



TO CARE
TO LEARN
TO ACHIEVE

BEDFORD HIGH SCHOOL
A Specialist Business and Enterprise College
with Applied Learning
Headteacher: Mr P McCaffery

30th March 2022

Dear Year 11 student/parent

Year 11 Easter Revision

I am writing to share details of the revision sessions available during the Easter holidays. I would strongly urge every Year 11 student to attend as many sessions as possible. It is no coincidence that, in previous years, the students who have attended these sessions have achieved the best exam results. Students should arrive promptly at the entrance near the main reception at U Block. We will provide light refreshments e.g. drinks and biscuits. If a student is attending for a full day, it would be a good idea to bring a packed lunch. Each time a student attends a session and works hard, he/she will be rewarded with 25 Prom Points.


The table below shows dates, times, and venues of each session. If there are sessions in two relevant subjects at the same time, students should prioritise, and choose the session they think will be most useful to them. There will be further revision sessions after school and at weekends in the period between Easter and the final exams. I will write to you again with further details.

Date	Time	Subject	Class/Students	Staff/Room
Mon 4th Apr	9.00-1.30	Comp. Sc	Any Computer Sc students	RM (L34), ZS (U16)
Mon 4th Apr	9.00-3.00	Spanish	GC's class; individual times will be given	GC (L10)
Mon 4th Apr	9.30-3.00	Art	Any Art students	PW (L50)
Tue 5th Apr	9.00-12.00	English	Any students	MS (L26), ER (L28), RS (L24), KE (L29), CR (L20), ASH (L25)
Wed 6th Apr	9.30-12.00	Science	80 places available - can book online	GS (S09), AJ (S02), NR (S01)
Wed 6th Apr	12.00-2.30	Geography	Any Geography students	DM (U45), TR (U27)

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Date	Time	Subject	Class/Students	Staff/Room
Thu 7th Apr	9.00-12.00	History	Any History students	MM (U32), LH (U15)
Thu 7th Apr	1.30-3.30	Maths	Students in classes taught by PB, JB, LD, MJ, LJ	PB (U03), JB (U01), LD (U02), MJ (U41)
Mon 11th Apr	9.00-1.30	Comp. Sc	Any Computer Sc students	RM (L34), ZS (U16)
Mon 11th Apr	9.00-3.00	DT	Any DT students	TM (L37)
Tue 12th Apr	9.30-11.30	Maths	Students in classes taught by DS, SG, JM, HF, CR	PB (U41), DS (U44), SG (U40), CR (U42)
Tue 12th Apr	9.00-3.00	GCSE PE	Any GCSE PE students	LP, ZA (U16)
Tue 12th Apr	9.00-3.00	DT	Any DT students	TM (L37)

Support for Parents and Students

At Bedford High School, we want to support both parents and students, especially when we are so close to the end of Year 11.

Revision Clinic - We would like to invite you to attend our **“Year 11 Revision Clinic”** at 6pm on Thursday April 21st. The event will take place on Zoom. The purpose is to provide you and your child with top tips on revision, and also support and guidance to help you at what can be a very busy, stressful time. If you would like to attend, please email m.swaine@bedford.wigan.sch.uk by Tuesday April 19th. You will be sent an invitation shortly before the event.

Videos - In addition, please scan the QR codes below for helpful videos regarding the importance of sleep, the revision process, and a revision method called “interleaving.”



Instagram

We want every student to feel motivated to revise in these vital remaining weeks leading to the exams. We have created a new Instagram account, [@bedfordlovesrevision](https://www.instagram.com/bedfordlovesrevision). Please encourage your child to follow us.

Helpful Hints for Students

It can be difficult for students to keep going with revision. Encourage your child to follow this advice:

1. Talk to your teachers – when you feel your motivation slipping, talk to us. We can offer advice on new ways to revise and help to keep you motivated.
2. Make simple lists – when workload feels like it's too much, write a list of what you want to achieve today.
3. Team up and share the workload – what's the point of you and your friend making a set of flashcards? Both create a different set and then share and swap.
5. Revise in short bursts with regular breaks – try revising for 20 minutes, followed by a 5-minute break. Repeat the process at least twice.
6. Mix it up - use the interleaving revision technique.
7. Use the Frog page – there is a section for every subject.
7. Use subject specifications – these act as a revision checklist.
8. Practice papers – completing exam papers is one of the best ways to revise!
9. Use Easter revision sessions– don't waste this great opportunity!
10. Mind maps - stick revision posters and mind maps on your wall.
11. Have a digital detox. Lock your phone away for at least three hours a day.

Look After Yourselves!

It is vital that students look after themselves and make some time to do things they enjoy. They must make time to care for themselves each day and students should not burn themselves out by revising every available minute. We ask that every student makes a personal pledge to help them to stay happy and healthy. Personal pledges could be:

- Get fresh air – go for a walk every day.
- Don't revise for more than an hour at a time without taking a short break.
- Take time to relax – spend 30 minutes in a bubble bath every day.
- Have at least 8 hours of sleep a night.
- Make time each day for something you enjoy.
- Make time to meet with friends.
- Read for 30 minutes a day.
- Arrange a day out with friends.
- Join a gym.
- Take the time to eat a healthy breakfast and drink plenty of water.

Yours faithfully



Mr P Shelton
Deputy Headteacher