

Senior Assembly

February

Stay safe



P.C Derek Jackson
Police Constable,
Neighbourhood
policing team
British Transport Police

Standards

S5 &6

shirt and tie
cardigan
pullover

Unacceptable

tracksuit bottoms
faded black jeans / 'designer' jeans
leggings
jeggings
short shorts
micro skirts
black/white/grey stripes, spots or checked
garments
low cut vest tops

PE kit should be worn only in PE

Among successful schools, a common characteristic is "strong sense of ethos".

School uniforms are an important part of creating the kind of environment that contributes to raising school standards.

[news.bbc.co.uk](https://www.bbc.com/news)

S5 options

Forms given this week

It is important to consider
your route through to S6

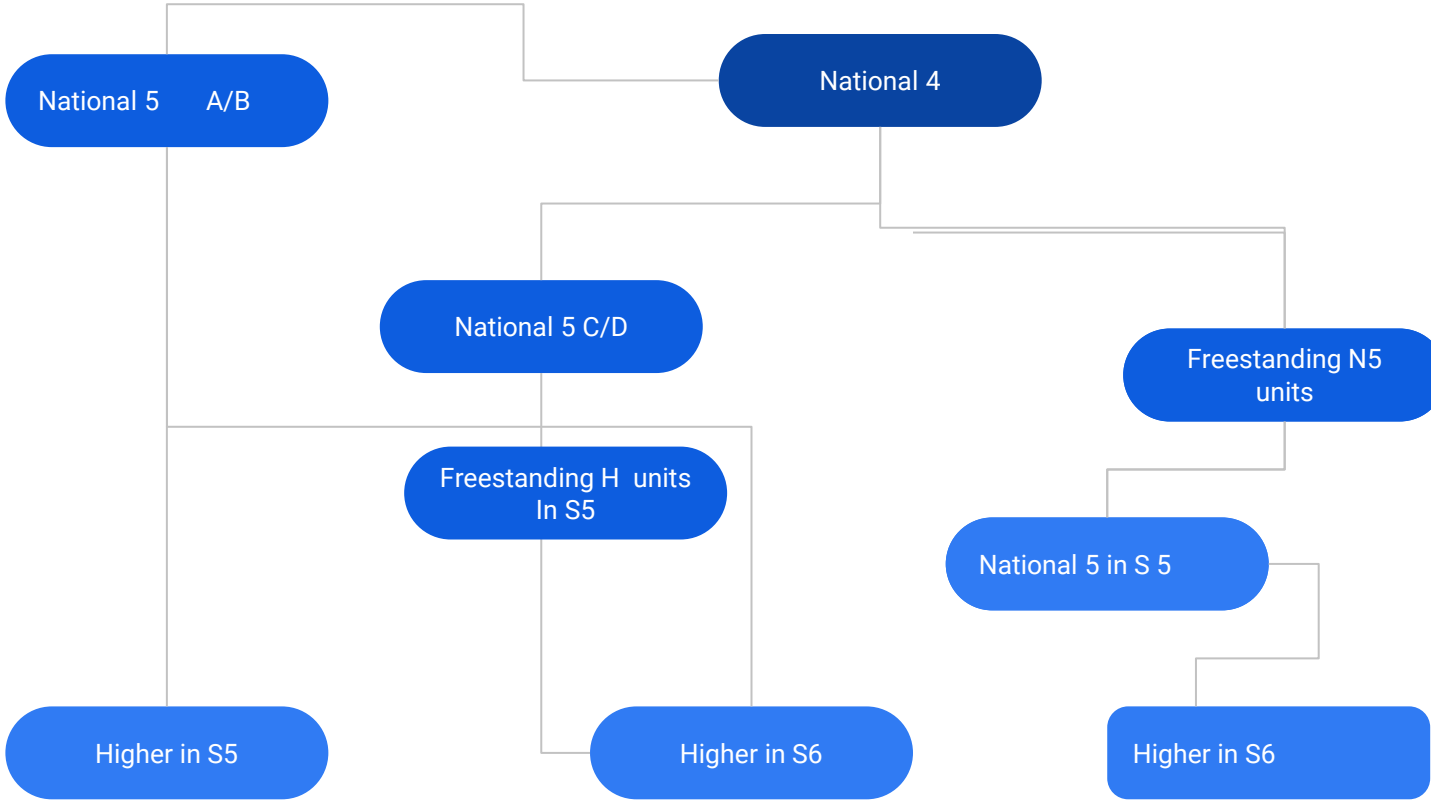
The options available to S5
are enriched and broadened
by the UHI school link.

Applications must be made
before 11th March.



College
applications

Plan Your Route



How to ace at studying.

Don't study more, study smarter.

The Statistics

Reading notes and textbooks leads to a mere 10% retention 😞

Just reading notes is a waste of time

STUDY:

The act of texting, eating and watching TV with an open textbook nearby.



Revision Activities

- Mind-maps
- Keywords – post-its
- Flash Cards
- Podcasts
- Family and Friends Test
- Highlight
- Chant/Rap
- Exam Questions and Mark Scheme
- Write your own Q's
- Mnemonics

The hardest part?

Starting

Make a timetable

- Know your topics and subtopics
- Plan when you are going to study
- Use short bursts
- Timetable in fun stuff and exercise

SEPTEMBER

Sleeping in is okay.
Sleep = better quality study.

good!

Be specific

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10-12 Trigonometry Page 10-25 1-4 Grammar exercises page 5-25	9-11 Revise week 10 1-3:30 Read pages 50-150 5pm Netball Dinner w/mum	9-12 Write module A essay. Go for a walk 2-5 Group study ALL calculus exercises	9-midday REHEARSAL 3-6 Practice comprehension on class handout.	9-10 Exercise ③ pg 11 12-2 Write Module A essay Celebrate Rosie's birthday!	Netball match 😊 FUN TIMES	ALL DAY GROUP REHEARSAL
Breakfast with dad. 11-1 Revise subjunctive tense 3-5 Learn Module A essay	9-11 Revise weeks 11-13 & make flash cards. 12-3 pg 10-30 5pm Netball Night off!	ALL DAY GROUP REHEARSAL	9-11 Practice speech out loud! 12-2 Shorten module A essay.	9-11 Practice exam 2012 READ TEXT (1 hour)	Take the day off! 😊	9-12 Revise errors from 2 weeks until exam!

- Maths —
- English —
- French —
- Drama —

Colour coding is excellent.

This is okay!

Make it detailed - What unit, which key area.
What activity.....

Be organised

- Where?
 - Sit at a desk – somewhere designed for study
 - In school?
- What?
 - Make task specific & realistic



**KEEP
CALM
AND JUST
BE THE BEST
YOU CAN BE**