



GCSE EXAMINATIONS 2025

Y11 PARENTS' INFORMATION EVENING

WELCOME!

**Best to give him
some space. He's in
a bit of a funny
mood.**





THE FINAL STRETCH

- Mock exam results
- 27 school days until GCSEs start



KEY DATES

- The examination timetable



EXAMINATION ARRANGEMENTS

- Structure of the days 2-1-2
- 'Study leave' – students must be in for EVERY lesson until Weds 11th June. Then students must attend all lessons for which they still have exams.
- Uniform
- Punctuality
- Equipment
- Behaviour
- SEND and special arrangements for examinations (EAA)



PREPARATION WITHIN SCHOOL

- Exam focus in lessons – gaps and priorities
- Past paper practice
- Key skills



SUPPORT AND GUIDANCE

- **Sixth Form / College advice and guidance**
- **Post-mock support re: suitability of courses and back up plans**
- **Managing examination stress & focus on wellbeing**
- **Organisation and preparation over coming weeks**

REVISION SESSIONS



	Tutor time	Lunchtime	After school
Monday		English drop-in Room 5 Week 1 only Biology for Combined and Triple (week 2 only) - Room 8 to start after Feb half term Health and Social Care Room 2a Week 1 only Computer Science Room 34	English – Booster (invitation only) Room 7 Phil Eth Room 70. Week 2 only.
Tuesday	Science (week 1) Maths (week 2)	Maths drop-in Room 4 Business Studies Room 52 German Room 23	Art, Photography, Textiles Rooms 9 & 11 Maths (Foundation) Room 31 Maths (Higher) Room 3, Week 2 only Health and Social Care Room 2a Week 2 only Business Studies Room 52
Wednesday		English Room 7 English Room 18 P.E. Room 51 iMedia Room 34 Scholarship group various rooms Week 1 only	Chemistry for Combined and Triple (week 1 only) - Room 42 to start after Feb half term. Physics for Combined and Triple (week 2 only) - Room 36 to start after Feb half term. Maths (Higher) Room 3 Week 1 only
Thursday	English (week 1)	English Literature Advance to 9 Room 5 Week 2 English – Moving from 3-5 (invitation only) Room 16 English Room 6 History drop-ins Room 75 & 76	History Hall Geography – Room 71
Friday		English Language Advance to 9 Room 5 Week 1 French Room 19	

English revision session videos are available via the Virtual Classrooms on Teams via the “Exam Tips” icon.

D&T NEA - Lunchtime and Afterschool ‘individual’ project drop-in sessions, by arrangement, available – speak with Mr Bowen or Mr Howard

Visit Isaac Computer Science website to book a place on webinars available daily from 16:30 – Email Mr. Brindley for more information.

Easter Holiday revision sessions:

Art & Photography GCSE exam workshop day 10am-3pm – Date: Tuesday 8th April. Please collect your permission slip from your teacher and hand in to Mrs Mendes by Tuesday 1st April.

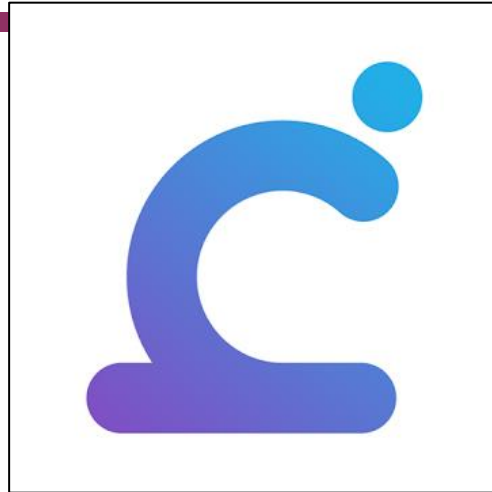
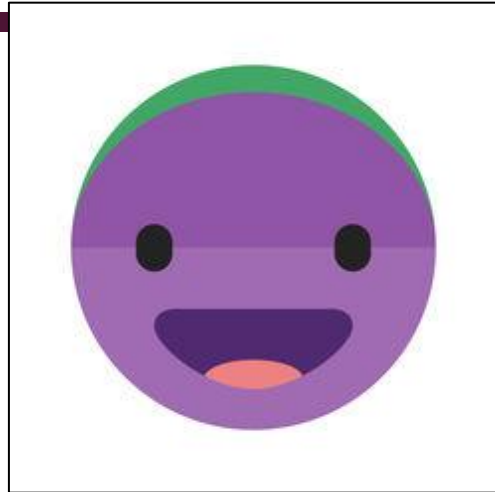
REVISION SESSION PRIZE DRAW





SELF -HELP

- **Eat well**
- **Take exercise**
- **Find a balance between school work and leisure time**
- **Think about your use of social media**
- **Talk to someone (a friend/ relative / school staff) if you are struggling to manage**
- **Use some of the mindful apps or the strategies on the NHS website or Young Minds website.**



Headspace

- Guided Meditation
- FREE on both Apple and Android

Daylio

- Private Journal and Mood Tracker
- FREE on both Apple and Android

MY RECOMMENDED MINDFUL APPS

Calm Harm

- Helps to control the urge to self-harm and provides safe and healthy coping methods
- FREE on both Apple and Android

Headspace: <https://www.headspace.com/>

Daylio: <http://daylio.webflow.io/>

Calm Harm: <https://calmharm.co.uk/>



<https://www.healthforteens.co.uk/health/about-chathealth/>



ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team for confidential advice and support. You can get in touch for advice about any aspect of your physical or emotional health.



WHAT CAN PARENTS DO?

- Ensure 100% attendance.
- Ensure that a quiet, suitable, work area is provided at home.
- Support to manage screen time.
- Take an interest and help where you can.
 - Revision timetable
 - Time management
 - Testing
 - Support, encouragement and rewards
- <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/?tabname=mental-wellbeing-audio-guides>

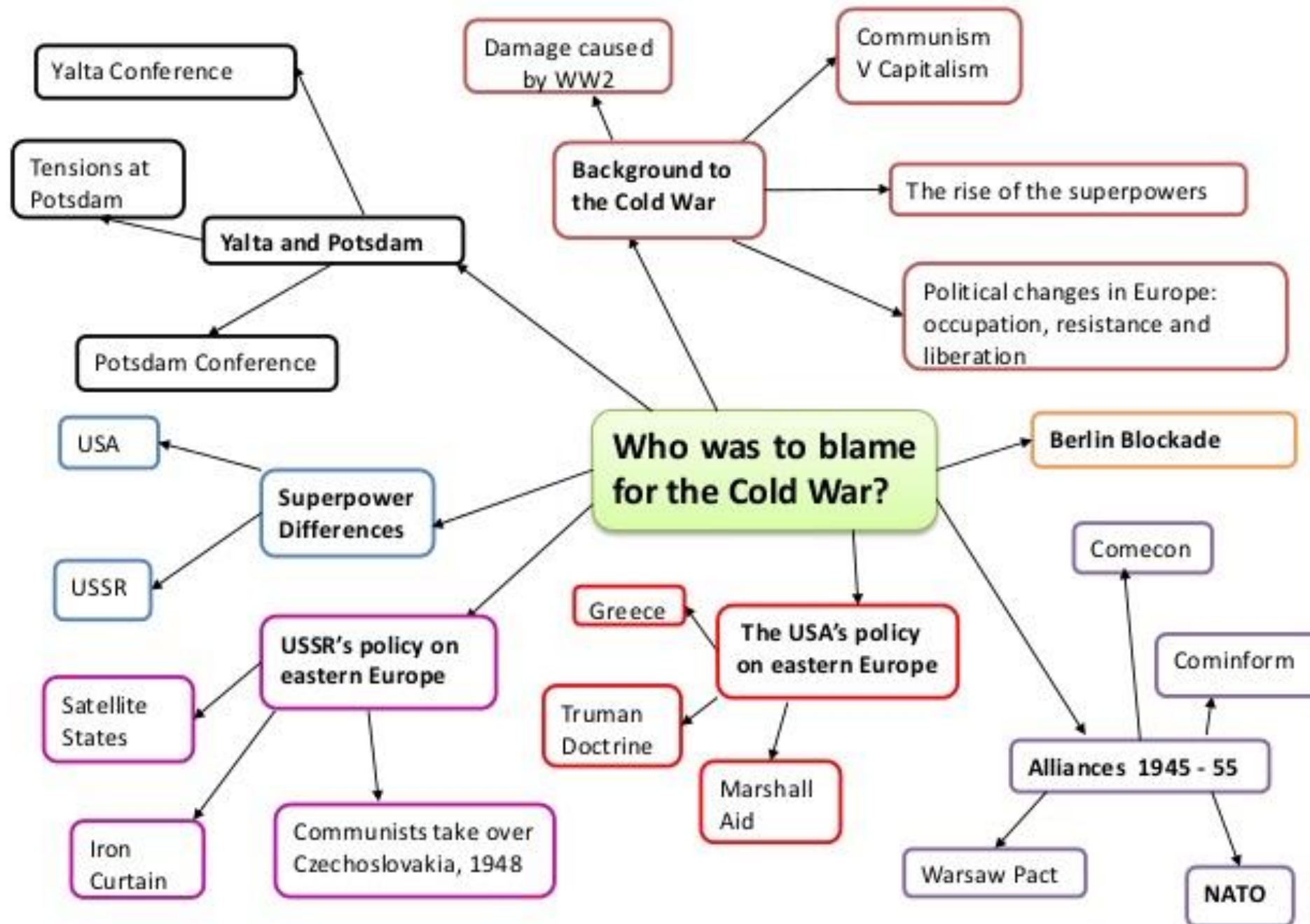


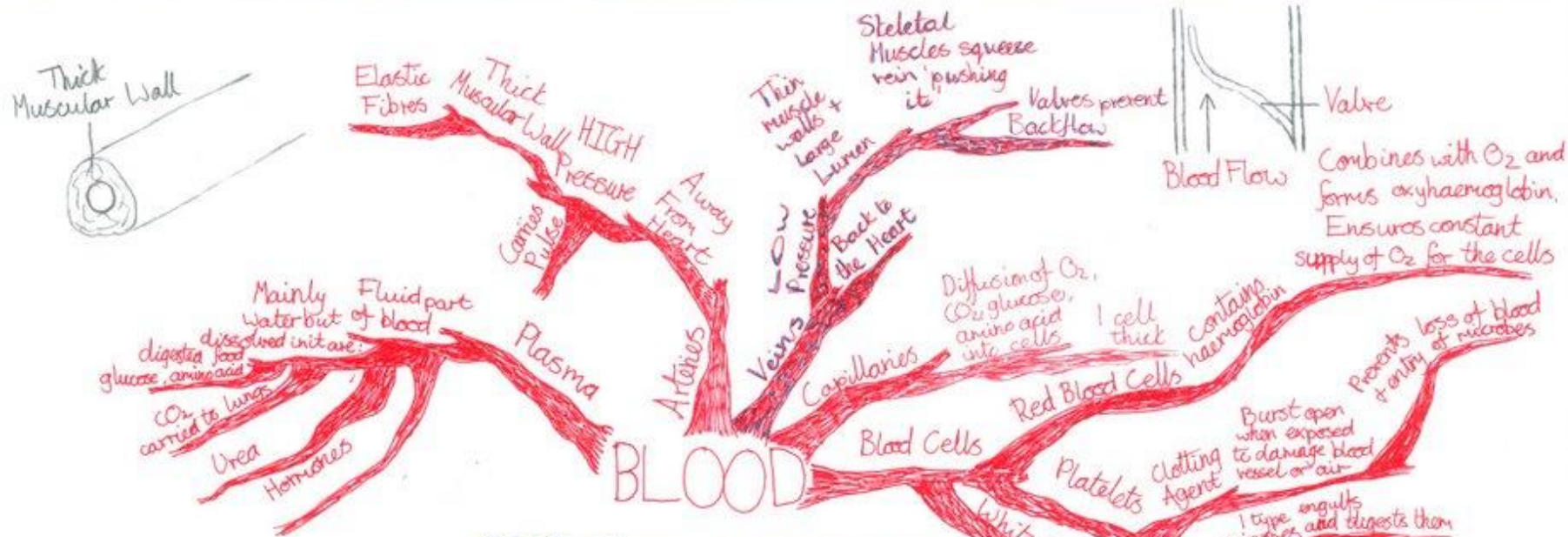
PREPARATION AT HOME

- Revision timetables – realistic and focused
- Revision guides
- Flashcards
- Revision sites / Seneca

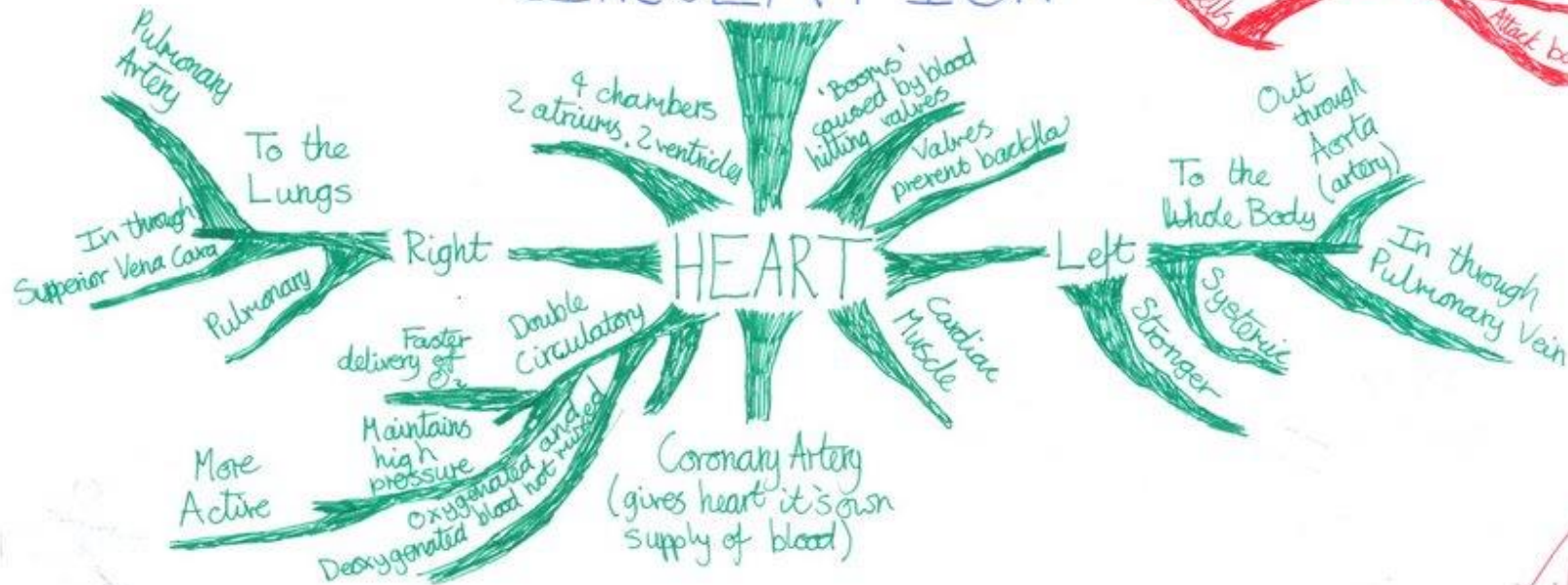
REVISION PLANNER

Day	Revision classes	At home		I need help with
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Weekend	Morning	Afternoon	Evening	I need help with
Saturday				
Sunday				





CIRCULATION



9/2/16
Vergand Tim
MFRIT



SOH CAH

$\sin \theta = \frac{\text{Opposite}}{\text{Hypotenuse}}$
 $\cos \theta = \frac{\text{Adjacent}}{\text{Hypotenuse}}$
 $\tan \theta = \frac{\text{Opposite}}{\text{Adjacent}}$

$\sin^{-1}(\frac{3}{5}) = 37^\circ$
 $\cos^{-1}(\frac{4}{5}) = 37^\circ$

INTRODUCTION TO SOH, CAH, TOA!

- Know a triangle is oriented
- SOH, CAH, TOA is used in RIGHT ANGLED triangles!



SOH CAH TOA

Opposite = 3
 Adjacent = 4
 Hypotenuse = 5

$\sin \theta = \frac{3}{5}$
 $\cos \theta = \frac{4}{5}$
 $\tan \theta = \frac{3}{4}$

$\sin^{-1}(\frac{3}{5}) = 37^\circ$
 $\cos^{-1}(\frac{4}{5}) = 37^\circ$

SOH CAH TOA

$\cos \theta = \frac{4}{5}$
 $\cos^{-1}(\frac{4}{5}) = 37^\circ$

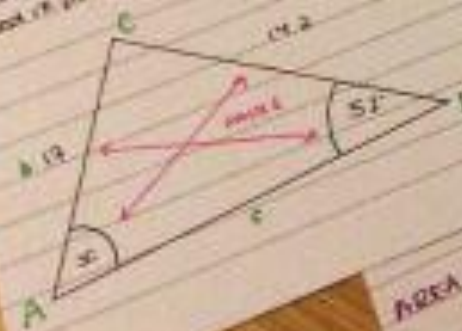
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SOH CAH TOA

$\sin \theta = \frac{3}{5}$
 $\sin^{-1}(\frac{3}{5}) = 37^\circ$

SOH CAH TOA

- Know RIGHT ANGLED triangles
- Check if PAID present



AREA OF A TRIANGLE!

- Any triangle
- When given an angle between two sides

$\frac{1}{2} ab \sin C$

To determine the length of a side of a triangle (RIGHT ANGLED triangles only!)

$a^2 + b^2 = c^2$

SOH CAH TOA

SOH CAH TOA FOR A LENGTH!

- Know a length in a RIGHT ANGLED triangle
- The length is given and one is missing!



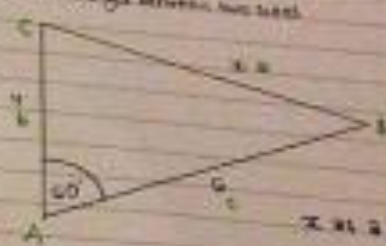
$\tan 35 = \frac{x}{4}$
 $x = 4 \tan 35$
 $x = 2.8$



SETUP: DEGREES

SOH CAH TOA FOR A LENGTH!

- Know RIGHT ANGLED triangles
- Use if an angle between two sides



$\sin 60 = \frac{4}{x}$
 $x = \frac{4}{\sin 60}$
 $x = 4.6$

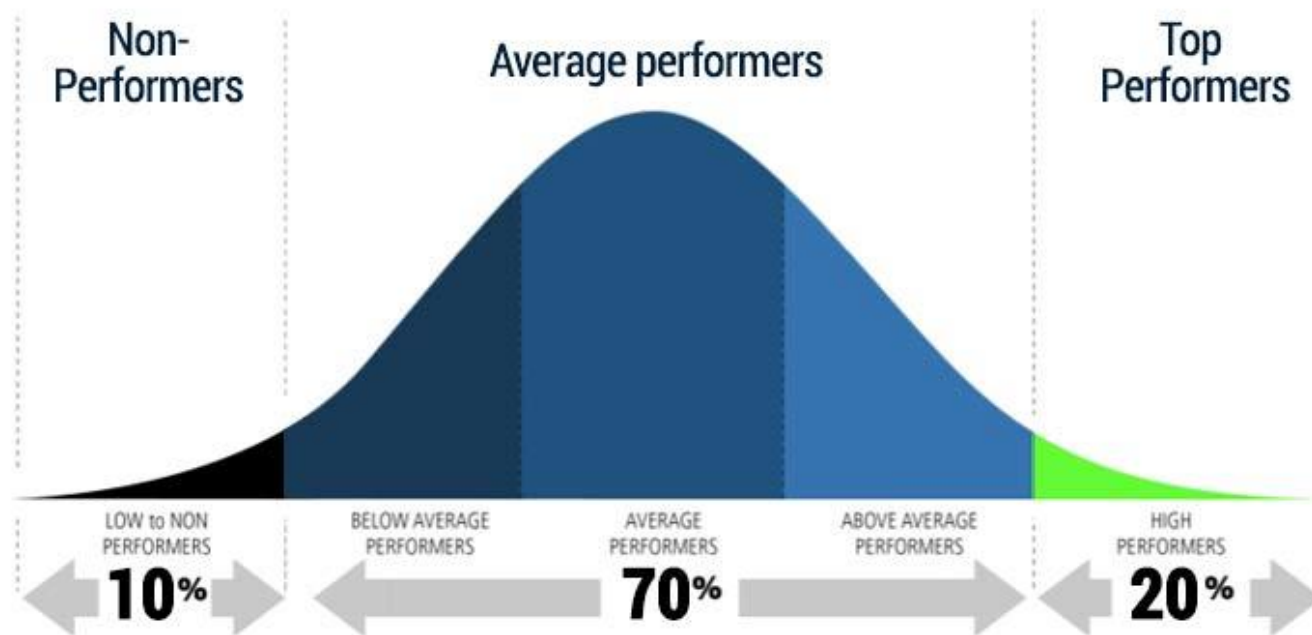
SPACED LEARNING

- Input – eg read and make notes – 15 minutes
 - Active break – eg walk / crossword – 10 minutes
 - Processing – make a mindmap / flashcards / condense notes – 15 minutes
 - Active break – 10 minutes
 - Test – 10 mins
-
- Frequent revisiting leads to long-term remembering



HOW THE EXAMS ARE MARKED

Our students are in competition with the rest of the country.



Positive attitude.

No blank answers.

A guess could gain the mark that gains the grade.

FINAL ASSEMBLY

- Friday 13th June | 1:30 after Chemistry exam
- Bring a white t shirt and a sharpie!



PROM

- Date: Friday June 20th
- Place: Northrepps Village Hall
- Ticket price: £20 – available to buy on Arbor from next week.
- Includes:

DJ, Bucket List, Ellie's ice cream, mocktails, photo booth, decorations and surprises!



THANK-YOU AND GOOD LUCK!

Key contacts:

Academic Progress

Head of School - Dawn Hollidge

Examination arrangements:

Exams Officer - Linda Melton

SEND and Exams Access Arrangements

SENDSCO – Rachael Harding

Assistant SENDSCO – Kate Tuck

Wellbeing:

Student management team

Pastoral manager – Sharon Ransome

Inclusion manager – Sophie Shackleton

Student managers - Alice Trend,

Mitchell Bonsra, Karen Owen

Mental Health Lead and student personal advisor

Tash Drury

6th Form information

Director of 6th Form - Ramin Keshavarz



All email addresses are initial, surname @sheringhamhigh.org.uk

Eg. dhollidge@sheringhamhigh.org.uk