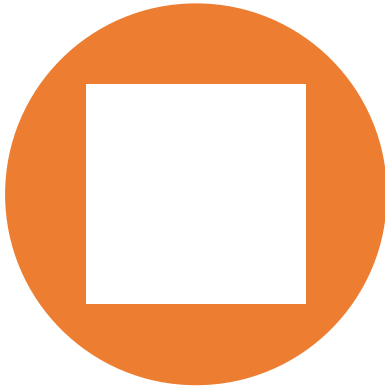


Year 11 Information Evening

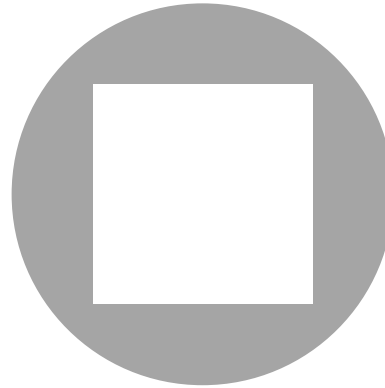
Welcome!



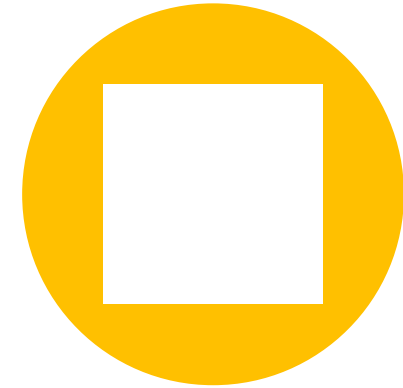
Overview of the evening



MISS O'HARE AND MR TRACEY – THE
YEAR AHEAD AND BE READY DAY
MISS STEWART – GO4SCHOOLS AND
ASSESSMENT SERIES



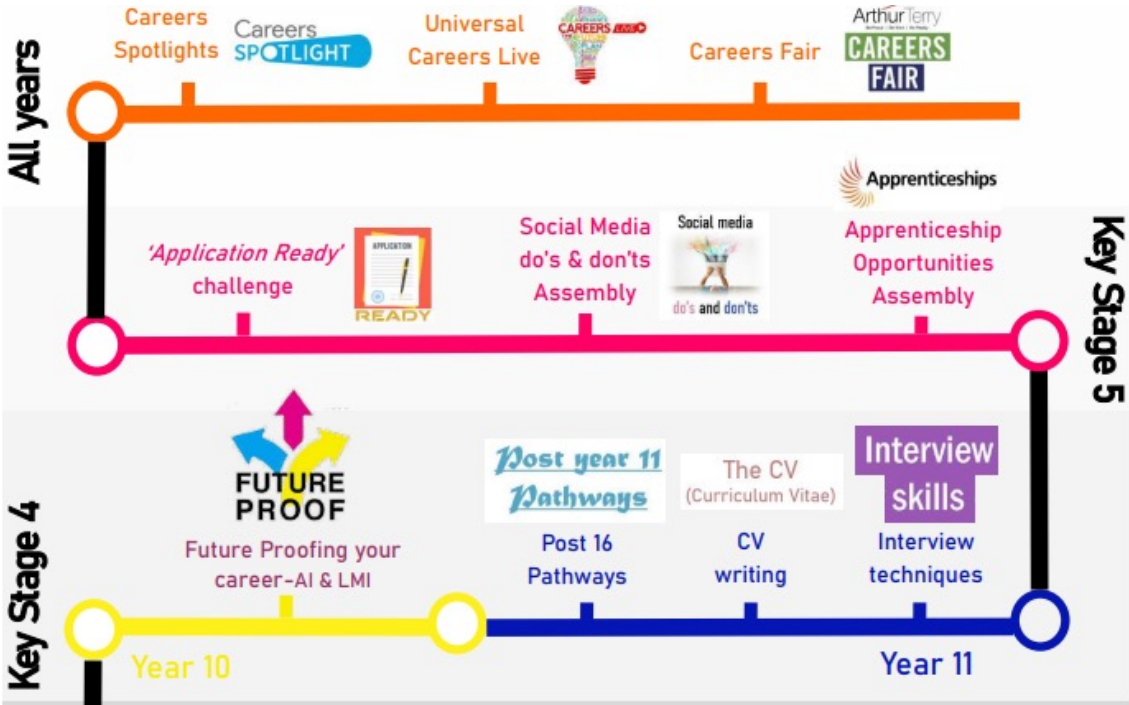
MRS MARTIN – KS4 LEADER (MATHS)
MISS ROACH – SECOND IN FACULTY (ENGLISH)
MRS HASLAM – CORE LEADER (SCIENCE)



MR ZARIFEH AND MRS CLAYTON-CAREERS AND
NEXT STEPS
MISS GEILLIS – REVISION STRATEGIES AND
MANAGING WORKLOAD

The Year Ahead

Club/ Activity	Running on the following days	Time	Leading Teacher	Location	CU Code
Social Netball	Monday	15.05-16.05	Miss Charles	P.E.	Red 6008
Mindful colouring (All years)	Tuesday	15.05-16.05	Ms Nicholls	Library	Orange 3582
Year 9 football team	Tuesday	15.05-16.05	Mr Hill/ Ms Morton	P.E.	Orange 6841
Sixth form healthcare careers/medics club	Tuesday	15.05-16.05	Mrs Sinclair	D3.6	
KS3 Netball	Tuesday	15.05-16.05	Ms Richards Ms Price	P.E	Red 6008
Social Badminton	Wednesday (Won't be on during assessment weeks)	12.30-13.05	PE Department	Sports hall	Red 1995
Girls football practice (All years)	Wednesday	15.05-16.05	Mr Hill	P.E.	Orange 6841
STEM Club (Years 7-9)	Wednesday (Starting 08/11/23)	15.05-16.05	Miss Lorenz	D2.4	Purple 4837
Year 8 drawing club	Wednesday (Starting 04/10/23)	15.05-16.05	Ms Monteiro	Art	Yellow 7048





Key Dates

- **'Be Ready' Day** – Friday 27th October
 - Opportunity to meet your child's tutor and review how they have started Year 11.
 - Students are not in school, but will set work to complete at home.
 - Online via SchoolCloud or face-to-face
- **Assessment Week(s)** – wb 6th Nov and 13th Nov
 - Trial exams in each subject
 - Timetable is on the school website



Be Ready



Students >

Exam Information

The Exams Team

The Exams Team includes the Exams Officer, Exams Assistant, Headteacher, Any enquiries regarding exams should be sent to exams@arthurterry.bham.sch.uk

Careers

Charity And Community

Duke Of Edinburgh

Enrichment

Exam Information

Instrumental Lessons

Library

Key Stage 4 Options

How To Revise Effectively

Music Services For Education

The Big Ask – Students

Student Leadership

Transition – Year 6 to Year 7

Wellbeing



Exam Information

Assessment Series

Exam Notices

Revision Resources

- Students will be given the following in the coming days:
 - Revision tips/ advice booklets
 - Blank revision Timetables
- Please ask your children to see these, and work with them at home to plan their time



On the school website there is:

- Advice from each subject area on the school website
- Further tips on revision and exam stress

Students > Exam Information >

Exam Preparation

- [Tips & Guidance](#)
- [Exam Equipment Checklist](#)
- [Help to understand and combat Exam Stress](#)
- [Information about Family Lives Exam Stress](#)
- [Information about NHS Exam Stress](#)

Exam Information

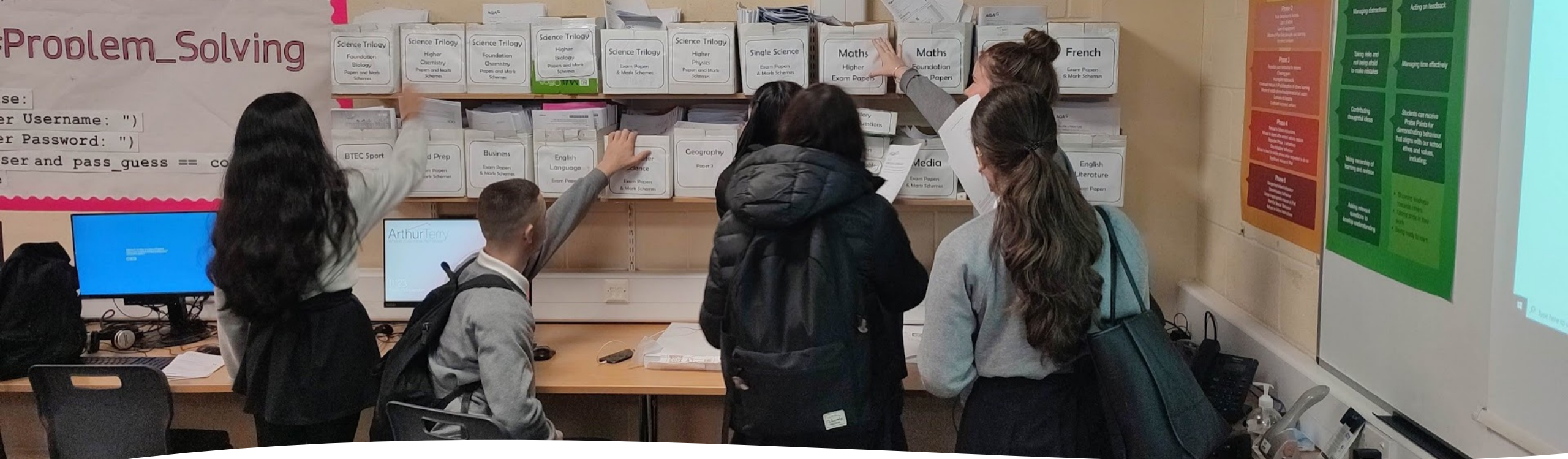
- Assessment Series
- Exam Notices
- Exam Preparation**
- Exam Qualifications Information
- Results Day 2023
- Summer Exams 2023
- Year 11 Subject Information Video**

Thoughts

Promotes a growth mindset 'I can improve'

'I find this subject difficult at the moment'

Understanding Exam Anxiety



Revision Corner

- Past papers from all subjects
- Located in B2.1
- Ask your children if they have made use of this

KS4 (year 11) : Information Evening

GCSE English Language & Literature

Miss Roach

Subject Leader for KS4 English

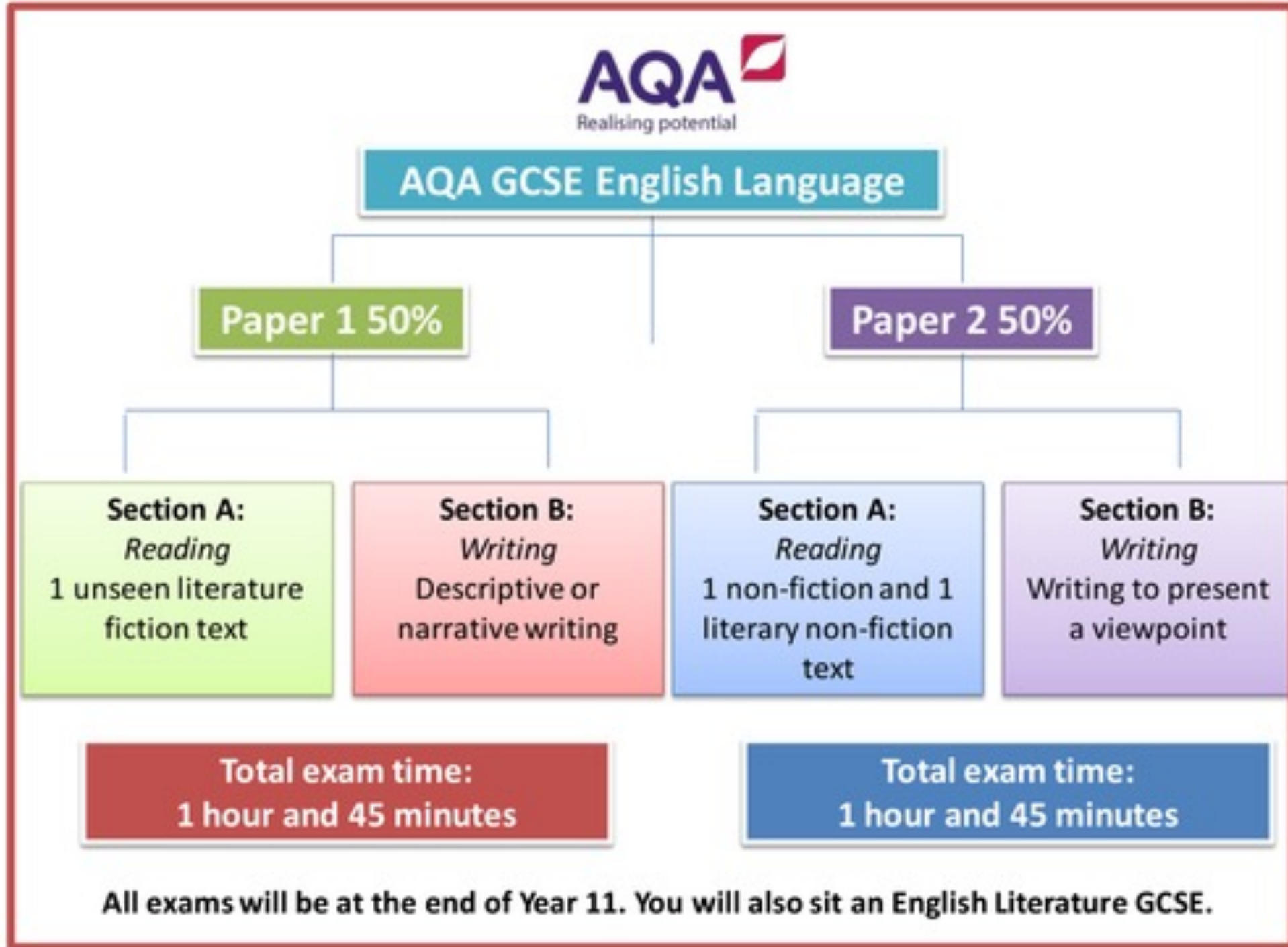
What are we working towards?

- ❖ In the summer of Y11, students will sit four English exams (two Language and two Literature).
- ❖ No tiered entry.



GCSE English Language





English Language: 50% Reading, 50% Writing

Paper 1: Explorations in Creative Reading and Writing (1 hour 45 minutes)	Paper 2: Writers' viewpoints and Perspectives (1 hour 45 minutes)
<ul style="list-style-type: none">• Section A: Reading (4 questions)• 25% of Language GCSE• One Literature fiction extract	<ul style="list-style-type: none">• Section A: Reading (4 questions)• 25% of Language GCSE• One literary non fiction text and one non fiction text (from 19th-21st centuries).
<ul style="list-style-type: none">• Section B: Writing to describe or narrate• 25% of Language GCSE• 1 extended writing question (24 marks for content, 16 marks for technical accuracy).	<ul style="list-style-type: none">• Section B: Writing to present a viewpoint• 25% of Language GCSE• 1 extended writing question (24 marks for content, 16 marks for technical accuracy).

English Language: skills

Reading:

- Analyse writer's craft
- Comprehension- can students **understand** the text/ meaning and the **writer's perspectives**?
- **Compare** - can students make clear comparisons between texts and summarise the differences between them?

Writing:

- Form a **fluent and formal line of argument**.
- **Plan** effectively
- Understand **how to use language and structural devices** to achieve different effects.
- Use **fluent and creative written expression**.
- Use **excellent grammar and spelling throughout**, ensuring that they are mastering the use of complex grammatical structures.



GCSE English Literature



AQA GCSE English Literature

Paper 1 40%

Paper 2 60%

Section A:
Shakespeare

'Macbeth'

Section B:
19th Cent Prose
'A Christmas Carol'

Section A:
Modern Texts
'An Inspector Calls'

Section B:
Anthology
poetry.

Section C:
Unseen
Poetry

Total exam time:
1 hour and 45 minutes

Total exam time:
2 hours and 15 minutes

All exams will be at the end of Year 11. You will also sit an English Language GCSE.



English Literature: 40% Paper 1, 60% Paper 2

Paper 1: Shakespeare and the 19 th century novel (1 hour 45 minutes) 40% of Literature GCSE	Paper 2: Modern texts and poetry (2 hours 15 minutes) 60% of Literature GCSE
<ul style="list-style-type: none">• Section A: Macbeth• One extract based question• Closed book• 4 marks available for SPaG	<ul style="list-style-type: none">• Section A: An Inspector Calls• One question• Closed book• 4 marks available for SPaG
<ul style="list-style-type: none">• Section B: A Christmas Carol• One extract based question• Closed book• 20% of Literature GCSE	<ul style="list-style-type: none">• Section B: Poetry• One comparison question on a named poem on printed paper and one other from a studied anthology of conflict poetry• Closed book apart from printed poem
	<ul style="list-style-type: none">• Section C: Unseen poetry• Two questions, one on one unseen poem and one question comparing the first poem with a second unseen poem.



English Literature: skills

- Analyse the effect of language, form and structure
- Understand a writer's intentions
- Appreciate the effect of **context**
- Have a developed understanding of the whole text - all exams are closed book **and students need to be able to refer to specific sections** of each text
- **SPaG**- there are now an allotted number of marks for spelling, punctuation and grammar on the Literature paper.
- **Compare** poetry and analyse **unseen poetry**



How can I revise Language and Literature?

- ❖ Reread the set Literature texts (aim for 3 times in total)
- ❖ Use SPARK notes/ No fear Shakespeare / BBC bitesize / Mr Bruff / York notes / Dr Aidan
- ❖ Use revision materials and class notes provided by teachers
- ❖ Practise writing to describe or narrate at home as well as writing argumentative pieces, checking SPaG.
- ❖ Read non-fiction. Engage with broadsheet newspapers and current affairs.
- ❖ Look to purchase the CGP revision guides and workbooks for all aspects of the English Literature and English Language course
- ❖ Create cue cards for key themes, ideas, characters to record key quotations.

How can you support revision?

Homework:

Please check Go4S and ensure students are completing their work, question them, or quiz them where you can.

Encourage use of revision guides

Revision timetable:

Students should look to create a revision timetable that will allow coverage of subject material in a consistent manner over time.



REVISION

* = revise if possible
= no revision/break

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	=	=	chemistry	=	=
7:00-7:30	=	=	english	chemistry	=	*	biology
7:30-8:00	=	=	physics	chemistry	=	*	media
8:00-8:30	maths	biology	=	=	chemistry	english	=
8:30-9:00	maths	maths	maths	biology	physics	english	=
9:00-9:30	=	=	=	=	=	=	=
9:30-10:00	biology	maths	biology	biology	phys*	=	=
10:00-10:30	media	physics	biology	media	phys*	=	=

Key dates...

Assessment weeks:

	November	February	June
11 Lang	Full paper Language Paper 1 (1 hr, 45 mins)	Full Language Paper 1 (1 hr, 45 mins) Full Language Paper 2 (1hr, 45 mins)	x
11Lit	Full Paper 1 Literature (1 hr, 45 mins)	Full Literature Paper 1 (1 hr, 45 mins) Full Literature Paper 2 (2hrs, 15 mins)	x

For more information or questions...

Please contact Enquiry FAO: English
- Mrs Fox and Miss Roach or your
child's English teacher

enquiry@arthurterry.bham.sch.uk



Mathematics in year 11

Year 11 topics

Delving into data			Using number		Expressions
Collecting, representing and interpreting data			Non-calculator methods	Types of number and sequences	Indices and Roots
Manipulating expressions					
Graphs			Algebra		
Expanding & factorising	Gradients & lines	Changing the subject	Functions	Non-linear graphs	Using graphs
Reasoning			Revision and Communication		
Multiplicative	Geometric	Algebraic	Transforming & constructing	Listing & describing	Show that...

Homework

Sparx Maths

The screenshot displays the Sparx Maths interface. On the left sidebar, there are four main sections: 'Compulsory' (1 new, 1 started), 'XP Boost' (2 new), 'Target' (2 new), and 'Practice using Sparx'. At the bottom of the sidebar is a button for 'Independent Learning'. The main content area shows a list of homework tasks due on Wednesday 18th August 3pm. The tasks are KS3 Task 1 through KS3 Task 6. KS3 Task 1 has a progress bar that is approximately 75% complete (orange). The other tasks have empty progress bars. A mouse cursor is hovering over KS3 Task 5.

Task	Progress
KS3 Task 1	75% (orange)
KS3 Task 2	0%
KS3 Task 3	0%
KS3 Task 4	0%
KS3 Task 5	0%
KS3 Task 6	0%

- Homework is set weekly and due in on Fridays. Alternate weeks will be Sparx tasks
- Instructions on Go4Schools
- Students are encouraged not to complete the task the night before it's due, in case they need to seek support
- Independent Learning tasks can also be completed at any time
- Codes for video clips can be found on the year group padlet

Year 11 padlet

Miss Martin • 22d

Year 11

Revision and exam preparation 2023

Expanding and Factorising

YEAR 11 - ALGEBRA

Expanding and factorising

What do I need to be able to do?

- Expand and factorise with a single bracket
- Expand binomials
- Factorise quadratic expressions
- Expand binomials
- Solve equations equal to 0
- Solve quadratic equations by factorisation

What do I need to be able to do?

- Expand - multiply out to remove the brackets
- Coefficient - a number used to multiply a variable
- Factorise - find what to multiply together to get an expression
- Identify - an equation that is true no matter what values are chosen
- Binomial - a polynomial with two terms
- Quadratic - a polynomial with four terms (often simplified to three terms)
- Formula - a rule or fact written with mathematical symbols

Expanding binomials

Factorising quadratic expressions

PDF

02. Knowledge Organiser - Expanding and factorising

What do I need to be able to do?

- Expand and factorise with a single bracket (R)
- Expand binomials (R)
- Expand 3 binomials
- Factorise quadratic expressions
- Factorise complex quadratic

Gradients and Lines

YEAR 11 - GRAPHS... Gradients and lines

What do I need to be able to do?

- Plot straight line graphs
- Determine whether a point is on a line
- Find the equation of a straight line from a graph
- Solve simultaneous equations graphically

What do I need to be able to do?

- Linear - know graphs of straight lines
- Intercept - where two lines cross. The y-intercept where the line meets the y-axis
- Gradient - the steepness of a line
- Parallel - two lines that never meet with the same gradient
- Perpendicular - two lines that meet at a right angle
- Intersection - the point two lines cross or meet
- Reciprocal - a reciprocal is divided by the number

Plotting $y = mx + c$ graphs

PDF

02. Knowledge Organiser - Gradients and lines

What do I need to be able to do?

- Equations of lines parallel to the axis (R)
- Plot straight line graphs (R)
- Interpret $y=mx+c$ (R)
- Find the equation of a straight line from a graph (R)
- Equation of a straight-line graph

Changing the Subject

What do I need to be able to do?

- Solve linear equations (R)
- Solve inequalities (R)
- Form and solve equations and inequalities in the context of shape
- Change the subject of a simple formula
- Change the subject of a known formula
- Change the subject of a complex formula
- Change the subject where the subject appears more than once (H)
- Solve equations by iteration (H)

RELEVANT SPARX TASKS

U201/U585 - Substituting into expressions and formulae

U637 - Substituting into functions

Functions

What do I need to be able to do?

- Use function machines (R)
- Substitution into expressions and formulae (R)
- Use function notation
- Work with composite functions (H)
- Work with inverse functions (H)
- Graphs of quadratic functions
- Solve quadratic inequalities (H)

RELEVANT SPARX TASKS

U201/U585 - Substituting into expressions and formulae

U637 - Substituting into functions

padlet.com/arthurterryks4/year11

- Assessment Series 1 (6th – 17th November)
- Paper 1 : **6th November**, Non-Calculator, 1 hour 30 minutes
- Paper 2 : **9th November**, Calculator, 1 hour 30 minutes
- Paper 3 : **17th November**, Calculator, 1 hour 30 minutes

- **Summer 2024 exams**

- Paper 1 : **16th May**, Non-Calculator, 1 hour 30 minutes

- Paper 2 : **3rd June**, Calculator, 1 hour 30 minutes

- Paper 3 : **10th June**, Calculator, 1 hour 30 minutes

Useful websites



Corbettmaths



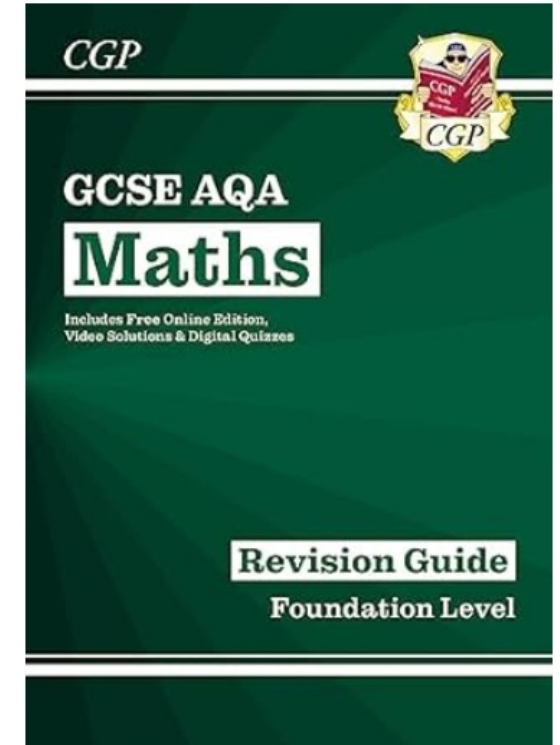
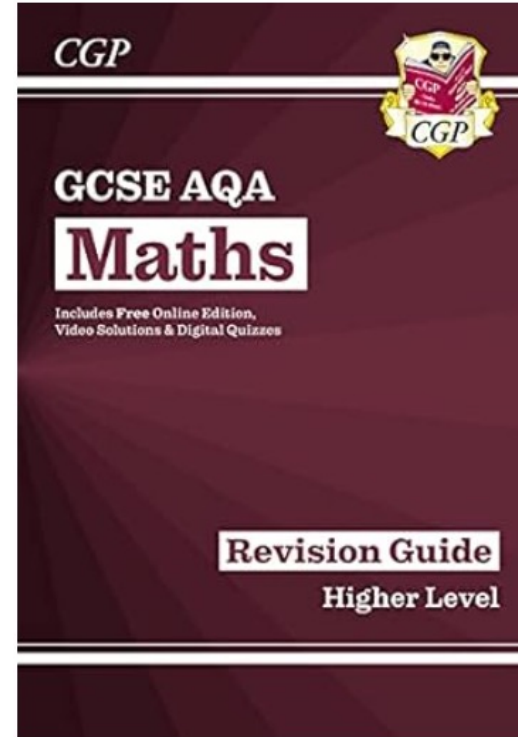
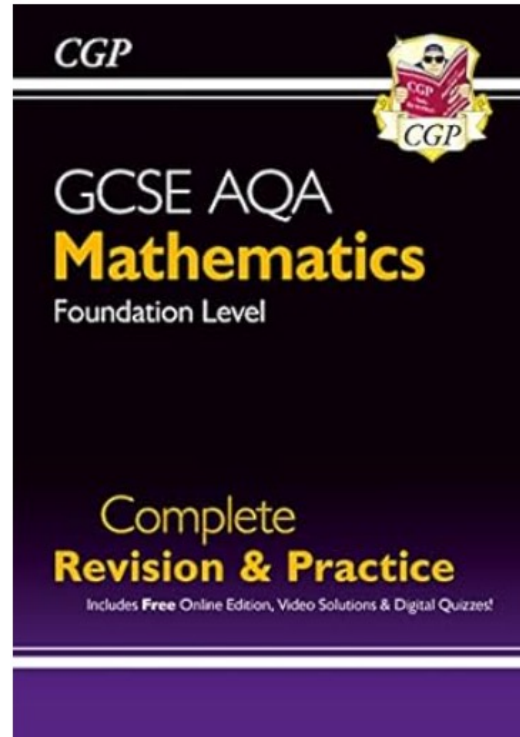
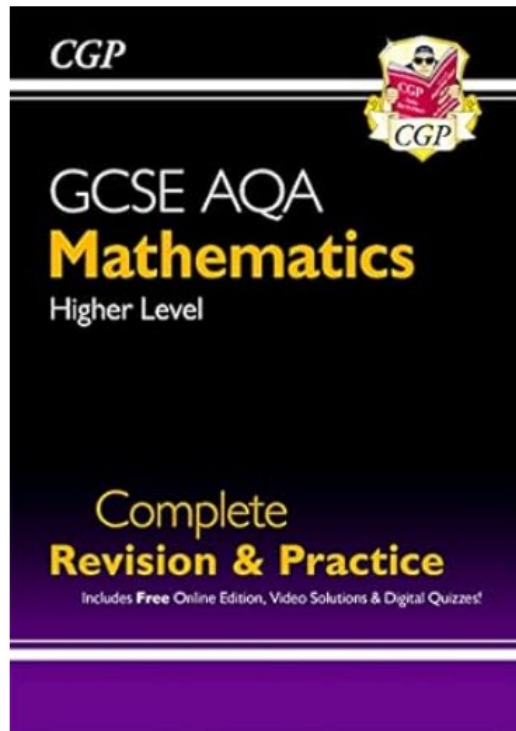
A list of useful websites is also available on the year 11 padlet

How you can support at home

The best way to revise Maths is to practise Maths

The following revision materials would be useful to have at home

CGP Revision Guide (Foundation or Higher)



GCSE Science

Y11 Parents' Information

Science pathways

- Science is a core, compulsory subject.
- It prepares students for an increasing scientific world and develops key skills such as problem solving, critical thinking and effective communication.
- We offer two pathways:
 - Trilogy Science
 - Separate Sciences

Both pathways meet the requirements of the national curriculum and provide access to study Science post-16.

Trilogy Science Pathway

Most students in Year 11 follow Trilogy Science.

Students gain a double GCSE. Grades from 1/1 to 9/9 are awarded. A student can achieve e.g. a 5/4 grade which counts as a grade 5 and a grade 4.

The grade is a simple sum of the 6 papers they sit. Each paper is out of 70 marks and is 1h 15 mins.

Separate Science Pathway

In Year 11 we currently have 47 students studying for Separate Sciences.

These are three completely separate GCSE qualifications -
Students gain one GCSE in each Biology, Chemistry and Physics.

There are 2 papers for each subject which are 1h 45m.

They are longer than the Core Trilogy papers as they are assessing additional content.

How is science taught?

- Regardless of pathway, students have a dedicated teacher for each of the science specialisms.

Subject	Hours per fortnight	
	Trilogy	Separate science
Biology	3	4/5
Chemistry	3	5
Physics	3	5/4

Paper 1 and 2 content

Subject	Paper 1	Paper 2
Biology	Cell Biology Organisation Infection and response Bioenergetics	Homeostasis and response Inheritance, variation and evolution Ecology
Chemistry	Atomic structure and the periodic table Bonding, structure, and the properties of matter Quantitative chemistry Chemical changes Energy changes.	The rate and extent of chemical change Organic chemistry Chemical analysis Chemistry of the atmosphere Using resources
Physics	Energy Electricity Particle model of matter Atomic structure	Forces Waves Magnetism and electromagnetism Space Physics

What is being studied in Year 11?

Subject	Year 10 topics
Biology	<ul style="list-style-type: none">• Homeostasis and response• Inheritance, variation and evolution• Ecology
Chemistry	<ul style="list-style-type: none">• Quantitative chemistry• Chemical changes• Using resources
Physics	<ul style="list-style-type: none">• Forces• Magnetism and electromagnetism• Space (Separates only)

We will have time in lessons to revisit content covered in previous years including Year 9.

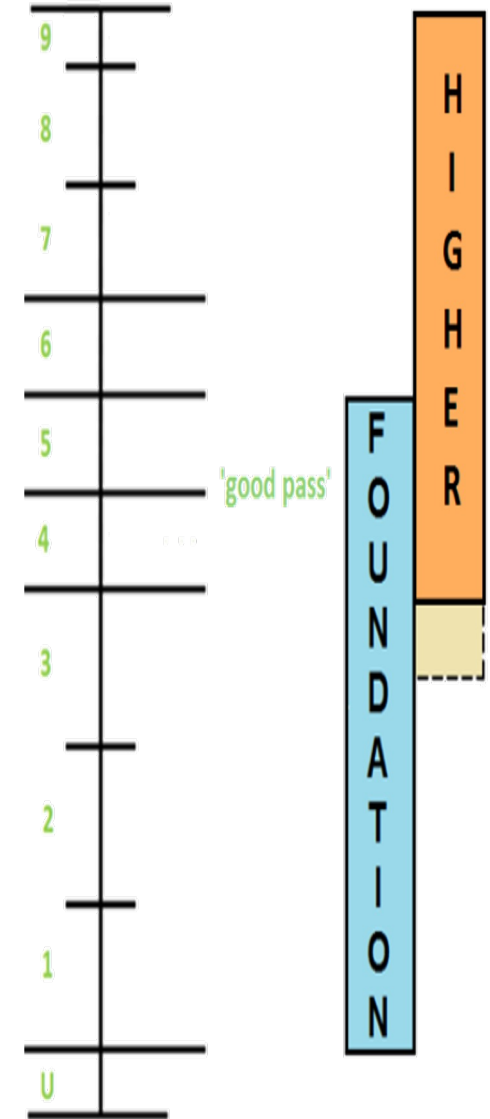
Higher or Foundation?

We have to make a decision about which Tier of entry is appropriate when we make entries in January of Year 11, although it can change in Feb/March.

We will use all assessment data up to that point to help inform this decision.

Foundation Tier is capped at a 5/5.

Higher Tier only goes down to 4/4 so any student not achieving that grade will be ungraded.



A Levels



Students on either Trilogy or Separates Pathways can access A Level Science and other A Levels with Science requirements.

Students need to achieve 2 grade 6s in Separates including a 6 in the specific Science subject

OR

Students need to achieve a 6/6 or better in Trilogy.

Information confirming this is available via the virtual Sixth Form Information on the website.

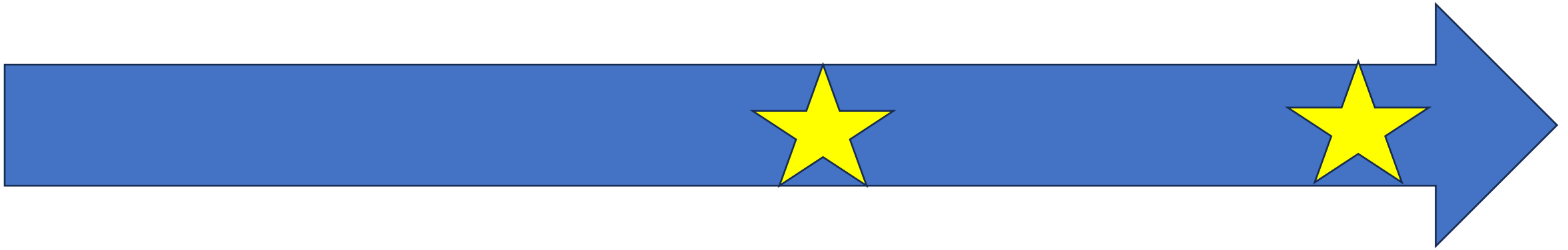
Revision support

- Ehub/Moodle
 - every topic at GCSE
 - Information, powerpoints and linked videos,
 - Interactive quizzes
- Seneca
 - every topic at GCSE
 - Information, powerpoints and linked videos,
 - Interactive quizzes
- AQA Specification links
- BBC Bitesize
- Class specific revision

How you can support your child?

- Ask them about their science lessons
- Encourage them to start their revision early
- Do homework as soon as it is given
- Learn their Physics equation sheet
- Use Seneca

Our assessment schedule at Arthur Terry



This year, we will have **two assessment windows** where **students will sit internal assessments.**

Assessment Series 1 Starts week beginning 6th November 2023

Assessment Series 2 Starts week beginning 19th February 2024

What will this mean for my child?

- During each of the assessment windows, **your child's normal timetable will be collapsed**. They will not follow their normal lesson schedule.
- You will receive a personalised assessment timetable for your child detailing the assessment timetable.
- Students **will be sitting assessments across all subjects**.
- In recognition of the students' ability to concentrate effectively in exam conditions for extended periods of time, **the school day will finish at 2:35pm** for the assessment week/s.
- **School leaders have liaised closely with the SEN department** to identify students who might benefit from additional support, such as small room invigilation, extra time, rest breaks etc.

How will my child's progress be communicated to me?

- Data from each assessment window will be published on the following dates:

- **Assessment Series 1 – 30th November**
- **Assessment Series 2 – 14th March**

This is also when we will report home an **Attitude to Learning score** for your child for each of their subjects.

- **Feedback Fortnight** follows each Assessment Series, allowing students the opportunity to **implement the detailed feedback** from their teacher to consolidate their understanding and evidence their progress.

Year 11 Faculty Intervention Timetable 23-24

<u>Monday Week 1</u>	<u>Tuesday Week 1</u> <i>Maths and English Tutor Sessions</i>	<u>Wednesday Week 1</u>	<u>Thursday Week 1</u> <i>Maths and English Tutor Sessions</i>	<u>Friday Week 1</u>
Science	Design Technology Modern Foreign Languages	Art and Textiles Maths	English Business IBEC	
<u>Monday Week 2</u>	<u>Tuesday Week 2</u> <i>Maths and English Tutor Sessions</i>	<u>Wednesday Week 2</u>	<u>Thursday Week 2</u> <i>Maths and English Tutor Sessions</i>	<u>Friday Week 2</u>
Science	Design Technology	Art and Textiles Geography History	IBEC Computer Science	

Post 16
pathways

Which way?





Which way?

*Post 16
pathways*



Your way!

*'Encouraging informed decision making ...
... developing work-ready skills'.*



Your way!



*“Follow your conscience **not the crowd.**”*

(Eric Harvey)



Your way!



Which routes did **last year's**
year 11 follow?



Your way!

COLLEGE



- 46% of last year's year 11 (128 students) met the entry requirements to study A Levels at the Arthur Terry Sixth Form



- Of the departing 54% of last year's year 11 (144 students):

26% took up college courses @



6% started college courses @



4% enrolled @





Your way!

COLLEGE



1% started college courses @



4% started @ OTHER colleges including:





Your way!

COLLEGE



BMET – 67 students (including Sutton, Mathew Boulton, James Watt)

A Levels	58%	Health & Social	3%
Sport	9%	IT	1.5%
Business	4%	Plumbing	1.5%
Applied Science	4%	Law & Criminology	1.5%
Uniform Services	4%	Musical Performance	1.5%
Travel & Tourism	3%	Childcare	1.5%
Art	3%	T Level Computing	1.5%



Your way!

COLLEGE



Walsall - 14 Students

Electrical Installation	35%	Vehicle Maintenance	7%
Beauty	21%	Media	7%
Barbering	7%	T Level Health & Social	7%
Cabin Crew	7%	ESOL English/Maths	7%



Your way!

COLLEGE



South Staffordshire College – 13 students (including Lichfield, Rodbaston & Tamworth)

Fashion	38%	Business	7.5%
Game design & Animation	15%	Photography	7.5%
Motor Technician	7.5%	Travel & Tourism	7.5%
Photography	7.5%	Veterinary nursing	7.5%



Your way!

SIXTH FORM



4% enrolled @



1% @



4% started @ OTHER sixth forms inc.





Your way!

OTHER



3 students started at various football academies



3 students have started T Levels



2 students started post 16 apprenticeships





Your way!



Arthur Terry Sixth Form

<https://arthurterry.bham.sch.uk/sixth-form/admissions/>

T Levels Info:

https://www.tlevels.gov.uk/students/find?utm_source=national_careers_service&utm_medium=gtj_CTA&utm_campaign=gtj_launch

https://nationalcareers.service.gov.uk/explore-your-education-and-training-choices/t-levels?utm_source=google&utm_medium=search_ad&utm_campaign=GTJ_p5_always_on&gclid=Cj0KCQjw7J0pBhCfARIsAL3bobdCCCrjv9-ib53KhWALqFg1AZ0SsXhihgQDGqcTgZ-z2H5jftQMI_UaAn0XEALw_wcB&gclsrc=aw.ds

BMET (all campus's) Saturday 14th October 10am-1pm. <https://www.bmet.ac.uk/open-events-enrolment/>



South Staffordshire College (all campus's) Saturday 14th October 10am-1pm, Saturday 25th November 10am-1pm, Saturday 20th January 10am-1pm, Saturday 9th March 10am-1pm. <https://www.southstaffs.ac.uk/open-days/>

Walsall College Wednesday 11th October, TODAY!, 4pm-8pm <https://www.walsallcollege.ac.uk/events/>

Plus Walsall are now offering a Science A Level hybrid pathway, where you can combine Btec Applied Science with Biology, Chemistry or Physics A Levels.

<https://www.walsallcollege.ac.uk/Course/?CourseTitle=Science-A-Level-Pathway&coursetoken=cf780417-5d59-4e4c-95ca-c3afa045f106>

UCB Saturday 18th November 10am-2pm. <https://www.ucb.ac.uk/open-days/>

Plus UCB are also now offering some A Level courses <https://www.ucb.ac.uk/study/courses/sixth-form/>



Your way!



Solihull College Saturday 25th November 10am-2pm, https://www.solihull.ac.uk/news-events/open-events/?demographic_filter=535

BOA Thursday 12th October 5.30pm onwards, <https://www.boa-academy.co.uk/admissions>

Aston Engineering Academy <https://auea.co.uk/>

Apprenticeship Search <https://www.gov.uk/apply-apprenticeship>

Access Creative College Open day 4th Nov

https://www.accesscreative.ac.uk/events/?_gl=1*239fom*_up*MQ..*_ga*MTMyNDgzNjQ5OC4xNjk20TQ0MDUw*_ga_5ZRP7X52W1*MTY5Njk0NDA0OC4xLjAuMTY5Njk0NDA0OC4wLjAuMA

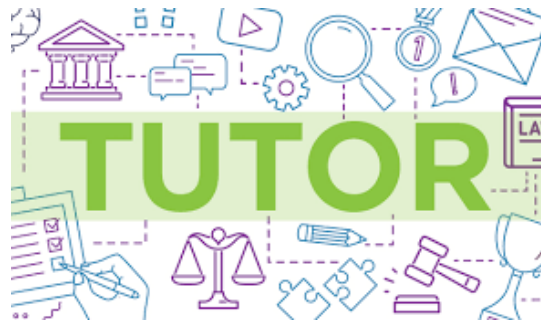
<https://www.accesscreative.ac.uk/>



Your way!



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Do you need
careers
advice?



Your way!



“The secret of success is be ready for opportunity.”

(Benjamin Disraeli)



Which way?

*Post 16
pathways*

Your way!

*'Encouraging informed decision making ...
... developing work-ready skills'.*

Wellbeing in tutor time

March to April – Be active

Hobbies, exercise, getting involved

Nov to Dec – Keep learning

Focusing on our learning habits

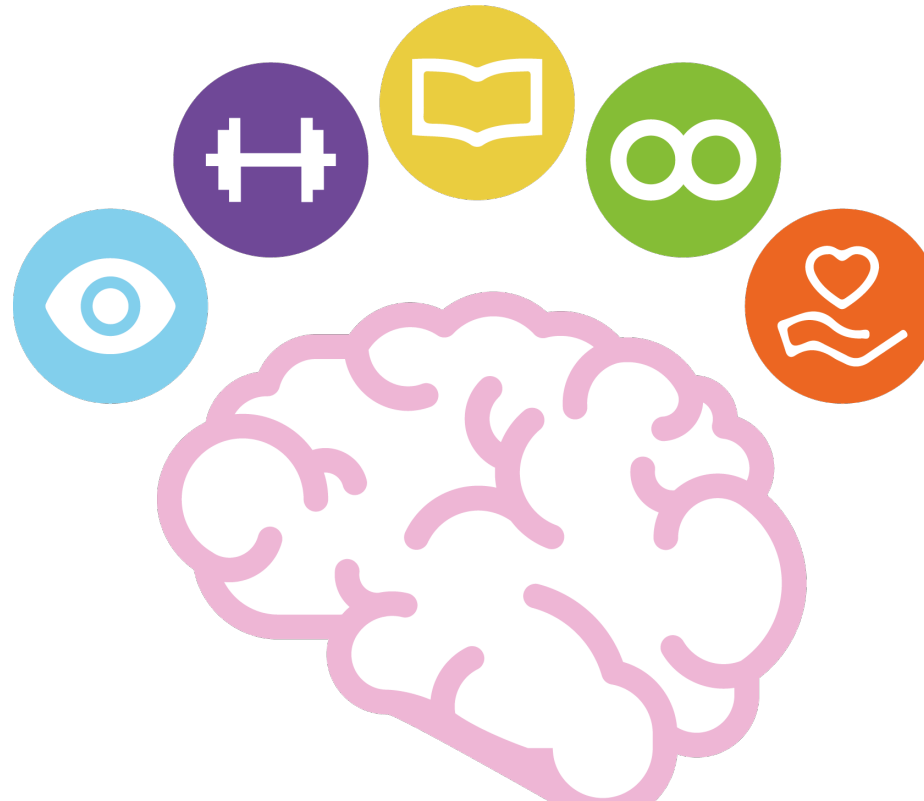
Sept to Oct – Connect

Creating a sense of belonging

Jan to Feb– Give

Self-care and care of others

May to July – Take notice
Reflecting, reviewing, planning

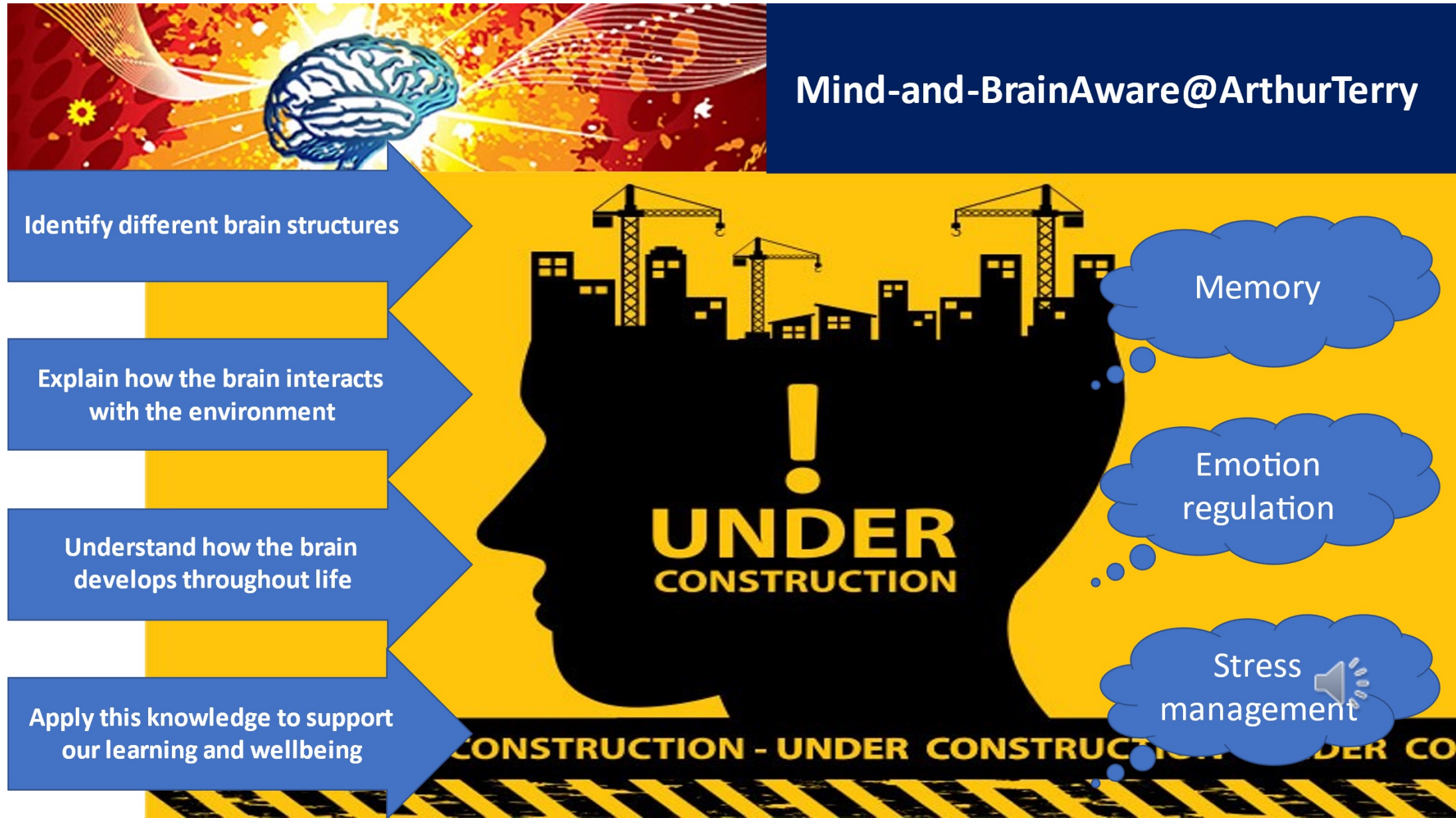


Strengths based.

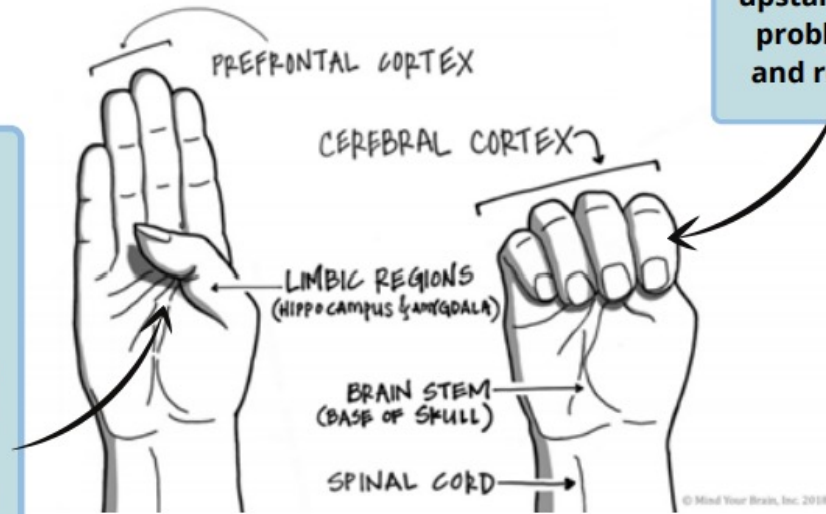
Solution focused.

Normalising emotional experiences.

Being aware and **connecting** with our emotions is extremely important for positive mental health and wellbeing.



The Hand Model of the Brain.



Here, your thumb represents the limbic regions which has also been called our **'downstairs brain'**. This part of our brain is the emotional part and is in charge of our **big feelings**. It really cares about **protecting us and keeping us safe**.

The fingers covering our thumb represents the cerebral cortex, or our **'upstairs brain'**, where our **problem solving, logic and reasoning occurs**.

The prefrontal cortex continues to develop throughout adolescence and into young adulthood. Impact of rate of development can be:

- Harder to regulate emotions
- Greater risk taking as harder to anticipate consequences
- Increased sensitivity to social criticism.

What Happens When You Flip Your Lid?



Prefrontal Cortex Is Engaged:

Calm, rational thought, mental flexibility.
Able to make good decisions.

Lid Is Flipped Amygdala Is Engaged

Big emotions arise -
anger, fear, anxiety, sadness.
Unable to make good decisions
or calm down.



Self-Regulation



How Might You Feel?

Sad
Tired
Bored
Moving Slowly

How Might You Feel?

Nervous
Confused
Silly
Not Ready To Learn

How Might You Feel?

Angry
Frustrated
Scared
Out Of Control

What Might Help You?

Talk To Someone
Stretch
Take A Brain Break
Strand
Take A Walk
Close My Eyes

What Might Help You?

Talk To Someone
Count To 20
Take Deep Breaths
Squeeze Something
Draw A Pictures
Take A Brain Break

What Might Help You?

Stop What I'm Doing
Make Sensible Choices
Take Deep Breaths
Ask For A Break
Find A Safe Space
Ask For Help

The downstairs brain (thumb) is like a security guard, scanning the environment for threats and reacting by going into protection mode. It takes over the upstairs brain and puts you into fight, flight or freeze response. The upstairs brain is not engaged, and you act in the moment, struggling to listen to reason, consider consequences or seek solutions.



The downstairs brain also activates your brainstem. This means when it feels threatened, you may feel your heart rate and breathing speed up, your face get warmer, and you may experience an aching stomach.

These physical sensations can be overwhelming. Using breathing and grounding techniques can help reduce this stress response and begin to re-engage the downstairs and upstairs brain.

Being able to recognise the emotions you are feeling and regulate the intensity of the emotional response helps re-engage the upstairs and downstairs brain.

When these areas are in communication again, you can reflect on what happened, how you acted and the outcomes of your behaviour. It is also time to learn, grow and repair.



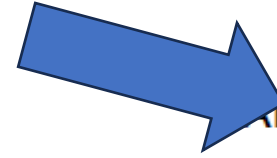
THE 3 RS
REGULATE
RELATE
REASON

R

Regulate- help the child
to feel calm and safe

Relate - validate the
child's feelings,
connect with them

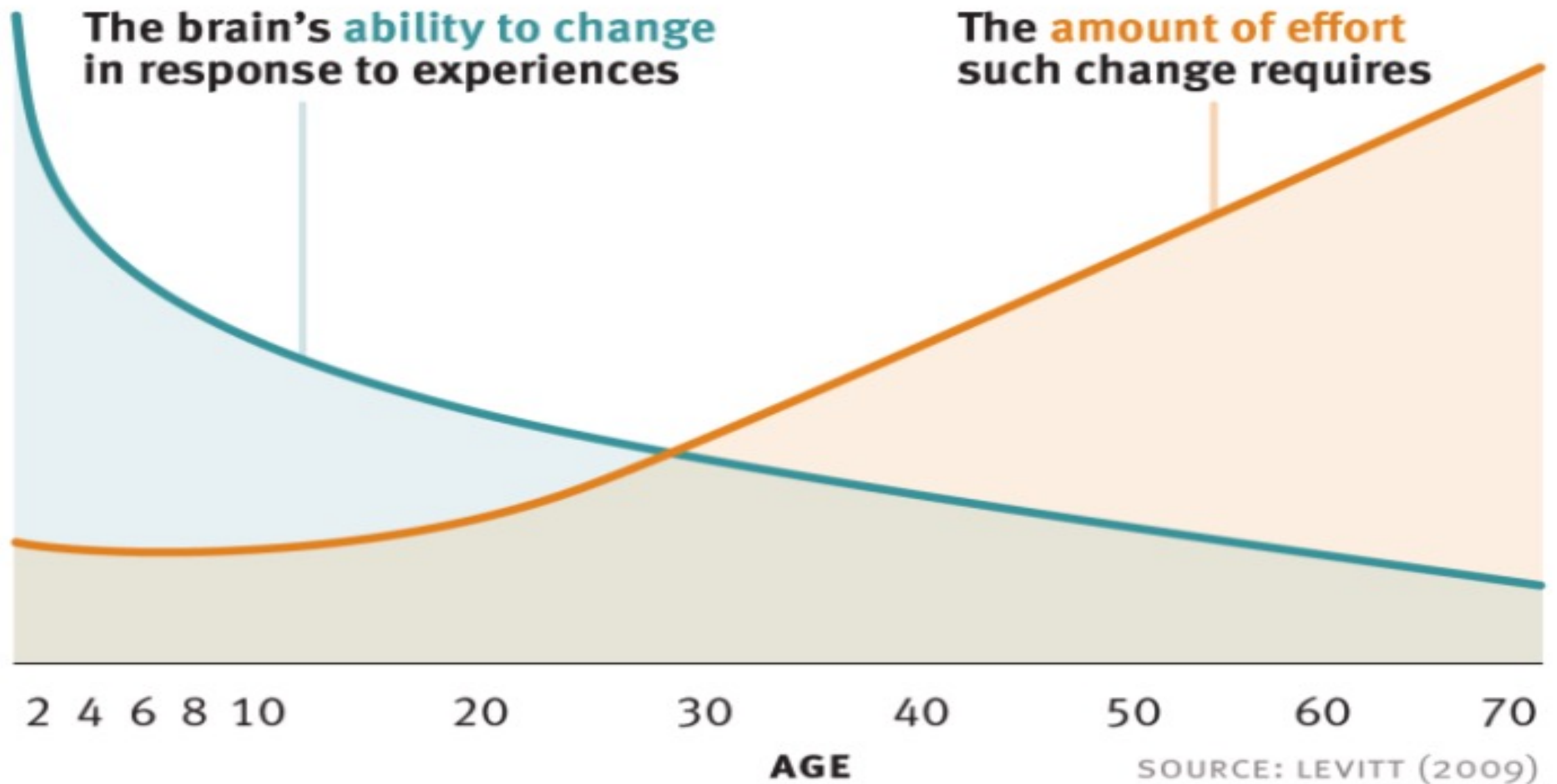
Reason- once the child is
calm, help them to think
things through & come
up with alternative
strategies for the
future



Emotion Coaching



Plasticity and the teenage brain.



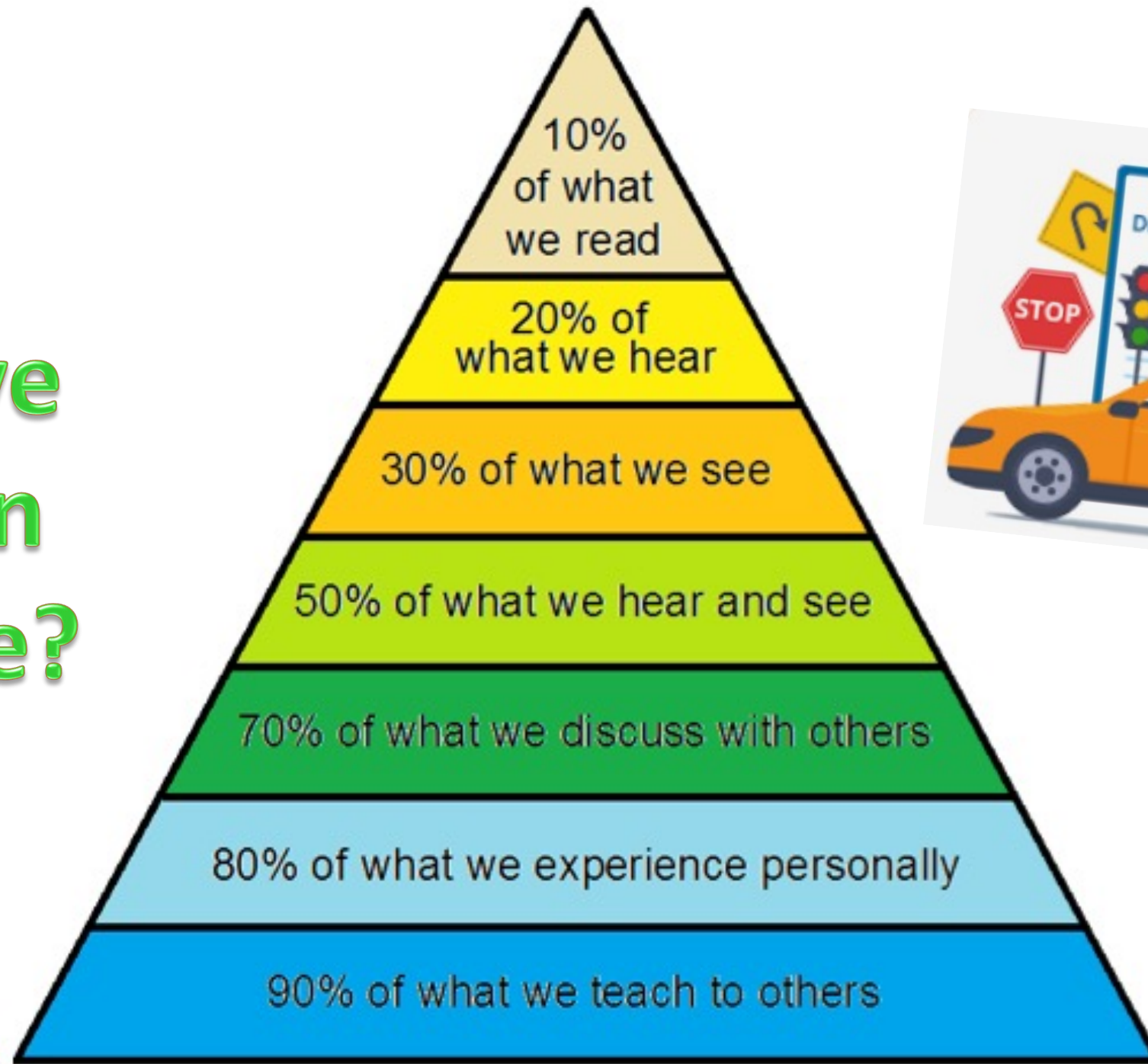
Brain plasticity

The brain's ability to reorganise neural pathways throughout the lifespan as a result of experience.



Pathways are formed through practise and pruned when under used.

What
does
effective
revision
look like?



Top tips from successful students: DO NOT DO 😞

- Leave everything to the last minute – cramming doesn't work, it just makes you stressed.

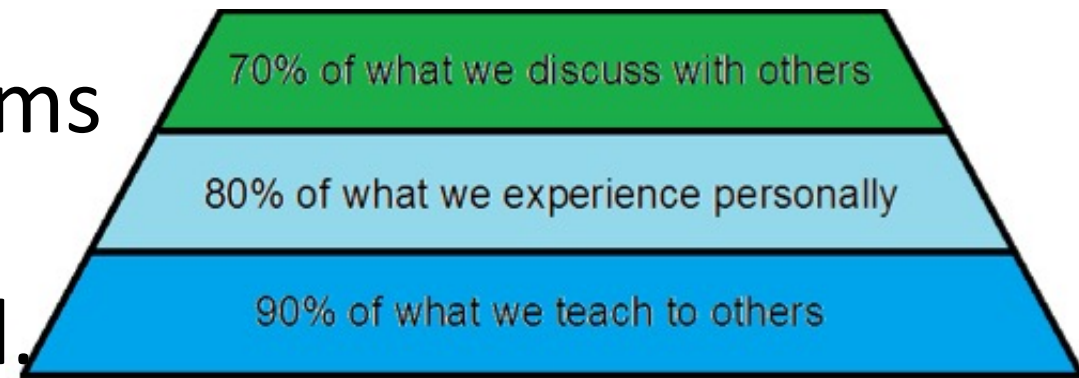
ZOMBIE-BASED LEARNING

- Highlight mindlessly
- Just read over your notes
- Re-write all your notes word for word.



Top tips from successful students: TO DO! 😊

- Condense information: One topic on one page.
A3 mind map → A4 → A5 → flash cards
- Minimise distractions (phone off, quiet setting)
- Revise what you DON'T know, not what you DO
- Use imagery, colours, flow diagrams
- Collaborative learning is powerful.



KNOWING IS NOT
ENOUGH; WE MUST

APPLY.

WILLING IS NOT
ENOUGH; WE MUST

DO ~ Bruce Lee



"I fear not the
man who has
practiced 10,000
kicks once, but I
fear the man who
has practiced one
kick 10,000 times."
Bruce Lee

A large, solid orange circle is positioned on the left side of the slide, partially cut off by the edge.

Enquiry@arthurterry.bham.sch.uk