



21st October 2016

Name & Tutor Group:

## Headlines by Rachel McGowan

### Mobile Technology

**I was concerned to read that almost half of young people are checking their mobile phones after they have gone to bed.** A survey of 3,000 11 to 18 year-olds found almost half admitted checking their mobile phones for notifications at least 10 times a night. The poll was carried out by Digital Awareness UK and the Headmasters' and Headmistresses' Conference. The organisations warn night-time usage of mobiles means students are coming to school tired and unable to concentrate.

Of the 45% of survey respondents who check their phones when they should be sleeping, almost all (94%) were checking social media - with a tenth saying they would feel stressed about missing out if they did not check their device before going to sleep. Of this group, 75% are listening to music and over half (57%) are watching films. A third (32%) of these youngsters say their parents are not aware that they check their mobile device after going to bed.

The findings also show:

- 68% of all respondents say using their mobile devices at night affects their school work.
- a quarter say they feel tired during the day because of how often they use their mobile device at night.
- almost half (42%) keep their phone next to their bed at night.

### Screen-time Tips from Digital Awareness UK

1. Refrain from using screens 90 minutes before bedtime.
2. Turn-off notifications, or activate "do not disturb", "airplane mode" or mute settings. Turn the phone off altogether if you can.
3. Reduce blue light exposure, which can disrupt sleep. For example, most Apple devices have the "night shift mode", which changes the colour temperature of your device to reduce exposure.
4. Try and break the habit of unprompted device checking.
5. Keep your phone in a location that prevents you from seeing, hearing or even reaching for it.
6. Use a screen-time tracker app, such as RealizD and Moment, that can showcase the amount of time you are spending on your device. Some of these apps allow you to set usage restrictions.
7. Digital detox - take a break from devices altogether or set times that you will turn your phone off.
8. Switch the habit - in the 90 minutes running up to bedtime, get stuck into a good book, practice meditation or have a relaxing bubble bath.
9. Think. If we think about the reasons why we are using mobile devices at night time, we would often think twice.
10. If you take control back by exercising any of the tips listed above, give yourself a pat on the back and a treat.

## Exam Preparation

When we return to school after October half-term students will have a short time before they embark upon internal examination. All students have had information about their exam timetables in tutor time. The schedule for exams for each year group is as follows:

Year 7	Tuesday 8 <sup>th</sup> until Tuesday 15th November written & practical exams
Year 8	Tuesday 8 <sup>th</sup> until Tuesday 15th November written & practical exams
Year 9	Tuesday 8 <sup>th</sup> until Tuesday 15th November written & practical exams
Year 10	Monday 21 <sup>st</sup> until Friday 25 <sup>th</sup> November written exams
Year 11	Week beginning Monday 14 <sup>th</sup> November French speaking exams Week beginning Monday 28 <sup>th</sup> November PE, Music & Art practical exams Week beginning Monday 5 <sup>th</sup> December Written Exams week 1 Week beginning Monday 12 <sup>th</sup> December Written Exams week 2 Week beginning Monday 19 <sup>th</sup> December Drama practical exams

Written exams		Week A				Week B	
		Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	Monday 14th	
Lesson 1		Year 9 R.E.	Year 7 D&T	Year 7 Languages	Year 8 D&T	Year 8 Languages	
Break							
Lesson 2		Year 7 History	Year 8 Science	Year 9 Languages	Year 7 Science	Year 7 Maths non Calc	
Lesson 3		Year 7 Geography	Year 8 R.E.	Year 9 D&T	Year 7 R.E.	Year 7 Maths Calculator	
Lunch							
Lesson 4		Year 8 Geography	Year 9 Science	Year 8 Maths Non Calc	Year 9 Geography	Year 9 Maths Non Calc	
Lesson 5		Year 8 History		Year 8 Maths Calculator	Year 9 History	Year 9 Maths Calculator	
<b>Art &amp; Drama</b>							
		Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	
P1		8G, 8H, 8N Art		9T, 9A, 9L Drama			Monday 14th
		7S, 7H, 7T - Drama			8T - ART		Tuesday 15th
Break							
P2		8G, 8H, 8N Art	9H, 9P, 9N - Drama	9T, 9A, 9L Drama	8S, 8L, 8A - Drama		9G, 9E, 9S - Drama
		7S, 7H, 7T - Drama	9T, 9S, 9L Art		8P, 8S and 8T - ART		8A- Art
P3			9H, 9P, 9N - Drama		8P, 8S ART		9A, 9H - Art
			9T, 9S, 9L Art		8S, 8L, 8A - Drama		
Lunch							
P4		7L, 7S - Art	9E, 9G Art		9P Art	8L - Art	9G, 9E, 9S - Drama
		8E Art	7E, 7G, 7N - Drama		7A Art	8T, 8G, 8N Drama	8A- Art
						7P, 7T Art	7H Art
P5		7L, 7S - Art	9E, 9G Art		9P Art	8L - Art	7E, 7G, 7N - Art
		8E Art	7E, 7G, 7N - Drama		7A Art	8T, 8G, 8N Drama	9N Art
						7P, 7T Art	8P, 8H, 8E - Drama
							7P, 7L, 7A Drama
							7H Art
							7E, 7G, 7N - Art
							9N Art

Preparation for these exams is, therefore, vital and our all students must ensure that they have prepared as well as possible, using the October half-term holiday as a key opportunity to prepare.

An immediate concern for all students is to make sure that their half-term study is properly organised. Once the holiday begins I recommend the following possible learning pattern on several days:

Session 1 for Subject 1	Session 2 for Subject 2
9.00am Topic 1	11.45am Topic 1
9.30am Topic 2	12.15pm Topic 2
10.00am Mini Break	12.45pm Mini Break
10.15am Topic 3	1.00pm Topic 3
10.45am Topic 4	1.30pm Topic 4
11.15am Main Break	2.00pm Main Break

If this pattern is followed students will be working at times of the day that correspond with the times when the examinations will actually take place and this helps to prepare them for the intellectual and emotional challenge exams pose. One thing you can also see from the programme above is that it still leaves our young women plenty of time to relax and enjoy their holiday – an important part of preparing for the hurdles ahead.

The key to successful exam preparation is to make the process active. Many students think that staring is the same as learning and spend a considerable amount of time simply staring at their notes. Such activity is almost completely useless and will not help any student learn anything! Students must use active techniques if they are to see the time spent on exam preparation used successfully. Included in this edition of Plashet Post are our 'Top Tips' for revision.

For all our girls, getting into the habit of **active revision** will help maximise exam potential and ensure another generation of young women at Plashet revel in exam success in the future.

During the holidays I would be grateful if parents could continue to support students. Some of the following suggestions may be useful, though the list is of course not exhaustive:

- Encourage students to get up at a reasonable time and study
- Encourage work in small sequences (as outlined in the schedule above)
- Please do reward study with treats – the odd nice snack for example!
- Make sure that the environment is conducive to learning
- Provide as much encouragement as you can
- Ask your daughter to set a revision timetable and then monitor it carefully
- Please check that your daughter isn't being distracted by mobile phones or other devices such as iPads.
- Encourage study groups only if you can monitor that study is actually getting done!

## SCHEDULING...

1. **Do the revision:** Draw up a timetable to allocate times and dates for the work you need to learn and practice. The timetable should specify not just the subject but also the topic you will revise for that time period.
2. **Space your learning:** The brain copes best with chunks of revision time and regular 'brain' breaks. You learn best over a long period of time. Cramming the night before does not work. You must start preparing for your revision early and then move to learning subject knowledge and practicing exam technique.

## BE HONEST & TAKE RESPONSIBILITY...

Think very carefully about what you need to revise:

- What are the things you know?
- What are the things you don't know? These are the things you need to spend more time on.

Think carefully about what is your priority for revision. Many students will only revise the green zone. The priority must be the red zone!

Known Easy	Known Hard
Easy Unknown	Hard Unknown

## PLASHETS' EFFECTIVE

## GCSE TOP TIP...

### 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.



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### Use Mnemonics

Mnemonic is a device which aids the retention of something. This is an example from History:

#### Royal Houses of England and Great

man, Plantagenet, Lancaster, York, Tudor, S  
taur, Hanover, Windsor

like yours to study history wisely

### Underlining & Use of colour

nt information to be learnt first summarise onto either a mind map, cards or condense into mnemonics where possible.

## TOP TIPS FOR REVISION.



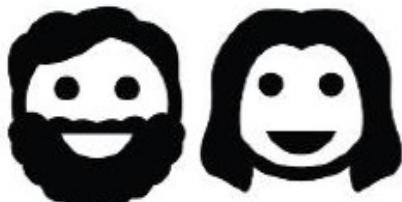
**Mind Maps** can be used to organise your ideas about a topic. A mind map starts with a central idea with a series of branches each relating to one section of the main idea. A mind map allows you see an entire topic on one page. Creating a mind map will help you understand the bigger picture. It will support you to make links and connections in different aspects of your learning in a particular subject.

- ✓ Use mind maps to plan essays
- ✓ Use a variety of colours and images to trigger your memory

### REVISION CARDS

Revision cards are among the most popular tools because they work. The idea is you summarise subject knowledge on a single blank card. You can make them online at [www.getrevising.co.uk](http://www.getrevising.co.uk)

The best way to organise them is to write in reasonable detail about a single topic on one side and use the other side to summarise the topic in short bullet points. You can then refer to both sides to ensure your subject knowledge is learnt in depth.



## What can we do?

As Parents you can do a **huge** amount to help your child prepare for the examination, even if you know nothing about computers!

1. Help Enforce the plan - Assist the student in constructing a realistic revision timetable that they can stick to, and then hold them accountable to sticking to it
2. Make the student evidence their work - get them to show you the sizeable chunk of work they have produced for revision to ensure they are using the time effectively
3. Become an Examiner - Non Specialist teachers often mark exam papers based solely on the mark scheme, by doing this for your child you can force them to be more accurate in their answers

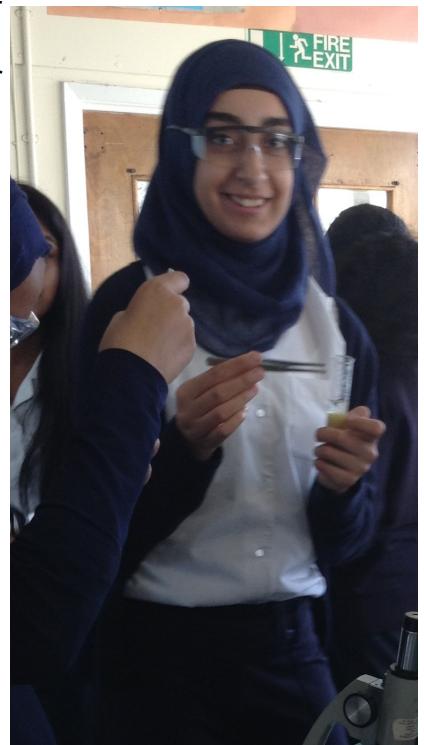
## Jeans for Genes Day



As the Science Prefect team, we organised an event that happens annually called Jeans for Genes day. To help raise awareness about genetic disorders we conducted assemblies throughout the week. We presented different ways in which they could help people with genetic disorders. On 23<sup>rd</sup> September during lunch time we invited 30 students to take part in different workshops. They learnt about genetic disorders in detail and built models of DNA. They also took out DNA strands from kiwi fruit and observed those under the microscope. We are proud to say it was a huge success. We were extremely glad to see Year 7, 8, 9 and 10 taking an interest in the complex and exciting world of science and genetics. Keep an eye out for

more events from the science prefect team.

**Maisha & Maahum, 11A**



## EAL Visit to NewVic

On 12<sup>th</sup> October 2016 the group of 17 EAL students accompanied by Ms Chamasova and Ms Gohil visited the NewVic. We took the bus and arrived in 20 minutes. In NewVic, the staff were already waiting for us and welcomed us warmly. They led us to the classroom and explained what courses the college offers, what GCSE grades we need to study foundation or higher courses and how and when to apply. Then we had a tour around the college and visited different buildings and subject areas. They also showed us the new library which is under construction and will be finished by Christmas. It was fantastic, I did not know NewVic was so big. Finally, we had an activity when we had to say what we would like to become in the future and find out what qualifications we need to achieve it. We were given the booklet with all NewVic courses explained and an application form.

I found all information very important as I am new to this country and I do not know anything about sixth forms. This visit helped me to realise what qualifications I need to make my dreams true.

**Aranii Nagarajah 10E**

## Year 7 Interform - Skipathon

On 4<sup>th</sup> of October, Year 7 took part in a Skipathon. Each form completed a continuous relay that lasted for 20 minutes. In total a huge 11,751 skips were completed. Well done Year 7!

The final results were:

- 1<sup>st</sup> – N
- 2<sup>nd</sup> – S
- 3<sup>rd</sup> – A
- 4<sup>th</sup> – L
- 5<sup>th</sup> – E
- 6<sup>th</sup> – T
- 7<sup>th</sup> – P
- 8<sup>th</sup> – H
- 9<sup>th</sup> – G



Well done 7N!

Also a big thank you to the members of 8E who helped to organise and run the event.

**The PE Department**



## Year 8 Netball

The year 8 Netball team had their first fixture on the 4<sup>th</sup> of October against Cumberland School. All of the students worked hard and we won

10-0. This is a fantastic result, fully deserved and a great start to the season.

The following students played:

- Hasinha Abid 8T
- Nidhi Ben 8E
- Kulsoom Jan 8N
- Charu Kuganantharajah 8N
- Nafisa Maliat 8A
- Fatima Noor 8G
- Farah Rekada 8A
- Nila Shajan 8G
- Gauri Shaji 8E

Well done girls!

**Miss Lee**



## Year 8 Netball League

Year 8 have been taking part in an Interform Netball League on a Wednesday lunch time. Each week four teams compete on a round robin basis. It has been lovely to see the students getting involved and representing their forms, whilst displaying some excellent netball skills.

Well done to everyone who has taken part so far and thank you to the Year 11 GCSE PE students who have helped umpire.

### Miss Boland and Miss Lee



## Library Corner - National Poetry Day

National Poetry Day was founded in 1994 by William Sieghart, and has engaged millions of people across the country reading, writing and listening to poetry. From 1999 onwards, National Poetry Day has been loosely themed: the theme is not prescriptive but it kick-starts inspiration.

This year it took place on Thursday 6th October, a day to think of a poem and brighten life by sharing it. It was an initiative of the Forward Arts Foundation, a charity that celebrates excellence in poetry and widens its audience. It is a leading platform for poetry, literacy and literary organisations to promote the enjoyment, discovery and sharing of poetry.

On the day we designed a range of competitions to tie in with this year's theme of "Messages" – including sessions offering pupils imaginative frameworks allowing them to construct and revel in their own poems. Teachers from the English Department also participated in the programme to encourage the students. We will announce the winner of the competition very soon who will receive a prize.



**Shampa Sen**  
**Librarian**