

# Information Evening 2024



MEADOW PARK  
SCHOOL

Supporting your child as a parent/ carer



*class*

of

2025

# scary

Not only for students but for parents too.

Stress

Confusion

Fear

Anticipation



# GCSEs

GCSEs are ever evolving and changing

You are not the expert and that is ok!

Your child has expert teachers

9 to 1 – is the grading system used

# Exam Boards



Know your child's exam boards

Purchase/ use the correct revision guides

Exams start in May and go through until the end of June

Revision guides available on Parent Pay



# Parental support is key

Parental support is important for academic success.

You don't need to be an expert in subjects to make the difference.

Time, support, encouragement, commitment and positivity are more important.

Showing interest and providing motivation is enough

# Common frustrations

- “They leave everything to the last minute. Then it's all stress and stropping”
- “I was no good at a certain subject, so how can I help?”
- “Why does it always lead to an argument?”
- “I don’t understand the subjects or exams they do?”
- “I try to make them work but there is always an excuse”



# Sleep

Sleep is essential to brain function  
and optimal health

Between 8 to 10 hours

Revision/homework needs to finish  
at least an hour before sleep.



# Healthy diet

- Food is fuel for the body and mind
- Regular meals at regular intervals
- Breakfast (of some sort)
- Water/Hydration - increases productivity.
- Reduce bad habits – energy drinks!





# Environment – a place to study

Find a **calm location** in the home.

Different people have different needs:

- Music vs no music
- Bedroom vs not the bedroom
- Desk/table vs soft chair/bed



# Breaks and time to relax

**Optimum work time** – 40 mins followed by 10 min break.

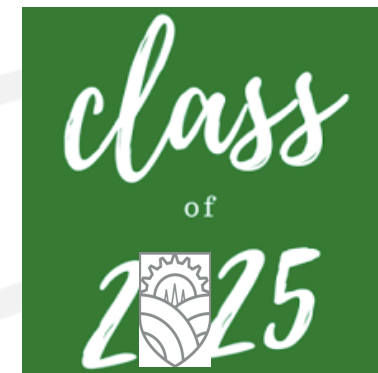
2/3 per night max

**Plan for down time** –

Doing things your child enjoys

**Days off!**

Essential for you and your child



It's a whole new world

- **Mobile phones and computers**
  - Youtube
  - Revision sites
  - Apps
  - Blogs/Vlogs
  - Podcasts
- 
- A healthy relationship with technology and social media!



# What we offer

Point of contact

Intervention

Experts

Subject knowledge



# After School Intervention Timetable

<b>Week 1</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
English	Science		Option A	Maths
<b>Week 2</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
English	Option B		Option C	Maths

<b>Option Block A</b>	<b>Option Block B</b>	<b>Option Block C</b>
Business	Geography	Art
Food	History	Drama
History	Spanish	Design & Technology
Health & Social Care	Travel & Tourism	French
		History
		Sociology
		Travel & Tourism

# Key Dates

**10th October** – Year 11 information evening

**14<sup>th</sup> October** – intervention begins for all subjects (see separate timetable)

**October half term** – Mon 28th Oct – Fri 1st Nov

**4th November** – mock exams start

**18th November** – MFL speaking exams

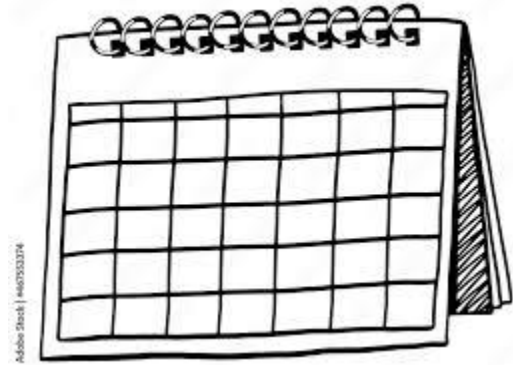
**October/ November** – practical exams in art, food, performing arts and design technology

**28th November** – Sixth Form Open Evening

**October/ November/ December** – college and sixth form open evenings and applications

**24<sup>th</sup> February 2025** – mock exams #2 start

**5<sup>th</sup> May 2025** – GCSE exams start



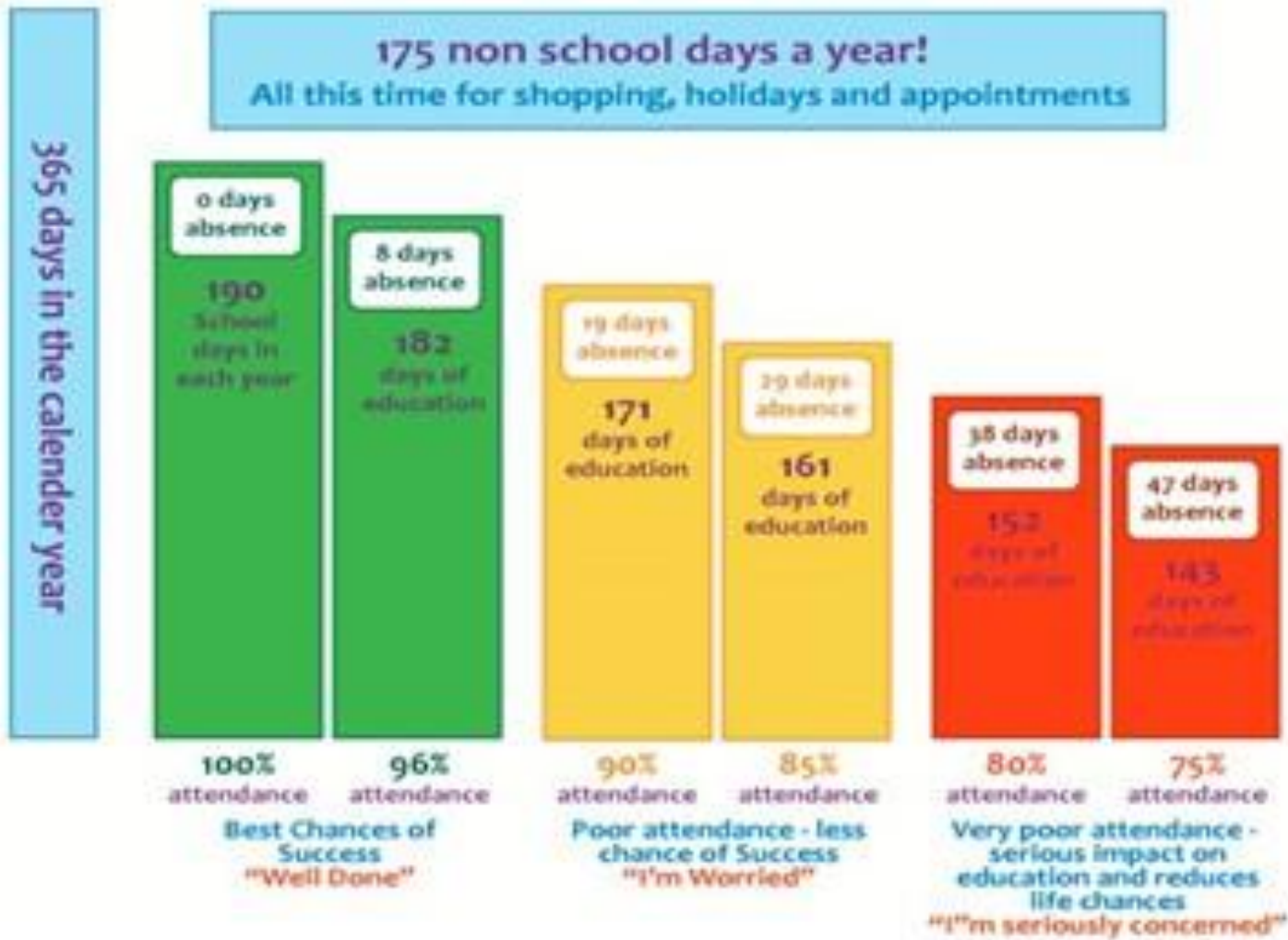




# Good Attendance Means...

being in school at least 96% of the time. This means 8 Days Off!

175 non school days a year!  
All this time for shopping, holidays and appointments



Be

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# Good luck Year 11

