

# YEAR 7 PARENT GUIDE

Bolton Islamic Girls School  
Dr Zakia Maqbool

# YEAR 7 TRANSITION PERIOD

**School life for them: 6 55 min lessons, break and lunch.**

**Good with salah**

**In each year group student representatives for**

- **Student Council**
- **Anti-Bullying ambassadors**
- **Prefects**
- **Librarians**

**PDT focuses on how to make friends and build stable relationships.**

# PARENTAL IMPACT

- You do not have to be an expert in any of the subjects your child is studying
- You just need to know how to best spend the time you do have to support and prepare your child
- You are the expert on your own child and always have been their most important teacher.
- Your active support and encouragement can make a big difference to your child's motivation in facing their challenges.

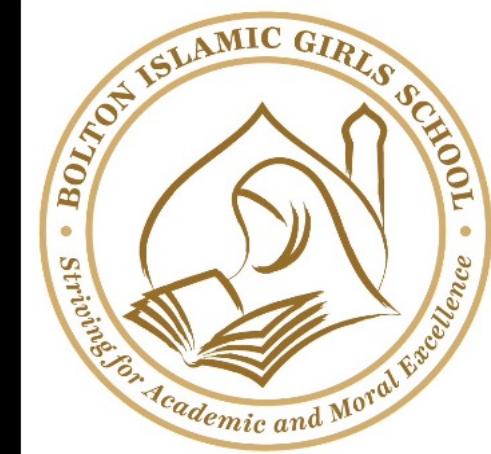
# MOTIVATION

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## MOTIVATION:

**Students fail because they think they CAN'T.**





# PARENTAL IMPACT:

Your role may include some or all of the following:

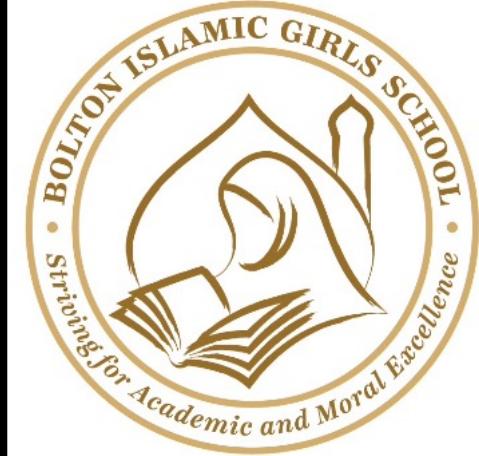
**Attendance Officer:** Making sure your child attends school on time every day and understands the importance of making the most of lesson time. Government statistics show that there is a direct link between attendance, punctuality and results in GCSEs. **Partner with school and child:** Going to parents' evenings, asking questions and finding out how you can best help your child at home.

**Provider of the tools for homework and revision:** A quiet space for study, pens, paper and other necessities.

**'Study Buddy':** Showing an interest in the subjects; helping with the homework (but not doing it for them); testing them when they ask you.

**Adviser:** Helping your child to break tasks down so that they are manageable; keeping a subtle eye on progress and celebrating achievements. You will be able to see a positive way forward when things go wrong.

# PARENTAL IMPACT:



**Project Manager:** Agreeing the rules for homework or revision; helping them to make a realistic timetable; creating a study / life balance and reviewing the plans as necessary.

**Go-between:** Liaising between your child and school when necessary, making sure problems are addressed quickly. Contact Curriculum Leaders for certain subjects for specific subject-related queries or your child's Pastoral Manager if you need to discuss general issues.

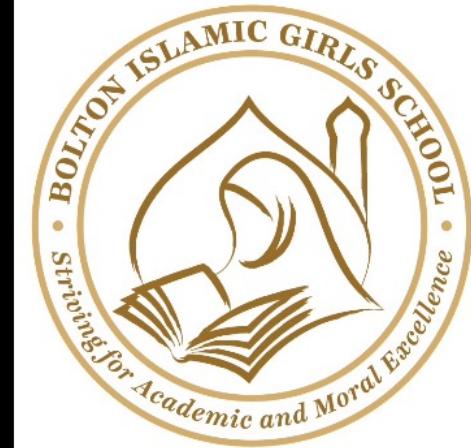
**Information Provider:** Helping your child find copies of past exam papers, searching out websites/apps/revision books – generally assisting your child find out about the subject, exam structures and content.

**Hugger:** Give your child comfort when they feel overwhelmed, let them understand it's ok to feel like that. Let them have a break at this point and then move on. Take them for a drive, park, meal out or do something to give them a fresh space.

# WHAT ELSE CAN YOU DO?

- Recognise the importance of exams and the preparation time needed to do as well as possible.
- Reward your child's efforts to revise.
- Reduce the number of chores that they have to do when the exam period starts.
- Make sure that the whole family respects the importance of keeping disturbances to a minimum.
- Be sensitive to the pressure and stress that your teenager may be experiencing: encourage them to speak to you about it.
- Make sure that time is build in for prayer, exercise and recreation.
- Take an active interest in their learning.

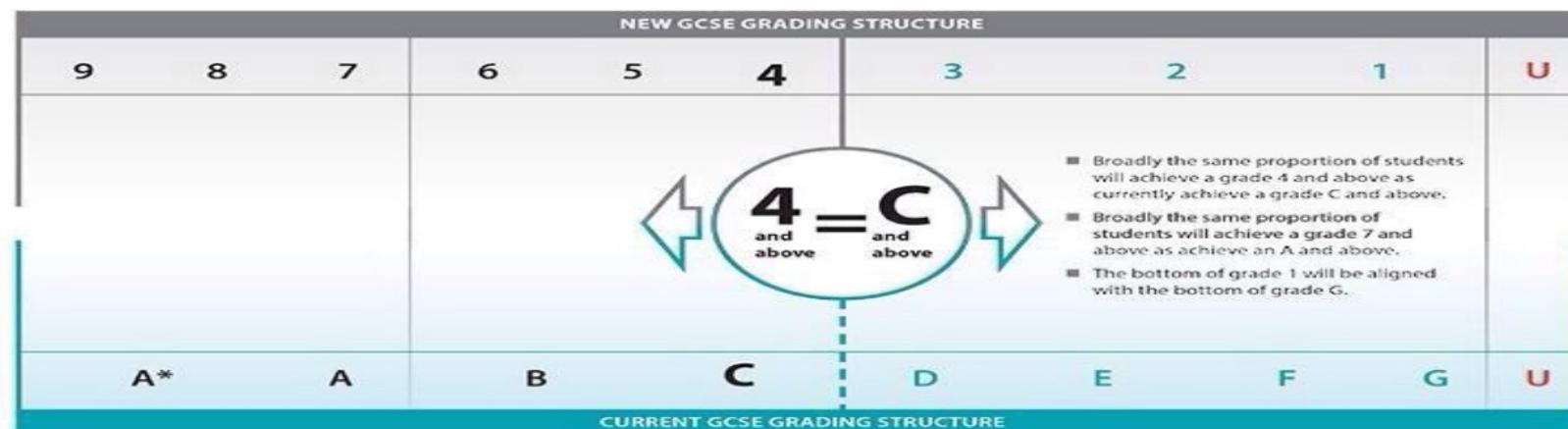
# UNDERSTANDING THE GCSE GRADING SYSTEM:



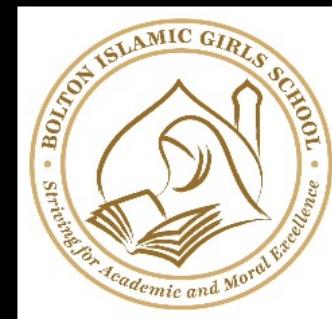
There has been a change in the awarding of grades. Instead of being graded with A\*, A, B, C, D, E, For G, the GCSE papers are now given a 9, 8, 7, 6, 5, 4, 3, 2 or 1 grading. The highest three grades (9, 8 and 7) are replacements for A\* and A, with the top 20% of those being graded 9 – creating a ‘gold standard’ grade.

## Grading the New GCSEs in 2017

Ofqual



# WHAT IS AN EXAMINATION BOARD?



An examination board is an organisation that is responsible for setting GCSE examinations, marking them and distributing results to students. Our School uses the following exam boards for GCSE subjects:

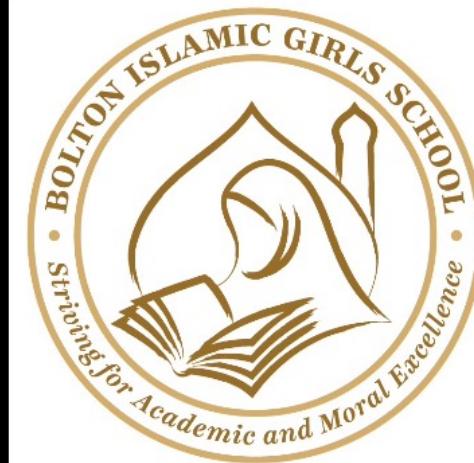
GCSE Subject:	Examination Board:
Art and Design	AQA
Biology	AQA
Chemistry	AQA
Physics	AQA
Combined Science (double Award)	AQA
English Language	AQA
English Literature	AQA
Mathematics	Edexcel
Urdu / Arabic	AQA / Edexcel
History	AQA
Religious Education	Edexcel

# **WHEN DO END OF TERM EXAMINATIONS BEGIN?**

**Year 7 End of term exams have started for some subjects  
and will continue over the next few weeks.**

**Results will be shared on parents day 21<sup>st</sup> or 22nd  
December.**

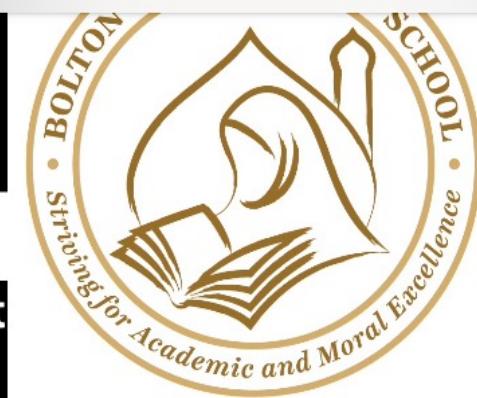
# REVISION TIPS FOR PARENTS:



- Help your child to make a revision timetable which includes the dates and times of the examinations in May and June as well as dates of any Controlled Assessments / Language speaking examinations / unit tests.
- The timetable should be used to plan revision sessions. These should be spread out evenly so that your daughter is not planning to do too much all at once. Have the timetable displayed in their room and help them to stick to the plan.
- Ask to see your daughter's revision notes and make sure that they speak to their teachers if they are missing any.  
Encourage your daughter to ask for help at school on any work that they do not understand.
- Encourage your child to attend all revision sessions offered by the school.  
Make sure that they have all the books they need to hand to avoid wasted time.  
You can buy revision guides to help with study. Make sure that your child knows which exam board and syllabus they have been following for each subject.
- Make sure that their study area is quiet and well-lit.
- Check how they are doing by asking them to explain to you something that they have just revised.

# REVISION TECHNIQUES: WHAT REVISION TECHNIQUES ARE THERE?

Reading text over and over until you remember it may not be very effective unless it is supported by revision techniques - for example:



## Visual:

Make notes on key ideas. Summarise notes on card.  
Highlight key information.  
Construct mind maps.  
Write notes on 'post-its' and stick in prominent places.  
Watch revision videos from the internet.

## Auditory:

Make up rhymes or mnemonics (e.g. Richard Of York Gave Battle In Vain – colours of the spectrum; Never Eat Shredded Wheat – points on a compass).  
Test yourself, or test friends.  
Get someone to test you. Teach someone what you have revised (this could be a good parent/child activity).  
Record key information and play it over and over again.

## Pastpapers:

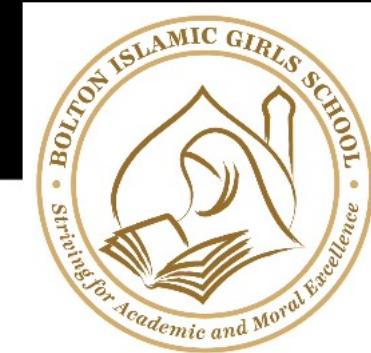
Download past papers and write down your answers on lined paper.  
Mark your answers using the downloadable mark scheme.

## Kinaesthetic:

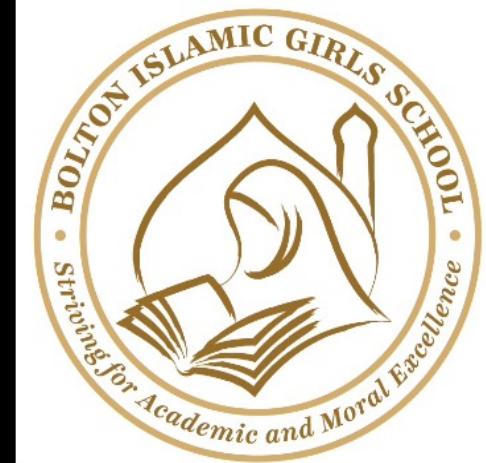
Create revision cards/flash cards.  
Create mind maps / knowledge organisers.  
Draw and label diagrams.  
Use gestures to demonstrate concepts.

# THE IMMEDIATE RUN UP TO THE EXAMS: BEFORE EXAMS, TRY TO ENSURE:

- Your daughter gets enough sleep, especially the night before exams.
- Prays – every little helps!
- They are eating sensibly – especially breakfast on exam days. Slow release carbohydrates are best, such as cereal, oats, porridge, toast and fruit.
- They have all the equipment required: black pens and sharp pencils, erasers, a ruler, a calculator and a protractor.
- Remember that mobile 'phones, SMART / Apple watches, iPods and other electronic devices are not allowed in the exam hall – even if these are switched off.
- Remember how you approach the next few months can have a real impact on your child's future. Studies show that high parental interest is linked with better exam results than for children whose parents show no interest.



# MANAGING STRESS:



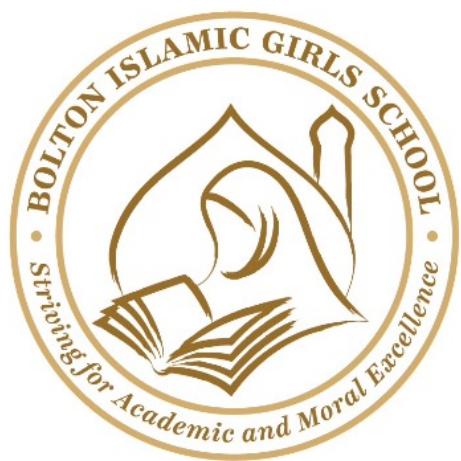
Around intense revision periods and examination times, it is inevitable that students will feel a certain amount of stress. Signs could include:

**lack of concentration;  
avoiding people;  
being more sensitive or argumentative; changes in eating habits;  
changes in sleep patterns.**

Try to note your child's stress signs and take action when they appear. Home life being as calm and pleasant as possible during exam time will be helpful. Making sure other members of the household are aware so they understand that your child may be under pressure and allowances made will be supportive. Your child may need reassurance that it is ok not to be ok in times of stress. Talking about what is making them feel anxious may assist them. Let your child know you are there to listen to any worries or concerns they may have.

Mindfulness helps many young adults reduce anxiety symptoms. A positive mind-set, relaxation techniques, regular exercise, regular sleep, eating healthily and managing time effectively all assist with minimising stress.

# RESOURCES FOR STUDENTS AT BIGS :



SharePoint Search in SharePoint

+ Create news post

Following

- Health and Safety ...
- NewYear7
- Governors
- Ms Hadia- Alimah...
- HTyear11
- See all

Recent

- StaffShared
- Communication site
- Mathematics
- KB English Langua...
- Mrs Shamim Scien...
- See all

News from sites

- English Suggested Macbeth Resources added for year 10 Nazia Surfraz 1/10/2022 11 views
- Mathematics New Themed Past Paper Practice... Nusrat Bhatti 1/6/2022
- English Suggested Tips for remote learning Bolton Islamic GI... 10/7/2021 4 views
- English Suggested Welcome to your English Site! Bolton Islamic GI... 10/7/2021 14 views
- Mathematics Tips for remote learning Global Admin 9/5/2021
- Mathematics A new resource to help you write reports Global Admin 5/5/2021

See all

Frequent sites

- StaffShared Group
- Mathematics Group
- Communication site
- KB English Language Year 9 Group
- Mrs Shamim Science YEAR 9 2021-2022 Group
- Mrs Sarfraz, Yr 11, Eng Litt (2020-2021) Group
- Staff updates Group
- MsWaseem/Art/Year9 Group
- Year 9- ICT- Miss Zainab Group
- History year 8 Ms Aysha Group
- Ayesha Amad

Suggested sites

- Year 9- ICT- Miss Zainab Group
- History year 8 Ms Aysha Group
- Ayesha Amad

 Believe Achieve Succeed

*"Pupils know that leaders expect the best from them in all that they do. Pupils make every effort to realise leaders ambitions for them to become proud, British, Muslim young women. They work hard, developing confidence and self-assurance" – Ofsted, July 2021*

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Islamic Reminders Contact Us Remote Learning Online Safety Mental Health & Wellbeing

Our-Curriculum

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Curriculum Policy

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# USEFUL WEBSITES TO AID REVISION:

## General Websites:

[www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)

[www.getrevising.co.uk](http://www.getrevising.co.uk)

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

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

[www.s-cool.co.uk](http://www.s-cool.co.uk)

[www.tutor2u.net](http://www.tutor2u.net)

[www.revisionworld.co.uk](http://www.revisionworld.co.uk) [www.gcsepod.co.uk](http://www.gcsepod.co.uk) [www.snaprevise.co.uk](http://www.snaprevise.co.uk)

# USEFUL WEBSITES TO AID REVISION:

## English Language:

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

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

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

[www.getrevising.co.uk](http://www.getrevising.co.uk).

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

[www.bbc.com/bitesize](http://www.bbc.com/bitesize) - a variety of activities to support the AQA English Language GCSE course. There are model responses, support with sentence starters and success criteria for each question on Paper 1 & Paper 2.

[www.youtube.com](http://www.youtube.com) – ‘Mr Bruff’ Language tutorial videos range from Level 4 support if you are struggling with the basics to high-ability videos if you are pushing yourself.

<http://lifemoreextraordinary.com/revision/revise-english-language-gcse-aqa/> - An engaging video tutorial of Language support exploring the top tips and must have exam skills.

<http://www.englishbiz.co.uk/> - An engaging website that offers a wide range of GCSE English Language skills and resources to practise at home.

# USEFUL WEBSITES TO AID REVISION:

## English Literature:

[www.bbc.com/bitesize](http://www.bbc.com/bitesize) - This website has a variety of activities to support the study of all the Literature texts students are studying at GCSE.

[www.revisionword.com](http://www.revisionword.com) – This website has a variety of activities to support the study of all the Literature texts students are studying at GCSE.

[www.studywise.co.uk](http://www.studywise.co.uk) – Various links to revision sites and tuition videos.

[www.quizlet.com](http://www.quizlet.com) – Variety of flashcard activities focusing on Literature texts e.g. characters, key quotations, themes etc.

[www.youtube.com](http://www.youtube.com) – ‘Mr Bruff’ Literature tutorial videos range from Level 4 support if you are struggling with the basics to a range of high-ability videos if you are pushing yourself. <https://www.sparknotes.com/nofear/shakespeare/macbeth/> - Spark Notes provides a modern day ‘translation’ of ‘Macbeth’ which helps with understanding the play as a whole, including support notes and annotations to further develop your critical analysis of the text.

## History :

Normans and Germany depth studies: <https://www.bbc.com/bitesize/examspecs/zxjk4j6> For specimen exam materials to practise and exemplar answers and commentaries: <https://www.aqa.org.uk/subjects/history/gcse/history-8145/assessment-resources>

# USEFUL WEBSITES TO AID REVISION:

**RE:** <https://www.bbc.com/bitesize/examspecs/z3xvfcw>

**Languages:**

Languagenut:

[www.quizlet.com](http://www.quizlet.com) – provides sets of flashcards and activities to learn them [www.duolingo.com](http://www.duolingo.com) – also an app for smartphones – learn basics in 5 or 10 minutes a day

**Mathematics:**

Hegarty maths : students have own username and passwords

<https://www.mathsgenie.co.uk/gcse.html>

<https://corbettmaths.com/>

<https://www.onmaths.com/>

<http://www.mrbartonmaths.com/students/>

<http://www.studymaths.co.uk>

# USEFUL WEBSITES TO AID REVISION:

## Science:

[www.kerboodle.com](http://www.kerboodle.com) students have own username and passwords

[www.twig-world.com](http://www.twig-world.com)    [www.s-cool.co.uk/gcse/chemistry](http://www.s-cool.co.uk/gcse/chemistry).    [www.bbc.co.uk/education.](http://www.bbc.co.uk/education)

[www.rsc.org](http://www.rsc.org).    [www.nationalgeographic.com/science](http://www.nationalgeographic.com/science)

[www.youtube.com/user/thehealthcaretriage](http://www.youtube.com/user/thehealthcaretriage)

[www.youtube.com/user/Kurzgesagt](http://www.youtube.com/user/Kurzgesagt)

[www.nuffieldfoundation.org/practical-biology](http://www.nuffieldfoundation.org/practical-biology)

[www.gcsescience.com](http://www.gcsescience.com).    [www.revisionscience.com/gcse-revision](http://www.revisionscience.com/gcse-revision)

[www.mathsmadeeasy.co.uk/gcse-science-revision/](http://www.mathsmadeeasy.co.uk/gcse-science-revision/)

[www.bbc.com/bitesize/subjects/zrkw2hv](http://www.bbc.com/bitesize/subjects/zrkw2hv) <http://www.bbc.com/bitesize/subjects/zrkw2hv>

[www.docbrown.info/gcsechemistry.htm](http://www.docbrown.info/gcsechemistry.htm)