

April 2025

Swakeleys School for Girls

Newsletter

Dear Families,

It has been so lovely to see the sun over the past few days and it's such a pleasure to see groups of students enjoying the sunshine on their picnic blankets. As part of our school development planning I recently visited a free school in Brent which is based in an office block with very little space for students to play - I often think how lucky we are to have so much space for our students.

Inside the Spring 2 newsletter you can find out about some of the many events and activities going on across the school this half term.



We welcomed our new Year 7 cohort on 1st April and I was able to share with them our new vision and values – thank you for all of the contributions to the vision and values from literally hundreds and hundreds of our school community. The vision and values can be seen over the page and I do hope that this fits with who you wish your child to be. After Easter I will send out a video which explains more about our vision and values.

I always love to receive a certificate recognising the hard work of our school community and we recently were recognised by the Specialist Schools and Academies trust for being in the top 10% of non-selective schools for student attainment and in the top 20% of schools for student progress. In terms of monitoring we had a peer review of the school recently and the reviewers noted the following:

“Lessons were very strong with great assessment for learning and written work. Pupils are attentive, focused and keen to learn. Demanding content and stretch and challenge were seen in a large number of lessons”

“6th Form lessons included excellent use of exam questions, mark schemes and examiner reports. All work was pitched at top grades. Teacher explanation and expansion of what is needed to get marks was very good. Pupils feel confident and comfortable to ask questions and respond when asked. There was a calm and productive/focussed atmosphere in all lessons.”

“Pupils feel safe in school and there is high enjoyment levels across all year groups. Pupils feel that the school is clear with high expectations with regard to attendance; there are reports, prizes, and strong messages. Pupils are proud of the diversity in school and talked about their enjoyment of culture day and lots of clubs on offer”

I will come back to you later in the year with our plans for next academic year. For now thank you as always for your support and I hope you have a lovely Easter break.

Yours faithfully

Kelda Stevenson
Headteacher

SSAT Educational Outcomes Award 2024
Exceptional Student Attainment

Awarded to
Swakeleys School for Girls
In recognition for being in the top 10% of non-selective schools nationally for student attainment in the 2024 end of KS4 exams

Sue Williamson
Chief Executive

ssat the schools, students and teachers network

SSAT Educational Outcomes Award 2024
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Sue Williamson
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Teacher of the Month

February

Miss Sood

Miss Sabharwal

Support Staff of the Month

February

Mr Dole

Mrs Skinner

April 2025

Swakeleys School for Girls



THE SWAKELEYS VISION

We are **kind, patient** and **compassionate** to ourselves and supportive of others. **Resilience**, self-belief and adaptability enable us to overcome the challenges that life may throw at us. **Confident** in our abilities, we are able to **think critically** and with curiosity about the world around us. We are **culturally** and **globally aware**, accepting, open-minded and inclusive. We develop **strong** and **trusting relationships**. Upon leaving Swakeleys we enjoy **academic** and **personal success** because we have worked hard and this gives us **self-confidence** and **self-respect**. We are **honest, optimistic** and **ambitious** for our future – whatever that may hold.

We have identified six new values that are incredibly important to us at Swakeleys.

We are **resilient** and **successful**

We are **trusting** and **kind**

We are **diverse** and **respectful**

Newsletter



Performing Arts

The Performing Arts Department hosted their 4th event of the year on Wednesday 12th March; An Evening of Dance. The event was a fabulous success, showcasing the amazing ability and talents amongst our students which continues to foster a real sense of community. Their passion and dedication is second to none, and I thoroughly enjoyed watching their performances from the wings! Needless to say, we look forward to sharing more of our students' hard work and talent at future events!

Save the date; **Drama Evening** on 22nd May and our annual Summer Festival this year has a theme - **Night at the Musicals!** This will take place on 26th June. Both events will start at 6pm. See you there!

Huge congratulations for the following students who have passed their in their music examinations;

Uma G - Grade 1 Violin

Jaina S- Grade 2 ABRSM Singing for Musical Theatre

Nilakshi T - Grade 5 ABRSM Singing for Musical Theatre - with a merit!

Miss Coking

Science club was bursting with fun on Wednesday 12th March! A thrilled group of students from Y7, 8 and 9 (plus one passionate Y10!) created *magma-ificent* volcano models for an explosive experiment. Using ingredients like water, baking soda, washing-up liquid, red food colouring, and—most importantly—vinegar, they simulated a thrilling volcanic eruption! The excitement began at home, where students built their volcano models. But the real magic happened at Science Club where they poured in the secret ingredients and watched the lava bubble over the “crater” (a hidden plastic cup inside the model), and a realistic lava flow was created. As the explosions began, the room filled with awe, laughter, and scientific curiosity. It was a *lava-ly* mix of science and creativity that *ignited* the curiosity of the students!

Want to be part of the action? Are you in Y7, 8 or 9? Are you a super scientist? Do you love science, or just want an **ash-tonishing** experience? Join us in 223 every week A after school 3:20- 3:50! Get ready to **rock** your science skills and have a **blast**!

Safiyya B- 10MC, Muskan P- 8RP and Uma G- 9JA





Swakeleys School for Girls

Swakeleys Community Iftar

We are pleased to announce that for the second year, Swakeleys invited families and staff to come together during the holy month of Ramadan. The canteen was beautifully decorated with balloons, candles and bunting! 46 families came together, bringing a home-cooked feast of delicious cuisines to share for the 'Iftar'. One of our parents, Mr Gilani, called the Adhan and led the prayers, and Alishba Anhar I2S and Momina Zaheer I2@ spoke a few words about their faith and the relevance of fasting. The food was joyfully shared and many diverse and exciting conversations spilled around the room. Finally, favours were handed out to each family via a golden gift bag containing sweet treats that Ms Hussain had lovingly prepared.

"I really wanted to bring communities together and also help our non-Muslim friends and families to have awareness of our faith – and how significant Ramadan is"- **Ms Hussain**



Year 7 - Game of 24 Maths Challenge

On the 11th of March we had 4 year 7 students attend the Game of 24 Challenge at Ruislip High School. Students worked in teams of 2 to compete against schools from around the borough, with over 30 teams competing against each other on the day. The aim of the competition is to use the four operations (add, subtract, multiply and divide) and the four numbers provided to create the number 24. The competition consisted of three different phases and the final phase included the use of fractions and decimals. The '24 game' encourages rapid mathematical thinking in high pressure situations. The students showed excellent skills in mathematics and demonstrated communication and cooperation skills whilst working within pairs to solve each problem.

The girls should be commended for their excellent progress in the competition, and for showing great enthusiasm throughout the day.



Poppy G, Issra M, Charlene A & Aashna N



Swakeleys School for Girls

Culture Day

February 14th 2025 was not just any other Valentine's Day but the launch of the new revamped Culture Day 2025. Since September, the diversity committee have worked with Ms Sabharwal to make 2025 the year to be remembered! Ms Johnson and Ms Sabharwal spared no expense and dazzled us with a newly formatted runway. Gone were the bright lights of the sports hall and the cracked



plastic cones – instead the main hall was transformed and we were welcomed by a dark atmospheric room adorned with a glamorous red carpet and grand balloon arch. The music was electrifying, the lighting was dynamic and it felt like we were at a concert, carnival, club all rolled into one! Students had microphones to share their cultures and information about their traditional attire with the year group and then strutted down in groups to be snapped by the sixth form paparazzi crew. The photos

are stunning and capture the colour and joy in the students that makes Swakeleys so diverse!

All students had a chance to select a workshop that celebrated a particular culture: Bollywood dancing, African drumming, Irish dancing, Indian cooking, Scottish shortbread to name just a few. For the first time this year – EVERY student was involved in Culture Day and EVERY student has a special memory to take away from this very important day that allows us students to come together – regardless of religion or ethnicity.



"Culture Day was so much fun -especially the runway which was 10 out of 10! I have never seen my YLC dance before! I am so glad that I have awesome memories to take away with me." - **Harmony M I1MC**

"It was so fun dancing in the Bollywood workshop because i got to have fun with my friends and see the outfits from different cultures." **Jasleen M 7AF**

"Last year I could not go to the runway so this time it was awesome that I could experience it - the music was great and it was really colourful! I love how everyone just came together." **Wania Imran R 8DS**





Newsletter



Culture Day 2025



Swakeleys School for Girls

Year 10 Students Excel at AMSP Maths Feast



On Monday, 3rd March, eight Year 10 students had the incredible opportunity to take part in the Hillingdon AMSP Maths Feast — a challenging and exciting competition designed to test problem-solving skills, teamwork, and mathematical thinking of Year 10 students.

Throughout the day, 8 students worked in teams of four to tackle a series of timed rounds, each requiring logical reasoning, collaboration, and deep mathematical understanding. The competition covered a wide range of topics, from algebra and geometry to number theory and logic, pushing participants to think creatively and work together under pressure.

One student reflected on the experience, saying, "We had a great day and were immensely proud of our collective efforts." The event was not only a test of mathematical ability but also a valuable opportunity to develop communication, problem-solving, and teamwork skills.

Well done to all the students who took part—you represented the school brilliantly!

Mr Ladva



Year Learning Co-ordinator: Miss Allan

Year 7

Recent Events and Activities:

Congratulations to our Year 7 Zero Heroes, what an achievement to have had such a positive term. Well done!

We had a fabulous Culture & Identity Day, it was lovely to see year 7 get so involved and participate in some of the many workshops that were on offer to celebrate different cultures.

Many year 7s participated in the school production of Bugsy Malone, it was fantastic to see our students enjoying themselves after all their hard work rehearsing. It was a great show!

A number of Year 7s took part in the House debate competition showcasing their oracy skills, furthermore two of our year 7 students took part in the School Council debate in front of students from all year groups and staff. Well done to all of them.

We have had a number of house competitions including interhouse dodgeball & handball, house UNO and house design competition for the new link book cover. It is always great to see so many year 7s getting involved in school life.

Assemblies

Leadership assemblies included:

Science Week, International Women's Day, Our new school values, Ramadan, Character & Culture – what type of person do we want to be as a Swakeleys leaver? Mental Health



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Year 7 Cont'd

Year 7

YLC assemblies:

What is Triple Science?

Achievement – what it is & how to reach it

An introduction to the Epraise Shop

Rumours – what are they, what is the impact & let's put an end to rumours

Things to look forward to:

Year 7 Celebration Assembly at the end of the Spring term

Sports Day

Your Life, You choose event

House chess competition

No Pens Day – 17th June

House Assemblies

FAB week in July

Well done year 7 on a great spring term, you have all achieved so much at Swakeleys in two terms, I look forward to seeing what's in store for your last term of year 7! Have a restful Easter holiday.

Year 8

Year Learning Co-ordinator: Ms Currell

Recent Events and Activities

Year 8 Internal Exams

Assemblies

Assemblies have been on the Attendance League, EB form assembly and behaviour update, RP form assembly, punctuality and MC form assembly.

Things to celebrate

The Stars of the Week have been: Jasmina 8RP, Simar 8EB, Nina AF and Anaya 8FN, .

Form assemblies: In 8EB, Hafsa, Preenitha and Arushi delivered a fantastic assembly on World Book Day and told the year group about some of their favourite books. In RP, some pupils delivered a powerful assembly on International Women's Day where we learnt about different inspiring women. In MC, Marwa, Bleta, Emaan, Mays and Simrat delivered a very informative assembly on the International Day for the Elimination of Racial Discrimination where we learnt about what racism is and how we can reduce it.

Ms Morais has done an attendance league this half term with a competition between forms. It's still very close as to which form will win the league. Pupils will find out after the Easter holidays! 8JA had two weeks of 100% attendance and had two non-uniform days which is amazing!

We've been working hard to improve behaviour in year 8, with a particular focus on lowering strike 2s and 3s. I'm pleased to say that we saw a 32% decrease in strike 2s and a 48% decrease in strike 3s.

Things to look forward to

Easter Holidays

Progress Check 2 to be emailed

SUMMER TERM 1	Tues 22 nd Apr	INSET DAY Return back after Easter break Character & Culture Focus Week BANK HOLIDAY
	Wed 23 rd Apr	
	Mon 28 th Apr	
	Mon 5 th May	



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Year Learning Co-ordinator: Mrs Finnerty

Year 9

YLC Assemblies

Communities, Behaviour reflection, International Women's Day, Empowerment, Celebration assembly

Things to celebrate

Year 9 attendance so far this academic year is 93.5%. This is above the national average, although we strive to reach 96%.

Year 9 Dodgeball Competition was a great success!

School Council participation from 9RP.

Character and culture week: students reflecting on all of their success this term and what they can focus on next term.

Community Iftar event for the families: Ramadan Mubarak!

Thank you to the Year 9 GCSE students who represented Swakeleys at the London Youth Games of Sports Hall Athletics.

Congratulations to our 'Zero Hero's who achieved zero behaviour points this term.

YLC Stars of the Week have been celebrated:

Hera H 9FN

Sara M 9RP

Hope F 9FN

Uma G 9JA

Zohour E 9RP

Aliza H 9JA

Things to look forward to for summer term

SPOTY assembly week: 19th May

Pride Month: June 2025

Sports Day: Friday 13th June

summer festival: 26th June

FAB trips!

Drama Evening: 22nd May

Year 9 Parents Evening: Wednesday 5th June

House literacy and numeracy competition: 25th June

House assemblies

Reminders:

Students need to be entering the school building at 8.30am ready for registration at 8.40am. It is imperative that students are on time and are ready to learn every day. Please also encourage punctuality for all lessons too (students have a 5 minute changeover window to move to their next lesson).

Attendance: Our target is 96%.

Please check the school uniform and equipment guidance to ensure students are prepared for the start of the next half term.

The Year 9 team would like to wish all students and families a peaceful and rested time over the Easter break. We look forward to welcoming you back on Wednesday 23rd April 2025.



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Year Learning Co-ordinator: Mrs Khan

Year 10

Assemblies:

Exams- well being
In the exam hall
Q and A- Exams
Celebration

Things to celebrate:

Congratulations to our YLC stars of the week: Semra T, Isla H, Honey M, Isla H
Great start to the work shadowing process!
Language mock speaking exams- great feedback from staff!
Revision in full swing!
Zero Hero assembly- Alice C dancing!
143 Zero Heroes in year 10!!
Year 10 citizenship classes delivering lessons to younger years- well done very well!
Sport Leaders reached the London Youth Games finals in year 10- Corinne, Isla H, Vaksica, Vaishavi, Lucy, Macey M!

Things to look forward to:

Exam fortnight- as soon as we return!
Skills for work day- 21st May!
Work shadowing!

Year Learning Co-ordinator: Miss Mejloumian

Year 11

Recent Events and Activities

Careers fortnight Parents' Evening
English and maths mocks 6th form interviews Year 11 Reports were sent home on 12th March

Assemblies

Assemblies have been on ASK- apprenticeships, RE, German and French, Science, Exams and the study leave programme.

Things to celebrate

The Iftar Community Event was a huge success. Below is the list of volunteers who helped during the Iftar evening. Hala, Ebrar, Alyssia, Fahmo, Nadiya, Zeyneb, Adeena and Hajar

"One of the key parts of the Swakeleys Iftar event's success was the wonderful Year 11s who volunteered before and during the event. A huge shoutout to Hala, who led the Year 11 volunteer team with great efficiency!"

Ms Currell, Mrs Laguillo, Ms Stevenson and Mrs Pimbert fasted for the day.
Lots of intervention going on after school, during school and on Saturdays.
More TAPS meetings have occurred during the spring term.
Rec PE sessions are now study/intervention sessions.
All have received individual exam timetables and the study leave programme.
6th form interviews went well and acceptance letters went out.



Swakeleys School for Girls

Year 11

Year 11 Cont'd

Things to Look forward to

Easter School, GCSEs,
Study leave
Class of 2025 Assembly – 23rd May Period 3
6th form induction day – 23rd June
Prom – 25th June 7-10:30pm
Results Day - 22nd August 9am-10:30am

Speech and language

If your child is struggling to understand language at home here are some useful tips to help.
Tips for success!

- If possible, include images to accompany new vocabulary
- Break all instructions down into small, achievable chunks
- Don't assume young people will understand new vocab; even simple instructions could need to be explained and shown .

PE Updates

Netball

Year 11

The year 11 Netball team had a very successful year, they have now finished all league games and went unbeaten. The team consists of; Vivien DS, Mya DS, Lexie MC, Malak FN, Mahek FN, Sirine RP and Rebekah AF. As a year 11 team we are currently waiting on dates for the borough finals. Well done to all the girls involved, they really stepped up and smashed it this season!



Year 8 Netball

First match after half term saw a well-earned victory for the year 8 team against Bishopshalt. Playing as a team, well done year 8!

Next on the 12th of March, the Year 8s participated in a Year 8 Borough Netball Tournament, where they only lost one game in their group! The team was led by Amelia (8EB) superbly and the team came 6th overall out of 18 teams! Well done girls! We are so proud of you all!

Well done to all who have participated in Netball this season! More to come next year!





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Sports Leaders

A Huge CONGRATULATIONS to our Sports Leaders. We are so proud of you. On the 18th of March the group went to Redbridge to help support with the London Youth Games, Sports Hall Athletics Finals (primary schools) which saw the best primary school athletes competing for the London Champion Title. The girls excelled themselves as received high praise not only from the London Youth Games Team but from teacher and students from Primary Schools! Well done girls!



Year 9

Dilara A	9AF
Lyra A	9JA
Poppy B	9EB
Mili B	9AF
Millie H	9FN
Hafsah K	9FN
Haleema R	9AF
Lily R-C	9FN
Nia S	9MC
Harini S	9EB
Sarina S	9FN
Bethany W	9MY

Year 10

Lucy C	10JA
Isla H	10MY
Vaishavi M	10MC
Macey M	10MC
Corinne T	10MC
Vaksica V	10MY

Breakfast Club to Continue

Following the successful pilot of the Swakeleys' Breakfast Club, we will be continuing to offer this club to the end of the school year – free of charge to parents for all year groups. If you would like to register your child to attend, please email office@swakeleys.org.uk and we will send you the link to complete.

Two Holiday Felix Project Food Deliveries

We will be receiving a full van of free food from our partners at The Felix Project twice over Easter, all welcome – there is a lot of food on offer and we don't want to throw it away. The dates this holiday are on TUESDAYS – 8th and 15th April 2 - 4pm.

Junction works on Clifton Gardens Completed

The junction improvement works to make crossing those roads safer and easier for pedestrians has now been completed by Hillingdon Council, with visible bollards and distinctive tactile pavements in place. To those who use this road, if you are able, please encourage your child to walk down Clifton Gardens and meet you at a quieter nearby street. There are plenty of options available and it is an easy way to support your child's mental and physical health.



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Interhouse March 2025

In the week of the 17th of March saw students across Years 7 to 10 showcasing their sporting skills and house spirit during an exciting inter-house competition. The event was a resounding success, filled with energy, teamwork, and healthy rivalry.

For **Years 7 and 8**, it was an action-packed day as the entire year group participated in either **handball** or **dodgeball**. For **Years 9 and 10**, the competition shifted focus to **dodgeball**, with select students representing their houses. The matches were fiercely competitive, with each player giving their best to secure victory for their team. A huge congratulations to all the students who participated and made the day so memorable. A special thank you goes to the PE department, staff who supported and to the house captains for motivating their teams.

The results are below:

		Y7 Dodgeball	Y7 Handball	Y8 Handball	Y8 Dodgeball	Y9 Dodgeball	Y10 Dodgeball	Y11 Dodgeball
1 st	80 pts	EB	DS	FN	AF	MY	EB	DS
2 nd	70 pts	FN	MC	MY & RP	FN	MC & JA	FN	FN & EB
3 rd	60 pts	JA	RP		DS		DS	
4 th	50 pts	MY	AF & MY	AF	JA	EB	MC & AF	MY
5 th	40 pts	RP		DS & MC	MY	AF		AF & RP
6 th	30 pts	AF	EB		EB	RP	MY & JA	
7 th	20 pts	MC	JA	JA	MC	DS		MC & JA
8 th	10 pts	DS	FN	EB	RP	FN	RP	

New Club Alert: Cricket Club

This has been highly attended club by year 7 and year 8. A lot of potential players in this club. Hopefully we will have fixtures in the Summer term, so keep coming. This club will continue in the summer term (but outside). Well done so far girls! Keep coming!



What's on next term:

The summer term will bring new sporting opportunities in the form of athletics, cricket and rounders. This will be in lessons, clubs and fixtures.

Also a date for the diary: Sports Day – 13th June 2025 at Hillingdon Stadium.



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Coffee Mornings

Our coffee morning programme has continued this term with a coffee morning on our Diversity Work, and two exam based coffee mornings on exam stress, and the GCSE experience. It has been fantastic to meet so many parents on our site.



Mental Health in Schools Team

The Mental Health in School's team are now an established part of our school mental health provision. We can consult them about pupils who may be experiencing anxiety, friendship difficulties, negative thoughts, tantrums and sleep issues among other things.

If you would like the school to consult them about your child to see if they are a good fit for the service please contact the Mental Health Lead Mrs Hare via the school office: office@swakeleys.org.uk

This service is running in addition to our already very well established counselling service Place2Be.

Attendance

We are delighted that our school attendance is still well above the National Average.

Recent research into post-pandemic school attendance suggests that too many pupils are still taking odd days of school. We would ask all parents to ensure that pupils aim to be here 100% of the time. Pupils with attendance below 95% are missing significant learning time.

To support school attendance we would ask that you would consider leaving any medication including painkillers for your child in the welfare room. A medication form can be found on the school web site and must be completed and handed in with medication.

A reminder that if your child is absent from school you must email attendance@swakeleys.org.uk on each day of absence clearly stating the reason.

Holidays in term time are not permitted. We ask that you make any routine appointments out of school hours.

In the event that you need to request exceptional leave please do so using our exceptional leave form which can be found on the web site.

Mrs Hare



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Crochet Club



We are delighted to share that the blanket made in Crochet Club has now been donated to Hayes Renal Unit. We are very proud of all the efforts from the students who started off as novices and put their new skill to good use making individual squares which were then stitched to make a blanket. Special thanks to Miss Raza for her time to sew this together.

The Sister in charge explained to the girls how their blanket will now be used by Dialysis patients to keep them warm

whilst they have their treatment.

Pictured are our main contributors Hailey A, Somayia H, Raena R and Ishan K. Well done girls! We are now excited about what we will make next.. watch this space!



Term Dates 2024-25

Spring term:

End of term:

Friday 4th April 2025 (half day)

Summer term:

Term starts:

Tuesday 22nd April 2025 (training day)

Wednesday 23rd April 2025 (students return)

Half term:

Monday 26th – Friday 30th May 2025

End of term:

Friday 18th July 2025 (half day)

Term Dates 2025-26

Autumn Term:

Term starts:

Monday 1st September 2025 (training day)

Tuesday 2nd September 2025 (training day)

Wednesday 3rd September 2025 (Year 7 start)

Thursday 4th September 2025 (Year 8-13 start)

Thursday 23rd October – Friday 31st October

Friday 19th December 2025 (half day)

Half term:

End of term:

Monday 5th January 2026

Monday 16th – Friday 20th February 2026

Friday 27th March 2026 (half day)

Spring term:

Term starts:

Half term:

End of term:

Summer term:

Term starts:

Tuesday 14th April 2026

Bank Holiday

Monday 4th May 2026

Half term:

Monday 25th – Friday 29th May 2026





Swakeleys School for Girls

What's
on...

at Oak Farm Library

Manga Drawing Workshop

Are you a fan of Manga?
Join us for a special drawing workshop
to learn how to draw your own
Manga character using books for inspiration.



**Wednesday 9th
April
3.30pm to 4.30pm
Ages 11 to 16**



**Booking is essential. To book a free space,
please scan the QR or search for the name of
the event on the Discover Hillingdon website
www.discover.hillingdon.gov.uk**



For more information please speak to a member of staff or
visit www.hillingdon.gov.uk/libraries. To book a place scan QR code.



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How to actually study—Iyanu O IIMY

As exam season is approaching us in full effect we are all looking for the best ways to keep ourselves occupied by burying ourselves into revision and a complex study routine that is strict. At first we all do amazing, getting heaps of work done with hours of revision then that one day comes and the whole routine is ruined and work hasn't been touched in days.

WHY?

Well I'll tell you, no offense but your routine is horrible it has hours of revision with no breaks and you are studying all of these subjects with no clue where to start, resulting in you studying a subject you know full well you are able to complete with your eyes closed but you simply use it as a way to comfort yourself because "at least I did something" which is good but, why does that matter if you already excel in the topic but can't challenge yourself in another topic. You are just wasting your time by staying on the same level and with exam season approaching whether it's internals, end of terms tests, mocks or **THE REAL THING!!** We can't afford to dwell any longer. I also had this problem until I found the solution.

DONT OVERWORK YOURSELF!!

We all have this pressure on us to study like the world depends on it especially because the older you get the more serious these exams become this pressures us into studying for hours to make us feel like we are accomplishing something especially when you hear the study routines from your friends like "I study for four hours everyday" or "I study for 16 hours every weekend". It gives you this feeling that you are simply not doing enough, which is untrue depending on how you use your time. You could get a better result with one hour revision compared to a student who does six hour revision simply based on the fact that your revision was more efficient and used wisely, so that brings me to my next point

ACTUALLY WORK EFFICIENTLY

We have all written those pretty little notes with breathtaking titles and beautiful cursive all over the subheadings but let me ask you a question: when did you go back to them? And if you did, did you even understand what you were even talking about? Note taking in my opinion is one of the worst revision tactics you can do since you aren't even recalling any information and 9/10 you are simply copying down information from your textbook, teacher or video but you are not actually doing anything to sustain the information you are writing down. To tackle this I will tell you some of the methods that actually help with memory and using your time wisely.

ACTIVE RECALL

Active recall is one of the best ways, if not the best way to take in information with minimal effort forcing the brain to pull information out resulting in stronger memorization and comprehension. You can achieve this by using flash cards; writing the questions on the front and the answers on the back to test yourself on these flashcards everyday and it will be installed into your head.

Pomodoro method

Pomodoro Technique



25 min working
5 min resting

Sometimes studying for long amounts of time can not only be intimidating but also tiring and makes you not even want to touch your working space knowing you have to study for three hours but as always I have a solution. Let me tell you a method you will love that can help you work long hours without having the fear of drowsing off. First you categorise your subjects based on importance for example, if maths isn't your strongest subject, you will prioritise it first although if it is your strongest subject it shouldn't be prioritised during your session. Although you can still lightly touch on the subject as it shouldn't be abandoned. After you have done that you will set a 25 minute timer or whatever you feel is comfortable. Focus on your work and only work on one



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task at a time, don't mix your subjects up and try to work on two subjects or topics at once. Focus on one topic to assure your full attention and potential is on the subject guaranteeing the best results of understanding. After your time is up you will take a break for 5 minutes and completely separate yourself from the work to ensure you are actually giving your mind a break so make food, talk to friends or family or even just move around but you have to make sure to be ready to work as soon as those minutes are done. After 4 cycles of the 25 minutes are done (1hr and 40 minutes) you will take a 15 minute break and start the cycle again for as long as you need to. I think this method is effective especially for year 11s to year 13s with exam season approaching. This method helps you catch up and do heaps of work without feeling burnt out or tired.

Blurting

This is for all the fellow crammers like me who love to leave revision to the last minute even though it's a horrible idea. It doesn't ensure maximum results although with this method you can at least walk through the exam door knowing something. This method is also good if you want to know how good you are on a topic and how much you need to work on it. It's called blurring. This works by getting a blank piece of paper and finding a topic to work on for example elements. then you will write down what you know off the top of your head, be honest with yourself and don't use any resources as this will show you what you actually need to work on. When you've done that, you should know where you stand on the subject and you will research the topic and work on it for an hour. After the time is up you will write everything down again off the top of your head and by the time you finish you should be able to write a healthy amount about the subject off the top of your head!

Date	Title
Recall content from memory	
Add information you forgot	Answered questions

The Feynman method

This is an amazing method to find out if you actually know a subject as well as you think. The saying "if you can't explain it to someone clearly you have no idea" is correct and the feynman method ensures that you actually understand what you're working on. This is a simple yet effective method, ask people like a friend or family. You just explain what you worked on so for example "a compound is two elements mixed together" but you will explain it to somebody, if you can't explain it clearly then you don't know it well enough. A physical friend is great for this method because they can tell you how much they understood your explanation. This lets you know how much you understand the topic and how much you need to work on it.

Exam practice questions/past papers

Last but definitely not least: exam based questions and papers this is especially important because it tells you how to answer a question to an examiners standards. It's good if you know a topic but is your explanation good enough to get high marks or any marks in an actual paper? Going through mark schemes helps you know how the examiners want you to answer the questions especially with subjects that require key words like Science and RE where key words could quite literally determine how many marks you get. Getting used to how questions are formed is important, since exam question are pretty repetitive each year this can help you not waste time on a answer since you already know what the examiner is looking for so getting used to exams questions, the structure and what they you want to write will help you excel and boost your grade dramatically.

I hope these methods help you out in the future since these methods are scientifically proven to be super effective. With these methods it will cut down useless studying time, boost efficiency and actually make studying not just bearable but fun! With all of these methods combined a healthy structure and timetable, good amounts of sleep and exercise you will be able to succeed flawlessly and effortlessly and will never run away from studying again!

Iyanu O—Year 11