

Y10 information Evening

Tutor Programme

WORK EXPERIENCE

@Bradfield School

8th – 12th July 2024



Key Dates:

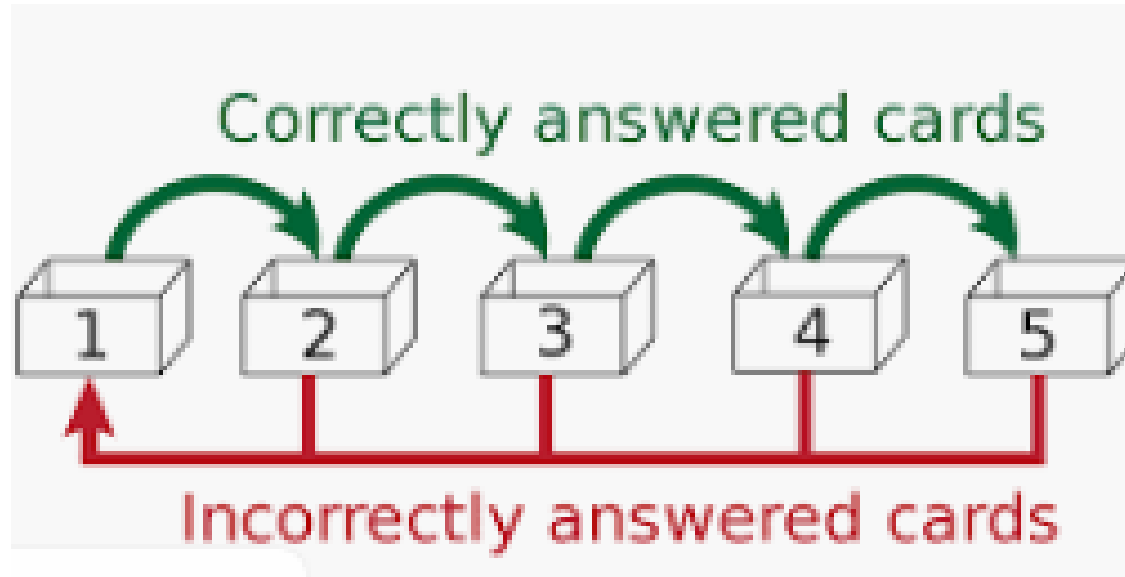
- Monday 8th – Friday 12th July
- Friday 8th March – assembly for Y10
- Tuesday 19th March – Y10 information evening – Mrs Carter available for questions
- Friday 17th May – Deadline for finding placement

Key Staff:

- Mrs K Carter – Assistant Headteacher
kcarter@bradfield.sheffield.sch.uk
- Miss R Ross – Head of Year 10
rross@bradfield.sheffield.sch.uk
- Mrs S Dempsey – Careers Adviser
sdempsey@bradfield.sheffield.sch.uk

Tutor time support for revision

- All students use 2 tutor periods a week to support their revision
- In Y10 this involves using flashcards to help make sure their knowledge is secure
- In Y11 this will develop into learning how to consolidate this knowledge through mind maps/dual coding etc.
- At Easter they will bring home any flashcards they have made in school so far to continue this revision at home.
- The next 2 weeks will be used to support students putting together a revision timetable and identify areas to focus in ahead of their mocks.



Leitner Method

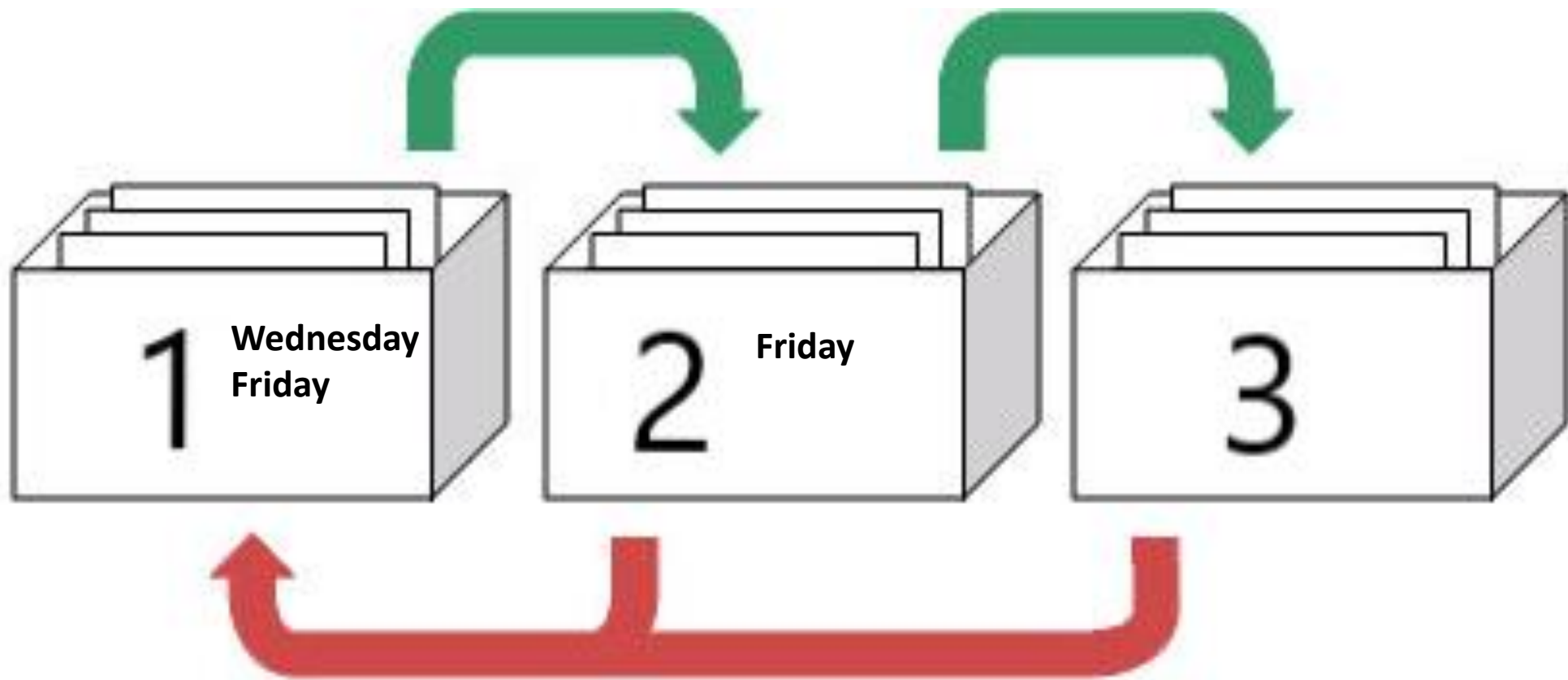
Why?

Facilitates active recall

Promotes spaced repetition

Allows students to see strengths and weaknesses

Proven to work



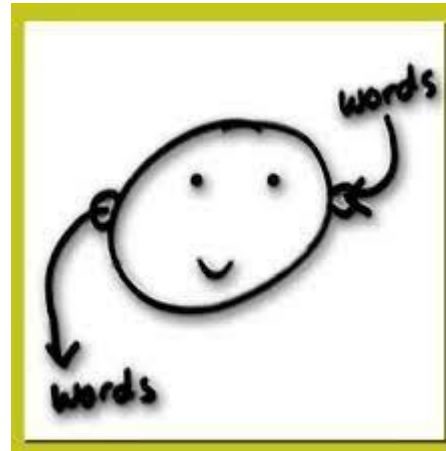
What should flashcards look like?

1. Questions on one side, answers on the other
2. Should be concise and clear – not much information
3. Dual coding – can be a prompt
4. May not require a question – could be a prompt

What doesn't work?

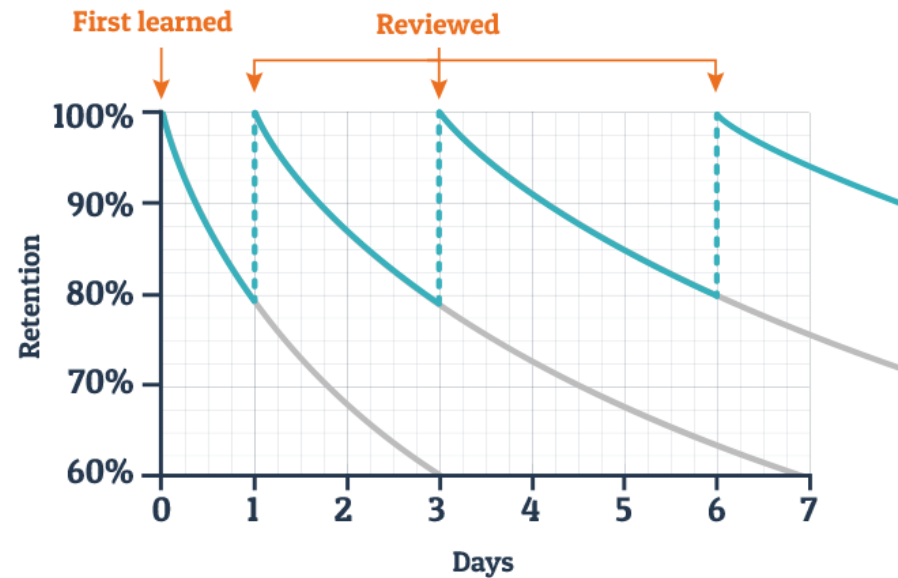
Busy work : **Just** copying out, highlighting, making mind maps or flashcards, reading through notes

You have to DO something with the work, where you are having to think and recall / deepen understanding.



*Revisit often
Spacing out
learning
combats
'normal'
forgetting*

Typical Forgetting Curve for Newly Learned Information



Students can:

- Plan revision to repeat key areas regularly
- Plan revision in shorter chunks rather than cram all in
- Start now – with older and current learning

Parents and carers can:

- Support your children not to spend half their time replanning their revision schedule
- Keep them on schedule
- Build in breaks and bring them drinks etc!
- Start now

Retrieval practice



Students can:

- Condense key knowledge onto flashcards
- Question or definition or pictorial representation on one side of the flashcard, answer on the other
- Self test and repeat – little and often

Parents and carers can:

- Test with flashcards
- Little and often
- Easily recalled pile of flashcards, keep repeating the ones not remembered

Retrieval practice

Online flashcard sites exist – for example:

[Cram.com: Create and Share Online Flashcards](#)

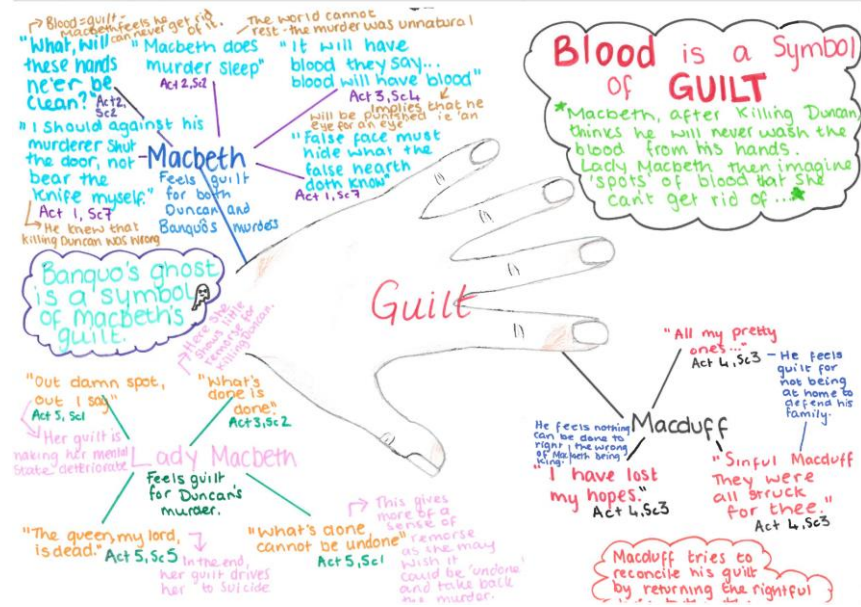
[FREE Flashcard Maker - Online app to make printable flashcards in PDF](#)

[Flashcards – GoCongr](#)

Students can : use these!

Parents /carers can: check students aren't spending all their time just making them and not using them to re-test themselves

Elaboration : making and explaining the connections



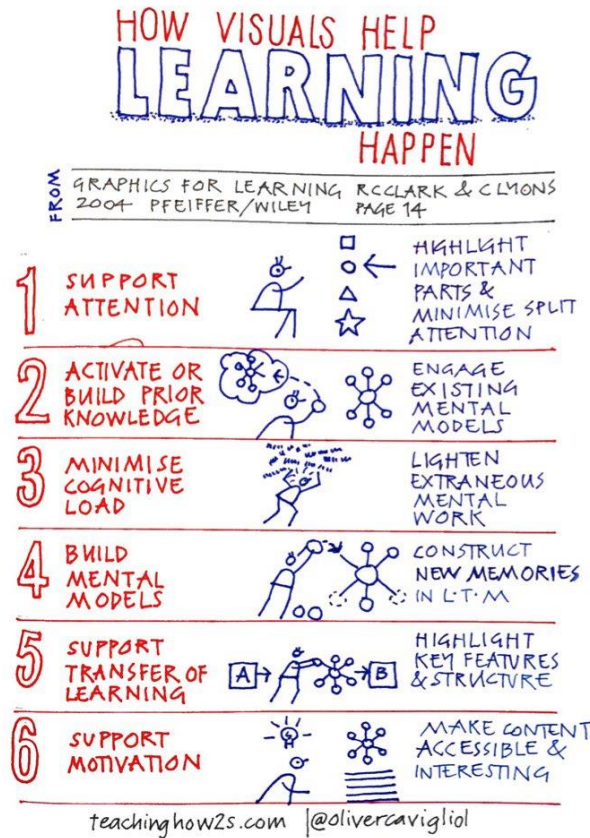
Students can:

- Condense key knowledge into mind maps : headings and details under them
- Make connections between the ideas on the mind maps – under and between the headings
- Self test using the headings to prompt
- Repeat – little and often

Parents and carers can:

- Ask students to explain links between the mind maps
- Little and often
- Keep returning to the ideas forgotten

Dual coding



Students can:

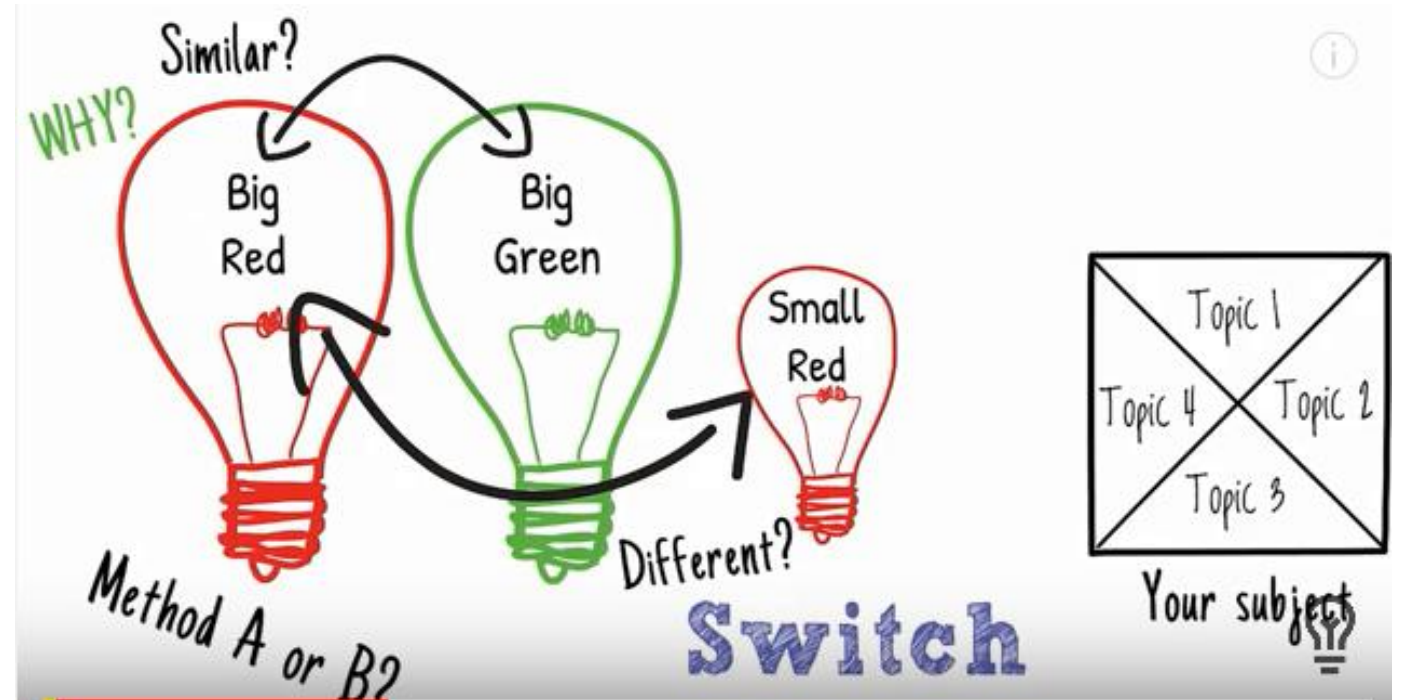
- Condense key knowledge
- Use pictures / symbols to sum up key information
- Self test using the symbols to prompt
- Repeat – little and often

Parents and carers can:

- Test with symbols
- Little and often
- Keep returning to the symbols not remembered as easily

Short intense
study
sessions (25
mins).

Then switch.



How can I help as a parent or carer with exam stress becoming overwhelming?

Encourage a healthy mindset in your child

Encourage your child NOT to:

- Chase perfection in school work
- Think everything has to be right, right now
- Be overly critical about what they don't know
- Judge themselves compared to peers or siblings

Encourage your child to:

- Remember mistakes are human
- Remember that no exam requires 100% to pass or even get the highest grade
- Keep a sense of perspective about time frame
- Reframe what you don't yet know as a positive: now you know where to focus
- Focus on the tiny improvements as you go along, not the bigger picture

How can I help as a parent or carer with exam stress becoming overwhelming?

Help with revision scheduling

Encourage your child NOT to:

- Work in huge great periods of time without a break
- Stick to one subject over great periods of time
- Multi task / procrastinate (social media)
- Work 7 days a week

Encourage your child to:

- Have a sense of their whole week : where are the breaks / what's the routine?
- Have a sense of their whole year
- Work in small chunks with regular breaks
- Alternate between subjects
- Put the phone / tablet / device somewhere else whilst revising
- Build in mini tests of themselves (can you help here) rather than just do 'busy work'

How can I help as a parent or carer with exam stress becoming overwhelming?

Help with self care

Make sure your child:

Has time out in the week to do something totally different from school work

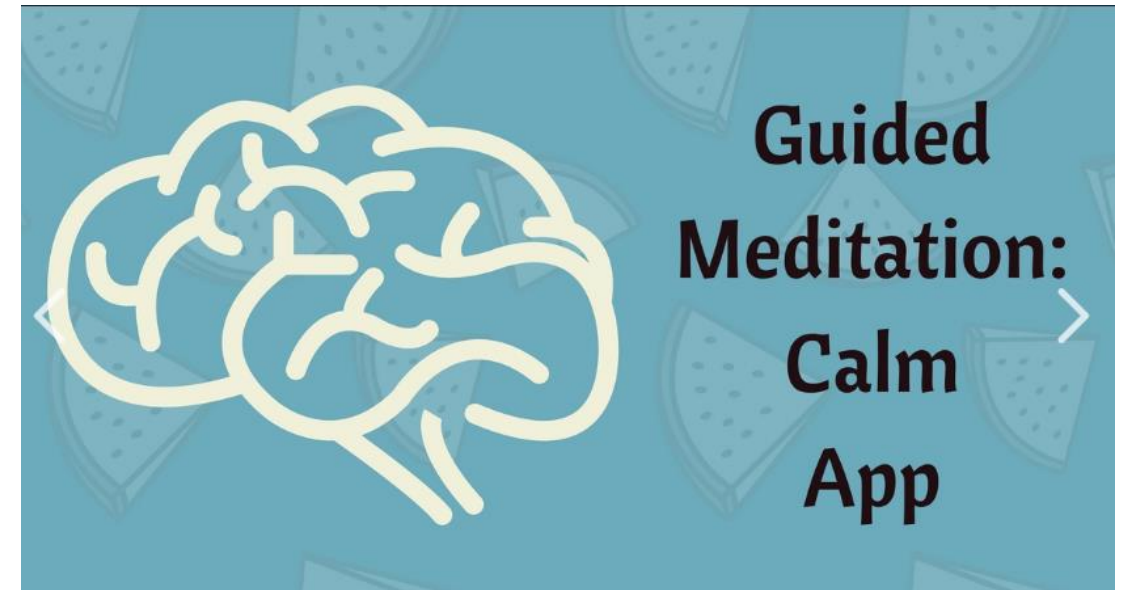
Does some physical activity every day – even if just walking the dog / walking home from school

Has a good sleep routine, ideally without devices in the room

Avoids overwork

At peak points in the year, can you let some things slide to help : the tidy room, chores, part time job?

Free self care apps



Free self care apps



BETA This is a new service. Go [back to the NHS website](#).

[NHS Apps Library](#) > Catch It



Catch It

Category: Mental health

Free

Learn how to manage feelings like [anxiety](#) and [depression](#) with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



Free self care apps



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[Watch Lars Eric Unestahl interviews](#)


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[Login/Download with voucher code](#)

[Breathing Exercise & Muscle Relaxation](#)

[Track my progress](#)

Relax mind and body with 12 audio tracks, build positive vision, confidence & vitality.





Positive Mental Training is available as an IOS or Android App called *Feeling Good*.
Now approved by NHS digital app library.

The app is **free** to download, and comes preloaded with

- 1st track of Positive Mental training
- 2 shorter taster tracks – Confidence Boost and Body Scan -a relaxation track,
- 3 minute mindfulness
- a spoken introduction

The rest of the programme can be purchased or 'unlocked' free of charge with **in-app** login username & password **given** to you by some health professionals or in workplaces, depending on where you live or who has a licence.

A great feature of the app is a progress monitor in the form of a tree which gradually fills out with leaves and flowers as progress is made through the programme. We really like the growth metaphor.



Free self care apps



BETA This is a new service. Go [back to the NHS website](#).

[NHS Apps Library](#) > Pzizz



Pzizz

Category: Sleep

Free

The Pzizz app helps you quickly quiet your mind, fall asleep fast, stay asleep, and wake up refreshed.

It uses beautiful "dreamscapes" – a mix of music, voiceovers and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.



[Visit website](#)

Looking after your own mental health and wellbeing



What to do in your 10 minute break

- Go for a walk around your house/flat/room/garden
- Get a water
- Get a healthy snack
- Prepare yourself for your next lesson – pen, paper, book ready.
- If you have a puzzle or colour book on the go, spend a couple of minutes adding another section.
- Speak to someone at home face to face
- Pick up the phone and talk to someone
- Go and stand by a window or out the back door to get a little bit of fresh air.
- Make a cup of tea
- Read
- Knitting/craft activity
- Put the news channel on to keep updated with current affairs.
- Start a new activity/craft
- Check in and support others
- Write in your diary

5 - 10 minute Mindfulness Tasks

- 5 Minute Meditation You Can Do Anywhere
 - <https://www.youtube.com/watch?v=inpok4MKVLM>
- 10 Minute Meditation for Anxiety
 - <https://www.youtube.com/watch?v=O-6f5wQXSu8>
- 5 Minute Stress Relief Guided Meditation
 - <https://www.youtube.com/watch?v=L1QOh-n-eus>
- 5 Minute Mindful Breathing Meditation
 - <https://www.youtube.com/watch?v=nmFUDkj1Aq0>
- 5 Minute Guided Morning Mindfulness Meditation
 - <https://www.youtube.com/watch?v=n9ja1Wqkp1U>

5 Minute Exercise Session

- 5 Minute Move – Kids Work Out – Joe Wicks
 - <https://www.youtube.com/watch?v=d3LPrhl0v-w>
- 5 Minute Cardio for Beginners
 - <https://www.youtube.com/watch?v=q2NZyW5EP5A>
- 5 Minute Full Body Tabata
 - <https://www.youtube.com/watch?v=Tz9d7By2ytQ>
- 5 Minute Yoga
 - <https://www.youtube.com/watch?v=2WE-L8iyu0U>
- 5 Minute full body Yoga
 - <https://www.youtube.com/watch?v=vSOiKc6m2Qs>
- 5 Minute Yoga for a Relaxing Night's Sleep
 - <https://www.youtube.com/watch?v=E9LVKL2pGmo>

Relaxing Music

- 3 Hours of relaxing music
 - <https://www.youtube.com/watch?v=2OEL4P1Rz04>
- Beautiful Relaxing Music for Stress Relief
 - <https://www.youtube.com/watch?v=LXK3sphcbAQ>
- 8 hours of Relaxing Sleep Music for Stress Relief
 - <https://www.youtube.com/watch?v=1bLTSokZHsU>
- Beautiful Relaxing Music with Stunning Nature
 - <https://www.youtube.com/watch?v=TdRRJxK0880>

Mental Health for Students



SHOUT Crisis textline - If you need immediate support, you can text SHOUT to 85258 and chat by text. The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.



Kooth is the UK's leading mental health and wellbeing service for young people aged 11-25. It offers safe, confidential counselling and advice online. It is completely free and you can log in using your mobile, tablet or desktop computer. Fully trained and qualified counsellors are available to support Monday to Friday from 12 noon until 10pm each night, and weekends from 6pm to 10pm, 365 days per year. For more information, click on the link: <https://www.kooth.com/>



The Mix offer a free & confidential helpline for young people under 25. Trained supporters are here to help with any issue that is troubling you. They are available 365 days a year via phone, email, one to one live chat or a crisis text message service. Call 0808 808 4994 (open from 4pm to 11pm daily) or click on the following link for more information: <https://www.themix.org.uk/get-support>



CEOP help children stay safe online. Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it here: [HTTPS://WWW.CEOP.POLICE.UK/SAFETY-CENTRE](https://www.ceop.police.uk/safety-centre)

Mental Health Companies to Support Adults

The NHS has created a website with all the different companies that are there to support adults with their mental health and well being. Please click on the link, it will guide you to their website and you can find a charity/company that will be best to support you.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



<https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/>



<https://www.samaritans.org/>



<https://www.mentalhealth.org.uk/>



<https://www.mind.org.uk/>