

After School Interventions: Year 11					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week A	PE (SH5) Media (F20) English (F17)	Food (F2) DT (F1) Algebra 3 (until January) (Hall)	Languages (M17) ICT & Computer Science (HIT) Sociology (M29)	Science (S13 & S15) Art and Photography (F23 & F21)	Music (M7) Algebra 3 (until January) (Hall) Drama (M4)
Week B	Geography (F10) History (F4)	Food (F2) DT (F1) Algebra 3 (until January) (Hall)	Maths (M11 & M1)	English (F17)	Algebra 3 (until January) (Hall) Music (M7) Drama (M4)

Champions' Hour every night after school

Break One Intervention	
Monday	Friday
Dance (SH2)	Sociology (week A) (M29) Dance (SH2)
	Sociology (week B) (M29) Dance (SH2)



Contact Us

Head of year:

Charlee Southall
southallc@hccat.net

Assistant head of year:

Hannah Bartley
bartleyh@hccat.net

SLT Link:

Josh Jesson
jessonj@hccat.net

Year 11

Support guide



**HAILSHAM
ACADEMY**

AMBITION FOR EXCELLENCE

Understanding Year 11

Year 11 is the final year of Key Stage 4, ending with GCSE exams (May–June). Students will also complete:

- Full set mock exams (26th Jan–6th Feb)
- NEA/ coursework for certain subjects (Art, DT, drama, some vocational subjects)
- Post-16 applications and interviews (college/sixth form/apprenticeships)

Parents and carers play a huge role—not by teaching content, but by shaping routine, wellbeing and motivation.

How Parents Can Support Revision

Help Build a Realistic Revision Plan

- Aim for 1–2 hours on school days, more at weekends closer to exams.
- Use short blocks: 25–30 minutes study + 5-minute break.
- Prioritise weaker subjects/topics first.
- Include time for homework, mocks, part-time work, and hobbies.
- Use school-provided timetables or exam boards.

Encourage Effective Revision Methods

Avoid just “reading notes”. Promote:

- Active recall (flashcards, quizzes, mind maps from memory)
- Past papers (the single best predictor of performance)
- Mark schemes (understand what examiners reward)
- Topic checklists from exam boards
- Online platforms, e.g Educake and DrFrost.

Create a Good Work Environment

- Quiet space
- Minimal phone distractions (use Focus modes or put phone in another room)
- All materials ready: highlighters, past papers, textbooks
- Visible timetable on wall/door

Quick Tips for Parents and Carers

- Keep conversations calm and supportive
- Ask: “What’s one small thing you can do today?”
- Celebrate completed tasks
- Keep revision visible (timetable on door/fridge)
- Encourage weekly routines rather than daily perfection
- Remember: Year 11 is intense—your relationship matters more than grades

Supporting Wellbeing

Sleep

- Aim for 8–10 hours per night
- No screens 45–60 minutes before bed
- Keep consistent sleep/wake time

Stress Management

Signs of overwhelm:

- Irritability, difficulty sleeping, low motivation
- Complaints of headaches or stomach aches
- Saying “I can’t do it” or avoiding schoolwork

How to help:

- Break tasks into small steps
- Praise effort, not results
- Encourage physical activity (walks, sports)
- Talk openly and calmly about stress
- Normalise mistakes—mock exams are for learning

Diet & Routine

- Balanced meals, regular snacks
- Water bottle on desk
- Reduce energy drinks (worsen anxiety and sleep)



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