

Forest Hill School

End of Year 9 Examinations 11-22 June 2018

Key Information



Timetable

Subject	Date and time	Location
Maths (calculator paper)	Tues 12 th June Period 5 (G-side only) Wed 13 th June Period 5 (F-side only)	classrooms
Science	Mon 18 th June Period 3	sports hall
English	Tues 19 th June Period 1	sports hall
Maths (non-calculator paper)	Wed 20 th June Period 5	sports hall

Other subjects: assessments may take place in lessons between 11-22 June

Revision Resources

Essential Preparation for end of Year 9 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>Websites</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)</p>

Maths (contd.)		<p>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> <p>REVISE Edexcel GCSE (9-1) Mathematics Higher Revision Guide (with online edition) ISBN 9781447988090 £5.89</p> <p>REVISE Edexcel GCSE (9-1) Mathematics Higher Revision Workbook ISBN 9781292210889 £5.99</p>
English	<p>Language Paper 2</p> <ol style="list-style-type: none"> 1) True or false 2) Summarise the differences between two texts 3) Analyse the language of a text 4) Compare how writers convey their different views. 	<p>BBC Bitesize KS4: https://www.bbc.com/education/examspecs/zcbchv4</p> <p>CGP New GCSE English Language AQA Complete Revision & Practice - Grade 9-1 Course (ISBN: 1782943692)</p> <p>AQA GCSE English Language: Targeting Grades 6-9: Revision Workbook, (ISBN: 0198359187)</p>
Science	<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>BBC Bitesize KS4: https://www.bbc.com/education/subjects/zrkw2hv www.scibermonkey.org www.planet-science.com 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 www.cgpbooks.co.uk</p>

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

**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=CjwKEAiAi52mBRDkq5bX0vq1-RQSJAAq_7IGcKGvxb9QuXQ882KuM-yseJq7G120zknQ02TZOqmRoC3-Xw_wcB

https://www.thecalmzone.net/help/get-help/exam-stress/?gclid=CjwKEAiAi52mBRDkq5bX0vq1-RQSJAAq_7IGX_zwV3dgcEIsl6MTvNCH0G4XtVS9oKPW6XGD08QUrBoCaUXw_wcB

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