

Year 11 Expectations Evening 2024

Welcome

BLESSED EDWARD OLDCORNE
CATHOLIC COLLEGE





College Prayer

*God our Father,
You filled Blessed Edward Oldcorne
with the strength and courage to be a
witness to Christ,
and in doing so he became a martyr.
Grant us a share in that same strength,
that we may daily take up our cross
and follow you.
Amen.*



Top City
School

We know what
we are doing.

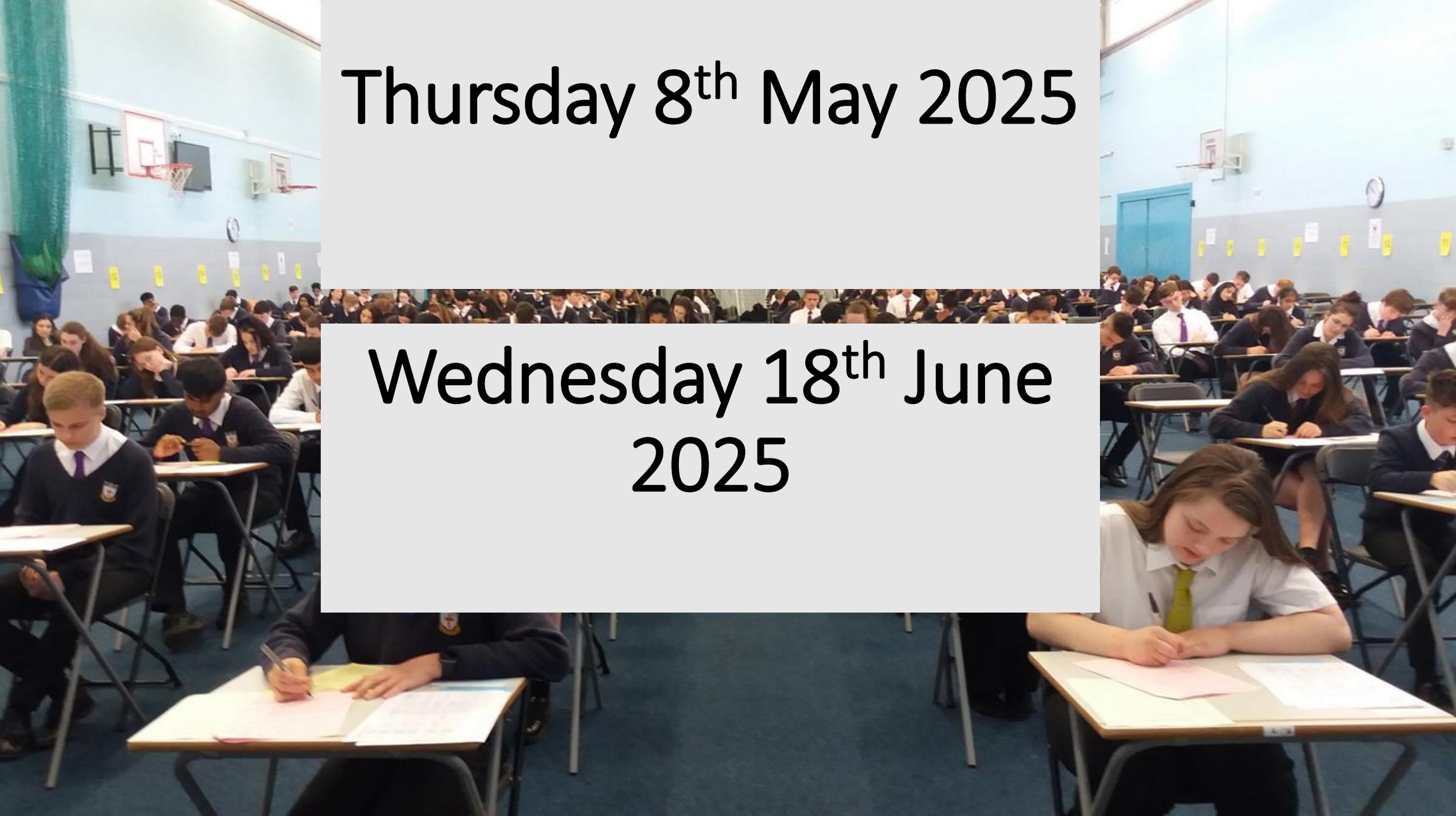
We know what
works.

Top 20% of
schools
nationally

On average
students leave
with a GCSE
grade 5 or better
in all subjects

99% of students
go onto to post
16 provider or
employment

85% students
pass English
83% Students
pass Maths



Thursday 8th May 2025

Wednesday 18th June
2025

Overview of year 11 – key dates

First Mocks – 11th November 2024

Parents Evening (in person) – 4th December 2024

Second Mocks – 10th March 2025

First GCSE Exam Thursday 8th May 2025

#winyourpersonalrace2024

Tiers of Entry

Foundation

1-5

Maths

MFL

Higher

4-9

Core & Triple Science

*Your results slip will NOT have the words
foundation or higher on them*

PARENT SUPPORT



Priceless



Professor Charles Desforges

Parent Involvement

- ▶ **The more involved parents are in their child's education, the more likely the child is to succeed in school.**
- ▶ **Research shows that parent support is more important to school success than a student's IQ, economic status, or school setting.**



• EXPECTATIONS •

2 hours
revision
per night



Students who succeed...

Do lots of
exam question
practice

Do non-
required
work

Make high
quality notes

Have goals

Believe they
can succeed

Revision needs to be a concrete everyday habit





Week beginning _____

DAY \ TIME						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

**Follow your school
timetable**

Music





what
works

Select a topic and write down everything you know about it.



Check your notes
and fill in anything
you missed.

BASES & ALKALIS

AN INTRODUCTION

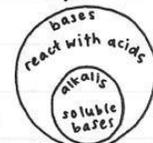
definition:

a substance which reacts with an acid to produce a salt and water only, and are metal hydroxides or metal oxides

- contains either oxide ions, O^{2-} , or hydroxide ions, OH^-

PHYSICAL PROPERTIES

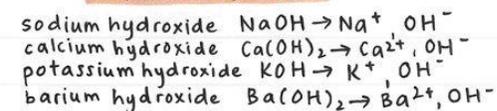
- slippery to the touch in aqueous solution
- taste astringent
- red litmus \Rightarrow blue
- mostly insoluble
- bitter taste, feel soapy
- dissolve in water
- good conductor of electricity
- soapy to the touch
- corrosive if concentrated



COMMON BASES

sodium oxide	Na_2O
zinc oxide	ZnO
copper(II) oxide	CuO
magnesium hydroxide	$Mg(OH)_2$
aluminium hydroxide	$Al(OH)_3$

COMMON ALKALIS



ALKALIS

definition:

a compound that is a soluble base, and produces hydroxide ions, OH^- , as the only negative ions when dissolved in water

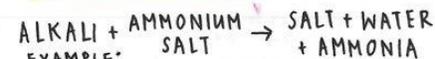
- usually group I metal oxides and hydroxides

reactions CHEMICAL PROPERTIES

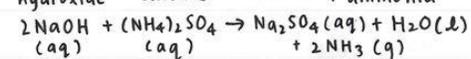
ACID (neutralisation)



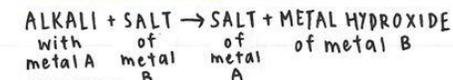
AMMONIUM SALT



EXAMPLE:
 sodium hydroxide + ammonium sulfate \rightarrow sodium sulfate + ammonia

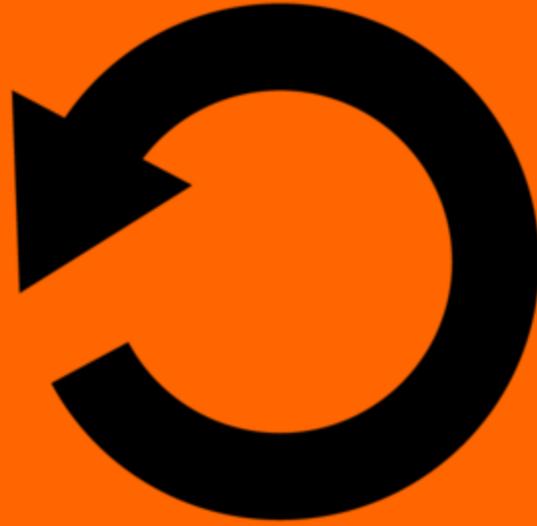


METAL SALT



EXAMPLE:
 sodium hydroxide + copper(II) sulfate \rightarrow sodium sulfate + copper(II) hydroxide
 $NaOH(aq) + CuSO_4(aq) \rightarrow Na_2SO_4(aq) + Cu(OH)_2(s)$

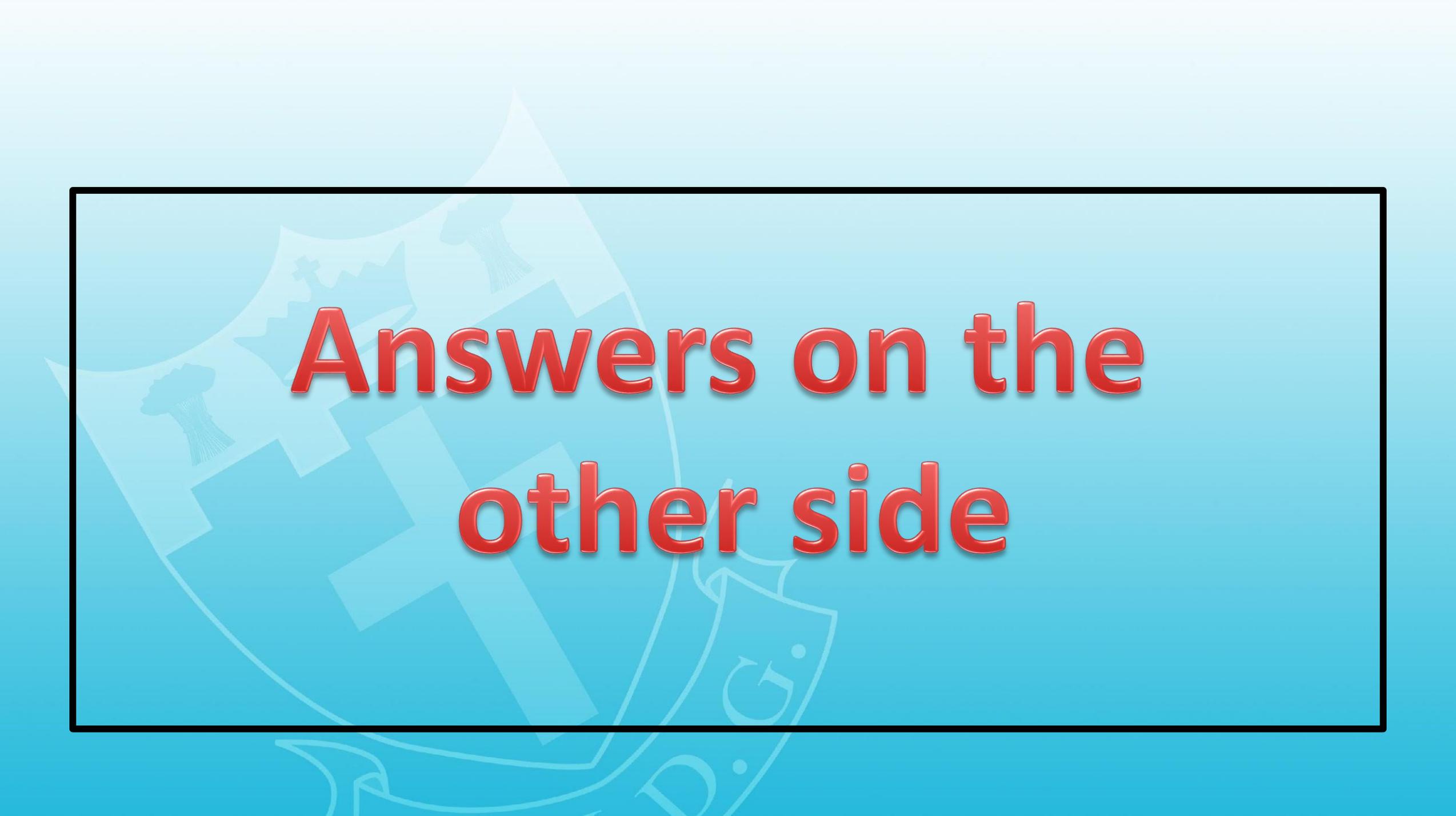
if insoluble in water, resulting metal hydroxide appears as a precipitate!



REPEAT



**Questions on
one side**



**Answers on the
other side**

2 hours
revision
per night



After school revision sessions

Revising at home

Revision support
for targeted
students

Revising in
timetables lessons

Each Department will have a different approach
to after school revision

What factors affect our ability to perform?

Exercise
Nutrition
Sleep

No matter how much revision you have done, you can improve your performance by working on these areas.



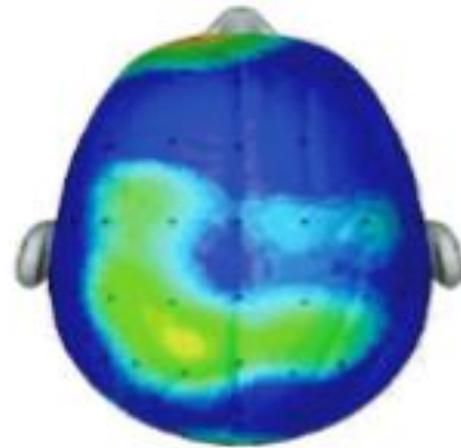
The effects of physical activity on our brains

Exercise has been **proven** to help **increase memory quality**, another key factor for success in examinations.

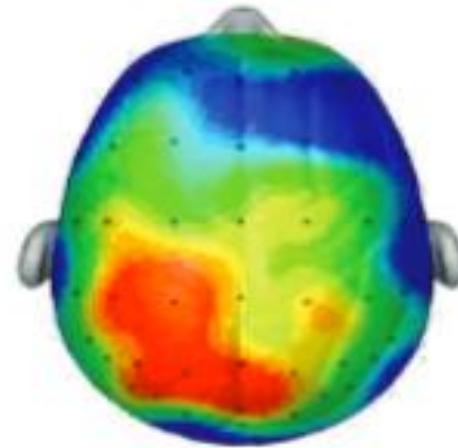


The effects of physical activity on our brains

Composite of 20 student brains taking the same test



After sitting quietly



After 20 minute walk

Red areas are very active; Blue areas are least active

Nutrition



Nutrition: Getting it wrong

It may seem a simple and small tweak to make, but if we make the wrong decisions about our nutrition, we may:

- feel **sluggish** and **lack energy**
- have **lower** levels of **concentration**
- our **energy** levels may **crash.**

HARIBO IS NOT A FOOD GROUP



AVOID “NAKED SUGAR”



Nutrition: Power to Perform – Preparation

Breakfast.

Try to eat foods with slow-release carbohydrates, such as **porridge, whole grain bread or muesli**. Add proteins into the mix to help keep you fuller for longer, for example **milk, yoghurt or eggs** if you have time!

If you aren't a 'breakfast person' experiment with smoothie recipes that use **oats and protein-rich ingredients** which may be easier to stomach!

AVOID “NAKED SUGAR”



Nutrition: Power to Perform

– Energy levels

Lunch

Aim to keep your **blood sugar** and energy levels **stable** by eating a combination of whole grain carbohydrates, proteins and healthy fats such as sandwiches, jacket potatoes, pasta etc.

Nutrition: Power to Perform – Re-hydrate



Nutrition: Power to Perform

– Focus fuels

Snacks

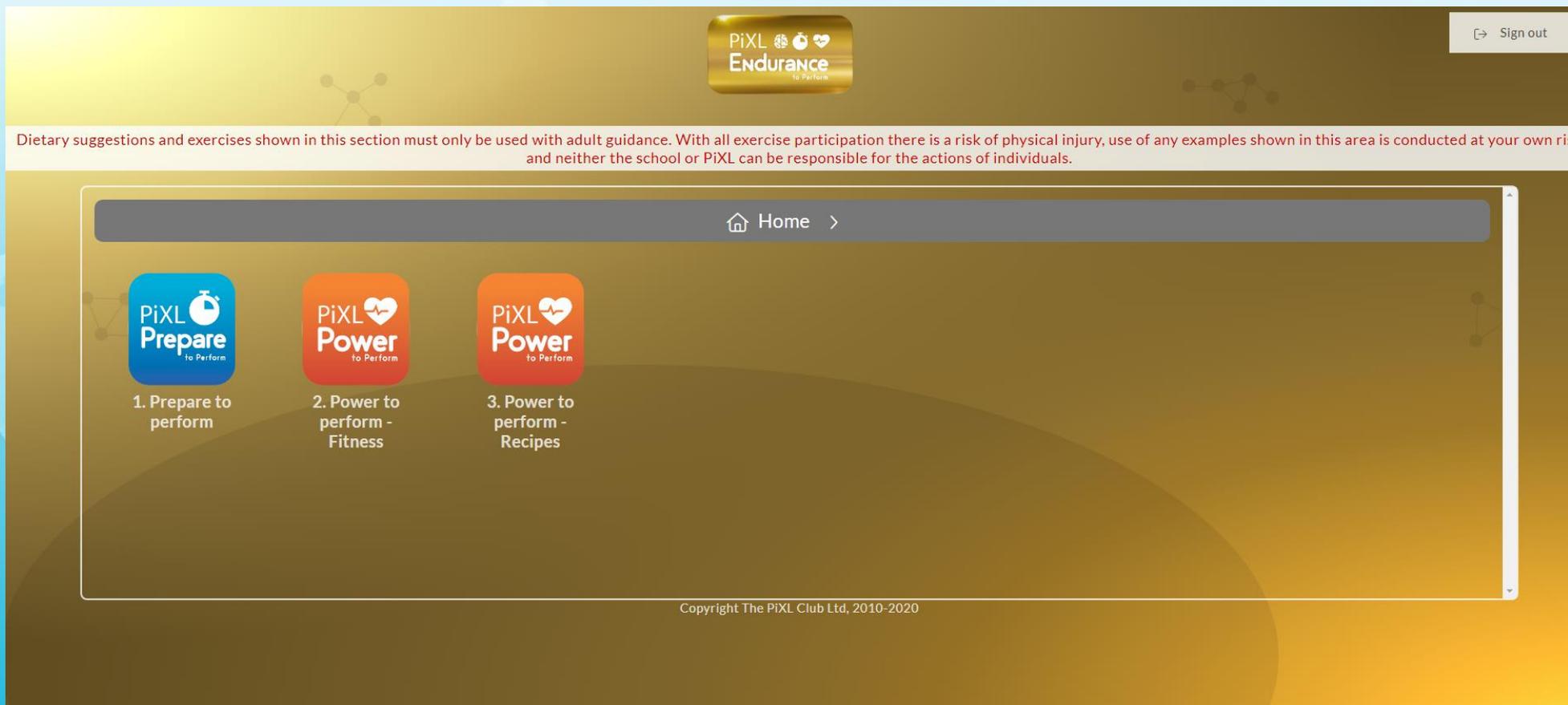
- fresh and dried fruit
- nuts
- seeds
- peanut butter and rice cakes
- non-sugary popcorn
- 0% fat yoghurt
- avocado
- a small amount of dark chocolate.

AVOID “NAKED SUGAR”



PIXL – Endurance

link on the Year11 revision page



The screenshot shows the PiXL Endurance website interface. At the top, there is a navigation bar with the PiXL Endurance logo on the left and a "Sign out" button on the right. Below the navigation bar is a disclaimer: "Dietary suggestions and exercises shown in this section must only be used with adult guidance. With all exercise participation there is a risk of physical injury, use of any examples shown in this area is conducted at your own risk and neither the school or PiXL can be responsible for the actions of individuals." The main content area features a breadcrumb trail "Home >" and three main menu items: "1. Prepare to perform" (with a blue icon), "2. Power to perform - Fitness" (with an orange icon), and "3. Power to perform - Recipes" (with an orange icon). At the bottom of the page, there is a copyright notice: "Copyright The PiXL Club Ltd, 2010-2020".

Sign out

PIXL Endurance
to Perform

Dietary suggestions and exercises shown in this section must only be used with adult guidance. With all exercise participation there is a risk of physical injury, use of any examples shown in this area is conducted at your own risk and neither the school or PiXL can be responsible for the actions of individuals.

Home >

PIXL Prepare
to Perform

1. Prepare to perform

PIXL Power
to Perform

2. Power to perform - Fitness

PIXL Power
to Perform

3. Power to perform - Recipes

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CHILLI CON CARNE WITH JEWELLED RICE



CHICKPEA AND VEGETABLE CURRY



A DIFFERENT FISH FINGER SANDWICH

PiXL Endurance – On Y11 revision page



MEXICAN CHICKEN ENCHILADAS



PEANUT CHICKEN AND NOODLES



FLORENTINE PIZZA

Sleep



Why is sleep important?

If we don't get enough sleep, we risk reducing our:

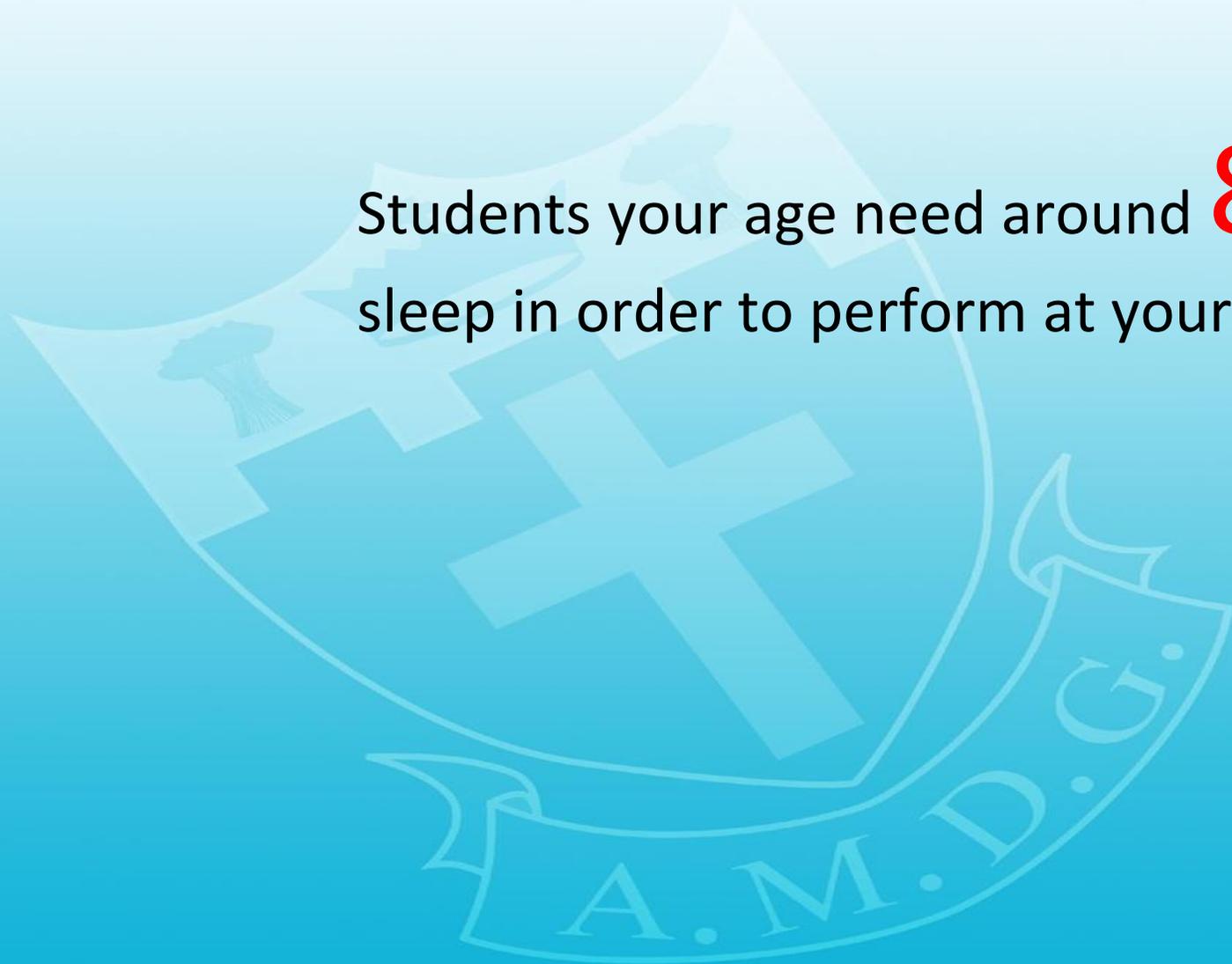
- decision-making skills
- memory
- concentration and efficiency
- alertness
- awareness and ability to respond effectively to situations
- reaction and thinking times.

2 hours
revision
per night



Why is sleep important?

Students your age need around **8 hours** sleep in order to perform at your very best.



INSTAGRAM is NOT a
bedtime activity

PS4 is NOT a bedtime
activity

FACETIME is NOT a
bedtime activity

How can we 'wind down' before bed?

- Turn your phone off!
- Listen to music
- Turn your phone off!
- Read a book (for enjoyment!)
- Turn your phone off!
- Get some fresh air by taking a relaxing walk.
- Turn your phone off!
- Have a bath.
- Turn your phone off!



**TURN
YOUR PHONE
OFF**

**AVOID
“NAKED”
SUGAR**

**TAKE A
WALK**

2 hours
revision
per night



GET
INVOLVED!

#winyourpersonalrace2024





Be
Here!

98%

On Time, All Day, Every Day

ATTENDANCE COUNTS

School
Counselor

Form
Tutor



Emotionally
available
adult

Mental Health
First Aiders



OPEN EVENTS

Wednesday 7th May

- Year 11 celebration Mass
- Pre exam session in the sports hall



8th May





HALF TERM
IS HERE



STUDY
LEAVE



**STUDY
LEAVE**

Not guaranteed
Targeted students
will be asked to come
into school for
revision support

Thursday 19th June - Wednesday 25th June



You **MUST** be
available
in case of an exam
has to be
rearranged

**You can not sit
a missed exam
in this time**



Wednesday 16th July

Leavers Prom

Thursday 21st August – Results Day

From 9am

Further info to follow

Leave stamped SAE to be posted

Letter if you would like emailed from Mrs Hickman

Permission to someone else to collect them

Help and support on the day

**We cannot send
results
to non-UK emails**

Series: (All)
Year: 11
Reg. Group: 11G
ULN: 7446089384

Grd1	Grd2	Mark Equiv	End1	End2	Points
D					34
D					34
B		213			46
F		153			22
D		117			34
E		139			28
D		104			34
D		226			34
D		218			34
		58 c			
		63 b			
		92 b			

BLESSED EDWARD OLDCORNE

CATHOLIC COLLEGE



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BLESSED EDWARD OLDCORNE

CATHOLIC COLLEGE



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Curriculum

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Mrs K Hickman
Exam Officer

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If in doubt - contact us

Revision – Year 11

www.blessededward.co.uk



[Students

[Exam dates and revision all year groups

[Year 11

[Post Results Services](#)

[Mock Revision Subject Guides](#)

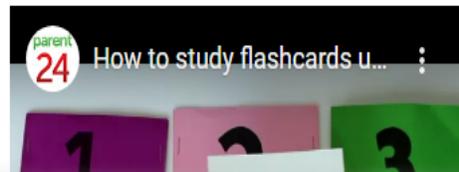
[Recall Test](#)

[First Mocks](#)

[Second Mocks](#)

[Personal Learning checklist](#)

[Summer 2022 adaptations](#)



Expectations we have for our Year 11 students

- Turn up on time
- Work hard in lessons
- Work hard at home
- Be present
- Be people of good character



Loving
Prayerful
Hopeful
Kind
Respectful
Honest
Grateful
Just
Giving
Knowledgeable
Curious
Resilient