



The Rudheath
Senior Academy

OUR MISSION

Opening Children's Eyes to the Wonderful World of Possibility

OUR VALUES

Excellence: 1% improvement and 100% responsibility every day

Kindness: No act of kindness, no matter how small, is ever wasted

OUR VISION

■ RSA will be an oversubscribed school of choice at the heart of the Northwich community which every student, staff member and parent is proud to belong to.

■ RSA will be relentlessly ambitious about a curriculum that leads to excellent outcomes and careers, creating remarkable experiences and making memories that last a lifetime.

■ RSA will be continuously driven about nurturing resilient, literate and articulate young people, who will be creative, confident and compassionate as they make their distinct mark on the world.



The Rudheath Revision Guide

*How can I effectively
support my child?*



REMARKABLE RUDHEATH

FAQ's

'I'm busy and don't have time to help. What can I do?'

It's not essential that you sit with them and work alongside them, but showing an interest is imperative. Ask them what tasks they're undertaking tonight and take an interest in what they have to do.

'It's noisy and there's no space at home' *The school has a homework club to support students with homework/ revision. There are also opportunities at lunchtimes and break to complete revision teachers are more than happy to support!*

'My child doesn't tell me about revision. What can I do?' *First port of call is to communicate through form tutors, then directly with subject teachers.*

What is the importance of homework/revision?

Evidence from the Education Endowment Fund (EEF) suggests that, on average, homework/ revision can add five months' additional progress to student learning.

We also recognise that studies indicate that, depending on their age, students should be completing between 1-2 hours of homework each evening for maximum benefit and we are mindful that the benefits to progress can decrease if students go above or beyond this amount.

Heads of Faculty have carefully designed subject specific curricula to build knowledge and skill over time.

How can it support learning in the classroom?

- To support and develop literacy across all subjects
- To offer opportunity for retrieval practice to aid students in remembering more and knowing more
- To help close gaps in knowledge
- To encourage development of independent study
- To help students learn more about the world around them
- To provide opportunities for parents/carers to support the learning of their children
- To help students realise their potential



Helping your child with homework and exam revision

- Take an interest in your child's schoolwork and give them plenty of encouragement and praise.
- Support your child in taking responsibility for organising and doing their own homework.
- Create a quiet space at home where your child can work without being disturbed.
- Help your child create a routine that works for them.
- If your child is taking an important exam or test, make sure they realise that you'll still love and value them if they fail.
- Make sure your child has fun, relaxes and gets plenty of sleep!

A little encouragement goes a long way

They may not show it, but most children like to feel their parents are interested in what they're doing at school. They thrive on encouragement, praise and understanding. Taking an interest in your child's schoolwork doesn't mean you have to be able to do it for them. It means providing support and showing interest so they can do it for themselves. Even if you only see your child at weekends, you can still make a real contribution and help them progress.



Helping your child focus with homework and revision

- ✓ Explain the importance of homework (increases their knowledge and helps them gain qualifications that will support them in the future)
- ✓ Let your child know you have confidence in their abilities- praise them when they work hard
- ✓ Support them in making and managing a routine, for example some children prefer to do their homework straight after school, while others like to unwind and do homework later.

Creating the right environment

It's not always easy to create the perfect place where homework and revising can be done, especially if you have other children.

The ideal space needs to:

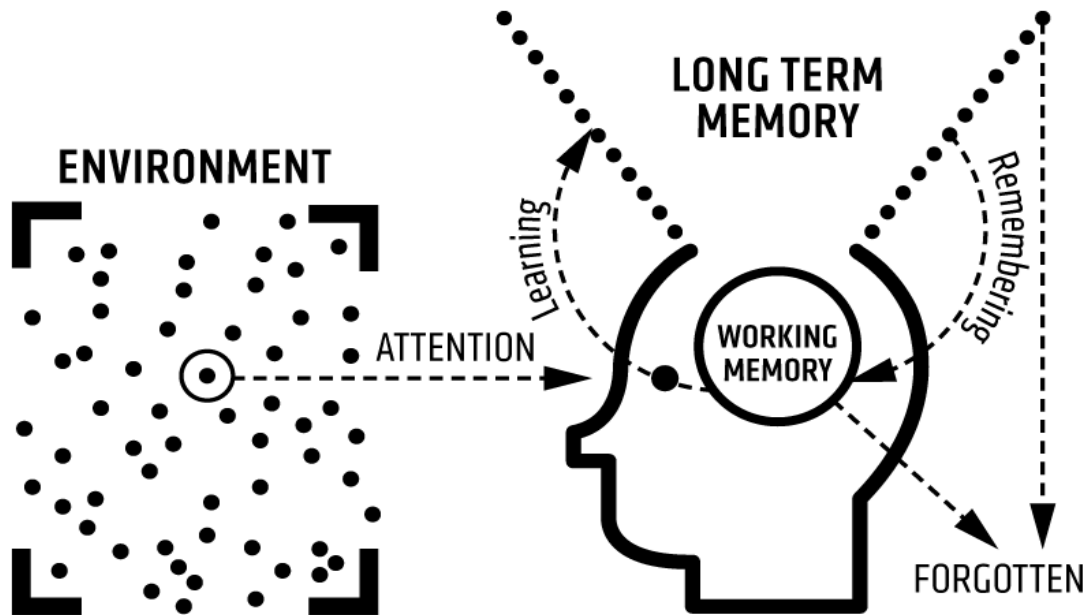
- have a clear work surface
- have good lighting
- be quiet and free from interruptions.

Different children like to study in different ways. Some find it helps to have music playing, although you should try to restrict the use of television.

Many children like to study alone, while others enjoy doing it with friends or family. If you have other children or family members living at home, ask them to keep the noise down and not to interrupt your child while they are doing their homework.

No quiet space at home? If you are pushed for space at home and your child finds it difficult to find a quiet corner where they can work, we have a homework club for students wanting a quiet place.

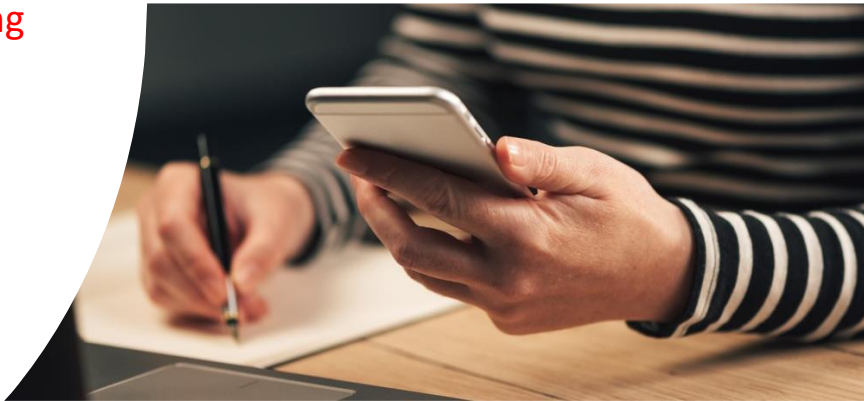
How does learning happen?



- Ultimately, students use their **working memory** to acquire new knowledge. If they try to learn too much, too quickly, it is inevitable that this new knowledge will not be retained.
- We build knowledge and experience in our **long-term memory**. Its capacity is limitless. However, it is really important to students try and “think hard” to see what they can remember to retrieve information from their long term memory. This is why quizzing is a really effective tool.
- Because our working memory is limited, learning is more successful when our thinking is focused, communication has clarity and environmental distractions are reduced (that’s why phones need to be put away)

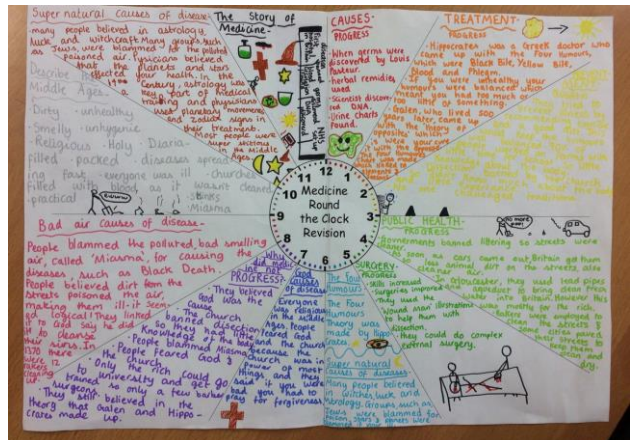
Ineffective Revision Strategies

- Re-reading
- Highlighting
- Cramming
- Revising with a mobile phone nearby or with music playing are all poor revision techniques.



Effective Revision Strategies

- Self-quizzing
- Retrieval practice
- Spacing
- Flashcards
- Brain dumps
- Retrieval clocks



Support at Home

- What do you want? What is a picture of the future that puts a smile on your face?
- How bad do you want it?
- Keep/ scrap/ change- if something isn't working, change it and communicate with us.
- Rewards- incentivize effective use of time revising.
- Monitoring use of devices- lots of apps to create timers on phones for study sessions. (forest, family time apps allow you to monitor time spent)

Looking after well-being

With exams just around the corner, students often wonder how to revise for exams effectively. Amongst this, all too often students become increasingly overwhelmed over the thought of exams. Here are 10 top tips to ensure they look after their wellbeing.



- 1. Eat breakfast**
- 2. Don't listen to music**
- 3. Do past papers and space out study sessions**
- 4. Put phones away**
- 5. Drink water regularly**
- 6. Get fresh air**
- 7. Get some exercise**
- 8. Keep a diary**
- 9. Regular bed times**
- 10. Sleep 8-10 hours a night**





PARENTS

10 WAYS TO LOOK AFTER YOUR OWN MENTAL HEALTH

by @inner_drive | www.innerdrive.co.uk

- 1 Be kind to yourself** We are in uncharted territory. It's ok to sometimes get things wrong.
- 2 Be physically active** Maintaining good exercise habits is key.
- 3 Connect** Stay in touch with friends and loved ones.
- 4 Read** This can be a good way to shut off from the news every now and again.
- 5 Practice the 'Principle of Charity'** Assume the best intentions in others' behaviours.
- 6 Know that everything is temporary** As the famous phrase states, "this too shall pass".
- 7 Be flexible** If you are too rigid, it can increase stress and frustrations.
- 8 Maintain a daily routine** This will aid consistency and calmness in your house.
- 9 Eat well** It is easy in these circumstances to slip into not eating a balanced diet.
- 10 Get plenty of sleep** Ensure that you are getting plenty of sleep. It will make you feel better.

10 ways to help your child with their homework

by @inner_drive | www.innerdrive.co.uk



- 01. Set a routine**
- 02. Have a designated homework space**
- 03. Get rid of all distractions**
- 04. Have regular breaks**
- 05. Promote independence**
- 06. Help your child organise their time**
- 07. Encourage your child to develop a growth mindset**
- 08. Be a role model**
- 09. Say “I am so proud of you!”**
- 10. Communicate your worries to their teacher**

If you have any other queries/concerns about revision, I have provided my email address below:

Contact Details:

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