

# Year 11 March Exams

Monday			
Mon 19 <sup>th</sup> March	09:00	1 hour 30 minutes	Maths
Mon 19 <sup>th</sup> March	12:30	1 hour 45 minutes	Chemistry
Tuesday			
Tue 20 <sup>th</sup> March	09:00	1 hour 45 minutes	English Language
Tue 20 <sup>th</sup> March	12:30	1 hour 45 minutes	Physics
Wednesday			
Wed 21 <sup>st</sup> March	09:00	1 hour 30 minutes	Maths
Wed 21 <sup>st</sup> March	12:30	1 hour 45 minutes	Biology
Thursday			
Thu 22 <sup>nd</sup> March	09:00	2 hours	English Language
Thu 22 <sup>nd</sup> March	12:30	1 hour 45 minutes	Chemistry
Friday			
Fri 23 <sup>rd</sup> March	12:30	1 hour 45 minutes	Physics

*Extra time entitlements will add 25% extra to the times above*

## Getting prepared

- Check seating plans in student reception & the dining hall for start times and where you will be sat

## AM exams

- Subjects will be delivering booster sessions before each morning exam from 8:00 up until the 8:50 when you will head to the exam room
- A booster breakfast will be provided in your teaching room

## PM exams

- Year 11 lunch-times this week will be at 12:00 so that afternoon exams can start at 12:30

## Supporting you through the exams

- If you have a question about exams and preparation, please ask, staff are here to support.

## Revision

- Use your exam time-table and tailor your revision sessions to prepare for upcoming exams
- Use your revision guides from lessons and the resources from the revision evening that is on the academy website

## Stress busting tips

- Use the Exam Preparation Menu – *over the page*
- Have your exam time-table and revision time-table prepared and stick to it
- Understand what revision techniques work for you
- Plan breaks & have 'me' time
- Don't forget to eat and stay hydrated!
- Speak to all staff, all adults in the academy are here to help relieve the pressure

***Belief + Hard Work + Support = Success***

***#Do Well***

# Exam preparation menu

*OAN is All Inclusive – Take as much as you can!*

## **Breakfast boosters**

*Head down to your subject and participate in high-quality exam preparation from 7:45, ready for your exam at 9:00. A breakfast will be provided to help set you up for the day.*

## **After-school sessions**

*Attend your compulsory after-school session, but you can also attend any session as enrichment. One hour of a teacher led enrichment session is worth double an independent revision session.*

## **Library revision**

*The library will be open to Year 11 and 6<sup>th</sup> Form students 2:30 - 5:30 Monday to Thursday from now until the end of the exam season. Use it as a quiet place to study and prepare without distraction.*

## **Resource market place**

*Teachers have provided high quality independent English & Maths resources opposite the English & Maths offices for you take away. Speak to staff if you need support with any of the resources.*

## **Lost a resource**

*Don't worry, and certainly don't go without. If you have lost and need copies of revision resources, let staff know so that we can replace and get you back on track quickly.*

## **Exam stress & anxiety psychology techniques**

*Feeling the pressure, it's normal; don't be worried about asking for help. Mrs Miller & Miss Lawson are running a series of practical psychology techniques for helping with exam stress and anxiety. Speak to Mr Roberts, Mr Scruby or Mrs Miller to join a session*

## **Sport release**

*We recognise you are working hard, and everyone needs a release, and it's good for you! We are offering sporting facilities from 3:30 - 4:30 but we need to pre-book. If you would like to arrange a sports-hall football session or a gym session, or have other sporting ideas; Speak to Mr Roberts or Mr Scruby. Not just sport, consider other enrichments to unwind and re-focus - speak to Mrs Miller if you would like to be involved in groups such as the Prom Committee.*

## **Holiday boosters**

*During the Easter holiday there will be a comprehensive list of targeted booster sessions. If you haven't been targeted but would like to attend, ask your subject teacher to be added to the list. We have planned for Monday - Thursday in the first week, so you can plan your other activities around exam preparation.*

***Belief + Hard Work + Support = Success***

***#Do Well***