

INFORMATION BOOKLET



Key Stage 4
2023 - 2025



Key Stage 4 - Supporting your Child Cyfnod Allweddol 4 - Cefnogi eich plentyn



Key Stage 4 is an extremely important stage in your child's life and we recognise that it can be a stressful and daunting time for parents and carers also. Parental support is one of the key factors that leads to a child's success. Over the next two years, parents and carers will be updated regularly on their child's progress with interim and full reports along with parents' evenings. This booklet includes important subject information and guidance on how best to support your child.

This booklet provides:

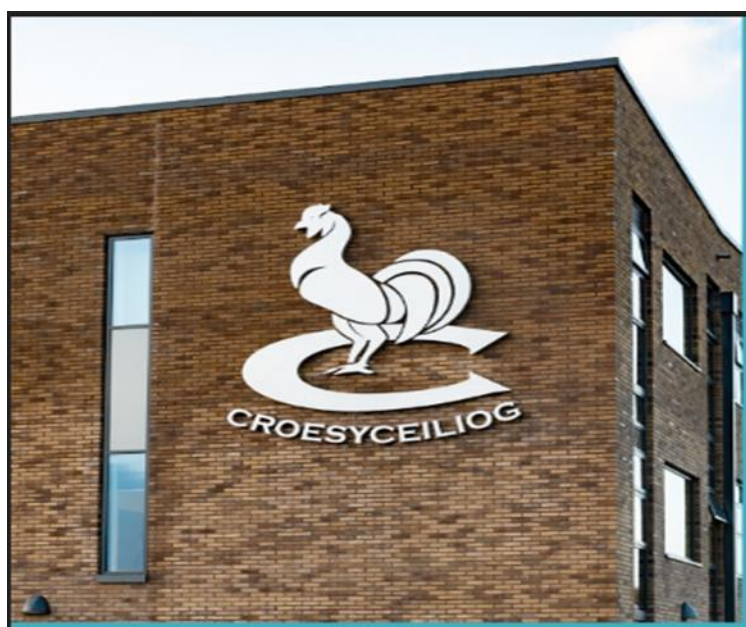
- **key dates and information regarding coursework and examinations for each subject**
- **revision tips and techniques**
- **advice on how to support your child and their wellbeing**
- **sources of further support and information**

If you have any concerns regarding your child's wellbeing or progress over the next two years, please contact the KS4 Wellbeing Team using the following email address: 2020@croesy.schoolsdu.org.uk

Mrs D Simpson – Year 10 Wellbeing and Achievement officer

Mr M Sainsbury – Year 10 Progress Leader

Miss N Price – Director of Wellbeing for KS4



Number 1 Top Tip: Get them to lessons!

One of the most effective things you can do as parent/guardian to secure good GCSE results is this...

GET THEM TO LESSONS EVERY DAY ON TIME

“My child’s got 95% attendance record – that seems pretty good to me”




Think again!

95% Attendance = Half a day of lessons missed every two weeks.

95% Attendance = Two weeks of lessons missed each year.

Sometimes just missing one lesson means that your child misses out on key information or the introduction to a topic. Starting out behind/falling behind often results in lack of understanding, possible conflict with teachers, increasing dislike of a subject and feelings of being overwhelmed.

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	100% Attendance	0 days of learning missed	Best chance of success
	95% Attendance	2 weeks of learning missed	Poor attendance will impact on learning
	90% Attendance	4 weeks of learning missed	
	85% Attendance	5½ weeks of learning missed	Very poor attendance. At risk of prosecution!
	80% Attendance	At least 7½ weeks of learning missed	





Revision Resources



Subject	Publication / Website
English	<ul style="list-style-type: none">BBC Bitesize http://www.bbc.co.uk/education/guides/z3ydv4j/revisionBBC Bitesize http://www.bbc.co.uk/education/guides/z8ydv4j/revisionWJEC website – resources and past papersUniversity of Bristol - http://www.bristol.ac.uk/arts/exercises/grammar/grammar_tutorial/index.htmGoogle ScholarGoogle BooksBBC Bitesize http://www.bbc.co.uk/education/subjects/zr9d7tyhttp://www.revisioncentre.co.uk/gcse/english/http://www.englishbiz.co.uk/ - great for revising the writing part of the Unit 02 exam. Look at the grammar, spelling, punctuation and writing articles areas of the website.http://www.s-cool.co.uk/gcse/english.html - has good sections on writing to describe and writing to persuade, argue and advise. Don't worry about the other sections.englishplus.com - site on English grammar; try the grammar slammer to help pupils gain full marks on the spelling/punctuation and sentence structure marking criteria.
Maths	<ul style="list-style-type: none">Past papers and topic questions: www.mathsdiy.comCorbettmaths: https://corbettmaths.comMr Hegarty - www.youtube.com/hegartymaths or http://www.hegartymaths.com/BBC Bitesize - http://www.bbc.co.uk/education/subjects/z6pfb9qMr Barton maths - http://www.mrbartonmaths.com/PiXL MathsApp
Science	<ul style="list-style-type: none">Educake - An excellent resource which gives students instant feedback. Work is set by teachers but also students can test themselves on topics that they are currently revising. Students will need their individual password to access this content. https://www.educake.co.ukGCSEPOD - This resource contains videos on every topic the students are studying in their GCSE course. Students will need their individual password to access this content. https://www.gcsepod.comGCSE Bitesize - A good resource with many videos and questions but make sure you are looking at the correct content as it does not have a section for WJEC double award. If you are studying separate science then ensure you pick the WJEC syllabus. The following links will take you to the correct area. Double Award and Applied Science can use these links also but speak with your teacher to check what topics you need to cover. Separate Biology - https://www.bbc.co.uk/bitesize/examspecs/zsw7frd Separate Chemistry - https://www.bbc.co.uk/bitesize/examspecs/z6pvkmn Separate Physics - https://www.bbc.co.uk/bitesize/examspecs/z83k6frWJEC Question Bank - When revising a topic this resource can be used to ensure that your answers are of appropriate quality to get all the marks. Search by subject and topic, like Educake then complete WJEC past paper questions and look at the mark schemes to identify areas for development. https://questionbank.wjec.co.uk/question-bank/question-search.html

Subject	Pubblication/Website
Art	<ul style="list-style-type: none">• http://sarahgraham.info/• https://www.paul-cezanne.org/• http://lichtensteinfoundation.org/• http://www.theartstory.org/artist-warhol-andy.htm• http://joelpenkman.com/• http://www.hollylevell.com/• https://www.pinterest.co.uk/pin/138626494756767129/?lp=true

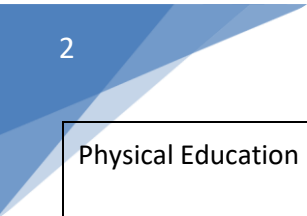
Retail Business	<ul style="list-style-type: none">• BBC Bitesize https://www.bbc.com/bitesize/subjects/zpsvr82• Tutor2u https://www.tutor2u.net/business/topics• BusinessEd https://www.businessed.co.uk/index.php/home/theory/gcse/edexcel-gcsetheory• BeeBusinessBee – You Tube - BTEC First Award in Business Playlist https://www.youtube.com/user/beebusinessbee/playlists
Drama	<ul style="list-style-type: none">• http://www.bbc.co.uk/education/subjects/zbckjxs• Book: ISBN 9781908682888 ‘WJEC/Eduqas GCSE DRAMA - Garry Nicholas

D&T Product Design	<ul style="list-style-type: none">• Pupils to access resources relevant to their specific course via the WJEC website listed below;• http://www.wjec.co.uk/qualifications/design-and-technology/• There are links to recommended websites and publications identified on these pages.• GCSE POD
D&T Food & Nutrition	<ul style="list-style-type: none">• Pupils to access resources via the WJEC website listed below;• http://www.wjec.co.uk/qualifications/food-and-nutrition/• There are links to recommended websites and publications identified on these pages.• GCSE POD
ICT	<ul style="list-style-type: none">• Pupils to access resources via the WJEC website listed below;• https://www.wjec.co.uk/qualifications/gcse-information-and-communication-technology• There are links to recommended websites and publications identified on these pages.• GCSE POD
Computer Science	<ul style="list-style-type: none">• Pupils to access resources via the WJEC website listed below;• https://www.wjec.co.uk/qualifications/computer-science-gcse• There are links to recommended websites and publications identified on these pages.• GCSE POD
Subject	Publication / Website

Geography	http://www.bbc.co.uk/schools/gcsebitesize/geography/ www.edmodo.com Revision Guide - My Revision Notes: WJEC GCSE Geography. ISBN 9781471887406
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History	WJEC Website – specific resources and past papers Edmodo – past papers, revision activities and resources produced by the department My revision notes: WJEC GCSE History ISBN: 9781510403833
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Religious Studies	<p>Books New Specification (Year 10 pupils) In house text book available on Edmodo / iBooks WJEC Religious Studies Unit 1 Religion and Philosophical themes –Hodder education (be aware this does not cover Hinduism)</p> <p>Books New Specification (Year 11 pupils) In house notes/ booklets also available on Edmodo WJEC Religious Studies Unit 2 Religion and Ethical themes- Hodder education (be aware this does not cover Hinduism)</p> <p>Teacher revision and lesson resources notes Available on Edmodo https://www.bbc.com/bitesize/examspecs/z3xvfcw (Christianity and Hinduism)</p>
Travel and Tourism	https://www.bbc.co.uk/bitesize/guides/zqk7hyc/revision/1 Student Book: BTEC Tech Award in Travel and Tourism Student Book (BTEC Tech Award Travel and Tourism)



Physical Education	WJEC Website http://www.wjec.co.uk/qualifications/physical-education/r-gcse-physical-education-from-2016/wjec-gcse-physical-education-spec-from-2016-e.pdf?language_id=1
Skills Challenge Certificate (WBQ)	WBQ bitesize http://www.bbc.co.uk/education/levels/z9wtgdm
Welsh	WJEC Website http://resources.wjec.co.uk (Select Welsh Second Language: KS4) Revision book: available to purchase from the welsh department Apps: Duolingo, Saysomething in Welsh, HWB, Apgeiriaduron (dictionary), www.clwb.org BBC bitesize: Welsh Second language GCSE
French	<ul style="list-style-type: none">WJEC Website http://resources.wjec.co.uk (Select French- KS4)Apps: Duolingo, HWBBBC bitesize: French GCSEGCSEpod, Linguascope (Password available on request)
Spanish	<ul style="list-style-type: none">WJEC Website http://resources.wjec.co.uk (Select Spanish- KS4)Apps: Duolingo, HWBBBC bitesize: Spanish GCSEGCSEpod, Linguascope (Password available on request)
MFL	BBC http://www.bbc.co.uk/schools/gcsebitesize French/German/Spanish Excellent website provided by the BBC, organized by skill (eg Reading or Listening) and then by topic http://www.bbc.co.uk/learningzone/clips/topics/secondary.shtml - video clips of French/German/Spanish people speaking about different topics. Exam boards http://www.wjec.co.uk/index.php?subject=57&level=7&list=paper 2012-2014 French/German/Spanish Listening and Reading papers but no audio http://www.aqa.org.uk/subjects/french/gcse/french-4655/past-papers-and-mark-schemes AQA GCSE French/German/Spanish Past Papers with the audio (the topics are very similar to WJEC) 01- Listening 02 - Reading Other websites https://www.senecalearning.com/ Vocabulary and grammar tasks on all of the GCSE themes. Ask your languages teacher which course to sign up to. http://www.wildfrench.co.uk/GCSEpapers/paperslist.htm Edexcel French GCSE Past Papers (the topics are very similar to WJEC) http://zut.languageskills.co.uk/intermediate/year10.html French/German/Spanish GCSE revision practice available after 4pm for free http://www.languagesonline.org.uk/ French/German/Spanish : grammar, topics and vocabulary practice www.quizlet.com/subject/spanish - French/German/Spanish vocabulary revision - just type in the topic you need to revise for a variety of games http://www.ashcombe.surrey.sch.uk/07-langcoll/02-MFL-resources.shtml French/German/Spanish A Surrey secondary school’s website with games and listening activities. Try the interactive quizzes. http://www.revisioncentre.co.uk/gcse/french/index.html French GCSE general revision site with revision advice http://www.tv5.org/index.php - Watch French TV https://www.linguascope.com/ See your Languages teacher for the login details. Extra vocabulary and games for reinforcing vocabulary learning.
Subject	Publication / Website

MFL	<p>BBC http://www.bbc.co.uk/schools/gcsebitesize French/German/Spanish Excellent website provided by the BBC, organized by skill (eg Reading or Listening) and then by topic http://www.bbc.co.uk/learningzone/clips/topics/secondary.shtml - video clips of French/German/Spanish people speaking about different topics.</p> <p>Exam boards http://www.wjec.co.uk/index.php?subject=57&level=7&list=paper 2012-2014 French/German/Spanish Listening and Reading papers but no audio http://www.aqa.org.uk/subjects/french/gcse/french-4655/past-papers-and-mark-schemes AQA GCSE French/German/Spanish Past Papers with the audio (the topics are very similar to WJEC) 01- Listening 02 - Reading</p> <p>Other websites https://www.senecalearning.com/ Vocabulary and grammar tasks on all of the GCSE themes. Ask your languages teacher which course to sign up to. http://www.wildfrench.co.uk/GCSEpapers/paperslist.htm Edexcel French GCSE Past Papers (the topics are very similar to WJEC) http://zut.languageskills.co.uk/intermediate/year10.html French/German/Spanish GCSE revision practice available after 4pm for free http://www.languagesonline.org.uk/ French/German/Spanish : grammar, topics and vocabulary practice www.quizlet.com/subject/spanish - French/German/Spanish vocabulary revision - just type in the topic you need to revise for a variety of games http://www.ashcombe.surrey.sch.uk/07-langcoll/02-MFL-resources.shtml French/German/Spanish A Surrey secondary school's website with games and listening activities. Try the interactive quizzes. http://www.revisioncentre.co.uk/gcse/french/index.html French GCSE general revision site with revision advice http://www.tv5.org/index.php - Watch French TV https://www.linguascope.com/ See your Languages teacher for the login details. Extra vocabulary and games for reinforcing vocabulary learning.</p>
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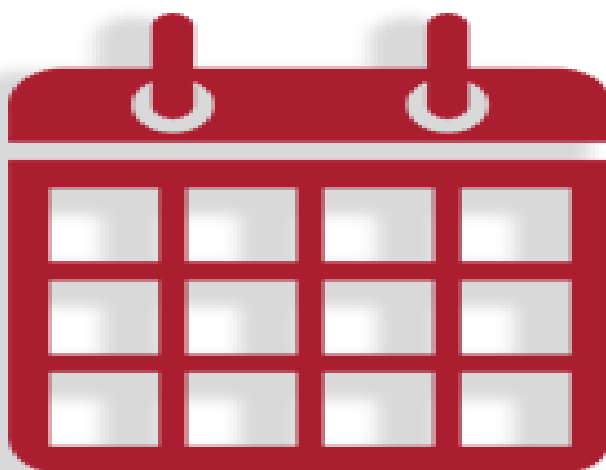
Number 2 Top Tip: Get them organised!

Support your child with getting organised to ensure that they have all the books, resources and equipment they need in order for them to have a positive and productive lesson. Some children need daily reminders to empty their bags of the day's handouts/notes, help with filing them, restocking lost equipment and getting ready for the next day. Supporting your child with getting organised means that they are prepared and ready for learning. Please contact your child's Leader of Wellbeing if you need support with sourcing equipment for your child.



It is also important for parents/guardians to work with the school and teachers in order to ensure that you understand and are aware of course structure/requirements, coursework deadlines along with dates of examinations and non-exam based assessments. Put key dates and deadlines in your own diary so that you can support before the “panic stage”. Also, try to attend all parents' evenings and information evenings so that you keep up to date with your child's progress and with school developments.

KEY DATES



Number 3 Top Tip: Create a study space!

In order to prepare thoroughly for assessments and examinations your child will need a quiet place to work along with resources that will support revision such as highlighters, post its and pads for making revision notes. It is also important that this study space has no distractions in order to enable your child to remain focused and on task.

The school can offer your child a quiet place to work with access to revision resources and materials if it is difficult for them to have a calm space at home to study and prepare for examinations/assessments.



Number 3 Top Tip: Help with revision

Being prepared is the key factor to success and students feel achievement when they know they have put the work in. Getting on with revision sooner allows students to study at their own pace rather than exhausting themselves a week or night before the big day. If done correctly, revision will increase your child's confidence, reduce stress and anxiety and they will be well prepared for their examinations.

What we do to support revision in school:

- Pupils will be provided with a variety of revision techniques that will support their learning
- Teachers will provide some revision materials and direct students to useful resources and support
- Additional revision sessions will be provided by subject teachers as students approach the exam period
- Additional support will be provided to students who are at risk of underachieving
- Some tutor time will focus on revision methods, with time to practise these methods
- The importance and benefit of revision is reinforced regularly to students
- We will continue to offer high level pastoral support to ensure your child's wellbeing



How you can support your child at home

✓ Help your child make a revision timetable

The key to helping your child revise is to break it down into small, manageable chunks to incorporate into a timetable. Attention span for teenagers is between 10 – 20 min (Wilson et al 2007), therefore, short, regular sessions are more productive.

Revision Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							
22:00							
23:00							

✓ Ensure they have a quiet place to revise.

Creating a study space where they can focus solely on their revision is essential for their concentration and productivity.



✓ Explore plenty of revision techniques

Ensure you and your child make revision active. It's not just about reading notes. Revision is recalling information therefore, explore techniques that enable your child to remember the key points/facts. Different strategies will work for different students.



Flash cards



Revision jotters



Websites

GCSE SCIENCE

Other revision websites

■ BBC Bitesize

<http://www.bbc.co.uk/schools/gcsebitesize/science/21c/>

■ S-Cool

www.s-cool.co.uk/gcse

■ Skoool

<http://lgfl.skoool.co.uk/keystage4.aspx?id=314>

■ Text book available on the VLE



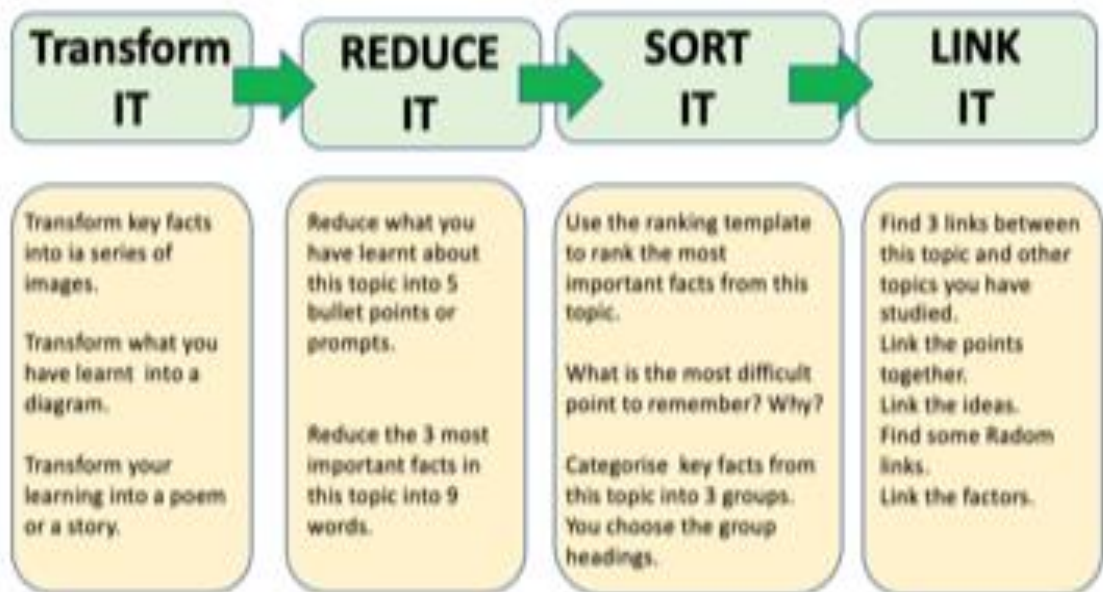


PiXL Re-visit



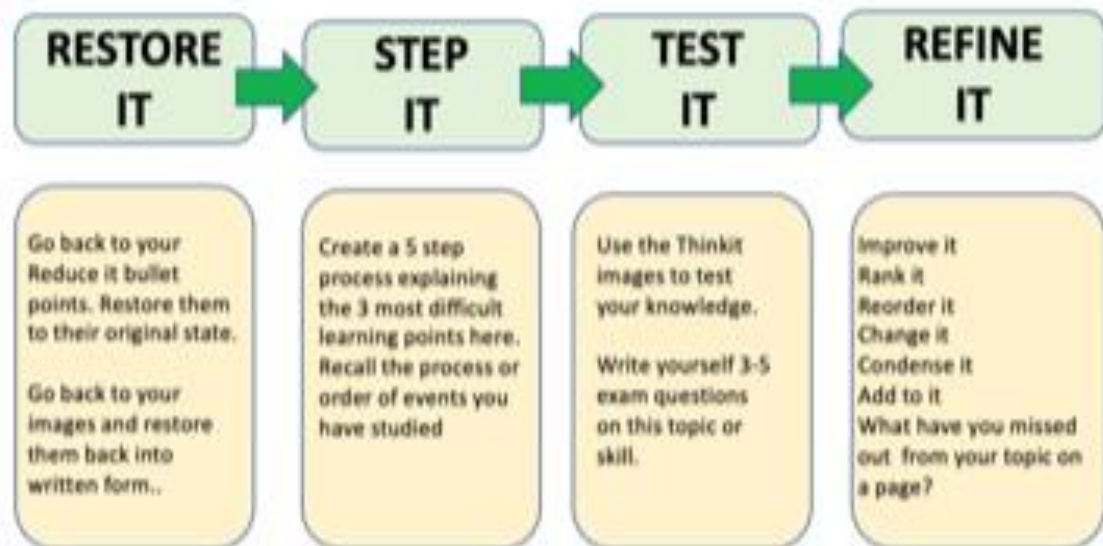
Process

PiXL Re-visit



Download

PiXL Re-visit



Condense and Summarise




PiXL Revisit: Prioritise - Significance and Importance

Unit/Topic:

Notes:	Key Facts, Dates, Words, Vocab:	Number of Priority:
1. <div></div>	<div></div>	<div></div> WHY?
2. <div></div>	<div></div>	<div></div> WHY?
3. <div></div>	<div></div>	<div></div> WHY?
4. <div></div>	<div></div>	<div></div> WHY?
5. <div></div>	<div></div>	<div></div> WHY?

6



PiXL Revisit: Examine It

NOTES

Topic:

1.

2.

3.

4.

5.

6.

Key Words

Key Dates

Key Facts

Key Quotes

Key Formulae

Exam Question

GCSEPOD is an education publisher producing all of its resources online for your child to access on any digital device on demand. The resources cover a breadth of subjects and the easy to use website will allow your child to have access to revision apps and pods - teaching your child everything they need to know. The school will provide your child with more information on GCSEPod during form tutor period and assemblies.

Premier partner

ASCL Association of School and College Leaders

SUPPORTING YOUR CHILD THROUGH THEIR GCSES

GCSE examinations can be a worrying prospect for your child and they will be under a great deal of pressure with deadlines and examination preparation. Here's how you can help.

POSITIVE START TO THE DAY

The beginning of the school day can be a rush for everyone. Here are some tips for a routine in the morning and evening to help the day start smoothly and with minimum stress.

The night before
Encourage your child to pack their school bag and lay out their uniform before going to bed each evening. Check for letters home, permission forms or homework diaries to sign as this will help avoid early morning panic and items being forgotten.

Breakfast
Try to make sure your child eats breakfast. This provides essential energy and will help him or her perform better at school.

Don't rush
Allow plenty of time for your child to get to school - build extra time into your morning routine so that if there are transport or other problems, he or she won't be late for registration.

ENSURE YOU ARE KEPT INFORMED

Signing up to the schools Facebook, Twitter, text and email communications can ensure you have a better understanding of what's actually going on in school and what teachers are communicating to both students and parents.

PROVIDING ALL-ROUND SUPPORT

The best way to support your child during this stressful time is to make home life as calm and pleasant as possible. Try not to nag or make too many demands. Arguments are counter productive and will only add unnecessary stress. Make sure there are plenty of healthy snacks in the fridge and try to provide good, nutritious food at regular intervals. Encourage your child to join family meals, even if it's a busy revision day - it's important to have a change of scene and get away from the books and computer for a while. Also encourage your child to take regular exercise to help clear the mind.

HOMEWORK

Homework can often feel like a chore, and there are a million things your child would rather be doing! However, in years 10 and 11 your child should aim to do from 90 to 150 minutes of homework per day. Though this work is done independently, your interest and input is still important and helps your child to do well. Ask your child if there's anything you can do to help with homework. Discuss the organisation of the work. If your child has several assignments due in on the same day, suggest they space the work out rather than leave it all until the night before.

- ✓ **Set up the perfect study space**
Provide somewhere that's well lit, not too hot or cold, with enough space for all their materials and without distractions.
- ✓ **Choose the best time to work**
Will they get their homework done better and faster if they do it right after school? Pick the best time and help them stick to it.
- ✓ **No homework right before bed**
Doing homework right before bed can stress them out and mess with their sleep patterns. Help them get it done earlier and enjoy their rest.
- ✓ **Start with the most difficult**
Starting with the biggest or most difficult and then moving on to the easiest parts will make it seem much less of a chore.
- ✓ **Plan ahead**
If they have a large project coming up help them work out realistically how long it is going to take and schedule when it can be done to avoid last minute panic.

REVISION

The secret to doing well in exams lies in planning. You can help your child to create a clear revision plan and method of studying that will make them feel in control of their work.

- ✓ Work out a revision timetable for each subject
- ✓ Break revision time into small chunks - hour-long sessions with short breaks at the end of each session often work well
- ✓ Condense notes onto postcards to act as revision prompts
- ✓ Buy new stationery, highlighters and pens to make revision more interesting
- ✓ Go through school notes with your child or listen while they revise a topic
- ✓ Time your child's attempts at practice papers

THE DAY OF THE EXAM

It's important to get a good night's sleep before an exam, so discourage your child from staying up late to cram. Make sure he or she eats a good breakfast on the morning of the exam and get them there with plenty of time. Reassure them that although you want them to do well no matter what happens you are very proud of them.

"I can genuinely say that my daughter could not have managed without GCSEPod. I only wish that I'd known about GCSEPod when her GCSEs began, as I know that if she'd used it to reinforce her learning after each topic area, the impact would have been even greater."

Lisa Chappell, Parent

HOW CAN GCSEPOD HELP?

We understand how important it is for you to support your child during their GCSEs, so we've created a page full of useful advice, guidance and resources, especially for you!

- ✓ GCSEPod makes it easy to understand the subject knowledge your child is learning.
- ✓ Log into your child's account to monitor homework and any areas in which they may be struggling.
- ✓ Monitor your child's progress for every subject throughout the year.
- ✓ Our support team is on-hand to answer your questions even during school hols!
- ✓ The parents page on our website is packed full of useful resources to help and support both you and your child.

PARENTS GUIDE TO ENCOURAGING GOOD TECH HABITS

Manage your child's online habits with these top tips.

1

SET GUIDELINES

It's really important to set guidelines for usage, screen time limits and restricting access to certain sites.

2

CHECK YOUR SETTINGS

All internet providers offer settings which you can alter and change. Make sure these are set appropriately so your child doesn't accidentally access any dangerous sites.

3

HAVE A CHAT!

Whether you're dropping your child off at school or having dinner, talk to your child and see what they find interesting online.

4

HELP THEM COMMUNICATE

Chatting to their friends is a great way to share experiences and dangers that their peers may have come across.

5

ENCOURAGE A MULTI-SCREEN BAN

It may be a good idea to start the initiative where your child can only watch one screen at a time so they understand limits.

6

PRIVACY IS IMPORTANT

Social media and the internet can be a minefield when choosing what is appropriate to upload and share. It's important for your child to understand the risks of posting private data, images and videos.

7

THINK BEFORE YOU CLICK

Emphasise the phrase 'think before you click' to your child. It's important that they understand the dangers of the internet.

8

LEAD BY EXAMPLE

It's essential to be a good role model for your child. Make sure you are not spending too much time looking at different screens

gcsepod.com

info@gcsepod.com

0191 338 7830

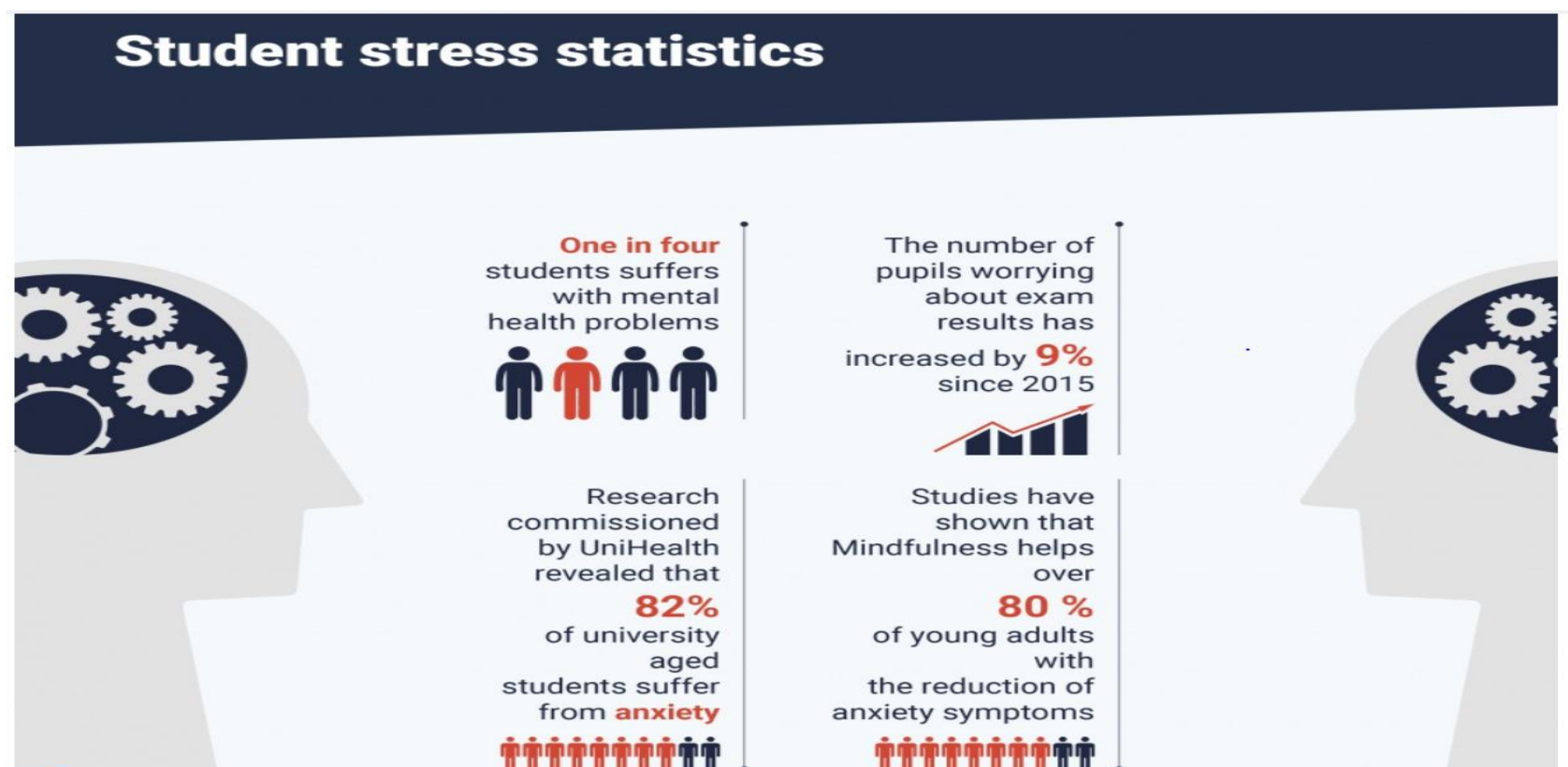
✓ Get involved

Testing, quizzing or discussing revision topics is a great way for you to get involved and help your child learn key information.



Coping with stress and anxiety

Key Stage 4 can be an intense period and it is inevitable that many students will feel a certain degree of anxiety and stress. You don't have to become a "super parent" just be supportive. Try to make home life as calm as possible and make other family members aware that your child is under pressure.



What to look out for...

- Feeling tense – this may be seen as muscle aches
- Getting lots of headaches and stomach pains
- Not sleeping well
- Irritability
- Loss of interest in food or eating more than normal
- Not enjoying activities they previously enjoyed
- Seeming negative or low in mood
- Worrying more
- Feeling that the future seems hopeless



Number 4 Top Tip: Help them manage their feelings, stress and anxiety effectively.

Your support and encouragement can make a huge difference to your child's ability to cope with the academic and emotional demands of Key Stage 4. Regular check-ins to listen to their worries, help them manage their emotions and solve their problems will support your child's wellbeing and enable them to develop resilience and motivation to keep going when things get tough.

Many students in Key Stage 4 will fall behind, feel de – motivated or overwhelmed and struggle with the balance of school demands. During your check-ins, encourage your child to talk about school honestly. Take the opportunity to discuss with them how they are getting on with each subject and if there are any difficulties you can help with. If your child seems overwhelmed or unusually stressed then ask how they are managing and whether they would like support to find a solution.

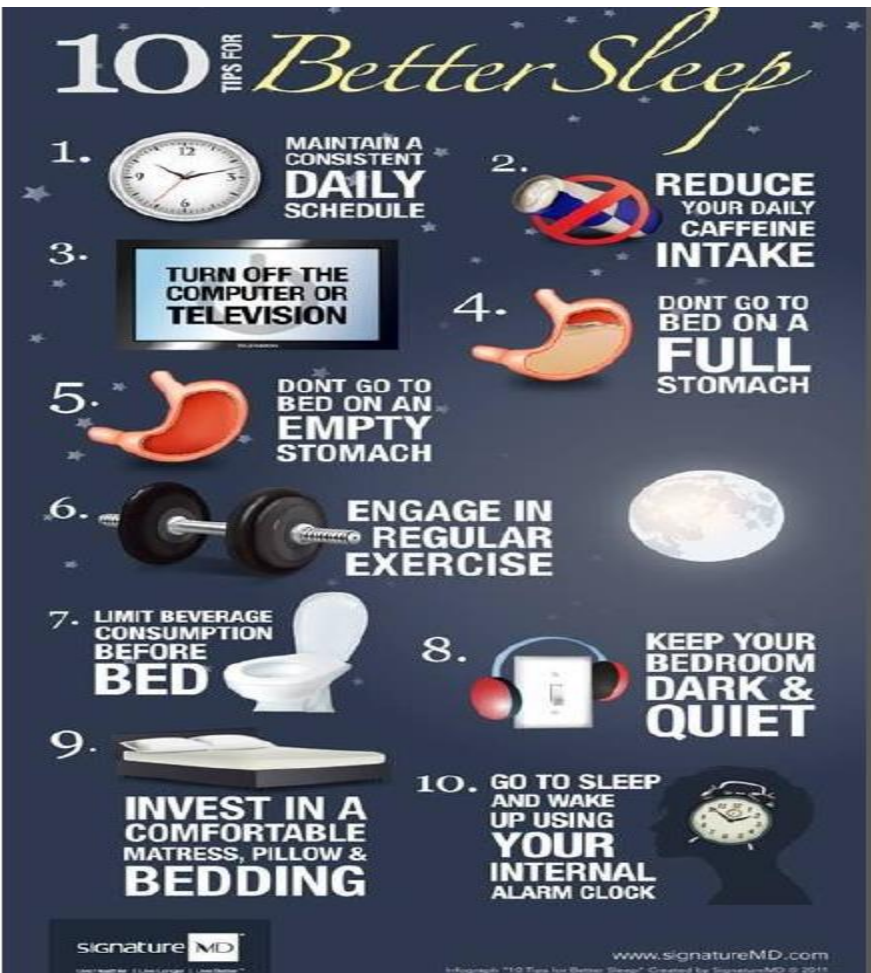
A degree of anxiety and stress is normal and actually necessary for successfully tackling exams however, you know your child best and any marked changes in behaviour are worth checking out. Talking to your child about anxiety and explaining how anxiety can impact our bodies, our thoughts, feelings and behaviours may help them understand more about managing their emotions and develop their coping strategies.

It is important that you let your child's Leader of Wellbeing know if your child is experiencing difficulties in order for your child to receive the correct support in school and in lessons.



What will help!

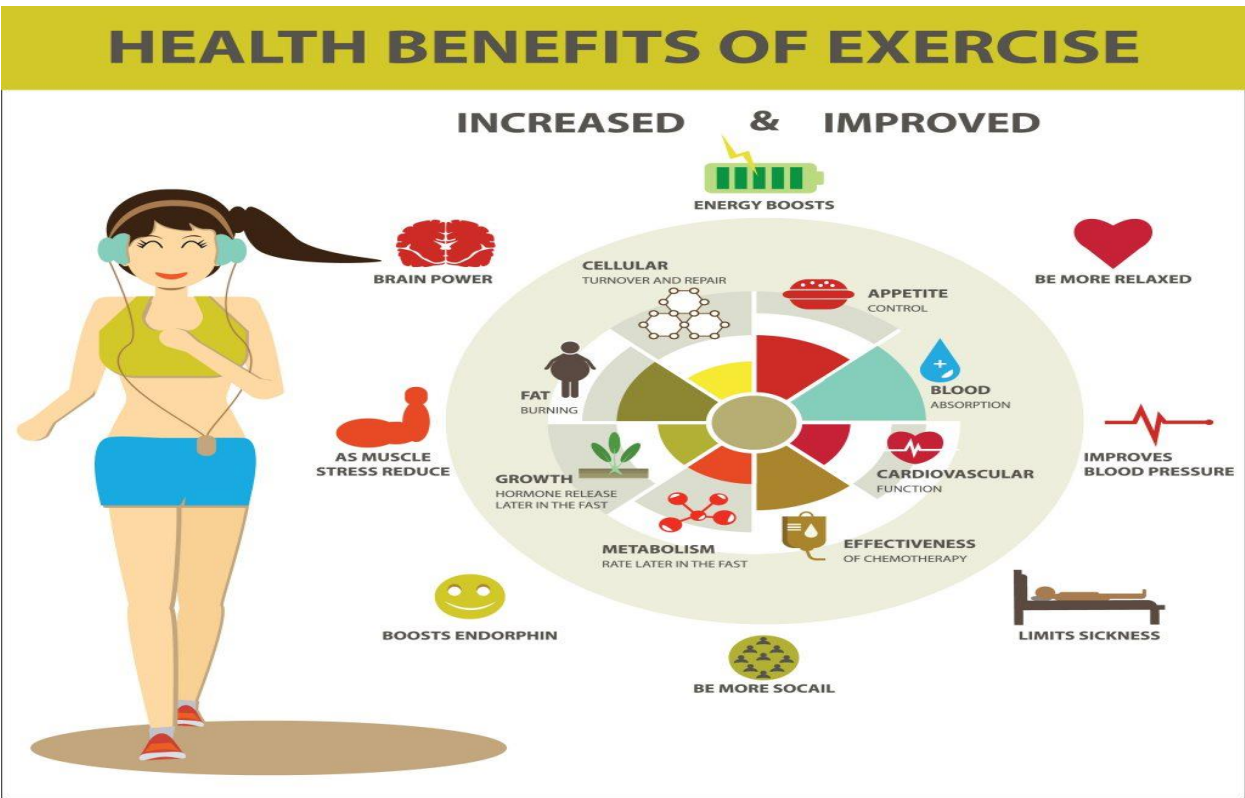
- **Sleep** – Most teenagers need between 8 – 10 hours a night. The brain needs around 30 minutes to wind down after studying/looking at a screen. This needs to be factored into bedtime routines. A regular sleep pattern is proven to reduce stress and improve wellbeing.



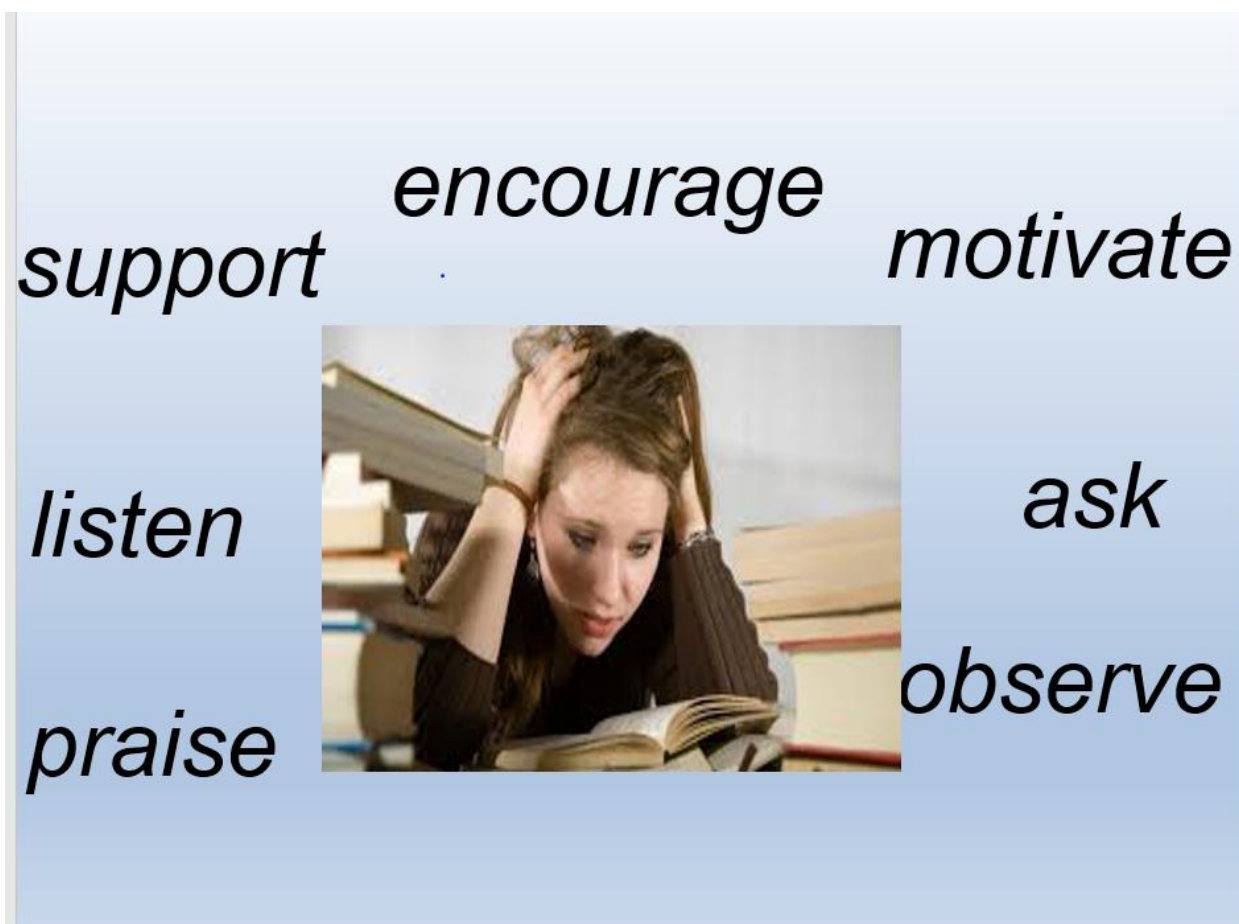
- **A healthy diet** – certain foods boost brain power and moods



- **Exercise** – physical activity has many proven benefits for stress reduction. It can also boosts mood, confidence and improve sleep quality.



- **Emotional support** – Let your child know that you are there to listen to any worries or concerns they may have. Whilst you will want your child to do their absolute best, it is important not to put too much pressure on them to achieve a certain grade.



"It may not be easy, but it will be worth it!"



