

# Plan, Prepare, Achieve 2026





# Personalised revision folder

- Summer examination and revision timetable
- Examination handbook - Examination rules and regulations
- Personalised Intervention plan
- Revision Timetable/ Easter revision timetable
- Exam entry statements - Dates and times of examinations
- Information on the exam contingency day
- Exam and syllabus codes



# What is available for you this evening?

- How to Revise - A Parent's Guide  
6.00pm and 6.30pm in The Learning Hub
- Exam procedure advice
- Exam concessions
- Wellbeing & exam anxiety
- Subject advice from maths, English and science
- Revision guide ordering



## Checking exam entries

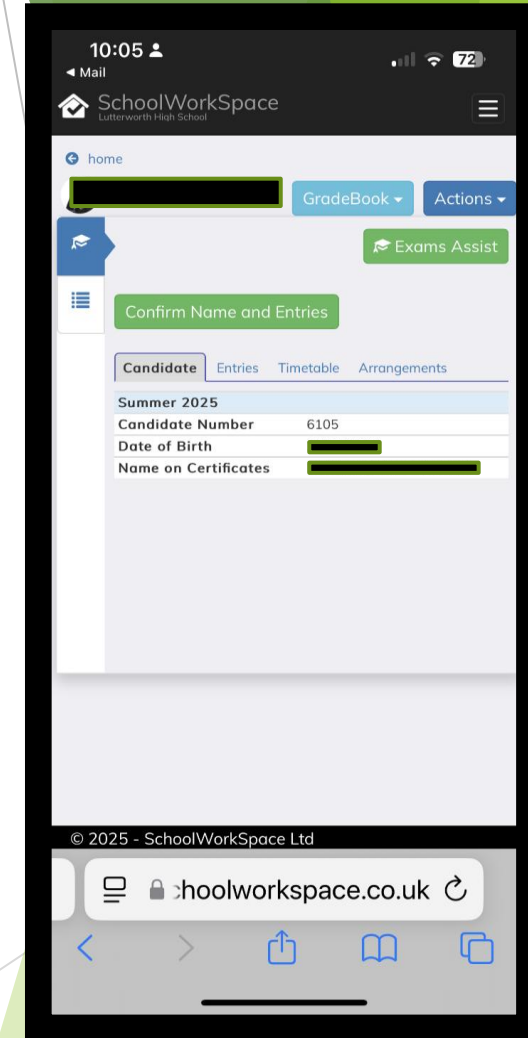
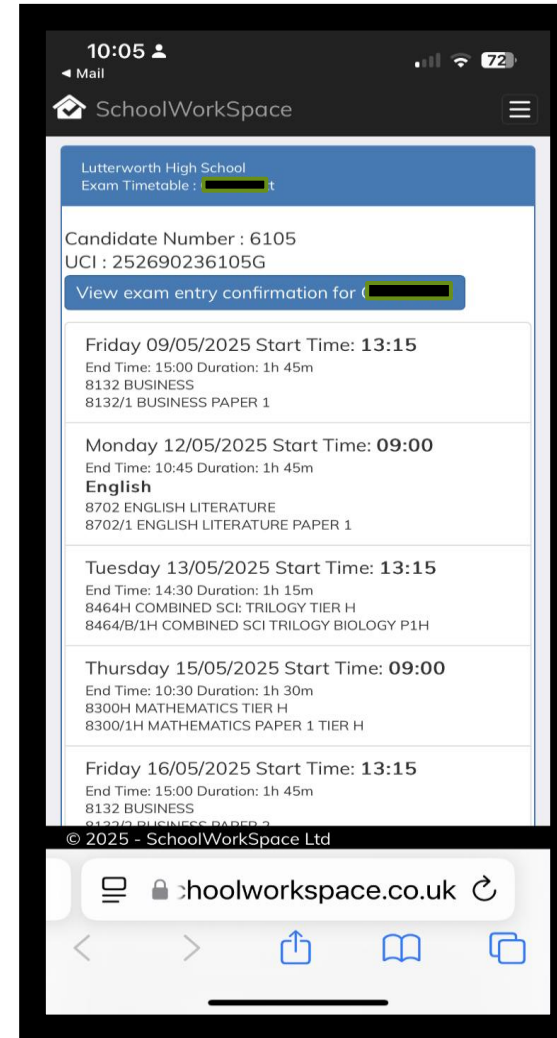
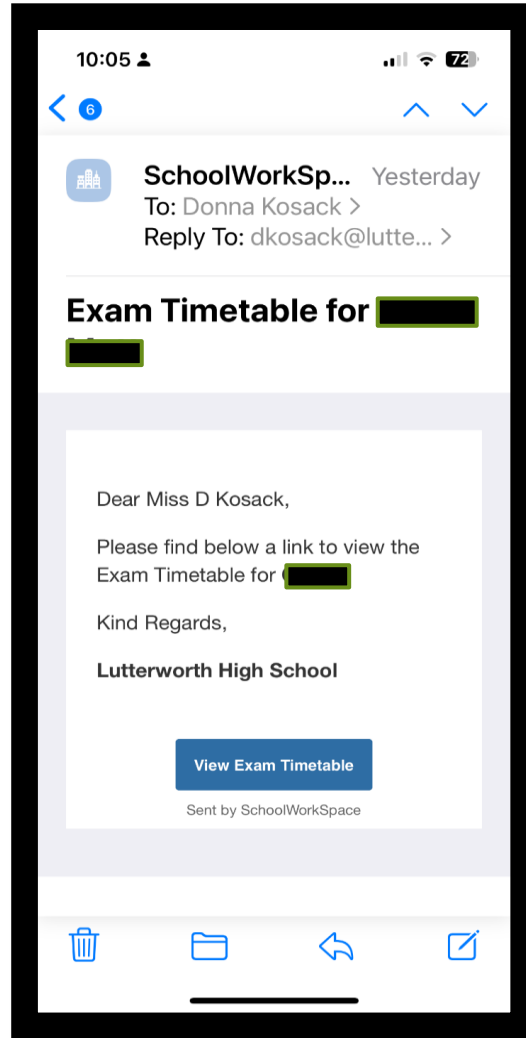
Email sent to you yesterday from 'SchoolWorkSpace'

Link will take you to an online view of your son/ daughter's exam entries for the summer

Please check:

- Name (will be their legal name)
- Date of birth
- Entries are showing for all expected exams
- There are no additional unexpected entries

Confirm on the link



### Y11 Mock Exams - March 2026

	Monday 9 <sup>th</sup> March	Tuesday 10 <sup>th</sup> March		Wednesday 11 <sup>th</sup> March	Thursday 12 <sup>th</sup> March	Friday 13 <sup>th</sup> March
P1-2		ENGLISH LITERATURE WTM	P1-3	ENGLISH LITERATURE An Inspector Calls/Power and conflict/Unseen poetry  2hrs 15m	MATHS – NON-CALCULATOR 1hr 30m	SCIENCE BIOLOGY Separate Science 1hr 45m Combined Science 1hr 15m
Break			Break	Periods 1,2,3 then break		
P 3-4	Walking Talking Mock  MATHS		P4			
Lunch	Normal lunch (except for Tues 12.20pm)		Lunch			
P5-6 1:30pm start	Walking Talking Mock SCIENCE – BIOLOGY, CHEMISTRY & PHYSICS Combined & Separate Science		P5-6 1:30pm start			MATHS – CALCULATOR 1hr 30m

	Monday 16 <sup>th</sup> March	Tuesday 17 <sup>th</sup> March		Wednesday 18 <sup>th</sup> March	Thursday 19 <sup>th</sup> March	Friday 20 <sup>th</sup> March
P1-3	SCIENCE CHEMISTRY Separate Science 1hr 45m Combined Science 1hr 15m	SCIENCE PHYSICS Separate Science 1hr 45m Combined Science 1hr 15m	P1-2	Drama Exam – Component 3 All day in the Hall	Dance – NEA All day in the Hall	
Break	Periods 1,2,3 then break		Break			
P 4			P 3-4	Drama Exam – Component 3 All day in the Hall	Dance – NEA All day in the Hall	
Lunch	Normal lunch		Lunch			
P5-6 1:30pm start			P5-6	Drama Exam – Component 3 All day in the Hall	Dance – NEA All day in the Hall	



Walking talking mocks  
March mock examinations –  
W/C 9<sup>th</sup> March

# Personalised Intervention Plan

- Print out in your pack shows revision for next term
- Recommended revision support
- Additional sessions can be attended if desired
- Sign up on SOCS
- Revision block 3 timetable will be published in the newsletter



## Pupil Term Report

[Redacted Name]

Year 11

Term 4 ▾

2023/24 ▾

Go

### Co-curricular Activities

#### Biology 6 Mark Mornings

27 Feb 24	Biology 6 Mark Mornings	Attended
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#### Chemistry Higher

29 Feb 24	Chemistry Higher Practicals	
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#### Geography Revision Session 1 Invite only

27 Feb 24	Geography Revision Session 1 Invite only	Attended
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05 Mar 24	Geography Revision Session 1 Invite only	
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#### Physics Higher

07 Mar 24	Physics Higher Practicals	
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## GCSE Food and Nutrition REVISION PROGRAMME 2026

Date	Topic	Resources
WB Monday 9th March	Nutritional labels and using nutritional analysis	<a href="https://www.foodfactoflife.org.uk/14-16-years/">https://www.foodfactoflife.org.uk/14-16-years/</a>
WB Monday 16th March	Food Science—Carbohydrates and Fats	FOOD SCIENCE—Section 2 in the revision guide
WB Monday 23rd March	<b>NEA 2 DEADLINE</b> Food Science—Proteins, raising agents and heat transfer	FOOD SCIENCE—Section 2 in the revision guide
WB Monday 30th March Easter Holidays	Dietary & Health	<b>Easter Revision Monday 30th March</b>
WB 6th April Easter Holidays	Food Provenance	FOOD PROVENANCE—Section 5 in the revision guide
WB Monday 13th April	Guidelines for better health	<a href="https://www.nhs.uk/live-well/eat-well/diet-making-informed-choices/">https://www.nhs.uk/live-well/eat-well/diet-making-informed-choices/</a> diet, nutrition & health Pg. 28 to 31
WB Monday 20th April	Nutrients	NUTRITION — Macronutrients/ Protein/ Fats/ Carbs Pg. 20 to 23
WB Monday 27th April	Nutrients	Micronutrients/ Vitamins/ Minerals /Water Pg. 24 to 27
WB Monday 4th May	Factors affecting food choice & Diet through life	FOOD CHOICE —Section 3 in the revision guide
WB Monday 11th May	How to tackle the exam paper. WTM	Past exam paper 1 in revision guide
WB Monday 18th May	The 4 C's—Food Safety Buying, storing, preparing, cooking and serving food safely	FOOD SAFETY - Section 4 in the revision guide
WB Monday 25th May Half term	How to tackle the exam paper.	Past exam paper 2 in revision guide
WB Monday 1st June	Past exam paper	Revision pack on Google Classroom
WB Monday 8th June	Past exam paper	Thursday 11th June PM paper

**Subject Entry Details—AQA GCSE in Food Preparation and Nutrition 8585**

[AQA | Food preparation and Nutrition | GCSE | GCSE Food preparation and nutrition](#)

### Online Resources

[Free Homework & Revision for A Level, GCSE, KS3 & KS2](#)

[Nutrition and health - GCSE Home Economics: Food and Nutrition \(CCEA\) - BBC Bitesize](#)



## GCSE Food and Nutrition Subject content

**NEA— 50% of the GCSE—Maximum marks 100**

NEA1 and NEA2 have already been completed. NEA1 is 15% of the final grade and NEA2 is 35% of the final grade.

**Written Exam—50% of the GCSE—Maximum marks 100**

Section A = 20 Multiple choice questions = 20 Marks

Section B = Several longer answer questions (from 2 to 12 marks each) = 80

**The following content will be examined in the written paper:**

Food, Nutrition and Health	Food Science	Food Science
<p><b>Macronutrients:</b> Proteins, LBV, HBV, amino acids, vegetarian diets and complementation. Growth and repair, excess and deficiency, DRVs</p> <p>Fats, saturated and unsaturated. Fatty acids e.g Omega 3. Excess and deficiency. DRVs</p> <p>Carbohydrates, Sugars, starches and fibre. Mono, di and polysaccharides. Excess and deficiency. DRVs</p> <p><b>Micronutrients:</b> Water soluble (B1, B2, B3, Folic acid and B12) Fat soluble (A, D, E, K) Antioxidants. Minerals (Calcium, Iron, Sodium, Fluoride, Iodine, Phosphorus)</p> <p><b>Water:</b> Hydration</p> <p><b>Balanced diets:</b> Energy needs, Nutritional analysis, Diet related diseases (Obesity, CHD, Bone health, Dental, Anaemia, Type 2 diabetes)</p>	<p><b>Why/ How is food cooked?</b> Heat transfer (Conduction, convection and radiation), how microwaves cook food.</p> <p><b>Cooking methods:</b> Steaming, boiling, simmering, blanching, poaching, braising, baking, roasting, grilling, dry frying, shallow frying, stir fry. Impact on colour, flavour, texture and nutritional content</p> <p><b>Proteins:</b> protein denaturation, protein coagulation, gluten formation, foam formation.</p> <p><b>Carbohydrates:</b> gelatinisation, dextrinization, caramelisation</p> <p><b>Fats -</b> shortening, aeration, plasticity, emulsification.</p> <p><b>Vegetables:</b> Enzymic browning, oxidation</p> <p><b>Raising Agents:</b> Biological, chemical, mechanical and steam.</p>	<p><b>Microorganisms and enzymes:</b> bacteria, yeasts and moulds, growth conditions, controlling food spoilage, high risk foods, enzymes are biological catalysts.</p> <p><b>Use of microorganisms in food production:</b> Making cheese (inc. blue cheese), yogurt, and yeast in bread making (fermentation)</p> <p><b>Contamination of foods:</b> Food poisoning, (campylobacter, e-coli, salmonella, listeria, staphylococcus aureus).</p> <p><b>Buying and storing food:</b> Important temperatures (freezing, chilling, defrosting), danger zone, date marks.</p> <p><b>Preparing, cooking and serving food:</b> Cooking temperatures, personal hygiene, cross-contamination, temperature probes.</p>
Food Choice	Food Provenance	
<p><b>Religion:</b> Buddhism, Christianity, Hinduism, Islam, Judaism, Rastafarianism and Sikhism.</p> <p><b>Ethical and moral beliefs:</b> animal welfare, fairtrade, local produce, organic, Genetically Modified (GM) foods.</p> <p><b>Food intolerances</b> (gluten and lactose) and the following <b>allergies:</b> nuts, egg, milk, wheat, fish and shellfish.</p> <p><b>Food labelling.</b> British traditional foods and two different cuisines, Spanish, Italian or Indian. Sensory analysis methods</p>	<p><b>Food source:</b> How and where food is caught, reared or grown.</p> <p><b>Methods of farming:</b> Organic and conventional farming, free range production, intensive farming, sustainable fishing, advantages and disadvantages of local produced foods, seasonal foods and Genetically Modified (GM) foods.</p> <p><b>Environmental issues associated with food:</b> seasonal foods, sustainability eg fish farming, transportation, organic foods, buying locally produced food, food waste in the home/food production/retailers, packaging, carbon footprint.</p> <p><b>Sustainability of food:</b> climate change, global warming, food sources, insufficient land for growing food, availability of food, fairtrade, problems of drought and flooding, Genetically Modified (GM) foods, food waste.</p> <p><b>Food Production:</b> Primary and secondary processing, cheese, yogurt, bread, pasta, jam and milk (inc. drying)</p> <p><b>Technological developments:</b> Fertilisation, additives, cholesterol lowering spreads, probiotics.</p>	

# Easter Revision 2026

- ▶ Easter revision will take place between Monday 30th March and Friday 10th April
- ▶ There will be 2 sessions on most days
- ▶ 10am-12pm and 1pm-3pm
- ▶ School will close at lunchtime so students need to leave and come back for the afternoon sessions

## Easter Revision

	Morning Session 10am-12pm	Afternoon Session 1pm-3pm
Monday 30 <sup>th</sup> March	Science H - Hall	Food and Nutrition - D3
Tuesday 31 <sup>st</sup> March	Maths H - Hall	Maths F - Hall
Wednesday 1 <sup>st</sup> April	English language - Writing P1 Grade 4+ - Hall	English language - Writing P1 Grade 7+ - Hall
Thursday 2 <sup>nd</sup> April	History - Hall	
<b>Easter Weekend</b>		
Tuesday 7 <sup>th</sup> April		
Wednesday 8 <sup>th</sup> April	English language - Writing P2 Grade 4+ - Hall	English language - Writing P2 Grade 7+ - Hall
Thursday 9 <sup>th</sup> April		
Friday 10 <sup>th</sup> April	French F & H - Writing & Speaking - 14 Spanish F - 15	French F & H - Listening & Reading - 14 Spanish H - 15

# Revision Block 3

## Revision Block 3

Monday 13th April to Friday 8th May 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school 8.15am - 8.30am	English	Biology - Rm16 6 mark questions	Physics - Rm16 6 mark questions	Chemistry Rm16 6 mark questions	English
Lunchtime		DT - NEA		Geography - Rm7 (selected students only)  Computer Science Rm13	
After School 3.15 – 4pm	Maths F Rm5 H Rm1  Drama drop in Drama studio Spanish Rm14 French Rm15	English - 4/5 RmE2 English 7+ RM E4 Business - Invite only  Dance	GCSE PE Rm13  Drama drop in - Drama studio  RE	Science F Rm17  History Terrace, JKi	Geography Rm8 RLE
After School 4pm – 4.45pm		DT Revision Business D3	Food D3	Science H LH	

# Key information

- No study leave
- Re-timetable to revise the subject before the examination
- Students do not need to attend school after their last examination
- Supervised quiet study in classes where the examination is finished
- Breakfast 'boost' revision sessions immediately prior to morning exams
  
- Last formal day of school for all: Monday 15<sup>th</sup> June (physics exam, am finish)
  
- Leavers assembly: Wednesday 17<sup>th</sup> June 2026 – 9.00am-10.00am
- Contingency day: Wednesday 24<sup>th</sup> June 2026
- Prom: Thursday 25<sup>th</sup> June 2026

The logo for LHS (Loughborough High School) is located in the top right corner. It features the letters 'LHS' in a white, serif font, set against a dark green shield-like background. The shield is partially obscured by a large, stylized green graphic element that resembles a leaf or a ribbon, extending from the top right towards the center of the page.

# Exam and revision timetable during the exam period ('Collapsed Timetable')



	8am	P1	P2	P3	P4	P5	P6	After School
Mon 13th May	English Booster Terrace	<b>English Literature Paper 1</b> 1.45hr		Sports Studies revision (D6)	Sports studies revision (D6)	<b>Sports studies</b> 1hr		French Revision
		<b>Functional skills maths Level 2</b> 30min		French revision (Terrace)	French revision (Terrace)	<b>Functional skills maths level 2</b> 1 hr 30min		
				Options (D)	Options (D)	Business studies revision (D3, E3)		
						Options (E)		
Tues 14th May	French Booster Terrace	<b>French listening &amp; reading</b> 1hr 45m Higher 1hr 20m Foundation		History JKI Class (Room D3)	Business studies revision (Terrace)	<b>Business studies paper 1</b> 1.45hr		History Revision
		Options	Options	English	English	Wellbeing	Options (C)	
		History revision (LAL class & invite Rm11)	History revision (JAN class & invite Rm9)					
Weds 15th May	History Booster Terrace	<b>History paper 1 - 2h</b>		Maths revision	Computer science revision (Room 13)	<b>Computer science Paper 1</b> 1h 30m		
		English			Maths revision	Science		
Thurs 16th May	Maths Booster Terrace	<b>Mathematics paper 1</b> Non-calculator 1h 30m		Chemistry revision	Chemistry revision	<b>RE paper 2 - 1h 45m</b>		Geography Revision
					RE revision (Terrace)	English revision (Geography students only)		
						Options (F)		
Fri 17th May	Chem Revision Terrace	<b>Chemistry paper 1</b> Separates 1.45hr Combined 1.15hr		Geography revision (Terrace)	Geography revision (Terrace)	<b>Geography paper 1</b> 1.30hr		
				English revision		Home study		

# Exam stress symptoms

- Difficulty getting to sleep or difficulty waking up in the morning
- Constant tiredness
- Forgetfulness
- Unexplained aches and pains
- Poor appetite
- Loss of interest in activities
- Increased anxiety and irritability
- Increased heart rate
- Migraines/headaches
- Blurred vision
- Dizziness



# Managing the stress

- ▶ Know that exams are stressful!
- ▶ Learning to recognise when you're stressing out
- ▶ Avoid comparing your abilities with your mates
- ▶ Eat right
- ▶ Sleep well
- ▶ Exercise
- ▶ Steer clear of any exam 'post-mortem'





# DO'S & DON'TS

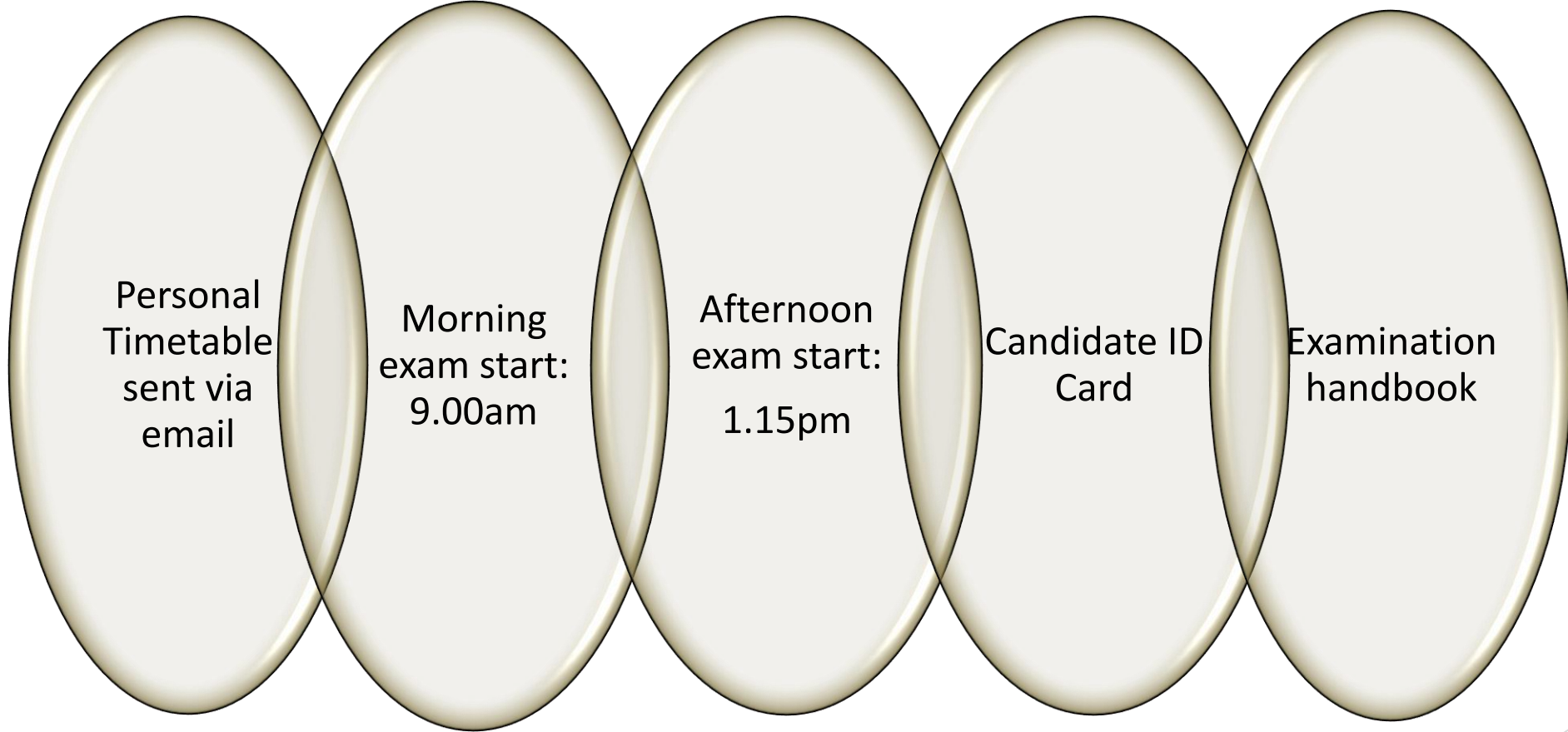


**Eat well**  
**Sleep well**  
**Check key terms, quotes or definitions**  
**Use your own revision notes**  
**Set your alarm clock**  
**Have breakfast**  
**Keep hydrated**  
**Find a space to study**  
**Believe in yourself!**

**Skip meal times**  
**Stay up late**  
**Read the textbook**  
**Get up late**  
**Arrive late for the exam**  
**Forget breakfast**  
**Compare your preparation with others**  
**Convince yourself you will fail**



**Administration**



# Equipment:



- 2 BLACK biro pens (No 'gel' pens)
- a pencil
- an eraser
- a ruler
- a pencil sharpener
- see through pencil case
- For certain exams, such as Mathematics, Geography and Science, you will also need:
  - a compass
  - a protractor
  - a calculator (No lid)

**Water in a clear plastic bottle-no label**  
**No watches, phones, headphones or smart glasses**

# Illness or Injury



- ▶ Not attending the exam even due to illness has to be the last resort
  - If you don't sit an exam, you can't get marks for that element of the specification
- ▶ No longer use 'Teacher Assessed Grades'
- ▶ **Inform school at the earliest opportunity**
- ▶ Parent/Carer to make sure a message is given directly to Donna Kosack-Examination Officer
- ▶ A doctors/hospital note is necessary for an application for special consideration
- ▶ Maximum consideration is only up to 5% and this is in the most exceptional cases
- ▶ If you think your child has a contagious illness, contact the school.

# Late to the exam....

- ▶ All candidates must arrive a minimum of ten minutes before the examination
- ▶ If you do run late, reception should be notified ASAP. The students and any adults with them, must switch off mobile devices and have no access to the internet
- ▶ If the exam is finished a student cannot sit the exam
- ▶ If the exam is still in progress a student may sit the paper, however a report has to be submitted and the paper may not be marked
- ▶ A student is not able to leave early - even if they have finished



# Malpractice



ACCA City & Guilds CIMA OCR Pearson WJEC



**NO IPODS, MOBILE PHONES  
MP3/4 PLAYERS  
SMARTWATCHES**

**NO POTENTIAL  
TECHNOLOGICAL/WEB ENABLED  
SOURCES OF INFORMATION**

Possession of unauthorised items, such as a mobile phone, is a serious offence and could result in

**DISQUALIFICATION**

from your examination and your overall qualification.

This notice must be displayed in a prominent place outside each examination room.



## On your exam day

### What you will need:

- A clear pencil case
- At least two black ink pens – blue pens are not accepted
- An approved calculator for relevant exams
- Appropriate apparatus such as a ruler or protractor for relevant exams
- A clear water bottle if you wish to take one in – it is important it does not have a label on



### What you cannot take into your exams:

- any type of phone
- revision notes
- any type of watch (this includes analogue, digital and smart watches)
- smart devices (e.g. AirPods, smart glasses or tablets)



# Afternoon Transport

- ▶ Some afternoon exams are scheduled to finish after 3.00pm
  - ▶ Check your personal timetable
  - ▶ Extra time concessions
- ▶ Buses cannot be held and alternative arrangements should be made



LHS

# 5

# STEPS TO SUCCESS



Attend the revision session

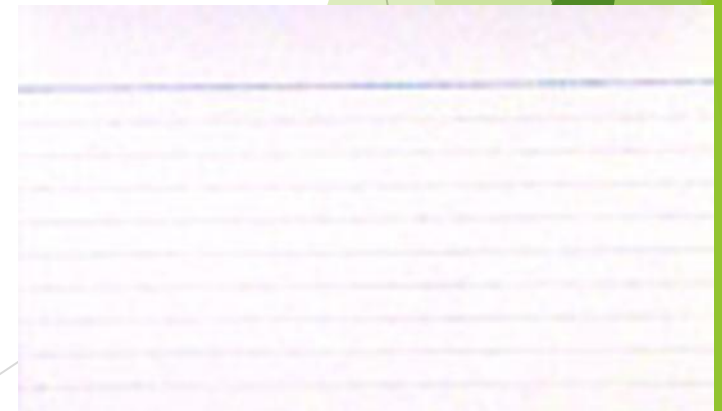
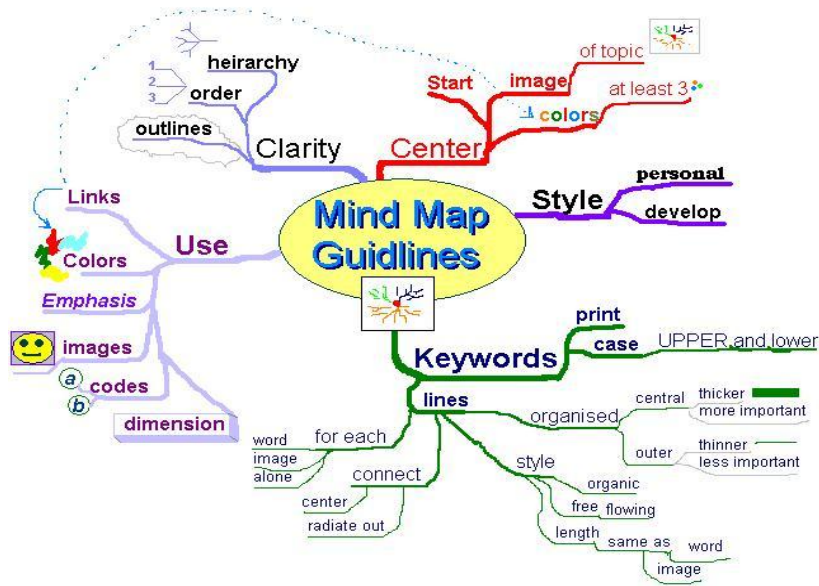


# 5

# STEPS TO SUCCESS



Actively revise the topic



# 5

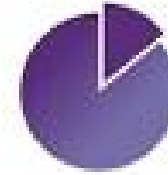
# STEPS TO SUCCESS



Complete the revision tasks set by your teachers



Classroom



Educake



# 5

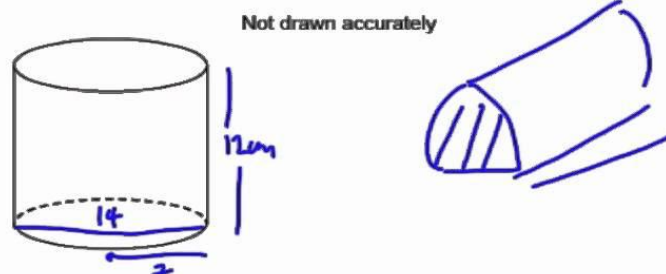
# STEPS TO SUCCESS



Complete a past paper question

6 The diagram shows a cylinder.  
The diameter of the base is 14 cm.  
The height is 12 cm.

Not drawn accurately



Work out the volume of the cylinder.  
Give your answer to a suitable degree of accuracy.

Area of  $O = \pi \times 7^2$   
 $= 49\pi$

Volume =  $49\pi \times 12$   
 $= 1847\text{cm}^3$

Answer .....  $\text{cm}^3$  (4 marks)  
Extend Page

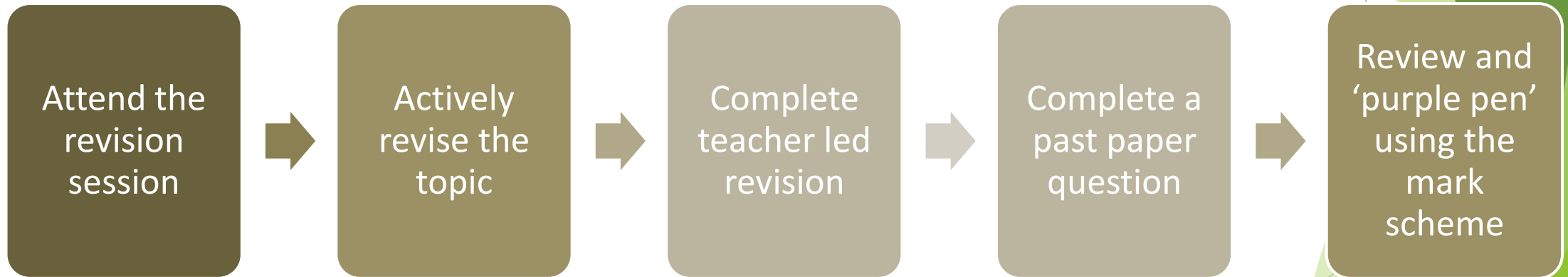
# 5 STEPS TO SUCCESS



Review and 'purple pen' using the  
mark scheme

*Purple Pen...!*

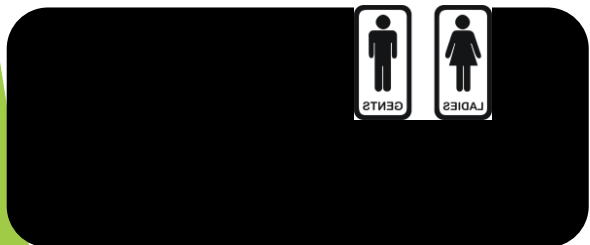
# 5 STEPS TO SUCCESS



# Event map

## The Learning Hub

How to Revise  
6.00pm and 6.30pm



## Main Hall - Presentation

Mr Kirby – 5.30pm and 6.00pm



## Entrance Foyer

Revision Folders



Refreshments

## Gym

Maths  
English  
Science  
Exam Concessions  
Wellbeing and exam anxiety  
Revision guide ordering



IHS