

EASTBROOK SCHOOL



NEWSLETTER



31 March 2023

Secondary & Sixth Form

Issue No 2



PRINCIPLED RESILIENT OPEN UNDERSTANDING DISCIPLINED

KEY DATES THIS TERM

GCSE Exams start this term

26 April - Year 10 Parents' evening

1 May - Bank Holiday

8 May - Bank Holiday

26 May - INSET Day

15 May to 16 May - Yr6 info evening

29 May to 2 June - Half term

23 June - Year 11 Prom

30 June - Year 6 transition day

12 July - KS3 MABLEs Awards evening

21 July - Last day of term

CELEBRATING ATTENDANCE

Highest Form Attendance

10A

Highest House Attendance

Lion

Highest Year group

Attendance

Years 8 & 9



MESSAGE FROM THE HEADTEACHER

Dear Parents/Carers

I hope that this bulletin finds you safe and well.

For many from our Eastbrook community, the holy month of Ramadan will be a time for celebration, reflection and peace. We wish all our Muslim students and families 'Ramadan Mubarak' in the lead up to Eid. Similarly, as we reach the Easter break, we look forward to some quality time with our families and loved ones.



In this newsletter you will see so much to celebrate. It shows that Eastbrook School is going from strength to strength. We are, quite rightly, proud of our achievements and this newsletter showcases just some of the amazing things that are happening in our school.

To begin with, we are very proud of our very own Regina Pamba who was elected as Young Mayor for Barking and Dagenham last month! This is a massive achievement for her and our school. It's testament to her hard work and dedication to helping young people in our borough thrive. Not only is she the first ever Kenyan appointed to this post, but she is also the first student from Eastbrook School to receive this honour. We wish her well in her new role and will watch with interest to see what she goes on to achieve both for herself and the young people she represents.

Other examples of the richness of our school life and how we are aspiring to be the best is the KS4 More Able Evening (or MABLES) where we celebrated those students who have worked hard to be the best version of themselves. It was a wonderful evening of celebration and truly inspiring. In a similar vein, we celebrate other successes such as the North Midlands Powerlifting championships; Eniola, Leigha, Gracie, Jack and Ralfs – we are all proud of you!

In other news, you will see that we've had a very busy term. In terms of raising awareness and celebration of our different cultures, we had a fantastic Cultural Awareness with various activities across the school and culminating in a cultural wear day. Many thanks to Mr Glanville for organising this and to all who took part. The aim was to promote respect and celebration of our diversity. I even wore my sari and I was thrilled to answer questions about my culture and to share experiences. It underlines how rich our heritage is and the importance of multiculturalism at Eastbrook school.

Amid celebrations however, for Year 11 this will be a stressful time in the run up to the final exams start. There will be Easter revision classes to help with catch up and preparations for exams. If your child is in Year 11, please ensure that they attend the sessions. They are extremely beneficial for last-minute catch-up, or the chance to fill any gaps there might be in knowledge. I wish all of Year 11 the best of luck as they start the run up to the finals.

In the new term you will see some physical changes at the school. To safeguard and protect our students, we will be erecting extra fencing to bolster security. On that subject, please could I ask that if you wish to speak to someone about any aspect of your child's schooling, you call reception and make an appointment to see the relevant person. The school day means that we are rarely 'free' to meet with a parent who drops in. Thanks in advance for your help with this.

School will finish by 12pm on Friday 31st March, opening again on Monday 17th April. I want to take this opportunity to wish our whole Eastbrook School community a very restful, safe and peaceful break.

Avani Higgins
Headteacher

CULTURAL AWARENESS WEEK 2023 – ONE TO REMEMBER

Eastbrook is enriched with students and teachers, from across all continents, and continue to improve on capitalising on the array of cultural experiences. Yet again, Cultural Awareness Week, 20th – 24th March, facilitated exposure to different ways of life, discussions and opportunities to learn and grow. With this in mind and fantastic ideas, from our student leaders Racheal Lawal, Shannai Williams and Regina Pamba (Barking & Dagenham's Young Mayor), the week's activities, and sumptuous menus to enjoy, got us really excited and rearing to go!

MONDAY – SHOW N TELL

The week commenced with students showcasing items, either physically or online images, linked to their culture. These ignited discussions of how the same or similar items, with different names, are used across regions of the world.



TUESDAY – INTERNATIONAL DAY FOR THE ERADICATION OF RACIAL DISCRIMINATION

This was celebrated by the United Nation on Tuesday, 21st March. Rather than a sole focus on racism, our student panel organised discussions into how other forms of discriminations affect young people daily. They were quizzed on their ideas from an audience of years 7-10. Amongst the panellists and topics discussed were:

- Racheal Lawal - Economic discrimination on a global scale
- Migle Leliugaite Ageism – Pay gap affecting young people
- Stefan Onoiu - Economic discrimination affecting ethnic minorities
- Regina Pamba - Tribalism
- Jewel Udoudo - Economic discrimination based on religion



WEDNESDAY – POETRY AND SONGS

A selection of poems and songs were provided to discuss during form times. The poems and songs span across many cultures and genres.

THURSDAY – CULTURE & RELIGIOUS PRACTICES

We welcomed Ms Law's (SENCO teacher and Lay Leader from South West Essex Reform Synagogue) and Pastor Warren (from Seventh Day Adventist Church) enlightening students on the extent to which culture affects religious practices.



FRIDAY – CULTURAL WEAR DAY

Despite clouds arising, students and staff braved the weather wearing their cultural clothing. With no bounds to colours and styles they showcased their fashions with pride befitting for the catwalk. It was very difficult to choose

Their outfits told stories beyond words and pictures from a book. The modelling of their national colours and cultural clothings created narratives of their heritage, poetries of their past and facilitated flamboyant students and teachers embracing their identities with pride and joy. The week's celebration raised over £350 which will be given to the relief services for the survivors of the earthquake in Turkey and Syria.

We are on a journey and with a growth mindset – sky is the limit. We continue to make strides in making our school outstanding, inclusive for all cultures and enable our members' demonstration of PROUD virtues thus showcasing why Eastbrook remains an integral part of many communities.



HERE COMES THE SUN...

And with the blink of an eye, we are fast approaching the summer term of year 7. It has been a busy term, with almost too many events to mention. It is astonishing to see how quickly they have settled in. Let's start with the most important: attendance. Seven forms have battled it out for the best attendance award each week. It has been a nail biting affair and unsurprisingly every form had a chance at the top spot. Attendance and attainment cannot be separated and being in school is vital to make rapid progress. At Eastbrook we expect our students to maintain an average attendance of 95%. When students go below that, they are at risk of underachieving.



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7A, under the tutelage of Mr Goodwin delivered a moving Holocaust memorial assembly. They showed great empathy and knowledge. It was a pleasure to listen to the students speak with such conviction and confidence.

7B had a chance to deliver an assembly on the history of World Book Day. Some of the greatest reading myths were busted. Reading opens up a world of adventures and offers an exciting glimpse to faraway places.

7C, with Ms Malik at the wheel, enjoy philosophical discussions during form time. The form enjoys a competitive game of Uno, while listening to their wise tutor, who is a history expert. She always has time for her form and can be relied on to help and guide her tutees.

7D delivered our well-rehearsed International Women's Day assembly. Every female teacher was given a rose and all the girls left with a daffodil to brighten the day. Ms Soare also leads the Year 7 sports teams to their victories.

Under Mr Dos Santos' leadership, 7E has made the most progress in overall attendance. His calm manner and reliability have empowered his form to climb the leader board to an overall second place. Bravo.

7F, once the smallest form, has grown over the last few months. Mr McKenzie's form is also one of the friendliest forms, probably partly due to the excellent example they have in Mr McKenzie. The form have also made the second most progress on the attendance leader board.

Last, but not least, 7G with Mrs Bishop directing them. Mrs Bishop's high expectations are clear to see. Over the last few months, they have really started working together as a team, while appearing on the attendance leader board more than once.

The Year 7s supported Comic relief and it was fantastic to see how they worked together. It was also so heart warming to see the leadership qualities displayed by the organisers. It was amazing to see the PROUD virtues embodied by so many students.

Cultural Awareness days brought a whirlwind of vibrant colours and patterns. It was really nice to see the pride in which our students wore the costume that showed their culture.

We end the term with the theme of kindness, especially kindness in the digital world. It is important that our students navigate the internet safely and that they are kind to one another online. Many students were unaware that the age restriction for most social applications is 13+.

Once again, the Year 7 team would like to thank all the parents and carers for their support.

We are all looking forward to the summer term and can't wait for the much-improved weather.



KS4 MABLES AWARD EVENING

To recognise and honour worthy KS4 children who have put in the necessary effort and have been suggested by their teachers for awards in several categories, an awards ceremony was organised.

These include the Headteachers Award and the Most Engaged, Most Creative, Most Progressive, and Overall Outstanding Students awards.

Furthermore, Mr. Max Bednarz, a guest pianist, and Mrs. Phinnah Ikeji, the keynote speaker, enthralled the audience that evening.

EASTBROOK SPEAKS

On the 1st March Eastbrook Mables launched their first talk tagged "Breaking the mould". The discussions were designed to encourage people to express their opinions and views as well as the causes they were passionate about.

It was the first edition, and diverse members of the school community, including teachers and students, participated, including Mr. Nathan, Ms. Wood, Mr. Bambs, and Mr. Wall. Jewel, Kandi, Affan, Rachel, and Comfort were among the students who took part in the event, which was moderated by Regina Pamba. Dr. Ebum Oluwole from the College of Dermatology from Birmingham also spoke as a guest speaker that evening about "Words I have kept."



1MM

Eastbrook school students have been taking part in the Mayor of London sponsored 1 Million mentors programme this year which featured year 11 students being mentored from mentors in different fields of endeavour.



POWERLIFTING CHAMPIONS

Eniola Osikayo, Leigha Nelson Gracie Otto and Jack Graves all competed for the first time in the North Midlands Powerlifting championships.

Eniola Osikayo, Leigha Nelson and Gracie Otto lifted 9/9 beating all their personal best and have all qualified for the U18 British Powerlifting championships which will be taking place in April.

Watch this space as the girls and Ralfs Vackers from year 12 fight to be the best in the country.





EASTBROOK SUMMER CONCERT

Years 7 and 8 have been working hard in rehearsals with Drama teacher Mr Walker on the classic musical shows 'Oliver and Annie'.

'The students have been showing resilience and dedication towards trying something new and developing their teamwork skills by supporting each other with their characterisation which is what we at Eastbrook school strive to embed into our students every day' said Mr Walker.

The students will be performing a range of songs from the shows through acting, singing and dancing. Music students have been working with Mr Fogerty developing their keyboard, guitar and vocal skills to prepare a range of genres to showcase within the concert. Year 11 music students are especially excited about showcasing their talents for their final performance at Eastbrook.

The summer show shall be held in the final half term towards the end of the academic year. We hope that parents and friends will join us in celebrating the spectacular work that the students have produced.

GEOGRAPHY FIELDTRIP - THE LONDON DOCKLANDS

Over 70 Year 11 students and staff went to London Docklands as part of their GCSE Geography course last month. The main aim of the trip was to assess how docklands has changed over time which is known as 'regeneration'. The area was historically used as a dockyard for large ships sailing across the world bringing in a variety of goods and produce into the UK.

However, the area became derelict when modern ships were too large for the docks. This led to the area becoming derelict and thus fell into disrepair. The UK, government decided to regenerate docklands and created a business district with banks, brand new train stations and a shopping centre.

The year 11 students surveyed people on the street and collected data which they brought back to create graphs and charts back in school. They will now use this as part of their revision in preparation for the final GCSE exams in the summer.

We wish the success in their exams!





BONJOUR! HOLA!

In Year 7, students have been introduced to the differences between school life in the UK and France. They have also focussed on the topic about family. They have learned to use adjectives to describe themselves, family members and friends. They have produced wonderful profiles about themselves, soon to adorn the classroom! Year 8 has begun to explore the French-speaking world and discuss and describe where they live.



In the After School Club, Y7 and 8 learnt about La Chandeleur, which is celebrated in France in February and enjoyed making La crêpe Bretonne. The cross curricular session helped students to incorporate their French language skills, cultural understanding of Brittany region and Food Technology skills to make delicious crêpes. Everyone had fun making their crêpes, c'était délicieux!

Year 10 students have been expressing their opinions about their regions. Their opinions were based on the weather, public transport, leisure activities and environment.

Our Year 11 students are now preparing themselves for the upcoming GCSE Speaking assessments, working on an independent presentation with questions in French, photo task and practice role plays. The MFL team is very impressed and proud of the dedication shown by students in striving for the top grades in their Mocks. Their hard work and perseverance in French has really paid off! Congratulations to Racheal, Nelja, Alessia, Aysha and Klaudia, we can't wait to see how well you perform in your summer examinations!

DID YOU KNOW?

'Anticonstitutionnellement' is the longest word in the French dictionary. It is 25 letters long. Have a go at saying that one! Why don't you look it up to find out what it means?

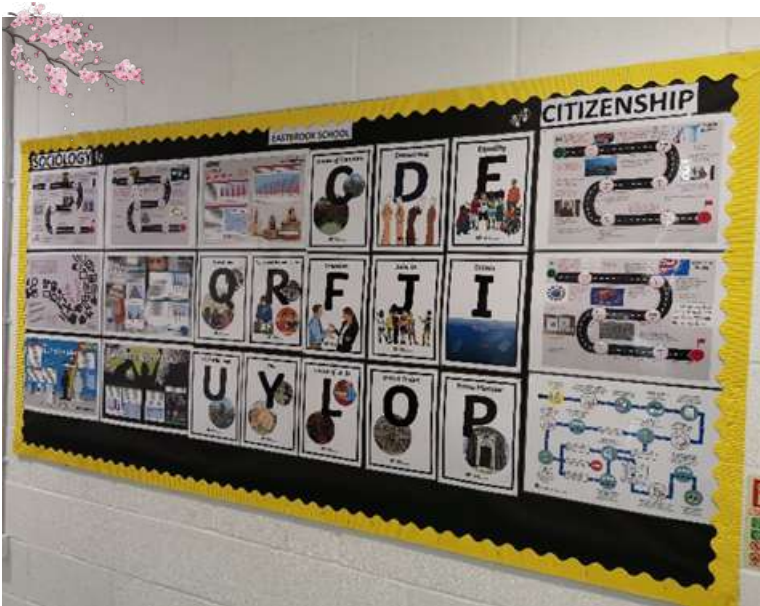
In French, 'LOL' is 'MDR' (Mort de rire = What does that literally mean?)

Look it up and find out what it means, and then email Mr Ifrek with your answer to win a PROUD point!

Bonne vacances!

MFL Team





IMPORTANCE OF VOLUNTEERING

Yasmin Hussain volunteered to design Sociology & Citizenship's notice board. A mature, creative and progressive thinking 6th form student who meticulously manoeuvred the pieces in less than 30mins. Yasmin expressed the "importance of how pleased I am to volunteer and more students need to get involved" – such profound words from one of our many fantastic year 12 students!

SPRING KS3 NUMERACY QUIZ

In the form we were tasked with completing a numeracy quiz. Everyone in our form helped and pitched in, it was a collaborative effort. We then received the good news not long afterwards that not only did we achieve the highest mark in our year, but the highest mark in all years 7, 8 and 9.

I am very proud of my form 9D and how we were able to work together to achieve this great feat.

By Jaden Boateng 9D

PI DAY @ EASTBROOK SCHOOL

Pi day is celebrated on the 14th of March. This tradition began in 1988, since in some countries this day is written as 3.14 which is the first digits of Pi. Pi is an infinite number but is usually abbreviated to 3.14. Pi is the ratio of a circle's circumference to its diameter - Pi never changes. The pi symbol is a Greek symbol and it was introduced in 1706 by William Jones. The thirteenth of March also happens to be Albert Einstein's birthday. On this day, pupils took part in a variety of pi-related activities. One of these activities was a pi word search. There was also a competition for who can memorize the most digits of pi. Gergana Dimitrova won the competition by memorizing and writing 109 digits of pi.

By Gergana Dimitrova





ARTS & CULTURAL ENRICHMENT AT EASTBROOK

The Visual Arts Department at Eastbrook School is dedicated to provide a comprehensive arts and cultural enrichment programme for our students. Our enthusiastic teachers meticulously plan and prepare extra-curricular learning and educational visits, to improve students' cultural capital.

At Key Stage 3, committed students are encouraged to engage with learning outside of the day-to-day curriculum by attending our art enrichment workshops. This term, Year 9 students took inspiration from Lucian Freud's portrait prints to produce their own monoprint portraits. Students will also have the opportunity to engage with our forthcoming Manga and Anime Club, and extra-curricular learning focusing on fashion design.

Key Stage 4 students are regularly taken on educational and 'location shoot' visits to broaden their cultural hinterland and enhance their GCSE portfolios. This term, Year 10 students visited the Autograph ABP and Whitechapel Galleries, as well as the Tate Modern. Students studied artists relevant to their coursework projects and experienced art in context.

You can read more about their experiences, as well as seeing what else goes on in the department, on the Visual Arts news section of the school's website.

Well done and thank you to all our amazing artists, and our fantastic team of teachers – we are PROUD!

Mr Nathan, Head of Visual Arts





BADMINTON COMPETITION

We hosted the first Borough Badminton competition since pre-covid and what a great event it was. We entered teams into both the KS3 and KS4 competitions and each team came away with a medal.

Well done to Bronze Medal winners: Sydney, Eniola, Heather, Lilian, Lilly, Sukh, Jack, Etan, Prince, Muhammed, Teddy, Jehovah, Corey. Congratulations to Gold Medal winners: Deanna, Lexie, Greta and Dalia

PANATHLON SPORTS LEADERS

Eastbrook hosted 8 local primary schools for the borough panathlon event. Eastbrook 6th form sports leaders were fantastic on the day, showing great communication and motivational skills to encourage all pupils to do their best. Well done everyone who took part in the event.



PRIMARY PUPILS BENEFIT FROM USING THE SECONDARY FACILITIES

In lesson, Mrs Nicholas has been bringing key stage 2 pupils over to the sports hall and using the badminton facilities.

This has proven to be a great success as Eastbrook Primary pupils won the borough badminton festival and through to the finals at the London youth games!





BASKETBALL

Year 7 Girls Basketball Team

Well done to the Year 7 Basketball team for the great performance during their first game. They had the first Basketball game and enjoyed such an amazing experience.



Year 7 Boys Basketball team

They have had the first Basketball match and had an excellent win against Eastbury.

Teddy Peebles, Kaylen Da Silva, Vasile Paul, Basheer Al-Titi, Koabichukwura Ojemma, Kaiyron Rowland, Zakariya Mohamed, Jephthan Oladoke, Samuel Russell, David Savoi, Emtiyaj Ahmed, Alex Cepalov



Year 8 Girls Basketball Team

They played great games against different schools in the Basketball Borough League and showed great performances.

Davina Huston, Zainab Ajayi, Cheyenne Manning, Praise Oladipo, Amiyah Halley, Dalia Wyszczelska, Beau Kyranides, Tigerlilly Giddens, Aaliyah Kamara, Shaniyah Shaw-Cambell, Phoebe Green, Jessica Iwenjiora, Elizabeth Aina-Osunnuga.



Year 8 Boys Basketball Team

The team performed brilliantly despite the tough games they went through. Excellent performances. Well done Team!

Iannis Stefan Bonciu, Arnaldo Boto Ugate, Masamba Jehovah Izengo, Fabrizio Montauti, John Michael Kasango, Samuel Fadia Francisco, Amishael Mafuta, Yassen Saleh, Mustapha Bolanle, Mohamed Khamis, Steven Ogunjemilusi, Luis Espirito Santo.





BASKETBALL

Year 9 Basketball Team

Raisha Timoteo , Deanna Day, Lexie Day, Demi Tear, Ann Marie, Vera Antwiwaa, Deanna Day, Sara Moise, Pamian Zaerimotlagh, Roshan Nabukeera.

Player of the match were Raisha Timoteo.

Well done to all the girls for your efforts and sustained training!



Year 9 Boys Basketball Team

Good efforts, great training attendance and dedication!

Arnas Zutautas ,Renne Moise , Enoch Olatubosun , Jaden Boateng ,Wazid Chudury, Ismail Musah, Charlie Gladden , Malachi Obiogwa .

Year 10 Basketball Team

The games were tough, and the team have proven great determination. Excellent performances!

Jayden Djezzar, Aidan Mitchell, Samuel Kalala , Adeji Kehinde, Leon Kqiku, Destiny Polly, Clinchy Modest, Izaak Peebles



NETBALL

Year 7 Netball team



The first season playing together. Year 7 netball team have shown sheer determination and commitment throughout the season. The entire team has attended practice every week without fail. Well done to the year 7 Netball team for the fantastic win over Sydney Russell school.

The Year 7 Team: GS – Ioana Paul , GA – Kayla Best-Moss , WA – Chanel Steadman , C – Mayda Zamar, WD – Lily-Mae Gregory, GD – Lillie Cullen , GK – Patricia Munteanu, Reserve – Hetty Chen, Lois Mifsud, Lexie Nungent, Anayah Paul.

NETBALL

EASTBROOK U14S NETBALL

Eastbrook recently took part in the netball rally at Robert Clack school where 17 teams entered! We managed to achieved 4th place in our pool. In league news, Eastbrook A team have achieved 2nd place in the U14s borough netball league! Well done everyone who has been part of both teams this year, 34 pupils in the under 14s team this year – a new school record. Great commitment!



Netball Coaching Masterclass

Year 8, 9, 10, 11 and 12 PE and Netball students had the privilege of attending a netball and coaching masterclass with Surrey Storm Head Coach and Player Mikki Austin. Mikki delivered a fantastic session to our students where she shared some great advice with our netball players. Mikki worked with our Year 12 PE students and gave them an insight behind how she plans her coaching session at Storm and gave them tips consider when they are coaching.

Copper Box visit

11 students in Year 10, 11 and 12 visited the Copper Box in Stratford on Saturday 4th March. The Girls were excited to be able to watch the Women's Vitality Netball Superleague match between London Pulse and Surrey Storm. The girls were rooting for Surrey Storm, after meeting and being coached by Storms Player and Head Coach Mikki Austin as part of her work with our netball players through her coaching masterclass and the Spain Tour. The girls were lucky to see Mikki after the game and catch up with her and talk netball. They also had the privilege of meeting England Netball Legend and London Pulse Player Jade Clarke.





NETBALL

Borough Champions!

The Under 16A team are BOROUGH CHAMPIONS! The girls finished off the borough league campaign undefeated! No team were able to beat them. Their win has been a complete team effort and is down to how well they have worked in training and together on the court. Each game the team go stronger and stronger and pulled out dominate performances. Miss Harper is incredibly PROUD of what this team has been able to achieve with each player having a crucial part. It is amazing to see the progress they have made in only one season of playing together.

U16A Team – Maria (Captain), Alessia, Evie, Elizabeth, Juta, Tamara, Diana, Darcey and Lilly L

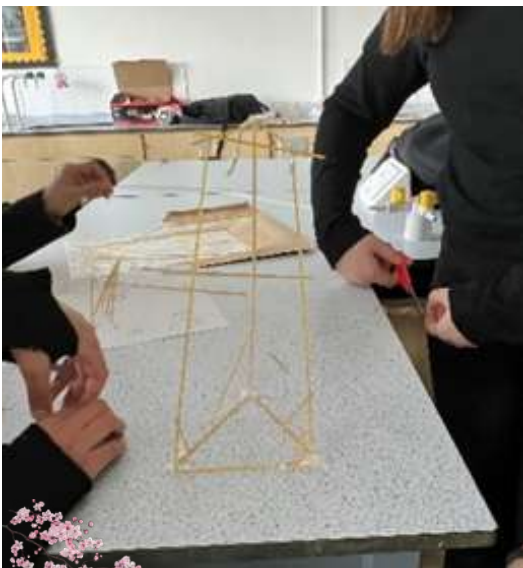
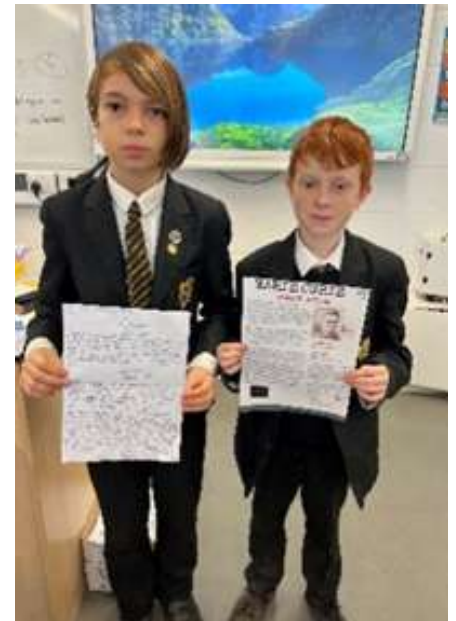
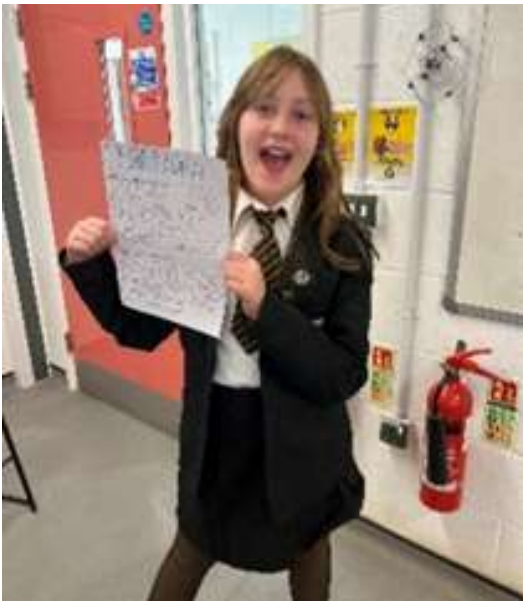


Netball U/16 B team

Well done to the Under 16B team for a great win over Goresbrook B. The game was high intensity and went goal for goal at one point but with the support of Year 12 students Molly and Lacey coaching they pulled off a 10-8 win. Thank you to Mrs Smart for helping umpire the game.

Players of the match – Tumba and Lilian
Coaches players of the match nominated by Molly and Lacey – Ela and Lily S





INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE

Eastbrook school science department celebrated International Day of Women and Girls in Science during the week commencing 6th March 2023.

Pupils from Years 7 and 8 carried out research on the female scientists which have inspired them the most. Following this, they were given the opportunity to present their research to their science classes and in assemblies. Of course, Marie Curie being the most inspirational scientist! Year 9 girls worked through a task which encouraged them to use skills such as communication, leadership dynamics, collaboration, innovation, and problem-solving strategies. The task consisted of building the tallest free-standing structure out of 20 sticks of spaghetti, one meter of tape, one meter of string and one marshmallow (which usually disappeared...).

The winning team built an 87cm structure! The girls thoroughly enjoyed building their towers despite many struggles to keep it free standing. They clearly demonstrated resilience in the face of challenges or frustrations!

Well done to Kandi Jameson, Year 10 and Nellija Arbidane, Year 11 who presented to their respective year groups highlighting the ground-breaking achievements of women throughout the history of science along with the hardships they face in the male dominated environment.

Ms Logan

INTERNATIONAL WOMEN'S DAY

8th March 2023, saw Eastbrook school celebrate International Woman's Day 2023, focusing on the theme "Embracing Equity".

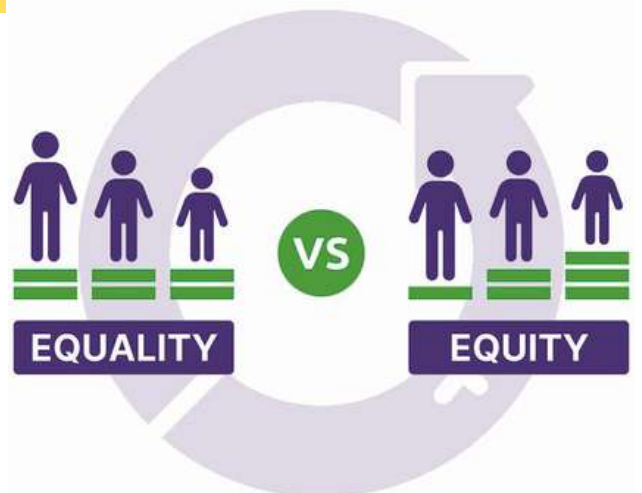
The day was centred around the fact that:

“Embracing Equity is embracing the fact that we all start from different places in life and ensuring that we all have the resources and opportunities needed to reach an equal outcome”

As well as facts such as:

- Women earn on average 82% of what men earn (18% less)
- Girls perform better than boys in exams. 76.7% of female students and 69.8% of male students achieved a 4 grade or higher at GCSE level in the United Kingdom in 2022.

Girls in Yr9 and Yr10 were privileged to participate in a special workshop with key messages from Headteacher Mrs Higgins and Head of Science Mrs Barrass, followed by guest speaker Julianna Delmonte from Nia an organisation focused on ending violence against women and children, culminating in the sharing of concerns that they have as girls and supporting each other with advice. A great day was had by all.



“

“Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all [#EmbraceEquity](#).”

”

Dear parent/ Carer,

As we continue through this cost of living crisis, some families are under more financial burdens and pressure.

As our children grow, purchasing school uniforms can be an increased strain on tight budgets. To help our families, we are asking whether your children have grown out of or no longer need any school uniform items.

Uniform items from the list below would be most helpful:

- Blazers
- Tie
- Jumpers
- PE Kit
- Coats.

Any spare items of clothing can be handed to the child's head of year or the school office after Easter break. We will then offer these to families to help support them.

Thank you in advance.

REVISION AND RECALL

Revising key topics and units are imperative in all subjects. You can find some revision and recall strategies below to assist you:

- Mind maps – help to organise ideas and identify connections.
- Flashcards – condense information and notes on a specific topic; put a question on one side and an answer on another; learn key quotes from each chapter or character.
- Rhymes/ stories/ mnemonics - create a rhyme or short story to help you remember key information and quotes. Some students find it useful to record themselves and then play this back to help retain facts.
- Post-it notes – summarise information and dot these around in places you often visit so that recall is consistent.
- Work through past questions and practice papers by either planning for them or answering them in the time you will have in an exam.



REMEMBER TO

- Break up revision time so that you are working in small manageable chunks.
- Give yourself rewards to keep you motivated.
- Take regular breaks.
- Eat and drink well to boost your energy.
- Establish a routine that works for YOU.