

Year 11 Parent & Carer Information Evening



**DOWNEND
SCHOOL**

**Supporting your child to prepare for their
GCSEs**

Year 11 - Aims for the Year

Prepare students for GCSE success – build effective revision habits, confidence and exam readiness.

Support every student towards their next step – ensure they understand Post 16 options, entry requirements and have clear plans.

Develop the habits that drive achievement – promote strong attendance, punctuality, organisation, effort and independent learning.

Provide timely academic and pastoral support – identify concerns early and respond quickly using assessment, attendance and wellbeing information.

Help students finish Year 11 positively – build resilience, support wellbeing, celebrate progress and reinforce that effort leads to success.

Important Dates This Year

Thursday 22 October	Downend Sixth Form open evening
Tuesday 3 November	PPE1 begins (1st round of mocks)
Start of December	Progress Review 1 issued
Thursday 10 December	Yr 11 Parents Evening 1
Monday 1 February	PPE 2 begins (2nd round of mocks)
Middle of March	Progress Review 2 issued
Wednesday 24 March	Yr 11 Parents Evening 2
w/c Monday 10 May	Written GCSE exams begin

PPE1: Tuesday 3 - Friday 13 November

- The examinations provide a snapshot of where students are **NOW**.
- The timetable for the November mocks has been shared with students on Google Classroom.
- If students have any questions about the timing or format of their examinations, or how they should prepare for them, they should consult their subject teacher.
- Students should approach these examinations as they would do the real GCSE exams.

PPE1: Tuesday 4 - Friday 14 November

	Date	1&2	3	4&5
Wk B	02/11 (Mon)	INSET DAY		
	03/11 (Tue)	English Literature		Business (Paper 1)
	04/11 (Wed)	Maths	History	
	05/11 (Thur)	Biology		MFL 1 (Writing)
	06/11 (Fri)	Chemistry		Engineering/Electronics
Wk A	09/11 (Mon)	Geography		Maths
	10/11 (Tue)	Media		RS
	11/11 (Wed)	Physics		
	12/11 (Thur)	Maths		MFL 2 (Reading/Listening)
	13/11 (Fri)	Drama Computing		Music (in A2)

2 exams per day
to reflect the
summer GCSE
timetable

Art examinations will take place on Wednesday 18th and Thursday 19th November. Students will be informed of the details by their art teacher.

**There are no examinations for Sports Studies/DT/Food/PSHE/Core PE*

Revision Guidance in School

- **Subject teachers**
 - Revision content
 - Revision methods
 - Exam question / past paper practice
- **Year 11 assemblies**
 - How to revise Maths, English and Science
 - Getting organised for PPEs and GCSEs
 - Exam anxiety
- **Tutor time**
 - Revision timetable
 - Retrieval quizzes

Year 11 Tutor Revision Knowledge Retrieval Quizzes



Term 1

Name: _____

English revision: Christmas Carol plot

Stage 1: Questions

1. What was this novella written in?
2. How does Dickens describe Scrooge's character at the beginning of the novel?
3. What do the similes "solitary as an oyster" and "hard and sharp as flint" reveal about Scrooge?
4. Why is Scrooge's attitude toward Christmas ironic, considering the novella's message?
5. How does Fred try to persuade Scrooge to celebrate Christmas?
6. What does the treatment of Bob Cratchit reveal about Scrooge's character?
7. How does Scrooge respond to the charity collectors, and what does this indicate about Victorian attitudes to poverty?
8. What is the significance of the phrase "Are there no prisons? Are there no workhouses?"
9. How does Dickens use the weather to reflect Scrooge's personality?
10. Describe the physical appearance of Jacob Marley's ghost.



Your Role

How can you support over the coming weeks and months?

- **Attendance** matters - every day and on time
- **Independent revision** - routine, resources, setting
- Attendance at coursework and/or revision sessions
- Discuss progress and challenges
- Encourage discussions with teachers
- Help maintain a **work/life balance**



Working Together to Improve School Attendance

- Imagine education as a jigsaw puzzle.
- Every lesson is another piece.
- Miss a lesson → miss a piece of learning.
- Miss several lessons → gaps can begin to appear.



'It's only
one day...'

'I'll go in
tomorrow...'

'I don't even have
important lessons
that day...'

Students on average are likely to
achieve **two grades below your
target grade** if their attendance falls
below 90%

Attendance Matters



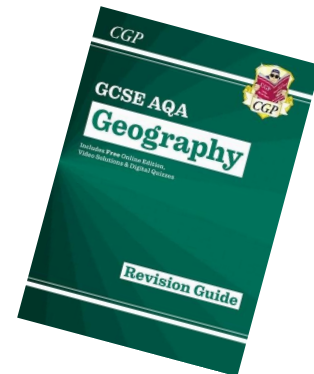
Sol Attendance
Sustainable Impact

100%	0 DAYS	0 LESSONS MISSED
99%	1 DAY	5 LESSONS MISSED
98%	3 DAYS	15 LESSONS MISSED
97%	1 WEEK	25 LESSONS MISSED
96%	1.5 WEEK	37.5 LESSONS MISSED
94%	2 WEEKS	50 LESSONS MISSED
93%	2.5 WEEKS	62.5 LESSONS MISSED
92%	3 WEEKS	75 LESSONS MISSED
90%	3.5 WEEKS	82.5 LESSONS MISSED

**Maximise your potential.
Attend School every day.**

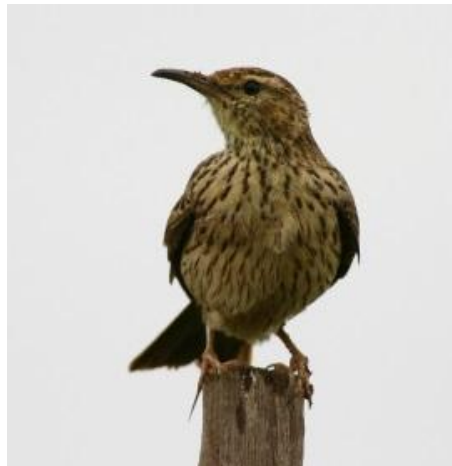
Independent Revision at Home

- Encourage your child to begin and maintain **regular, independent revision**.
- Support them in following the guidance provided by subject teachers on **what content to revise and how to revise effectively**.
- Encourage your child to **speak to their teacher if they have any questions or concerns** about their learning.
- Remind them to make use of **Google Classroom and the school website** for revision materials and information.
- Plan their revision with a **realistic timetable**.
- Regularly **review and test their knowledge**.
- Focus on **areas that need the most improvement**.
- Stay **organised and prepared** with materials, equipment and online access.



Independent Revision at Home

- 1 - 2 hours of revision each day, but may be more or less depending on circumstances.
- In any non-school days complete up to 4 hours.
- This can be structured in numerous ways - 20 minute bursts with 5 minute breaks; or longer 45 minute sessions with breaks. Experiment and see what works best!
- Lark or owl?



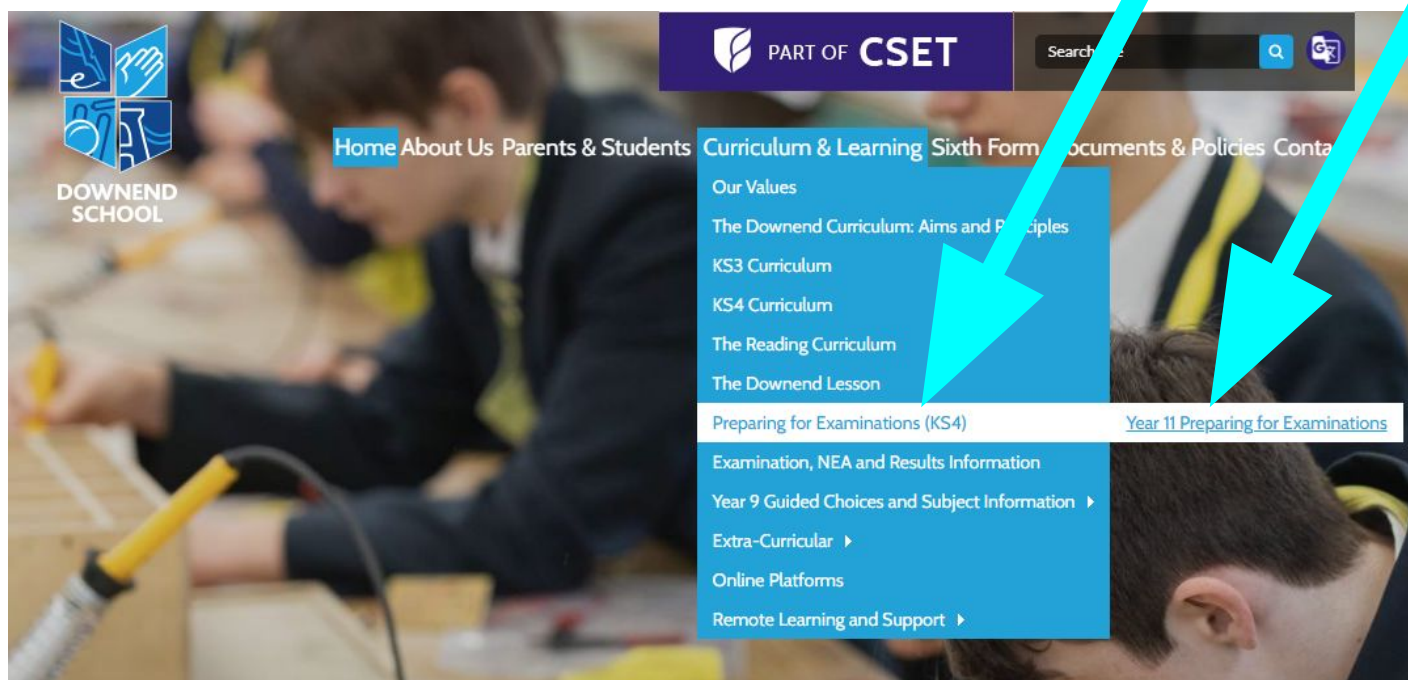
School Website

KS4 Curriculum Maps



School Website

Year 11 Preparing for Examinations



Revision Guidance on our Website

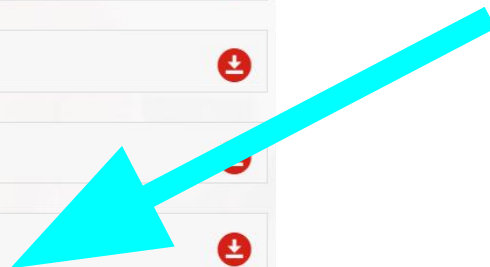
Guided Revision: At Home Revision

Each department has provided students with a revision list with weekly tasks to complete from January to May. This helps students plan their weekly revision and manage their time effectively. Please see below for details of individual subjects:

Subject Revision Information

PDF	Business Studies	↓
PDF	Computer Science	↓
PDF	Design Technology Timber Textiles docx	↓
PDF	Drama	↓
PDF	Engineering Manufacturing docx	↓
PDF	Engineering Programmable Systems docx	↓
PDF	English	↓
PDF	Food Preparation and Nutrition	↓
PDF	French	↓

**Week by week
revision
guidance from
January to
GCSE exams**



Yr 11 Parent and Carer Newsletter



DOWNEND
SCHOOL

Home About Us Parents & Students Curriculum & Learning Sixth Form Documents



DOWNEND
SCHOOL

Year 11 Newsletter

Issue: 1 - Monday 21st September 2026

Dear Parents and Carers,

It has been wonderful to welcome Year 11 back this term and to see them start their new year. There are busy times ahead and we wanted to take this opportunity to welcome you to term 1 so that you can support your child over the next few weeks with plans organised with revision, ready for the upcoming PPEs.

Parents & Carers Information Evening

We hope you will join us on **Tuesday 6th October, 6–7pm** for our Year 11 Parents' Information Evening, held **in person in the main hall**. The session will cover practical information for your child as they prepare for their mock exams (PPEs) and GCSEs, including



PART OF CSET

Search site

Curriculum & Learning

Our values

The Downend Curriculum: Aims and Principles

KS3 Curriculum

KS4 Curriculum

The Reading Curriculum

The Downend Lesson

Preparing for Examinations (KS4)

Examination, NEA and Results Information

Year 9 Guided Choices and Subject Information ▶

Extra-Curricular ▶

Online Platforms

Remote Learning and Support ▶

Revision Timetable

- Plan exam preparation with this **free printable revision timetable on our website**
- Make best use of time whilst maintaining work/ life balance
- Helps your child (and you) feel in control
- Gives a place to start

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date:							
9 – 11am							
11am – 1pm							
1 – 3pm							
3 – 5pm							
5 – 7pm							
7 – 9pm							

Revision Timetable Example: Term Time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date:							
9 – 11am	School					Free time / work	Rest
11am – 1pm							Gym
							DT
1 – 3pm							Lunch
	Business						
3 – 5pm	Free time	Gym	History	Gym	Free time		Sci EQ
	Sparx		Sparx		Maths EQ		DT
5 – 7pm	English	Sparx	English	Maths EQ	English		
	History	Business	Free time	Business	History		
7 – 9pm	Dinner						
	Seneca	Seneca	Seneca	Free time	Free time		Free time

Revision Timetable Example: Half Term

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date:							
9 – 11am	Lie in	Lie in	Go for a bike ride				
11am – 1pm	Science History	Sparx Maths French	English Science - past paper	History		Shopping	Training
1 – 3pm	Lunch Sparx Maths Geography	Lunch	Lunch Sparx Maths DT	Lunch	Lunch	Lunch	Lunch
3 – 5pm	Go for a walk	Tassomai History	Geography	Meet friends	History French	Meet friends	Tassomai History
5 – 7pm	Tea Gaming	Tea	Tea	Tea	Tea	Tea	Tea
7 – 9pm		Gaming	Tassomai English		English Geography		



Display the
revision
timetable
where
everyone
can see it!

How to Revise



- Professor John Dunlosky reviewed 1,000 scientific studies looking at 10 of the most popular revision strategies.

How NOT to Revise!

- Re-reading
- Highlighting
- Cramming



These strategies are **not very effective**, especially if students want to retain the knowledge!

How to Revise

- The two top-rated strategies for independent revision were:

Self quizzing (retrieval practice): testing yourself to check knowledge

Distributed practice: spreading study out over time with a schedule

Self Quizzing (Retrieval Practice)

"Students who test themselves or try to retrieve material from their memory learn that material better in the long run."

- Flash cards
- Recall quizzes (Seneca, Sparx, BBC Bitesize etc.)
- Mind maps
- In school: Do Nows and tutor retrieval quizzes

"A century of research has shown that repeated testing works."

Distributed Practice

- Spacing out study sessions over time so that content is revisited
- Multiple shorter study sessions more effective than one long session - similar to learning a dance or improving gaming skills
- Given the **same amount of time**, students who **distribute** their practice **retain knowledge and skills** for a longer period of time than those who cram
- But beware, cramming *feels* more effective!

Strengthening the Student Toolbox

Study Strategies to Boost Learning



BY JOHN DUNLOSKY

gies are actually the most effective,¹ and at least on the surface

THE **POMODORO** TECHNIQUE

①



**Decide on the
Task That
You Need to
Do**

②



**Set the
Timer to 25
Minutes**

③



**Work on the
Task Until the
Timer Rings**

④



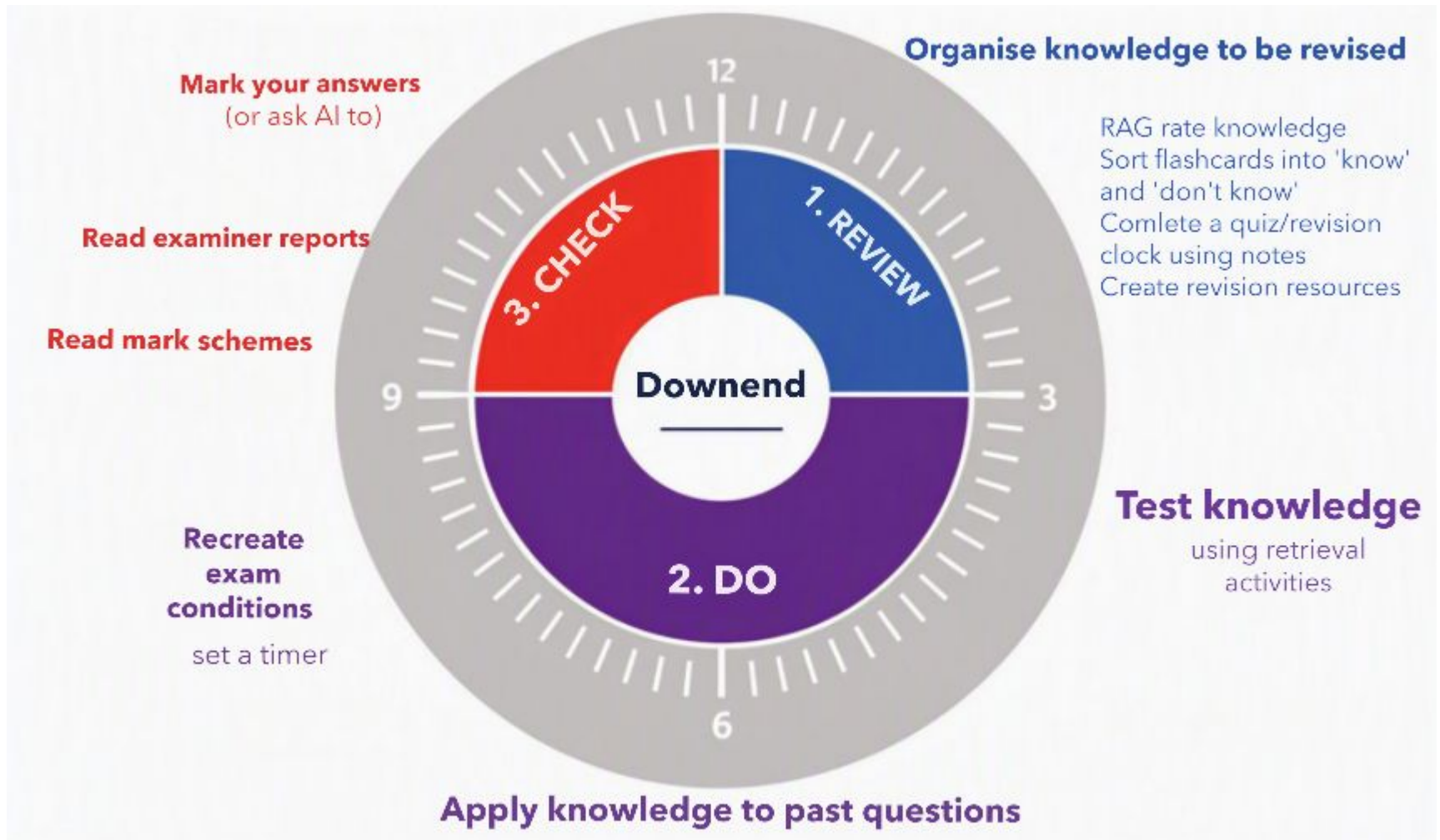
**Take a Short
5 Minute
Break**

⑤



**After 4
Cycles Take a
15-30 Minute
Break**

The Revision Clock



Using AI to Support Revision

AI should be used to	AI shouldn't be used to
• Create quizzes and flashcards from your notes. • Test your knowledge with questions on a topic. • Explain concepts in different ways if you are stuck. • Generate revision timetables and study plans. • Mark practice answers against success criteria or mark schemes. • Identify gaps in your understanding. • Help you improve and redraft your work.	• Complete homework or coursework for you. • Write essays or answers that you submit as your own. • Replace revision, reading, or independent thinking. • Generate answers without checking they are correct. • Be relied on as your only source of information. • Do the learning for you.

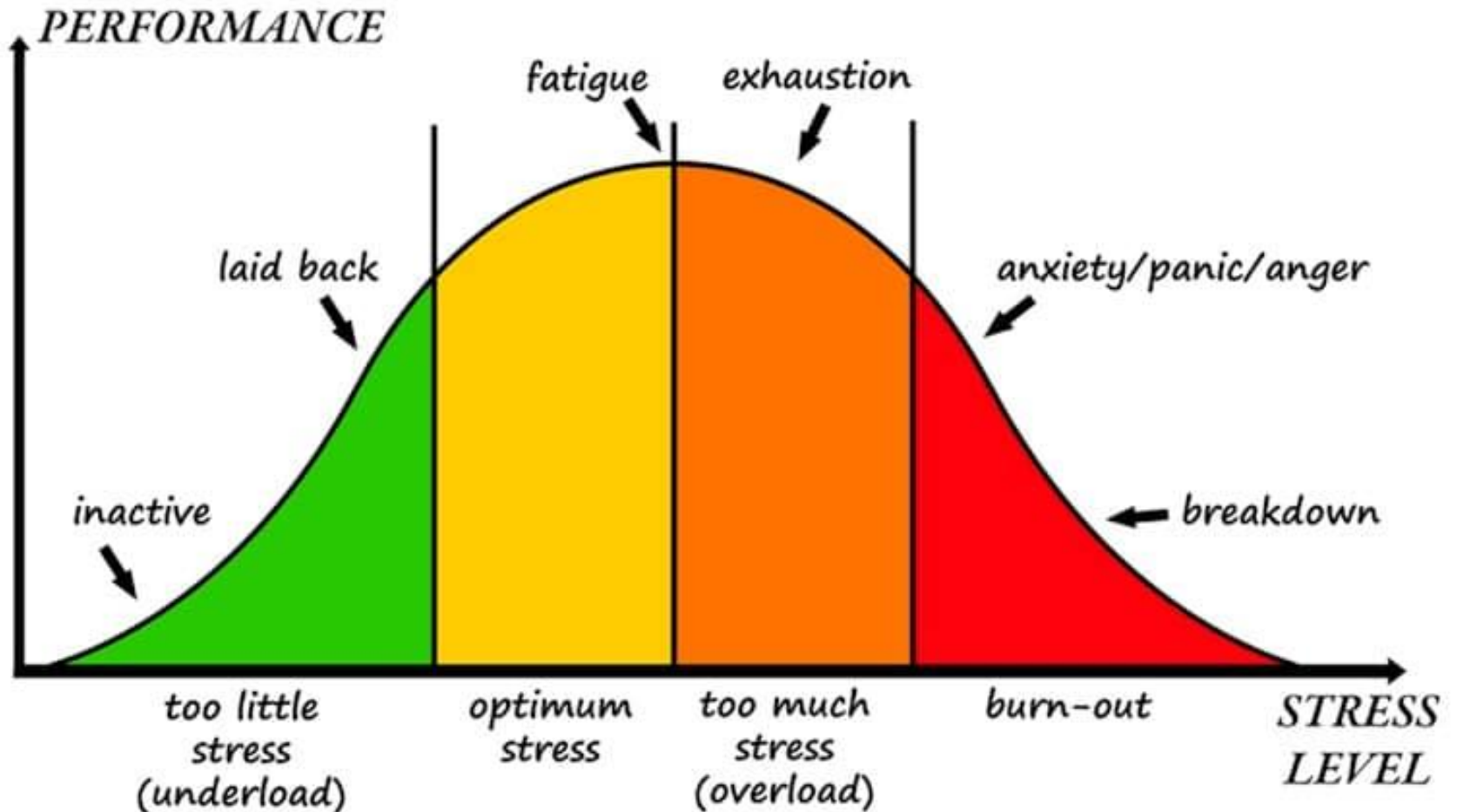
Ask AI to test you, explain to you, and give feedback to you, not to do the work for you.

Look after yourselves



YOUR WELLBEING MATTERS AS MUCH AS YOUR GRADES

Stress Curve



Ways to Manage Stress



Positive relationships are the building blocks of mental health. **Time with friends and family** is important!



Eat good food: plenty of fresh fruit and veg, lean meat or legumes, calcium rich foods and whole grains.



Exercise burns off the 'stress hormone' cortisol and helps the body relax.



One of the biggest causes of stress in teenagers is lack of **sleep**. They need about 8-10 hours of sleep a night. Stop revising at least an hour before bed.

Ways to Manage Stress

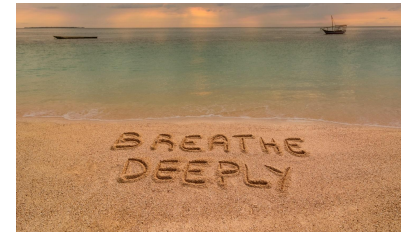


Drink plenty of water

Research shows that as little as 1% dehydration negatively affects your mood, attention, memory and motor coordination.

Relaxation

Go for a walk / bike ride, walk in nature, read a book, listen to music...



Text 85258 for urgent mental health support

THE MIX

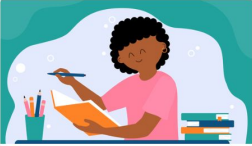
Get involved ▾ Get support ▾



School and university ▾ Student life ▾ Exams

Coping with exam stress

It's important to manage your stress about schoolwork so that you don't end up getting overwhelmed. The Mix talks you through some tips for coping with exam stress.



School and university ▾ Exams

Revision tips for exams

Revising is an unfortunate fact of life, but a lot of people don't know how to go about it. The Mix are here to give you what we think are the best revision tips and techniques to help you study for exams.



School and university ▾ Exams

The pressure to do well in exams

Take breaks, manage expectations, offer yourself some kind words and you're guaranteed to do better in your examinations. The Mix breaks down the pressure to do well in exams.





Chatbot (beta)

Hey there, how can we help?
Ask us a question

kooth Log in

What is Kooth?



Hey, how do you feel today?
Today I feel...
You can also write how you feel and why.

01:30

Sign up for free

Whatever you're feeling, we're here to help

Get free, safe and anonymous support.

Mini-activities to boost your wellbeing

Loads more to try on Kooth, [sign up for free](#) to check them out.

Manage emotions

Make your own coping box

Try activity →

Manage emotions

Create a 'good mood' playlist

Try activity →

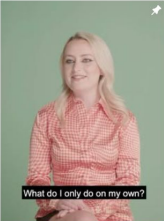
Helpful habits

Practice being present

Try activity →

Instagram Log in Sign Up

POSTS REELS TAGGED



What do I only do on my own?



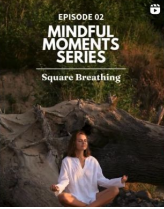
This is for those who feel the struggle from time to time.



Chunk



keoth



EPISODE 02
MINDFUL MOMENTS SERIES
Square Breathing



THIS MENTAL HEALTH AWARENESS WEEK ...
WE'RE CELEBRATING COMMUNITY!

keoth | ecom

OTR

OTR is a **mental health social movement by and for young people aged 11-25** living in Bristol and South Gloucestershire. Getting free support couldn't be easier. **Come along to one of our regular Hubs** or explore this website and sign-up directly to the **project or service** you want to try.

5

5 things you should know about OTR

▶

How to use the OTR site

Parent Guide to Education - Webinar



[SIGN UP](#)
[HERE](#)

Feeling unsure how to help your child through GCSEs without constant arguments or overwhelm? You're not alone.

Join us for this free, one-hour webinar to uncover the real secret to GCSE success - and how you as a parent can make the biggest difference (without needing to be a subject expert).

We'll cover:

- What makes some students sail through, while others struggle
- The emotional rollercoaster of Year 11 - and how to survive it
- Practical revision tips and mindset strategies that actually work

Whether your teen's getting ready to start GCSEs, or already knee-deep in mocks, this session will leave you feeling informed, empowered, and (finally) a bit more in control.



Next Steps - How you can help

- Sign up for open events.
- Think about are the courses the right type of study
- Think about the travel
- Think about the progression routes.
- Make sure they have a plan A & B
- Apprenticeships usually much later in the year, so best to have a college or sixth form place alongside – different levels of apprenticeships

Career Interviews



Every Year 11 student is entitled to a careers appointment, whether they already know their next steps or are still unsure.

Discussions with action point, especially around Sixth Form, college courses and apprenticeships

After the appointment, a personalised careers action plan will be sent home to support further conversations and planning.

Next Steps



We would love the opportunity to tell you more about our Sixth Form and the courses we offer.

We have a wide range of A Level/ Level 3 courses available.

Student assembly on 6th form is on the 19th.

Come along to the open evening to find out more!

OPEN EVENING THURSDAY 22 OCTOBER 5:30 - 8:00PM

Booking is available on the school website.