

YEAR 11

ROUTE TO SUCCESS



King's Academy Ringmer

CLASS
OF
2025

CLASS OF 2025

INTRODUCTION

We hope that the information contained within this document will support students and their parents or carers, in navigating Year 11 to ensure the best possible experience and the best possible outcomes.

This document includes:

- Key dates including the Public Practice Exams in November and February as well as the actual GCSE exam dates
- Guidance on how to best prepare for the exams throughout the year
- An explanation of interventions put in place for students who are falling behind the grade 4 and 5 benchmarks
- Identification of subject masterclass sessions for those students who wish to push themselves further
- Adjustments to the timetable over the summer exam period
- Top tips for well-being during this time
- Who contact about any issues
- The college application process

OUR PLEDGE TO YOU

- Support you to achieve the best possible outcomes in your exams
- Celebrate with you as you achieve the very best results in your studies
- Open up new worlds of opportunity and create new pathways to your aspirations

OUR EXPECTATIONS OF YOU

- 100% attendance or as close as possible
- Punctuality to school in the morning and to all line ups
- Positive attitude to learning
- Attendance to all required **Academic Support** sessions

OUR EXPECTATIONS OF PARENTS/FAMILIES

- Contact tutors as soon as you have any questions or concerns
- Attend Academic Progress Evenings
- Ensure that your child has 100% attendance or as close as possible
- Support your child to get 8 hours of sleep a night
- Support your child to have a quiet place to study



KEY CONTACTS

WHOLE COHORT CONTACTS

Miss Smith Key Stage 4 Progress Leader
Ms Da Nobrega Assistant Principal
Mr Burchett Vice Principal
Mrs Emma King SIMs, Data and Exams Manager
Mrs Sarah Colbourne, Careers Lead

TUTORS

Miss C Noakes (Maths)
Mrs J Cornford (English)
Mr C Quinnell (Maths)
Ms R Millard (English) & Mr S Williams (Maths)



ACADEMIC SUPPORT

ACADEMIC SUPPORT

Progress is regularly tracked in Year 11 to identify gaps in skills and knowledge. Teachers use this information in delivering or revisiting topics from the course specifications.

For all students we have a moral imperative to ensure they leave with the best possible grades across their subjects, particularly in English and maths.

Students can ensure excellent progress by being:

READY

This means full and prompt attendance in school and lessons with the right equipment.

RESPECTFUL

This is achieved by listening and contributing to lessons, as well as avoiding distractions or being a distraction.

SAFE

Safe behaviours allow for more engaging learning opportunities, such as visits e.g. Geography field work, experiments to witness theory in practice or access to machinery across Art and Technology that inspire creativity.

OUR PLEDGE TO YOU

If a student is in danger of finishing below the grade **4 good pass** or grade **5 strong pass** thresholds then additional academic support may be required. Alternatively where a student has the potential to achieve the higher grades of 7-9 but is not quite there then additional academic support may be required.

There are 3 types of **academic support** in place for Year 11.

1. Intervention Sessions: These are targeted at Key Marginals on 3 to 4 and 4 to 5 borderline. These are tailored to individuals and students are invited to attend these sessions.
2. Excellence Programmes: These are invite only and will focus on the most challenging skills and knowledge required to achieve the highest grades.
3. Revision Seminars: These are drop-in and open to all students.

Teachers will put maximum effort into sequencing and delivering high quality sessions. It is imperative that students invited to sessions attend all the sessions.

Attendance will be monitored and contact made with Parents/Families to support with this.



ACADEMIC SUPPORT

Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>PDT 8:45-9:20 (Mon, Tue, Thur, Fri)</p> <p>14:05-14:30 (Wed)</p>	<p>Maths - Intervention target below grade 3 students</p>	<p>Maths - Intervention target grade 3/4 borderline students</p> <p>English - Intervention target grade 3/4 borderline students</p>	<p>French - Intervention</p> <p>Spanish - Intervention</p>	<p>Maths - Intervention target grade 4 could achieve grade 5 students</p> <p>English - Intervention target grade 3/4 borderline students</p>	<p>Maths - Excellence programme target grade 7+ students</p> <p>English - Intervention 'PIXL' Strive for 5 students</p>
<p>Lunchtime</p>		<p>Art and Photography Catch up</p>	<p>Music from January - Composition NEA</p>	<p>Art and Photography Catch up</p>	
<p>Lesson 7 (After School 15:20-16:10)</p>	<p>English - Excellence Programme</p> <p>English - Revision Seminar</p>	<p>Art - Revision Seminar</p> <p>Music - GCSE Composing Coursework Intervention and Excellence Programme</p> <p>Dance - Choreography</p> <p>DT and Food - NEA Drop in</p>	<p>English - Excellence Programme</p> <p>English - Revision Seminar</p>	<p>Science - Excellence Programme (Triple Science)</p> <p>Science - Revision Seminar (Double Award Science)</p> <p>Dance - Choreography</p> <p>DT and Food - NEA Drop in</p>	<p>Dance - Choreography</p>



REVISION

CREATING AN EFFECTIVE REVISION PLAN

Set yourself goals

- Set SMART goals: Specific, Measurable, Achievable, Relevant, Time-bound.
- Break down larger goals into smaller, manageable tasks.

Manage your time efficiently and effectively

- Prioritise subjects based on difficulty and exam schedule.
- Allocate more time to subjects you find challenging.

Commit to daily and weekly revision schedules

- Create a study timetable, balancing study sessions with breaks.
- Include time for revision, practice papers, and leisure activities.

RECOMMENDED REVISION TECHNIQUES

In order to keep revision simple staff will focus on the following techniques:

Past paper practice

- Simulate exam conditions with timed practice papers.
- Review past exam papers to understand question patterns and mark schemes.

Flash cards using the Leitner method

- Make flashcards for key terms, definitions, and concepts.
- Use them for quick reviews and self-testing.

Cornell notes

Knowledge Organisers

Online quizzes (e.g. Sparx Maths, Tassomei).

videos explaining these techniques can be found on the school website.



EXAMS

TYPES OF EXAMS

- Public exams and Non-examined Assessments (NEAs)
- Pre-public exams (PPEs)

PUBLIC EXAMS

These are the exams students sit in May and June 2025. From September students will also complete NEAs in Design Technology, Food and Nutrition, Art, Music, Dance and Sports. These count towards the GCSE Grade and can be up to 50% for GCSE and more for Technical Awards such as CNAT Sport.

PRE-PUBLIC EXAMS

Students will sit a number of exams throughout the year, culminating in the Summer Public Exams. You sit two sets of Pre-public Exams (PPEs) during the year in November and February.

These will be run the same as the Public Examinations. The main purpose of the PPEs is to identify what a student has learnt and what gaps in knowledge and skills exists. It is important that students take these exams seriously. Our programme of interventions are planned around this.



APPLYING TO COLLEGE

INTRODUCTION

There are a number of College destinations available in the local area. There are Tertiary Colleges and School Sixth Forms.

TERTIARY COLLEGES

- Bexhill
- BHASVIC
- East Sussex Colleges (with multiple sites)
- MET
- Varndean

BHASVIC, Brighton MET and Varndean College together form the Accord Colleges in Brighton and Hove. The three colleges have a coordinated application process for students seeking to study at any of the Accord Colleges.

Under the Accord, an application to both BHASVIC and Varndean College is not possible.

SCHOOL SIXTH FORMS

- Hailsham
- Heathfield
- Uckfield

In addition there may be other smaller vocational providers.

KEY DEADLINES

Applications should be completed as soon as possible to meet the deadlines for the various colleges at the start of December.

Your tutor will need time to check your personal statement and add any data required from the school.

Your Year 10 end of year forecast will be used as a predicted grade.



WELL-BEING

INTRODUCTION

Year 11 is a crucial and often stressful time in your academic journey. Balancing schoolwork, exams, extracurricular activities, and personal life can be challenging. This section is designed to help you maintain a healthy and balanced lifestyle, manage stress, and ensure your mental and physical well-being throughout the year.

UNDERSTANDING WELL-BEING

Well-being encompasses physical, mental, and emotional health. It's about feeling good and functioning well in daily life, having a sense of purpose, and managing stress effectively.

Maintaining well-being during Year 11 is crucial for academic success, personal growth, and overall happiness. It helps you stay focused, motivated, and resilient in the face of challenges.

MENTAL HEALTH AND EMOTIONAL WELL-BEING

How Do I recognise stress and anxiety?

- Symptoms of Stress: Irritability, fatigue, headaches, difficulty concentrating.
- Symptoms of Anxiety: Excessive worrying, restlessness, rapid heartbeat, trouble sleeping.

How do I manage stress?

- Time Management: Plan your study schedule and set aside time for relaxation.
- Relaxation Techniques: Practice deep breathing, progressive muscle relaxation, or guided imagery.
- Hobbies and Interests: Engage in activities you enjoy to take your mind off stress.

Seeking Support

- Talk to Someone: Share your feelings with friends, family, or a trusted adult.
- Support Groups: Join groups where you can discuss your experiences and learn from others.



WELL-BEING

PHYSICAL HEALTH

Nutrition and Healthy Eating

- **Balanced Diet:** Include a variety of fruits, vegetables, whole grains, proteins, and healthy fats.
- **Regular Meals:** Don't skip meals; have breakfast, lunch, and dinner at consistent times.
- **Hydration:** Drink plenty of water throughout the day.

Exercise and Physical Activity

- **Daily Routine:** Aim for at least 30 minutes of moderate exercise daily (e.g., walking, cycling, swimming).
- **Active Breaks:** Take short breaks during study sessions to stretch or move around.
- **Fun Activities:** Engage in sports or physical activities you enjoy.

Sleep and Rest

- **Consistent Schedule:** Go to bed and wake up at the same time every day.
- **Sleep Environment:** Create a calm, dark, and cool sleeping environment.
- **Limit Screen Time:** Avoid screens at least an hour before bedtime.

4. Study-Life Balance

Time Management Tips

- **Prioritize Tasks:** Focus on the most important and urgent tasks first.
- **Use a Planner:** Keep track of assignments, exams, and deadlines.
- **Set Boundaries:** Allocate specific times for study and relaxation.

Setting Realistic Goals

- **Short-Term Goals:** Break down larger tasks into smaller, achievable steps.
- **Long-Term Goals:** Keep your overall objectives in mind and work steadily towards them.
- **Celebrate Achievements:** Acknowledge and reward yourself for meeting your goals.

Taking Breaks and Leisure Activities

- **Pomodoro Technique:** Study for 25 minutes, then take a 5-minute break.
- **Relaxing Activities:** Read a book, watch a movie, or spend time outdoors.
- **Social Time:** Spend time with friends and family to unwind and relax.



WELL-BEING

HEALTHY RELATIONSHIPS

Building Supportive Networks

- Family and Friends: Maintain strong connections with people who support and care for you.
- School Community: Get involved in school clubs, teams, or groups.
- Mentors and Role Models: Seek guidance from teachers or other trusted adults.

Communication Skills

- Active Listening: Pay attention, show empathy, and respond appropriately in conversations.
- Expressing Feelings: Share your thoughts and emotions openly and honestly.
- Conflict Resolution: Address disagreements calmly and find mutually beneficial solutions.

Managing Peer Pressure

- Know Your Values: Stay true to your beliefs and principles.
- Assertiveness: Learn to say no firmly and respectfully.
- Positive Influence: Surround yourself with friends who respect and support your choices.

MINDFULNESS AND RELAXATION TECHNIQUES

Meditation and Breathing Exercises

- Guided Meditation: Use apps or online videos to practice mindfulness meditation.
- Deep Breathing: Practice diaphragmatic breathing to calm your mind and body.

Yoga and Stretching

- Yoga Poses: Incorporate basic yoga poses into your daily routine.
- Stretching: Regularly stretch to release muscle tension and improve flexibility.

Creative Outlets (Art, Music, Writing)

- Art Therapy: Engage in drawing, painting, or crafting to express emotions.
- Music: Listen to music, play an instrument, or sing to relax.
- Writing: Keep a journal or write creatively to process your thoughts and feelings.



WELL-BEING

DEVELOPING RESILIENCE

Positive Thinking and Self-Compassion

- Affirmations: Use positive affirmations to boost self-esteem and motivation.
- Self-Compassion: Be kind to yourself, especially during challenging times.
- Gratitude: Practice gratitude by acknowledging the positive aspects of your life.

Learning from Setbacks

- Growth Mindset: View challenges and failures as opportunities to learn and grow.
- Problem-Solving: Develop strategies to overcome obstacles and setbacks.
- Persistence: Stay determined and keep working towards your goals despite difficulties.

Building Confidence

- Self-Awareness: Recognize your strengths and areas for improvement.
- Skill Development: Continuously work on developing new skills and knowledge.
- Achievement: Reflect on your accomplishments and take pride in your progress.

8. Practical Tips and Resources

Helpful Apps and Websites

- Calm: App for meditation and sleep.
- Headspace: Guided meditation and mindfulness app.
- MyFitnessPal: App for tracking nutrition and exercise.

Books and Guides

- "The 7 Habits of Highly Effective Teens" by Sean Covey: Practical advice for teens.
- "Mindfulness for Teens" by Debra Burdick: Techniques for managing stress and emotions.
- "The Teenage Guide to Stress" by Nicola Morgan: Understanding and coping with stress.

Support Networks and Helplines

- Childline: Free helpline for young people (UK: 0800 1111).
- Local Mental Health Services: Contact local health providers for professional support.

Maintaining well-being during Year 11 is essential for your academic success and personal happiness. By following the tips and strategies in this guide, you can manage stress, stay healthy, and build resilience. Remember to seek support when needed and prioritise your well-being. Good luck!



SEPTEMBER 2024



MON	TUE	WED	THU	FRI
2 YEAR 11 INDUCTION DAY	3	4	5	6
9	10	11	12	13
16 ROUTE TO SUCCESS LAUNCH EVENING 5.30PM-6.30PM	17	18	19	20
23	24	25 POST-16 CAREERS EVENING	26	27
30				

IMPORTANT EVENTS

Blank area for listing important events.

OCTOBER 2024



MON	TUE	WED	THU	FRI
	1	2	3	4
7	8	9	10	11
14	15	16	17 WHOLE SCHOOL PHOTO DAY	18
21	22	23	24	25
28	29	30	31	

IMPORTANT EVENTS

Blank area for recording important events.

NOVEMBER 2024



MON	TUE	WED	THU	FRI
				1
4 PPE 1 COMMENCE	5	6	7	8
11	12	13	14	15 END OF PPE1
18	19	20	21	22
25	26	27	28	29

IMPORTANT EVENTS

PRE-PUBLIC EXAMS (PPE) 1 WINDOW 4TH-15TH NOVEMBER
INDIVIDUAL TIMETABLES WILL BE PROVIDED CLOSER TO THE WINDOW
CORE INTERVENTION GROUPS REVISED TO REFLECT RESULTS

DECEMBER

2024



MON	TUE	WED	THU	FRI
2 PPE RESULTS AND FORECAST GRADES SENT HOME	3	4	5 ROUTE TO SUCCESS - ACADEMIC PROGRESS EVENING	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

IMPORTANT EVENTS

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JANUARY 2025



MON	TUE	WED	THU	FRI
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

IMPORTANT EVENTS

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FEBRUARY 2025



MON	TUE	WED	THU	FRI
3 PPE 2 COMMENCE	4	5	6	7
10	11	12	13	14 END OF PPE2
17	18	19	20	21
24	25	26	27	28

IMPORTANT EVENTS

**PRE-PUBLIC EXAMS 2 WINDOW 3RD-14TH FEBRUARY
INDIVIDUAL TIMETABLES WILL BE PROVIDED CLOSER TO THE WINDOW**

MARCH 2025



MON	TUE	WED	THU	FRI
3	4	5	6	7
10 PPE2 RESULTS AND FORECAST GRADES SENT HOME	11	12	13	14
17 ROUTE TO SUCCESS EVENING	18	19	20	21
24	25	26	27	28
31				

IMPORTANT EVENTS

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APRIL 2025



MON	TUE	WED	THU	FRI
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

IMPORTANT EVENTS

Blank area for recording important events.

MAY 2025



MON	TUE	WED	THU	FRI
			1 ART EXAM DAY 1	2 ART EXAM DAY 2
5	6 PHOTOGRAPHY EXAM DAY 1	7 PHOTOGRAPHY EXAM DAY 2	8	9
12 ENGLISH LITERATURE 1 (AM) COMPUTER SCIENCE 1 (PM)	13 BIOLOGY 1 (AM)	14 GEOGRAPHY 1 (AM)	15 MATHS 1 (AM)	16 HISTORY 1 (AM)
19 CHEMISTRY 1 (AM)	20 ENGLISH LITERATURE 2 (AM) COMPUTER SCIENCE 2 (PM)	21 FRENCH 1 AND 3 (AM)	22 PHYSICS 1 (AM)	23 ENGLISH LANGUAGE 1 (PM)
26	27	28	29	30

IMPORTANT EVENTS

NEW EXAM TIMETABLE WILL COMMENCE 12TH MAY

ATTENDANCE COMPULSORY UNTIL AFTER THE PHYSICS EXAM 16TH JUNE

JUNE 2025



MON	TUE	WED	THU	FRI
2	3	4 MATHS P2 (AM)	5 HISTORY P2 (AM) FRENCH P4 (PM)	6 ENGLISH LANGUAGE P2 (AM) GEOGRAPHY P2 (PM)
9 BIOLOGY P2 (AM)	10 SPANISH P1 AND P3 (AM)	11 MATHS P3 (AM)	12 GEOGRAPHY P3 (AM) FURTHER MATHS P1 (PM)	13 CHEMISTRY P2 (AM)
16 PHYSICS P2 (AM) MUSIC (PM)	17 SPANISH P4 (AM) FOOD (PM)	18 DESIGN TECHNOLOGY (AM) FURTHER MATHS P2 (PM)	19	20
23	24	25	26 PROM	27
30				

IMPORTANT EVENTS

Blank area for important events.

JULY 2025



MON	TUE	WED	THU	FRI
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

IMPORTANT EVENTS

Blank area for recording important events.

AUGUST 2025



MON	TUE	WED	THU	FRI
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
30	31			

IMPORTANT EVENTS

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