



# **Year 11 Exams Evening**

## **October 3rd 2024**

**Welcome!**

**RESPECT**

**KINDNESS**

**RESILIENCE**

**ASPIRATION**

**LEADERSHIP**



# Watching a child go through exams 'as stressful as moving house or separating from a partner,' new research reveals

By Drew Craythorne



Facebook

## RESULTS DAY STATS



## BIRMINGHAM UPDATES

One in ten students have no source of external support during their pre-university exams



74% of students feel their future depended on their exam results



Feelings towards the exams/university selection period

92% of students think it is important for school or college teachers to be trained in mental health



92% of female students use negative words to describe how they felt during their exams



NERVOUS	71%
SCARED	36%
FEARFUL	34%
PESSIMISTIC	24%
OPTIMISTIC	24%
EXCITED	12%

Instagram

@BhamUpdates  
64.3k Followers  
Follow



# So what does it all mean?



9	L2D*	
8	L2D	
7	L2D	
6	L2M	
5	L2P	
4	L2P	
3	L1D	
2	L1M	L1P
1	L1P	
U	U	

Strong Pass

Standard Pass

Students who do not achieve a grade 4 in English or Maths will be required to re-sit at college

RESPECT

KINDNESS

RESILIENCE

ASPIRATION

LEADERSHIP



**217 days**  
**123 in school**  
**43% at home**



**RESPECT**

**KINDNESS**

**RESILIENCE**

**ASPIRATION**

**LEADERSHIP**



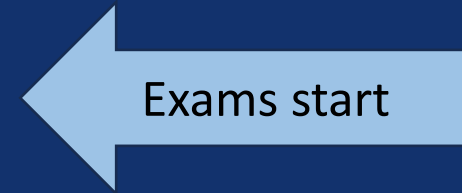
## APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



## MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



RESPECT

KINDNESS

RESILIENCE

ASPIRATION

LEADERSHIP



Knowledge



Understanding



Application

RESPECT

KINDNESS

RESILIENCE

ASPIRATION

LEADERSHIP

# Effective Study

**LEARN TO STUDY USING... Space Out Your Study**  
SPACE OUT YOUR STUDY

**HOW TO DO IT**  
Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.

**HOLD ON!**  
Review information from each class, but not immediately after class.

**RESEARCH**  
Read more about spaced practice as a study strategy  
Benjamin, Psychology

**LEARN TO STUDY USING... Retrieval Practice**  
PRACTICE BRINGING IT BACK

**HOW TO DO IT**  
Put away your class materials, and write or sketch everything you know. Be as thorough as possible. Then, check your class materials for accuracy and important points you missed.

**HOLD ON!**  
When you study, use retrieval strategies.

**RESEARCH**  
Read more about retrieval practice as a study strategy  
Roediger, Applied Cognitive Psychology

**LEARN TO STUDY USING... Interleaving**  
SWITCH BETWEEN TOPICS

**HOW TO DO IT**  
Switch between ideas during a study session. Don't study one idea for too long.

**HOLD ON!**  
Go back over the ideas again in different orders to strengthen your understanding.

**RESEARCH**  
Read more about interleaving as a study strategy  
Rohrer, Psychology

**LEARN TO STUDY USING... Dual Coding**  
COMBINE WORDS AND VISUALS

**HOW TO DO IT**  
Look at your class materials and find visuals. Look over the visuals and compare to the words.

**HOLD ON!**  
Look at visuals, and explain in your own words what they mean.

**RESEARCH**  
Read more about dual coding as a study strategy  
Mayer, R. E., & Anderson, R. B. [1992]. The instructive animation: Helping students build connections between words and pictures in multimedia learning. *Journal of Educational Psychology*, 4, 444-452.

**Visual Aids:** INFOGRAPHIC, CARTOON STRIP, DIAGRAM, TIMELINE, GRAPHIC ORGANIZER

RESPECT KINDNESS RESILIENCE ASPIRATION LEADERSHIP



## Attendance Ladder



RESPECT

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RESILIENCE

ASPIRATION

LEADERSHIP



# The importance of attendance

% Attendance in year 11	Progress		
	English	Maths	Overall
>85%	-0.78	-0.83	-0.87
85%-89%	-0.16	-0.48	-0.39
90%-94%	0.39	0.34	0.4
95%-96%	0.64	0.51	0.68
97%+	0.81	0.76	1.07

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Hitler  
 → becomes Chancellor: Leg  
 Weimar politician

The Creation of Aa Dictatorship

The Reichstag Fire

→ Feb 27 1933 → Ger  
 → Martin Luther King  
 → arrested + charged  
 → Some believe Nazi  
 → Luther King alleged rap  
 → Some believe he  
 → SA found "mattress"  
 → Luther King → part of  
 → Ministers were sleep  
 → Weapons before fire →  
 Article 48

→ Hitler = Chancellor →  
 → secure position  
 → This second  
 → Hitler sooned prop  
 → Feb 4<sup>th</sup> 1933 → Reichstag  
 and give at least 48  
 location of meeting  
 → Hitler → told  
 sovereignty  
 → 28<sup>th</sup> Feb → President  
 from Weimar Const  
 → Power to enter, seal  
 → Case police  
 → Nat. law attained

German  
 an idiot  
 he's a  
 perfranged  
 imposter  
 not a  
 politician  
 people  
 Germany

The Creation



other  
 reaction  
 people's  
 reaction  
 many  
 eyes  
 focus  
 on  
 the  
 red  
 point  
 so can  
 or that  
 Hitler  
 same  
 chancellor  
 due to  
 people's  
 fear  
 and  
 panic.

painting  
 due to  
 Reichstag  
 fire

one  
 would  
 be  
 arrested  
 presence  
 of  
 committee  
 Reichstag  
 passed  
 Act  
 44  
 vote  
 Reichstag  
 members  
 maintained  
 +  
 renewed  
 (1933)  
 rd of  
 democracy  
 +  
 other  
 constraints  
 give  
 Hitler  
 would  
 make  
 law  
 change  
 laws  
 without  
 Reichstag  
 const  
 said  
 that:  
 → Reich  
 cabinet  
 could  
 put  
 news  
 law  
 → this  
 absolute  
 control  
 of  
 Weimar  
 Republic  
 → laws  
 proposed  
 by  
 Hitler  
 (chancellor)

The Night of the Long Knives

→ SA  
 → Ernst Röhm → leader  
 → Röhm merged am  
 with SA → brought  
 → Stormtroops camp  
 → undermined them  
 → 1933 → 60% SA un  
 Hitler  
 → Röhm → opposed Hitler

This is  
 the SA  
 → they are  
 searching  
 of  
 air of  
 fear



→ German officers →  
 army had only 10  
 Röhm wanted SA  
 → Heinrich Himmler  
 Heydrich → dislik  
 SA + increase am  
 → Hitler → arrange  
 Hotel Bavarian to  
 → Röhm + senior  
 sub. → August of

Hitler's Road to Dictatorship

Reichstag Fire  
 Feb 27 1933

Enabling Act  
 March 1933

Trade Unions

→ series of appo  
 to Hitler → he  
 believed  
 → Nazis broke int  
 trade unions  
 of threat arrest  
 trade union of  
 → Hitler made  
 smth illegal +  
 banned trade  
 unions

Local government

→ Hitler → strengthen  
 central government  
 → 1933  
 → women local  
 government  
 → 1934 → Hitler controlled  
 Reichstag  
 → Jan 1934 → Hitler  
 abolished Länder  
 parliament + declared  
 run every region of Germany

Political parties

→ March 1933, he attacked  
 2 main political rivals  
 → Nazis entered offices of  
 SPD Party + Communist Party  
 + destroyed newspaper  
 + confiscated funds  
 → July 1933 → parties were  
 illegal

Night of the Long Knives

→ August 2 1934  
 dead at 87  
 → Hitler → declared himself as  
 Führer → add all president powers

Willing continued

→ Van Papen  
 protested to Goer  
 → Hitler → unceremo  
 nials for power  
 → Röhm → planning  
 to replace Hitler

# Post 16 Progression

- College Open Events have already started
- Year 11 Assemblies & Form Time
- QB Careers Fair
- Careers Advisor – Tina Smith
- Personal Statements

## Next Steps:

1. Attend the sixth form college & school open events
2. Apply to at least 2 different colleges / providers before Christmas
3. Interviews follow once applications have been submitted

# Post 16 Progression

College Open Days / Evenings 2024 – 2025 Timeline

Month	Date	Time	College	Information	Link
September	Wednesday 11 <sup>th</sup> September	18:20-20:00	Swanshurst School	Open Event	<a href="#">Open Events 2024   Swanshurst School</a>
	Wednesday 18 <sup>th</sup> September	16:30-19:00	Bishop Challoner Catholic School	Check website for information	<a href="#">Bishop Challoner Catholic College</a>
	Thursday 26 <sup>th</sup> September	17:00-20:00	South & City College Birmingham	Register for event TBC	<a href="#">Events &amp; Open Days - South and City College Birmingham (scchb.co.uk)</a>
	Thursday 26 <sup>th</sup> September	17:00-20:00	Kings Norton Girls School	Check website for information	<a href="#">Open Days - Kings Norton Girls' School (knags.co.uk)</a>
	Friday 27 <sup>th</sup> September	9:00-11:00	Kings Norton Girls School	Booking is required for this event	<a href="#">Open Days - Kings Norton Girls' School (knags.co.uk)</a>
October	Wednesday 9 <sup>th</sup> October	18:00-20:15	Solihull College	Book your place	<a href="#">Open Events - Solihull College &amp; University Centre</a>
	Wednesday 9 <sup>th</sup> October	17:00-20:00	Heart of Worcester	Register for event	<a href="#">Open Events - Heart of Worcestershire College (howcollege.ac.uk)</a>
	Thursday 10 <sup>th</sup> October	16:00-18:00	Cadbury College	Book your place	<a href="#">Open Days   Cadbury Sixth Form College (cadcol.ac.uk)</a>
	Thursday 10 <sup>th</sup> October	10:00-14:00	Cadbury College	Book your place	<a href="#">Open Days   Sandwell College   Apply Now And Secure Your Place</a>
	Saturday 12 <sup>th</sup> October	11:00-14:00	Sandwell College	Register for event	<a href="#">Open Days   Sandwell College   Apply Now And Secure Your Place</a>
	Saturday 12 <sup>th</sup> October	10:00-16:00	Halesowen College	Check website for information	<a href="#">Halesowen College</a>
	Saturday 12 <sup>th</sup> October	11:00-14:00	ACCESS Creative College	Book your place	<a href="#">accesscreative.ac.uk/open-activity/</a>
	Saturday 12 <sup>th</sup> October	17:30-20:00	University of Birmingham School	Book your place	<a href="#">Home   University of Birmingham School (ubschool.org)</a>
	Thursday 17 <sup>th</sup> October	10:00-14:00	Joseph Chamberlain	Book your place	<a href="#">Open Events - Joseph Chamberlain (jcc.ac.uk)</a>
	Saturday 19 <sup>th</sup> October	9:30-15:30	Solihull Sixth Form College	Register for event	<a href="#">Open Days - Solihull Sixth Form College (solihull6th.co.uk)</a>
	Saturday 19 <sup>th</sup> October	10:00-13:00	BMET	Book your place	<a href="#">Future Open Events - Open Events - BMET College</a>
	Saturday 19 <sup>th</sup> October	10:00-14:30	UCB Open Day	Book your place	<a href="#">College and Sixth Form open days   University College Birmingham</a>
November	Thursday 2 <sup>nd</sup> November	18:00-20:00	King Edwards Camp Hill Boys	See website for information	<a href="#">King Edward VI Camp Hill School for Boys - Sixth Form (camphillboys.bham.sch.uk)</a>
	Wednesday 6 <sup>th</sup> November	16:00-19:00	Halesowen College	Register for the event	<a href="#">Halesowen College</a>
	Wednesday 6 <sup>th</sup> November	17:00-20:00	King Edwards Five Ways	See website for further information	<a href="#">King Edward VI Five Ways School - Birmingham (kingedwardvi.bham.sch.uk)</a>
	Thursday 14 <sup>th</sup> November	10:00-14:00	Cadbury College	Book your place	<a href="#">Open Days   Cadbury Sixth Form College (cadcol.ac.uk)</a>
	Saturday 16 <sup>th</sup> November	11:00-14:00	Heart of Worcester	Book your place	<a href="#">Open Days   Heart of Worcestershire College (howcollege.ac.uk)</a>
	Saturday 9 <sup>th</sup> November	16:00-19:00	BMET	Book your place	<a href="#">Open Events   Heart of Worcester College - BMET College</a>
	Wednesday 13 <sup>th</sup> November	10:00-14:00	UCB	Register for event TBC	<a href="#">Future Open Events - Open Events - BMET College</a>
	Saturday 16 <sup>th</sup> November	17:00-19:00	Lordswood Girls School	Book your place	<a href="#">Open Days   University College Birmingham</a>
	Wednesday 20 <sup>th</sup> November	16:30-19:00	South & City College Birmingham	Book your place	<a href="#">Open Events   King Edward VI Lordswood School (kedsch.org.uk)</a>
	Thursday 21 <sup>st</sup> November	10:00-14:00	Solihull College	Book your place	<a href="#">Open Days   Open Days - South and City College Birmingham</a>
	Saturday 23 <sup>rd</sup> November	17:00-20:00	Solihull Sixth Form College	Book your place	<a href="#">Open Events - Solihull College &amp; University Centre</a>
	Wednesday 27 <sup>th</sup> November	18:00-20:00	King Edwards Camp Hill Girls	See Website For information	<a href="#">Open Days - Solihull Sixth Form College (solihull6th.co.uk)</a>
December	TBC December				<a href="#">King Edward VI Camp Hill School for Girls (kechg.org.uk)</a>
	Thursday 5 <sup>th</sup> December	17:30-18:00	King Edwards Five Ways	Book Your Place	<a href="#">Welcome to Sixth Form at Five Ways - Open Days - King Edwards School (kedsch.org.uk)</a>
January	Wednesday TBC January	17:00-19:00	King Edwards Birmingham	Book your place	<a href="#">Open Days   Cadbury Sixth Form College (cadcol.ac.uk)</a>
	Saturday TBC January	10:00-14:00	Cadbury College	Book your place	<a href="#">Open Days   Cadbury Sixth Form College (cadcol.ac.uk)</a>
	Saturday 18 <sup>th</sup> January	10:00-14:00	Halesowen College	Register for event TBC	<a href="#">Open Days - Solihull Sixth Form College (solihull6th.co.uk)</a>
	Thursday 23 <sup>rd</sup> January	17:00-20:00	Solihull Sixth Form College	Book your place	<a href="#">Open Days - Solihull Sixth Form College (solihull6th.co.uk)</a>
	Saturday 25 <sup>th</sup> January	10:00-14:00	South & City College Birmingham	Register for event TBC	<a href="#">Events &amp; Open Days - South and City College Birmingham</a>
February	Wednesday 26 <sup>th</sup> February	16:00-19:00	BMET	Book your place	<a href="#">Future Open Events - Open Events - BMET College</a>
March	Thursday 6 <sup>th</sup> March	17:00-19:00	Solihull Sixth Form College	Book your place	<a href="#">Open Days - Solihull Sixth Form College (solihull6th.co.uk)</a>

## College Open Days / Evenings / Applications 2024-25

### Local Colleges



ACCESS:

Saturday 12<sup>th</sup> October (11:00-14:00)  
[accesscreative.ac.uk/open-events/](https://accesscreative.ac.uk/open-events/)



BMET Open Events:

Saturday 19<sup>th</sup> October (10:00-13:00) / Wednesday 13<sup>th</sup> November (16:00-19:00) /  
 Wednesday 26<sup>th</sup> February (16:00-19:00) / Saturday 14<sup>th</sup> June (10:00-13:00)  
 Register for these events

[Future Open Events - Open Events - BMET College](#)



Cadbury College: Open Events

Thursday 10<sup>th</sup> October (17:00-19:00) / Saturday 12<sup>th</sup> October (10:00-14:00)  
 Thursday 14<sup>th</sup> November (17:00-19:00) / Saturday 16<sup>th</sup> November (10:00-14:00)  
 Wednesday TBC January (17:00-19:00) / Saturday TBC January (10:00-14:00)  
 Wednesday TBC March (17:00-19:00) / Saturday TBC March (10:00-14:00)  
 Thursday TBC June (17:00-19:00) / Saturday TBC June (10:00-14:00)

Book your place: [Open Days | Cadbury Sixth Form College \(cadcol.ac.uk\)](#)



Halesowen College:

Saturday 12<sup>th</sup> October 10:00-16:00 / Wednesday 6<sup>th</sup> November 16:00-19:00  
 Saturday 18<sup>th</sup> January 2025 10:00-14:00 / Wednesday 30<sup>th</sup> April 18:00-20:00  
 Register for one of the open events:



Heart of Worcester College:

Wednesday 9<sup>th</sup> October (17:00-20:00)  
 Saturday 9<sup>th</sup> November (11:00-14:00)  
 Register for the open events

[Open Events | Heart of Worcestershire College \(howcollege.ac.uk\)](https://www.howcollege.ac.uk)



# Mock Exams (December 2<sup>nd</sup> – 12<sup>th</sup>)

## Why:

The only way to prepare for the intensity of a full timetable of exams is to do it.

It will support pupils and teachers to highlight areas of need.

It will provide us with the most accurate predictions of your child's progress.

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# Subject to change

Date		Opt Block	Subject	Paper	Start time	Length mins	Finish time	
25th - 28th Nov	AM/PM	Opt 2 & 3	French	Speaking NEA			All week	
Mon 2nd Dec	AM	Core	English Language	Paper 2 Writers' viewpoint and Perspective	9.00	105	10.45	
	PM	Opt 1	Media Studies	Paper 2 Section A: Music	1.15	45	2.00	
			Food	Food Prep and Nutrition Written		105	3.00	
			Dance	Dance		90	2.45	
		Drama	Drama		105	3.00		
Tue 3rd Dec	AM	Core	Religious Education	PRE: Christianity & Islam	9.00	105	10.50	
	PM	Opt 2 & 3	History	Paper 2 - Anglo-Saxon & Norman England (reduced paper)	1.15	55	2.10	
Wed 4th Dec	AM	Core	Maths	Paper 1 Non Calculator Foundation & Higher	9.00	90	10.30	
	PM	Opt 2 & 3	Geography	Paper 1: Global Geographical Issues	1.15	90	2.45	
Thur 5th Dec	AM	Core	Science Combined	Paper 1 Biology	9.00	75	10.15	
			Science Triple	Paper 1 Biology		105	10.45	
	PM	Opt 2 & 3	French Foundation	Listening Foundation	1.15	35	1.50	
			French Higher	Listening Higher	1.55	45	2.40	
			Reading Foundation	1.15	45	2.00		
			Reading Higher	2.05	60	3.05		
Fri 6th Dec	AM	Core	Science Combined	Paper 1 Chemistry	9.00	75	10.15	
			Science Triple	Paper 1 Chemistry		105	10.45	
	PM	Opt 3	Comp Science	Paper 1 - Computer Systems	1.15	90	2.45	
Mon 9th dec	AM	Core	Health & Social Studies	Principles of care in health and social care setting	9.00	75	2.30	
	PM	Opt 2 & 3	English Literature	Paper 1 Shakespeare and the 19th Century Novel		9.00	105	10.45
			French	Writing Foundation		1.15	60	2.15
			Writing Higher		75	2.30		
Tue 10th dec	AM	Core	Maths	Paper 2 Calculator Foundation & Higher	9.00	90	10.30	
	PM	Opt 2 & 3	History	Paper 3 Weimar & Nazi Germany	1.15	80	2.35	
Wed 11th dec	AM	Core	Science Combined	Paper 1 Physics	9.00	75	10.15	
			Science Triple	Paper 1 Physics		105	10.45	
	PM	Opt 2 & 3	Geography	Paper 2: UK Geographical Issues	1.15	90	2.45	
Thur 12th	AM	Opt 1 & 2	Design Tech	Design and Technology Written Paper	9.00	120	11.00	

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## **Subject topic lists December mock exams**

Please find enclosed topic lists for subjects with mock exams this December. This should help you to know the content areas that need to be revised. As always, should you have any questions, please just ask.

STRONGER TOGETHER

RESPECT

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# Parent Exam 2024

Queen  
STRONGER

RESPECT KINDNESS RESILIENCE

## Subject - History

Qualification	Examination Board	Specification Code
History GCSE	EDEXCEL	1H10



### Exam Overview

**Paper 1 – 30% 1 Hour 15 mins**  
Migration Through Time c800 to present  
AND Nottingham, c1948-c1970:

- Migrant Groups between c800-c1500
  - Why these groups migrated
  - The experience of these groups
  - The impact of this migration
- Case studies of places that migration was significant

**Paper 2 – 40% 1 Hour 45 mins**  
Super Power relations and the Cold War  
1941-91

- Key reasons for the development of the Cold War
- Key events that took place during the Cold War
  - The significance of each event
  - The importance of each event
- The consequences of each event

**Anglo Saxon and Norman  
England c1060-1088**

- Anglo Saxon Society
- The events of 1066
- The establishment of Norman Power
  - Life in Norman England

**Paper 3 – 30% 1 Hour 20 mins**  
Weimar and Nazi Germany  
1919-39

- The impact of WW1
- Early Weimar Germany
- The Weimar recovery
- The rise of the Nazis
- Hitler taking and consolidating power
  - Life in Nazi Germany

### Revision Resources

- Revision Booklets
- Revision Guides
- Booster Sessions
- GCSEPod
- Quizlet
- BBC Bitesize
- GCSEPOD

### Past Papers

The Revision guides contain not only practice questions, but also exemplar modelled answers which help pupils maximise the marks that they gain.

[Past papers](#) | [Past exam papers](#) | [Pearson qualifications](#)

### How can you help

1. You can ask to see your child's revision notes and homework.
2. Ask them questions about what they have been learning.
3. Watch GCSEPod with your child and ask them to explain what they know about the content.
4. Look at your child's revision notes or guide and ask them questions about it to test their knowledge.
5. Ensure there is a quiet place in the house that your child is studying.
6. Make sure your child has all the revision guides they require.

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Joint Council for  
Qualifications

## Information for candidates

Written examinations

With effect from 1 September 2022

Produced on behalf of



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# Be Prepared



RESPECT

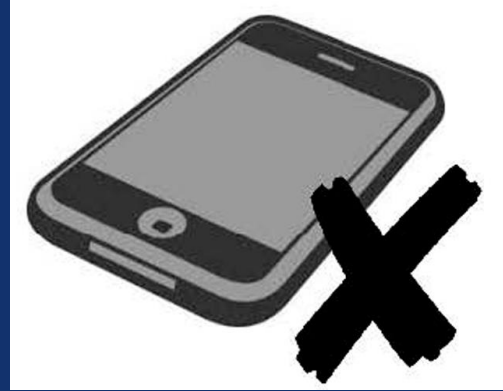
KINDNESS

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# Be Prepared



RESPECT

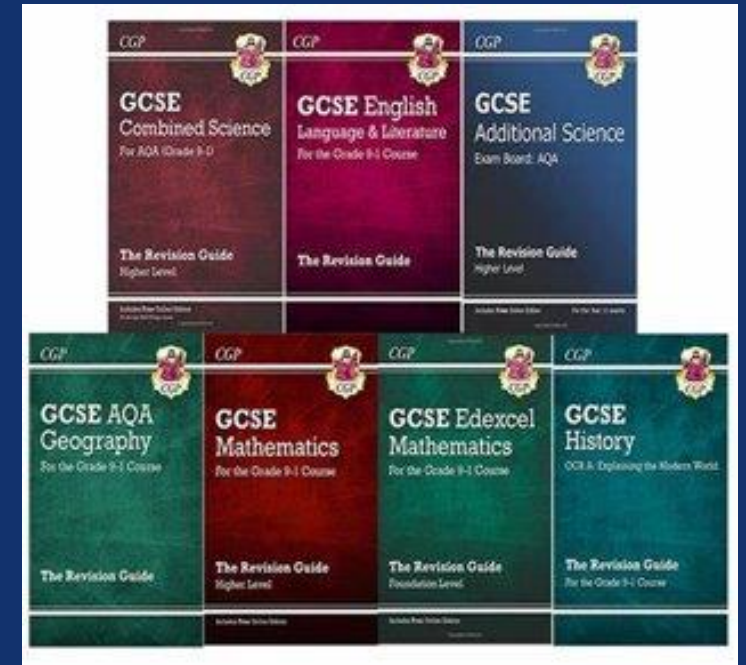
KINDNESS

RESILIENCE

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# Revision Resources



RESPECT

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# Revision Resources

## Catch up and drop in sessions



Monday	Tuesday	Wednesday	Thursday	Friday
Maths diagnostic drop in. Maths year 11 drop in. Music drop in (Eduqas and GCSE) 229 Media Studies NEA appointments (309a) Art drop in and intervention 237/8		English Literature (Exam Prep) - 315 English Literature (Power & Conflict Catch Up) - 313 French – 306 / 304 Photography drop in and intervention 230	French – 306 Geography 213 Design Technology F&N (TBC)	History Exam Preparation 217

RESPECT

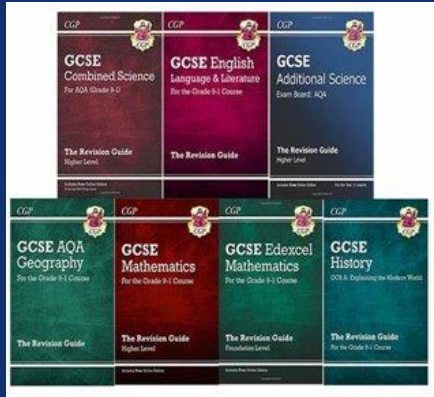
KINDNESS

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# Revision Resources



ParentPay

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# Revision Resources



Clip 209b Completing the Square - Solving - Question 1 Hint Return to Videos

Standard Questions 1 2 3 4 5 6 7 8 9 Harder Questions 1 2 3 4 5 6

Question Progress Submit Answer

Solve the equation

$$x^2 + 6x - 4 = 0$$

by completing the square.  
Give your answers correct to 2 decimal places.

Show your working +

Answer

38%

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# The End of the Cold War, 1970-91

Share & Assign

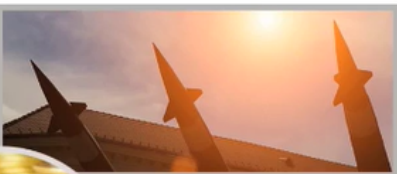
## Relaxation of political tension

### Détente

**Cuban Missile Crisis**



Equal amount of warheads by late 1960s



History 1 Titles - 7 Pods

The End of the Cold War, 1970-91 - 7 Pods

- ▶ **Détente**  
00:00 / 04:21
- ▶ **SALT**  
00:40 / 04:17
- ▶ **The Russian Invasion of Afghanistan**  
02:04 / 03:49
- ▶ **President Reagan and Changing Attitudes to the Cold War**  
00:00 / 03:52
- ▶ **Premier Gorbachev and Changing Attitudes to the Cold War**  
00:00 / 03:36



Try some questions

Test your knowledge of this topic

AS TEACHER

AS STUDENT

SHARE

Student Results





# Revision



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# Revision

- Have a plan
- Little and often
- Without distractions
- Check in
- Ask questions

- At this stage notes
- Move to the use of notes (testing memory)

**Contact us if you are concerned.**



# Community Languages



Cantonese  
Mandarin  
Spanish  
Russian  
Portuguese  
Italian  
German  
Bengali  
Urdu  
Arabic  
Turkish  
Greek  
Persian  
Japanese  
Gujarati

RESPECT

KINDNESS

RESILIENCE

ASPIRATION

LEADERSHIP

# The year (7 months) ahead

- Exams evening 3<sup>rd</sup> October
- Progress evening 21<sup>st</sup> November
- Progress report week of the 27th November
- French Speaking Mock Exams week of the 25th November
- Mock Exams 2<sup>nd</sup>-12<sup>th</sup> December
- Mock exam results week of the 13th January
- Core mock exams week of the 18<sup>th</sup>-21<sup>st</sup> March
- Art, Photography, Dance and Music exams Week of 7<sup>th</sup> April
- Final progress evening 10<sup>th</sup> April
- Written exams begin week of the 5<sup>th</sup> of May

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# CALM'S GUIDE TO EXAM STRESS

It's common to feel a level of worry about an exam, but exam stress can cause physical and emotional strain. If these anxieties are overwhelming you, you can talk to someone about how you feel.

[Exam stress | Campaign Against Living Miserably \(CALM\)  
\(thecalmzone.net\)](https://thecalmzone.net)





## **AT A GLANCE**

- ↓ About exam stress
- ↓ How does exam stress feel?
- ↓ Why do people get stressed about exams?
- ↓ Where can I find help?
- ↓ Dealing with exam stress
- ↓ Get it off your chest
- ↓ Talking about exam stress

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