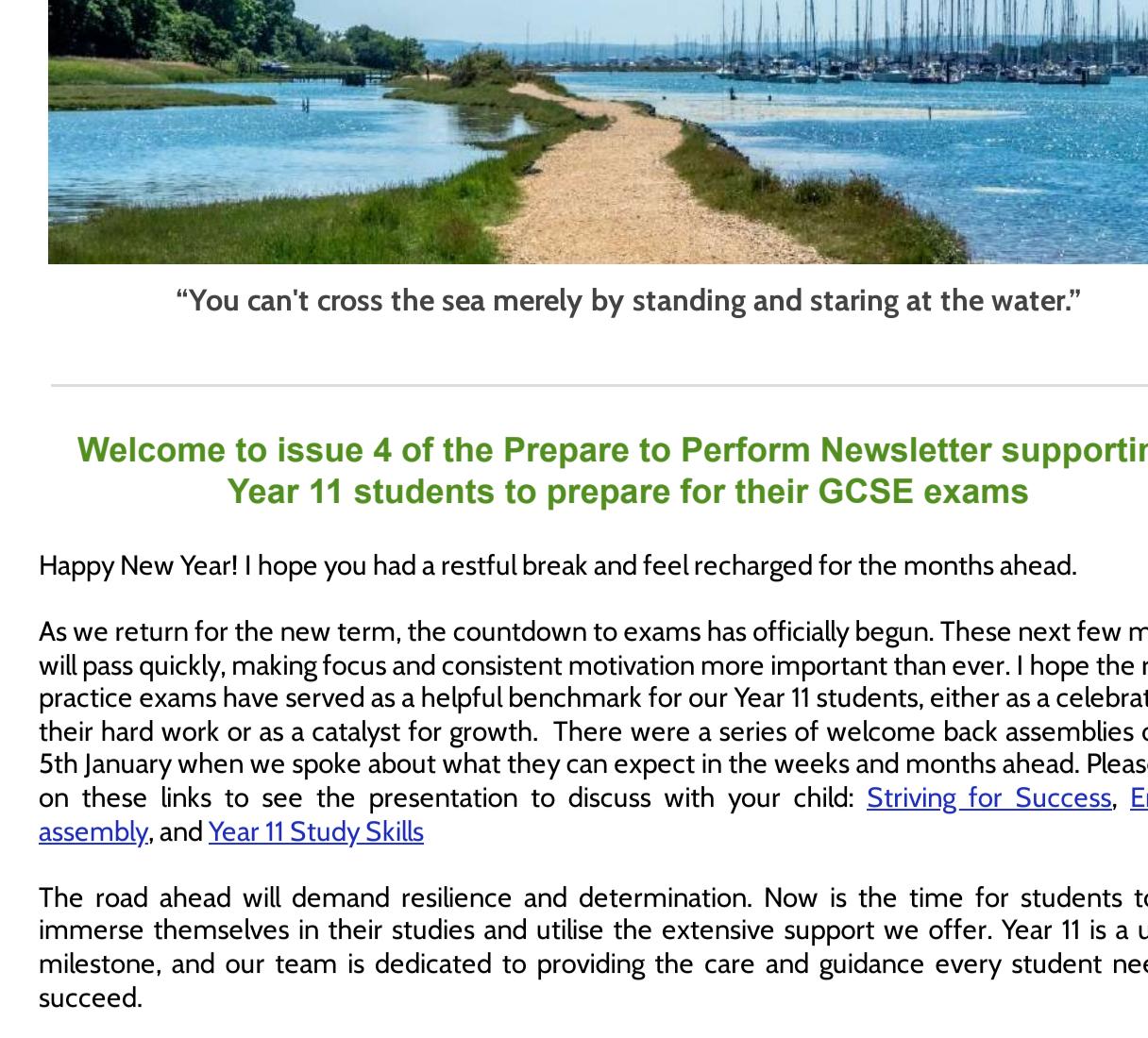


# Prepare to Perform Newsletter

What should you be doing now?

Issue 4 - January 2026



"You can't cross the sea merely by standing and staring at the water."

## Welcome to issue 4 of the Prepare to Perform Newsletter supporting Year 11 students to prepare for their GCSE exams

Happy New Year! I hope you had a restful break and feel recharged for the months ahead.

As we return for the new term, the countdown to exams has officially begun. These next few months will pass quickly, making focus and consistent motivation more important than ever. I hope the recent practice exams have served as a helpful benchmark for our Year 11 students, either as a celebration of their hard work or as a catalyst for growth. There were a series of welcome back assemblies on the 5th January when we spoke about what they can expect in the weeks and months ahead. Please click on these links to see the presentation to discuss with your child: [Striving for Success](#), [Eng/Ma assembly](#), and [Year 11 Study Skills](#)

The road ahead will demand resilience and determination. Now is the time for students to fully immerse themselves in their studies and utilise the extensive support we offer. Year 11 is a unique milestone, and our team is dedicated to providing the care and guidance every student needs to succeed.

Let's work together to make every moment count and ensure your child achieves the results they deserve.

Mr Nash, DOPA Year 11

### Mix up Revision!

After the practice exams, mix up their revision. Try some of these with them or virtually with a friend!

#### Flash Cards

Write a question on one side of the card and an answer on the back. Show someone the question - can they get the answer?

With your son or daughter, how many can you get right in two minutes?

Also [watch this](#) on the Leitner system for flashcards works



#### Tweet Tweet!

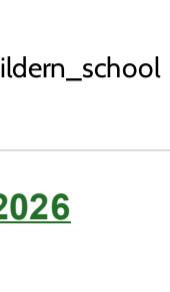
Reflect on a topic they want to revise. Now, think about what they would write if they had to tweet about this.

Write their tweet – try to stick to 140 characters.

#### Show Me What You've Learned!

Draw and label a picture which represents what they have learned today.

Next ask them to talk through their picture and what it means to them.



#### ESP (Exam Skills Programme)

ESP will return for Year 11. This will be run through the Edulink App. Staff will set the sessions up as clubs which some students will be added to for compulsory attendance, and for others, it will be a drop in session which the students can add themselves to. The ESPs are an ideal opportunity for students to consolidate and extend their learning across all of the subject areas and are always well attended. From January, these sessions will focus on exam skills for the vast majority of sessions so that students have the opportunity to maximise their opportunities to practice the skills they need in the summer exams

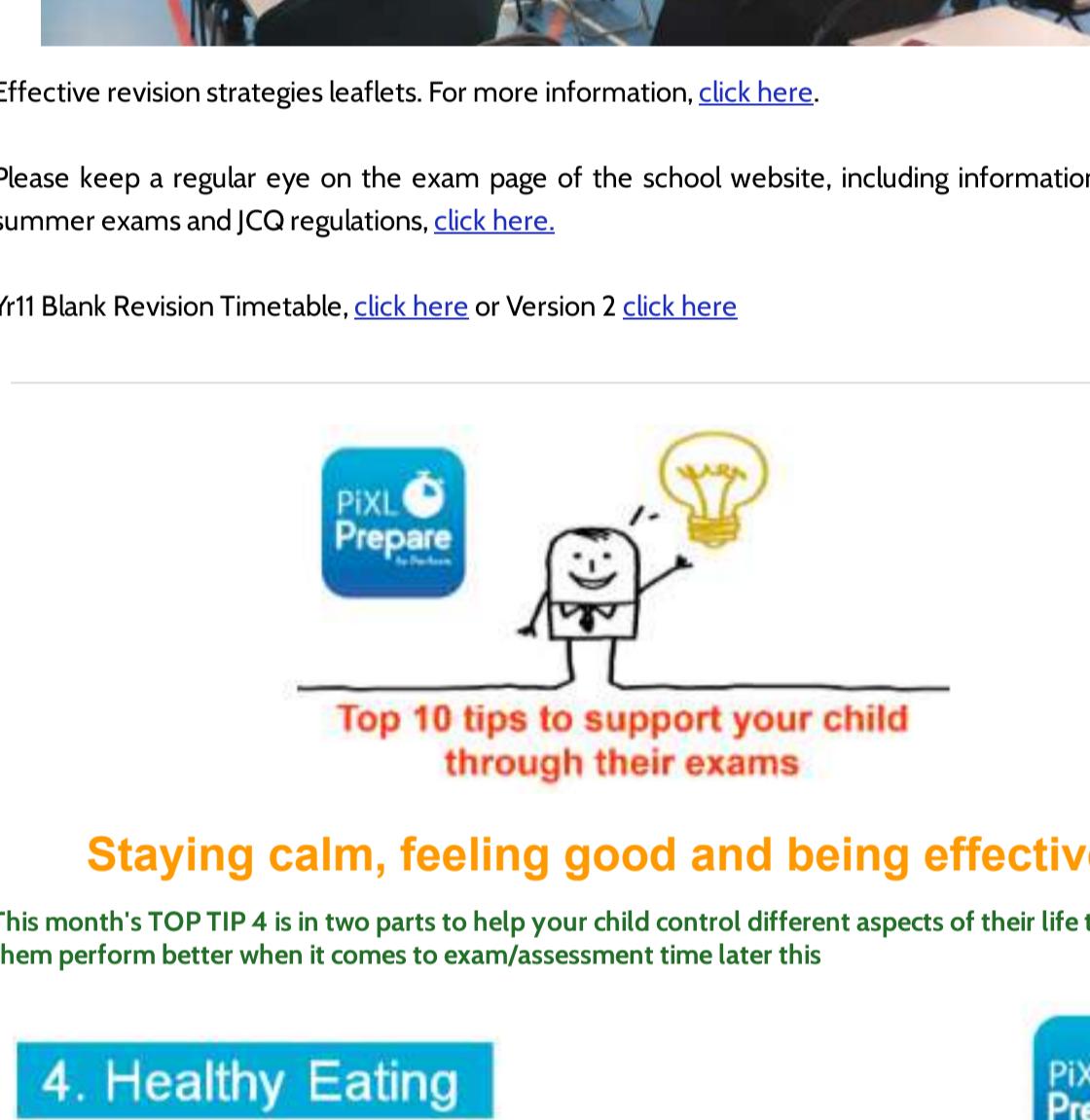


#### Well Being Endurance Power to Perform Fitness Video

Why Fitness is so important

This Month's Wildern fitness challenge

You might also like to try the [Pomodoro Technique](#)



Boost Brain Power with this easy to make snack (Every little helps as they say)

#### MEXICAN CHICKEN ENCHILADAS

MEXICAN CHICKEN ENCHILADAS, CHIVE YOGHURT, BASHED AVOCADO, ROASTED TOMATOES, MAKES 2 ENCHILADAS PER PERSON

METHOD:

Preheat oven to 180°C/ Gas 4. In a medium, non-stick frying pan over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return to the pan. Add the onion, yoghurt, chives, 125g Cheddar cheese, ciley, oregano and ground black pepper. Heat until cheese melts. Stir in each of the remaining ingredients, except for the water, corn flour, powder, green pepper and garlic. Roll out a third of the mixture in the tortillas. Arrange in a baking dish. Cover the rest of the tomatoes and the remaining 85g Cheddar cheese. Bake uncovered in the preheated oven for 20 minutes. Cool for 10 minutes before serving.



Please send photos of your Pork Chops to our school X @wildernschool or Instagram wildern\_school

#### Exam Guidance for Students and Parents Summer Season 2026

It is the aim of Wildern School to make the examination experience as stress-free and successful as possible for all candidates. Hopefully, this booklet will prove informative and be helpful for you and your parents. Please read it carefully and show it to your parents so that they are also aware of the examination regulations and the procedures to follow in the event of any problems occurring. The awarding bodies (or examination boards) set down strict criteria which must be followed for the conduct of examinations, and Wildern School is required to follow them precisely. You should therefore pay particular attention to the JCQ Information for Candidates and Warning Notices included at the end of this booklet. If there is anything you do not understand, please ask. [Click here to read more](#)

#### Attendance

The impact of poor attendance on GCSE grades for Year 11 students at Wildern and across the country this year is stark.

Students who had an attendance of less than 80% achieved 2 grades lower in **EVERY** subject in the summer GCSE results in 2025 at Wildern compared to those who attended for over 96% of the time. Students who attended 80-89% of the time achieved a **whole grade lower** in **EVERY** subject!

Missing lessons means missing learning opportunities, valuable feedback from teachers, as well as having to spend time catching up, which can be challenging. If, for any reason, there is an unavoidable absence, it is vital that your child discusses this with their teacher on return in order to catch up on essential missed content and skills.

As we move into the winter months, it is crucial for students to look after themselves to promote good health. This includes eating well, getting regular exercise and adopting good hygiene and sleeping habits. See the recipe on page 4 for some healthy eating ideas.



#### What can you do?

As we move into the winter months, it is crucial for students to look after themselves to promote good health. This includes eating well, getting regular exercise and adopting good hygiene and sleeping habits. For example, although coffee and sugar can provide bursts of energy, consuming them in excess can lead to significant dips in focus and energy, causing them to feel tired and sluggish. Encourage your child to eat healthy meals and easy swaps, like eating wholegrains, nuts and seeds, instead of refined carbohydrates, refined sugars and processed foods.

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