

Senior Phase Parent Information Evening



Senior Phase Information Evening



- **Outline qualifications.**
- **Key dates**
- **Study Advice.**

Why 'Senior Phase?'

- **S1 – S3 Broad General Education**
- **S4 – S6 Senior Phase**

National Qualifications

Dingwall Academy

Study Advice

Testing times ...

- **How many weeks until the prelim exams start?**

- 13 school weeks



Prelim Examinations

- 15th January –

2nd February
2018



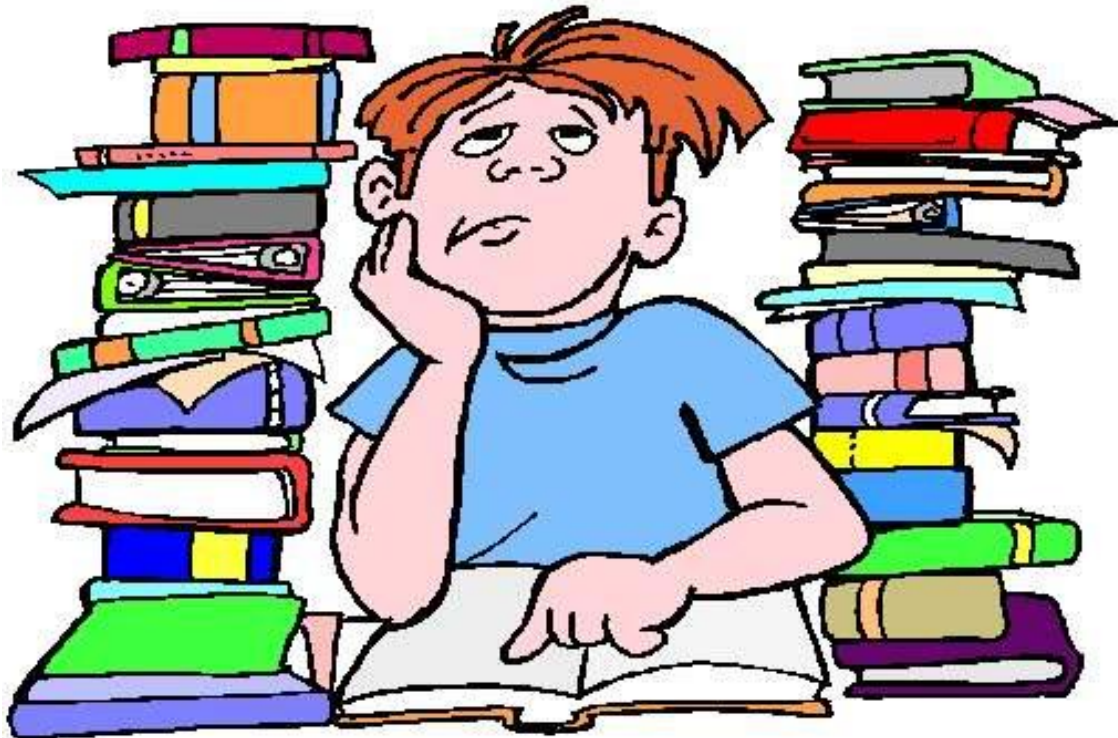
Testing times ...

- **How many weeks until the SQA exams start?**

Testing times ...

- **How many weeks until the SQA exams start?**
- **27 school weeks**

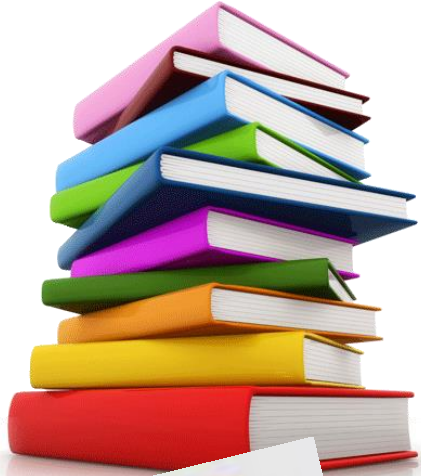
Where do you start?



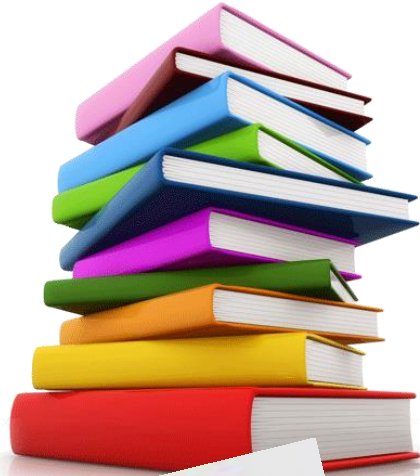
Resources

- What do you need to have in front of you for effective study?

Resources



Resources



Parental Involvement

“The research is overwhelmingly clear: when parents play a positive role in their children’s education, students do better in school”

How can I help?

- **Build revision time into family life.**
- **Create a quiet space.**
- **Reward – cups of tea chocolate biscuits!**
- **Breaks from revision.**

Help consolidate revision by

- **Talking through summary notes.**
- **Asking for explanation of mind map.**
- **Timed past papers.**
- **Ask for explanations, teach the parent.**
- **Talk, talk, talk.**

The importance of planning

- Fail to plan.
Plan to fail.

Let's start now ...

NAME _____

The secret to getting ahead is getting started

IF IT IS IMPORTANT TO YOU, YOU WILL FIND A WAY. IF NOT, YOU WILL FIND AN EXCUSE.

Target - 4 hours

Wk Beginning	Commitments	Plan	Actual
11 th Sep			
Monday	After School Football	½ hour	25 minutes Chemistry and Maths
Tuesday		1 hour	30 minutes English 30 minutes Physics
Wednesday		1 hour	30 minutes Maths 30 Minutes Physics
Thursday	After school Dungeons and Dragons	½ hour	30 minutes Maths
Friday	Staying at friends		
Saturday	Work 9am - 1pm	1 hour	45 minutes History 15 minutes Physics
Sunday	Work 10am - 3pm		

Check for understanding - Recap - Practice

How long?



How long?

- Minimum 4 hours per week.
- Break into manageable chunks.



How long did you spend on a mobile device or games console?



Target Setting

But what do I do?

- Check for understanding.
- Recap.
- Practice.



Supported Study Sessions:

- English Monday
- Chemistry Tuesday
- Human Biology Wednesday
- Biology Wednesday
- Art Wednesday
- Graphics Friday

Speaking from experience ...

- Don't make ridiculous study aims.
- Make quality notes that you understand.
- Study the material you don't understand and not the material you do – get out of your comfort zone!



Speaking from experience ...

- Short, focused study sessions. Quality rather than quantity.
- Make use of your class time and concentrate on new material your teachers give you.
- If you are finding past papers a bit tricky, do a few with your notes beside you before going on to practise in exam conditions.

Past Papers



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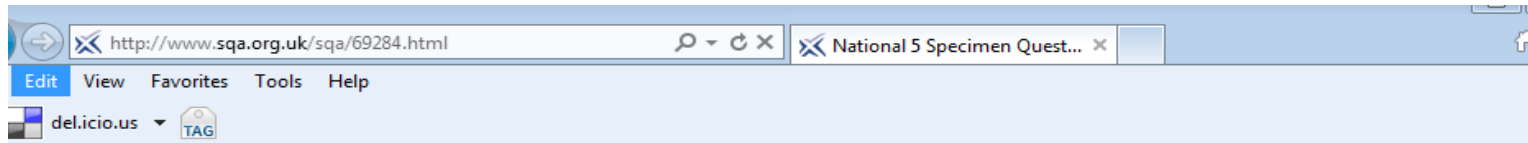
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Past Papers



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National 5 Specimen Question Papers

The documents below illustrate the standard, structure and requirements of the question papers learners will sit from session 2013-14. These also include marking instructions.

View [Higher Specimen Question Papers](#)

[Hodder Education](#) have produced sets of additional model papers for many subjects too. These include copies of the SQA specimen question papers and are available to buy now.

BBC Bitesize

The screenshot shows a web browser window with the URL <http://www.bbc.co.uk/education/levels/z6gw2hv>. The browser's address bar shows the page title as "BBC - National 5". The website's navigation menu includes links for "BBC", "News", "Sport", "Weather", "iPlayer", "TV", "Radio", and "More", along with a search bar. The main content area features a large orange heading "Bitesize has changed!" and a sub-heading "The new home of both Study Guides and Class Clips". Below this, there are two bullet points: "✓ Brand new guides for GCSEs, Key Stage 3, Scottish Highers and Nationals" and "✓ Now available on your tablet and phone". A link "Why has Bitesize changed?" is also present. A white button with the text "OK, got it!" is visible. At the bottom, there is a "Bitesize" logo, a "Tell us what you think" button, and a navigation bar with categories: "Primary", "Secondary", and "All Subjects". Under "Secondary", there are sub-categories: "3rd level", "4th level", "CA3", "KS3", "GCSE", "National 4", "National 5", and "Nàiseanta 4". The "National 5" category is currently selected and highlighted.

http://www.bbc.co.uk/education/levels/z6gw2hv

BBC - National 5

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Bitesize has changed!

The new home of both Study Guides and Class Clips

- ✓ Brand new guides for GCSEs, Key Stage 3, Scottish Highers and Nationals
- ✓ Now available on your tablet and phone

[Why has Bitesize changed?](#)

OK, got it!

Bitesize Tell us what you think

Primary Secondary All Subjects

3rd level 4th level CA3 KS3 GCSE National 4 **National 5** Nàiseanta 4

http://www.bbc.co.uk/

Google Classroom



Meeting those target grades:

- Effective Study
- +
- Intrinsic Motivation
- +
- Growth Mindset
- +
- Work in School
- +
- Relax!

Relax.



Can only
happen if
you plan.



Intrinsic motivation

What do you want to be doing this time next year?



Choices ...



Set Menus

Enjoy your restaurant favourites with one of our special offers exclusive to take away

Classico

Classic pizza and dough balls or garlic bread

€9.95

Speciale

Classic pizza, dough balls or garlic bread and a mixed salad or dessert

€11.95

Famiglia

Four classic pizzas, two garlic breads, dough balls and two mixed salads

€34.95

Piccolo

Designed for kids, a Piccolo pizza, two spaghetti, Mushroom or Le Smerle dough balls and a mini chocolate fudge cake

€4.95

Intros

- Marcato Almonds €2.95
- Olives Nocellara €2.95
- Del Reale €2.95
- Large Grated Sicilian Olives (with stones)

Starters & Sides

- Dough Balls "PizzaExpress" €3.20
- Garlic Bread €3.30
- Garlic Bread with Mozzarella €3.90
- Bruschetta Originale "PizzaExpress" €4.60
- Red onion, tomatoes, garlic, fresh basil & pepper

New! Roasted Celeriac "PizzaExpress" €2.45
Creamy celeriac, red & white cabbage, carrot, shallots, red apple and chopped parsley

- Mozzarella & Tomato Salad €4.10
- Served with fresh basil, pesto and extra virgin olive oil
- Caesar Salad €3.75
- Cos lettuce, grana padano, anchovies, croutons and Caesar dressing
- Mixed Salad €2.80
- Mixed leaves, tomatoes and croutons with our house dressing

Pasta al Forno

- Lusignea Classica €9.30
- Bolognese ragù, mushrooms, tomatoes, béchamel sauce, grana padano
- Cannelloni* €8.95
- Ricotta & spinach pasta, béchamel & tomato sauce, grana padano
- Melanzane Parmigiana* €8.75
- Authentic Sicilian sauce, mozzarella and tomato, courgettes, grana padano, no parmesan

* For a 10 cent discount on our best-selling grana padano

Classic Pizza

Any of our Classic pizzas can also be made as a Roman pizza for you to be €1.55

- Margherita €7.20
- Mozzarella, tomato
- American €9.15
- Pepperoni, mozzarella, tomato
- American Hot €9.35
- Pepperoni, mozzarella, tomato with your choice of hot green, red or jalapeño peppers
- Sloppy Giuseppe €9.50
- Hot spicy beef, red onions, mozzarella tomato and green peppers
- La Reine €8.95
- Prosciutto cotto ham, olives, mushrooms, mozzarella and tomato
- Diavolo €10.60
- Hot spicy beef, pepperoni, mozzarella, tomato, green peppers, red onions, Tabasco, hot green, regular or jalapeño peppers
- Padana €8.25
- Goat's cheese, mozzarella, tomato, caramelised onions, spinach, red onions and garlic oil
- Pollo ad Astra €9.70
- Chicken, sweet peppadew peppers, red onions, mozzarella, tomato, green peppers and garlic oil
- Il Padrino €10.20
- Chicken, roasted tomatoes, green peppers, vegetables, mozzarella, white tomato & pesto base
- Giardiniera €9.60
- Artichokes, mushrooms, red peppers, sautéed tomatoes, leeks, olives, mozzarella, garlic oil with tomato & pesto base

Personalise your pizza: Try from our favourites of chicken, goat's cheese, pancetta, pepperoni, Sloppy Giuseppe or hot green vegetables. Add extra toppings for €1.50

Salads

Served with baked dough balls and garlic bread. Our house dressing is also available in a lighter version

- Nicoise €7.85
- Our original 1985 recipe. Tuna, anchovies, capers, olives, hard-boiled egg, seasonal mixed leaves, vine tomatoes, cucumber, house dressing
- Grand Chicken Caesar €7.75
- Chicken, anchovies, grana padano, cos lettuce, croutons, house dressing
- Pollo Pancetta Salad €8.30
- Chicken and pancetta with peppadew peppers, sweet baby peppers, vine tomatoes, cucumber, hot peppers, seasonal mixed leaves, basil and mint. Extra virgin olive oil & red wine vinegar dressing, ricotta salata

Desserts

- Tiramisu €4.15
- The following are served with your choice of cream or mascarpone
- Chocolate Fudge Cake €4.15
- Cheesecake €4.15
- Banoffee Pie €4.15

Soft Drinks

- San Pellegrino Aranciata €2.35
- San Pellegrino Limonata €2.35
- Coca-Cola €2.25
- Diet Coke €2.25

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First time users of our Click & Collect system will need to take extra steps. If there's a problem, please call us through, let us know, and we'll gladly make it for you.

If you're sensitive or allergic to any of our ingredients, please ask our staff. Please also watch out for stray olive stones.

Contains nuts or real silk. Although taken without this system are made from real ingredients, there's a possibility that traces of nuts or real silk may be present.

Not suitable for vegetarians. *Grana padano is not suitable for vegetarians.



CHANGE YOUR WORDS

CHANGE YOUR MINDSET



This is too hard.

**This may take
some time and
effort.**

They are so smart. I
will never be that
smart.

**I'm going to figure
out how they do
it!**

I made a mistake.

**Mistakes help me
learn better.**

I just can't do Math.

**I'm going to train
my brain in Math!**

It's good enough.

**IS IT REALLY MY
BEST WORK?**

I'm not good at this.

**What am I
missing?**

I give up!

**I'll use some of the
strategies we have
learned.**

I can't make this any
better.

**I can always
improve, so I will
keep trying!**

Growth Mindset

- **How do you deal with challenge?**
- **How do you deal with disappointment?**
- **How do you deal with competition?**

Barriers to study:

Barriers to study:



FIXED MINDSET



Start the preparation now





It's a funny
thing, the more I
practice the
luckier I get.

Arnold Palmer