



Welcome to Year 11 Parent Forum

Mr Mepham – Head of School

Mr Gilbert – Assistant Head Teacher

Ms Richardt – Head of Year 11

What is your ambition?



Why are we doing this?

Quote by Andrew S. Grove- Only The Paranoid Survive- ex-CEO of Intel

'The sad news is, nobody owes you a career. Your career is literally your business. You own it as a sole proprietor. You have one employee: yourself. You are in competition with millions of similar businesses: millions of other employees all over the world. You need to accept ownership of your career, your skills and the timing of your moves. It is your responsibility to protect this personal business of yours from harm and to position it to benefit from the changes in the environment. Nobody else can do that for you.'



When?

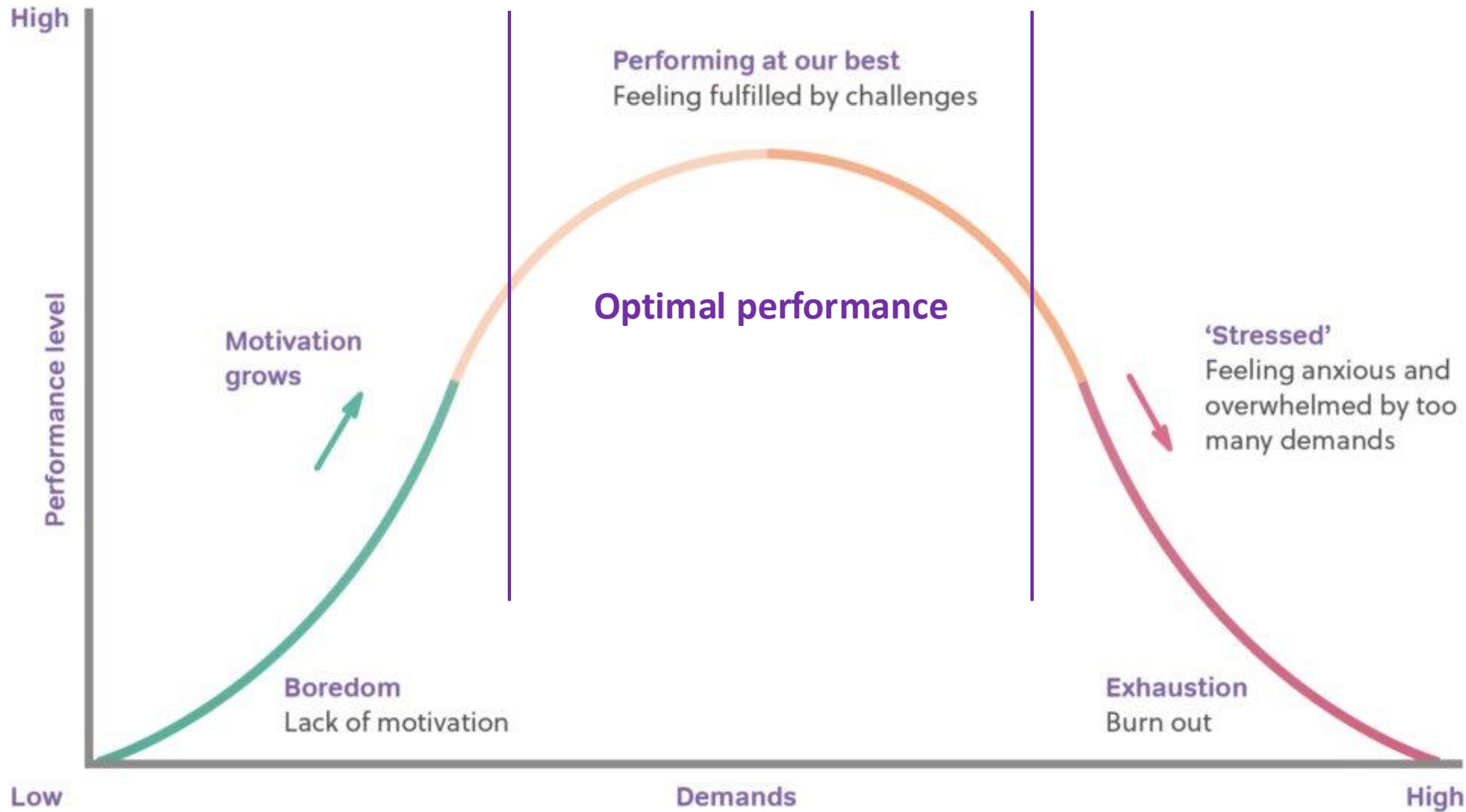
34 weeks, **5** days, **3** hours, **34** minutes, **15** seconds

to the start of the GCSE exams

That's 21870 or 364



We want some stress though...



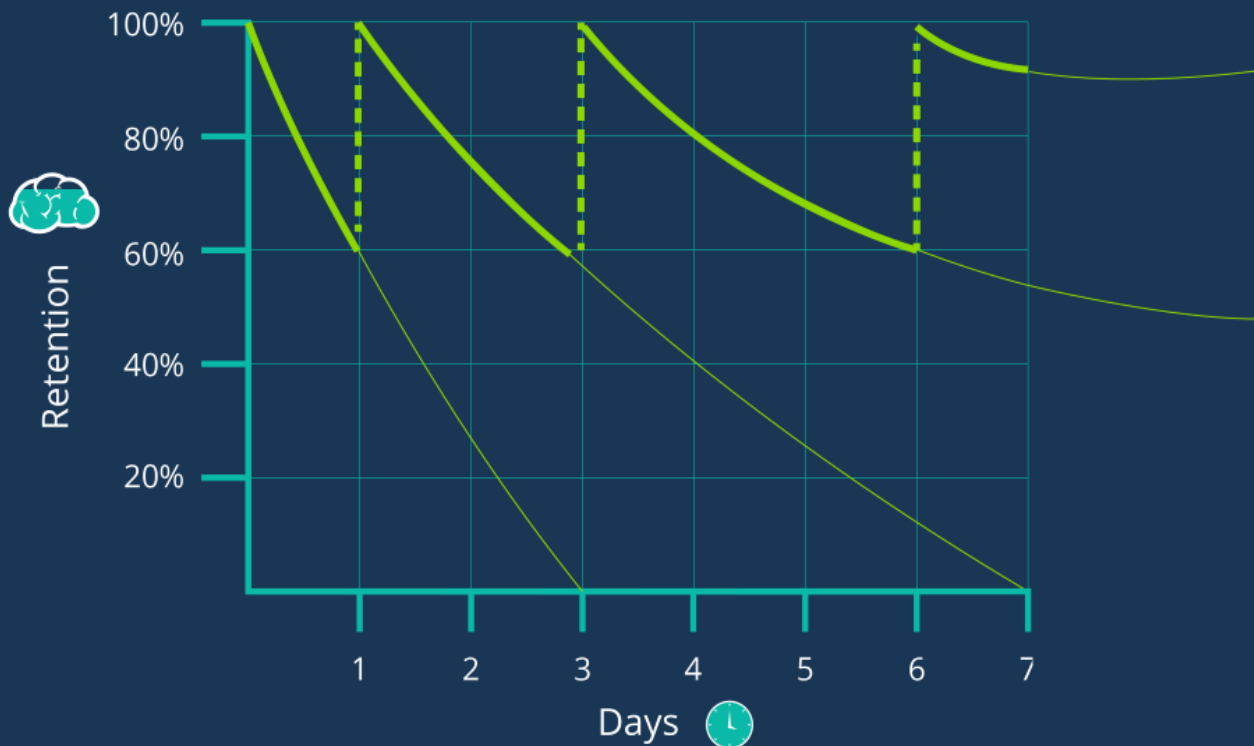
So how do you start?



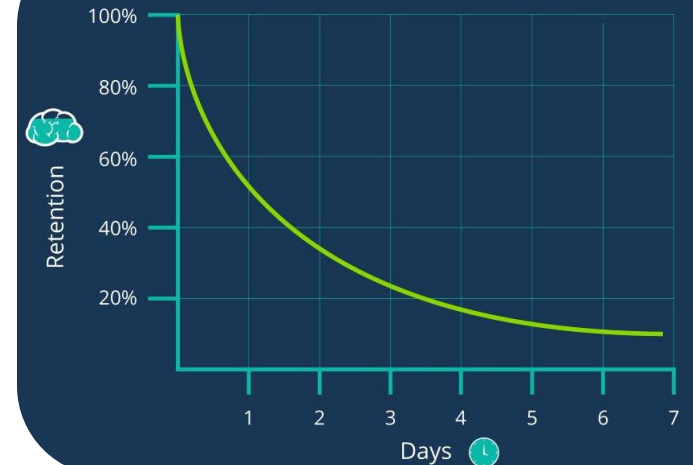


How should we revise

COMBATING THE FORGETTING CURVE



THE FORGETTING CURVE





We bring the best version of ourselves
to school every day, in every way.

VISTAVISION

How can you help your child?

- Know what courses they are doing, what is involved and how it is assessed.
- Know about a range of effective revision strategies and share them / model them.
- Help them to write a plan (and stick to it) - *share the plan with the household*
- Give them space and time to revise – *routine and structure are vital*
- Hold them to account and test them – *the dinner table challenge*
- Little and often is better than cramming the night before!



Remember why we do mock exams

The mock exams are only worth doing if you learn from them.
Don't settle for good enough. Strive for excellence.

Post-16 Grades + Reality check



We bring the best version of ourselves to school every day, in every way.

VISTA VISION

Mock Exams: 12th Oct – 6th Nov

Week 1 (12th – 16th October 2026)

Week 2	Monday 12 th October	Tuesday 13 th October	Wednesday 14 th October	Thursday 15 th October	Friday 16 th October
Start 8.45am	English Language Paper 1 (105 Mins)	Geography (90 Mins)	History – Impact of the Empire (75 Mins)	English Literature Paper 1 (120 Mins)	Maths Paper 2 (90 Mins)
Lunch					
Start 1:00pm	PE (60 Mins) Religious Studies (105 Mins)	Maths Paper 1 (90 Mins)	Polish Listening & Reading (105 Mins)	Spanish Listening & Reading (105 Mins)	Spanish Writing (80 Mins)

Week 2 (19th – 23rd October 2026)

Week 2	Monday 19 th October	Tuesday 20 th October	Wednesday 21 st October	Thursday 22 nd October	Friday 23 rd October
Start 8.45am	Chemistry (75 Mins)	History – Migration to Britain (60 Mins)	English Language Paper 2 (145 Mins)	HALF	TERM
Lunch					
Start 1:00pm	Spanish Writing (75 Mins)	Physics (75 Mins)		HALF	TERM

Week 3 (2nd – 6th November 2026)

Week 3	Monday 2 nd November	Tuesday 3 rd November	Wednesday 4 th November	Thursday 5 th November	Friday 6 th November
Start 8.45am	Maths Paper 1 (90 Mins)	English Literature Paper 2 (120 Mins)	Health & Social Care (75 Mins) Design & Technology (120 Mins)	Catch Up Exams	Catch Up Exams
Lunch					
Start 1:00pm	Music (75 mins)	Drama (105 mins)	Polish Writing (75 mins) Computer Science (90 mins)	Catch Up Exams	Catch Up Exams



VALUED



INNOVATIVE



SUCCESSFUL



TEAM



AMBITIOUS

*We bring the best version of ourselves
to school every day, in every way.*

VISTAVISION

Year 11

Mock Exam Booklet



October/November 2026



VALUED



INNOVATIVE



SUCCESSFUL



TEAM



AMBITIOUS

*We bring the best version of ourselves
to school every day, in every way.*

VISTAVISION

Exam Regulations



Phones & all watches must be switched off/removed and handed in or put in bags. If a candidate is found with a phone or watch in their possession during a real exam they may be disqualified and not given a grade for the paper.





VALUED



INNOVATIVE



SUCCESSFUL



TEAM



AMBITIOUS

*We bring the best version of ourselves
to school every day, in every way.*

VISTAVISION

Water can
be taken
into the
exam room
so long as it
is in a
transparent
bottle with
any labels
removed.



Exam Regulations



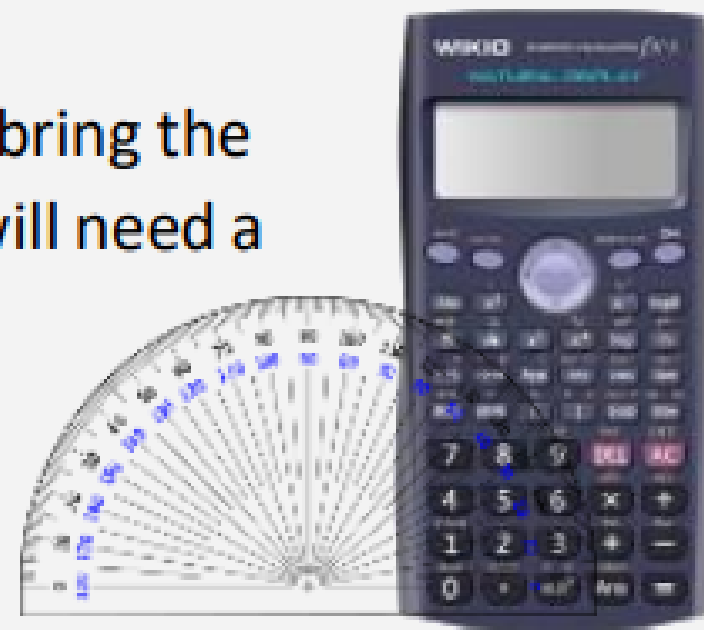
*We bring the best version of ourselves
to school every day, in every way.*

VISTAVISION

Exam Regulations

Exam Equipment -

It is the student's responsibility to bring the correct equipment to exams. You will need a clear pencil case, black pens, pencils, rubber, ruler and maths equipment – calculator (the back of the calculator must be removed and the calculator memory



Emotions *will* be high



Feeling worried & stressed?
That's totally normal!

Be positive





Please though...





VALUED



INNOVATIVE



SUCCESSFUL



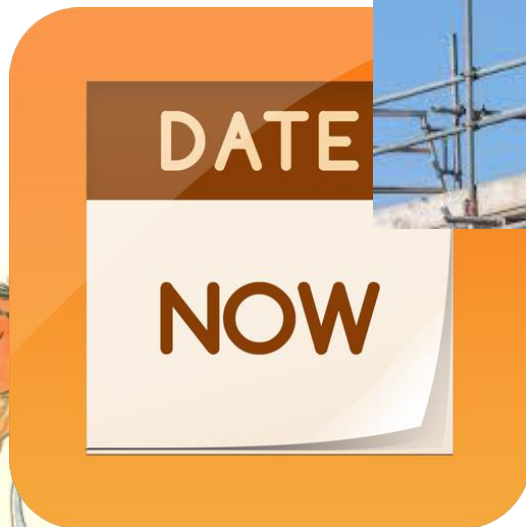
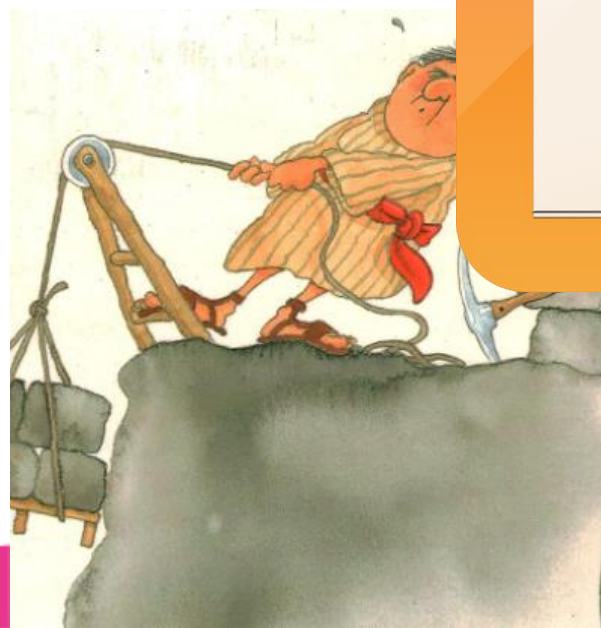
TEAM



AMBITIOUS

*We bring the best version of ourselves
to school every day, in every way.*

VISTA VISION





Year 11 exam support

- What is available beyond lessons?
 - After school interventions
 - Parents' Evenings
 - Homework
 - Form time revision and intervention
 - Assemblies
 - Mentoring
 - Revision skills and resources

Homework



*We bring the best version of ourselves
to school every day, in every way.*

VISTAVISION

- Purpose of homework:
 - To help students realise their potential.
 - To encourage the development of independent study.
 - To support and develop literacy across all subjects.
 - To provide opportunities for parents/carers to support the learning of their children.
- Set every Monday at 9am on Teams. Due every Sunday at 6pm
- Those who have previously engaged with homework have seen greater progress
- Missed homework will be completed in a supported catch-up session at lunchtime

Intervention



*We bring the best version of ourselves
to school every day, in every way.*

VISTAVISION

- Targeted after school sessions
- Running on a half-termly programme basis
- Reviewed and updated each half term
- Beginning next week (Monday 14th September)
- Drop-in intervention sessions running in the LRC for those not invited this half term:
 - Tuesday: Maths
 - Wednesday: English
 - Thursday: Science
- Catch-up lunchtime sessions the following day for those who have been invited to attend that half term
- Attendance at intervention sessions shown to have a positive impact on outcomes

VISTA
ACADEMY
Littleport

 **VALUED**

 **INNOVATIVE**

 **SUCCESSFUL**

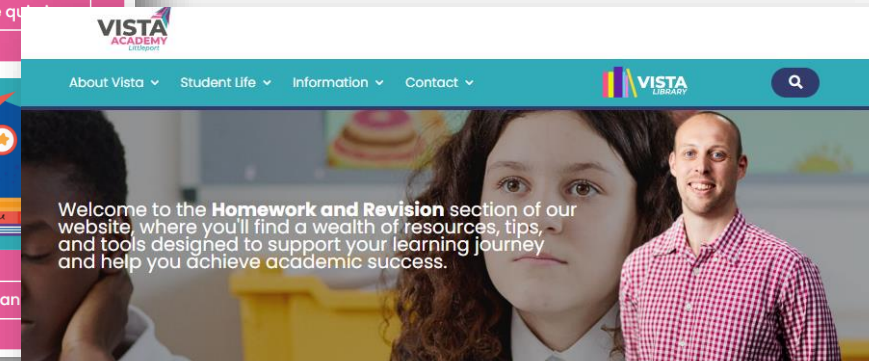
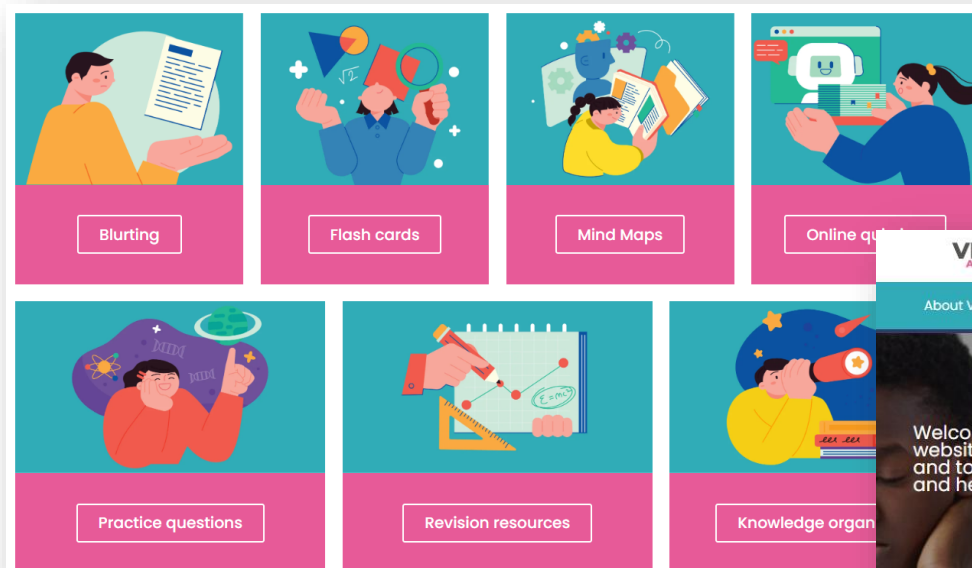
 **TEAM**

 **AMBITIOUS**

*We bring the best version of ourselves
to school every day, in every way.*

VISTAVISION

Revision skills and resources



KS4 Parent Forum
Preparing for exams



Revision resources





Vista - Year 11 Revision Team 2026-2027 ...





Search (Ctrl+E)

...

JG

⌵

⌵

✕

Activity

Chat

Teams

Assignments

Calendar

Calls

OneDrive

...

Apps

< All teams

VY

Vista - Year 10 Revision Tea... ...

▼ Main Channels

General

Art and Photography

DT

English Language

English Literature

Geography

Health and Social Care

History

Hospitality and Catering

Maths (Foundation)

Maths (Higher)

Music

PE (GCSE)

Performing Arts

VY

Maths (Foundation)

Posts

Files ▾

+

+ New ▾

↑ Upload ▾

📄 Edit in grid view

🔗 Share

🔗 Copy link

...

☰ All Documents ▾

🔍

ℹ️

Maths (Foundation) 👤

	Name ▾	Modified ▾	Modified By ▾	+ Add column
	1. Past Papers	January 21	Roland Lewis	
	Knowledge Organisers	January 21	Roland Lewis	
	3fjune2019.pdf	January 21	Roland Lewis	
	Exam grade boundaries.docx	January 21	Roland Lewis	
	GCSE list_of_clips_v15.pdf	January 21	Roland Lewis	
	Maths Exam Prep.pptx	January 21	Roland Lewis	



Thriving in Year 11

Care, balance and strategies for GCSE success.

Ms Richardt



Understanding the Pressure

GCSE exams bring heightened demands, yet **stress** is a physiological response, not a personal failing.

Recognising early signs like disrupted sleep or fatigue helps you reset before burnout sets in.

Resilience is the capacity to recover.

Consistent habits sustain cognitive stamina:

- **Sleep routine:** Eight hours, device-free
- **Nutritional balance:** Hydration and slow-release energy
- **Cognitive reframing:** Treat mock mistakes as data



Balancing Revision and Personal Life



Targeted Revision

- Build sustainable **timetables**
- Use 25-minute Pomodoro bursts
- Prioritise difficult topics first

Protected Downtime

- Guard time for sport and clubs
- Protect evening family meals
- Step away from screens daily

Activating Your Support Systems

You Are Not Alone

Year 11 is a team effort. Reaching out early stops minor challenges from becoming crises:

- **Form Tutors & Heads of Year:** Welfare and academic guidance
- **Subject Teachers:** Targeted exam technique support
- **Family & Peers:** Encouragement and perspective outside study





CAP Evening – Save the Date

Tuesday 29th September 4-6pm

- Review the timeline of Year 11
 - Applications and references
 - Entry requirements
 - Apprenticeships
 - T and V Level Qualifications
 - SEND/EAL applications
 - A walkthrough of where to get help, support and FAQ
-
- Following the presentation, all post-16 providers from the Cambridge Area Partnership will be available at stalls to answer questions about their setting.