



# The final push!

From Monday 15<sup>th</sup> April, Year 11 students will have:

- Six full weeks of school remaining. Exam leave will start after half-term, from Monday 3<sup>rd</sup> June
- Three weeks before the first exams start, in the week beginning May 6<sup>th</sup>.
- MFL Oral exams earlier, in the week beginning 22<sup>nd</sup> April.
- Art exams are 25<sup>th</sup>/26<sup>th</sup> April
- Ten and half weeks until the end of the exam period

April 2024						
MO	TU	WE	TH	FR	SA	SU
25	26	27	28	29	30	31
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					
May 2024						
MO	TU	WE	TH	FR	SA	SU
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
HALF TERM						
June 2024						
MO	TU	WE	TH	FR	SA	SU
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



# The final push!

Students have responded positively to the support teachers are giving them:

- Study skills day last term
- Revision resources shared via Class Charts
- Personal feedback about their mock exam results
- Interventions classes: Maths, English, Science plus others as required
- Lessons focused on exam approaches and past papers



# The final push: adapted timetable

## Year 11 Timetable – Monday 6 May to Fri 10 May 2024 Week B Page 1

Period	Monday 6 May	Tuesday 7 May	Wednesday 8 May	Thursday 9 May	Friday 10 May
Form 08.55-09.20			BTEC Enterprise Exam (19) 09.00-11.00	R.E exam (29) Paper 1: Christianity & Islam 09.00-10.45	Biology exam (All) Combined Science 09.00-10.15 (175) Triple Science 09.00-10.45 (93)
1 09.20-10.20			BTEC Enterprise Exam (19) 09.00-11.00	R.E exam (29) Paper 1: Christianity & Islam 09.00-10.45	Biology exam (All) Combined Science 09.00-10.15 (175) Triple Science 09.00-10.45 (93)
2 10.20-11.20			BTEC Enterprise Exam (19) 09.00-11.00	R.E exam (29) Paper 1: Christianity & Islam 09.00-10.45	Biology exam Triple Science 09.00-10.45 (93)
3 11.40-12.40				EXTRA REVISION LESSON: SCIENCE 11x PdT1b to Mr Gray  Drama students can choose to work independently in canteen (C Windrum to supervise)	
LUNCH 12.40-13.20					
4b 13.20- 14.20			EXTRA REVISION LESSON: 11A Drama revision session 11C Drama lesson C Windrum Both in K001	Drama exam (29) Written paper 13.30-15.15	German exam (1) Listening and reading 13:30 – 15:15
5 14.20-15.20			EXTRA REVISION LESSON: 11A/RE Revision session S Nesbitt B17 (Full course students only)	Drama exam (29) Written paper 13.30-15.15	German exam (1) Listening and reading 13:30 – 15:15  EXTRA REVISION LESSON: SCIENCE 11y/Pd2a to Mr Gray



# Home Study

School finishes for half term on Friday 24<sup>th</sup> May and exam leave starts after the holiday, on June 3<sup>rd</sup>.

- Only need to attend for exams, but...
- Students are welcome to attend in the morning before an afternoon exam or in the afternoon following a morning exam!
  - Study space
  - Resources



# How to support

## Revision Timetable

<b>Wk beginning:</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			



# How to support

- Resources: class notes, revision guides, stationary, access to exam board websites and past papers
- Volunteer to test them
- Ask them to teach you a topic
- Supply them with flash cards (question on one side, answer on the other)
- Make your house a revision zone! Sticky notes on door frames, mirrors, fridges etc. Posters in their bedroom. Rolls of old wallpaper to create timelines. Dry wipe noticeboards, corkboards, your shower screen.
- Support their experimentation: making up songs or rhymes, chanting, silly memory links, using apps to make up quizzes, recording key points on a phone, drawing cartoons, revision sessions with friends, podcasts....



# How to support

**ofqual**

Guidance

## **Coping with exam pressure - a guide for students**

Updated 7 February 2022



# How to support

## **Stress is not necessarily a bad thing**

People react to stress in different ways. Stress can be a great motivator for some students, giving them the 'get up and go' that they need to succeed. Other students are indifferent to stress; they can float along without getting affected by stress in a good or bad way. Stress can be a bad thing for some students, when exam pressures become overwhelming.

### **The key things to remember are that:**

- stress is nothing to be scared of
- anxiety is not inevitable
- you can learn how to cope more effectively





## The signs of high exam anxiety

<b>Cognitive signs (thoughts)</b>	<b>Affective signs (emotions)</b>	<b>Physical signs</b>
<ul style="list-style-type: none"><li>• going blank in an exam</li><li>• difficulty concentrating</li><li>• negative thoughts about past performance or consequences of failure</li></ul>	<ul style="list-style-type: none"><li>• feeling excessive tension</li><li>• feeling panic</li><li>• feeling overwhelmed</li><li>• feeling not in control</li></ul>	<ul style="list-style-type: none"><li>• dizzy or faint</li><li>• sweating</li><li>• fast heartbeat</li><li>• tight churning stomach</li><li>• jelly or wobbly legs</li></ul>



### The key things to remember are that:

- most people experience some of these signs during an exam
- high exam anxiety is when you experience them most of the time
- you can learn to control your physical reactions to anxiety



# How to support

## What are negative beliefs?

Many people with high exam anxiety can't stop worrying about failing or the consequences of failing. For instance, 'If I fail my GCSEs my whole life will be a failure'. These types of beliefs focus on what you can't do rather than what you can.



## Replacing negative beliefs with positive beliefs

Find a positive, realistic belief that can replace the negative belief. For instance, if your negative belief is 'I am rubbish at maths' a positive, realistic alternative could be: 'Even if I will never be the best

at maths, I will do better if I have a revision plan and stick to it'.

## The key things to remember are that:

- if you suffer from anxiety, replacing negative beliefs can help
- some people find it helpful to keep a record of their beliefs
- you can become a more confident person with a 'can do' attitude



# How to control physical reactions to anxiety

## Deep breathing

When you become anxious your breathing becomes shallow and fast. Breathing slowly and deeply will help you calm down and feel in control.

1. Sit comfortably with a straight back.
2. Place your left hand on your chest, and right hand below it, on your diaphragm.
3. Inhale deeply through your nose for 5 seconds.
4. Hold your breath for 2 seconds.
5. Exhale slowly through your mouth.
6. Feel the expansion in your diaphragm.
7. Repeat for 1 or 2 minutes until you feel calm.



## The key things to remember are that:

- you can learn to control anxiety with deep breathing
- many people find it easier to learn with an instructor
- yoga or mindfulness classes can also be helpful



[fulford.york.sch.uk/exams/](http://fulford.york.sch.uk/exams/)



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- [23-24 CANDIDATE EXAM HANDBOOK](#)
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# BTEC and GCSE Exams

## Frequently Asked Questions



**When will the students find out their NEA marks?**

**Class teachers will tell students the mark they have been given for their NEA. This is timed so that students will have an opportunity to appeal before the marks are submitted to the exam board.**



# What are the times of the exams?



Morning Exams: 9am start

Afternoon Exams: 1.30pm start



## How will the students know where to go and when for their exams?

A **personal exam** timetable will be issued via their form tutors. This will tell them which room and seat number they are sitting in.

**Clashes** will be displayed on the personalised timetable. Students will get a letter explaining the arrangements.

The full exam timetable is available on the school website.





# Do the students need to come into school every day?

Yes up to Friday 24<sup>th</sup> May.

From 3<sup>rd</sup> June, students will be able to study from home. There will be no lessons but teachers will be available at the usual lesson times.

There will be some scheduled revision sessions that students can book onto.



SUMMER 2024 EXAMINATION TIMETABLE  
THURSDAY 2ND MAY - WEDNESDAY 26TH JUNE 2024

Make sure they know their timetable. Individual timetables will show rooms.

		AM			PM		
Day	Date	Start Time	Subject	Duration	Start Time	Subject	Duration
<b>MAY</b>							
Thursday	02/05/2024	09:00	BTEC Sport: Fitness, Training & Programming	2 h 30	13:30	~~~~	
Friday	03/05/2024	09:00	BTEC Applied Science/Forensics: Science Investigation Skills	2 h 15	13:30	~~~~	
Monday	06/05/2024	09:00	~~~~		13:30	~~~~	
Tuesday	07/05/2024	09:00	~~~~		13:30	~~~~	
Wednesday	08/05/2024	09:00	BTEC Enterprise: Marketing & Finance for Enterprise	2 h	13:30	~~~~	
Thursday	09/05/2024	09:00	GCSE Religious Studies (full course) - paper 1 BTEC Forensics: Applications of Criminology	1 h 45 3 h	13:30	GCSE Drama - written paper GCSE Italian Higher - Listening GCSE Italian Higher - Reading	1 h 45 45 m 1 h
Friday	10/05/2024	09:00	GCSE Biology - paper 1 GCSE Combined Science Biology Foundation - paper 1 GCSE Combined Science Biology Higher - paper 1	1 h 45 1 h 15 1 h 15	13:30	GCSE German Higher - Listening GCSE German Higher - Reading	45 m 1 h
Monday	13/05/2024	09:00	GCSE English Literature - paper 1	1 h 45	13:30	~~~~	
Tuesday	14/05/2024	09:00	GCSE French Foundation - Listening GCSE French Foundation - Reading GCSE French Higher - Listening GCSE French Higher - Reading A Level Business Studies - paper 1	35 m 45 m 45 m 1 h 2 h	13:30	GCSE Business Studies - paper 1 GCSE Latin (all) - paper 1: Language	1 h 45 1 h 30
Wednesday	15/05/2024	09:00	GCSE History - paper 1: USA & The Cold War Level 3 Certificate Mathematical Studies - paper 1 A Level Economics - paper 1: Microeconomics	2 h 1 h 30 2 h	13:30	GCSE Computer Science - paper 1 GCSE Arabic Higher - Listening GCSE Arabic Higher - Reading BTEC Sport: Anatomy & Physiology	1 h 30 45 m 1 h 05 1 h 30
Thursday	16/05/2024	09:00	GCSE Mathematics Foundation - paper 1 (non-calculator) GCSE Mathematics Higher - paper 1 (non-calculator) Eduqas GCSE Mathematics Foundation - paper 1 (non-calculator) A Level Geography - paper 1	1 h 30 1 h 30 2 h 15 2 h 30	13:30	GCSE Religious Studies (full course) - paper 2 GCSE Religious Studies (short course) - paper 2	1 h 45 1 h 45



## What happens if the student is ill on the day of the exam?

Parents/carers must call the school office on the day by 8.30am.

Special consideration may be applied if the student sits the exam.

Parents/carers may be required to complete a form for the absence that will be logged with the exam board.

Students will not get a chance to re-sit the paper.



# What should I do if my child needs special consideration?

## 1 What is special consideration?

Special consideration is given to a candidate who has temporarily experienced illness, injury or some other event outside of their control **at the time of the assessment**. It is applied when the issue or event has had, or is reasonably likely to have had, a material effect on a candidate's ability to take an assessment or demonstrate his or her normal level of attainment in an assessment.



## What happens if the student is late to an exam?

Students – or parents/carers - must contact the school if they think they will be late.

If they are late beyond a certain point, students cannot be admitted into the exam.

Lateness is disruptive to all students taking the exam.



## When do the exams end?

The list of exams will be detailed on each personalised timetable. However all students must be available for all contingency days.

Contingency day 1	Thursday 6 <sup>th</sup> June PM only
Contingency day 2	Thursday 13 <sup>th</sup> June PM only
Contingency day 3	<b>Wednesday 26<sup>th</sup> June All day</b>



## What happens if exams are cancelled?

Very unlikely! We will use a Teacher Assessed Grading system. We have retained their mock papers to inform this process, if necessary.



**Results Day**  
**Thursday 22<sup>nd</sup> August**





# Results Day

- Collection from 8AM
- Main Hall
- Photos and Press!
- Teacher advise/support available Thursday and Friday
- Staff on hand to support any Review of Marking
- Form to be completed by 19<sup>th</sup> July if results are to be collected by someone else or emailed. Please see Exams on our Website.

<https://fulford.york.sch.uk/exams/>



# Can students have the exam marks reviewed?

## There is an appeals process:

- The process includes a review of the marked paper, not a re-mark. If the original mark is found to be reasonable, the mark will be upheld.
- The result of any appeal replaces the original mark. Do remember that marks can go down as well as up.
- Students can request a copy of their exam scripts to decide if they want a request a review of marking.
- All reviews must have a completed and signed form. Payments should be made by cash or cheque, and must received before the review is processed.
- All deadlines and fees will be available on the school website on results day.
- It is not possible to review marks for any NEA components after results day.



# Key dates

## Exams

- BTECs start Weds 8<sup>th</sup> May
- GCSEs start Thurs 9<sup>th</sup> May
- Exam leave starts Mon 3<sup>rd</sup> June
- Exams end Weds 26<sup>th</sup> June
- Results Day Thurs 22<sup>nd</sup> August



Looking ahead to September



# Fulford Sixth Form



We will be delivering the provisional offer letters to the Fulford Sixth Form applicants on Friday. If there are any issues, please get the students to see Mrs Davies or to email the address on the letter: [sixthform@fulford.york.sch.uk](mailto:sixthform@fulford.york.sch.uk).



# Other options

## York College/Other Sixth Form Colleges

- Applications should now have been made to York College or any other post 16 providers
- Mrs Birkby is available to support students with their applications, and to advise on results day
- York College representatives are in school on results day



# Apprenticeships

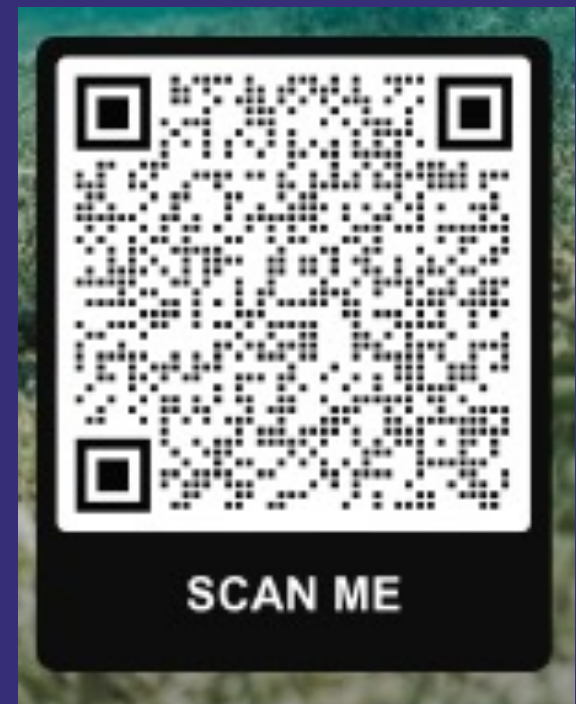


- Apply directly to employer
- Different levels
- Competition is fierce
- You can apply for as many as you like
  - <https://amazingapprenticeships.com/>
  - <https://www.apprenticeships.gov.uk/>



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Any questions?