



Prepare to Perform Update What should you be doing now?

Issue 4 January 2023

“You can't cross the sea merely by standing and staring at the water”



Welcome to issue four, of the Prepare to Perform Newsletter supporting Year 11 students to prepare for their GCSE exams.

January Message from Mr Milburn

Happy New Year, I hope that you all managed to enjoy a well deserved and restful break. This term we begin the real countdown to the GCSEs. I hope that our youngsters are geared up and motivated following the platform they have built in their practice exams. Having worked hard through the final Autumn term at Wildern we have entered the last calendar year together and the goal is very much in sight now. Looking forward to the last full term in school, I hope that this combination of being well rested, reinvigorated and focussed puts us in a good place ready for the challenges that lie ahead.

For the next few months I urge them to focus on what they can control and not allow the worry of what they can't control to overwhelm them. No matter what happens, 2023 will still be the year that they leave School. It will still be the year that they move onto the new chapter in their lives, colleges, apprenticeships and the next exciting phase of growing up. Now, more than ever before it is so important that all Year 11s engage with their learning and the vast amount of support that we are able to offer outside of this. Whatever happens in the next few months making the most of the remaining learning time is always going to pay dividends.

Resilience and determination will help to get our young people through this demanding time along with the care, love and support of all of us. This is their time, their chance and so we need to help them make it. Please continue to work with us as you always have done and together we will get these incredibly special young people the outcomes they deserve.

Mr Milburn



Mix up revision!

Mix up their revision after the Practice Exams. 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?

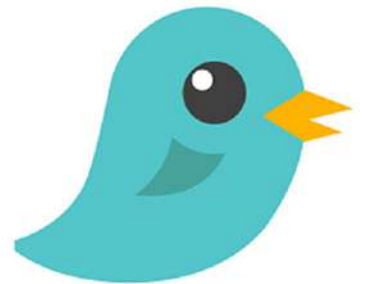


Tweet Tweet!

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.



Top 10 tips to support your child through their exams

Staying calm, feeling good, being effective

This month's TOP TIP 4 is in two parts to help your child control different aspects of their life to help them perform better when it comes to exam/assessment time later this year.

4. Healthy Eating



- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple of 'treat' meals / or meals out per week
- Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



4. Healthy Eating

A BALANCING ACT

Keep your sugar levels under control.

Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams



Carbohydrates		Proteins	
Breads	Beans	Chicken	Eggs
Rice	Sprouted	Turkey	Salmon
Couscous	Grains	Egg Whites	Bacon
Cereals	Quinoa	Fish	Chia Seeds
Brin	Most Yogurts	Buffalo	Nut Butters
Potatoes	Skim Milk	Bison	Egg Yolks
Pasta	Peas	Whey Protein	Cottage Cheese
Oats		Turkey Bacon	Nuts
Cream of Wheat		Lean Beef	Oils
Corn		Low/Non-fat cottage cheese	Olives
English Muffins		Low/Non-fat greek yogurt	Flaxseed
Pancakes			
Whole Wheat/			
Whole Grains			
Vegetables			
Squash			
Pumpkin			
Berries			
Fruits			
Sugars			

Macro Cheat Sheet

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables
Nuts
Pulses
Fish
Bananas

UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables

Asparagus / Spinach

Broccoli

Yoghurt

Chicken / Salmon

Whole Grains / Brown rice

Almonds / Pecans

Eggs

MEXICAN CHICKEN ENCHILADAS

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

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 it to the pan. Add the onion, yoghurt, chives, 125g Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, half of the chopped tomatoes, water, chilli powder, green pepper and garlic.

Roll even amounts 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.



FOR THE AVOCADO SMASH:

Split the avocados, remove the stone and scoop out the flesh, roughly chop or smash and squeeze over the lemon juice, this adds flavour, but also stops the avocado from turning brown.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Energises you over a long period, makes you feel great, boosts memory and promotes healthy brain cells.

The best time to eat this dish: For lunch or an evening meal during peak exam period.

Reason: High in protein from the chicken and the yoghurt which will keep you full, give you energy and make you feel good. Tortillas are high in fibre and complex carbohydrates for more sustained energy and the iron content will help blood move oxygen around your body. Avocado is a superfood rich in stress relieving B vitamins, potassium and healthy fats.

4 skinless, boneless chicken breast fillets
1 onion, chopped
225ml yogurt
1 bunch of chives, cut into thin rings
125g grated Cheddar cheese
1 tablespoon dried parsley
1/2 teaspoon dried oregano
1/2 teaspoon ground black pepper
1/2 teaspoon salt (optional)
400g tomatoes, roughly chopped
125ml water
1 tablespoon chilli powder
5 tablespoons chopped green pepper
1 clove garlic, minced
8 flour tortillas
85g grated Cheddar cheese
2 avocados
Juice from 1/2 lemon



This dish has been specially created by celebrity chef, Mark Lloyd.



Well Being Endurance Power to Perform Fitness Video:

Why Fitness is so important <https://goo.gl/NmyoSY>

This Months Wildern fitness challenge <https://goo.gl/8RtazD>



[Click here for the Wildern School Wellbeing Hub for further support](#)

Key Dates :

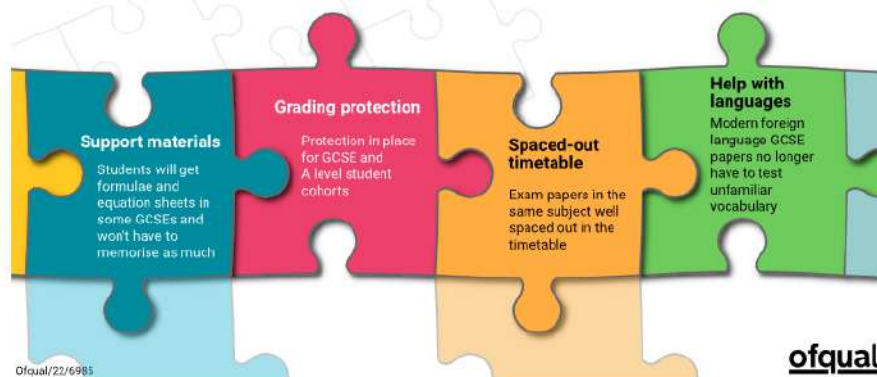
Year 11 Parents Evening 2: 23rd March 2023

Easter Revision: 3rd April - 6th April 2023

Half Term Revision: 30th May - 2nd June 2023



Support for students: summer 2023



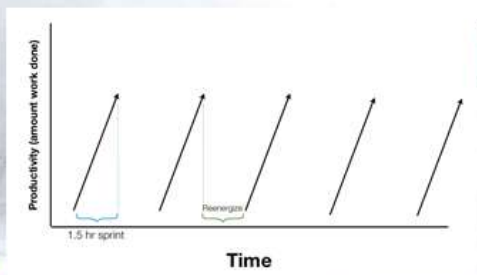
Information for GCSE's 2023 from DfE

On 30th November Ofqual announced that in the extremely unlikely event that exams have to be cancelled nationwide, ongoing assessments done under exam conditions throughout Year 11 could be used to determine grades.

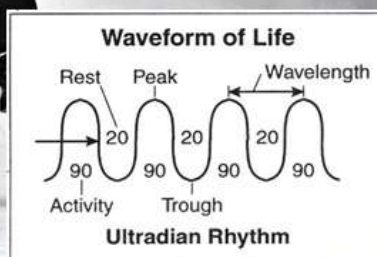
During revision - work in 45 to 90 minute intervals

- Your brain uses up more glucose than any other bodily activity. Typically you will have spent most of it after 45-90 minutes
- So take a break: Get up, go for a walk, have a snack, do something completely different to recharge.

PRODUCTIVE PEOPLE WORK SMARTER, NOT HARDER.



PIXL
Endurance



You might also like to try the Pomodoro Technique [Read more about this online](#)

ESP (Extra support programme)

ESPs are in place to provide additional support that students might need in a subject. It is important they attend and ask any questions they have whilst at these sessions. ESP dates can be found on the [school website](#) and they are also emailed to all students and parents. We would strongly encourage all students to attend the ESPs on offer to them as we know from previous years that attendance at ESP is directly related to stronger performance in the final GCSE exams. We will be asking staff to email home for students for whom an ESP is compulsory due to a need to catch up on missing work or gaps in knowledge or learning. However, even if a student isn't specifically invited, there are always drop in sessions where they can go in order to be able to spend time with their teachers who are their most valuable resource in terms of revision and GCSE guidance.

How to encourage productive learning

Information for parents and carers

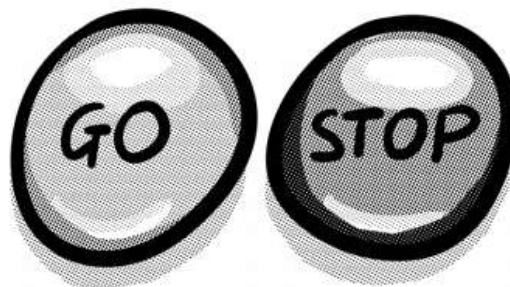
Did you know?



Experts in nutrition stress the importance of healthy diets for ensuring the most effective working of our brains. For example, although caffeine and sugar can provide bursts of energy, consuming these can lead to significant dips in focus and energy. We also know that easy swaps can lead to more balanced nutrition and energy levels, like using wholegrains, nuts and berries.

Having a tidy space can reduce stress and improve productivity. Another way to maximise opportunities for work and reduce distractions is to ensure the space is organised with everything needed for studying: laptop, books, pens and any other equipment. If you want to go a step further, plants are shown to not only create a calm space but also aid concentration.

Many people find approaches like the Pomodoro technique help to increase their levels of productivity as it allows for focused 'work' time for 25 minutes, and then a 5-minute reward break. It is often surprising how much we can actually achieve in short bursts of time when we are fully focused, with no distractions, and know that there is a clear end when we'll get to do something we want to.



What can you do?

Help your child to create a productive learning environment, a quiet space where they can work at a clear surface with as few distractions as possible. Encourage this to be a social media-free space.

Sit down with your child and offer to help them create a timetable of study. Work with them to map out the free time they could use to study and the free time that should be 'work-free' so they can do things they enjoy. Plan out the subjects and units they know they need to work on and schedule these into their 'work' slots. If your child is receptive to doing this together, it can help them to see that they aren't expected to use

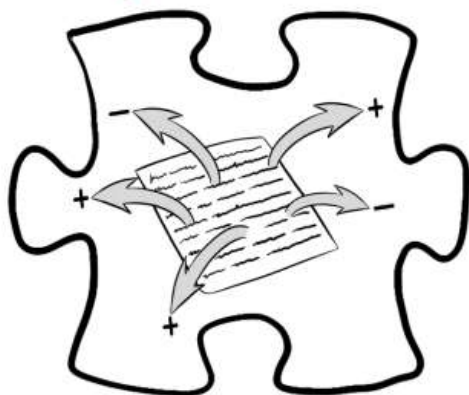
all of their 'free' time to study, and that taking breaks and investing time in their hobbies and friends is important and valuable for them and their wellbeing. If possible, when your child is studying, bring them some snacks and a drink to help sustain them.

Encourage your child to prepare – either by themselves or with you – recipes from our Power to Perform recipe cards to ensure that they are eating brain-boosting foods. These recipes have been designed by an expert in the field to ensure that your child has brain-boosting foods and drink at their fingertips.

How to support revisiting of learning

Information for parents and carers

Did you know?



Remembering information is the first step for students in mastering higher level skills. For students to be able to explain, analyse, evaluate and create, they need to have a firm knowledge of the information and terms involved first.

Ebbinghaus' forgetting curve aims to show us how information can be lost from our memories over time when we don't strive to retain it. This forgetting curve suggests that we will halve our memory of new information in just days, unless we revisit learning to gradually move it into our long-term memory.

The more frequently that information is revisited and used, the more likely it is to move into longer term memories. Research shows that revisiting learning frequently is more effective than mass-revision. Unfortunately, many students report that they don't feel like it's working and they prefer larger and rarer chunks. Knowing this is useful for us, and the young people we care about, so we can talk about it and address this issue, even showing them typical forgetting curves and sharing examples of these.



What can you do?

As early as possible, encourage your child to make notes of the key information for topics they are studying. They may highlight these in a book/on a sheet, write them down onto flash cards, create a mindmap or record them in any other way that they wish. Colour-coding these can be a helpful tool in aiding revisiting as students can identify in green what they are confident with, orange what they are unsure they would remember long term, and code in red that information they didn't know until they wrote it down or don't fully understand and may need to explore further.

Encourage revisiting of topics frequently, using a home-learning schedule. Discuss with your child the need to revisit learning as they progress through units,

move onto next ones and come to the end of a term or year. Revision shouldn't be revising all the knowledge from the entire year; we should aim to revisit learning frequently to embed it into our long-term memories and then revise the higher skills using this knowledge as we go further into the course.

Encourage your child to find ways to address 'red' areas and weaknesses. This doesn't necessarily need to be seeking a teacher's help, it might be reading about it in a textbook, online or practising a particular skill. They may wish to use some of the resources PiXL have created as part of our Independence package to help them to consider areas of weakness and different ways they can address this.