



GCSE EXAMINATIONS 2023

Y11 PARENTS' INFORMATION EVENING

WELCOME!

**Best to give him
some space. He's in
a bit of a funny
mood.**





THE FINAL STRETCH

- Mock exam results
- 39 school days until GCSEs start



KEY DATES

- The examination timetable



EXAMINATION ARRANGEMENTS

- Structure of the days 2-1-2
- Transport
- 'Study leave'
- Uniform
- Punctuality
- Equipment
- Behaviour
- SEND and special arrangements for examinations (EAA)



PREPARATION WITHIN SCHOOL

- Exam focus in lessons – gaps and priorities
- Past paper practice
- Key skills

REVISION SESSIONS



Lunchtime sessions

	Week 1	Week 2
Monday		
Tuesday	PE Room 51 Maths Room 32 Philosophy & Ethics Mr Cartwright Room 72	PE Room 51 Maths Room 32
Wednesday	German Mr Radday Room 43 Business Studies Mr Green Room 52	German Mr Radday Room 43 Business Studies Mr Green Room 52
Thursday	Music – Room 80 History – Room 76	Music – Room 80 History – Room 76 French Mrs Keshavarz Room 43
Friday	Music – Room 80	Music – Room 80 French Miss Howes Room 43

After school sessions (3pm-4pm unless otherwise noted)

	Week 1	Week 2
Monday	French / German Mrs Cromwell Room 23	English Language (retake) Room 16 3-3:30
Tuesday	Art / Photography Rooms 9/10/11	Art / Photography Rooms 9/10/11
Wednesday	Design & Technology Room 13	Design & Technology Philosophy & Ethics Ms Vellacott Room 70
Thursday	English Language (retake) Room 25 3-3:30 Geography Room 71 History - Hall	Geography Room 71 History - Hall
Friday		



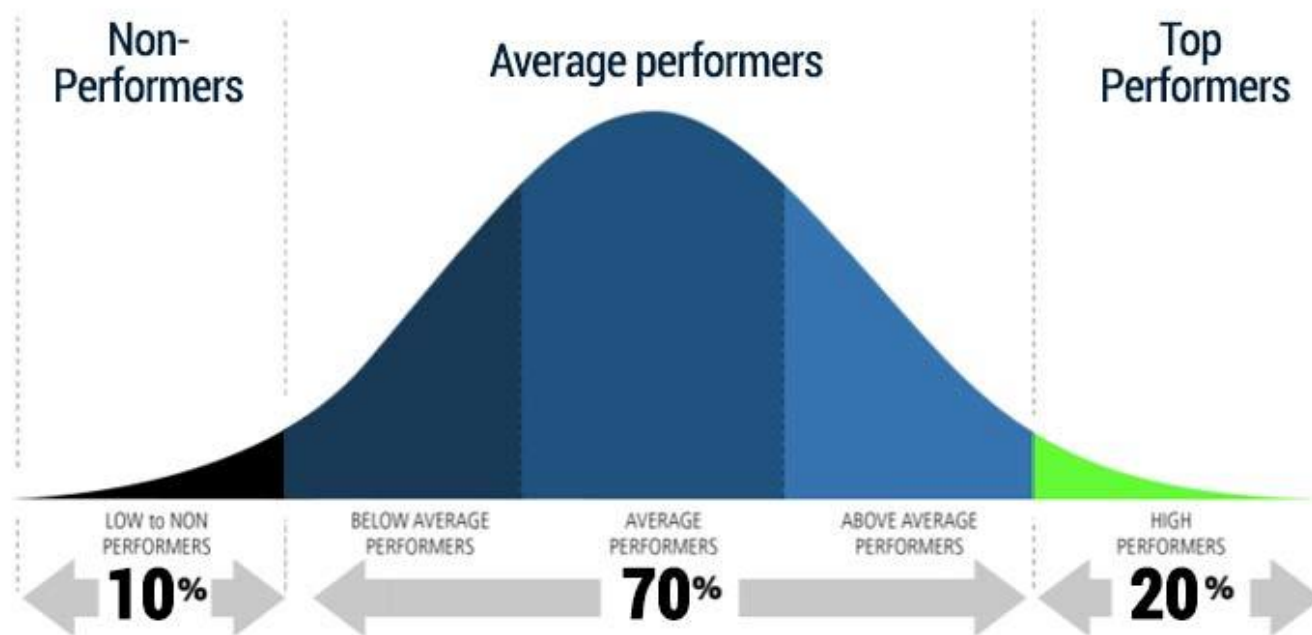
PREPARATION AT HOME

- Revision timetables – realistic and focused
- Revision guides
- Flashcards
- GCSE Pod



HOW THE EXAMS ARE MARKED

Our students are in competition with the rest of the country.



Positive attitude.

No blank answers.

A guess could gain the mark that gains the grade.



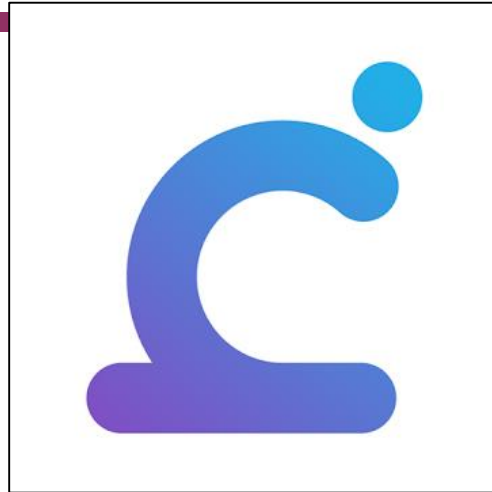
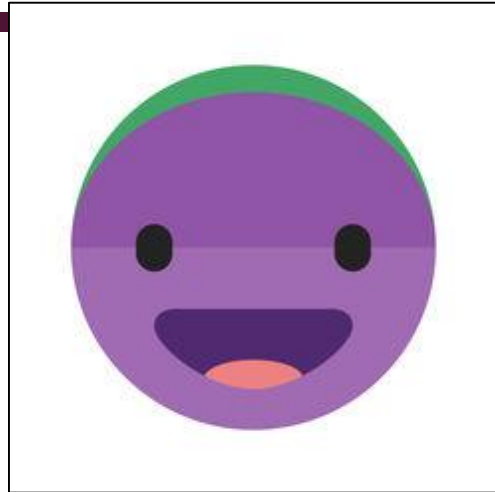
SUPPORT AND GUIDANCE

- **Sixth Form / College advice and guidance**
- **Post-mock support re: suitability of courses and back up plans**
- **Managing examination stress & focus on wellbeing**
- **Organisation and preparation over coming weeks**



SELF -HELP

- **Eat well**
- **Take exercise**
- **Find a balance between school work and leisure time**
- **Think about your use of social media**
- **Talk to someone (a friend/ relative / school staff) if you are struggling to manage**
- **Use some of the mindful apps or the strategies on the NHS website or Young Minds website.**



Headspace

- Guided Meditation
- FREE on both Apple and Android

Daylio

- Private Journal and Mood Tracker
- FREE on both Apple and Android

MY RECOMMENDED MINDFUL APPS

Calm Harm

- Helps to control the urge to self-harm and provides safe and healthy coping methods
- FREE on both Apple and Android

Headspace: <https://www.headspace.com/>

Daylio: <http://daylio.webflow.io/>

Calm Harm: <https://calmharm.co.uk/>



<https://www.healthforteens.co.uk/health/about-chathealth/>

Children & Young People's Health of Norfolk
NHS

ChatHealth Norfolk

CONFIDENTIAL SUPPORT

Struggling to cope with anxiety and concerns about the current situation?
Have some issues staying healthy and feeling good?
Or just not feeling safe at the moment... We are here for you!

For Young People 11-19

TEXT: 07480 635 060

ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team for confidential advice and support. You can get in touch for advice about any aspect of your physical or emotional health.



WHAT CAN PARENTS DO?

- Ensure 100% attendance.
- Ensure that a quiet, suitable, work area is provided at home.
- Support to manage screen time.
- Take an interest and help where you can.
 - Revision timetable
 - Time management
 - Testing
 - Support and encouragement
- <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/?tabname=mental-wellbeing-audio-guides>

REVISION PLANNER

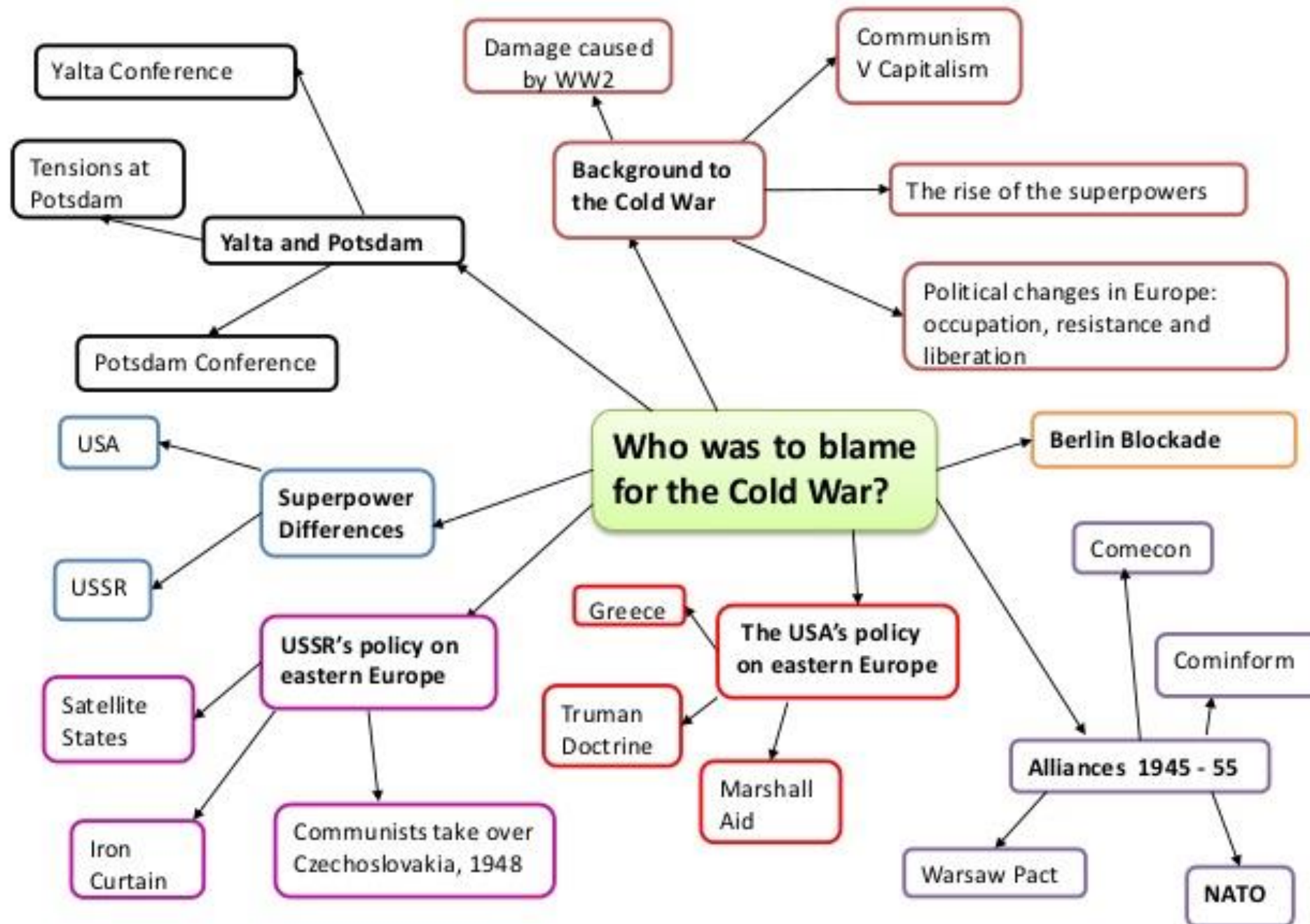
Day	Revision classes	At home		I need help with
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekend	Morning	Afternoon	Evening	I need help with
Saturday				
Sunday				

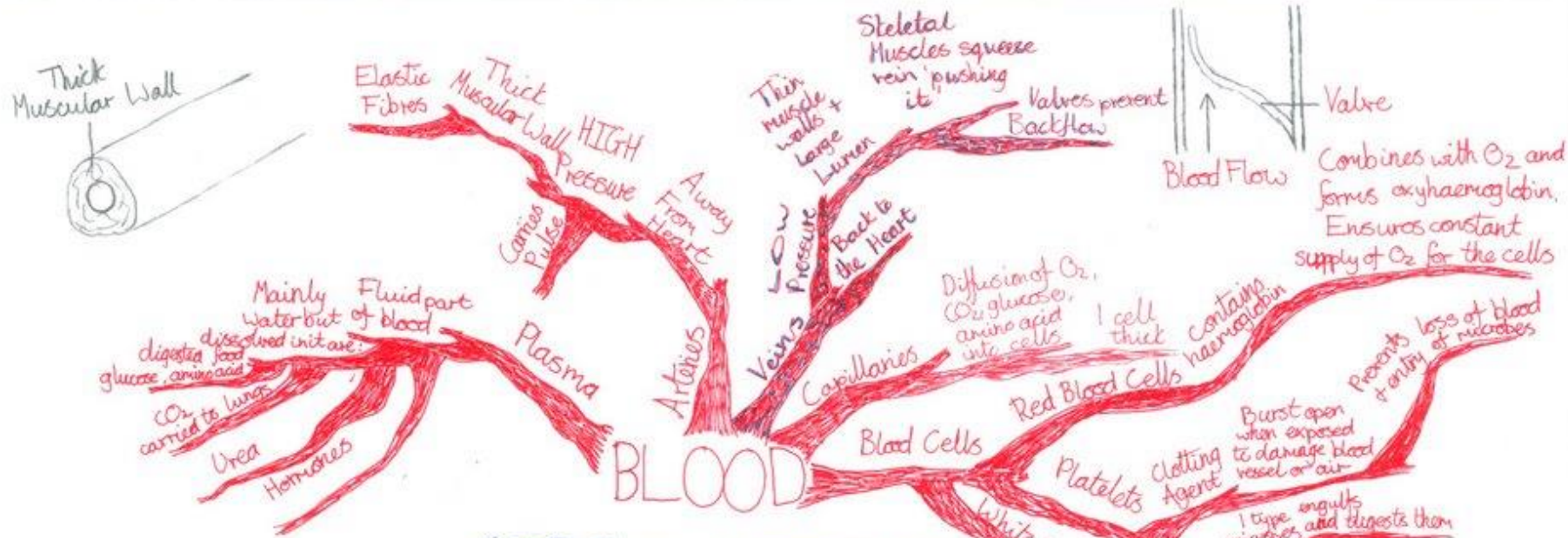
5-MINUTE REVISION



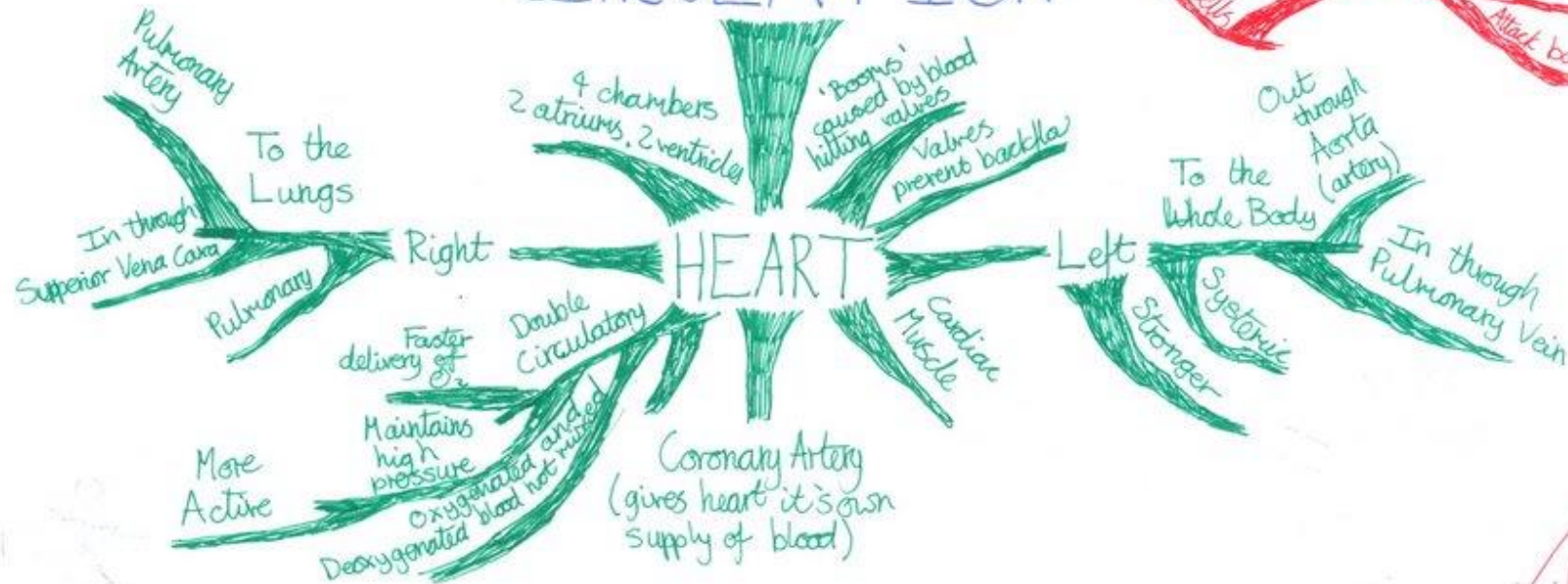
gcsepod
education on demand







CIRCULATION



9/2/16
Vergand Tim
MFRIT



SOH CAH TOA

$\sin \theta = \frac{\text{Opposite}}{\text{Hypotenuse}}$
 $\cos \theta = \frac{\text{Adjacent}}{\text{Hypotenuse}}$
 $\tan \theta = \frac{\text{Opposite}}{\text{Adjacent}}$

Opposite = 3
 Adjacent = 4
 Hypotenuse = 5

$\sin \theta = \frac{3}{5}$
 $\cos \theta = \frac{4}{5}$
 $\tan \theta = \frac{3}{4}$

INTRODUCTION TO SOH, CAH, TOA!

- Treat a triangle as oriented
- SOH, CAH, TOA is used in RIGHT ANGLED triangles!



SOH CAH TOA

$\sin \theta = \frac{\text{Opposite}}{\text{Hypotenuse}}$
 $\cos \theta = \frac{\text{Adjacent}}{\text{Hypotenuse}}$
 $\tan \theta = \frac{\text{Opposite}}{\text{Adjacent}}$

Opposite = 3
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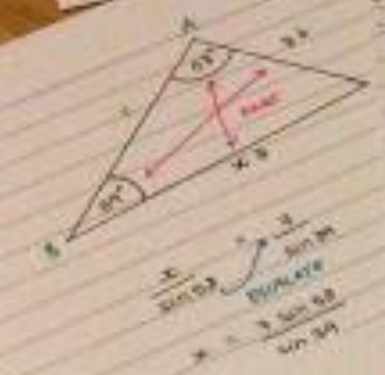
SOH CAH TOA

$\cos \theta = \frac{3}{5}$
 $\cos^{-1}(\frac{3}{5}) = \theta$
 $\theta = 56.3^\circ$



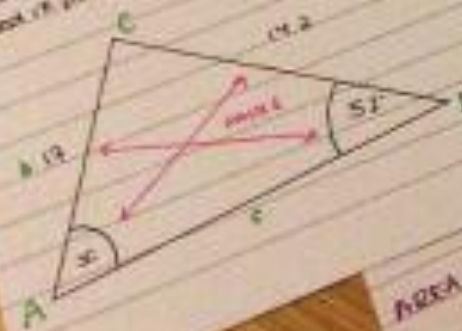
SOH CAH TOA

$\sin \theta = \frac{3}{5}$
 $\sin^{-1}(\frac{3}{5}) = \theta$
 $\theta = 36.9^\circ$



SOH CAH TOA

- ONLY RIGHT ANGLED triangles
- CHECK IF DATA PRESENT



AREA OF A TRIANGLE

- Any triangle
- When given an angle between two sides

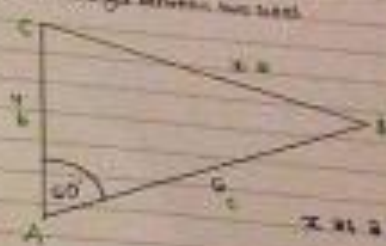
$\text{Area} = \frac{1}{2} ab \sin C$

To determine the length of a side of a triangle (RIGHT ANGLED triangles only)

$a^2 + b^2 = c^2$
 $c^2 = a^2 + b^2$
 $c = \sqrt{a^2 + b^2}$

COSINE RULE FOR A LENGTH

- Use if an angle between two sides



$c^2 = a^2 + b^2 - 2ab \cos C$
 $c^2 = 4^2 + 5^2 - 2(4)(5) \cos 60^\circ$
 $c^2 = 16 + 25 - 20$
 $c^2 = 21$
 $c = \sqrt{21}$

SOH CAH TOA FOR A LENGTH

- A length in a RIGHT ANGLED triangle
- The length is given and one is missing



$\sin \theta = \frac{\text{Opposite}}{\text{Hypotenuse}}$
 $\sin 40^\circ = \frac{x}{10}$
 $x = 10 \sin 40^\circ$
 $x = 6.43$

TOA

$\tan \theta = \frac{\text{Opposite}}{\text{Adjacent}}$
 $\tan 35^\circ = \frac{x}{4}$
 $x = 4 \tan 35^\circ$
 $x = 2.81$



SETUP: DEGREE

SPACED LEARNING

- Input – eg read and make notes – 15 minutes
- Active break – eg walk / crossword – 10 minutes
- Processing – make a mindmap / flashcards / condense notes – 15 minutes
- Active break – 10 minutes
- Test – 10 mins

- Frequent revisiting leads to long term remembering

THANK-YOU AND GOOD LUCK!

Key contacts:

Academic Progress

Senior Deputy Headteacher - Dawn Hollidge

Examination arrangements:

Exams Officer - Linda Melton

SEND and Exams Access Arrangements

SENDSCO – Rachael Harding

Assistant SENDSCO – Kate Tuck

Wellbeing:

Student management team

Pastoral manager – Sharon Ransome

Inclusion manager – Sophie Shackleton

Student managers - Alice Sizeland, Aaron Tagg,
Mitchell Bonsra, Karen Owen

Mental Health Lead and student personal advisor

Tash Drury

6th Form information

Director of 6th Form - Ramin Keshavarz



All email addresses are initial, surname @sheringhamhigh.co.uk

Eg. dhollidge@sheringhamhigh.co.uk