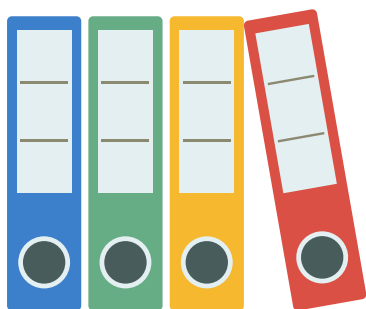
6



REVISE WITH A FRIEND

Find a quiet spot away from distractions and keep your things all in one place.

7



USE PAST PAPERS

These are a great way to get used to exam format and testing what you have learnt. They can be downloaded from the Revision Hub.

8



EAT HEALTHY

Certain foods boost your brainpower and will help you remember more.

PLANNING YOUR REVISION:

You should be aiming to revise THREE subjects per day. Try to ensure through the week you revise all subjects equally and regularly.

Plan out what you will revise before you start.

If you attend a subject specific revision session, beyond your normal lessons, then include this in your revision plan.

Also note down what resources you will use from the Revision Hub.

Don't forget to build in some time to relax.

REVISION PLAN TEMPLATE: WEEKLY

WEEK START DATE: _____

	Subject 1	Topics to cover	Subject 2	Topics to cover	Subject 3	Topics to cover
MON						
TUES						
WED						
THURS						
FRI						
SAT						
SUN						

Resources I need to download from the Revision Hub:

REVISION PLAN TEMPLATE: **DAILY**

Don't forget to build in some time to relax.

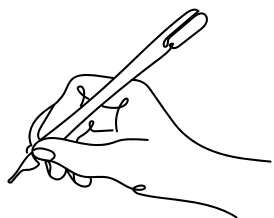
WEEK START DATE: _____

	MON	TUES	WED	THU	FRI	SAT	SUN
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							

Retrieval Practice

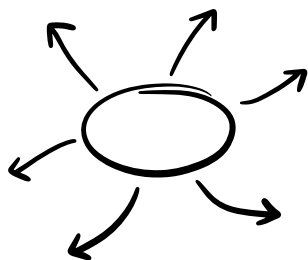
Retrieval practice is the act of recalling information without having it in front of you.

Research shows this is far more effective than reading and re-reading.



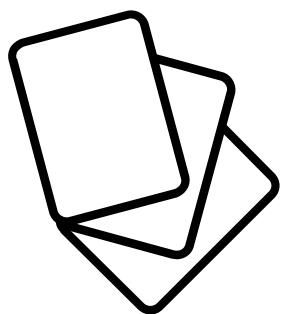
MIND MAPPING AFTER CLASS

Write everything you know about a topic straight after school.



REVIEW YOUR MAPS A FEW HOURS LATER

Cover your mind map and see how much you can remember. Highlight any information you couldn't remember and revise it again.

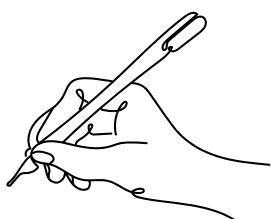


MEMORY CARDS: NEXT REVISION SESSION

Create memory cards with answers on the back and test your knowledge. Repeat every few sessions.

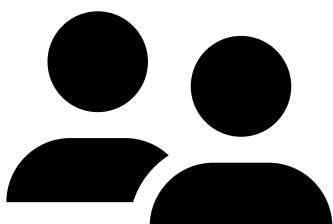
Spaced Practice

Spaced practice is the theory that short, sharp bursts of learning are more effective than cramming just before the exam.



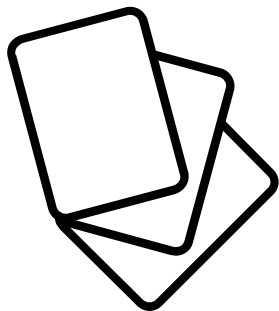
WRITE IT DOWN

Try writing down everything you know about a topic. Then go back and check to see what you have missed.



PARTNER UP

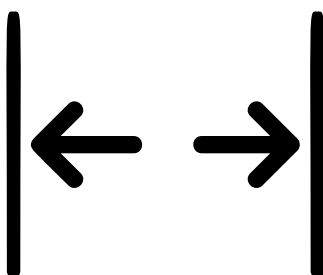
Get together with a friend and write down everything you can remember about a topic. Compare notes and see what's missing. You could do this in real life or virtually through Facetime, Teams, Zoom, Whatsapp video call etc



FLASH CARDS

Make some flash cards and then try recalling the information on them.

'SPACE OUT' YOUR PRACTICE



Retrieval practice is even more effective if it's done in short bursts over time rather than in a single long session. The struggle involved trying to recall information strengthens your long term learning.

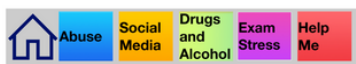
DON'T GIVE UP

It may feel hard at first but the more times you practise recalling the more information you will be able to bring to mind. It will get easier.

HOW TO DEAL WITH EXAM STRESS

The Revision Hub has a whole section about dealing with exam stress and how to deal with worries about the forthcoming exams.

Helping you with your preparation for the exams



What's New?



Exam Stress

Click on the 'Exam Stress' button opposite to explore way to deal with exam stress.

You can find out more information by visiting these sites:

- [Coping with exam pressure - a guide for students - Ofqual](#)
- [Mind.org Exam Stress](#)
- [Young Minds Exam Stress](#)

Talking Always Helps

If you want to talk to someone you can:

- Speak to any member of staff in school, including your tutor, learning mentor or head of year.
- Click on the 'Help Me' button on the screen opposite and fill in the message.

WHO TO TALK TO

You can talk to any one you feel comfortable with

learning mentors, a teacher you get on with, your head of year, canteen staff...anyone

If you prefer to use the world wide web then the Revision Hub has a number of links to organisations you can talk to.

If you are worried about your mental health, there are the Sixth Form mental health ambassadors. Contact Mrs Kar to book an appointment.

You can also request to speak to somebody via the "Stay Safe" app. You can access this via Teams or the 'Revision Hub'.



St Benedict's Catholic High School

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