SMITHDON HIGH SCHOOL
HUNSTANTON

Year 11 Information and Tutor Evening
Thursday 17 September 2026

Work hard, be kind and smile

West Norfolk Academies Trust

The Year Ahead

Week commencing Monday 28 September 2026 – Year 11 PPE period 1
Week commencing Monday 5 October 2026 – Year 11 PPE period 1

Friday 13 November 2026 - Year 11 Progress Reports and Feedback Forms to Parents

Thursday 14 January 2027 – Year 11 Subject evening

Week commencing Monday 25 January 2027 – Year 11 PPE period 2
Week commencing Monday 1 February 2027 – Year 11 PPE period 2
Week commencing Monday 8 February 2027 – Year 11 PPE period 2

Friday 12 March 2027 - Year 11 Progress Reports and Feedback Forms to Parents

GCSE written Exam dates – Monday 10 May to Wednesday 23 June 2027 (Hospitality and Catering – 26 November to 3 December, Art – 4 and 5 May, Drama, MFL Speaking – week commencing Monday 19 April, Music, PE Moderation will be outside these dates)

Celebration Morning – Monday 21 June 2027

Prom – Thursday 24 June 2027

GCSE Results Day – Thursday 19 August 2027

Booster session timetable circulated

Form Time intervention now taking place

Saturday Maths is very successful
contact Mrs Evans for details

Booster Session Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	**GCSE Geography:** D0.10 (JYe) **GCSE Art:** C30 (SWh)	**GCSE Art:** C30 (SWh)		**GCSE MFL writing revision** T1.1 (LHa) **GCSE Drama**: Revision or rehearsal E25 (VPr) (VPr will offer after school after the school production)	**GCSE Music** T1.3 (ABa) **GCSE Art:** C30 (SWh)
3.00pm to 4pm	**GCSE Maths:** Yr11 Foundation - D0.6 (SEv) Yr11 Higher - D0.5 (AMa) Yr10 Higher - D0.4 (MRo)	**GCSE English Literature:** D1.2 (KCl)	**GCSE DT - NEA Help** E24 (ABi) **FSMQ Additional Maths:** D0.5 (AMa) **GCSE Drama revision** from January - C31 (KBr)	**History revision** D0.2 (ACo) **GCSE DT - NEA Help** E24 (ABi)	**GCSE English (Exam technique & Language):** D1.2 (AWr)

Supporting revision and applications

Our Year 11 Induction day Friday 4 September included the following workshops: -

- Introduction to careers and applications
- Keeping healthy and relaxation techniques
- Dealing with stress – delivered by the Mental Health Team
- Revision and study techniques

Post 16 Choices

CEIAG
CAREERS EDUCATION
INFORMATION, ADVICE & GUIDANCE

- 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.

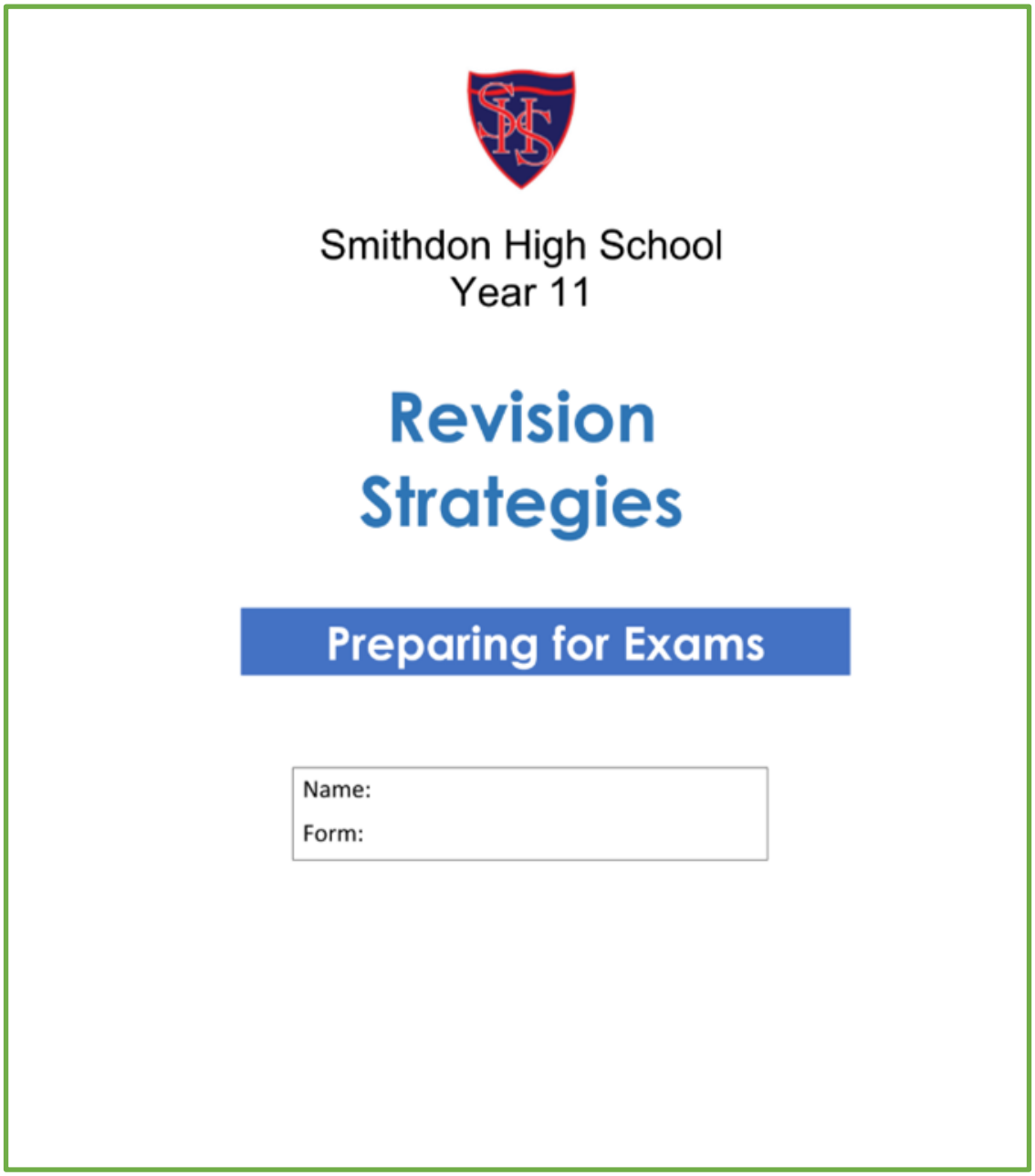
Applications

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**

Revision Techniques

All students have a copy of this booklet



Smithdon High School
Year 11

Revision Strategies

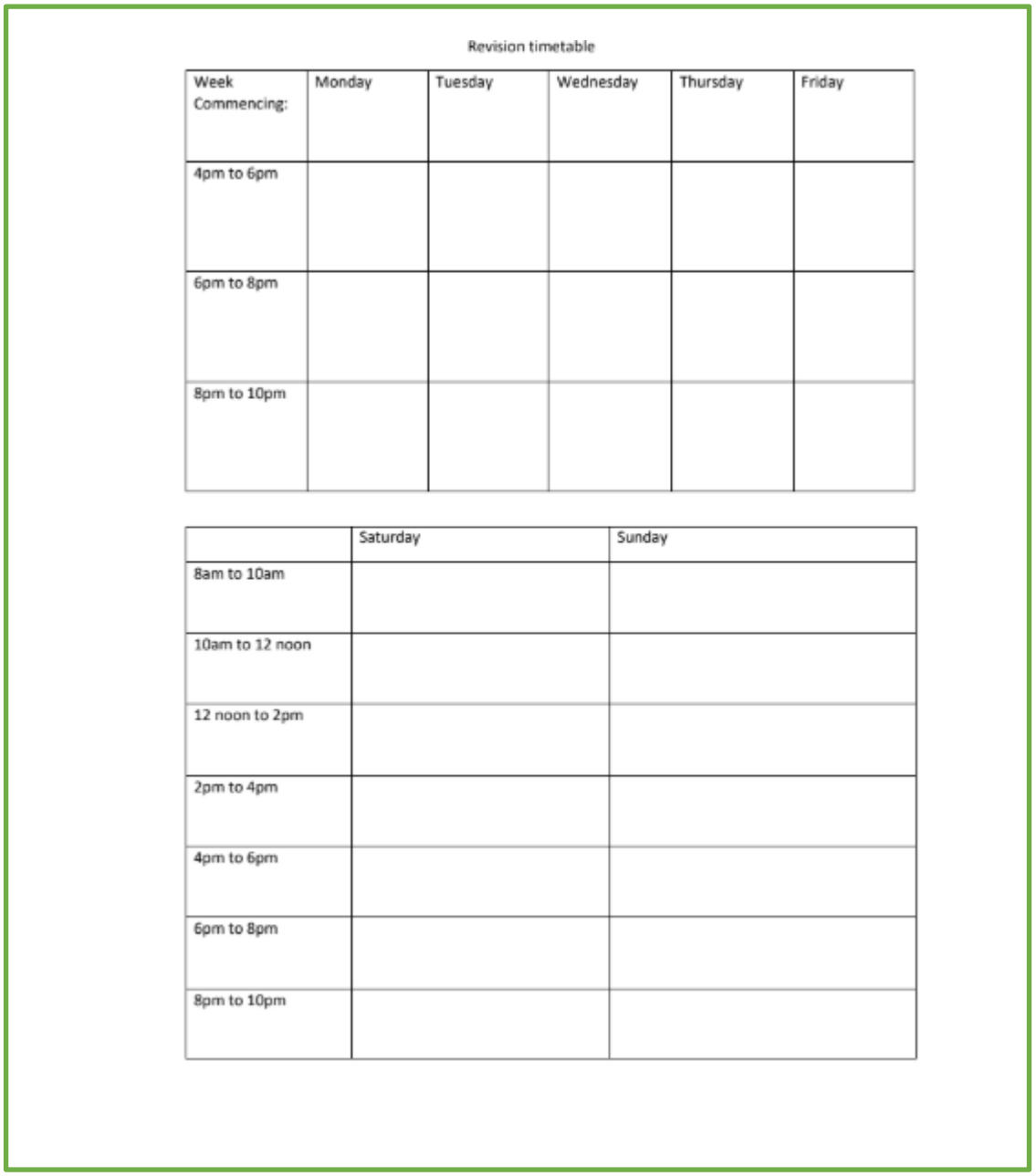
Preparing for Exams

Name:

Form:

Creating an exam timetable

Students were shown how to construct a revision timetable



Revision timetable

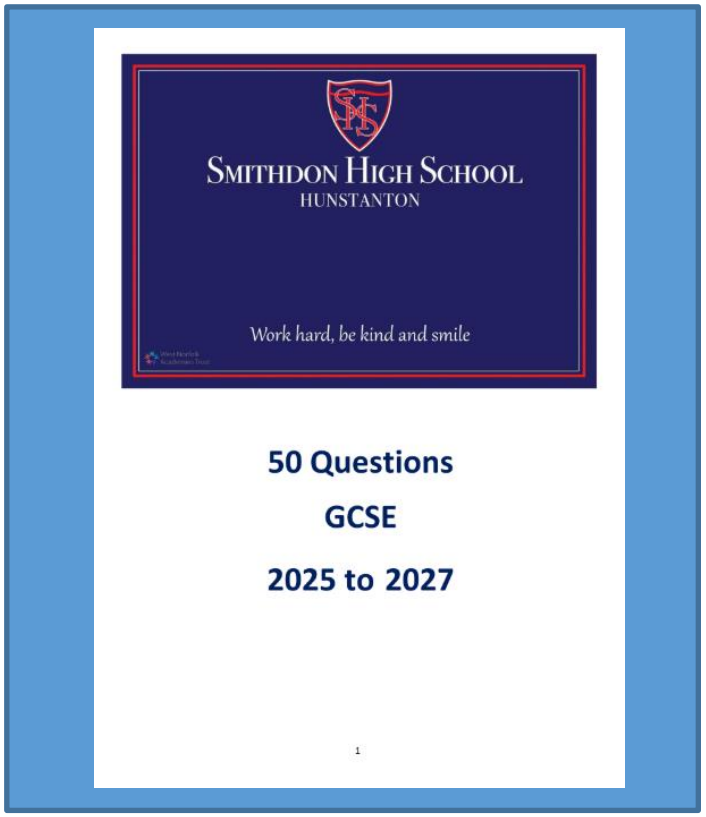
Week Commencing:	Monday	Tuesday	Wednesday	Thursday	Friday
4pm to 6pm					
6pm to 8pm					
8pm to 10pm					

	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

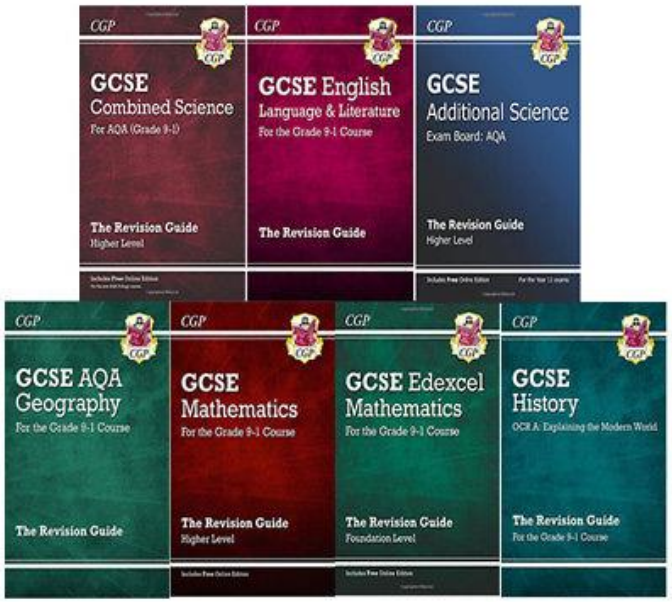
50 Questions Booklet

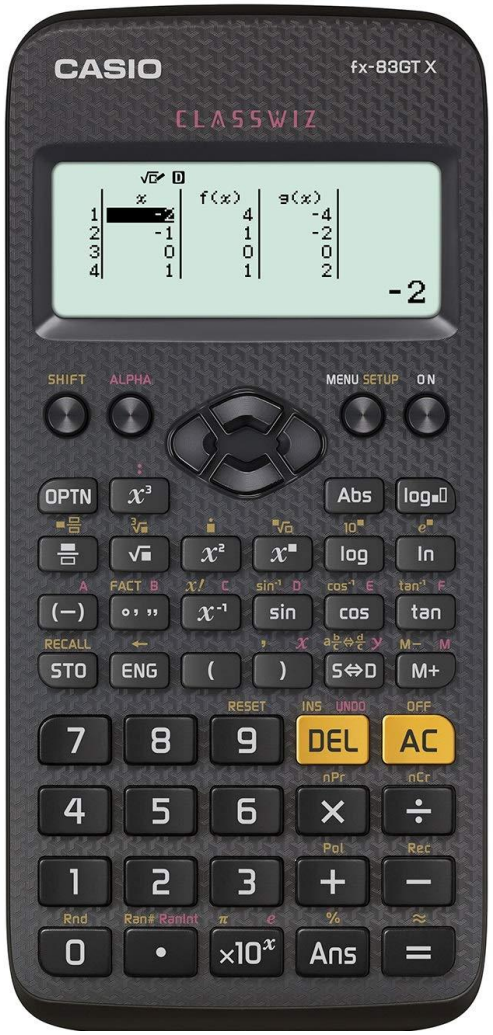


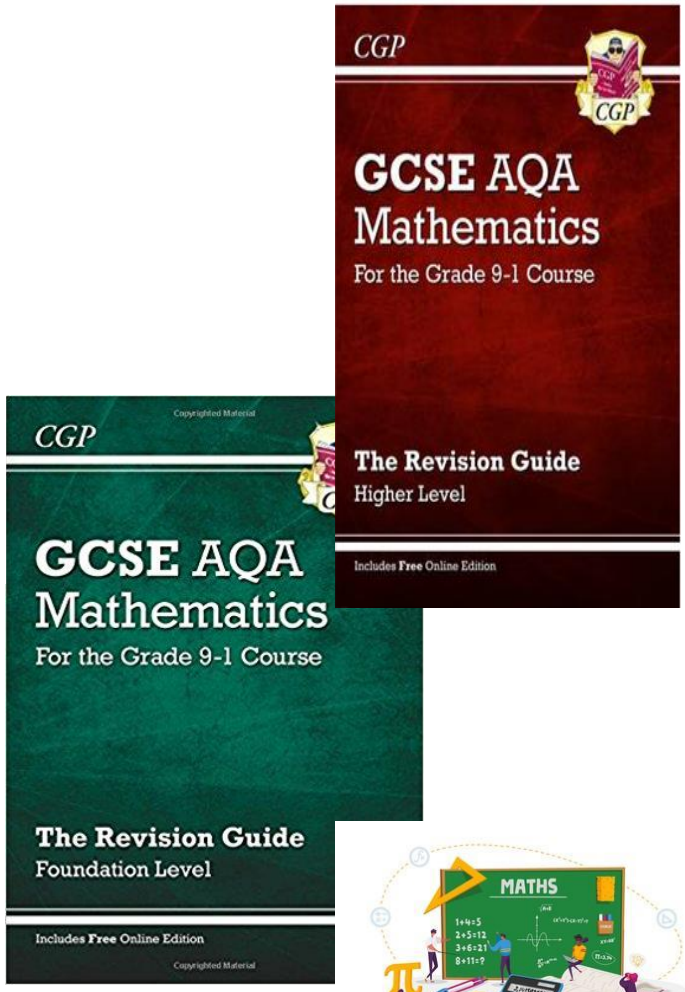
- All students have a copy.
- These are to be brought to every lesson.
- Parents can help students learn the facts.
- Students can tick them off as they know them.

SENECA

Useful Resources for Independent Study







shutterstock.com · 1766546489

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

Equipment – The exam pencil case

- Clear pencil cases
- Three black pens
- Highlighter
- Two pencils
- Eraser
- Ruler
- Protractor
- Compass
- Scientific calculator (Needed for several subjects)

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

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

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Getting the balance right

- School work
- Paid work
- Leisure

Exams and your mental health

Routine

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 avoids

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 boast 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

Sleep well

Keep active

Keep learning

Keep in touch with friends and family

Stay informed, not overwhelmed

Work Hard, Be Kind and Smile

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