



A Message from our Principal

Welcome back after the two weeks Easter break. We were very fortunate to have such lovely weather, I do hope not too many chocolate eggs were consumed by all.

We are now in the summer term and it seems unbelievable that we are already two thirds through the academic year. This is a major term for Year 11 and Year 13 students as the main **examination season** begins on **15th May**. However, students studying Art or taking Modern Foreign Languages orals will have their examinations before this date. There are also some vocational examinations that will take place at the beginning of May.

It is also worth pointing out that **Year 10** students will also be sitting at least **one examination** over this time. It is, therefore, vital that any student who is sitting examinations should be revising and undertaking past examination papers at home to help improve their knowledge and understanding as well as examination technique. Please see further in *Spotlight* the essential equipment list that all students need for the examinations, as well as tips on examinations.

You will be aware we do not allow study leave for any of our students and we expect all of them to remain engaged in their studies until their last examination in either Year 11 or Year 13. If, however, the School's expectations are not upheld by the student then we will implement consequences which could result in students not attending their Prom/Ball or their Leavers Assemblies. The last official day for Year 11 is Friday 30th June, but students who have completed all of their coursework and examinations may earn

the right to go onto their summer timetable before this date. To achieve this, they will have to have their golden ticket signed off by their teaching staff, their House Achievement Leader and myself.

We will also be focusing this term on our 10 key **Values** and **Characteristics**, which we feel are ideal for both students and all members of staff to uphold to make them valued members of the school and wider community. This will be discussed via assemblies and form time, and a brief reminder of our values is listed below:

- ◆ **Aspirational and Self-Motivated**
- ◆ **Courteous and Compassionate**
- ◆ **Positive and Resilient**
- ◆ **Trustworthy and Honourable**
- ◆ **Competitive and Driven**

We are in need of **outside furniture** for our students to use at break and lunchtime now the weather is improving. If you, or the company you work for, are able to help in any way, we would love to hear from you as the students would really appreciate any additional resources. Please email us on office@sandyupper.net if you are able to help. Thank you.

Miss K Hayward
Principal

Intervention and Saturday Schools

After school intervention and Saturday Schools re-start again this week, 22nd April. If you receive an invitation, please do encourage your son/daughter to attend as these additional sessions are proven to work.



Parent/Guardian Focus

Examination Equipment

Students sitting the forthcoming summer examinations must be fully equipped with at least two black pens, pencils, eraser, sharpener, calculator, protractor and calculator for maths examinations. Students sitting Graphics, Geography or History, should also ensure they have colouring pencils.

Every student should ensure they have a full water bottle, and that any labels are removed.

Mrs J Partridge

Student Examination Booklet

The student examination information booklet is now available on our website for all students and parents/guardians to view.

Please take time to read through the booklet and make sure you are clear on the instructions and guidance given within.

Mrs J Partridge

Water Bottles

Could we please ask for your support in ensuring that your son/daughter always brings a clear bottle full of water every day. As the warmer weather approaches, students will need to drink plenty of water, particularly during PE lessons, and we appreciate your support.

Year 11 Prom

The Year 11 Prom has been booked at Russell Hall, Shuttleworth College, for **Friday 7th July** from **7.00pm – 11.30pm**. This a fantastic opportunity for students to dress up and celebrate the end of their GCSE examinations in style. Further details will follow.

Mrs Devereux

Intervention and Saturday Schools

Saturday Schools re-start again this week, 22nd April, as follows:

- ◆ **English 1-1** for specifically invited students, to work with Mrs O'Brien, from 9.00am – 12noon.
- ◆ **DT** with Mrs Perrin (coursework due in Monday 24th April) from 9.00am—12.30pm.
- ◆ **Music** with Miss Lally, from 9.00am—12.30pm.

If you receive an invitation, please do encourage your son/daughter to attend as these additional sessions are proven to work.

Year 11 Intervention

Please be aware that the following intervention sessions will continue to take place after school, from 2.50pm to 3.50pm each week on our return from the Easter holidays.

It is essential, with the examinations fast approaching, that your son/daughter attends these sessions as much as possible. These are ideal opportunities to go through examination questions, and practice their examinations skills and techniques further.

Monday Business / ICT

Tuesday English

Wednesday Maths

Thursday Science (*until 4.30pm*) / Maths

If there are any issues with transport, please do let us know, using parentcontact@sandyupper.net, as we may be able to support with this.

Miss Hayward



Parent/Guardian Focus

Maths Challenge

Last week's puzzle:

The letters J, M and C are different non-zero digits.
What is the value of $J + M + C$ if:

$$JJ + MM + CC = JMC$$

Answer:

If $J + M + C$ is a number whose last digit is C, then $J + M$ must equal 10. Then $J + M + C$ must be between 11 and 19 so the left hand digit of the sum, J must be 1, so $M = 9$. Then $J + M + C + 1$ ends with the digit M(9) so $C = 8$

This Week's Challenge

Which of the following is divisible by all the integers from 1 to 10 inclusive:

- A 23×34
- B 34×45
- C 45×56
- D 56×67
- E 67×78

Answers to me by Friday with a clear, logical explanation.

Mr Burnett



Sainsbury's Active Kids Vouchers

We are pleased to announce that we are collecting the Sainsbury's Active Kids Vouchers again this year.

These are available with from Sainsbury's, on both fuel and in-store purchases, so please help us obtain equipment to improve students' opportunities.

The collection box will be in main reception, and we would like to thank you in advance for your support.



~KEY DATES~

Thursday 27th April

Year 8 Options Evening

Monday 1st May

May Day Bank Holiday

Monday 29th May—Friday 2nd June

Half Term

Monday 5th June

All Students and Staff Return to School



Ski Trip Report

Ski Trip

On Friday 7th April, 21 students and three members of staff set off from School to start our journey for a week's stay in the ski resort of Saalbach in Austria.

We travelled by coach, through the tunnel and after driving through the night, we arrived on Saturday afternoon. We first skied on the Sunday in glorious sunshine with picturesque views of the surrounding snowy mountains, and the rest of the week we had every weather condition going!

A fabulous week was had by all, there were tears of laughter (and a couple of frustration!) but everyone left having improved their skiing ability. I would like to thank all the students who went on the trip for their impeccable behaviour and attitude, and to Mr Catherall and Mr Fuller for all their help and support.

If you would like to participate in next year's trip, then please see Mrs Partridge to register your interest.

Mrs Partridge, Mr Catherall and Mr Fuller





Intervention, Revision and Controlled Assessments

BTEC Business Studies

Lunchtime catch-up sessions will take place Monday, Tuesday and Wednesday lunchtimes in C4.

Afterschool sessions will also be held on Tuesday and Wednesdays, from 3.00pm—4.00pm. All students welcome at all sessions.

Mrs Mirza

English—Year 10 and Year 11

English Language and Literature Intervention will take place every **Tuesday** after school in Rooms 201 and 202 – please encourage your child to attend.

Miss Walsh

Hospitality & Catering

Year 11 Hospitality & Catering students are reminded to go to DT2 on Thursdays from 2:50pm-3:50pm for coursework intervention.

Mrs Beavor

iGCSE Computer Science

The ICT Department is offering an opportunity for students to attend intervention sessions every **Monday** from **16th January** 2017 until June.

Each session will take place from 3.00pm-4.00pm, after which safe transport home will need to be arranged. The aim is to support students in the lead up to the examinations in June, and focus on areas that students need additional support with.

Mrs Moncrieff

Science

It is now less than 4 weeks to the first Science GCSE Examination!

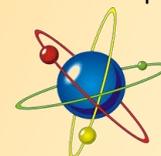
All Year 11 students were given booklets to help them to prepare for these examinations over Easter. Students should bring these booklets back into school so that work can be checked in order to inform future revision.

The Science department are running Science intervention on Thursdays from **3.00pm—4.30pm** for **all** Year 11 students. This intervention will run on 27th April, 4th May, 11th May, 18th May, 8th June, 15th June. There will **NOT** be any Science Intervention on Thursday 25th May.

Each week there will be a number of sessions, covering the three Science disciplines; Biology, Chemistry and Physics at different levels so that students can opt or be guided into the most appropriate interventions. Students will have opportunities to work independently, access resources, ask questions, or receive tuition in particular identified topics. Biscuits or a snack will also be on offer to help keep everyone going!

Please let us know if your son/daughter will attend, so that we can ensure that we have adequate staffing and prepare appropriate resources.

We wish all our year 11 students well as they begin their final, critical examination preparation.



Mrs Hinson



Active Revision

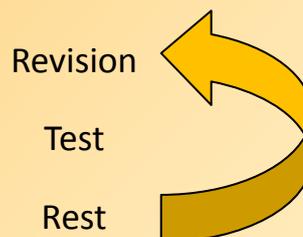
Please see below excellent ways to help Revision and improve your long-term memory.

DO:

1. Work through past exam papers
2. Write revision notes on Question and Answer flash cards (questions on one side, answers on the other)
3. Draw spider diagrams using pictures and colours
4. Use revision guides, apps, videos and websites
5. Read aloud and walk around—increase the use
6. Make up raps/rhymes, chants and songs
7. Record key phrases on your mobile and play it back
8. Stick up posters and use post-it notes to see it, or visualise it.
9. Explain a topic to a parent/guardian, or friend—help memory/listen to own thinking
10. Write out notes again and again.

DON'T just sit there, flicking through lesson notes. This will not be helpful in retaining the information you need, long term.

REVISION CYCLE:



You may also find the following websites useful to support your son/daughter as they start revising prior to the forthcoming examinations:

www.aqa.org.uk

www.ocr.org.uk

www.qualifications.pearson.com (Edexcel)

www.wjec.co.uk (Food technology only)

www.bbc.co.uk/schools/gcsebiteize

www.corbettmaths.co.uk



What Makes a Good Revision Session?

What makes a Good Revision Session

Revision simply means 'looking again' but some revision actually involves new learning. Revision can include:

- ◆ Finding out what you know & understand (and what you don't)
- ◆ Building on what you know & understand
- ◆ Finding out what has slipped your memory
- ◆ Working on ways on retaining information
- ◆ Practising answers
- ◆ Preparing to show what you have learned

To get the maximum benefit out of each revision session follow the tips below:

- ◆ Have an aim for each session. Make sure your aim is specific and measurable. This means that by the end of the session you will be able to demonstrate to someone else that you have met your aim. You could even get a friend or parent to ask you some questions to check you have met your aim.
- ◆ Find a suitable quiet place to revise, refuse to be interrupted or distracted. Turn you phone off and close Face Book.
- ◆ Don't just read notes but do something active with them (see revision ideas). Use different techniques and try to identify the technique that works best for you. Think about the work you have done on your preferred learning style in school.
- ◆ Keep all the equipment you need handy (pens etc., calculator, paper, notebooks, postcards, post-its) – wasting 20 minutes looking for a pen is not good use of revision time!
- ◆ Take short breaks between revising different topics.
- ◆ Drink water, get fresh air and make sure you room is cool enough.
- ◆ STOP when you feel frustrated, angry, overwhelmed and take a break. Make a note of the problem and deal with it next session – move on to something else.
- ◆ Aim for natural light or a desk lamp in your working area
- ◆ Try a session with music playing; some people claim to link different tunes to particular learning. Try classical/rock/jazz.
- ◆ Be honest about whether you have met the aim of each revision session. Don't delude yourself that three hours spent colour coding your files constitutes revision!



What should I do when I am revising?

At the heart of good revision is looking at the work you have previously done. Use your exercise books, text books, revision guides or even the internet to review the content in each topic. Read back over teachers' comments to identify which topics you did well in and which require more work. Look at the advice the teacher gave you.

Just reading over your notes is not the best way to revise for most people. On average, we only remember:

20% of what we read

30% of what we hear

40% of what we see

50% of what we say

60% of what we do

90% of what we read, hear, see, say & do

This means that if you are going to remember the information you are revising you should do something active with it and transfer information from one form to another. Below is a list of some revision techniques. Try to find a couple that work for you and aim to vary the techniques you use to suit each topic.

1. Turn notes into bullet points. Highlight key words. Keep shortening them until you have one word which will trigger your memory for each point.
2. Make flash cards with the key ideas.
3. Practise past exam papers or questions from your text book.
4. Draw Mind Maps for topics to show how the main ideas link together
5. Write out key words and definitions on flash cards. Colour code them. Get someone to test you.
6. Turn your notes into pictures or diagrams such as flow charts



7. Use websites e.g. Edexcel.co.uk to read through key information.
8. Learning posters – put key information on small posters. Use patterns, colour and drawings. Pin them up where you'll see them often (like in the toilet).
9. Use Mnemonics to remember key facts (Richard Of York Gave Battle In Vain)
10. Make up questions and get somebody to test you verbally. Put aside the ones you don't know and keep working on them until you learn them all.
11. Record notes and put them on an MP3 player. Listen to them as often as possible.
12. Make a rhyme, rap or song out of your revision notes (yes it really works!)
13. Read your notes out loud to your cat or dog! Sounds stupid but it works!
14. Explain key ideas to a friend. Teaching other people helps you to learn yourself.
15. Practise past exam papers
16. Associate information with actions. Act out your notes as you read them.
17. Walk around the room whilst revising.
18. Write information on post-its and stick it around the room. Move round the room reading the notes.
19. Make up a play involving key ideas and act it out.
20. Role play key events or arguments from subjects with friends.
21. Instead of reading notes summarise them up using a computer.
22. Turn your notes into a PowerPoint and share it with friends.
23. Try recalling detailed diagrams/graphs/illustrations from memory and test yourself.

Using Your Friends

Form a study group. Choose people who are unlikely to chat. Plan which topics to revise individually and meet regularly to discuss problem areas from your revision. Devise quizzes and test each other. These strategies will illustrate how much you know and what further revision needs to be undertaken.