

# **Cover Note**

Dear parents/guardians,

This is a guide to help you aid your child's learning from home, it entails the following information:

- GCSE grades 1-9 simplified
- What is an exam board
- GCSE Key Dates
- When should GCSE revision start
- When are GCSE results released
- Different ways for you to help your child with their learning
- Top Tips for parents
- How can you motivate your child to revise
- 8 ways to help your child excel grade expectations at school

## **Other useful information to support your child's learning.**

- After school interventions are taking place for some subjects from the week commencing 12th October. Please encourage your child to attend if they have been selected to attend. This will recap learning that was covered over the lockdown period.
- All students have been given a revision guides for every subject, please encourage your child to use these regularly whilst revising from home.
- If your child is absent at all, remember all lessons are now live via Teams for them to access.
- All students have been given Learning Checklists which inform your child of all the lessons which will be taught in Half Term One and resources to help them complete that lesson.
- Some students have been selected to attend a new programme with the Tutor Trust for extra tuition in Maths and English. These session will be commencing the week beginning 9th November. Please encourage your child if they have been selected.



# Parental Support Newsletter @WRHS

**This newsletter will help you support your daughter at home with her learning in ALL subjects.**

## GCSES: Simplified

This section will simplify the GCSE years and explain what the new 9-1 GCSE Grading System is, exam boards, and a timeline of key GCSE dates.

- So now instead of being graded with A\*, A, B, C, D, E, F or G, papers are now given a 9, 8, 7, 6, 5, 4, 3, 2 or 1 grading. The highest three grades (9, 8 and 7) are replacements for A\* and A, with the top 20% of those being graded 9.
- This might sound confusing, but essentially, a new gold standard grade has been born. In fact, it's more a platinum standard - with some even classifying a grade 9 as the equivalent to achieving an A\*\* (to make it a little easier to comprehend).

**OCR**  
Oxford Cambridge and RSA

New GCSE Grades										
U	1	2	3	4	5	6	7	8	9	
U	G	F	E	D	C	B	A	A*		
Old GCSE Grades										

**AQA**

**edexcel**

Tutorful

### What is an exam board?

An examination board is an organisation that is responsible for setting GCSE examinations, marking them and distributing results to students.

- The main exam boards Whalley Range use are: OCR, AQA and Edexcel.
- <http://www.ocr.org.uk/> <http://www.aqa.org.uk/> <https://qualifications.pearson.com/en/home.html>
- You will find every exam date for each exam board via the links above, as well as some great revision aids including most recent past papers for specific subjects,

### GCSE Key Dates Timeline

GCSE s at Whalley Range usually take place over a 2-3 year period , however some subjects start their GCSE early in year 9.

### When should GCSE revision start?

- Your daughter should start revision as soon as possible in preparation for her PPEs and for her real GCSE.s. (See top tips for revision strategies in the next page).

### When are GCSE results released?

- GCSE results are usually released in the **3rd week of August**, on ....RESULTS DAY.



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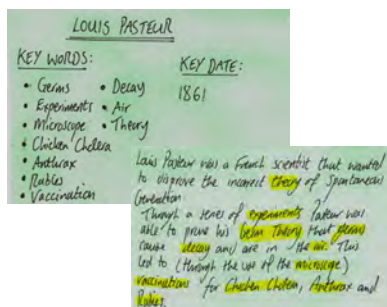
## Top revision advice parents

### Ways to help:

Revising and revisiting past GCSE topics for all subjects will be a valuable task for **ALL** students to complete whilst at home.

There are many different ways to help your child with their revision. Some of which are:

- **Create revision cards**
- **Mind mapping from memory**
- **Making their own quizzes**
- **Testing their learning**
- **Check their Learning Online-through Doodle for example.**
- **Using knowledge organisers so you can help your daughter structure her revision / know which topics she needs to revise.**

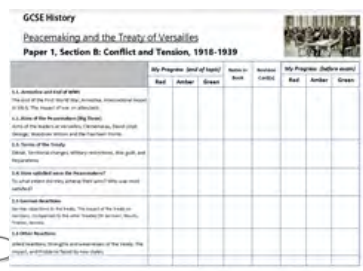


### Mind Maps

- Create a Central Idea. The central idea is the starting point of your Mind Map
- Add branches to your map. The next step to get your creative juices flowing is to add branches
- Add keywords
- Colour code your branches
- Include images.

### Knowledge organiser/poster

- You need to organise the knowledge you create into categories. Divide the topic into sections
- Take a page and divide it into the number of sections you have created.
- In each write down key learning points and include some diagrams.



## Top Tips

### 1) Help your child make a revision timetable.

There is no set amount of time that your child should be revising because every child learns and retains information at different rates. But it is important to:

- Help your child structure their revision
- Research shows that revision is better done little and often, so focus on quality than quantity
- Break big tasks into small, manageable chunks to incorporate onto a timetable

### 2) Suggest useful revision and anti-procrastination tools.

Allow your child to create the above resources from complete memory to test their learning. To avoid procrastination you could do the following:

- Allow your daughter to take regular breaks to clear her mind
- Instead of banning mobile phones completely allow her to use them as a phone timer when completing a timed based task or as an incentive after completing productive revision.
- Used to go on useful websites such as BBC bitesize, Seneca, Doodle, Maths Watch, Bedrock etc.

### 3) Invest in a Whiteboard.

- Easy to help test your child's learning and checking answers.

### 4) Consider private tuition

- Helps when your child is really struggling in a particular subject [https://tutorful.co.uk/?utm\\_source=gcseguide](https://tutorful.co.uk/?utm_source=gcseguide)



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## How can I motivate my child to revise?

- Take your daughter someone new to revise, this will help with a change of scenery which is great for the brain
- Explore solutions to overcome revision problems based on your own experiences, maintain an open and honest relationship before the intense study period so they don't feel overwhelmed.
- Consider that your child might not be lazy at all. Anxiety is often a common reason for children to refuse to become productive. Psychiatrist Dr Hayley Van Zwanenvurg offers her best advice on how parents can help their children find solution to stress-related lack of motivation.

**"Young people are often 'catastrophising'; they believe they will fail spectacularly. Help them look at the true evidence regarding their hard work, so they can challenge irrational thinking.**

**Help your children 'problem solve' and form a plan so that even if their results are not what they hope for, there are options and a future. Do not continually put pressure on your child to revise. Remind them that they will feel satisfied if they know they have tried their best, and to achieve this they need a healthy balance of revision and relaxation."**

## 8 ways to help your child excel grade expectations at school.

- 1) Establish healthy daily habits by incorporating these into your child's daily routine to improve school success.
- 2) Encourage optimum levels of sleep. Sleep deprivation in young people has been linked to lower attainment.
- 3) Encourage healthy eating habits. Such as making it compulsory to have breakfast and to eat fish/healthy fats. Omega-3 fatty acids are essential for a healthy mind.
- 4) Find a way technology can work with (not against) your child. Encourage ways to your daughter can use their laptops and mobile phones to benefit their grades.
- 5) Maintain high attendance levels-. When your child is ill, ensure they get plenty of rest and vitamin C to ensure a prompt return to school. High levels of attendance links to high attainment.
- 6) Keep in regular contact with teachers
- 7) Champion extra-curricular activities. There is lots of research that show a positive relationship between extracurricular activities and academic performance.
- 8) Accept that your child may need extra support. 1 in 3 secondary school children have tutors. Expert tutoring can significantly help your child's confidence, attainment and long term retention.