





# Year 10 Newsletter

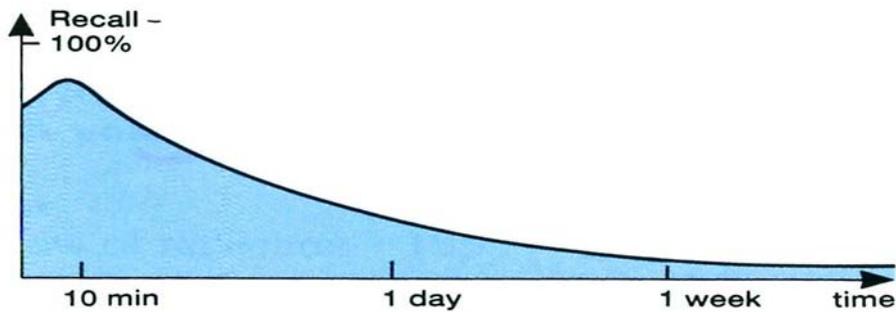
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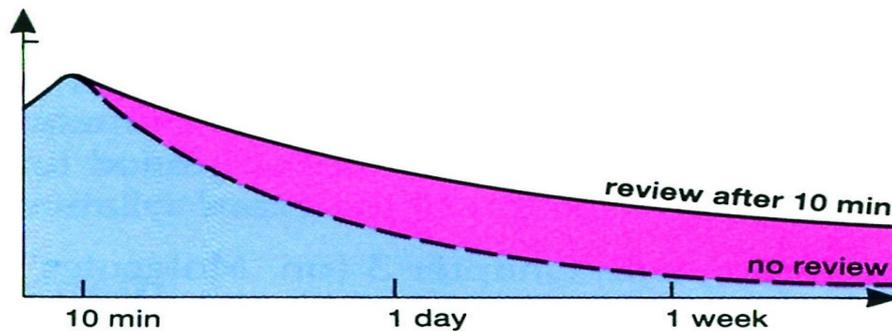
## How often should you revise?

Revise once: the graph below shows how much your brain can recall later.

It rises for about 10 minutes ...and then falls.

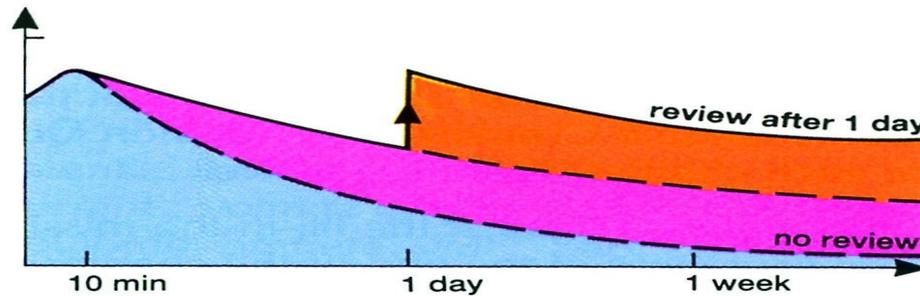


However: if you quickly re-revise after 10 minutes, the graph falls more slowly! This is good.

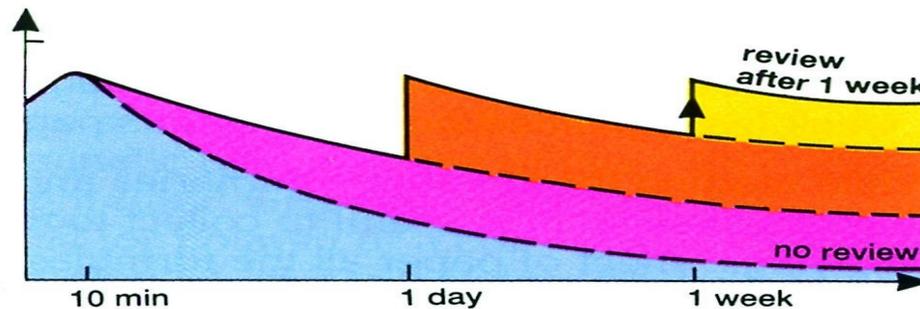


(c) Keith Johnson

Even better, if you quickly re-revise again, after 1 day, then the graph falls even more slowly! Good!



And even better still, if you quickly re-revise again, after 1 week, the graph falls even more slowly! Great!



(c) Keith Johnson



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## Revision Tips we have shared in Assemblies

- Be positive about your revision. Time spent now is investment for your future. Set out a plan (short mixed slots...), stick to it.
- Turn your phone off; tell your friends you are building your life.
- Build in short breaks. Happy moments J
- Drink water (not energy drinks) and get fresh air. Keep the temperature cool.
- Eat 'brain food' – avoid sugar and have lots of healthy snacks around to eat, little and often.
- Get plenty of sleep.
- Do something different with your notes, picture >> notes, or notes >> picture. Think technology, Show-mes?
- Don't leave the difficult bits to the end.
- STOP and take a break if you start feeling frustrated, angry, or overwhelmed.
- **Make a note of the problem to take to your next lesson**, and move on to something else.
- Focus on what you have done, not all the things that you haven't – every little helps.
- Promise yourself little rewards after each session – a favourite TV programme, reading a trashy novel, time on Facebook etc, or going out with friends.
- At the end of each session, celebrate with your family what you have learnt.

## Study Skills Day

Earlier this term, 70 members of the year group enjoyed an intensive Study Skills Day, working with visiting Mentors looking at Strategies for Success. This included memory techniques, revision strategies, learning styles and mind-mapping. Feedback from the students was very positive overall and we look forward to two further days for the rest of the year group, before the Year 10 exam week.



## College Skirts

We have become aware that there has been some uncertainty over what are the appropriate skirts to be worn by our students. We have therefore sourced some styles that can be purchased from the College or a supplier Trophy Textiles in Pool but parents/carers are welcome to source skirts themselves, if preferred. The skirts are all 22 inch in length, and there are samples for students to try at the College. The cost is approximately £15 but this does vary slightly dependent on style and size. Please click on the [Uniform](#) link on the College website for further details.

## Hospitality & Catering Day

A small group were lucky enough to recently spend a day working as a team with other Colleges at the Budock Vean hotel. Here they experienced how important teamwork is in a busy working environment and they enjoyed experiences in many areas of the Hotel. Lunch was a great success with some of it being produced by the students themselves in the Hotel kitchen.





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## The Snow Queen

I was privileged to watch one of the performances of the Snow Queen this month and was delighted to see so many students from Year 10 as part of the cast and the back stage crew. A great performance by all the cast resulting from grit determination and perseverance from the students and fantastic hard work and support from the Expressive Arts team. Below are a few photos including some of the Year 10 performers.



## Free School Meals

Did you know that we can claim extra funding (£935) for every student claiming Free School Meals. We spend the money in a number of ways to help disadvantaged students, e.g. one to one English & Maths tuition, specialist agency support, plus a variety of extra-curricular & enrichment activities. If you are in receipt of any of the following state benefits then you are probably eligible:

- Income Support
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- Child Tax Credit, provided they are not entitled to Working Tax Credit and have an annual income that does not exceed £16,190

It's easy to register for Free School Meals. Just go to the Cornwall Council website – [www.cornwall.gov.uk](http://www.cornwall.gov.uk) - and click on Education and Learning; then click onto Apply for Free School Meals; and finally complete and submit the form. If you do not have access to the internet at home, then please contact the College North Site Reception on 01326 572685, who will be able to provide you with a paper copy.

## Science Week

Don't forget to purchase your tickets to the Science Week Evening Lectures, which include *Mind and Brain in the 21st Century*, *Fire and Ice* and *A Journey Through Time and Space*. Tickets are £1-£2 and available from North Site Reception.

I wish you and the students a wonderful and relaxing half term

Best wishes  
Mr M Quilter  
Head of Progress – Year 10