

# Year 11 Parents meeting

Power to Perform

Don't break the chain

# How can you help your child and prepare them to perform?

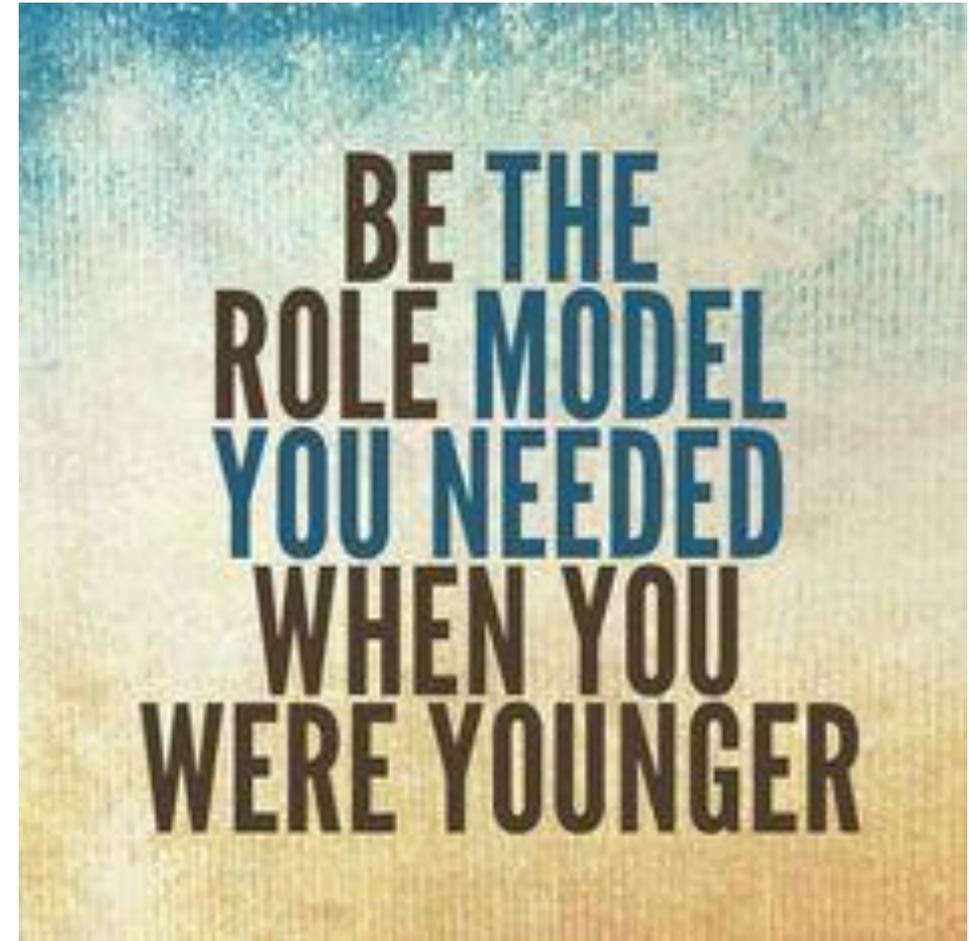
1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

Each day you can support your child to make choices which can impact how they perform during the exam period

# 1. Being a role model

**What behaviour do you want your child to adopt in the run up to the exams...**

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Importance of sleep



## 2. Goal Setting

- **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



# 3. Keeping Active

- Encourage them to keep active on a daily basis
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise
- After exercise your brain functions well, so encourage a revision session afterwards



# 4. Healthy Eating

- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or ‘treat’ meals / or meals out per week
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



# 4. Healthy Eating

## A BALANCING ACT

Keep your sugar levels under control.

**Carbohydrates** Macro Cheat Sheet

Breads				
Rice				
Couscous				
Cereals				
Bran				
Potatoes				
Pasta				
Oats				
Cream of Wheat				
Corn				
English Muffins				
Pancakes				
Whole Wheat/ Whole Grains				
Vegetables				
Squash				
Pumpkin				
Berries				
Fruits				
Sugars				
	<b>Proteins</b>			
	Beans	Chicken	Eggs	
	Sprouted	Turkey	Salmon	Acocado
	Grains	Egg Whites	Bacon	Nut Butters
	Quinoa	Fish	Chia Seeds	Egg Yolks
	Most Yogurts	Buffalo	Cottage Cheese	Nuts
	Skim Milk	Bison	Whole Fat Milk	Oils
	Peas	Whey Protein	Duck	Olives
		Turkey Bacon	Whole-Fat Yogurt	Flaxseed
		Lean Beef		
		Low/Non-fat cottage cheese		
		Low/Non-fat greek yogurt		
			<b>Fats</b>	

Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams

## MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables  
Nuts  
Pulses  
Fish  
Bananas

## UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables  
Asparagus / Spinach  
Broccoli  
Yoghurt  
Chicken / Salmon  
Whole Grains / Brown rice  
Almonds / Pecans  
Eggs

## 5. Time Out

Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



**TAKING TIME OUT**

IS AS IMPORTANT AS PUTTING TIME IN

# 6. Sleep Patterns

- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime

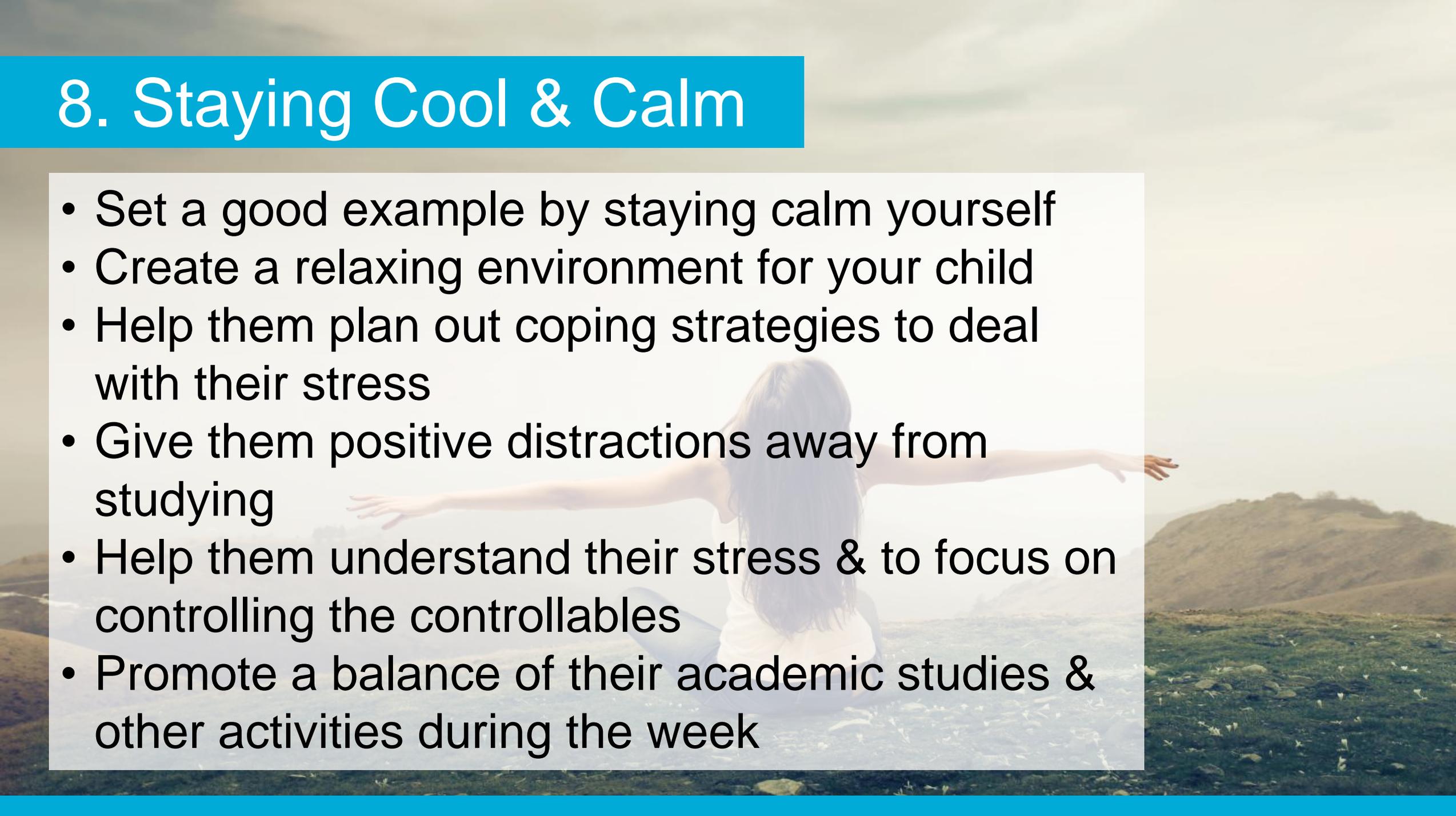


# 7. Unplugging

- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them

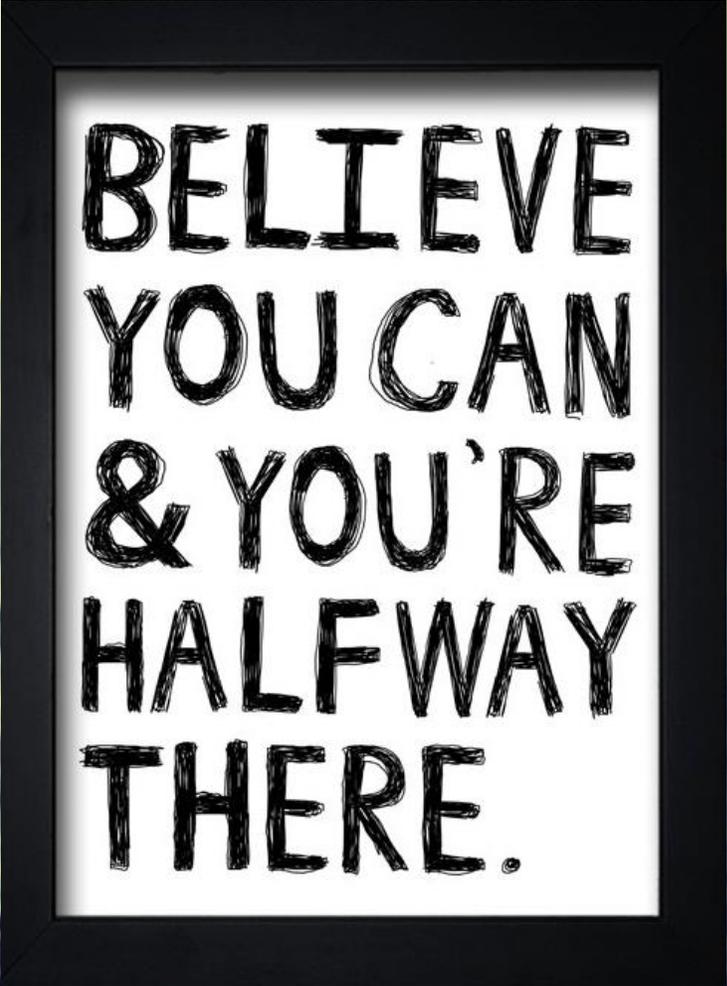


## 8. Staying Cool & Calm

- Set a good example by staying calm yourself
  - Create a relaxing environment for your child
  - Help them plan out coping strategies to deal with their stress
  - Give them positive distractions away from studying
  - Help them understand their stress & to focus on controlling the controllables
  - Promote a balance of their academic studies & other activities during the week
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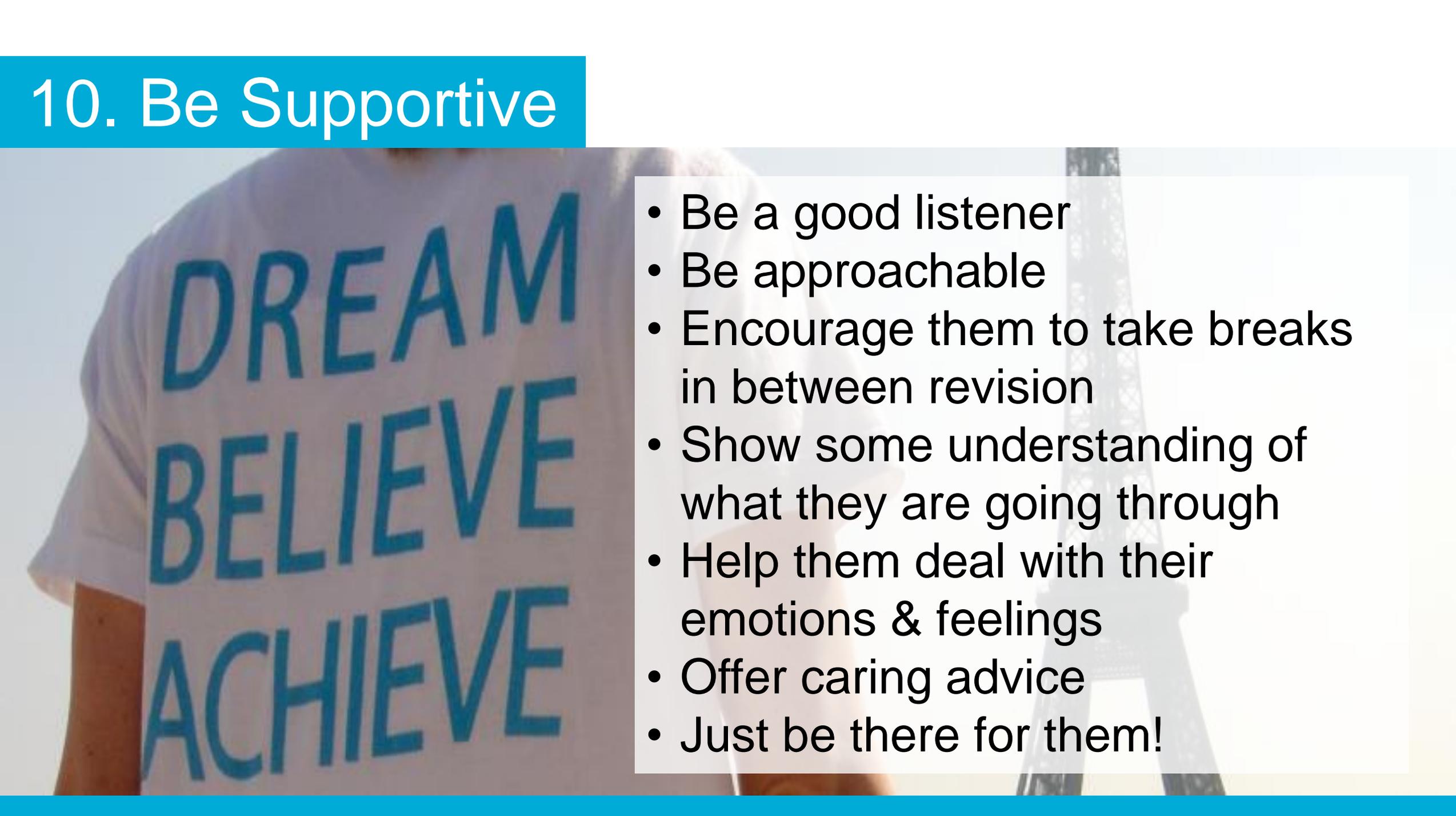
## 9. Belief

- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve



**BELIEVE  
YOU CAN  
& YOU'RE  
HALFWAY  
THERE.**

## 10. Be Supportive

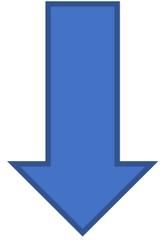
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- Be a good listener
  - Be approachable
  - Encourage them to take breaks in between revision
  - Show some understanding of what they are going through
  - Help them deal with their emotions & feelings
  - Offer caring advice
  - Just be there for them!

# Revisiting

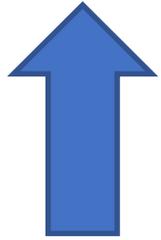
“Don’t break the chain”



Doddle  
Subject apps  
Quizlet/Seneca



Information I don't know



PiXL Independence  
PiXL Knowledge  
Information in lessons

TRANSFORM



The image displays a collection of educational worksheets from the PiXL Independence program. The worksheets are arranged in a collage, overlapping each other. Key titles visible include:

- PiXL Independence: 'Boxing Up' Activity**: Includes fields for Name of Article, Name, and Class, and a section for 'Box 1 - 3 things'.
- PiXL Independence: Ranking Triangle**: Features a pyramid diagram with blue, red, and yellow sections. The text asks students to rank the most important information at the top and the least important at the bottom, justifying their choices.
- PiXL Independence: Thinking Hard Model**: Includes a section for 'ion of the text and do the following:' and a task to 'Reduce: Reduce the key information into 12 words'.
- LinkIT**: A mind map activity where students write a topic in the center and fill in boxes with related themes, linking them together.
- TestIT**: A grid of boxes for writing questions and answers.

PIXL Independence

<https://students.pixl.org.uk>

**PiXL School Number: 602231**

**Password: Indep161**

- **Resources and activities**
- **Exercises**
- **Motivational videos**
- **Nutritional recipes**

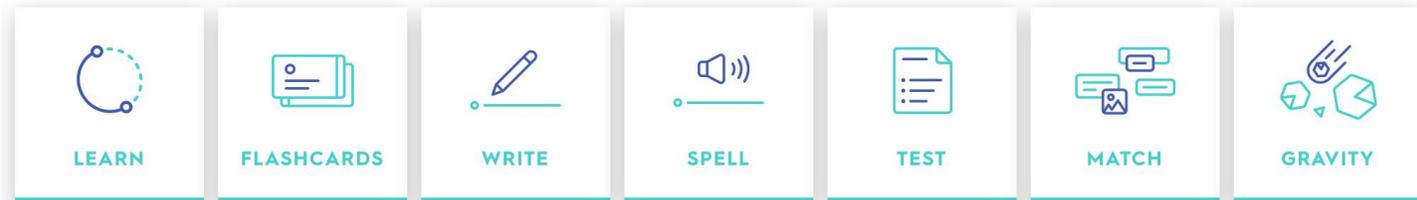
# NEW: PiXL Independence on Quizlet!

GCSE Subject	pixl2018highermaths
RS	pixl2018rs
Technology	pixl2018technology
Media Studies	pixl2018mediastudies
Higher Maths	pixl2018highermaths
Drama	pixl2018drama
English AQA	pixl2018englishaqa
English Edexcel	pixl2018edexcel
English Eduqas	pixl2018englisheduqas
English Lit	pixl2018englishlit
History	pixl2018history
Btec	pixl2018btec
Foundation Maths	pixl2018foundation
Higher Maths	pixl2018higher
Biology	pixl2018biology
PE	pixl2018pe
Chemistry	pixl2018chemistry
Physics	pixl2018physics
English OCR	pixl2018englishocr

[https://quizlet.com/PiXL\\_GCSE](https://quizlet.com/PiXL_GCSE)

90 terms |  PiXL\_GCSE

## Blood Brothers





105% Improvement in 1,120 student RCT (Impact, Feb 2018)

- Free exam board specific courses written by senior examiners.
- For students – access all courses individually and revise more effectively.
- Covering Science, Maths, English, Geography, History, RS, PE & DT by April 2018.

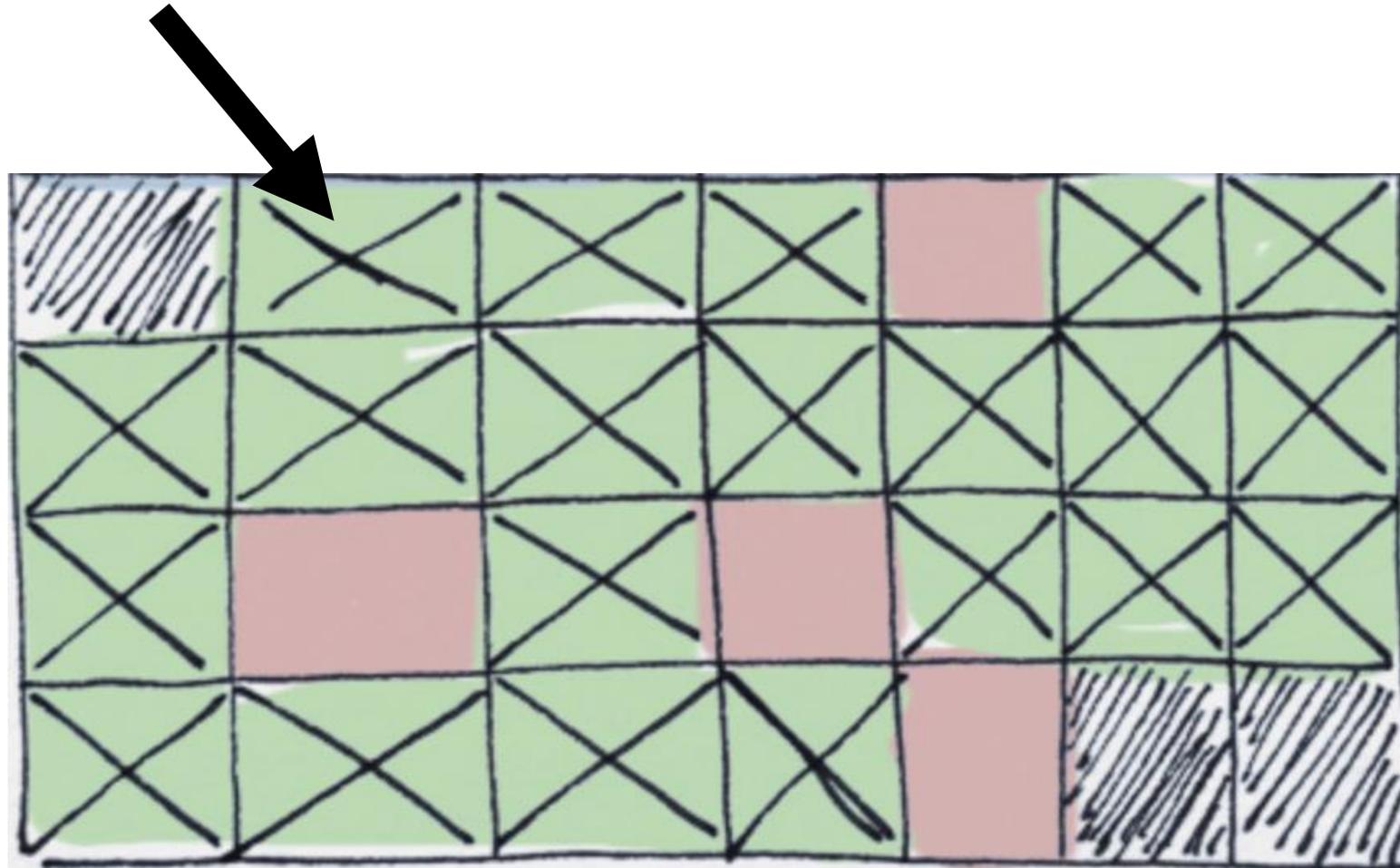
Seneca for Students

[www.senecalearning.com](http://www.senecalearning.com)

Free Homework and Revision. Accelerated by Neuroscience at [www.senecalearning.com](http://www.senecalearning.com)

# “Don’t break the chain”

One complete re-visiting cycle = a cross in the box

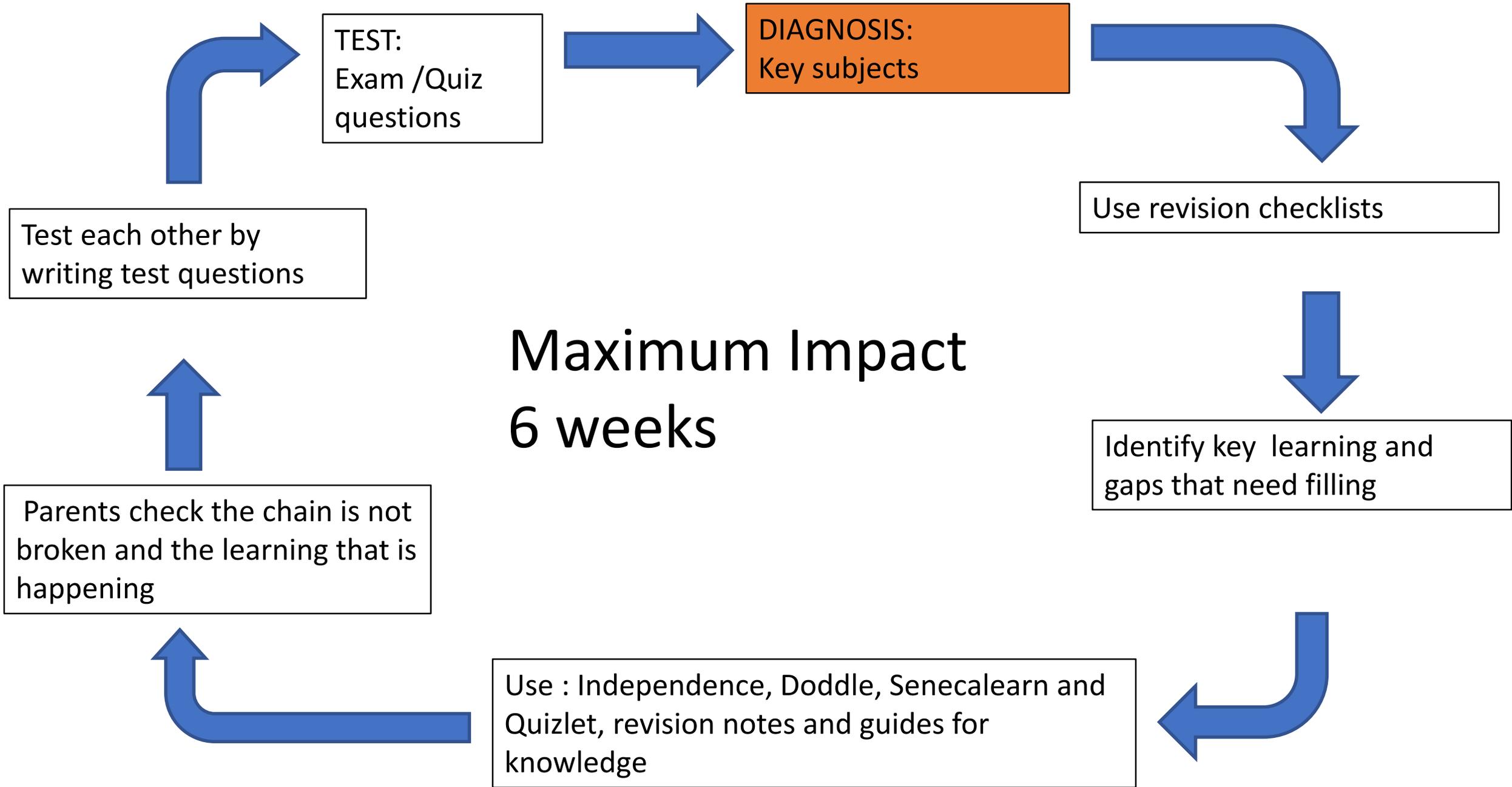


“Don’t break the chain”

One ‘Re-visiting Cycle’ every day (1 hour\*)

Every day for 45 days

= **45 hours** (\*minimum - it will hopefully be more)



# The Exam timetable

- No study leave
- Exams and workshops
- Teaching staff on hand for advice
- Lessons continue – private study once exams have finished

# Mental energy

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Our minds are one of the biggest contributors to energy levels.

High levels of mental energy can lead to increased happiness, confidence, focus, willpower, motivation and productivity – all significant benefits for getting through exam periods, but also everyday life.

# What exactly is mental energy?

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- Mood – whether we think positively and therefore perform well.
- Motivation and willpower – whether we take initiatives, seize the moment with determination or procrastinate.
- Focus – whether we are effective for the duration a task needs.
- Confidence – how we perceive ourselves and our abilities, we know that this has a direct effect on our performance.

# How will boosting our mental energy benefit us?

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- Improving our mental energy helps us to feel more positive, more confident and more determined.
- By feeling more positive, confident and determined, we will be more focused and motivated.
- By becoming more focused and motivated, we will accomplish more.

# How will boosting our mental energy benefit us?

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## **PRODUCTIVE ZONE**

**RESULTS** - High concentration, effective, energetic, proactive

## **PERFORMANCE ZONE**

**ACHIEVEMENTS** - Focused, in the flow, positive stress, fulfilment, completion

## **BURNOUT ZONE**

**TOXIC** - Out of control, worried, anxious, angry, fearful, reactive

## **RECOVERY ZONE**

**ENERGISING** - Meditative, relaxed, regenerative, comfortable, peaceful, reflective

# How can we boost our mental energy?

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‘Always turn a negative situation into a positive situation.’

Michael Jordan

The power of TOGETHER

