

English Language

CGP Guide to Spelling, Punctuation and Grammar for GCSE, ISBN: 178294219X; OCR 9-1 English Language Books 1 and 2 – available from the library (ISBN-10: 0198332793 and ISBN-13: 978-0198332794). Practice writing formal letters, speeches and articles. Read quality non-fiction including journalism such as “The Guardian” and “The Times”. Work on punctuation, grammar and spelling skills using sites like BBC Bitesize. The best revision is to use all the past papers on Google Classroom and try to answer as many as possible. Classroom code: 7bzebr

Maths

MyMaths Website + MathsWatch Website (Watch videos for relevant grades). Online textbook (through Kerboodle.com website). Use Revision Guides: New GCSE Maths Edexcel Revision Guide and Workbook (all in one): Foundation - For the Grade 9-1 Course. New GCSE Maths Edexcel Revision Guide and Workbook (separate): Higher - For the Grade 9-1 Course.

English Literature

Purchase study guides such as CGP guides for Edexcel and York Notes, Cliffs Notes and other published guides on set texts: 'Macbeth'; 'An Inspector Calls'; 'Great Expectations' and 'Dr Jekyll and Mr Hyde'. Use websites such as 'Universal Teacher.org.uk' for excellent 'An Inspector Calls' and 'Macbeth' guides. Read and re-read the set texts. Display key quote posters to aid rote learning of quotes. It's good to get

more than one guide to a text to cross compare ideas. Use a range of YouTube guides to the Conflict Poetry but use these in combination with in class notes and essays. Revise theme or character you feel unsure about. You may know lots about Lady Macbeth but are you as confident on Banquo? If not, then that's where to start revising. Our Google Classroom English Site: (code: 7bzebr) stores most of our exemplar essays and exam packs.

Science

MyGCSE Science website – video tutorials. Google Classroom has the main revision materials and content. CGP revision books for AQA. The AQA website has a number of past papers available for download. They also have the mark schemes and examiners' notes. Complete a paper under exam conditions. For revision also use: Kerboodle for resources and checklists; exercise books and classwork.

Drama

It is compulsory to attend after school rehearsals and weekend technical rehearsals in preparation for the performance of 2 extracts from the play. It is vital for students to be punctual and reliable as their actions directly affect their grade and the grade of those in your group. To improve their practical work, they should listen to direction from their teacher, make notes on their script, learn their lines thoroughly and rehearse, rehearse, rehearse! Revision materials are available in

students' Drama booklets and Google Classroom. For their written exam, they may want their own copy of the set text "Blood Brothers" by Willy Russell (Methuen Student Edition). If taking their own copy into the exam, it must be free from annotations and post-it notes.

DT

Students should learn content from the relevant book:

AQA GCSE (9-1) Design & Technology
Paper & Boards

AQA GCSE (9-1) Design & Technology
Textile-Based Materials

AQA GCSE (9-1) Design & Technology
Timber, Metal-Based Materials & Polymers

AQA GCSE (9-1) Engineering

Quizlet – Online learning platform
Key words and terms for learning, revision
and testing

Past papers and sample examination style
questions will be made available in the
Spring Term.

History

Encourage your child to revise one section of the History course each week from January to May, following the timetable below. Remind them that effective revision is *active* revision – they will not remember if they simply 'read over' their notes. Active revision activities include: making timelines, making a glossary of key people and terms with a sentence for each, and planning and writing practice exam questions to show to teachers.

Teachers will be posting suggested revision activities each week on Google Classroom and a complete list of these activities will be sent home to parents. Revision guides for each topic are also available in the library for student use, but cannot be borrowed and so have to be used in the library only. Further supporting materials, such as practice exam question lists and question technique guides, are also available via Google Classroom.

Some students will be directed to attend History booster sessions on Tuesdays from 3:30-4:30, starting on 8/1. A letter will be sent home to parents of these students. Your support in encouraging your child to attend these sessions regularly will be greatly appreciated.

7/1 Anglo-Saxon England and Norman
Conquest

14/1 Norman Power and Control

21/1 Life in Norman England

28/1 Medieval Crime and Punishment

4/2 Early Modern Crime and Punishment

11/2 18th/19th century Crime and
Punishment

18/2 February Half Term: Revise first 6 topics
and write practice exam questions.

25/2 Modern period Crime and Punishment

4/3 Whitechapel, 1870-1900

11/3 Weimar Germany

18/3 The Rise of the Nazis

25/4 Nazi Dictatorship

1/4 Life in Nazi Germany

8/4 Easter Break – Review first 12 topics and
write practice exam questions. Attend the
Easter Exam Skills Revision Day (date tbd).

22/4 Origins of the Cold War

29/4 Cold War Crises

6/5 End of Cold War

Geography

Resources students already have access to:

Students have access to both text books online. Students will also have numerous assessments for all topics which have also been corrected by themselves and their teachers. These are also essential for exam technique improvement.

Additional resources that may be useful:

Information about the specification and some sample assessment papers (please be aware there are only two as this is a new specification) can be found on the exam board website

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/geography-b-2016.html>

Any revision guides and work books for the specification above will be useful, for example: https://www.amazon.co.uk/Revise-Edexcel-Geography-Revision-Workbook/dp/1292133767/ref=pd_cp_14_4/260-5804145-1135813?_encoding=UTF8&psc=1&refRID=F51D5VYRG284B0RQDHAT

Students will also be given additional revision packs and advice sheets in the run up to the exam.

Sociology

Students should revise key words ensuring they know the definitions well. Make their own mind-maps and connections including key thinkers, studies and perspectives across all topics. Timed essay practice for 8, 9, 12 and 15 mark questions. Use Google classroom to fill in any gaps in knowledge.

Business Studies

Students have already been provided with revision booklet for Y10 work. Students should make notes of every textbook topic and read over class notes and handouts. Revise key words to ensure definitions are precise and accurate. Read the news. Make mind-maps and spider diagrams. Timed essay practice at home is advisable. Revise one section of the Business course a week from January. Effective revision is active revision! Revision class is on Mondays for serious study only.

Economics

Students have already been given access to a Unit 1 resource on Google Classroom. Students should make notes of every textbook topic and read over class notes and handouts. Revise key words to ensure definitions are precise and accurate. Read the news. Make your own mind-maps and spider diagrams. Timed essay practice at home is advisable. Revise one section of the Economics course a week from January. Review old past paper pack for Paper 1. Effective revision is active revision! Revision class is on Tuesday.

Music

Music rooms are open every day during the school week for students to work independently or individual slots can be booked with Ms Ogilby via email or in person sogilby@fortismere.org.uk. Purchase the GCSE A5 Revision Guide Edexcel, published by Rhinegold, and complete a MADTSHIRT summary for each of the 8 set works. Key words are essential and they should learn the glossary/ vocab list distributed in class (A4 booklet). Use a highlighter or underline key words when revising, and/ or create flashcards. They should have a set of MADTSHIRT flashcards for each of the 8 set works. Listen to the set works regularly and ideally save mp3s.

ICT

Use revision guides, work books and past papers. All resources are on Google Classroom. Past papers and mark schemes are also on OCR website.

Computing

Download Python version 3.5 to practice coding.
<https://www.codecademy.com/learn/python> - practise online tutorials to learn the basics of coding. Use revision guides. All resources are on Google Classroom. Past papers and mark schemes are also on OCR website.

Media

The exam topics for 2019 are Component 1: Representation: Pokemon and the Archers; Component 2: Crime Drama and Music Video. All revision materials and work is on our Google Classroom page. Students should also be thinking of and researching

their own media texts that can compare to the set texts. These should be along the lines of representation of issues such as gender, age, ethnicity etc.

Art

Students should regularly check the department website for all course resources. <http://fortismereartdepartment.weebly.com/gcse-art.html>. Regularly visit exhibitions. Websites we recommend to check listings are: www.timeout.com/london/art and newexhibitions.com. Art Rabbit is a great App to have on smart phones as it shows all exhibitions, openings and art events that are near to you at any time. Regularly visit Art blogs / online magazines which are extremely useful for gathering ideas. www.art2day.co.uk, www.thisiscolossal.com, www.aestheticamagazine.com. Create a pinterest account to pool ideas and their own resources for the separate projects and for future reference.

Photography

Students should regularly check the department website for all course resources. <http://fortismereartdepartment.weebly.com/gcse-photography1.html>. Regularly visit exhibitions. Websites we recommend to check listings are: www.timeout.com/london/art, <http://london-photography-diary.com/exhibitions/current-exhibitions/> and newexhibitions.com. Art Rabbit is a great App to have on smart phones as it shows all exhibitions, openings and art events that are near to you at any time. Regularly visit Art blogs / online magazines which are extremely useful for

gathering ideas. www.art2day.co.uk, www.thisiscoossal.com, www.aestheticmagazine.com. Create a pinterest account to pool ideas and their own resources for the separate projects and for future reference.

Languages

For the speaking exam, students should practise the role plays and picture cards from their speaking booklet. Prepare and learn answers to potential conversation questions. Make lists of vocabulary from their notes / exercise books and test themselves regularly on the words. Look over the work in their exercise book, especially assessed work, with a focus on accuracy and the targets set by their teacher. Make vocabulary flashcards and test themselves, with English on one side and the target language on the other. Complete the many interactive exercises and past paper-style assessments on the Active Learn Platform - especially listening (their teacher has their login). Stick vocabulary post-it notes around the home. Practise listening on <http://www.bbc.co.uk/schools/gcsebitesize> and www.thisislanguage.com. Do specimen papers and exemplar materials on www.aqa.org.uk (Edexcel for Mandarin).

Revise tenses and grammar (from eg www.languagesonline.org.uk, www.vocabexpress.com or www.thisislanguage.com) and test themselves on them. Build vocabulary on www.memrise.com, www.quizlet.com, www.thisislanguage.com and the intermediate section of www.linguascope.com (username: Fortismere password: meencanta). Systematically revise all vocabulary from the 8 modules in the vocab booklet (they should see their teacher if they have lost it). Borrow, purchase or see department about the Revision Guides and Revision Workbooks.

PE

Use the revision guide and practice exam question workbook. Complete the workbook questions. Learn key words and terms as outlined in the revision summary document. Use a combination of the resources provided PLUS their folders to revise from: DO NOT rely on one resource only. Join GCSE PE Resources class on Google Classroom (code 96pxoi) to access past papers, mark schemes and revision resources.

Revision

Plan your revision:

- Time: revision timetable and include social times and breaks and meals
- Mix subjects so you don't get bored
- Target: tick them off when you accomplish them and reward yourself
- Support: ask for help if you need it (teacher, friend, parent...)
- Space: suitable space and quiet.
- Exams dates: put them in a revision timetable
- Exam papers: get them!

Revision techniques

- Remember: it's revision not vision.
- Organise your notes, folders etc into the right place in the right order
- Identify key words, facts; highlight and underline.
- Rewrite these onto postcards or cue cards as a list of bullet points.
- Carry the cards with you and reread them whenever you can
- Condense these to a few words for each topic.
- Talk (to yourself or others)
- Test and support your friends.
- Test (yourself with past papers)
- Time yourself when doing it

Revising successfully

- Do it yourself: make your own revision notes: you will learn as you write
- Be brief: key areas covered
- Don't overdo it (no more than 45 minutes in one go)
- Variety: experiment different techniques
- Confidence: be positive, you CAN do this!

Revising is not:

Sitting with your books open in front of you, while you:

- A) decide on a revision playlist
- B) have a quick game of Fortnite
- C) design a carefully colour coded revision timetable
- D) go and check what's in the fridge
- E) offer to take the dog for a walk

Displacement activities are the enemy of revision! Be honest! You know if you are working or timewasting. If you are timewasting, don't waste more time feeling guilty. You need determination and resilience.

Stay Healthy:

- Eat healthily
- Stay hydrated
- Avoid caffeine especially after 7pm
- Stay fit
- Get plenty of sleep

Coping with anxiety

Adapted from Oxford University's advice for students.

Anxiety is normal and, for most of us, inevitable at examination time. Anxiety can be experienced as a range of feelings from uneasiness to severe panic. It is usually experienced in three ways:

- emotionally: with feelings of fear and nervousness
- physically: dry mouth, feeling sick or a churning stomach, heart beating faster than usual, sweating, shaking, wanting to go to the lavatory all the time, breathing difficulties
- cognitively: frightening thoughts, such as "I'm going to fail / make a fool of myself / losing control / I'm going mad" and so on.

At worst, anxiety and the fear of panic attacks can affect our life and behaviour in all kinds of ways: we may be unable to work or sleep or find ourselves avoiding people or places. Think about if there are any practical solutions you can adopt to reduce your anxiety. These could include prioritising your time, making a realistic plan of action; finding out information or getting feedback if you feel confused or unsure about something; trying to live a "balanced" life, spending time on different aspects of your life, eating well, sleeping, exercise, socialising as well as working.

Put your situation into perspective

Question negative thoughts which make you feel more anxious. The way we think about a stressful situation often makes it seem worse, as our emotional state can distort our thoughts. Try to stand back and evaluate things more realistically and calmly, to put your situation into perspective.

- Don't judge yourself too harshly: try to focus on your strengths and success as much as your failures and weaknesses; accept that no one is perfect, and don't expect too much of yourself.

- Don't "catastrophise": try not to see things in all-or-nothing terms, or assume failing in a situation would be the end of the world.
- Try not to worry excessively about the future: trying to predict what is going to happen in the future, when we have no means of knowing, can make us feel very anxious; concentrate on dealing with present realities.
- Try not to compare yourself to others: it's easy to assume everyone else is doing fine except you; actually, you don't really know how others are feeling or coping.

Reassure yourself and learn to relax. If you become very anxious, try one of the following:

- relaxation – a hot bath, chatting to friends, listening to music, yoga, meditation or a relaxation tape
- distraction – this means anything that you can get involved in and that takes your mind off your anxieties, for example, TV, cinema, a good novel, sport or exercise
- think positively. When we are anxious, we tend to focus on our negative thoughts and this can increase our anxiety.

Insomnia

Many students find their sleep is disturbed around examination time. If you are having difficulty sleeping try some of these simple techniques. Expect improvement to be gradual rather than immediate.

- Do not drink tea, coffee, chocolate drinks or alcohol too close to bedtime. Herbal teas, especially camomile and dill, are thought to help relaxation and sleep.
- Do not take any naps or extra sleep during the day even if you are tired from the night before.
- Develop a regular night time routine. Stop work at least an hour before you intend to go

to bed and prepare for bed gradually. Try to do something relaxing before you go to bed. Aim to go to bed at approximately the same time every night and get up at the same time each day.

- Doing some exercise in the day may help you to sleep.
- If something is worrying you, try writing it down and telling yourself you will deal with it the next day.
- If you can't get to sleep within 30 minutes of going to bed, get up and do something else. After 15 minutes, go back to bed and try to go to sleep again. If you still can't fall asleep, get up again and do some other relaxing activity. Repeat this process until you do fall asleep.
- Aromatherapists recommend essential oil of lavender as an aid to relaxation.
- Make sure your bed and bedroom are comfortable.

Examination preparation

On the day of the examination:

- arrive on time but not too early
- use any time before you are allowed to look at the paper to take a few deep breaths and relax as much as possible
- take your time to read through the paper and select the questions you will answer
- some people like to plan all their answers before beginning to write but others plan and write each answer in turn
- make sure you answer the question you are asked, not the one you would prefer
- keep a firm eye on the time and answer the required number of questions. Two brilliant

answers will not get you as many marks as three average ones

- write legibly.

There is very little point in conducting a detailed post-mortem. Once the examination is over there is nothing you can do to change what you have written and it may only make you more anxious in the next examination if you focus on faults and omissions. A period of rest or relaxation or even exercise should help you to unwind before you begin preparing for the next.

Panic

Whilst revising or in examinations students sometimes become very anxious and feel they are having a panic attack. Usually this means that you will be breathing very fast and may feel dizzy, nauseous, sweating, shaky or faint. These feelings can be very unpleasant but they are not dangerous. Try to control them by pausing and slowing down your breathing. Breathe in slowly and smoothly and breathe out slowly too. You should aim for smooth, slow, regular but fairly shallow breathing. Let your body relax and reassure yourself that you are not going to lose control or collapse. As you begin to feel better, try to focus on one question on the examination paper that you feel able to answer and begin to plan and write the answer to this question. Your anxiety should continue to decrease as you write. However bad you feel, do not leave the examination as your anxiety level will fall in a short time and you will begin to feel better.

Exam Rules

1. No electronic gadgets like mobile phones, I pads, I phones, MP3 players, ear phones, head phones etc. will be allowed inside an examination room. Pupils will be asked to leave all their belongings outside the exam venue. If a hidden mobile phone goes off during an exam, it will be confiscated and the pupil will be reported to the examination board. This may lead to disqualification from that paper/ subject or any future public exams. Pupils are reminded to switch off any alarms scheduled on their phones as these can go off even when the phone is switched off.
2. No exam equipment will be provided by the school. Pupils must bring their own pens, pencils, erasers, sharpeners, rulers, calculators, etc. for the exam. Pupils must be aware of the materials they require for the exam they sit. If in doubt, please ask the subject teacher.
3. Hooded tops and outdoor jackets will not be allowed inside the exam venue. Due to cold weather pupils must arrange for warm clothing that does not have a hood. Pupils will be sent home to change or will be asked to wait at the reception until someone from home brings appropriate clothing for them.
4. Pupils must not wear accessories that conceal their wrists and must not write anything on their hands. Pupils will be asked to remove any jewellery that does not allow a clear view of their hands. Only watches will be allowed.
5. Pupils must behave responsibly once inside the exam venue. Inappropriate behaviour will not be tolerated and pupils will be reported to the exam board and banned from any future public exams. Pupils must follow instructions given to them by the invigilators.
6. Pupils will only be allowed to take a bottle of water to their exam desks. No other drink or food items will be allowed unless they have a medical condition that the school has been made aware of in advance. Pupils must remove the label on their bottle before they take it to their seat.
7. Pupils must only bring see through pencil cases to their desks. Any other fancy pencil cases that do not allow a clear view of the items inside; will not be allowed inside the exam venue.
8. Pupils must arrive at their exam venue at 08:45 AM and 13:15 PM for the morning and afternoon sessions respectively. Pupils will not be given their lost time if they are late.
9. Pupils must wear their lanyards at all times in the exam venue as this is the only proof of identification they are allowed to bring in. This is an exam board requirement so that invigilators can identify that pupils are sitting at the right desks. Pupils will not be allowed inside the exam venue without their lanyards.

Exam Timetable

When you have your exam timetable, you can enter them here.

13 May	14 May	15 May	16 May	17 May
20 May	21 May	22 May	23 May	24 May
Half Term				
3 Jun	4 Jun	5 Jun	6 Jun	7 Jun
10 Jun	11 Jun	12 Jun	13 Jun	14 Jun
17 Jun	18 Jun	21 Jun	22 Jun	23 Jun