

Class of 25 – are you ready?

Mrs Secker - Essential Exam Information



MEADOW PARK
SCHOOL



class

of

25





Year 11 February 2025 Mock Timetable – week 1

Monday 24th February					Tuesday 25th February					Wednesday 26th February					Thursday 27th February					Friday 28th February																				
AT 8.45-9.15	9.15-10.15	10.15-11.15	11.35-12.35	12.35-13.15	13.15-14.15	14.15-15.15	AT 8.45-9.15	9.15-10.15	10.15-11.15	11.35-12.35	12.35-13.15	13.15-14.15	14.15-15.15	AT 8.45-9.15	9.15-10.15	10.15-11.15	11.35-12.35	12.35-13.15	13.15-14.15	14.15-15.15	AT 8.45-9.15	9.15-10.15	10.15-11.15	11.35-12.35	12.35-13.15	13.15-14.15	14.15-15.15													
Normal Tutor	RE Paper 1 (1 hour 45mins)		Normal Lesson	Normal Lunch	Maths Paper 1 (1 hour 30 mins)		Normal Tutor	Drama (1 hour 45 mins)	Design Technology (2 hours)	Sociology (1 hour 45 mins)	Year 13 A-Level Sociology Paper 1 (2 hours)		Normal Lesson	Normal Lunch	English Language Paper 1 (1 hour 45 mins)		Normal Tutor	History Paper 1 Entertainment & Leisure (1 Hour 15mins) & Paper 2 Elizabeth (45 mins)	French Listening Higher (45min)	French Listening Foundation (35mins)		Normal Lunch	Geography Paper 1 Living with the physical environment (1 hour 30 mins)		Normal Tutor	Travel & Tourism (2 Hours)	Spanish Listening Higher (45min)	Spanish Listening Foundation (35mins)	Year 13 A-Level Sociology Paper 2 (2 hours)		Normal Lunch	Sports Science (2 Hours)		Normal Tutor	Triple Science Biology (1 hour 45 mins)	Combined Science Biology (1 hour 15 mins)		Normal Lesson	Normal Lunch	Geography Paper 2 Challenges in the human environment (1 hour 30 mins)



Year 11 February 2025 Mock Timetable – week 2

Monday 3rd March						Tuesday 4th March						Wednesday 5th March						Thursday 6th March						Friday 7th March										
AT 8.45-9.15	9.15-10.15	10.15-11.15	11.35-12.35	12.35-13.15	13.15-14.15	14.15-15.15	AT 8.45-9.15	9.15-10.15	10.15-11.15	11.35-12.35	12.35-13.15	13.15-14.15	14.15-15.15	AT 8.45-9.15	9.15-10.15	10.15-11.15	11.35-12.35	12.35-13.15	13.15-14.15	14.15-15.15	AT 8.45-9.15	9.15-10.15	10.15-11.15	11.35-12.35	12.35-13.15	13.15-14.15	14.15-15.15	AT 8.45-9.15	9.15-10.15	10.15-11.15	11.35-12.35	12.35-13.15	13.15-14.15	14.15-15.15
Normal Tutor	Triple Science Chemistry (1 hour 45 mins) Combined Science Chemistry (1 hour 15 mins)	Normal Lesson	Normal Lunch	RE Paper 2 (1 hour 45 mins)	Normal Tutor	English Literature Paper 2 (2 hour 15mins)	Normal Lesson	Normal Lunch	Maths Paper 2 (1 hour 30 mins)	Normal Tutor	History Paper 3 USA (45mins) & Paper 4 Germany (1 Hour) Year 13 A-Level Spanish (2 hours 30 mins)	Spanish Reading Higher (1 Hour) Foundation (45 mins) French Reading Higher (1 Hour) Foundation (45 mins)	Normal Lunch	Geography Paper 3 Application of Geographical Studies (1 hour 30 mins)	Normal Tutor	Health & Social Care (2 Hour) Food - Hospitality & Catering (1 hour 30 mins) Enterprise (2 Hour) Business Studies (1 hour 30) Year 13 A-Level Sociology Paper 3 (2 hours)	Normal Lesson	Normal Lunch	Maths Paper 3 (1 hour 30 mins)	Normal Tutor	Triple Science Physics (1 hour 45 mins) Combined Science Physics (1 hour 15 mins)	Normal Lesson	Normal Lunch	Spanish Writing Higher (1 Hour 15mins) Foundation (1 Hour) French Writing Higher (1 Hour 15mins) Foundation (1 Hour)										

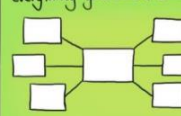
Year 11 February 2025 Mock Timetable – week 3

Monday 10th March							Tuesday 11th March							Wednesday 12th March							Thursday 13th March							Friday 14th March										
AT 8.45- 9.15	9.15- 10.15	10.15- 11.15	11.35- 12.35	12.35- 13.15	13.15- 14.15	14.15- 15.15	AT 8.45- 9.15	9.15- 10.15	10.15- 11.15	11.35-12.35	12.35- 13.15	13.15- 14.15	14.15- 15.15	AT 8.45- 9.15	9.15- 10.15	10.15- 11.15	11.35-12.35	12.35- 13.15	13.15- 14.15	14.15- 15.15	AT 8.45- 9.15	9.15- 10.15	10.15- 11.15	11.35-12.35	12.35- 13.15	13.15- 14.15	14.15- 15.15	AT 8.45- 9.15	9.15- 10.15	10.15- 11.15	11.35-12.35	12.35- 13.15	13.15- 14.15	14.15- 15.15				
Normal Tutor	Normal Lesson	Normal Lesson	Normal Lesson	Normal Lunch	Normal Lesson	Normal Lesson	Normal Tutor	Normal Lesson	Normal Lesson	Normal Lesson	Normal Lunch	Normal Lesson	Normal Lesson	Normal Tutor	French Speaking			Normal Lunch	French Speaking			Normal Tutor	Spanish Speaking			Normal Lunch	Spanish Speaking			Normal Tutor	Drama Practical (2 Hours)		Normal Lesson	Normal Lunch	Normal Lesson	Normal Lesson		
																																			Spanish Speaking			

You should already be...

Retrieving

BRAIN DUMP
Write, draw a picture, create a mind-map on everything you know about a topic.



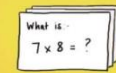
Give yourself a time limit, say 3 minutes, then have a look at your books & add a few things you forgot.

QUIZZING
Create practice questions on a topic. Swap your questions with a partner & answer.

Question - What is a metaphor?

- A comparison using 'like, as, than'.
- A comparison where one thing is another.
- A comparison with a human attribute.

FLASHCARDS
Create your own flashcards, question on one side answer on the other. Can you make links between the cards?



You need to repeat the Q&A process for flashcards you fail on more frequently & less frequently for those you answer correctly.

KNOWLEDGE ORGANISERS
Complete a knowledge organiser template for key information about a topic.

Definition	Draw a picture
Examples	Real examples
Topic	

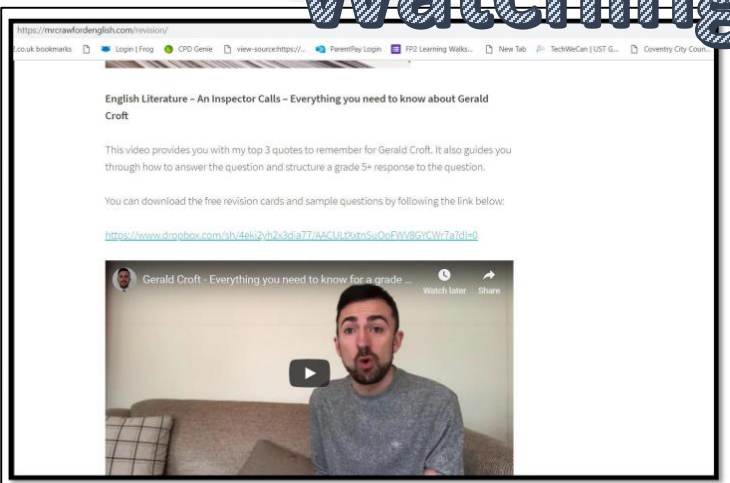
You can use knowledge organisers to learn new topics & make links in between subjects or ideas.

After you have retrieved as much as you can go back to your books & check what you've missed. Next time focus on that missing information

Visiting

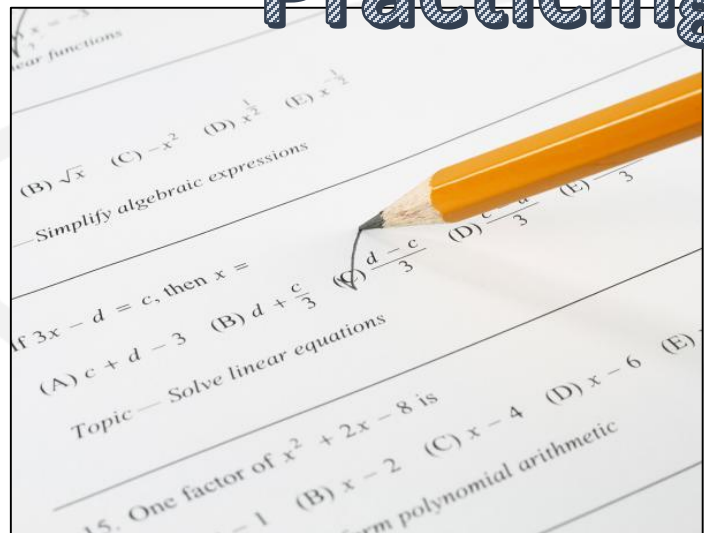
-  Youtube (Mr Bruff or a simple search)
-  BBC Bitesize
-  Seneca Learning
-  Massolit
-  Oak National Academy
-  Oxford Home Learning
-  Revision podcasts
-  Revision guides

Watching



Grade 5 in 5 mins – Mr Crawford (English)

Practicing



Simplify algebraic expressions

(B) \sqrt{x} (C) $-x^2$ (D) $x^{\frac{1}{2}}$ (E) $x^{\frac{1}{3}}$

If $3x - d = c$, then $x =$

(A) $c + d - 3$ (B) $d + \frac{c}{3}$ (C) $\frac{d - c}{3}$ (D) $\frac{c - d}{3}$ (E) $-\frac{c}{3}$

Topic — Solve linear equations

15. One factor of $x^2 + 2x - 8$ is

(A) $x + 4$ (B) $x - 2$ (C) $x - 4$ (D) $x - 6$ (E) $x + 6$

Revision POWER HOUR



STEP 01
Choose a past paper question
Google your subject, level and exam board e.g. "Geography A-Level Past Papers AQA"

STEP 02



Revise
Spend 20 minutes revising what you need to know to answer your chosen question

STEP 03



Do the question
Set a timer for 20 minutes and answer the past paper question you chose

STEP 04

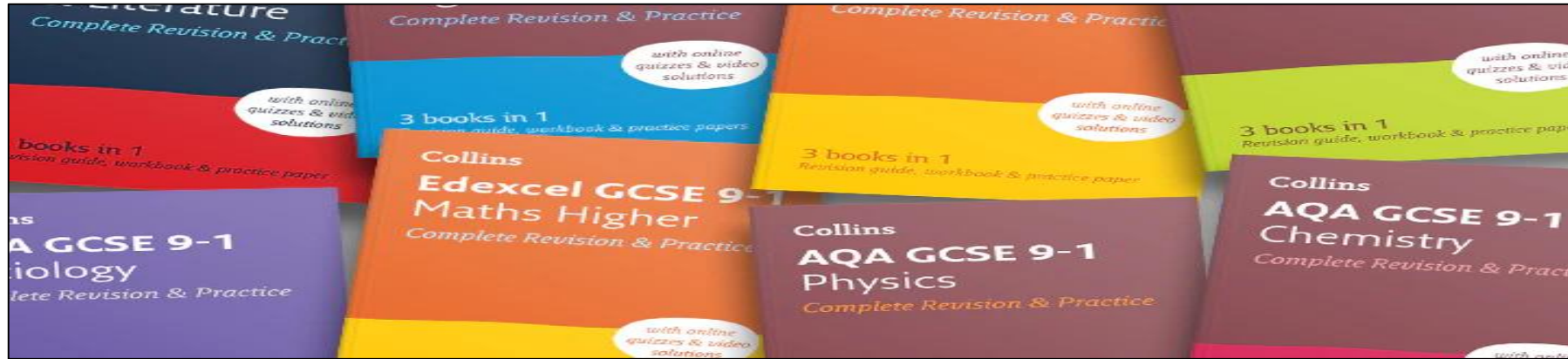


Get feedback
Show your teacher your work. Ask them whether your marking is accurate and how you could improve your answers

Mark your answer
Using the mark scheme for the past paper mark your answer. This will help you to think like an examiner



Key Stage 4 Revision Guides



Revision guides for all GCSE and BTEC courses are available to purchase on ParentPay. The guides have been chosen by your child's teachers, specifically for the courses that your child is doing. We offer very competitive prices compared to Amazon and bookshops.

In order to purchase (please ask your child about which courses and tiers they need), please log in to your ParentPay account*, add whatever you need to your basket, pay and they will be delivered to school. Alternatively, you can come into reception during office hours and purchase revision guides using cash or card payment.

*If you need the login details for a ParentPay, please speak to reception or email admin@meadowparkschool.com



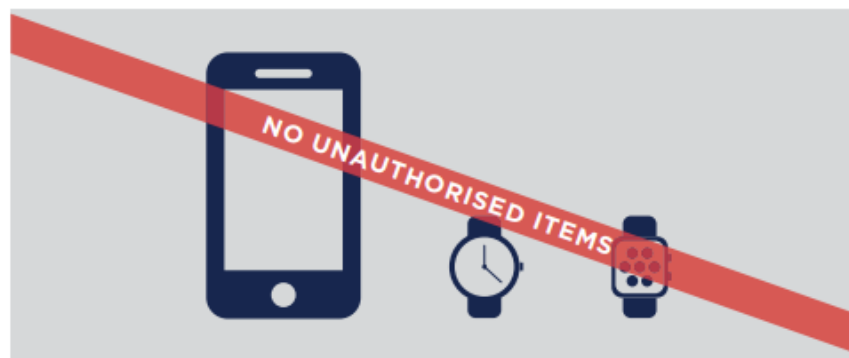
Warning to Candidates

1. You **must** be on time for all your examinations.
2. **Possession of a mobile phone** or other unauthorised material is **not allowed** even if you do not intend to use it. You will be subject to penalty and possible disqualification from the exam/qualification.
3. You **must not** talk to, attempt to communicate with or disturb other candidates once you have entered the examination room.
4. You **must** follow the instructions of the invigilator.
5. You **must not** sit an examination in the name of another candidate.
6. You **must not** become involved in any unfair or dishonest practice in any part of the examination.
7. If you are confused about anything, only speak to an invigilator.

The *Warning to Candidates* must be displayed in a prominent place outside each examination room. This may be a hard copy A3 paper version or an image of the poster projected onto a wall or screen for all candidates to see.

NO MOBILE PHONES NO WATCHES

NO POTENTIAL TECHNOLOGICAL/WEB
ENABLED SOURCES OF INFORMATION



Possession of unauthorised items, such as a mobile phone or any watch, is a serious offence and could result in

DISQUALIFICATION

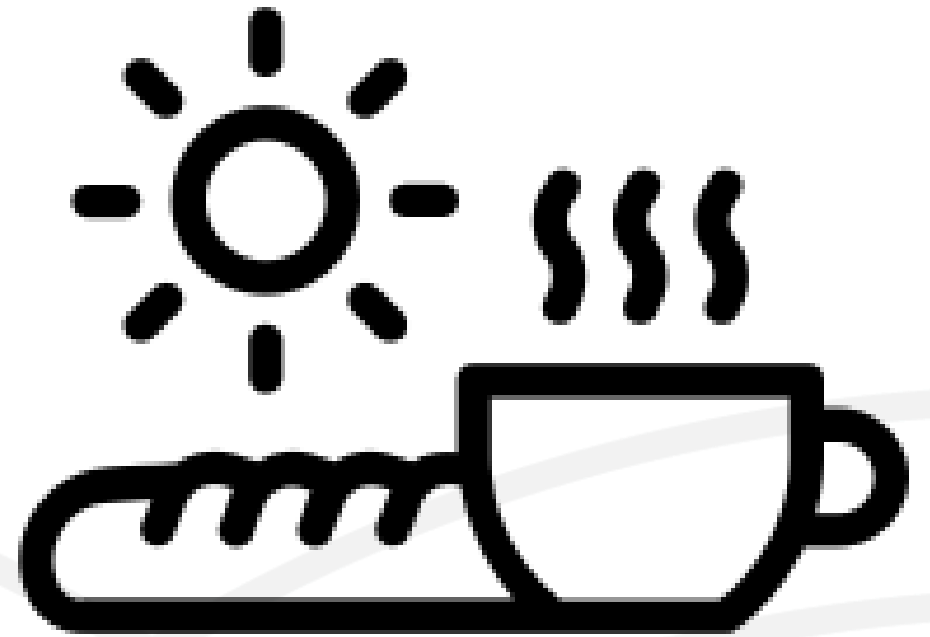
from your examination and your overall qualification.

This poster must be displayed in a prominent place outside each examination room.

Exam reminders

Morning Exams – 9am start

- Arrive by 8.30am
- Breakfast bars and juice will be provided in the theatre
- The theatre will be open if it is raining
- **Check the seating plan**
- Line up in rows, according to the seating plan
- Enter the sports hall and leave bags, coats, phones, watches in your designated spot
- Enter the exam in silence
- Try your hardest in the exam.



Afternoon Exams – 1.15pm start

- Lunch will be at normal time
- **Check the seating plan**
- Start lining up at 1pm
- Line up in rows, according to the seating plan.
- Enter the sports hall and leave bags, coats, phones, watches your designated spot
- Enter the exam in silence
- Try your hardest in the exam.



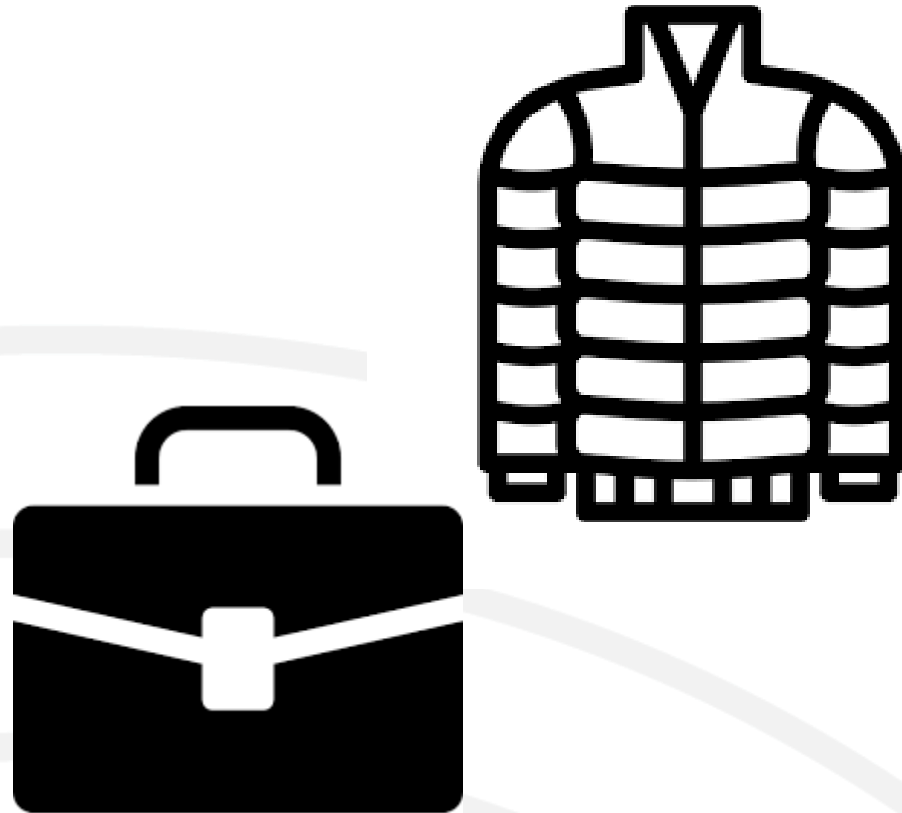
Seating Plan

Seating Organisation Report										Meadow Park School	
Room: SHEX Date: 05/11/2024 Time: 09:00 Season: 05/11/2024 - 05/11/2024 Duration: 105m Door: J14											
Component Code	Component Name										Duration
BIOH1	Biology Higher										105m
CBSCFB1	Combined Science Trilogy Foundation - Combined Foundation Biology										75m
CBSC3H1	Combined Science Trilogy Higher - Combined Higher Biology										105m
	A	B	C	D	E	F	G	H	I	J	
1	Maria R Abbas 3007 BIOH1 10:45		Julia Adam 3001 CBSCFB1 10:45		Mubassara A 3000 CBSCFB1 10:15	Melon D Migan 3001 CBSCFB1 10:15	Coenrae Meeson 3002 CBSCFB1 10:15	Eliak J Wood 3156 CBSCFB1 10:15	Mylen Wadhwa 3157 CBSCFB1 10:15		
2	Salwa Nadeem Anisqa 3011 BIOH1 10:45		Collyn E Bowles 3022 CBSCFB1 10:45		Muzam Adam 3002 CBSCFB1 10:15	Shara M Mughni 3079 CBSCFB1 10:15	Priscilla Mohamed 3083 CBSCFB1 10:15	Rekha Williams 3158 CBSCFB1 10:15	Layla P Moinmoin 3159 CBSCFB1 10:15		
3	Megan R Arnold 3013 BIOH1 10:45		Wesley L Chan 3026 CBSCFB1 10:45	Emmanuel Oloru 3192 CBSCFB1 10:45	Alan Aziz 3008 CBSCFB1 10:15	Maulana Herdiana L 3076 CBSCFB1 10:15	Lily Anne D Moore 3086 CBSCFB1 10:15	Ellen P Heylton Wilson 3154 CBSCFB1 10:15	Yusuf Yakub 3159 CBSCFB1 10:15		
4	Wenng Balakumar 3016 BIOH1 10:45		Gargan Karthikeyan K 3038 CBSCFB1 10:45	Praveen Thirumani 3184 CBSCFB1 10:45	Fatimah Ali 3009 CBSCFB1 10:15	Daniela Lupo 3074 CBSCFB1 10:15	William J Woodhead 3087 CBSCFB1 10:15	Ethan Wazir 3151 CBSCFB1 10:15	Fahma A Yousif 3161 CBSCFB1 10:15		
5	Theresa A Cribbens 3033 BIOH1 10:45		Daniela B Faver 3041 CBSCFB1 10:45	Iris S Ranji 3180 CBSCFB1 10:45	Oliver W Bailey 3014 CBSCFB1 10:15	Haley John M Lawton 3071 CBSCFB1 10:15	Jack Morris 3088 CBSCFB1 10:15	Selvanth T H Turner 3148 CBSCFB1 10:15	Toussaint Alou Dial Phall 3162 CBSCFB1 10:15		
6	Lin H Guo 3002 BIOH1 10:45		Wahid N Aggaban Pasha 3042 CBSCFB1 10:45	Osaro Paul O 3177 CBSCFB1 10:45	Loren O Berke 3019 CBSCFB1 10:15	Hakiba Jannah 3054 CBSCFB1 10:15	Ramadh T Moinmoin 3092 CBSCFB1 10:15	Salim Thompson 3146 CBSCFB1 10:15	Ryan O Zaki 3163 CBSCFB1 10:15		
7	Jack T Houghton 3026 BIOH1 10:45		Zaki Hussain 3001 CBSCFB1 10:45	Tejvi K Datta 3176 CBSCFB1 10:45	Praya R Brennan 3021 CBSCFB1 10:15	Shahid Hameed 3023 CBSCFB1 10:15	Muhammad Nigh 3023 CBSCFB1 10:15	Thao H Tamara Mago 3143 CBSCFB1 10:15	Kingley Ashraf 3164 CBSCFB1 10:15		
8	Henna Inami 3063 BIOH1 10:45		Jagadeesh Jayaraman 3065 CBSCFB1 10:45	Krishnan Mahalingam 3175 CBSCFB1 10:45	Lily Mar Brown 3023 CBSCFB1 10:15	Shreya Shalini Pata 3051 CBSCFB1 10:15	Muhammad Osman Kasebi 3095 CBSCFB1 10:15	Prithvi C Srinivasan 3140 CBSCFB1 10:15	Sahib Zainulabidin 3165 CBSCFB1 10:15		
9	Sean K Logan 3073 BIOH1 10:45		Shawn JH Johnston 3066 CBSCFB1 10:45	Muhammad Ridwan 3160 CBSCFB1 10:45	Rashid Chahal 3027 CBSCFB1 10:15	Charlotte Oiler 3048 CBSCFB1 10:15	Maria Andriani Naga 3097 CBSCFB1 10:15	Ashraf-Gabriel Bilewala 3136 CBSCFB1 10:15	Henry Taylor P 3167 CBSCFB1 10:15	Shreyasi Samal 3193 CBSCFB1 10:15	
10	Emelina M Maytas 3078 BIOH1 10:45	Aimee Toussaint 3147 BIOH1 10:45	Marion D Lavelle 3009 CBSCFB1 10:45	Oliver Winkler 3153 CBSCFB1 10:45	Daphne Clarke 3029 CBSCFB1 10:15	Brooke Oiler 3047 CBSCFB1 10:15	Chiranjeevi P 3107 CBSCFB1 10:15	Sakina Eini Y Sidiq 3126 CBSCFB1 10:15	Luisa H Kawengaya 3168 CBSCFB1 10:15	Muhammad Z Raqeeb 3191 CBSCFB1 10:15	
11	Ingeni Louise Olympe 3104 BIOH1 10:45	Sandhya Sakumaryani 3141 BIOH1 10:45	Carry J R May 3077 CBSCFB1 10:45	Ariana Varlamova 3149 CBSCFB1 10:45	Leo W Collins-Osard 3030 CBSCFB1 10:15	Aqasha Ghossein 3046 CBSCFB1 10:15	Sean Andre C Opatola 3109 CBSCFB1 10:15	Hannah Denjine 3131 CBSCFB1 10:15	Riguel A Opatola 3171 CBSCFB1 10:15	Marcon Mpoah 3188 CBSCFB1 10:15	
12	Purvi Oshika Agastyan 3110 BIOH1 10:45	Azra Sidiq 3137 BIOH1 10:45	Swastik Swastik Naga 3094 CBSCFB1 10:45	Kaizra J Shaw 3132 CBSCFB1 10:45	Devika R Chandan 3032 CBSCFB1 10:15	Lagan M R P Gadek 3064 CBSCFB1 10:15	Jessica Olympe 3111 CBSCFB1 10:15	Lara M Santoni 3128 CBSCFB1 10:15	Shahabul Hameed 3173 CBSCFB1 10:15	Tony Jayaram 3187 CBSCFB1 10:15	
13	Pradyumn Pannar 3114 BIOH1 10:45	Aash Al A Sheikh 3134 BIOH1 10:45	Tym N Malinin 3096 CBSCFB1 10:45	Edwin Scott 3129 CBSCFB1 10:45	Rashid W Corrie 3034 CBSCFB1 10:15	Samuel Fryer 3043 CBSCFB1 10:15	Yasmina Olympe 3112 CBSCFB1 10:15	Daniela Pollock-Gadek 3125 CBSCFB1 10:15	Adelina M Moinmoin 3178 CBSCFB1 10:15	Omnia Ashraf 3186 CBSCFB1 10:15	
14	Eva A Quarm 3119 BIOH1 10:45	Faheemah Ismail 3126 BIOH1 10:45	David Constantin Naylor 3098 CBSCFB1 10:45	Oliver N Polgar 3117 CBSCFB1 10:45	Shay L Dalton-Hardy 3035 CBSCFB1 10:15	Riguel A Shana 3040 CBSCFB1 10:15	Jayden T Phipps 3115 CBSCFB1 10:15	Fahma Rahman 3122 CBSCFB1 10:15	Joseph M A K Moore 3179 CBSCFB1 10:15	Boran Yang 3185 CBSCFB1 10:15	
15	Sana Rasdy 3121 BIOH1 10:45	Saama Razzak 3123 BIOH1 10:45	Vivek A Olympe 3103 CBSCFB1 10:45	Isabella Butler Chavira 3106 CBSCFB1 10:45	Phoebus R Dora 3037 CBSCFB1 10:15	Kalia Evans 3039 CBSCFB1 10:15	Pradyumn Gani 3118 CBSCFB1 10:15	Lara Corrie Naga 3120 CBSCFB1 10:15	Mia O Johnston 3181 CBSCFB1 10:15	Kawana O Opatola 3183 CBSCFB1 10:15	
16											

Lining Up



Put your bags/coats in the designated area for your row.



In the exam room



On your exam day

This checklist will help you to be as prepared as possible for your exams so that you can focus on doing your best on the day.

Before sitting your exams, ensure you know:

- the date, time and location of each of your exams. You might find it helpful to write this information in a calendar or planner.
- who to contact at school or college in case there's an emergency that makes you late or unable to sit your exam.

What you will need:

- a clear pencil case
- at least two black ink pens – blue pens are **not acceptable**
- an approved calculator for relevant exams
- appropriate apparatus such as a ruler or protractor for relevant exams
- a clear water bottle if you wish to take one in – it **must not** have a label

Contingency sessions:

- There are contingency sessions within the Summer 2025 exam timetable – the afternoon of 11 June 2025 and the morning and afternoon of 25 June 2025. Make sure you are available on all three dates even if you do not have an exam.

You can also find useful information about preparing for exams at www.jcq.org.uk/exams-office/information-for-candidates-documents

EFFECTIVE FROM 1 SEPTEMBER 2024

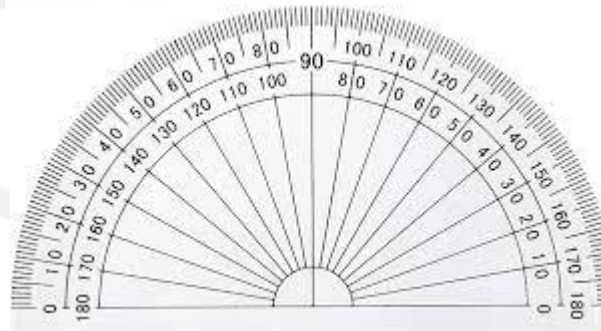
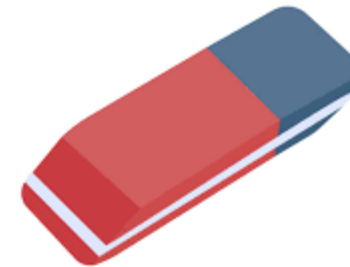
What you cannot take into exams:

- any type of phone
- revision notes
- any type of watch (this includes analogue, digital and smart watches)

Other important information:

- Listen carefully to the invigilator's instructions which will be specific to your exam. If you are unsure of anything, please raise your hand and wait for the invigilator to respond.
- Fill in your details on the front of your answer booklet.
- If you need additional answer sheets, raise your hand and wait for an invigilator who will provide you with one. Remember to add your details to this booklet.
- If you need to use the toilet or feel unwell, raise your hand and wait for an invigilator who will escort you from the exam room.
- Remember to stay silent – talking to a fellow candidate could result in disqualification from all your exams.

If you have any questions about your exams, please ask your teacher or exams officer.





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PROM
2025

Friday 20th June

£29.50

£5.00 deposit by Friday 7th March

Prom Committee-lunchtime today

The background is a blurred image of a library with bookshelves. Overlaid on this are various white mathematical symbols and icons, including plus signs, zeros, question marks, infinity symbols, and a hand holding a pen. The symbols are scattered across the upper and middle portions of the image.

Exam stress and anxiety

Laura and David- School Counsellors





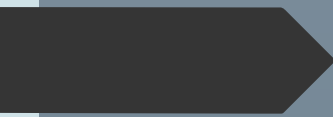
➡ YOU ARE
AMAZING!!



Stress is
normal


It is ok to feel
sad, worried or
overwhelmed

No
feeling/situation
is permanent



Thoughts and feelings

- ▶ Current thoughts and feelings
- ▶ Our thoughts aren't always real
- ▶ What are the expectations I'm feeling?
- ▶ What can I do to challenge these thoughts?
- ▶ What would I say to a friend?
- ▶ What are my affirmations?



Negative thought	Alternative more helpful version
I can't do this!	I can only try my best. If I don't succeed I will find another way to my goal! I CAN do this!
I am useless and know nothing!	I know what I know. I have revised and my worth isn't determined by my grades.
I'm going to fail!	I CANNOT predict the future! I will focus on revising & do my best. If I do fail I will survive it & find a new path!
If I fail my exams my life is over!	Failing exams is NOT the end of the world! There is always another path. I will find a way!
There is no point trying!	I will try anyway and not be concerned with the result!



Affirmations

- I can do this
- I can try my best
- I am proud of myself
- I believe in myself
- I am determined, my hard work powers my success
- I am calm and focused
- I will take one question at a time
- I am capable
- I am brave
- I am strong
- I am smart
- I can do difficult things
- I am loved
- I am important
- I am capable
- I am enough
- I am me!!



Behaviour

- ▶ Existing coping strategies
- ▶ Procrastination
- ▶ Keeping busy
- ▶ Arguing with family/friends
- ▶ Shutting down
- ▶ Avoidance



***Basics
Matter***

Sleep

Diet

Self care

Health

Medication

Exam day



Coping Strategies



- What can you stop doing?
- Academic support
- Supportive family/friends- who do you need to talk to.
- Make list of positive affirmations
- Planning
- Phone free time
- Regular breaks/exercise
- Rewards
- Activities that are good for you
- Lots to look forward to- prom, holidays, summer

Emergency

- Breathe and identify thoughts, feelings and sensations.
- Who can you talk to?
- Contact your GP





Reflect

Kindness

What is good for you

Plan

Seek support- drop
in Tuesday and
Thursday Lunchtimes

You are
capable of
more than
you know

Believe in
yourself and all
that you are.
Know that
there is
something
inside you that
is greater than
any obstacle.

Christian D. Larson

Good luck to our...

