

Forest Hill School

End of Year 8 Examinations 20-29 June 2018

Key Information



Timetable

Each Year 8 student will be sitting formal exams in English, Maths, Science, History, Geography, Spanish/German, PE, RE and Computing.

The exams will take place in classrooms as per the timetable below*:

Year 8 F-side timetable

Thurs 21st	Fri 22nd	Mon 25th	Tues 26th	Wed 27th	Thu 28th	Fri 29th
Maths P5	RE P4 (H8F only)	RE P2 (D8F only)	Science P5 (8FS + 8FY P1)	English P1	PE P1/2	History P2 (8FS P1)
	Computing (D8F P4, H8F P3)	Computing P5 (R8F only)	Maths P4	Spanish P4 (8FX P3)	RE P4 (R8F + S8F)	Geography P5 (8FX P1, 8FS P2)
			Computing P3 (S8F only)			

Y8 G-side timetable

Wed 20 th	Thurs 21st	Mon 25th	Tues 26th	Wed 27th	Thu 28th	Fri 29th
RE (R8G + S8G P3, H8G P4)	Maths P4	Science P5 (8GS + 8GT P4)	Maths P2	English P1	Geography P2 (8GX P1)	RE P1 (D8G only)
Computing P4 (S8G only)			PE P3/4	German P5	History P5 (8GX P2)	
			Computing (H8G + R8G P1, D8G P5)			

* minor changes possible

Revision Resources

Essential Preparation for end of Year 8 exams		
Examination Subject	Revision content and skills	Resources to Support (Websites, books with ISBN numbers)
ALL SUBJECTS	<p>School website revision area: http://foresthill.lewisham.sch.uk/key-stage-3-revision-and-exams/</p> <p>BBC Bitesize: https://www.bbc.com/education/levels/z4kw2hv</p> <p>Helping at home: http://www.bbc.co.uk/schools/parents/parental_involvement/</p> <p>http://lifemoreextraordinary.com/revision/how-to-revise-for-exams-in-years-7-8-and-9/</p> <p>http://www.bbc.co.uk/scotland/learning/studyskills.shtml</p>	
Maths	<p>See revision lists on School Website here: Academic > KS3 Information > KS3 Revision and Exams</p> <p>http://foresthill.lewisham.sch.uk/key-stage-3-revision-and-exams/</p>	<p>www.MyMaths.co.uk (username: foresthill, password: short1)</p> <p>www.mathsgenie.co.uk (topics are categorised and via exam questions , videos available)</p> <p>www.emaths.co.uk (with access to the old-style KS3 SATs papers - very similar to the new style GCSE papers and new ks3 assessment papers as they are thought-provoking.)</p> <p>Books (on ParentPay) REVISE Edexcel GCSE (9-1) Mathematics Foundation Revision Guide (with online edition) ISBN 9781447988045 £5.89</p> <p>REVISE Edexcel GCSE (9-1) Mathematics Foundation Revision Workbook ISBN 9781447987925 £5.99</p>
English	<p>English Language Paper 1</p> <ol style="list-style-type: none"> 1) Pick out relevant facts 2) Analyse the structure of a text 3) Analyse the language of a text 	<p>Aiming for Progress in Reading (Book 4) (978-0007547470)</p> <p>CGP: New KS3 English Complete Study & Practice (978-1 84762 156 6)</p> <p>CGP: Key Stage 3 English (978-1 84762 257 0)</p>

Science	<p>See revision lists on School Website here: Academic > KS3 Information > KS3 Revision and Exams</p> <p>http://foresthill.lewisham.sch.uk/ks3-revision-stage-3-revision-and-exams/</p>	<p>www.scibermonkey.org</p> <p>www.planet-science.com</p> <p>www.sciencebob.com</p> <p>You can also purchase excellent Year 7-9 (and GCSE) science revision guides and workbooks from CGP books at the following website</p> <p>www.cgpbooks.co.uk</p>
PE	<p>Topics to revise:</p> <ul style="list-style-type: none"> • Warm up and cool down • Muscles of the body • Short term effects of exercise • Role of blood • Components of fitness • Aerobic and Anaerobic Respiration • Types of movement • Training Methods 	<p>BBC Bitesize / GCSE: https://www.bbc.com/education/examspecs/zp49cwX</p> <p>My Revision Notes: AQA GCSE (9-1) PE 2nd Edition (9781510405233)</p> <p>and visit your class hand-in room for revision materials</p>
Geography	<p>Topics to revise:</p> <ul style="list-style-type: none"> • Russia • Weather and climate: Global warming • Natural environment including National Parks • Population • Cold environments 	<p>Websites</p> <p>http://www.bbc.co.uk/bitesize/ks3/geography/physical_processes/weather_climate/revision/2/</p> <p>http://www.bbc.co.uk/schools/gcsebitesize/geography/rural_environments/managing_rural_areas_rev1.shtml</p> <p>http://www.bbc.co.uk/bitesize/ks3/geography/interdependence/population_migration/revision/1/</p> <p>https://www.bbc.com/education/guides/zp37hv4/revision</p> <p>You can purchase excellent Year 7-9 (and GCSE) Geography revision guides and workbooks from CGP books at the following website</p> <p>www.cgpbooks.co.uk</p> <p>Please visit your class Hand In and Shared Area for more revision materials</p>

History	<p>Topics to revise:</p> <ul style="list-style-type: none"> • French Revolution • Chartists • Jack the Ripper • American West 	<p>Websites</p> <p>http://www.bbc.co.uk/bitesize/ks3/history/uk_through_time/popular_protest_through_time/revision/6/</p> <p>https://www.bbc.com/education/guides/zhdhvcw/revisi_on</p> <p>http://www.bbc.co.uk/history/historic_figures/ripper_jack_the.shtml</p> <p>http://www.bbc.co.uk/london/content/articles/2008/08/20/jack_the_ripper_suspects.shtml</p> <p>http://www.bbc.co.uk/schools/gcsebitesize/history/shp/americanwest/</p> <p>You can purchase excellent Year 7-9 (and GCSE) History revision guides and workbooks from CGP books at the following website www.cgpbooks.co.uk</p> <p>Please visit your class Hand In and Shared Area for more revision materials</p>
German	<p><i>to follow – check school website</i></p>	<p>Websites</p> <p>Digital Textbooks on Hand-in (Atrium > MFL Interactive Resources):</p> <p>https://foresthillschool.handin.co.uk/handin/</p> <p>http://www.linguascope.com/ A fantastic website to practise and consolidate new vocabulary. (get login details from school)</p> <p>Make digital flashcards and play games on www.quizlet.com (free to register)</p> <p>http://www.bbc.co.uk/languages/ you can find a range of activities to practise all four skills. There are also lots of interactive games and videos to choose from</p>
Spanish	<p><i>to follow – check school website</i></p>	<p>https://www.memrise.com/courses/english/languages/ free memorisation app- this is a great tool to practise your listening, speaking, reading and writing skills.</p> <p>https://lyricstraining.com (free to register) a fun way to practise new vocabulary through your favourite songs.</p> <p>Books</p> <p>CGP KS3 Spanish Study Guide 978-1847628862</p> <p>CGP KS3 Spanish Workbook with answers 978-1847628879</p> <p>CGP KS3 German Study Guide 978-1841468402</p> <p>CGP KS3 German Workbook with answers 978-1841468495</p>

RE	<i>to follow – check school website</i>	<i>to follow – check school website</i>
Computer Science	See revision lists on School Website here: Academic > KS3 Information > KS3 Revision and Exams http://foresthill.lewisham.sch.uk/key-stage-3-revision-and-exams/	See Hand-in. BBC Bitesize & GCSE Pod

How can you help

- Talk to your son about the importance of revision.
- Help him to plan out his revision making sure that he does not spend too long at one time on revision but breaks it down into short chunks.
- Help him get organised with revision material, flash cards, felts, etc.
- Try to ensure that he has somewhere quiet to revise – you might want to make sure you are keeping a close eye on him!
- Make sure you know exactly when each exam is taking place.
- Help your son revise by talking to him about different strategies and by testing him.
- We are going to particularly focus on flashcards and mind maps, but there are lots of revision techniques that your son can use.
- Encourage your son to re-visit topics he has revised. Research shows that this improves retention of the information.

Coping with the pressure

Advice for students	Advice for parents*
Do not suffer in silence, if you feel stressed, talk to someone and do not let things build up. Talk to parents, friends or members of staff	Discuss nerves. Look out for signs of stress such as irritability, poor sleeping habits, appearing depressed and negative
Try to eat healthily	Make sure your son is eating well
Make sure you sleep	Encourage sleep
Ask parents for help with revision if this helps. Telling someone what you do not understand about a topic is often a great way to help you understand it	Assist them in their study if this helps e.g. testing them, getting them to tell you why they do not understand something often helps to understand it
Get exercise	Encourage exercise
Be aware of not wasting time	Don't add to the pressure but keep things in perspective

Do not waste time thinking about what you have not done, be organized and try to move forward	Be flexible with family routines and realize that exams do not last forever
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**Taken from NHS Choices – Coping with exam stress*

Useful web addresses:

<http://www.childline.org.uk/Explore/SchoolCollege/Pages/exam-stress.aspx>

http://www.youngminds.org.uk/for_parents/worried_about_your_child/schoolwork_exam_stress?gclid=CjwKEAi52mBRDkq5bX0vq1-RQSJAAQ_7IGcKGGvxba9QuXQ882KuM-yseJq7G120zknQ02TZOqmRoC3-Xw_wcB

https://www.thecalmzone.net/help/get-help/exam-stress/?gclid=CjwKEAi52mBRDkq5bX0vq1-RQSJAAQ_7IGX_zwV3dgcEIsl6MTvNCH0G4XtVS9oKPW6XGD08QURBoCaUXw_wcB

For more information about the exams, please contact Ms Swift: c.swift@foresthillschool.co.uk