

Dear parents and carers,

As promised, we have been looking at how we can support the year group as best as possible outside of their timetabled lessons. This is an ever-evolving picture and one that will be developing and growing over the coming weeks and months.

The following Year 11 support sessions are now on offer and I hope that the students make the most of these opportunities as they arise over the coming months. I will update you of any changes or additions to this programme.

Monday	Tuesday	Thursday
<b>ICT</b> 3.15-4pm – E14	<b>Visual Art</b> 3.15-4.15pm – D9, E2 & E3	<b>Drama</b> 3.45-4.45pm – A block
	<b>Product Design</b> 3.30-4.30pm – D1 & D2	<b>Combined Science</b> (Triple Scientists also welcome) 3.15-4.15pm – D16 & D18

The students are sitting several tests in class over the coming weeks as teachers aim to gather an insight into how they are doing. Some of the students are understandably anxious about sitting tests, especially in the current landscape. I would like to reassure them, and you, that these tests are aimed to identify progress and highlight any gaps in their knowledge so that the right support can be given. I have encouraged the students to do their best, showcase what they can do, and if a gap is highlighted, that gives them and the teacher an opportunity to act upon it. The main run of Pre-Public Examinations (PPEs) will take place at the end of November/early December. We are still awaiting news from Ofqual and the exam boards regarding the summer exam series.

As these tests in class arise and the PPEs begin, your child will need to spend time at home revising. I have attached some top tips that will help them throughout this year in preparing themselves for these exams. Keep talking to them at home about their learning and what they have coming up to help them manage the workload.

Winter is on its way and I'd like to remind all of the students to ensure they bring a coat to school over the coming months as there aren't always indoor spaces for them at break and lunch times (depending on where their next lesson is.) They will always have a dry space, but this is under the street canopy so the cold will still bite! We have an increasing number of students who are attempting to wear hoodies under their blazers, or black jumpers that are not the CCS logoed uniform. Please ensure that your child is in full uniform, including school shoes, not trainers (unless they have a medical letter to confirm they cannot wear school shoes.) Your support is appreciated.

**Secondary:** 01604 669200 **Primary:** 01604 669210 **Website:** [www.ccs.northants.sch.uk](http://www.ccs.northants.sch.uk)

**Principal:** David James **Vice Principals:** Andrew Fisher Katherine Patterson Gary Wakefield

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Wish you all a lovely weekend

Yours Faithfully  
Kathryn Wittich-Jackson  
Assistant Principal

## Revision Hints & Tips

### Before you do any revision



#### **1. Eat breakfast**

It is estimated that around 27% of boys and 39% of girls [skip breakfast some or all of the time](#). It's not called the most important meal of the day for nothing: [research has found that skipping this meal significantly reduces students' attention and their ability to recall information](#). Simply having a bowl of cereal will give students the concentration and memory boost they need.



#### **2. Put your phone away**

Phones can be distracting; they are [linked to a fear of missing out](#), and evidence [shows that undergraduate students who spend more time texting and using social media get lower grades](#). In another fascinating study, [researchers found that the mere sight of a phone was enough to reduce a person's ability to focus](#). The implication could not be clearer: out of sight really is out of mind.

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## During revision sessions

### 3. Start early and spread it out

January	February	March	April
Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
May	June	July	August
Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	Su Mo Tu We Th Fr Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Actors do not leave their rehearsals until the day before opening night. Athletes do not only train the day before a match. To commit something to memory takes time. **Spreading out your revision sessions on a particular topic (e.g. one-hour sessions over 10 days)** is more effective than spending the same amount of time in one go (i.e. 10 hours in one day). This effect, known as “spacing”, helps because it allows time in between revision sessions to forget and re-learn the material. This strategy has been labelled as [“one of the most robust across the entire history of experimental research on learning and memory”](#).

### 4. Test yourself



Leading researchers in the field of memory consider [testing yourself as one of the most effective ways to improve your ability to recall information](#). **Testing yourself also helps you check for any gaps in your knowledge.** Practice papers provide a good starting point, as well as quizzing yourself at the end of your revision session.

### 5. Teach someone



After you have tested yourself, teach the material to someone else. This has been found to help **aid memory and recall**; it is known as [“the Protégé Effect”](#). Teaching someone else requires you to learn and organise your knowledge in a clear and structured manner.

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## 6. Do not listen to music



Students who study in a quiet environment can recall more than those who revise while listening to music. Extroverts, and those with an exceptional ability to control their attention, are not negatively affected as much: but it doesn't help. At best, for these students, it just does not hinder them as much as everyone else. Evidence suggests students who study in a quiet environment recall more than those who revise while listening to music.

## 8. Get some fresh air and exercise



You cannot work all day, every day. Nor should you. Revision must be about quality, as well as quantity. Going outside and getting some fresh air helps people feel refreshed and better able to focus afterwards. Furthermore, doing a little bit of exercise helps people deal better with stressful situations: it reduces anxiety and increases self-esteem.

## 9. Sleep



Students are encouraged to work hard and revise a lot before their exams: however, there comes a time when they need to stop and go to sleep. Knowing when can be tricky. There is a link between being a perfectionist and struggling to sleep. If a child is falling asleep within five minutes of their head hitting the pillow, they should probably be going to bed earlier. Other sleep tips include having regular bedtimes, not being on your mobile phone in bed,

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but if you are, [turning down the backlight on it](#). On average you need 8 hours sleep per night. Your ability to absorb information is drastically hindered when you are tired. Therefore, if you stay up until 2am revising, chances are you won't remember what you have studied.

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