



# SMITHDON HIGH SCHOOL

## HUNSTANTON

**Year 11 Information and Tutor  
Evening  
Thursday 11 September 2025**

*Work hard, be kind and smile*

# The Year Ahead

Week commencing Monday 29 September 2025 – Year 11 PPE period 1

Week commencing Monday 6 October 2025 – Year 11 PPE period 1

Monday 1 December 2025 - Year 11 Progress Reports and Feedback Forms to Parents

Thursday 15 January 2026 – Year 11 Subject evening

Week commencing Monday 26 January 2026 – Year 11 PPE period 2

Week commencing Monday 2 February 2026 – Year 11 PPE period 2

Week commencing Monday 9 February 2026 – Year 11 PPE period 2

Wednesday 25 March 2026 - Year 11 Progress Reports and Feedback Forms to Parents

GCSE written Exam dates – Thursday 7 May to Wednesday 24 June 2026 (Hospitality and Catering – 3 and 4 December, Art - 30 April and 1 May, Drama, MFL Speaking – week commencing Monday 20 April, Music, PE Moderation will be outside these dates)

Celebration Morning – Friday 19 June 2026

Prom – Thursday 25 June 2026

GCSE Results Day – Thursday 20 August 2026

Booster session timetable to be circulated

Form Time intervention

Saturday Maths is very successful  
contact Mrs Evans for details

# Supporting revision and applications

Our Year 11 Induction day on Wednesday 3 September included the following workshops: -

- Introduction to careers and applications
- Growing your mindset
- Dealing with stress – delivered by the Mental Health Team
- Revision and study techniques

# Post 16 Choices

- Until students are 18 they can either stay in **full-time education**, start an **apprenticeship**, or spend 20 hours or more a week **working or volunteering while in part-time education or training**.
- Students have updated their CVs to include details of work experience and are currently writing their personal statements which will support applications.
- During directed tutor time students will be shown how to investigate post 16 providers (locally and nationally), identifying different courses and study levels appropriate to their predicted grades.

# Applications



Applications will then be completed through Norfolk County Councils Help You Choose website. Students will be shown how to log in and make these applications.

We strongly advise discussions at home regarding these choices, along with booking a virtual one-to-one appointment with our level 6 careers advisor at a time convenient for parents to attend to – either in the evenings or weekends. These can be booked via Miss Fairweather (Smithdon's Careers Lead) along with any questions you may have about the application process or potential routes/courses. Please email

**[s.fairweather@smithdonhigh.org.uk](mailto:s.fairweather@smithdonhigh.org.uk)**

# Revision Techniques



Smithdon High School  
Year 11

## Revision Strategies

Preparing for Exams

Name:

Form:

All students have  
a copy of this  
booklet

# Creating an exam timetable

Students were shown how to construct a revision timetable

Revision timetable

Week Commencing:	Monday	Tuesday	Wednesday	Thursday	Friday
4pm to 6pm					
6pm to 8pm					
8pm to 10pm					

	Saturday	Sunday
8am to 10am		
10am to 12 noon		
12 noon to 2pm		
2pm to 4pm		
4pm to 6pm		
6pm to 8pm		
8pm to 10pm		

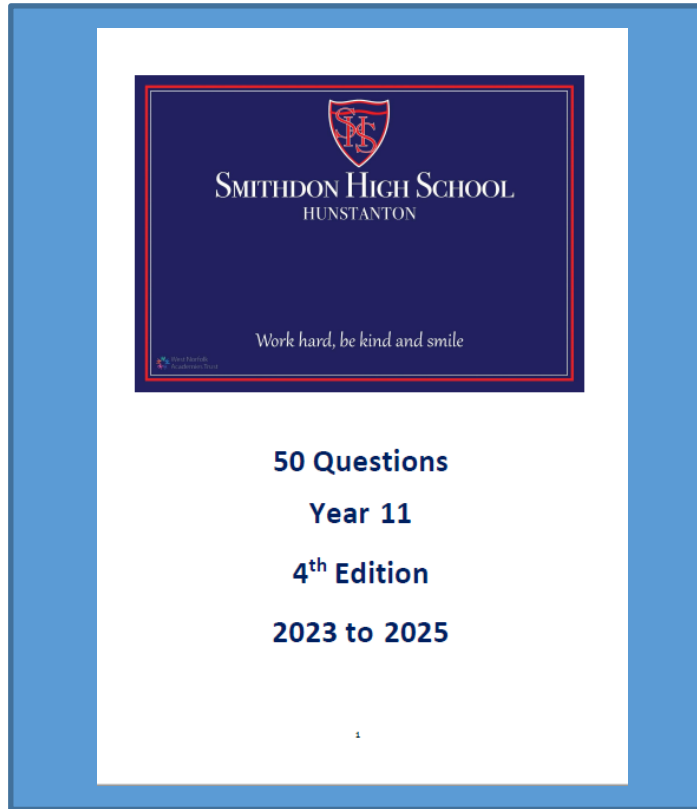
Students were taught how to use several revision techniques



- Flash cards
- 50 Question booklet and self quizzing
- Mind maps
- Revision flowcharts
- Post-it notes
- Brain dumps
- Condensing notes
- Revision clocks
- Mnemonics
- The revision journey

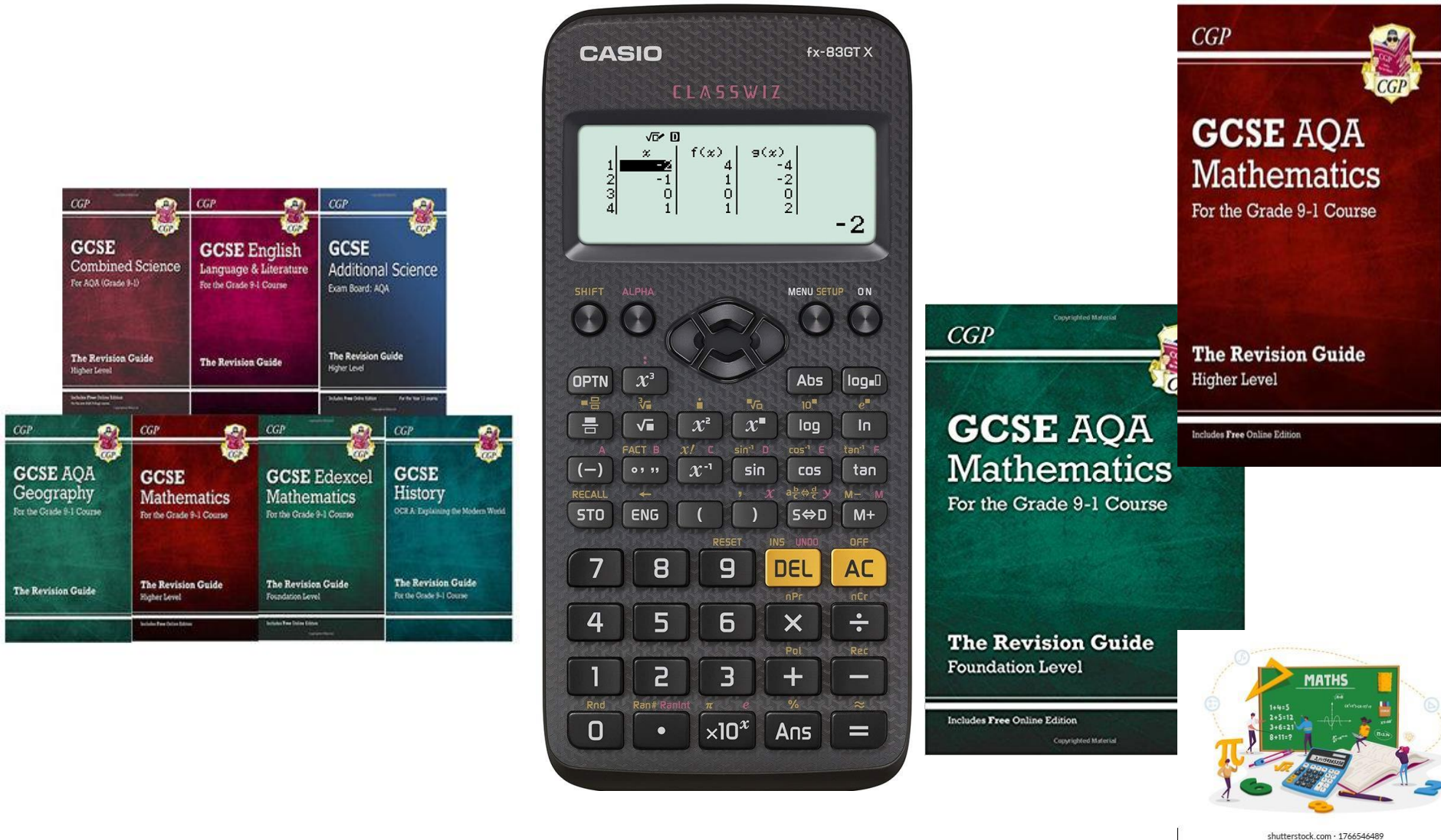


# 50 Questions Booklet



- All students have a copy.
- These are to be brought to every lesson.
- Parents can help students learn the facts.
- Students can tick them off as they know them.

# Useful Resources for Independent Study



GCSE Revision Guides and Casio Scientific Calculators are available to purchase through the online School Shop.

# Key things to include:

- **Rest breaks:**

- Mealtimes
- At least one planned relaxation activity per day  
(a hobby, exercise, computer game, catch up with friends, etc)
- Revision sessions put on in school
- Travel time home from school

- **A variety of subjects, not a block of just one**

(more than an hour on one subject becomes unproductive)

- **Precise revision topics – not just a vague subject reference**

- To ensure you cover all aspects of the subject over the revision periods
- E.g. Maths – geometry, English – writing, Science – biology-bioenergetics

# Attendance and Punctuality



## Attendance Matters



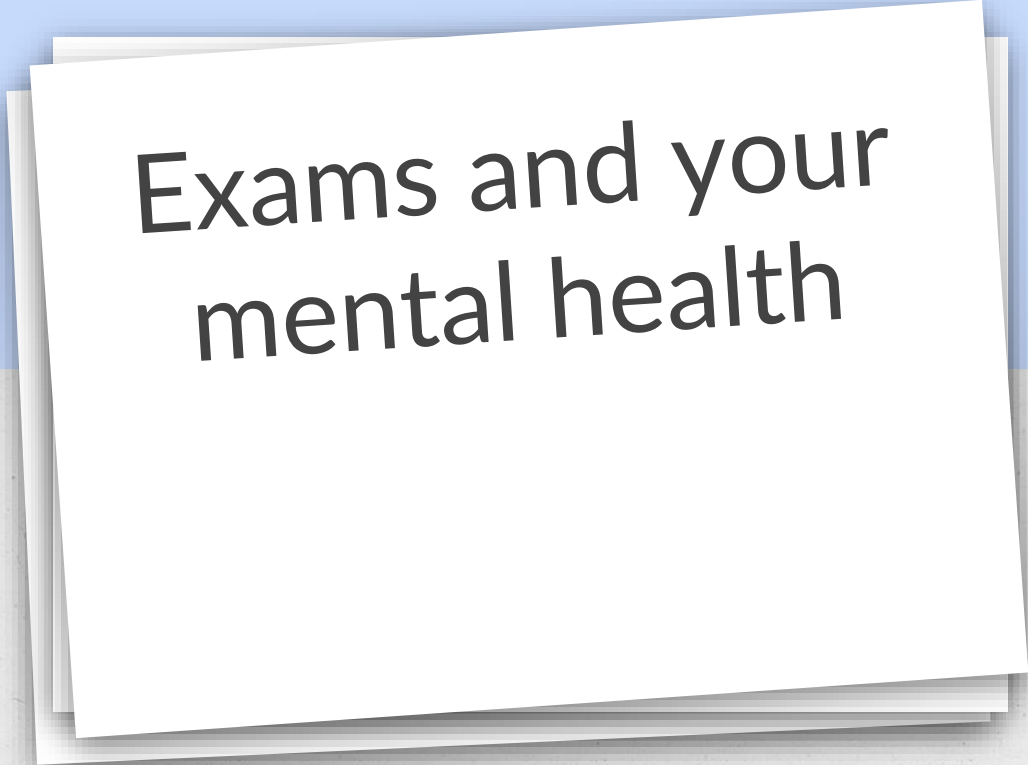
# Attendance

○ Above 95%	=	+0.2
○ 90.1-95%	=	+0.1
○ 80.1-90%	=	0.0
○ 50.1-80%	=	-1.1
○ 0-50%	=	-3.0

# Getting the balance right

- School work
- Paid work
- Leisure



A stack of white papers is shown, slightly offset to the right and bottom, creating a sense of depth. The top paper is the most prominent, displaying the title. The background is split horizontally: the top half is a solid light blue, and the bottom half is a textured light grey.

# Exams and your mental health





Routine



The image features a stack of three white rectangular cards. The top card is slightly offset to the right and forward, revealing the edges of the two cards beneath it. The cards are placed on a background that is split horizontally: the top half is a solid light blue, and the bottom half is a light grey with a subtle, fibrous texture. The text 'Eat Well' is printed in a simple, black, sans-serif font, centered on the top card. The overall composition is clean and minimalist.

Eat Well

## Good eating routines for exams

Always eat breakfast.  
Start your day with a breakfast high in carbohydrate - cereal or toast.

Avoid stodgy heavy food at lunch, this can make you feel tired and sluggish.

Base your evening meal on the eatwell guide, this will give you a good balance of all the nutrients you need.

Drink water throughout the day to keep Hydrated.



## Good foods to eat and foods to avoid

Good foods -

- Fish - high in omega 3, helps brain function
- Cereal, pasta, rice, potatoes (not chips) - high in carbohydrate, you slow release energy
- Eggs, lean meat, milk and soya - protein filled foods help with concentration and mental capacity.
- Bananas, cereal bars(low sugar) and carrots stick etc - all healthy snacks.



Foods to avoid -

- Fatty foods, crisps, sausage rolls, chicken burgers - anything deep fried.
- Sugary foods - sweets, cakes, biscuits - you will a little boost in energy but that will then cause a drop and you will be left feeling more tired than before.
- Drinks high in sugar and/or caffeine



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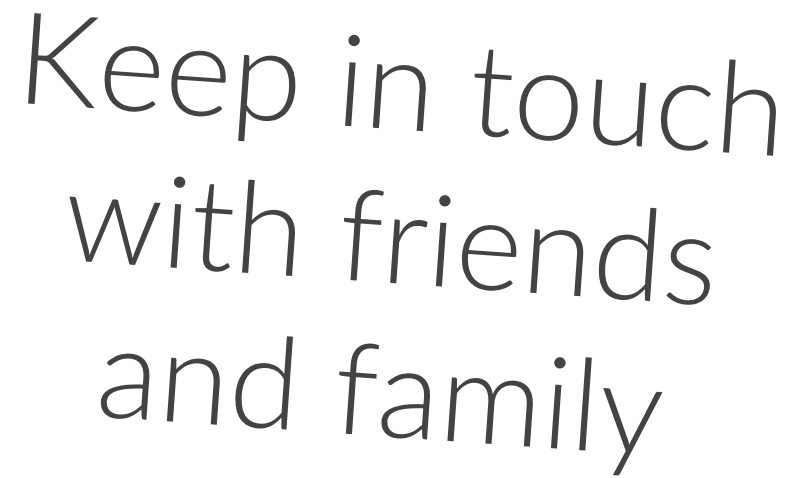
Sleep well

A stack of three white rectangular sticky notes is centered in the image. The top note is slightly offset to the right and down, revealing the edges of the two notes beneath it. The background is split horizontally: the top half is a solid light blue, and the bottom half is a light grey with a subtle, fibrous texture.

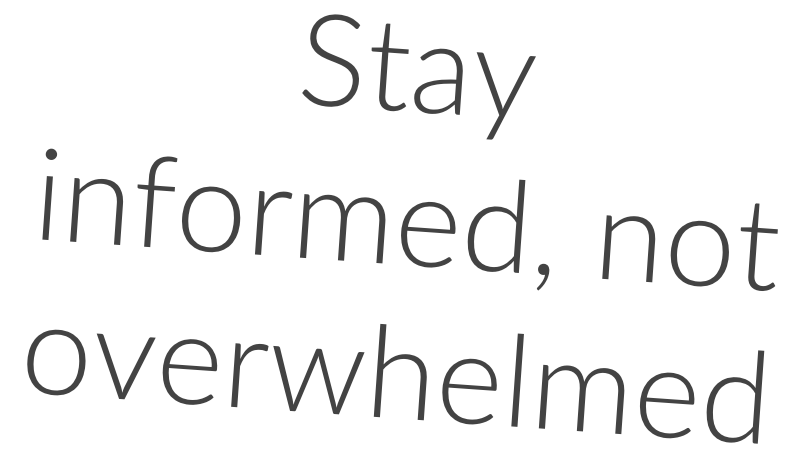
Keep active

A stack of white sticky notes is centered on a background split horizontally into a light blue top half and a light grey bottom half. The top sticky note is slightly offset to the right, revealing the edges of the ones underneath. The text 'Keep learning' is printed in a black, sans-serif font on the top note.

Keep  
learning

A stack of white sticky notes is centered on a background split horizontally into a light blue top half and a light grey bottom half. The top sticky note is slightly offset to the right and down, revealing a second note underneath. The text on the top note is written in a black, sans-serif font.

Keep in touch  
with friends  
and family

A stack of white sticky notes is centered on a background split horizontally into a light blue top half and a light grey bottom half. The top sticky note is slightly offset to the right and down, revealing a second note underneath. The text is written in a black, sans-serif font.

Stay  
informed, not  
overwhelmed



*Work Hard, Be Kind  
and Smile*