



ST PETER'S RC HIGH SCHOOL YEAR 11 NEWS

'Striving for excellence in all that we do'

MARCH PPE TIMETABLE

Date	Session 1 (9:00am onwards)	Lunch	Session 2 (1:00pm onwards)
Monday 4th March	RE component 2 (1hr 30)		Maths 1 (1hr30)
Tuesday 5th March	English 2 Lit 2hr 15 mins		Biology P2 (F 1hr 10; H 1hr 45)
Wednesday 6th March	Pool 1		Maths 2 (1hr 30)
	French Reading; F 45mins, H 1hr		
	French Writing; F 1hr, H 1hr 15mins		
	Spanish Reading; F 45mins, H 1hr		
	Spanish Writing; F 1hr, H 1hr 15mins		
	History 2hrs		
	Geography P1 1hr 30		
	Travel and Tourism 2hrs		
	Statistics 1hr 30		
	Enterprise and Marketing 1hr 15mins		
Thursday 7th March	Pool 2		English 1 Lang (1hr 45)
	History 2hrs		
	Geography 1hr 30		
	Business 1hr 45		
	Spanish Reading; F 45mins, H 1hr		
	Spanish Writing; F 1hr, H 1hr 15mins		
	French Reading; F 45mins, H 1hr		
	French Writing; F 1hr, H 1hr 15mins		
	Enterprise and Marketing 1hr 15mins		
	Health and Social 2hrs		
	Sport Science 1hr 30 mins		
Friday 8th March	Pool 3		Chemistry P2 (F 1hr 10; H 1hr 45)
	Computing 1hr 30		
	Business 1hr 45		
	Hospitality and Catering 1hr 20mins		
	ABL Reading; F 45mins, 1hr		
	ABL writing; F 1hr, H 1hr 15mins		
	Sport Science 1hr 30 mins		
	Engineering 1hr 30 mins		
Monday 11th March	English Literature P1 1hr 45mins		Physics P2 (F 1hr 10mins; H 1hr 45mins)

STAFF MESSAGE

Well done for successfully completing your first term in Year 11. You should be proud of your efforts so far but keep on going! The March PPEs are the best opportunity to show how much you have improved since the November PPEs so make sure you try your absolute best!

As always, please come to find someone in the year 11 team for help and support. Good luck!

Mrs Otosio

Well done Year 11, you should be very proud of your efforts so far.

Thank you to everyone who contributed towards the Cornerstone collection before Christmas, your contributions will have really made a positive difference to the lives of people in our local community.

Keep working hard and be active in your learning, every lesson counts!

Mr Jobey

DATES FOR YOUR DIARY

Monday 5th - Thursday 15th February

MFL Speaking Exams

Thursday 15th February

School closes for half term

Monday 26th February

School reopens for all pupils

Wednesday 27th March

Year 11 Parents' Evening

Thursday 28th March

School closes Easter half term

Tuesday 15th April

School reopens for all pupils

Friday 3rd May

BTEC Tech PSA Component 3 deadline

HOW DOES ST PETER'S SUPPORT MENTAL HEALTH AND WELLBEING?

Homework Club is available on Fridays **3:15-3:45** in **B12**.

This is a quiet place to revise, ask questions, complete homework or fill out college applications. Please pop along!

Each day, **A11** and **A12** are open to **Year 11** only for **quiet revision and study** from **13:30-14:10**. There are staff in there to talk to as well as support you with revision techniques.



Weekly, there is an **exam stress group** who work with an outside agency. If you feel you would benefit from this, please see Mr Jobey for more information.

Every lunch time, the **Chapel** is open for **quiet prayer or Mass** and the **Multifaith Reflection Room** is open for quiet reflection, contemplation, meditation or prayer. Both spaces are part of our Chaplaincy to support the spiritual development of our pupils.

MENTAL HEALTH TOP TIPS

TRY TO RELAX AND REDUCE STRESS

Try to think about what might help you to relax. If there's something that helps you, try to find time to fit it into your day. For example, this could be having a bath or shower. Or going for a walk or listening to music.



TAKE A BREAK IF YOU NEED TO

If you're feeling overwhelmed by a stressful situation, try to take a break. A change of scene may help you to relax and relieve feelings of distress, even just for a few minutes.



DO SOMETHING YOU ENJOY

Try to make time to do an activity you like on a regular basis. This could be cooking a meal, getting in touch with a friend or watching TV.



TRY TO MANAGE STRESS

If you're under a lot of pressure, you may start to feel overwhelmed or out of control. Stress can also cause physical effects on our bodies.

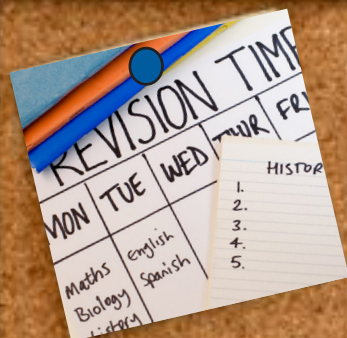


FOCUS ON THE PRESENT

Paying attention to the present moment or your senses can be helpful. This is sometimes called mindfulness. You can use techniques such as meditation or breathing exercises. Or you can practise mindfulness by paying more attention to your senses while doing things you do each day, for example, while washing up or eating.



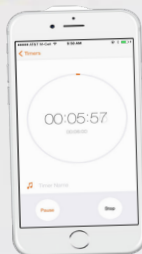
REVISION TIPS



KEEP HYDRATED



SET TIMERS



FIND A SUITABLE SPACE



How to make a revision timetable

1. Write a list of everything you need to revise
2. Prioritise your topics
3. Figure out how much time you have to revise
4. Block out any commitments
5. Compile your timetable
6. Schedule breaks

HOW TO MAKE FLASH CARDS



Keep it simple. Write a question or key term on one side of the card, and the answer or corresponding definition on the other side. If you need to write more than one line, try using bullet points to keep your cards readable.

For effective flashcards, handwrite your text for better recall, colour code your cards for different levels of mastery, limit each card to one question, combine words and images, use mnemonic devices, study from both sides and say questions and answers out loud.

HOW TO SELF-TEST

Read a segment of assigned material, a paragraph or an entire page. Then stop, put the material aside and try to write down everything you remember from what you just read.

If you decide to reread an assignment, do it 1-2 days after the first reading. But before you reread, take a few minutes to test yourself by trying to remember the information from the assignment. Jot down everything you remember. Then read the assignment again, using the self testing approach. When you are done, use your answers to identify gaps in your knowledge and understanding of the material. You can then go back and review the chapter and work on material you don't yet know.

If you use a textbook that has questions at the end of each chapter, get in the habit of trying to answer them.

Read the chapter and then answer the questions as best you can. Don't look back at the answers in the book. You may not be able to answer all of them well, but that's OK. Trying to answer the questions will improve your memory for the material. You can then go back and review the chapter to work on the gaps in your answers.



TIPS FOR PARENTS AND CARERS

Making sure your child gets to school and lessons on time and understands the importance of making the most of lesson times.

Going to Parents' Evening
Wednesday 27th March.
asking questions and finding out how you can best help your child at home.

Provide the tools for homework and revision - a quiet space, a 'workbox' of pens, paper and other necessities.

Paying for the equipment, files and revision guides they need.

Showing an interest in the subject, helping with homework (but not doing it for them), testing them when they ask you etc.

Sounding board and adviser - helping your child to break tasks down so that they are manageable, keeping an eye on progress and celebrating achievements.

Agreeing the rules for homework or revision, helping them to make a realistic timetable, balancing work against the 'fun stuff' and revising the plans as necessary.

Getting copies of old exam papers, searching out websites, finding out about the subject, exam structures and content.

PPE CASE STUDY

“*Managing revision and rest during the November PPEs was definitely a challenge, but overall, I think it was a good way to gain experience in balancing time for school and personal health. For me, the stress of mocks was very exhausting both mentally and physically. However, the school's support was great; with early mock timetables, constant reminders of the mental support St. Peter's offered and revision sessions teachers held during break and lunch, I felt as prepared as I could be.*”

Saron

“*The way I coped with stress during the PPEs were things such as:
Watching my favourite show when I was taking breaks
Listening to music on my phone in the background to cancel distractions
What also helped was having 100% support while I was doing my PPEs and while I was revising.*”

Rehan



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