

Focus of the week: Wellbeing

Students have now completed their first week of trial exams. It is often a struggle for students to find a healthy balance between revising and resting during exam time.

This simple task helps them visualise that balance by listing all their worries, what they need to get done, and what they can do to rest and relax.

Using the wings template, or by drawing your own, with your young person fill in one side of the butterfly with what needs to get done in their school work (and possible worries), then ask them to think about all the things they do (or could do) to get a good balance over half term and before the next week of exams, e.g. playing sport, going out with a friend, reading a good book, watching their favourite programme.

It is important to have a good mix to help them relax, de-stress and recharge. And encourage them to put these positive activities into their revision timetable too.



THE ONE ABOUT MOBILE PHONES

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THE STUDY

Mobile phones are a part of everyday life. They have the power to connect people and can be great tools for learning. Most people have their mobile phone next to them for large parts of the day. But is there a darker side to mobile phones? Can the mere presence of a mobile phone negatively affect student performance?

To answer this question, researchers had students complete a concentration task with either a mobile phone or a notepad on the table near them. The students didn't use the phone during the experiment, it was just within their eye-line.

To gather further information, the researchers had students complete a range of questionnaires about themselves and also ran the experiment twice, once with someone else's phone near them and once with their own phone.

THE MAIN FINDINGS

- 1 The mere presence of a mobile phone led to a **20% reduction in attention, concentration and performance** in tasks that were demanding and complex (i.e., ones that students had to think hard about).



- 2 Students **performed worse** in these tasks, regardless of whether they could see their own **phone nearby** or someone else's.



- 3 This **reduction in performance** was **found to be true** regardless of the student's gender, age, how much they normally used their own phone or how attached they said they felt to it.





Geography

Exam Dates:

Paper 1 - Living with the physical environment

Wednesday 14th May 2025.

Paper 2 - Challenges in the Human Environment

Friday 6th June 2025

Paper 3 - Geographical applications

Thursday 12th June 2025

Revision Resources Available

The best revision resources for GCSE Geography are (in this order):

1. Student books and booklets.
2. GCSE Pod - full of pods, quizzes and excellent visual resources.
3. The department will release revision material closer to the exam dates.

Psychology

Exam Dates:

Psychology Paper 1 –

Thursday 8th May 1h 45m

Psychology Paper 2 –

Thursday 15th May 1h 45m.

Revision Resources Available

- Student shared area > Humanities > Psychology > Exams in summer 2024
- AQA GCSE text book OXFORD second edition
- Class notes have everything in them for the exam
- Revision flash cards, a3 sheets & past papers

History

Exam Dates:

Paper 1

Section AC: Russia, 1894-1945: Tsardom and communism and
Section BA: Conflict and tension – First World War, 1894-1918

Friday 16th May 2025 AM

Paper 2

Section AA: Britain: Health and the people: c1000 to the present day
Section BB: Medieval England: the reign of Edward I, 1272-1307)

Thursday 5th June 2025 PM

Afterschool revision with Miss Lawrence in H5

Date	Topic
12th Feb 2025	The end of Tsardom
26th Feb	Lenin's new society
5th March	Stalin's USSR
12th March	The causes of the First World War
19th March	The First World War: stalemate
26th March	Ending the war
2nd April	Britain, Health and the People Cause and Cure of Illness
9th April	Britain, Health and the People Surgery
30th April	Britain, Health and the People Public Health
7th May	Edward I: Government, the rights of King and people
14th May	Edward I: Life in Medieval England
21st May	Edward I: Edward I's military campaigns in Wales and Scotland

Revision Resources

- Seneca Learning <https://senecalearning.com/en-GB/>
- Lessons and resources on the student shared area.
- Oxford AQA GCSE History (9-1) Conflict and Tension: First World War 1894-1918 Revision Guide by Tim Williams and Aaron Wilkes Oxford University Press ISBN 978-1-382-00767-2
- My Revision Notes: AQA GCSE (9-1) History: Russia, 1894-1945: Tsardom and communism Paperback – 26 Feb. 2021 by Matthew Fearn-Davies ISBN 978-1398310186
- Revision Guide: Engaging with AQA GCSE (9-1) History. Health and the People c1000 to the Present Day—Thematic Study by Dale Banham Hodder Education ISBN 978-1-3983-8523-8
- My Revision Notes: AQA GCSE (9-1) History: Medieval England: the reign of Edward I, 1272-1307 by Rae Linton ISBN 978-139831019

Business Studies

Exam Dates:

Paper 1- Investigating small business
Friday 9th May PM

Paper 2 - Building a business
Friday 16th May PM

Revision Resources Available

- Seneca - www.seneca.co.ukhttps://app.senecalearning.com/courses?Price=Free&Age+Group=GCSE&Subject=Business&Exam+Board=Edexcel
- BBC Bitesize - <https://www.bbc.co.uk/bitesize/examspecs/z98snbk>
- Save my Exams - <https://www.savemyexams.com/gcse/business/edexcel/19/revision-notes/>
- Brainscape - <https://www.brainscape.com/packs/edexcel-gcse-business-11851124?origin=genome>

Revision Guides

- Marcouse - <https://www.amazon.co.uk/Target-9-6-Edexcel-Business-Revision/dp/1999632109>
- Pearson—<https://www.pearsonschoolsandfecolleges.co.uk/secondary/subjects/business-and-economics/edexcel-gcse-business/pearson-edexcelgcse-9-1-business-revision-guide-app>
- Collins—<https://collins.co.uk/products/9780008646455?variant=41427298910319>
- CGP—<https://www.cgpbooks.co.uk/secondary-books/gcse/business/bues42-new-gcse-business-edexcel-complete>

GCSE Afterschool Revision 24th – 28th Feb

School Day	Monday Day 1	Tuesday Day 2	Wednesday Day 3	Thursday Day 4	Friday Day 5
Subject	Geography	French	Design and Technology	Private Study	Private Study
Room / information	In H1 with Mr Griggs	In L2 with Mrs Dunn	RM revision - Material physical and working properties: Metals and plastics in D1 with Mrs Patel Engineering revision - Materials - Metals, Plastics in D7 with Mr Cooper Textiles NEA in D3 with Mrs Sheldon		
Subject	Art		Maths		
Room / information	In A1 with Mrs Storer		In M4 with Mr Blatherwick		
Subject	Food Technology		History		
Room / information	Food Technology revision - Micronutrients in D2 with Miss Middleton		Lenin's new society In H5 with Mrs Lawrance		