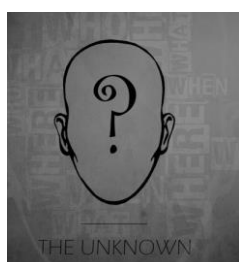


## Year 11

As you enter your final year of school you may experience many different feelings and have questions about the changes ahead. This is a guide to help you with these things and will give you information to prepare you for the year ahead.

### Feeling unsettled

You may begin to feel worried and slightly unsettled over the next few months, this is normal and can be caused by the unknown.



What will I do when I leave school?

How do I revise?

How will I cope with my GCSE's?

School has played a big part in your life and has been something you have experienced from the age of 5 so the thought of not having school anymore can cause some worry.

You are also closer to reaching your final target of schooling .... Your GCSE's!! This can put pressure on you but the school has lots in place to help you with this pressure and to ensure that you achieve the grades that you deserve.

### Change

Change is a big thing and something that we experience throughout our whole lives. It is easy to view change as being negative as it makes us feel unsettled however, change should be viewed as a positive thing as it develops us as a person. Coping with change develops resilience, helps us to move forward with our lives, gives us a sense of achievement and develops mental strength.

### Changes in Year 11

**New tutor and Period 0** – you will be allocated a new tutor who will run your PO revision sessions and will offer help in planning your revision. The reason for this change is so that you have an experienced tutor who has supported our previous Year 11's in achieving their potential

**Period 6** – this will start on Monday 12<sup>th</sup> September and everyone has to attend. This will give you supported and tailored revision.

**Specialist revision** – you will receive a specialist revision session on Wednesday 5<sup>th</sup> October run by Elevate. This will give you tips on finding a revision technique that supports your own learning style.

**Homework** – you will be given homework booklets as you were in Year 10 but these booklets will be structured around revision and will help you remember the information that you will need for your GCSE's.

Holidays – there will be revision sessions running during the Easter break and May half-term that you will be expected to attend. Just remember; you will have an extended Summer holiday as you will complete your exams by the end of June.

### Timeline

Year 11 will go quickly so it's important that you settle back into the school routine and start working hard as soon as you return from the holidays.

It is sometimes difficult to get your head back into learning mode after having a holiday so it is useful to start thinking about school the week before our return. This could involve making sure you have the correct equipment, trying your uniform on, looking at your school books to try and remember the things you learnt before the summer. Do not worry about school, just be prepared!

The timeline below shows key events that will happen in Year 11.

Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June
2 <sup>nd</sup> – Return to school	Apply for college  5 <sup>th</sup> – Elevate revision workshop  23 <sup>rd</sup> -27 <sup>th</sup> Half term	PPE's	15 <sup>th</sup> -2 <sup>nd</sup> Jan Christmas holidays		PPE's	28 <sup>th</sup> -15 <sup>th</sup> April Easter holidays + revision		27 <sup>th</sup> -31 <sup>st</sup> Half term + revision  GCSE's commence	GCSE's finish at the end of this month

### Stress/Worries/Pressure

These are all things that you may feel during Year 11 which is natural but it's important that you look after yourself both physically and mentally during this time. We will support you in building coping skills that will be used throughout life so use your time in Year 11 to develop these skills within a safe environment and with people that you trust. Remember; we are here to help you so lean on us and tell us how you are feeling.

**Stress** – stress is a normal part of life and something that we cannot hide from. It is important that you begin to think about the feelings that you experience within your body so that you are able to recognise when you are suffering with stress. It is important you talk to a trusted adult when you are feeling stressed.

One way to reduce stress is to feel that you are organised and prepared. This is the last push so put more effort than you ever had into this school year to feel that you are prepared for the next step. Ensure you are organised with your revision by having visual timetables at home so that you know what work you need to complete during the week.

**Worry** – as mentioned above it is usual to worry when you have something important ahead of you or if we are heading towards the unknown. Write down your worries and talk to someone, sometimes just having someone to listen to you will help.

**Pressure** – you will feel under pressure and the school will put pressure on you to reach your full potential. Use this as a motivator to help you work to the end, make sure that any goals you set yourself are realistic and achievable.

Concentrate on yourself; make sure that you get enough sleep, have regular meals including breakfast as this is important to support concentration and timetable in some downtime to give yourself a break.

For further information on the above please look on our school website under; Care & Support/Pastoral Support/ELSA please also refer to the Wellbeing section which has useful information and contact numbers.