

1st September 2026?

- The
- *Adventure*
- Is
- Yours



Blackfen School for Girls

Raising aspirations - releasing potential

Preparing for Success

- Ready
- Steady
- Go!



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Get ready: It's Year 11 *now*

Tuesday
5th May
2026
(first exam)

Is just
229 days
32 weeks
away



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Behaviour in school

- Do the right thing – wear correct uniform, keep your phone away
- Be prepared – books, equipment, pens
- Attitude to / for learning

Behaviour at home

- Bedtime routine
- Phone routine - particularly when revising
- Create a safe and comfortable place for study
- Ask for help



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Eat well

A balanced diet is vital for your daughter's health and can help them feel well during exam periods.

Sleep well

Good sleep improves thinking and concentration.

Most teenagers need 8 to 10 hours' sleep a night.



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Resilience is ...

Coping with the ups and downs of daily life and having the emotional capacity to bounce back after challenges and setbacks.

So ... talk about exam nerves and pressures

- It's part of daily life to feel anxious at some stage.
- Feeling nervous is a natural reaction to exams.
- The key is to put these feelings to positive use.



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Parents / Carers

- Having someone to talk to about work helps students.
- Encourage your daughter to talk to school staff if she feels that she is not coping.

Students

Speak to your:

- Student Support Officer
- Student Wellbeing Officer
- Counselling Team
- Form Tutor/Teachers
- Assistant Headteacher



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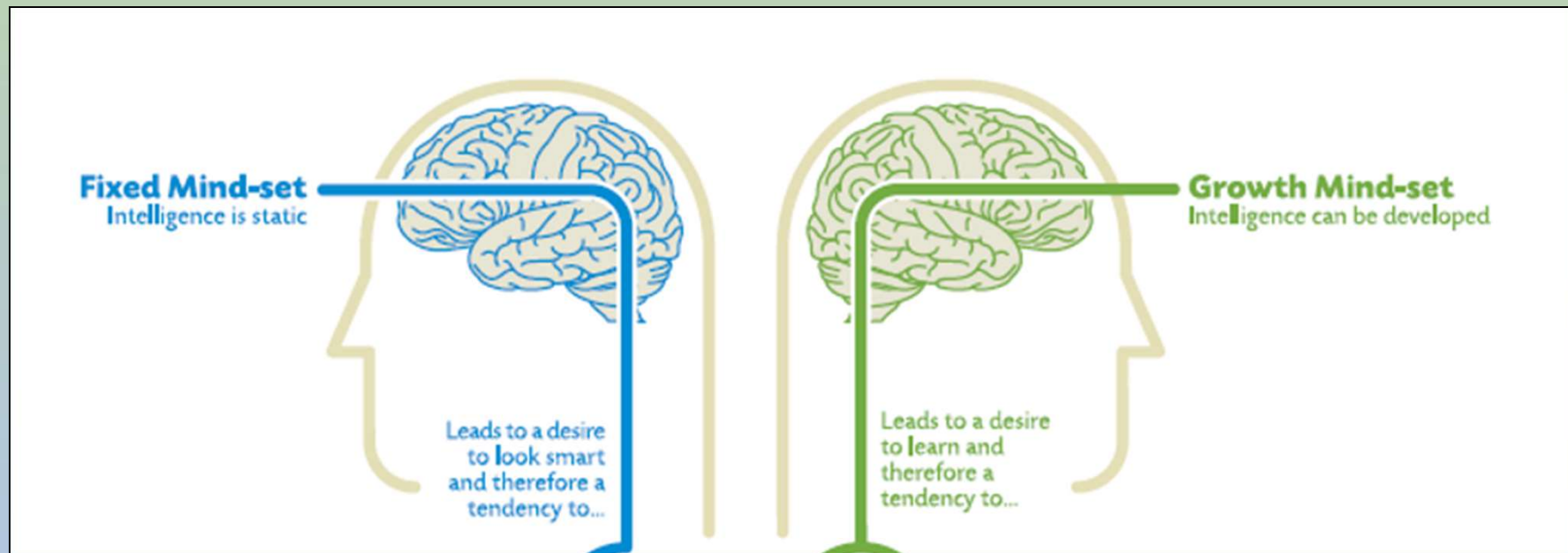
Stay steady: Stay *in control*



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Fixed mindset

- Avoids challenges
- Gives up easily
- Sees effort as worthless
- Ignores useful, negative feedback
- Feels threatened by the success of others

Growth mindset

- Embraces challenges
- Persists after setbacks
- Effort leads to mastery
- Learns from criticism
- Finds lessons and inspiration in the success of others



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Attendance group	Average A8 Pts
less than 50% attendance	8.9
between 50% and 80%	33.8
between 80% and 85%	48.5
between 85% and 90%	41.1
between 90% and 95%	49.1
95%+ attendance	52.6
Grand Total	43.7



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Top Tips for revision

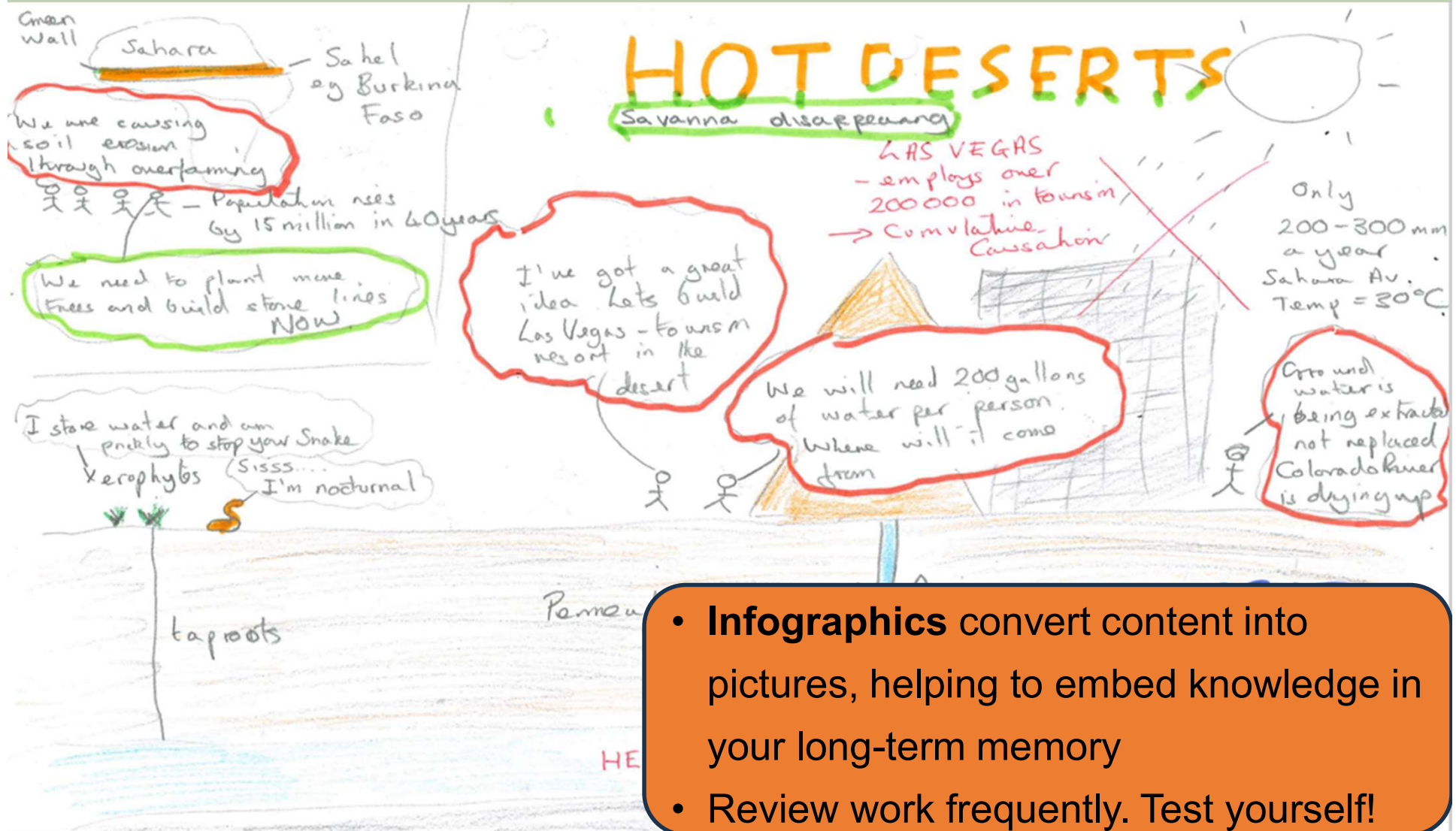
- Year 11 students need to *embed* learning in their long term memory. Regular reviewing, adapting and testing helps them to do this.
- Infographics - where students convert content into pictures and cartoons - are a great way to reduce content and *embed* learning.
- Mind maps and flash cards are effective revision tools.



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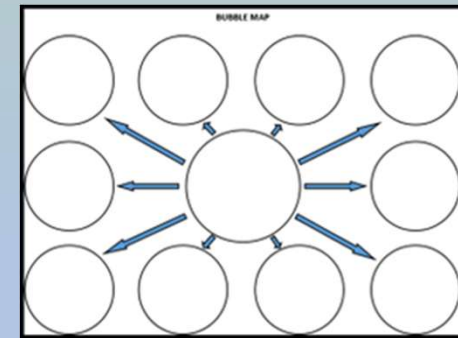
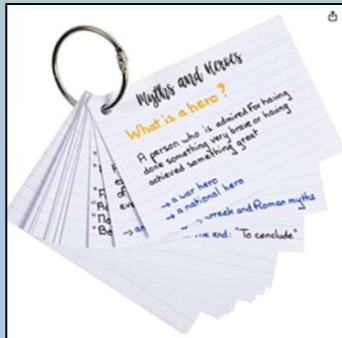


- **Infographics** convert content into pictures, helping to embed knowledge in your long-term memory
- Review work frequently. Test yourself!

Stay steady: Stay *in control*

Top Tips for revision

Review / Adapt / Re-test / Re-call



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Stay steady: Stay *in control*



- Find a quiet place to study. Make it yours.
- Hide your phone. Avoid distraction and time-wasting.
- You get one chance to be in Year 11. Don't mess it up.



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Top Tips for study, homework and revision

- Exams test how well you understand *and* can recall your learning.
- Aim for at least 1 hour of study each night, *now*.
- 30 minutes should be independent review and revision.
- Fill-the-gap tasks, thinking skills, quick tests, exam questions and reviews all work well to recall learning.



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Weekday Evening Revision Timetable

Day	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Mon							
Tues							
Wed							
Thurs							
Fri							

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- Aim for Homework + 30 minutes of independent review and revision.
- At least 1 hour of work per night. Start now and get a good study habit going.



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Stay steady: Stay *in control*

- Get Revision Guides
- Attend after and in-school revision sessions
- Know what to do to get Grade 4/5 or Grade 8/9
- Staff will work on diagnosis, therapy and testing.
- Work hard
- Get support
- Go to lessons
- Take pride in your learning
- Look after yourself
- It's NOT too late

Just get on with it!



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