



# Welcome to our Year 11 Information Evening

A recording of this event will be shared on our school website later this week.

*When the presentation is finished there will be a chance to ask questions - please add them to the chat box*

# What's happening this year with exams?

Exams return to “normal” as they were pre-pandemic

- All removed components return this year (such as the Art exam)
- Pre-release materials are now removed
- All content will now be taught and could be tested in the exams

School continues to provide significant support to ensure students are not disadvantaged by the impact of COVID

~~Year 11~~

**Two-terms**  
**119 learning days**

# This term

## **Mock Exam 1 – 21<sup>st</sup> to 25<sup>th</sup> November**

- English Literature exam 28<sup>th</sup> October
- Focus for assembly on Monday 10<sup>th</sup> October
  - Students will get a revision pack for each subject to help them prepare
- Information event on 12<sup>th</sup> October

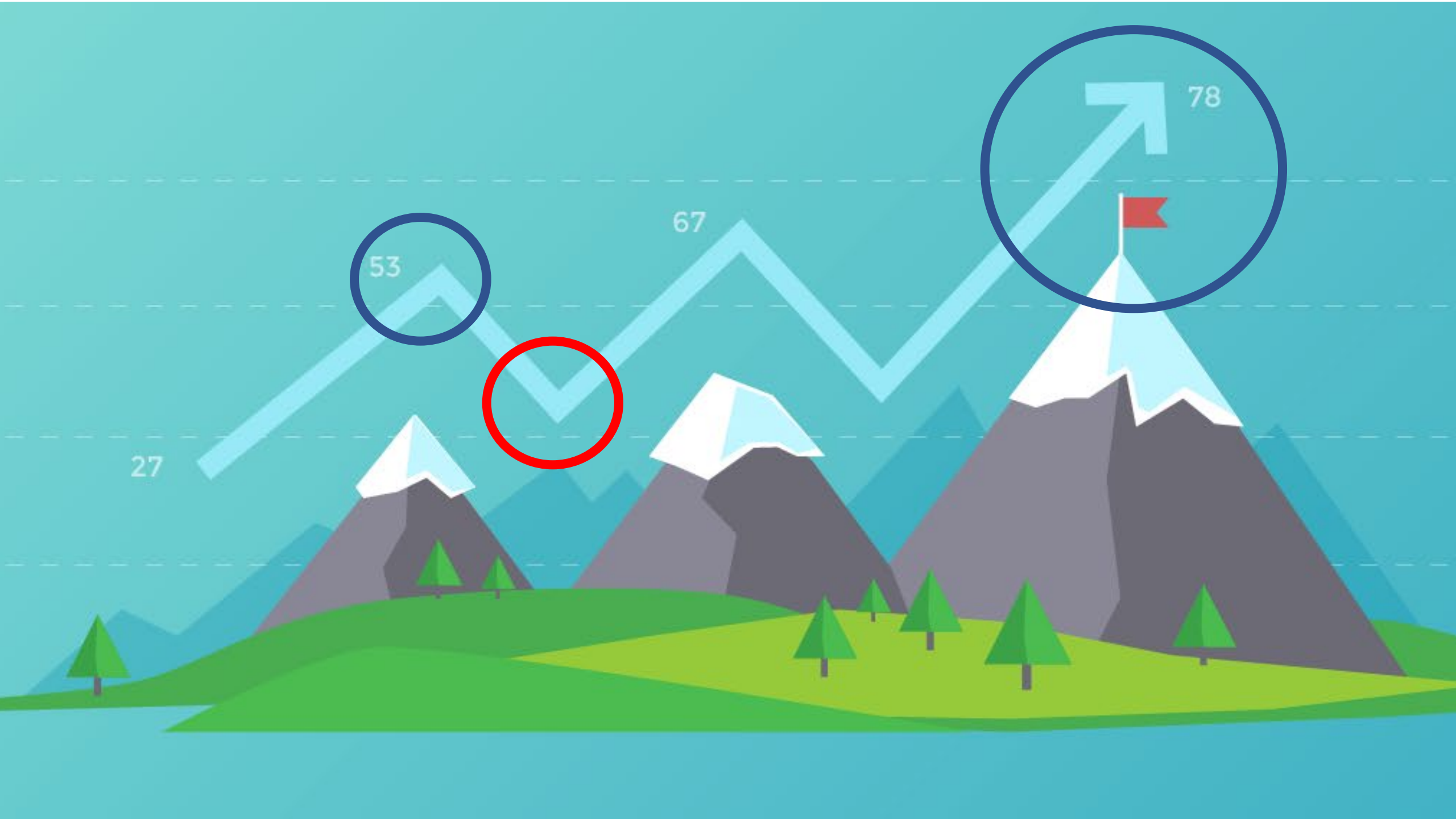
## **Shoreham Academy Sixth Form Options evening 3<sup>rd</sup> November**

- Application deadline December 13<sup>th</sup>

## **Careers meeting**

# 3 Steps to success

- 1. Mock Exam 1 – 21<sup>st</sup> November**
- 2. Mock Exam 2 – 6<sup>th</sup> Feb**
- 3. Summer Exams – 9<sup>th</sup> May**



The image features a dramatic sunset scene with a sky filled with orange and yellow clouds. In the foreground, two hikers are silhouetted against the bright light of the setting sun. One hiker is on a higher ledge, leaning forward and reaching out with their right hand to assist the other hiker. The second hiker is on a lower ledge, leaning back and reaching up with their right hand to grasp the first hiker's hand. Both hikers have backpacks on. The word "SUPPORT" is written in large, bold, white, sans-serif capital letters across the center of the image, partially overlapping the hikers' hands and the sunset background.

**SUPPORT**

# Catch-up and additional support

## Just some of the examples to support students this year

- P7 additional lesson
  - Maths
  - English
- Over course of year lots of additional support for individuals and groups of students
  - Assertive mentoring
  - Study skills
  - Well-being sessions
- Out of lesson time we always have a room open for students to use to do homework, print etc in
- Every student will have a careers meeting this term with our independent careers advisor





# How can I help my child?

1. Support them to organise their homework and independent study

**Purpose of homework**

**=**

**help pupils to learn**

# How to do homework effectively

To be successful students need to:

- Make sure they have everything they need
- Don't leave it to the last minute
- Ask their teacher if they need help
- Let the homework take as much time as it needs
- Take a short break every hour
- **Don't do homework in bed**
- **Eliminate distractions**

# Eliminate distractions



# How can I help my child?

2. Support them to plan their time effectively

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
7.00-8.00							
8.00-9.00							
9.00-10.00							
10.00-11.00							
11.00-12.00							
12.00-1.00							
1.00-2.00							
2.00-3.00							
3.00-4.00							
4.00-5.00							
5.00-6.00							
6.00-7.00							
7.00-8.00							
8.00-9.00							
9.00-10.00							
10.00-11.00							

# How can I help my child?

3. Support them to look after themselves

# Healthy and Happy

Year 11s will need to work hard but its important to also take time to rest, relax and recover

- Get outside and exercise
- Set aside time to meet with friends and family
- Give themselves relaxation time – listen to music, read a book, play xbox
- Keep up with hobbies
- Eat well
- Sleep well
- Talk about how they are feeling



# How can I help my child?

4. Support your child to attend school every day on time

# Communication

- Short communications will be included as part of the whole school Friday email
- Additional messaging will be sent to to year 11 parents and carers
  - we use both text and email
  - If you need to update your details please contact the pastoral team for your child's school
- Key is to speak with your child frequently about their learning
- Please do get in touch with us

# Upcoming Key Dates

## Autumn Term

- **12<sup>th</sup> October** – The next Year 11 Parents' Information Event (focus Mock exams)
- **17<sup>th</sup> October** – English Literature Mock Exam
- **21<sup>nd</sup> – 25<sup>th</sup> November** – Mock Exams 1
- **14<sup>th</sup> December** – Mock results morning

## Spring Term

- **12<sup>th</sup> January** - Y11 Parents Evening

# How can I help my child?

1. Support them with their homework
2. Support them plan their time effectively
3. Support them look after themselves
4. Support them to attend school everyday on time

If you need any help or have a question please contact any member of staff in your child's school, your child's teacher or myself

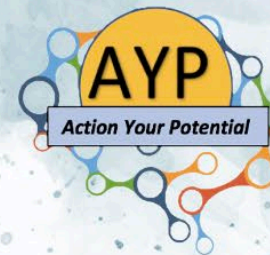
[victoria.penney@shoreham-academy.org](mailto:victoria.penney@shoreham-academy.org)

AYP

Action Your Potential

# We're here to solve the GCSE problem

Become a #NeuroNinja this year & change your world



We're here to help you be the  
best you can be...

Become a #NeuroNinja this year &  
change your world

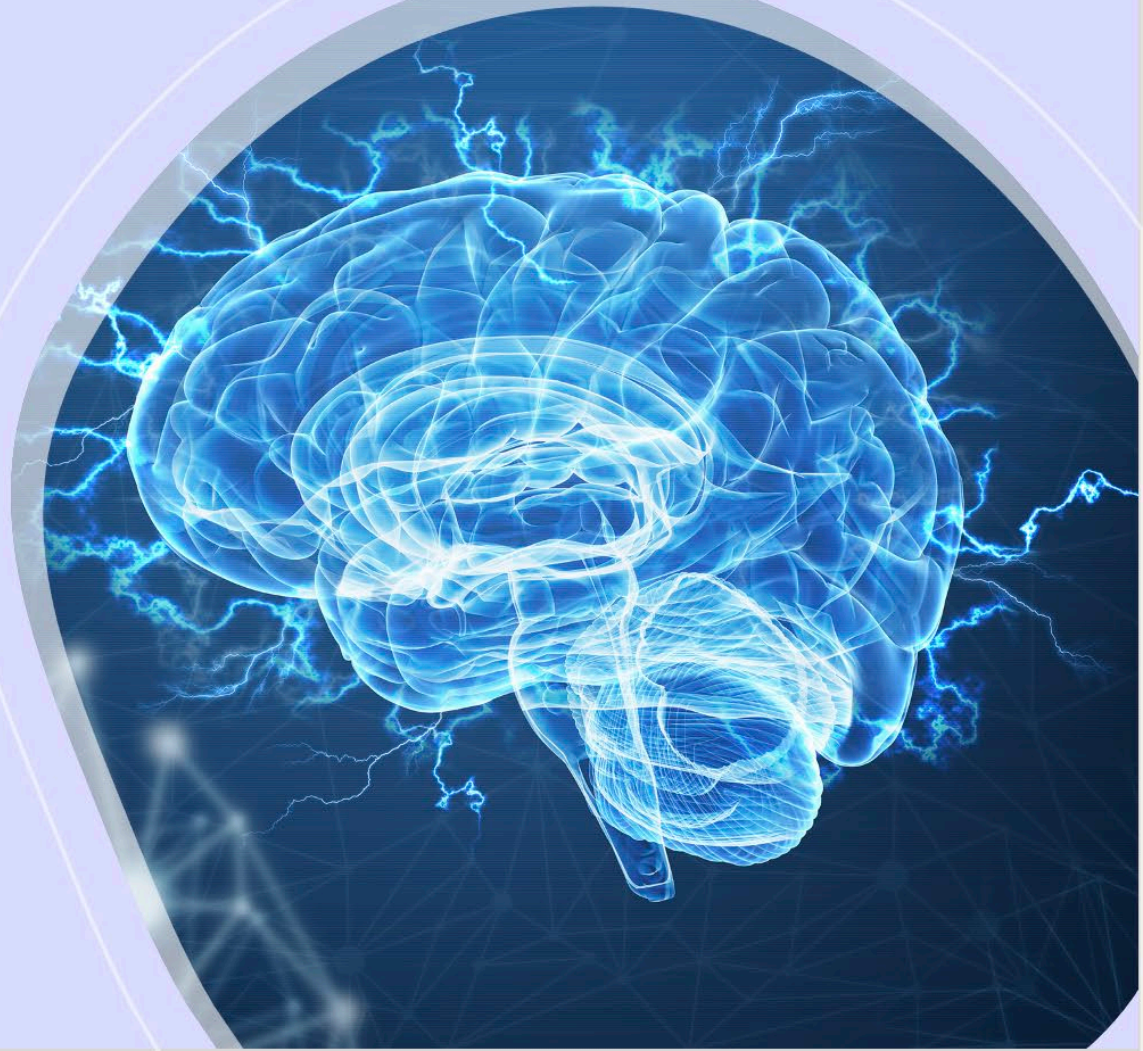


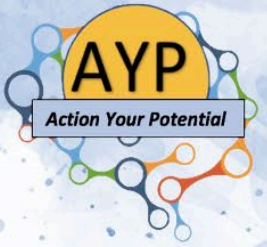
# AYP

The appliance of brain science

If we know why, we can change the  
what & build the how...

And make life and learning better  
in the now





# Change Your World Programme Post-16







# Build a #NeuroNinja

- Secondary





Build skills of well-being every day



AYP  
Action Your Potential



Build skills of mind management every day



AYP  
Action Your Potential



Build skills to unleash learning every day



AYP  
Action Your Potential

Metacognitive Skills to change your mind and change your world...

Strand 1 - Well-being is a skill

Skill 1 - Do Your Rocks

Skill 2 - ...  
Strand 3 - Unleashing learning

- Skill 7 - Do your leaps
- Skill 8 - Practice makes progress
- Skill 9 - Little & often learning
- Skill 10 - Plan your learning and day



Strand 2 - Mind Management

- Skill 3 - Manage worries
- Skill 4 - Build your calm
- Skill 5 - Choose Growth
- Skill 6 - Bouncing back



These are the 10 metacognitive skills of being a #NeuroNinja

AYP

Action Your Potential

AYP

Action Your Potential

AYP

Action Your Potential



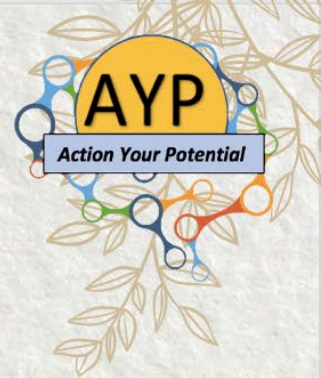
# Developing insight...



The capacity to gain an accurate and deep understanding of yourself, your motivations, your emotions, your needs, your behaviours and how to learn, grow and improve in perpetuity.

It's about metacognitive skills that transform outcomes.

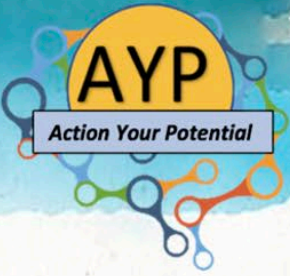




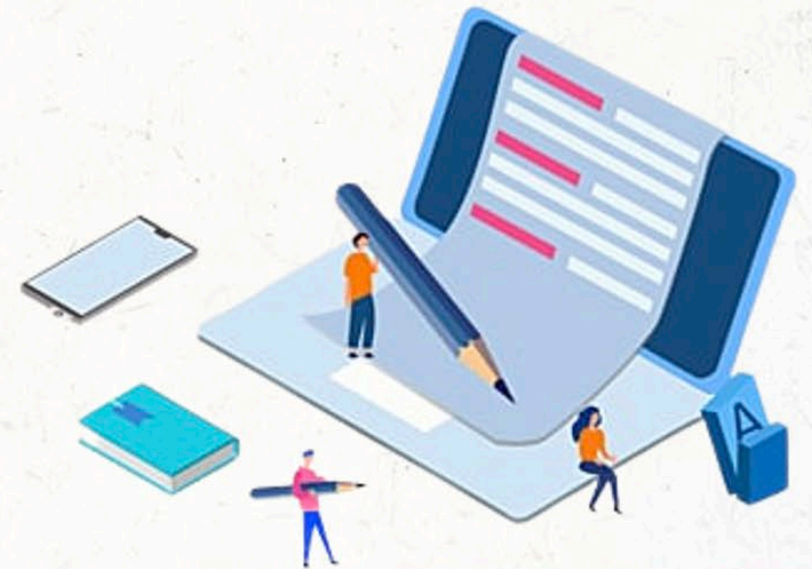
Reflect on the #NeuroNinja  
Metacognitive Skills and rate  
yourself in relation to each one  
out of 10

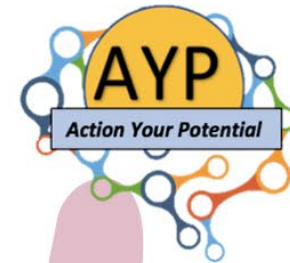
- Skill 1 - Do Your Rocks
- Skill 2 - Manage Emotions
- Skill 3 - Manage Worries
- Skill 4 - Build Your Calm
- Skill 5 - Choosing Growth
- Skill 6 - Bouncing Back
- Skill 7 - Leaps in Learning
- Skill 8 - Practice Makes Progress
- Skill 9 - Little & Often Learning
- Skill 10 - Planning Your Day and Your Systems

# Strand 3 - Unleashing learning

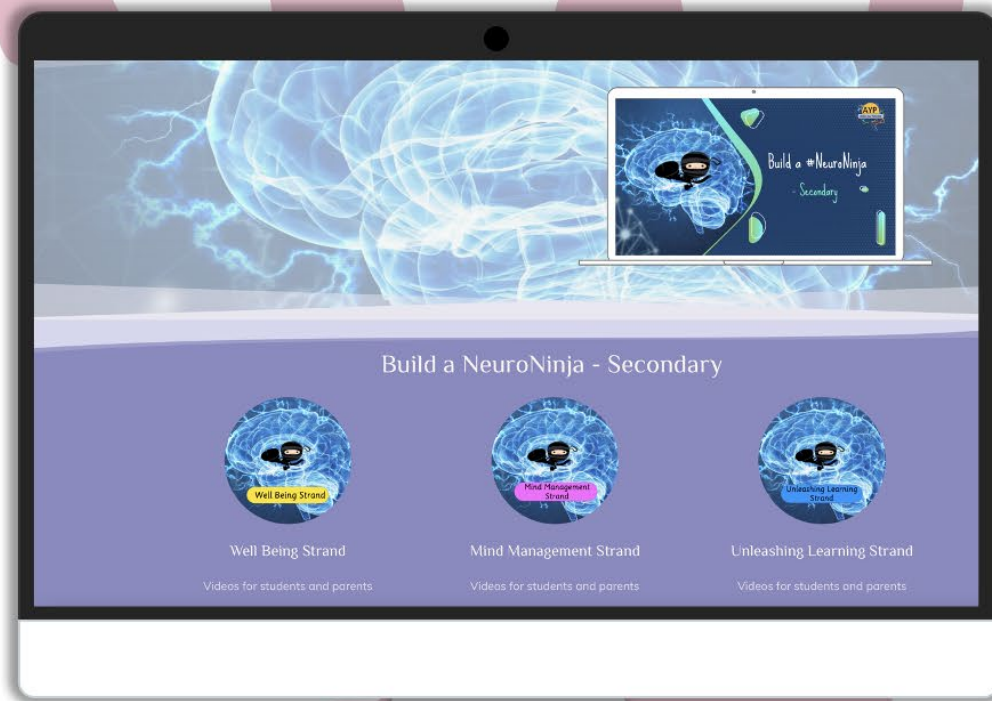


- 
- A red and yellow paper airplane is shown in flight, moving from the left towards the center. Its path is indicated by a dashed line that forms a series of loops before ending at the airplane.
- Skill 7 - Do your leaps
  - Skill 8 - Practice makes progress
  - Skill 9 - Little & often learning
  - Skill 10 - Plan your learning and day





# #NeuroNinja Learning Hub



We worked with over 3000 really inspiring young people last year and we listened very carefully to what they told us about the barriers they faced to learning, growing and achieving.



### This is what they said:

- ➔ Procrastination (wasting time, rather than being productive)
- ➔ Low mood, low motivation
- ➔ Not knowing how to revise effectively
- ➔ Feeling overwhelmed
- ➔ Wide ranging anxiety about exams, their futures & the planet's future
- ➔ Never feeling good enough





*Unique and powerful 1:1 coaching support students to action  
their potential everyday*

This:

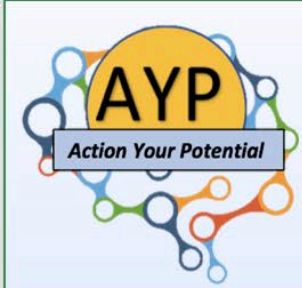
People don't decide their futures, people decide their habits and their habits decide their futures.



A watercolor illustration on the left side of the page shows a pair of hands holding a small green plant with soil. The hands are rendered in shades of brown and red, with visible texture. The plant has several green leaves and a thin stem. The background behind the plant is a mix of green and blue watercolor washes. The overall style is artistic and soft.

Your Life.  
Your Choice(s).

Become a #NeuroNinja this year &  
change your world



*So how do you rise to  
the challenge of  
GCSEs, college and  
work?*



## Your brain is amazing...



86 billion neurons.

300 trillion connections.

A millimetre of brain tissue has 120 million connections, 700x more storage than your laptop (in just a mm)

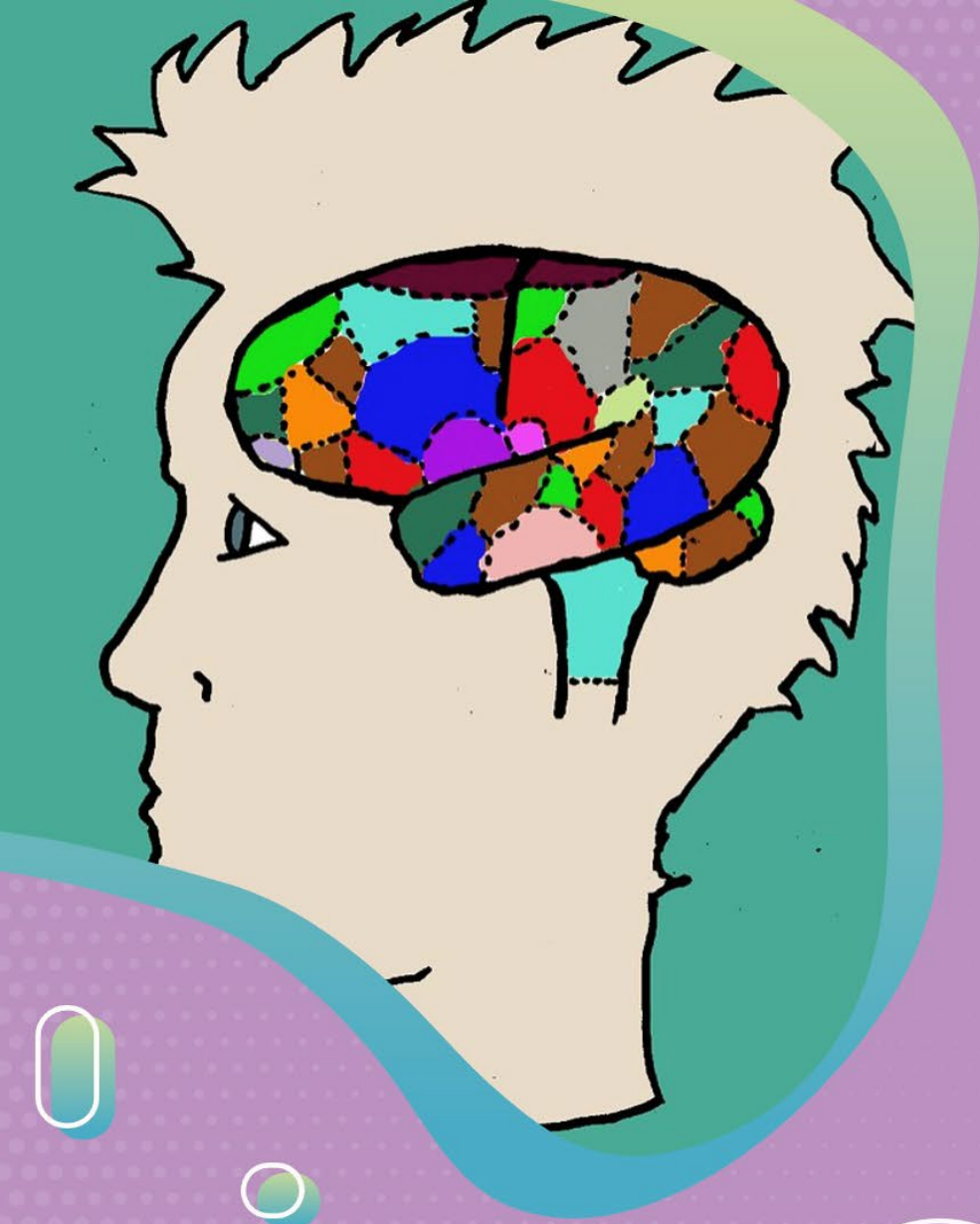
You can do this

You just need to choose to try



Your brain changes on the basis of what you use it for...

If you repeatedly practice something, your brain and body make it easier for you to do that thing regardless of whether you like that thing, or it is good for you...



How can my daily  
behaviours & habits  
help my learning?



Choice 1:

Build Great Well-Being  
Everyday

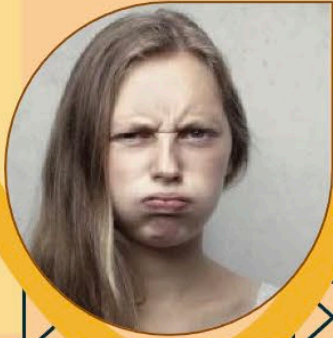
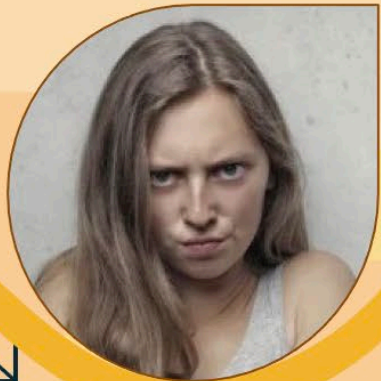
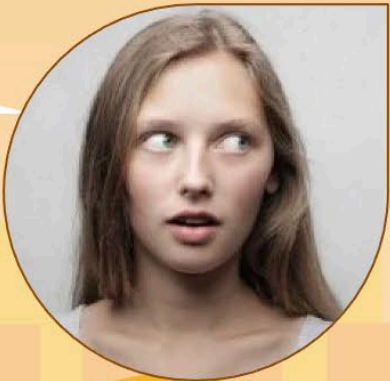
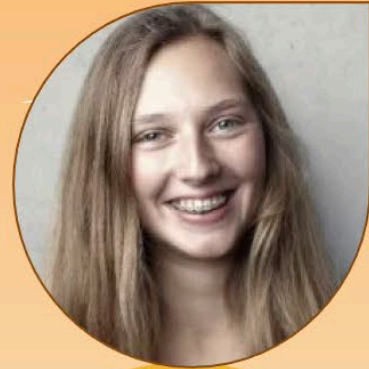




*Our brain builds  
our mind every  
day*



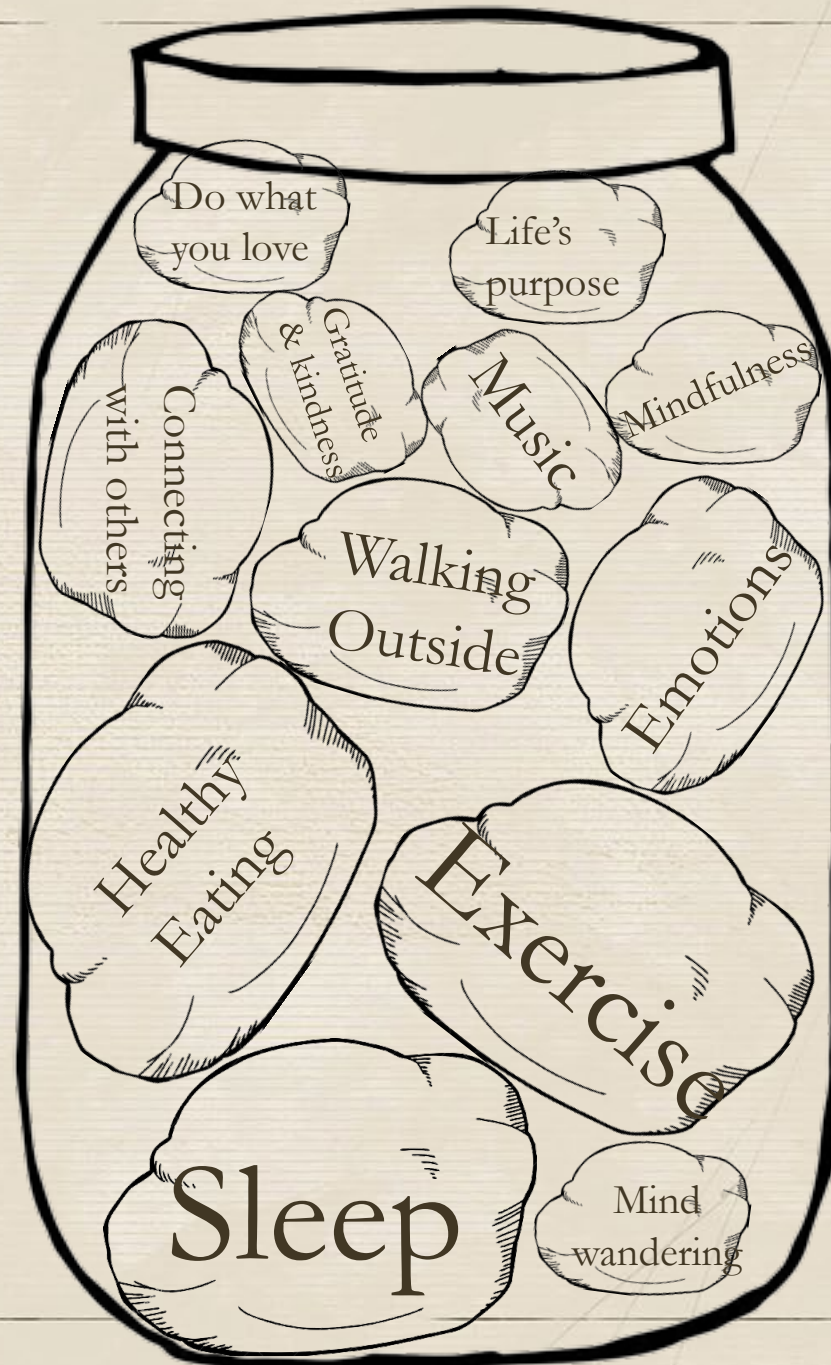
*50% of how we feel right now is down to what we've done in the previous 24 hours...*

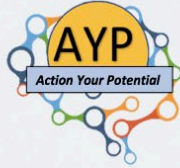


# Plan your well-being

Plan your rocks  
everyday in priority  
Get the **BIG**  
**ROCKS** in first

Fit in the smaller  
rocks alongside the  
bigger ones





# 12 Rocks Of Well-Being – Weekly Check

Rock 1 – Sleep – 8-9 Hours a night

Rock 2 – Exercise – 20 mins per day

Rock 3 – Eat and Drink Healthily – complex carbs, protein, low sugar

Rock 4 – Mindfulness – be present without judgement 5-10 mins

Rock 5 – Mind Wandering – allow your mind to social problem solve

Rock 6 – Manage Emotions – notice, accept, share with trust

Rock 7 – Walk Outside in Nature

Rock 8 – Listen to Music – 20-30 minutes

Rock 9 – Connect meaningfully with friends and family

Rock 10 – Gratitude and Kindness- express both explicitly each day

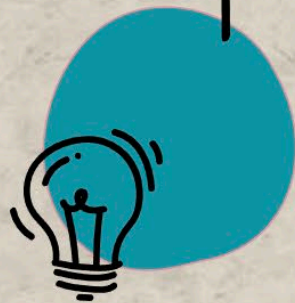
Rock 11 – Engage in activities important to your life’s purpose

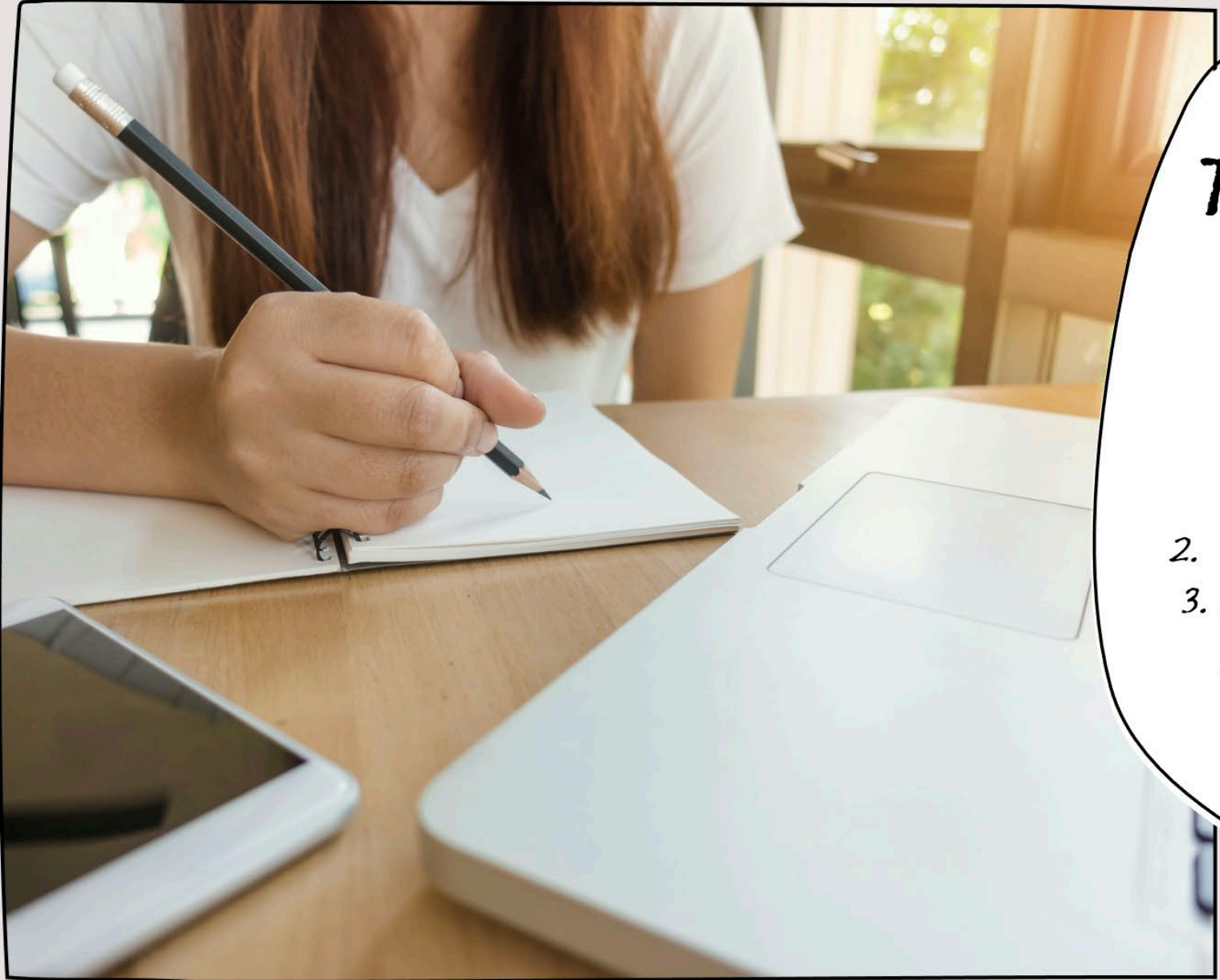
Rock 12 – Learn, Play, Create, Read

	mon	tues	wed	thurs	fri	sat	sun
total							

# Choice 3:

Build The Study Habit  
for Learning Hygiene  
Everyday





# *The Study Habit – each day*

- 1. Study Capture (5 mins)*
- 2. Box & Frayer Flash Cards (5 mins)*
- 3. Mind Map Build / Review ( 5mins)*
- 4. Effortful Subjects (10 mins)*



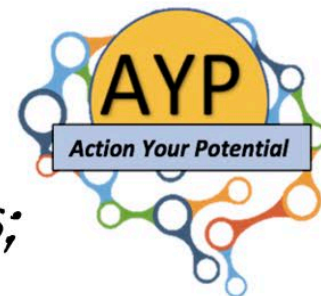
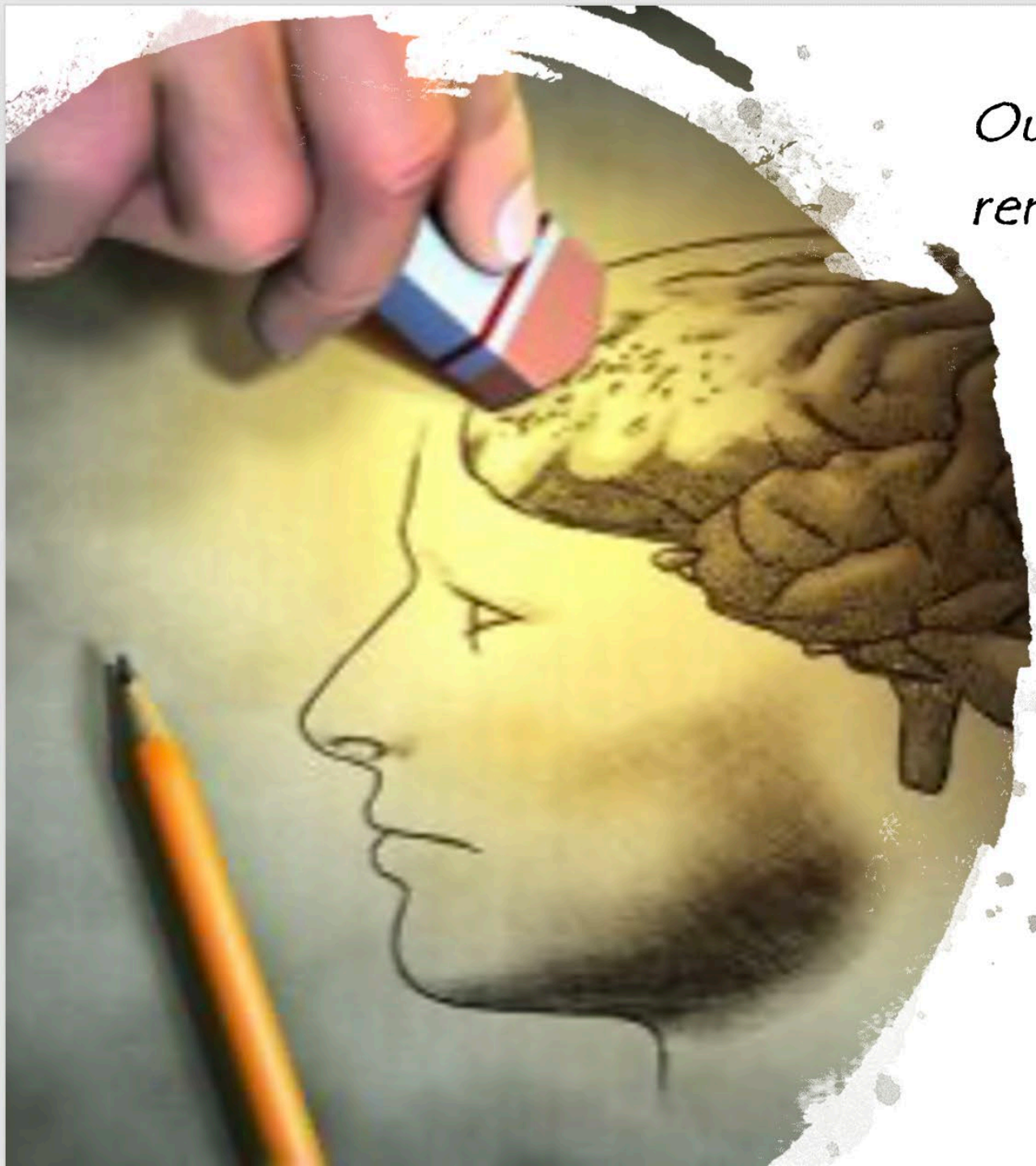
# 1 - Study Capture



# The Study Capture Sheet

Subject	Topic	Key Idea	Key Words	Rating





*Our Brain finds it easiest to remember information that is;*

- 1. Dangerous to us*
- 2. Salient (Interesting to us)*
- 3. Repeated*

*So...If you don't repeat, your brain will delete...*

But...

Within 1 Hour - you have forgotten 56% of it

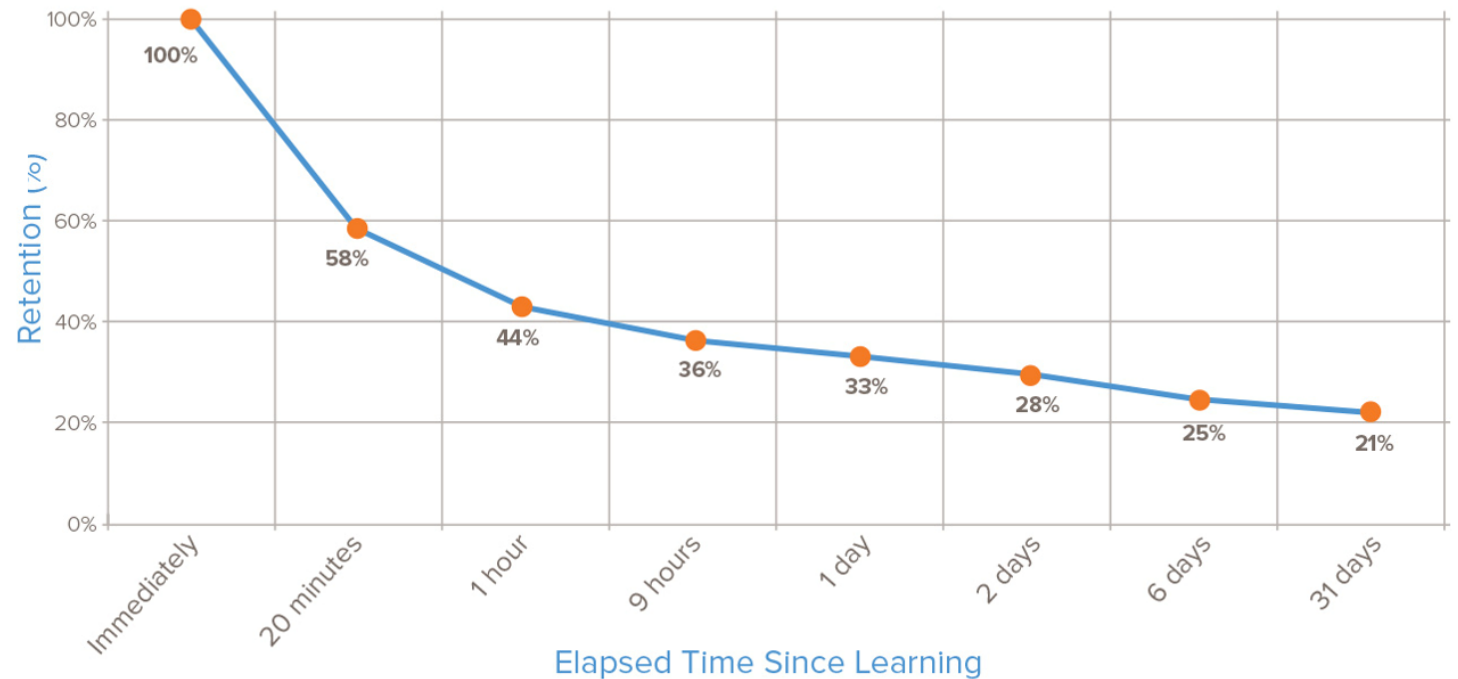
Within 1 day - 67%

Within a Week - 75%

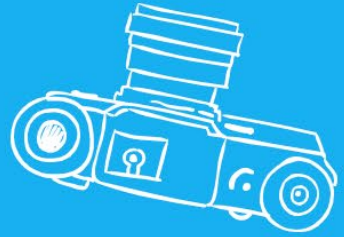
How we think  
we Learn...

I've got it - lets  
move on

Ebbinghaus Forgetting Curve



# 2 - Flash Cards

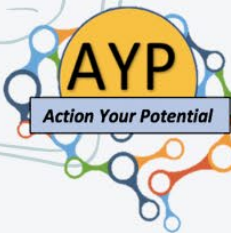




# Flashcards

Day	Colour of flashcard	Subject

# Flashcards – e.g.



Day	Colour of flashcard	Subject
Monday wk 1	Pink	English
Tuesday wk 1	Green	Maths
Wednesday wk 1	Yellow	French
Thursday wk 1	orange	Geography
Friday wk 1	day off	day off
Saturday wk 1	Blue	Biology
Sunday wk 1	day off	day off
Monday wk 2	Pink	History
Tuesday wk 2	Green	PE
Wednesday wk 2	Yellow	Art
Thursday wk 2	Orange	Chemistry
Friday wk 2	day off	day off
Saturday wk 2	Blue	Physics
Sunday wk 2	day off	day off



# Science Example

Front

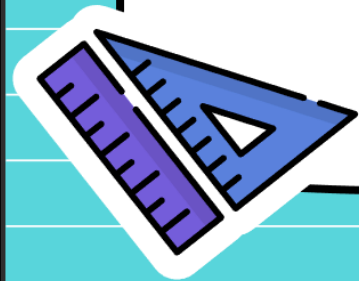
Back

Quarks are subatomic particles that...

*...come in six flavours*

- Up (lowest masses, most stable)
- Down (lowest mass, most stable)
- Charm
- Strange
- Top
- Bottom

Quarks have intrinsic prop: charge, colour, mass, spin





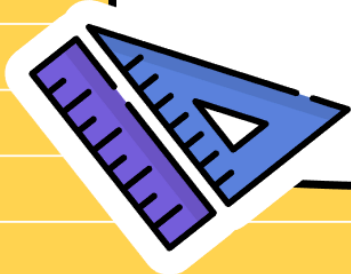
# English Example

Front

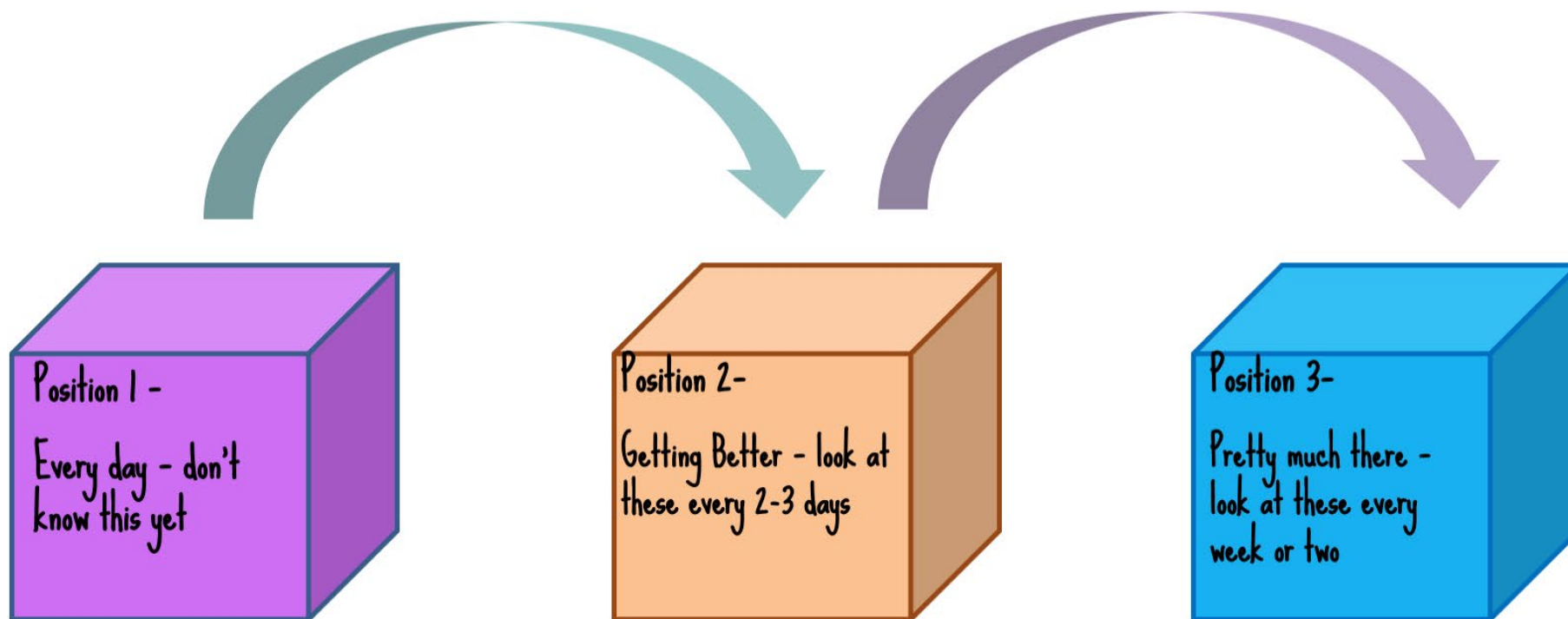
Back

Iago is a disgruntled employee of Othello...

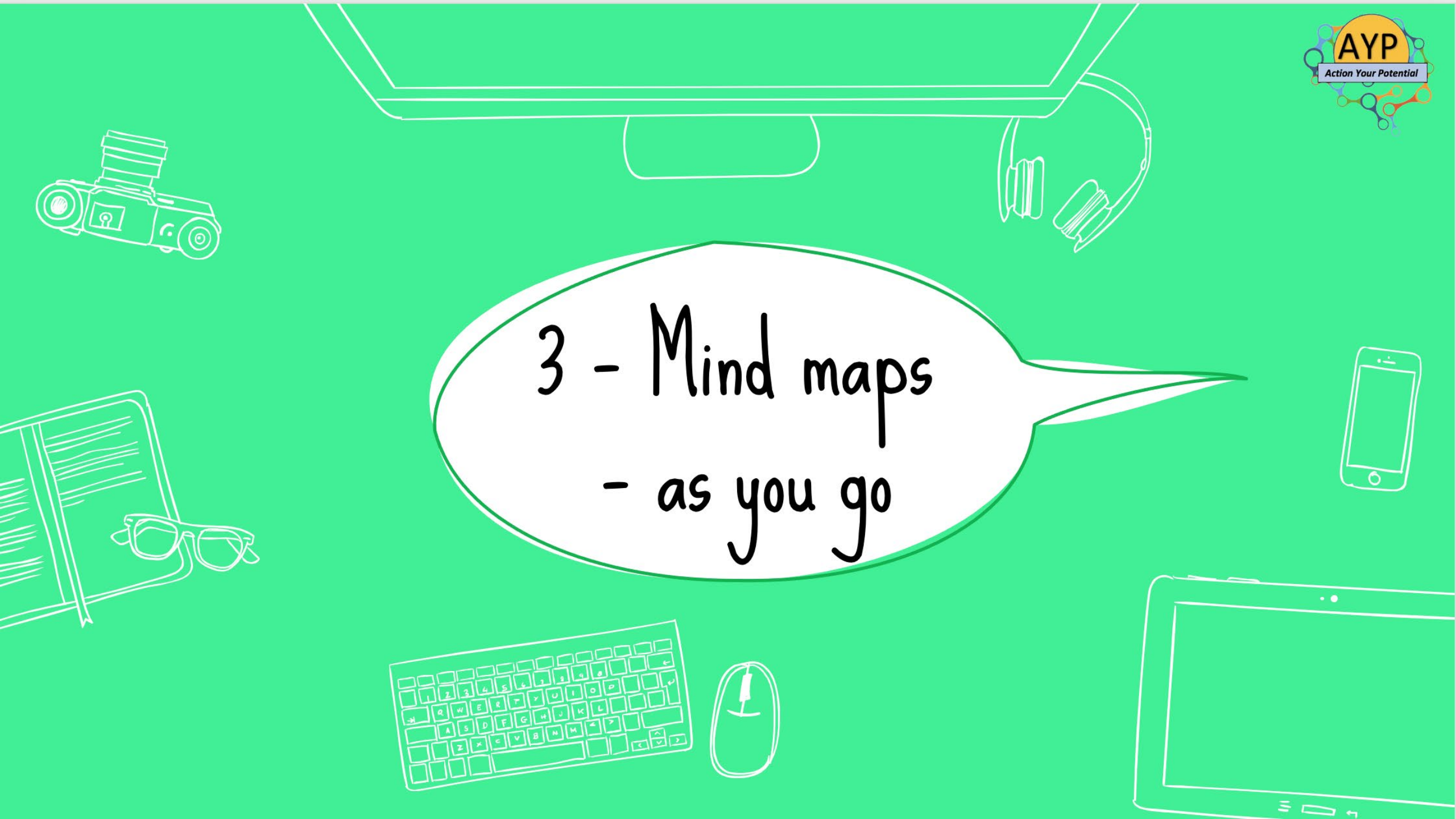
He is  
Resentful  
Egocentric  
Overlooked  
Undervalued  
Grandiose views of his abilities



# The box system







3 - Mind maps  
- as you go



You change your brain



You change your mind



You change your world.



Be in no doubt you  
can do this...

Any questions???

- Please enter your questions in the Q&A box
- Any unanswered [info@shoreham-academy.org](mailto:info@shoreham-academy.org)