



Welcome to the Year 11 Information Evening

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What is tonight all about?

Sharing some key points with parents of Year 11 on the ways you can support your son or daughter throughout the most important year in their school life. We will go through the following:

- DFE and National context
- Key dates throughout the academic year
- Support in school and getting organised
- How can parents help and student well-being
- Question and answer session

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National Context

- The DFE have given Students more time to prepare for their exams next year, GCSEs will be held 3 weeks later to help address the disruption caused by the pandemic.
- One maths and one English GCSE exam will be held just before the May half-term, giving any year 11 pupils who are affected by COVID-19 the best possible chance of still sitting a paper in each of these core subjects.
- There have been some changes to subject specifications which all teachers have shared with the students. This confirmation gives teachers, school leaders and pupils clarity on what will be assessed in exams next summer.
- Even though Scotland and Wales have confirmed that they are using CAGs (Centre Assessed Grades), we (England) are still running a full series of exams in the summer of 2021...as things stand right now!

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Key dates for Year 11

- Reports from AP1 will be sent home during the week commencing the 9th November just based on ATL/HL.
- PPE (1) – starting w/c 23rd November 2020
- Year 11 AP2 reports sent home before Christmas 2020.
- PPE (2) March 2020. Timetable will be handed out in January/February.
- Reports at AP3 sent home on 26th March 2021.
- GCSE examinations start on 7th June. In the summer 2021 these will only run for 4 weeks.

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Important dates for your children

- 23rd November 2020 – PPE 1 start
 - 1st March 2021 – PPE 2 start
 - 7th June 2021 – GCSE Exam start
- 27th August 2021 – GCSE results Day



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Support in school

Year 11 revision sessions September – November 2020

Day	Subject	Time	Staff
Monday	Music	13:30-14:00	ELU (42)
Monday	Maths	15:15-16:15	All Maths staff (17,18,19,20)
Tuesday	Science (Higher)	15:15-16:15	All Science staff (3,4,6,7,28)
Tuesday	Science (foundation)	15:15-16:15	All Science staff (3,4,6,7,28)
Tuesday	Design and Tech	15:15-16:30	SCH (52)
Wednesday	Science Triple	08:45-09:00	LMC (7)
Wednesday	English (starting after HT)	15:15-16:30	All English staff (21, 22, 23, 24)
Wednesday	Music	15:15-16:15	ELU (42)
Thursday	History	15:15-16:15	MGI (LRC)
Thursday	Art	15:15-16:15	PAC (51)
Thursday	Textiles	15:15-16:15	PAC (51)

*French, German and Geography will be offering revision support sessions after Christmas.

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Getting organised

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* = none if possible
// = no revision/area

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30-4:30	school	school	school	school	school	*	*
4:30-5:00	media	chemistry	media	maths	english	maths*	//
5:00-5:30	english	chemistry	media	maths	english	maths*	//
5:30-6:00	//	//	maths	english	media	//	//
6:00-6:30	english	english	//	//	//	//	//
6:30-7:00	maths	english	//	//	//	//	//
7:00-7:30	//	//	english	chem	//	//	//
7:30-8:00	//	//	physics	chem	//	//	//
8:00-8:30	maths	biology	//	//	//	//	//
8:30-9:00	maths	maths	maths	bio	//	//	//
9:00-9:30	//	//	//	//	//	//	//
9:30-10:00	biology	maths	biology	bio	//	//	//
10:00-10:30	media	physics	biology	med	//	//	//

Revision Timetable

Name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am							
8:00am							
9:00am							

STUDY TIMETABLE

// SCHOOL
// FREE TIME

	MON	TUE	WED	THU	FRI	SAT	SUN
9-4	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL		
4-5	CHEM	BAND	BAND	ENGLISH	BAND		
5-7							
7-7:30	BIOLOGY	TRUMPET	ENGLISH		MATHS	HISTORY	
7:45-8:30	GEO	CHEM	MUSIC		ENGLISH	MUSIC	
8:30-9	HISTORY	MATHS	BIOLOGY		BIOLOGY	MATHS	
9-9:30							

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Success

Success



what people think
it looks like

what it really
looks like

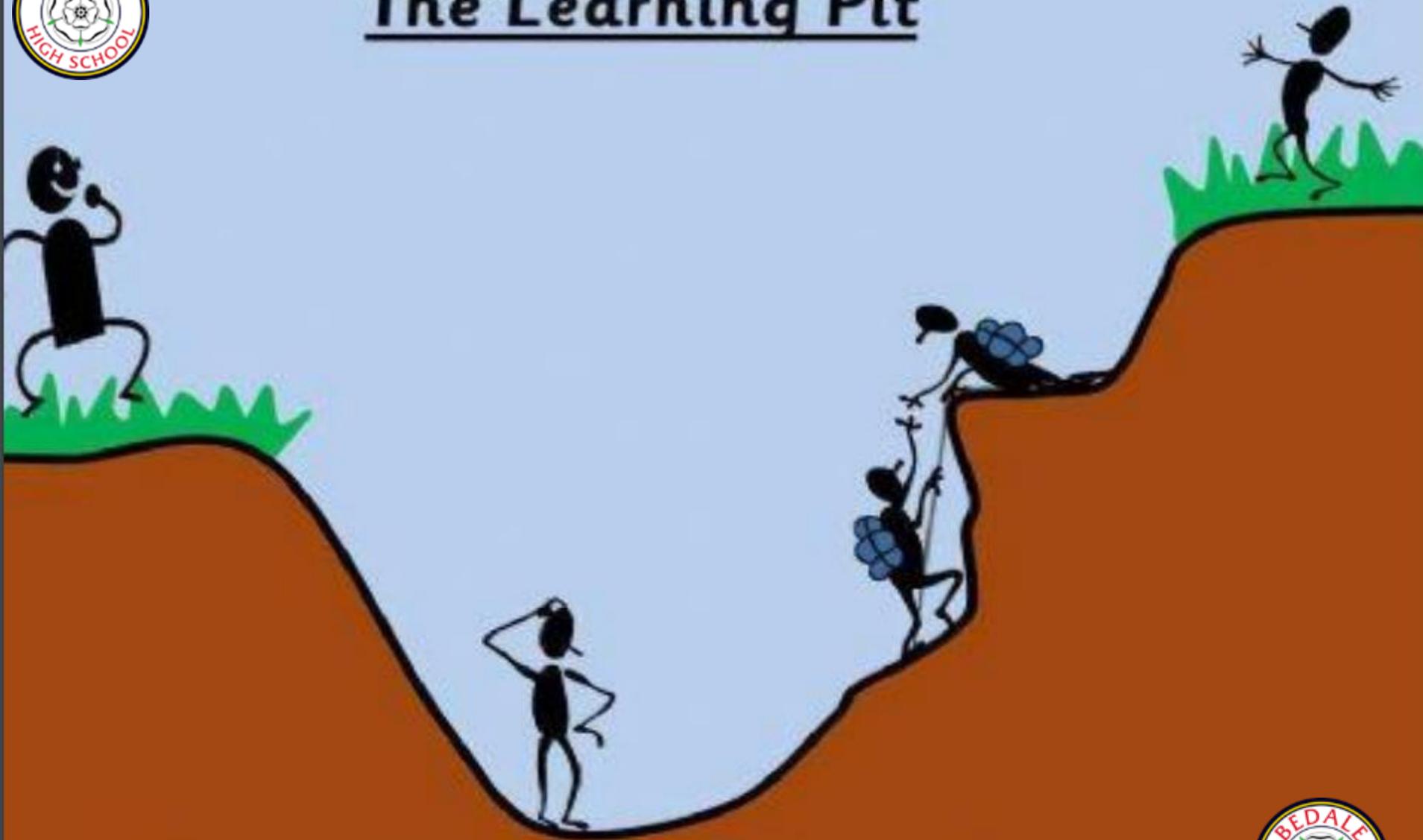
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The Learning Pit



Good learners go into the PIT!

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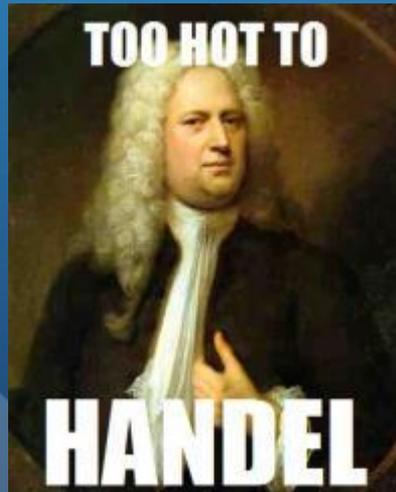
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Key points – avoid distractions

TV or
not
TV?

Music or
silence?

To ping
or not to
ping?



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Examinations

Welcome to the Examination Information for Bedale High School

In this section you can find and download details of school examinations, public examinations and timetables. You can also find guidance on how you can support your child with revision and examination preparation.

The public examination (GCSE) series runs between Mid May and the end of June and holidays should not be booked in this time. Examination dates cannot be changed to suit the individual or the school.

[External GCSE Exams and Information](#)



[GCSE Information For Candidates](#)



[Internal Pre Public Exam Information](#)



[Revision Guides October 2020/21](#)



[Summer 2021 GCSE Subjects and Exam Board Links](#)



[Replacement GCSE Certificates](#)



[GCSE Results Information](#)



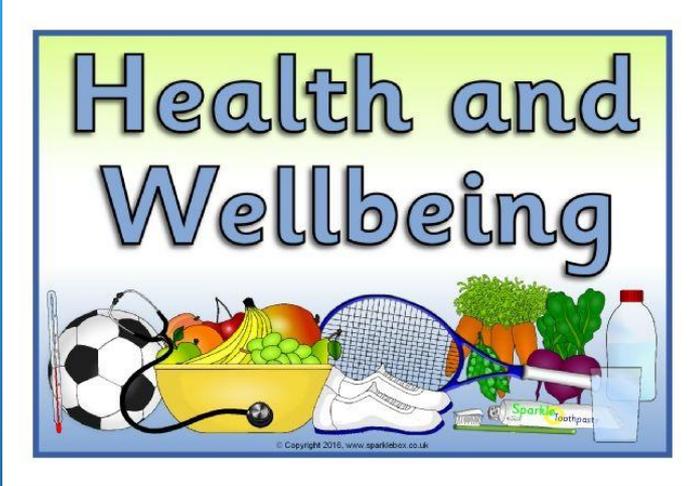


Health and Wellbeing

10 STEPS TO IMPROVE MENTAL WELLBEING

- 1 FORTIFY RELATIONSHIPS AND MAKE NEW CONNECTIONS**
Make time for your friends and family. You can nurture social connections in lots of ways, such as eating meals together, or talking regularly on the phone. Make new connections by joining a local community group or trying a new hobby.
- 2 REFRAME UNHELPFUL THOUGHTS**
You can learn to break negative thought patterns by recognizing them, challenging them and seeing if you can replace them with something more positive. With practice, this can help us look at personal problems from a different perspective.
- 3 CONTROL YOUR SCREEN TIME**
Our digital devices can be great for feeling connected, but can also make us feel busy and stressed. Try periods of switching off, especially in the hour before bedtime.
- 4 SLEEP WELL**
Good quality sleep helps improve our mood, concentration and physical health. Establish a regular bedtime, relax before bed with a book or music, and avoid caffeine and alcohol.
- 5 STAY ACTIVE**
Walk, run, swim, cycle, garden or dance - whatever it is you like to do, but commit to doing regularly for at least a few times a week. Physical activity helps us sleep, manage stress and improve our self-esteem.
- 6 EAT AND DRINK HEALTHY**
Get a balanced, healthy diet. Limiting alcohol consumption and stopping smoking or recreational drug use really improves both our mental and physical health.
- 7 TAKE NOTICE AND BE MINDFUL**
Notice and savour the small things in life, especially in nature. Try breathing exercises or other mindfulness techniques such as meditation to help you feel calm.
- 8 MAKE TIME FOR YOURSELF**
Family and work commitments can make it hard to find time to relax or do hobbies that we enjoy. Try to prioritise at least one pleasure activity every day doing something you really enjoy.
- 9 KEEP LEARNING**
Try a new skill or hobby over an odd dinner or coffee. Learning new things can be fun and rewarding, and introduces you to new people and helps keep our brains active.
- 10 REACH OUT**
Look out as well as in. Being a neighbour can mean to not think you, or someone with a local community group. Helping others makes us feel good about ourselves and strengthens our relationships.

AnatomyStuff



Miss Riley-Fox and Mrs Gray will be running weekly support sessions for students who are feeling overwhelmed. Please let us know if you would like to attend.



Please contact
admin@bedalehighschool.org.uk
or call 01677 422419 if you need
any help or have further
questions

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