



Aiming High and Succeeding in Year 11: *Supporting your Child's Achievements*

Wednesday 9th September 2026

**Mr Hutchings
Headteacher**

Courage and Courtesy

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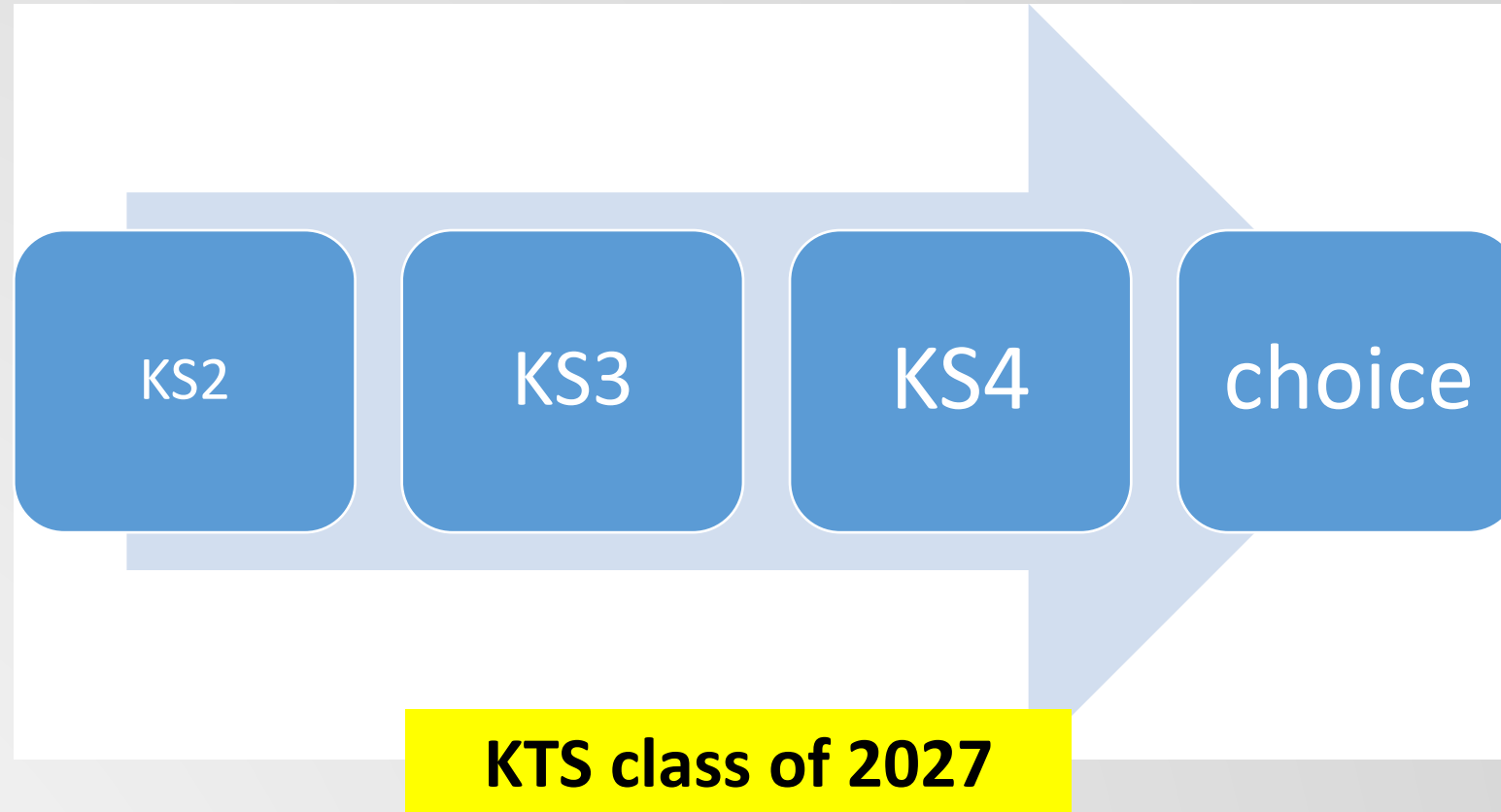
Evening plan

- **Introduction – Mr Hutchings**
- **Raising standards in year 11 and Pastoral support – Mrs Lardeaux**
- **The brain and revision – Miss Oetgen**
- **Support from school and home – Miss Oetgen**



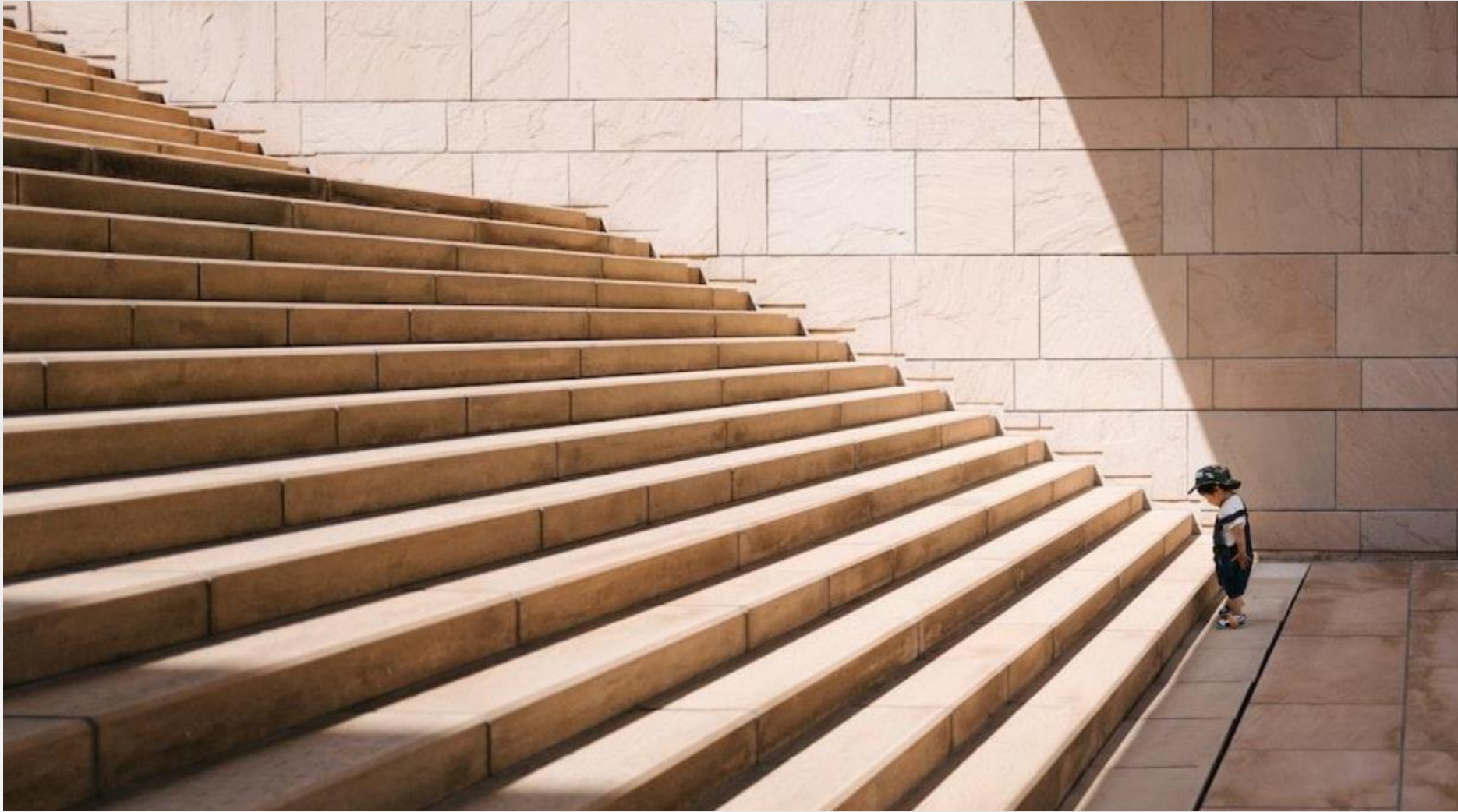
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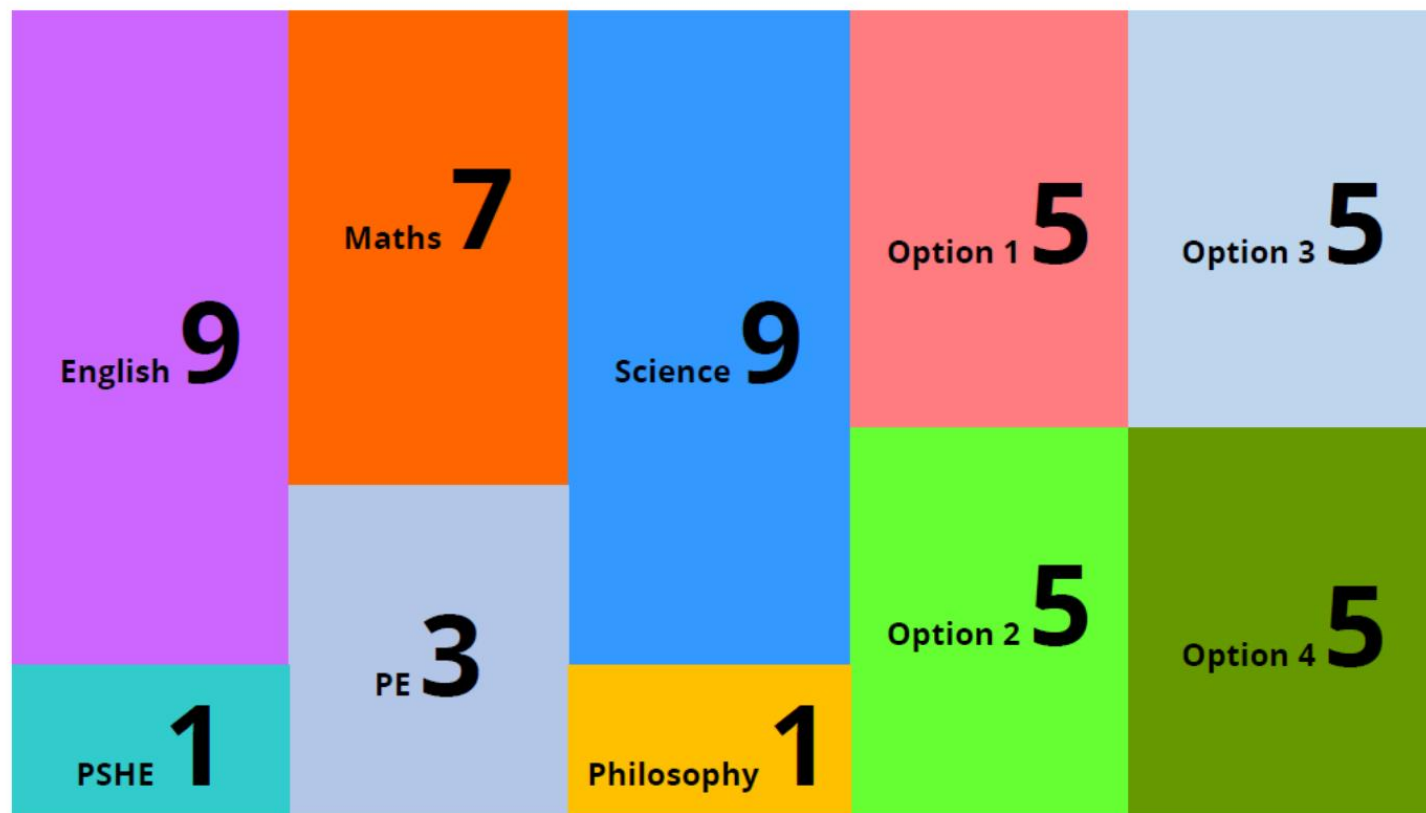
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What's different in Year 11?

- Challenging transitional year
- Stretch and challenge
- Support and guidance
- Opportunities

KS4 Curriculum Time



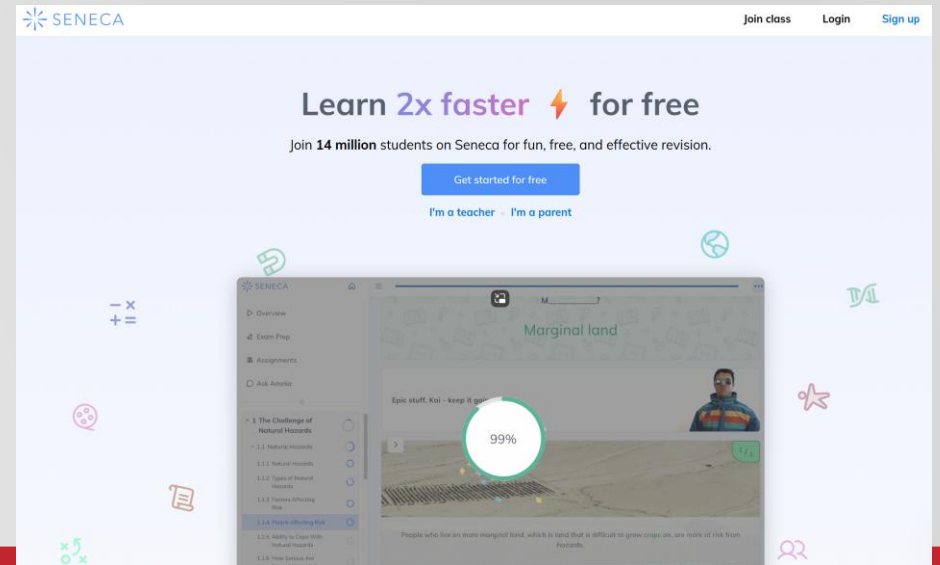
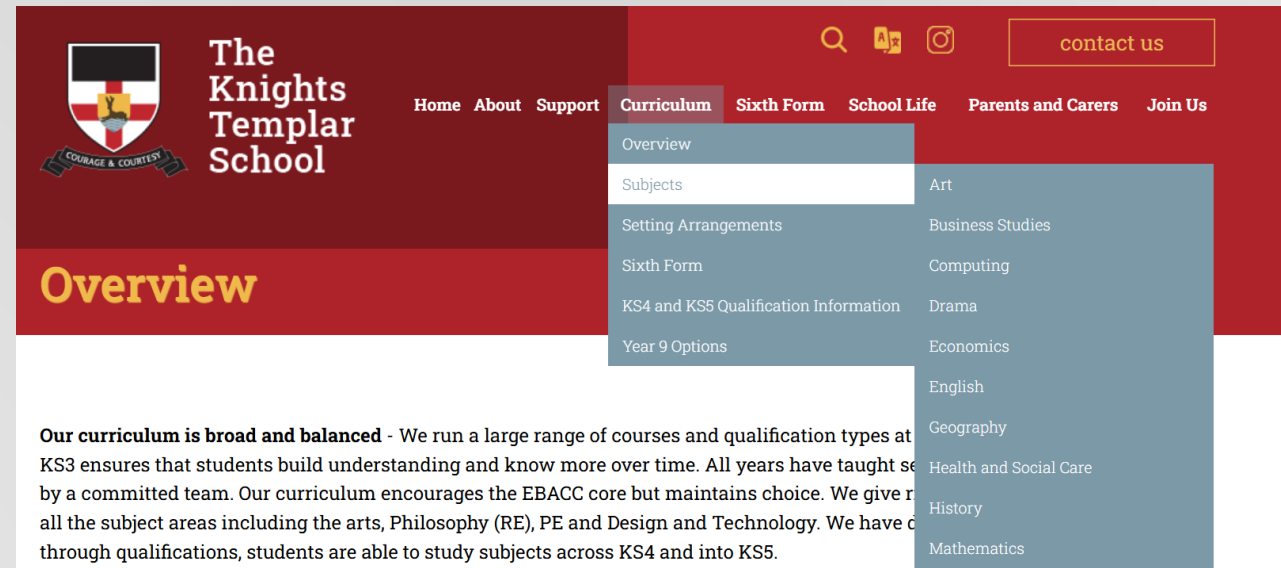
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Subject overviews and guidance from subject leaders on the [school website](#)

Including:

- Subject Key Concepts
- Curriculum Overviews
- How will students be assessed?
- How are groups organised?
- How can parents/carers support students learning?
- What websites or resources may be helpful?
- SENECA Learning



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Building Belonging



S DofE Bronze Expedition x3



Prom 2026



KTS Sports Day
2026



Enrichment at KTS

The Knights Templar School Presents

**MADE in
DAGENHAM**



Made in Dagenham at KTS



KTS Christmas Dinner



KTS Walk
The Greenway



Volunteering, student leadership, debating
PSHCE for all

Nature, outdoors and adventure, DofE,
clubs, residential and camps

Developing wider life and future skills,
digital literacy, STEM clubs, enterprise,
cooking, and managing finances, Careers
education across the school.

Enrichment at KTS

Arts and culture live experience of music,
art, dance, theatre, other expressive arts,
visits to museums and galleries

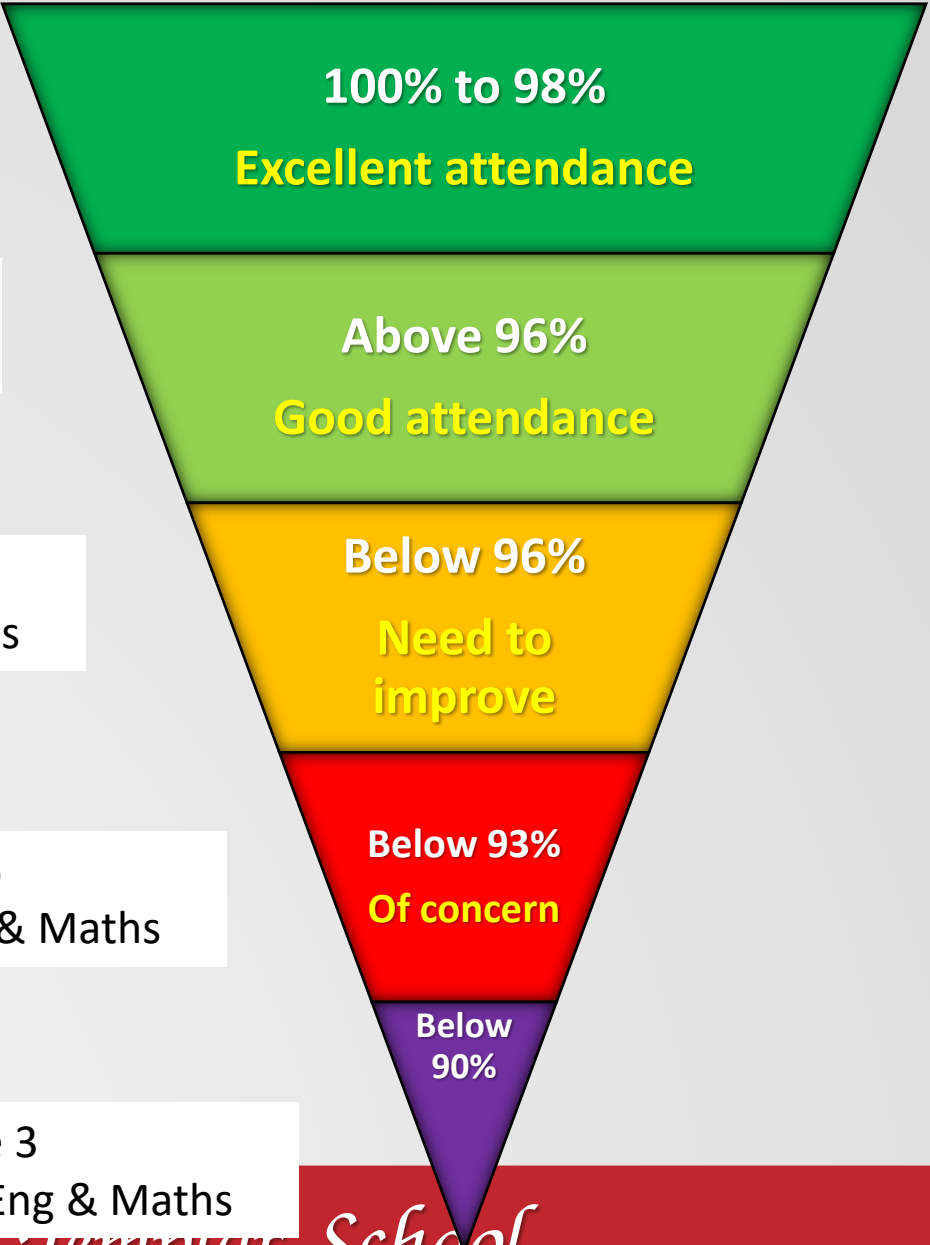
Sport and physical activities, range of
offer in individual and team sports. Dance,
fitness activities, sports day, Greenway
representing the school or college.

Average grade 6.8
100% Grade 4 Eng & Maths

Average grade 6.0
80% Grade 4 Eng & Maths

Average grade 5.5
60% Grade 4 Eng & Maths

Average grade 3
30% Grade 4 Eng & Maths



Attendance matters

90% is not good attendance

1 day absent every 2 weeks



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COURAGE – HAVING THE MENTAL OR MORAL STRENGTH TO VENTURE, PERSEVERE AND WITHSTAND. DAY IN AND DAY OUT.



COURTESY – SHOWING OF POLITENESS IN ONE'S ATTITUDE AND BEHAVIOUR TOWARDS OTHERS. DAY IN AND DAY OUT.



THANK YOU

I'M SORRY

PLEASE

EXCUSE ME



courtesy noun [kur-ti] excellence of manners or respectfulness; respectful, or courteous, or polite

Our vision is to be a vibrant, successful and inclusive school at the heart of the community, where everyone achieves their best, developing the courage and courtesy to own their futures and live fulfilled lives.



Courage doesn't always roar. Sometimes, courage is the little voice at the end of the day that says "I'll try again tomorrow".



The

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Aiming High and Succeeding in Year 11: *Supporting your Child's Achievements*

Wednesday 9th September 2026

**Mrs Lardeaux
Assistant Headteacher**

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The year ahead...

Week commencing:	Events:
07-Sep	Wed 9th = Y11 Information & Guidance Evening
14-Sep	
21-Sep	
28-Sep	
05-Oct	Y6 Open Evening - Thurs 8th Oct
12-Oct	Positively You Study Skills Wokshop = Mind Mapping - Fri 16th Oct
19-Oct	KTS 6th Form Open Evening - Thurs 22nd Oct
	Year 11 Mocks - Art & Art Photography
26-Oct	HALF TERM
02-Nov	Year 11 Mocks - MFL Speaking
09-Nov	Year 11 Mocks
16-Nov	Year 11 Mocks
23-Nov	Year 11 Food Practical
	OCCASIONAL DAY FRI 27th
30-Nov	
07-Dec	Friday 11th = Mock Results Presentation P5
	Parent/Carer Reports sent home
14-Dec	Last Day Fri 18th Dec @ 12noon
21-Dec	XMAS
28-Dec	XMAS

14-Dec	Last Day Fri 18th Dec @ 12noon
21-Dec	XMAS
28-Dec	XMAS
04-Jan	INSET Mon 4th Jan
11-Jan	Thurs 14th = Y11 Parents/Carers Evening
18-Jan	
25-Jan	Tues 26th to Fri 29th = Food Tech NEA 2 Final Practical Exams
01-Feb	Mon 1st to Fri 5th = Year 11 MFL Speaking Mocks
08-Feb	School Production Week
15-Feb	HALF TERM
22-Feb	Y11 Core Mocks - English, Maths & Science IN CORE LESSON TIMES
01-Mar	Y11 Core Mocks - English, Maths & Science IN CORE LESSON TIMES
08-Mar	Y11 What Next? Interviews - All Week TBC Positively You Study Skills Workshop = Exam Busters - Thurs 11th March Y11 Year Group Photo - Fri 12th March, Period 5
15-Mar	
22-Mar	Tues 23rd = Y11 Information & Guidance Evening Parent/Carer Reports sent home
29-Mar	EASTER
05-Apr	EASTER
12-Apr	INSET Mon 12th April
19-Apr	Tues 20th & Wed 21st = Year 11 Art Exam Thurs 22nd & Fri 23rd = Year 11 Art Photography Exam
26-Apr	Mon 26th to Fri 30th = Year 11 MFL Speaking Exams
03-May	Bank Holiday Mon 3rd May
	Exams = Tues 4th May to Fri 18th June
10-May	Exams = Tues 4th May to Fri 18th June
17-May	Exams = Tues 4th May to Fri 18th June
24-May	Exams = Tues 4th May to Fri 18th June
31-May	HALF TERM
07-Jun	Exams = Tues 4th May to Fri 18th June
14-Jun	Exams = Tues 4th May to Fri 18th June
21-Jun	Exams = Wed 23rd - CONTINGENCY DAY
	YEAR 11 6TH FORM INDUCTION Tues 22nd to Thurs 24th June
28-Jun	PROM Wednesday 30th June @ Knebworth Barns



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READY TO LEARN EXPECTATIONS



We behave in a calm, safe and orderly manner



We treat our school environment and resources with respect



We are courteous towards all staff, visitors and other students



We arrive to school and lessons on time



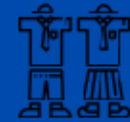
We listen carefully to staff and other students and follow instructions



We work hard and try our best.



We are ready to learn and have the correct equipment



We wear our uniform correctly and with pride



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Setting every student up to be successful for the day....Daily Checks

Log 1 Praise point for all daily checks complete

- **Present and was on time to form**
- **Uniform correct and complete**
- **Equipment correct for the day**

**We recognise and
reward what we value**



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Punctuality – Late to lessons



- Most of our students arrive to lessons promptly and meet expectations.
- If a student arrives to a lesson **more than 5 minutes late** without good reason or a yellow slip, they will be deemed as late and refused access to the lesson.
- They will be collected and taken to refocus – this will count as a truancy and students will receive a 30 minute after school detention.
- If students have 2 or more instances of truancy in a day, they will complete the equivalent of a full day (5 periods) in reflection – this will begin at the point of the second truancy and carried over to the next day to complete the 5 periods.



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Uniform – Clarity on the wearing of blazers with jumpers and having shirts tucked in...

- We are very proud of how smart our students look in their uniform and a blazer with the school logo on the pocket is a key part of this.
- Students are allowed to wear a jumper if they are cold but the jumper should ***never be in place*** of the blazer.
- For simplicity, students should be wearing a blazer when they enter a classroom, the dining room or detentions.
- Shirts should always be tucked in and all staff will be prompting students to do this.



We are working on this with students across the school and your support is appreciated.



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Mobile Phones & Pouches

Students are permitted to bring a mobile phone to school each day.

- If students in Years 7-11 choose to bring in a mobile phone, it should be switched off and placed in a 'Hush' mobile phone pouch on arrival to school.
- The pouch should be 'locked' and must remain locked for the duration of the school day or until unlocked with the support of a member of staff.
- Mobile phones and the pouches will be checked during registration time.
- Staff may complete spot checks during the day to ensure students are following expectations.
- At the end of the school day students will unlock their pouches to access their mobile phones. Multiple unlocking points will be available at this time. Should a student need to leave school early for any reason their pouch can be unlocked at reception.
- Random searches will be carried out daily to manage consistency across the school to support student wellbeing and ensure expectations are being met



Lost or broken pouch – please purchase one via wisepay. As soon as a pouch is paid for then student services will ensure the pouch is given to the student.

Schedule of Consequences – Mobile phones

Infringement	The member of staff will confiscate the phone and this will be taken to student services. A B3 consequence will be logged, this will lead to a next day 30minute detention. The student may collect the mobile phone from student services at the end of the school day (or detention if one has been sat).
Repeated infringements	Where a student has multiple confiscations in a half term: • 2 confiscations will lead to a B4 60 mins detention • 3 confiscations will lead to a B5 internal suspension • Further confiscations will lead to a parent/carer meeting and possible external suspension from school.



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THREE STAGE WARNING SYSTEM

Subject led detentions:

15 mins (break/lunchtime) – B2 incident = 15 minute detention *set by class/subject teachers*

Centralised, whole school detentions:

30 mins (3:00 – 3:30) – B3 incident

60 mins (3:00 – 4:00) – B4 incident & L4 Late incidents

- Failure to attend, or a failed 30 mins detention results in 60 mins detention
- Failure to attend, or a failed 60 mins detention results in one day in Reflection
- Tracking of persistent failures to attend detention results in a day Reflection

KTS CONSEQUENCES



Calling out in class		REMINDER
Failure to respond to a reminder Poor Homework	B1 L1 H1 E1 U1	WARNING 1 Recorded on SIMS
Failure to respond to Warning 1 No PE kit	B2 H2 E2	WARNING 2 15 MINUTE DETENTION
Failure to respond to Warning 2 Poor behaviour outside of lesson Missed B2 Detention	B3	Removal to Refocus 30 MINUTE DETENTION Further consequence
Missed B3 Detention Red Line behaviour Persistent poor behaviour	B4 RED	60 MINUTE DETENTION Further consequence
Missed 60 MINUTE Detention Serious Incident	B5 RED	Student taken to Reflection or alternative space Further consequence



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Approach to Learning

SUBJECT	Approach to learning			Priority areas for improvement if applicable
	AUTUMN	SPRING	SUMMER	
English language <i>Dr E. Hadley</i>	2	3	3	
English literature <i>Dr E. Hadley</i>	2	3	3	
Maths <i>Mrs J. Borthwick</i>	3	3	5	CE
Combined science				
Biology <i>Mr S. Quinn</i>	3	2	2	
Chemistry <i>Mrs J. Wallace</i>	3	3	3	
Physics <i>Ms L. David</i>	3	4	4	CH
Design & Technology <i>Mr M. Bull</i>	1	2	2	
Drama <i>Mr M. Breadmore</i>	2	2	2	
German <i>Ms F. Haynes</i>	2	2	2	
History <i>Mrs C. Robertson</i>	3	3	3	
PE (Core)	2	2	2	
Philosophy Core <i>Mrs J. Major</i>	3	3	3	

Grade	Descriptor	Approach to learning	Criteria for guidance
1	EXCELLENT	Approach to learning is exemplary in lessons	- Contributes positively in class. - Always tries their best and rises to challenges. - Consistently seeks to improve their Habits of Mind. - Completes all independent work and home learning to the best of their ability. - Takes responsibility for their learning and responds positively to feedback. - Always arrives on time and has the correct equipment.
2	GOOD	Approach to learning is always good in lessons	- Fully engages in class. - Consistently engages with tasks, achieving their potential in class and home learning. - Tries hard to improve their Habits of Mind. - Demonstrates a positive attitude to all tasks and responds well to feedback. - Well organised and has the correct equipment.
3	APPROACHING GOOD	Generally good, but inconsistent.	- Sometimes engages independently with tasks and questioning in lessons. - Mostly engages with learning and works towards achieving their potential in class and home learning. - Evidence of some effort to develop their Habits of Mind. - Tries their best on some occasions, but sometimes produces the bare minimum. - Completes a range of class activities with some prompting. - Preparation for learning is sound, but there are occasional lapses.
4	SIGNIFICANT IMPROVEMENT NEEDED	Does not take ownership of learning	- Greater effort is required to achieve their potential in class and home learning. - Further focus is required to develop their Habits of Mind. - Improved engagement in class is required – needs to become an active learner. - Needs to demonstrate a more positive response to feedback. - Better preparation for lessons is needed - arriving on time and properly equipped.
5	SERIOUS CAUSE FOR CONCERN - URGENT IMPROVEMENT NEEDED	Persistently disrupts flow of lesson	- A significant effort is needed to achieve their potential in class and home learning. - An immediate improvement in engagement in lessons is needed – becoming an active learner who facilitates the engagement of others. - A significant effort is required to develop their Habits of Mind. - Immediate, sustained and positive responses to feedback need to be demonstrated. - Preparation for all class activities needs urgent attention – arriving on time and fully equipped.

Code	Area for Improvement	Code	Area for Improvement
A	Attendance	H	Homework
B	Behaviour in class	L	Lateness to class
C	Quality of classwork	P	Participation in learning
E	Equipment for learning	S	Subject difficulties [KS5 only]



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Year 11 PSHE

PSHE at KTS strives to instil the school's motto of '**Courage and Courtesy**' into all of our students, to enable them to make the **best decisions now and in the future**.

In the first half of the Autumn term, Year 11 focus on the topic of **Careers**. This is to help students think about **what they would like to do** after GCSEs and what **options** are available to them.

To find out more information, please visit the PSHE page on the **school's website** to see an overview, policies and example booklets . **Half Termly updates** will also be provided in the bulletin.

Year 11

Fortnightly

Careers - Courage

L1 What do I want to be?

L2 Post 16 options

L3 Applications

L4 Interviews

Living in the Wider World - Courage

L1 Independent Living

L2 Budgeting and avoiding debt

L3 Tax and NI

L4 How is tax spent

Relationships – Courage and Courtesy

L1 Good relationships

L2a Safe Sex Contraception

L2b Safe Sex with KCS

L3 Safe Sex STIs

L4 Harassment and stalking

L5 Rape and sexual assault

L6 Domestic violence



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Year 11 Mock Exams

- Subject teachers will communicate what will be examined in the next couple of weeks
- Students to plan revision with help from school and parents/carers
- After mocks, students will receive question level feedback from teachers but no overall grade
- Results presentation on Friday 11th December – students will receive envelope with their report showing grades, this simulates the real thing
- Parents/carers evening on Thursday 14th January 2027

NB: We have been advised by the DfE that we need to keep all Y11 mock examination papers in school after completion, should they be needed in the event of any future closures as happened during Covid. It's unlikely, but they could count.



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RECIPE FOR EFFECTIVE revision

Ingredients for
success →

Retrieval Practice	Spaced Practice + Interleaving	Motivation	Support	Attendance	=	Success
Retrieval Practice	Spaced Practice + Interleaving	Motivation	Support	Missing	=	Lower results
Retrieval Practice	Spaced Practice + Interleaving	Motivation	Missing	Attendance	=	Anxiety
Retrieval Practice	Spaced Practice + Interleaving	Missing	Support	Attendance	=	Under performance
Retrieval Practice	Missing	Motivation	Support	Attendance	=	Cramming
Missing	Spaced Practice + Interleaving	Motivation	Support	Attendance	=	Ineffective strategies

Impact of
missing
ingredient!



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Top 4 Tips for Revising

1. Place
2. Time
3. Technique
4. Sleep



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Tip #1: The Place



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Tip #4: Sleep

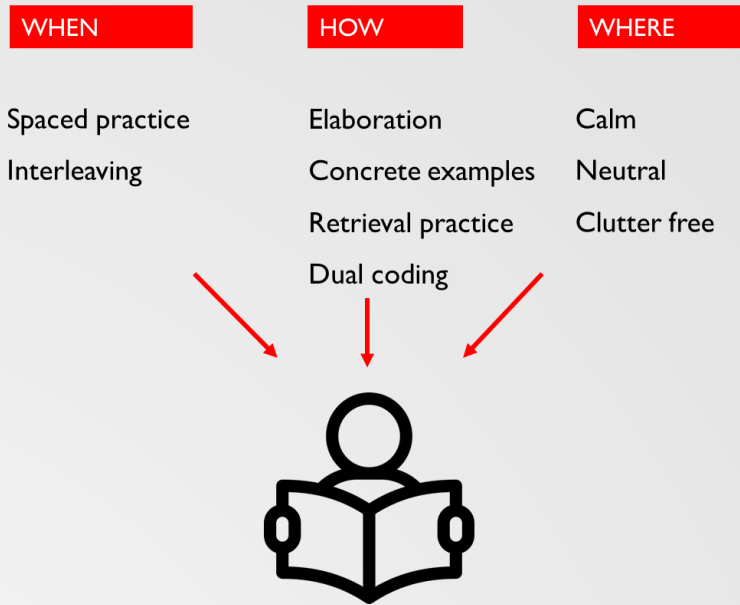


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Tip #2: Time

Tip #3: Technique



- Booklet given out at Y10 Information & Guidance Evening
- Available online <https://www.kts.school/Study-Skills>

WHAT EVERY STUDENT needs to know about **REVISION**



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Spaced Practice

Why does Spaced Practice work?



This may seem difficult and you may struggle to remember some information. But don't worry, this is a good thing. Spaced Practice forces you to retrieve information from your memory. And that's where it needs to be.

Most Important thing:

If you only revise a topic once, then

- **32%** is forgotten after **7 days**
- **88%** is forgotten after **6 weeks**

Spaced Practice

6 hours over two weeks is **BETTER** than 6 hours all at once



Review information from class but **NOT** straight away



Maths lesson on Tuesday, period 3



Give yourself some space!



Review the Maths from Tuesday

After reviewing the most recent class information make sure you go back and review older important information



Review the Maths from Tuesday and...



...maths from 1 week ago...



...maths from 1 month ago...



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Interleaving

Why does Interleaving work?



Spaced Practice Revision



Interleaving + Spaced Practice Revision

Interleaving will feel harder than just studying a single topic. Don't worry, the switching is helpful to your learning and long-term memory.

Interleaving

During a revision session, switch topics. *Don't study one topic for too long.*

f_x

algebra



geometry



graphs



Maths revision session

Go over the topics in a different order to strengthen your understanding.



geometry

f_x

algebra



graphs



Maths revision session 1

f_x

algebra



graphs



geometry



Maths revision session 2



graphs



geometry

f_x

algebra



Maths revision session 3

Make links between the topics as you switch between them.



f_x

algebra



geometry



f_x

graphs



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Retrieval

Why does Retrieval Practice work?



Check



Recall ideas not just definitions and words

Retrieval Practice works best when you check for accuracy. You also need to make sure that you recall ideas and links as well as words and definitions.

Whenever you revise:

1. **Always try to remember first**
2. Get everything you remember down on paper (list, bullet points, mind map, etc.)
3. Then go back over the material and add the new information in a different colour.

Retrieval Practice

Put away exercise books and text books then write and sketch everything you know about a topic you want to revise. *THEN check for accuracy against the exercise books and text books, IT IS VITAL YOU CHECK!*



Put away resources



Write



Sketch



Check

Take lots of practice tests. Create them yourself or swap with friends



Take lots of practice test



Create your own tests



Swap with friends

Create flashcards and practice retrieving the information on them. Make links between the ideas and topics on the cards.



Create flashcards



Make links between ideas and topics on the cards



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Dual Coding

Don't just read the information:

- Only **10%** of the information is remembered if you just read textbooks or notes.

Why does Dual Coding work?



Infographic



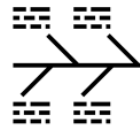
Diagrams



Cartoon Strip

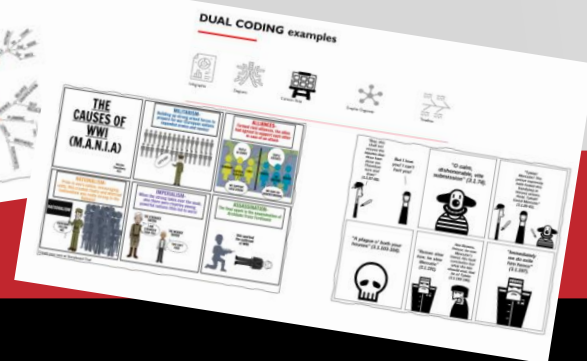
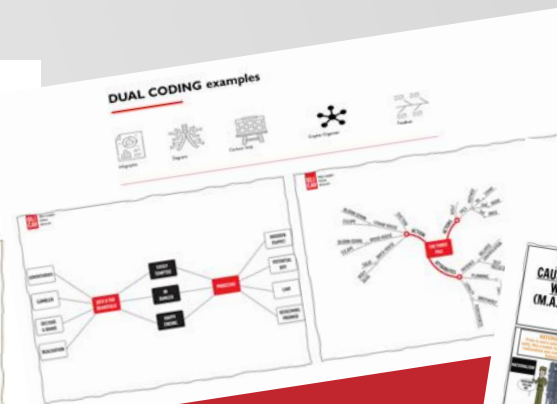
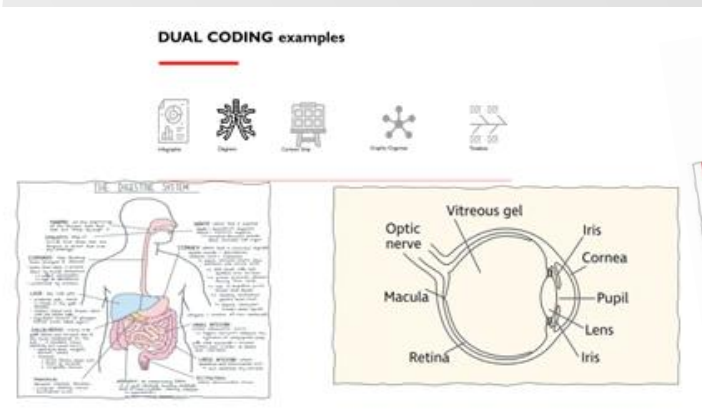
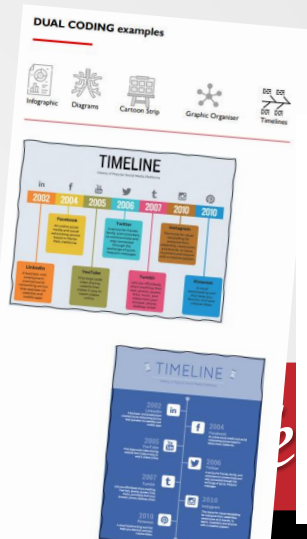


Graphic
Organiser



Timelines

- Dual Coding works when you look at visuals along with words.
- Try different ways to represent the information visually: Infographics, Diagrams, Cartoon Strips, Graphic Organisers, Timelines.



Year 11 M

1) Know what topics will be on the exam

Higher GCSE Maths Topics

1. Number and Proportion

- Basic calculation skills
- Proportional reasoning
- Procedural work on standard form, HCF and LCM, in fractional indices, surd manipulation, expressing re decimals as fractions, using a calculator and error
- Conversion between lower and upper bound related compound measures

2. Algebra

- Basic Algebra skills
- Application of linear and quadratic equations in a variety of contexts, particularly perimeter, area
- Basic graph skills, equation of a straight line, d and estimating solutions from a graph
- Procedural work within sequences and functions quadratic with terms, linear and composite functions
- Simultaneous equations
- Gradients and areas, particularly using speed-time graphs

3. Shape

- Perimeter, area and volume
- Compound measures, particularly speed and acceleration
- Pythagoras and trigonometry
- Clear mathematical reasoning for 3D objects

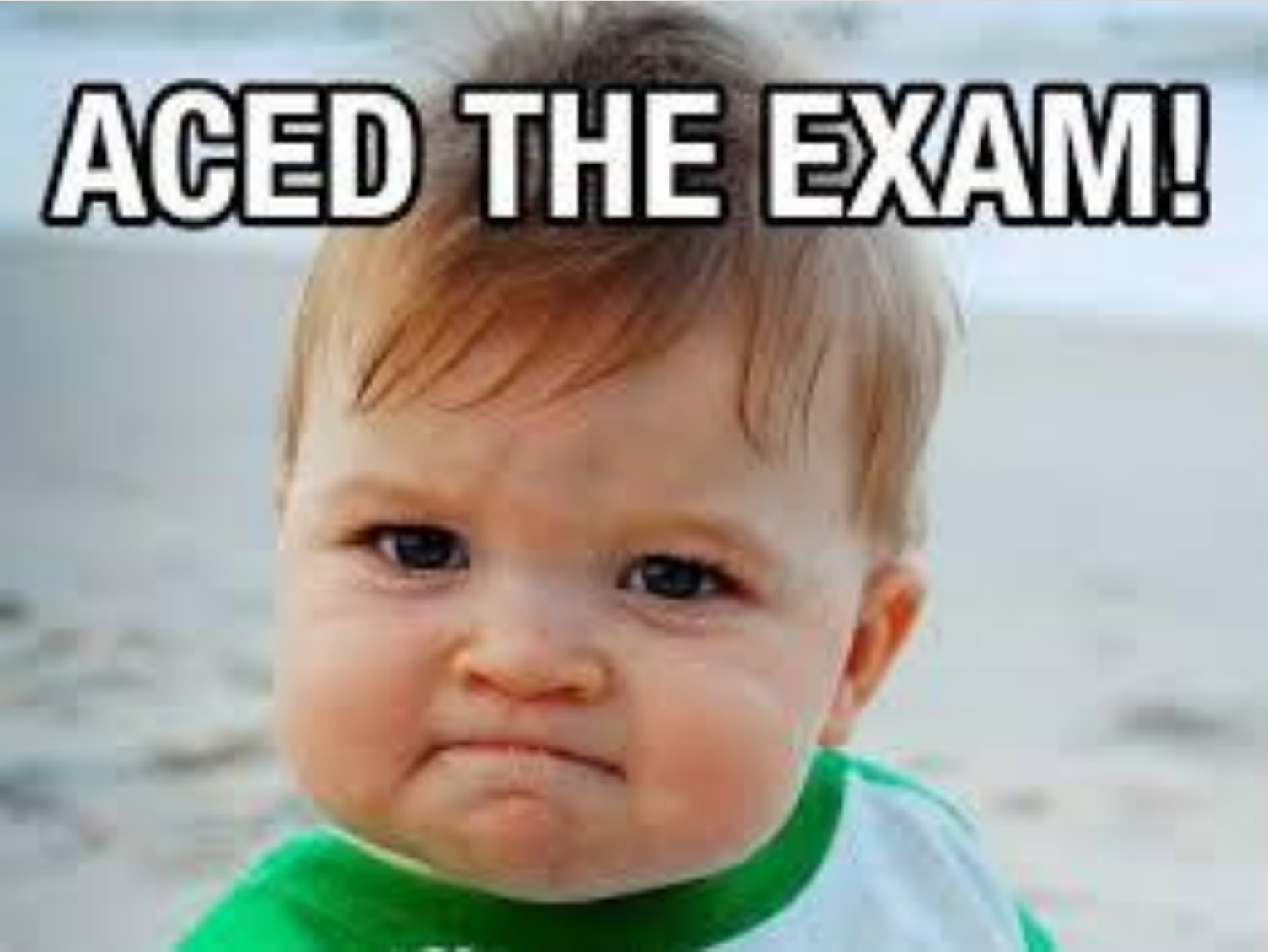
4. Probability and Statistics

- Procedural work on combinations, Venn diagrams, probability
- Presenting data
- Estimating the mean and calculating averages and range from charts and graphs

THIRD SPACE LEARNING

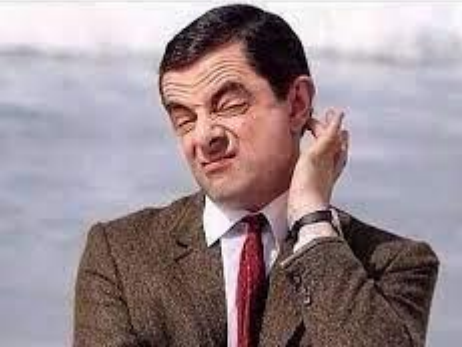
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ACED THE EXAM!



5) Actually revise!

how's revision going?



[ol/Study-Skills](#)



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Study Hall

More information
will be sent home
nearer the time...

- Will start early March 2027 and continue until exams start
- Monday, Wednesday and Thursday - 3.00pm to 4.00pm
- Sixth Form Common Room
- Most sessions will have a specific subject focus with activities led by subject teachers, or there will be an area for independent revision
- Work independently or collaboratively with friends
- Resources available – pens, highlighters, flashcards, paper, memory clocks etc.

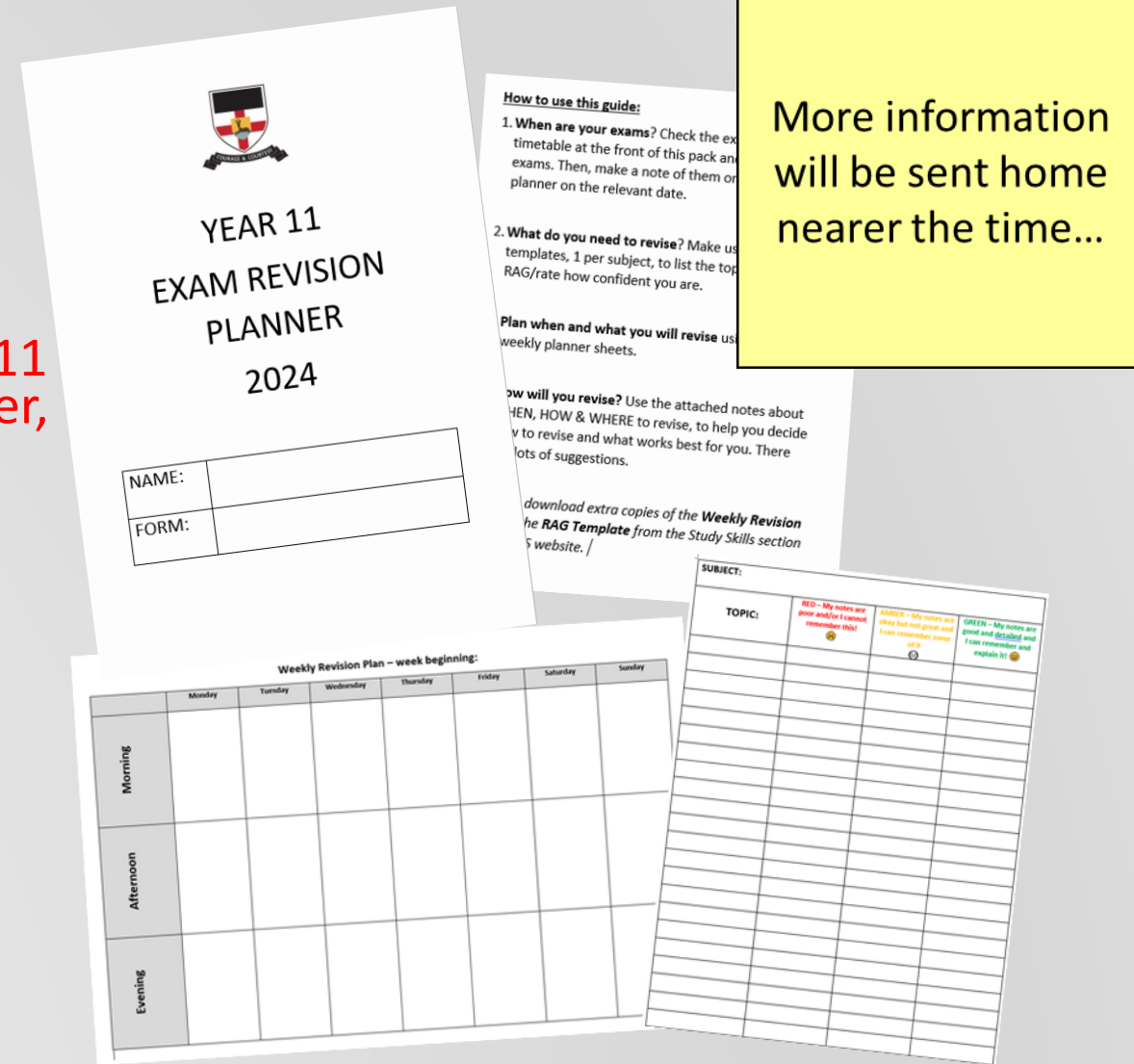


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Form Time Revision

- In mid October, students will get planners for the Y11 Mocks in November, for the real exams next summer, booklets will start after February half term 2027
- Booklet for every student, includes:
 - Weekly planners
 - RAG templates – enough for all subjects
 - Revision advice and guidance
- Bring to school and use at home
- Revision on set days in form time
- Resources available in form rooms – pens, highlighters, flashcards, paper, memory clocks etc.



More information will be sent home nearer the time...



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Revision Planning & Study Skills

Students were introduced to revision techniques and skills in back in May in Y10 with the Super Speedy Study Skills Workshops



Secondary Fact Sheet

Super Speed Study Skills

A high-impact, interactive learning experience created to show students how to develop their study skills and adopt positive and effective study habits. This workshop aligns with Gatsby Benchmark 4.

Created to show students how to develop their study skills and adopt positive and effective study habits

Aims of the workshop

- To show students that studying really can be fun
- To raise standards of learning and cognition
- To encourage the adoption of a range of learning techniques

Workshop content

This workshop aligns with Gatsby benchmarks for career guidance, the Ofsted three 'I's (intent, implementation and impact) and the NERUPI framework.

Super Speed Study Skills covers a range of content and techniques, including:

- Visualisation and association technique planner
- Revision timetable
- Study time calculator
- Summary poster
- Sticky note summaries
- The Feynman Technique
- The 2-minute rule

Workshop overview

The Super Speed Study Skills workshop inspires students to develop metacognition and to take control of their studying. This will support students to develop their independent thinking and become lifelong learners.

Benefits

Super Speed Study Skills will benefit students by:

- Boosting metacognition
- Increasing motivation
- Providing a comprehensive You Pad student resource
- Delivering a range of tools and techniques to suit left and right brain learners
- Promoting interleaving, spaced repetition and retrieval practice

Results

Students will leave the Super Speed Study Skills workshop feeling empowered, enriched and motivated to advance their learning using the tools and techniques they have learned.



The Knights Templar School

Courage and Courtesy in Everything We Do

Friday 16th October 2026 = 1 hour workshop



Secondary Fact Sheet

Mind Mapping

Mind Mapping: one of the most powerful study tools a student can ever learn.

Mind Mapping is used in academia and business worldwide, and with good reason. When used correctly, it is one of the most powerful tools that students can use to learn and retain information.

Mind Mapping engages every cortical skill, accessing multiple areas of the brain to enhance learning and recall, drive higher-order thinking, and boost imagination and creativity. The techniques taught in our mind mapping course will help students develop advanced note-taking skills and learn better ways to plan, analyse, organise, present and communicate their thoughts.

In short, Mind Mapping improves learning, clarifies thought processes and can be applied to every subject.



Aims of the workshop

- To help students achieve clarity, better organise their thoughts and develop greater control of their thinking processes
- To demonstrate the effectiveness of combining words and images to learn and retain information
- To boost understanding and recall
- To encourage creativity while improving communication and presentation skills
- To build excellent planning, problem-solving and analytical skills



Workshop overview

Students will learn how to use mind maps to enhance their learning and recall, and everyone will create their own mind maps, experiencing the effects of this tool first-hand.

Every session is tailored to the group and can cover the basics of note-taking, as well as further extension into using Mind Mapping as a creative and planning tool.



Workshop content

Students will need a desk, paper, a selection of coloured pens/pencils and their imagination. We'll provide all the tools and techniques, including keywording, encapsulation, branching ideas, planning, creating, use of colour and shape, analysis and, ultimately, the creation of powerful mind maps.

Thursday 11th March 2027 = 1 hour workshop



Secondary Fact Sheet

Exam Busters

Empower students to tackle their GCSE or Nationals exams with confidence and positivity and ease exam stress with effective tools and techniques.

Exam Busters is an inspiring, intensive and interactive workshop that offers practical exam preparation advice, revision techniques and stress management tools. Students leave feeling empowered to take control of their exam experience and drive their own success.



Aims of the workshop

- To stimulate and grow a positive attitude towards learning and exams
- To reduce exam stress
- To upskill students with effective memory techniques
- To provide a comprehensive exam toolkit



Benefits

Don't be fooled by the name. Exam Busters teaches skills that can be used all year round – not just during the exam periods.

Students will leave the Exam Busters workshop feeling energised and enthusiastic. Our practical tools will make students better prepared to handle their workload, remember facts, retain information, overcome mental blocks, and manage time in exams. This course also teaches wider life skills such as preparation, relaxation, stress reduction and organisation, and supports mental and physical wellbeing.

We usually run Exam Busters workshops from Year 8, but the course is useful for students of all ages. We suggest starting the course as early in the academic year as possible to give students time to embed these skills and reduce the pressure they may feel as exams approach.



Workshop overview

This highly interactive workshop equips students with a range of effective revision and exam preparation techniques, including reflective thinking and reviewing skills. Students will also learn stress management techniques to help reduce exam stress and ensure their focus is on their strong performance.

Not only does this workshop help prepare students for exams but it also embeds wider life skills that will help in pressured situations, such as interviews, auditions and public speaking.



Workshop content

This workshop aligns with Gatsby Benchmarks for career guidance, the Ofsted Three 'I's (intent, implementation and impact) and the NERUPI framework.

Exam Busters covers a range of content, including:

- The RICE exam system for answering exam questions
- Past paper challenge
- Managing time in an exam
- Secrets of a successful memory
- Metacognition
- Overcoming mental blocks

You also have the option to subscribe to our new Online Resources Hub, which can greatly further the impact of this live workshop.



Results

Students leave the Exam Busters workshop with:

- Multiple tools to aid the learning and retention of information
- A range of techniques to help alleviate exam stress
- Increased confidence that they can perform well in exams and achieve their full potential
- New ideas about what they can achieve and the steps they can put in place to help along the journey



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Access for all students, parents/carers



Available to you:

- Resilience
- Study Skills
- Wellbeing
- Exam Preparation
- Insights
- AI Assistants
- Past GCSE Exam Papers
- Past A/AS-Level Exam Papers
- Sign Out

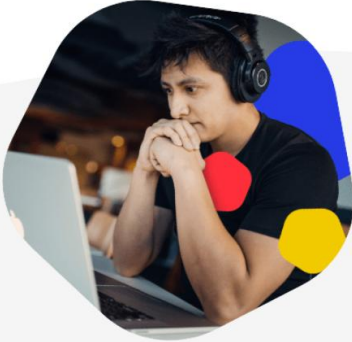
Welcome to the Online Resources Hub

Innovative learning techniques just for you...

The Online Resources Hub is a collection of animated videos, guides and templates, and exclusive content that will help you become a more enthusiastic and productive learner, as well as boosting your resilience and wellbeing.

Popular content this month:

- Supercharge your memory with mind mapping
- How to set up an effective study space
- Five Common Exam Preparation Mistakes
- Managing and mitigating stress
- My Study Mix playlist (opens in Spotify)
- Past Papers Database

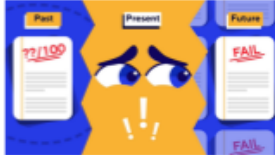
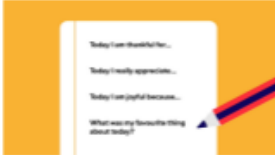


English

Positively You Resources Hub



Positively You Online Resources Hub



Login in below

Username or Email
Studyhub

Password
Motivated!

☐ Remember Me

Login details for your students:

- Username: Studyhub
- Password: Motivated!

Please be aware these are case sensitive.



You can access the hub by [clicking this link](#), or scanning this QR code:



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Courage and Courtesy in Everything We Do

Available to you:

Resilience

Study Skills

Wellbeing

Exam Preparation

Insights

AI Assistants ▾

Past GCSE Exam Papers

Past A/AS-Level Exam Papers

Sign Out

Past GCSE Exam Papers

This database contains GCSE examination papers from 2023.

Currently, you can find the 3 core subjects of **Maths**, **English**, and **Science**, but we will be adding more subjects, so frequently.

To find the paper you want, you can use the search function, or filter as required.

Hide fields

Filter

Sort

Biology (Combined Science) 2023

Qualification

Exam Board

View Paper

GCSE Foundation

AQA

View Paper

Biology (Combined Science) 2023

Qualification

Exam Board

View Paper

GCSE Higher

AQA

View Paper

Biology (Combined Science) 2023

Qualification

Exam Board

View Paper

GCSE Foundation

OCR

View Paper

Biology (Combined Science) 2023

Qualification

Exam Board

View Paper

GCSE Foundation

OCR

View Paper

Positively you⁺

Inspiring

empowered

learning

Wellbeing Technique

Available to you:

Resilience

Study Skills

Wellbeing

Exam Preparation

Interactive Tools ▾

Insights

Past GCSE Exam Papers

Past A/AS-Level Exam Papers

Sign Out

Available to you:

Resilience

Study Skills

Wellbeing

Exam Preparation

Interactive Tools ▾

Insights

Past GCSE Exam Papers

Past A/AS-Level Exam Papers

Sign Out

AI Quiz

AI Powered

Generate a Quiz

Enter a subject or topic and AI will build you a custom quiz.

SUBJECT / TOPIC

e.g. World War II, The Periodic Table, Shakespearean Tragedy..

NUMBER OF QUESTIONS

5

10

15

20

DIFFICULTY

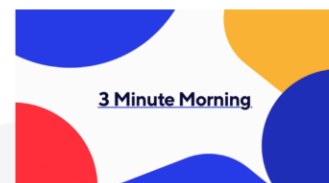
Easy

Medium

Hard

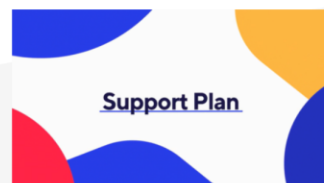
+ Generate Quiz

Wellbeing Technique Videos:



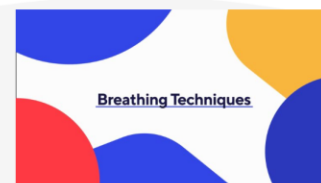
3 Minute Morning

Wellbeing - 3 Minute Morning



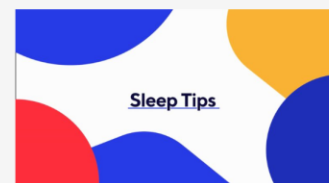
Support Plan

Wellbeing - Support Plan



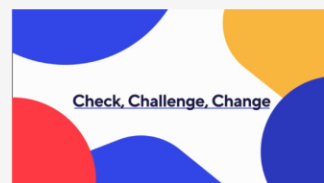
Breathing Techniques

Wellbeing - Breathing Techniques



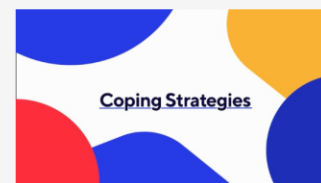
Sleep Tips

Wellbeing - Sleep Tips



Check, Challenge, Change

Wellbeing - Check Challenge Change



Coping Strategies

Wellbeing - Coping Strategies

Interactive Tools ▾

AI Study Assistant

AI Quiz Builder

Flashcard Generator

Feynman Technique Assistant

Revision Jigsaw

Technique Planner

Mind Mapping Tool

Study Time Calculator

Revision Timetable

Pomodoro Timer

Cheat Sheet Tool



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Post Year 11 – Next Steps & Careers Info

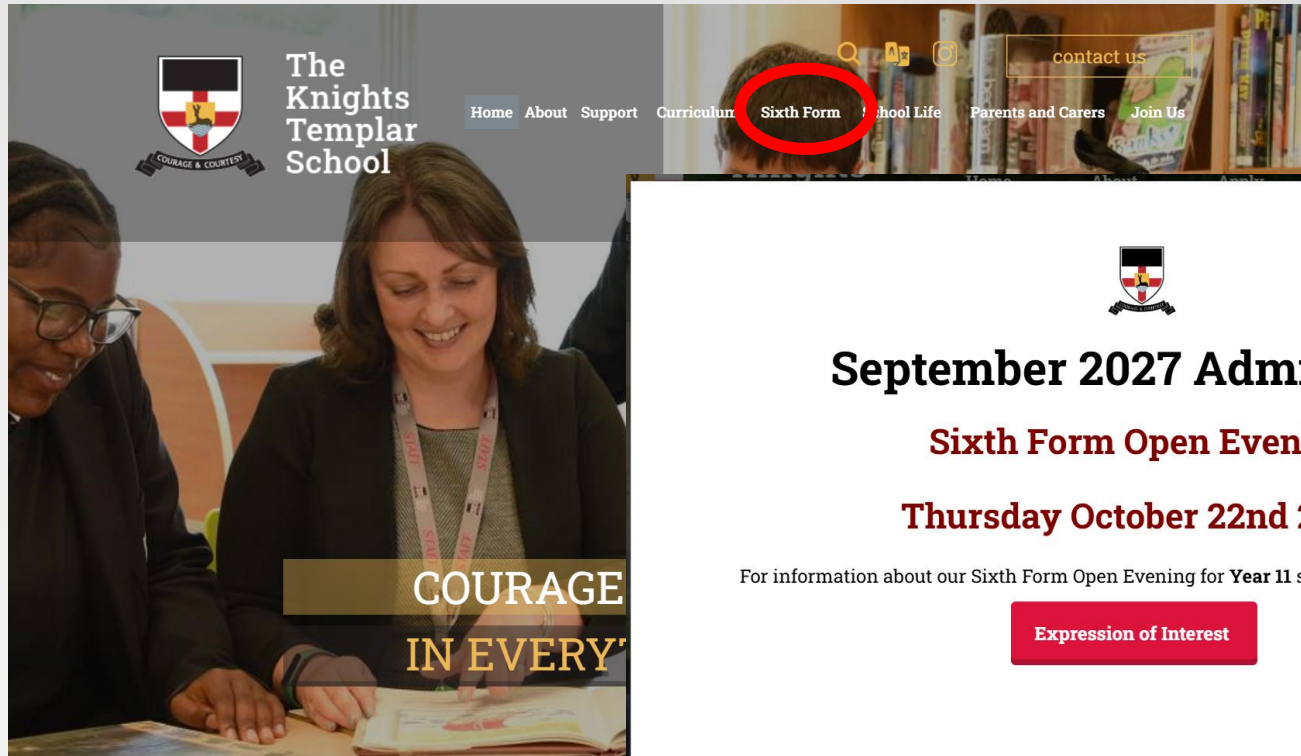
- Regular careers updates in form time with Mrs Everington with key info about 6th form, colleges, apprenticeship opportunities, open events etc
- Information included in the Parent/Carer bulletin
- March next year – every Y11 student will meet with a member of senior team to discuss post 16 choices and explore options – ***What Next? Interviews***
- Careers meetings available with school careers service in school – this has already started and if you wish to include your child, please email Miss Oetgen
- Form tutors there to help with queries as first point of call



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6th Form Open Evening – Thursday 22nd October





September 2027 Admissions

Sixth Form Open Evening

Thursday October 22nd 2026

For information about our Sixth Form Open Evening for Year 11 students please click below:

[Expression of Interest](#)

For late applications for September 2026, please email sixthform@kts.school



KTS Sixth Form Expression of Interest - September 2027

Please let us know if you would like to be informed of further details of the KTS Sixth Form for **September 2027** including details of the Sixth Form Open Evening, talks being held, how to book tickets and how to apply.

The KTS Sixth Form Open Evening is planned for Thursday 22nd October 2026. We will be in touch with further details later in September/October 2026 with how to book.

The information you submit is only for KTS use and your data will never be shared. Please see our website for our privacy notices.

When you submit this form, it will not automatically collect your details like name and email address unless you provide it yourself.

* Required

1. Name * 

Enter your answer

2. Email Address * 

Enter your answer



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Aiming High and Succeeding in Year 11: *Supporting your Child's Achievements*

Wednesday 9th September 2026

Miss Oetgen

Head of Year 11 / **Psychology Teacher**

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9 Months to
go.....



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Your plastic brain...

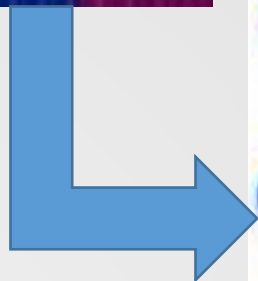
Plasticity – this term describes the brains tendency to change and adapt (functionally and physically) as a result of experience and learning.



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Plastic brains...



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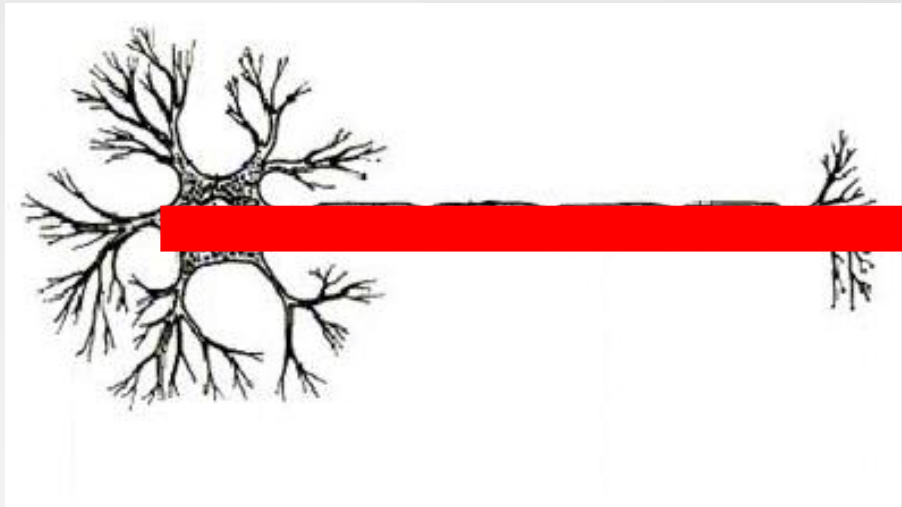
**So given the right environment,
you can grow and change your
brain and make it better!**



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So here is what is happening biologically:



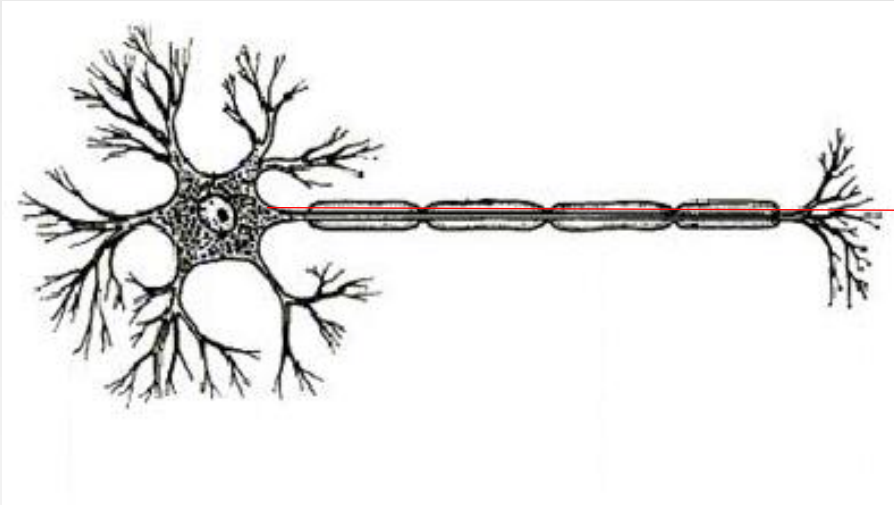
Neural pathways



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So here is what is happening biologically:



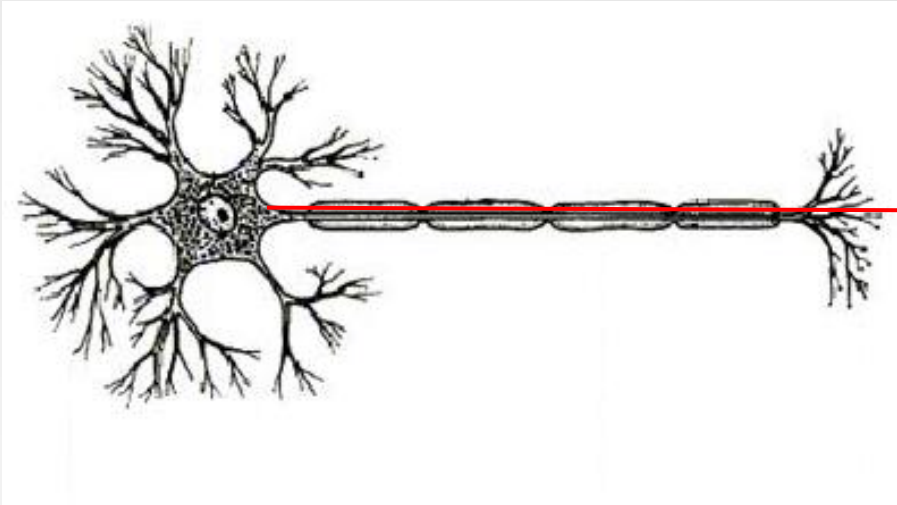
1st time = REALLY TOUGH!



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So here is what is happening biologically:



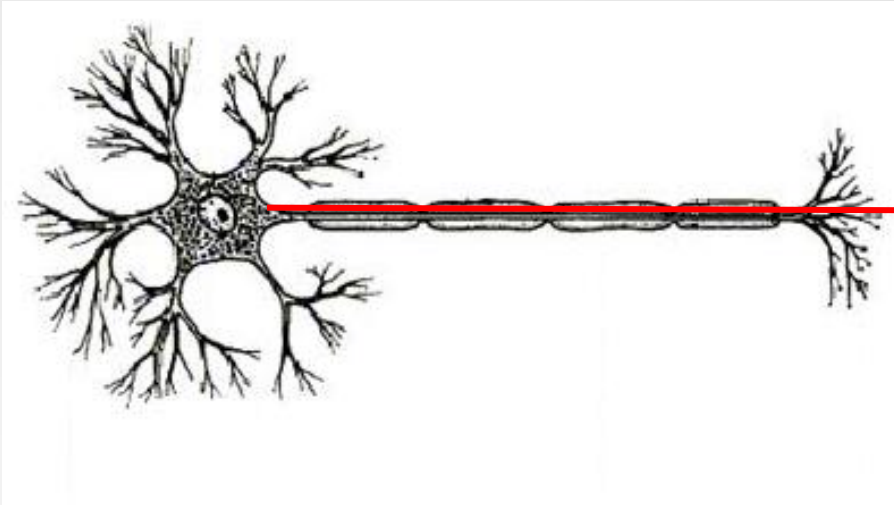
Next time = (a tiny bit) easier



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So here is what is happening biologically:



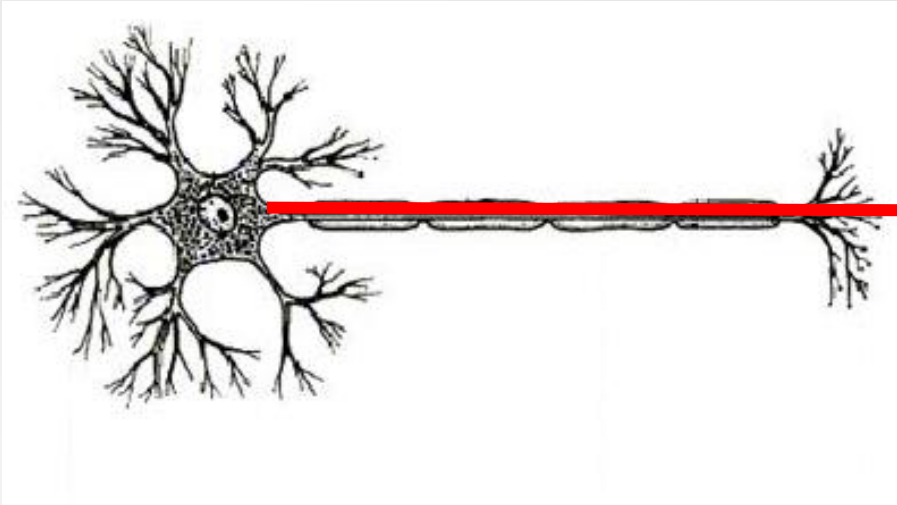
Next time = (a tiny bit) easier



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So here is what is happening biologically:



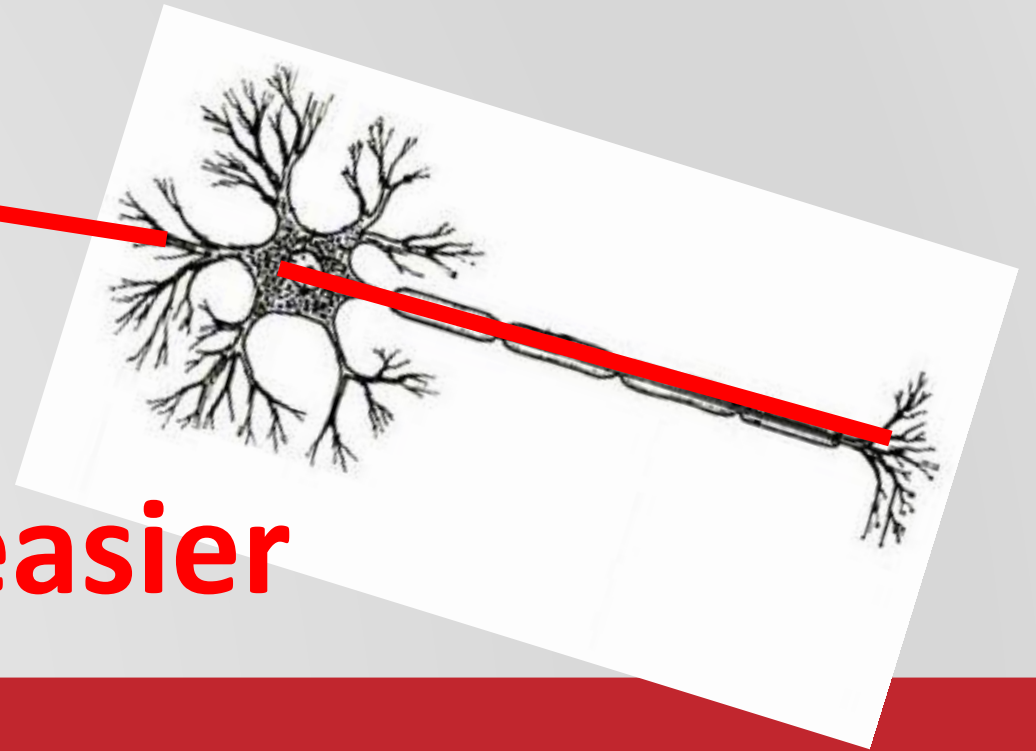
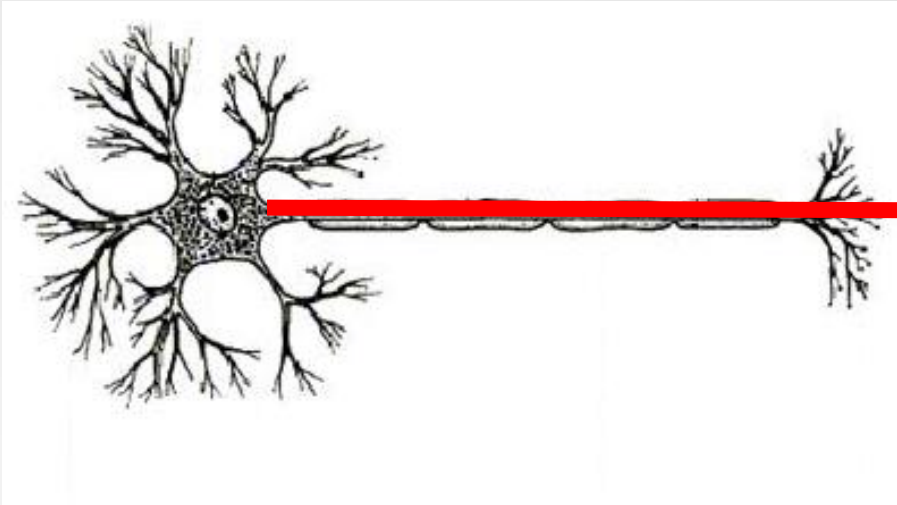
Next time = (a tiny bit) easier



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So here is what is happening biologically:



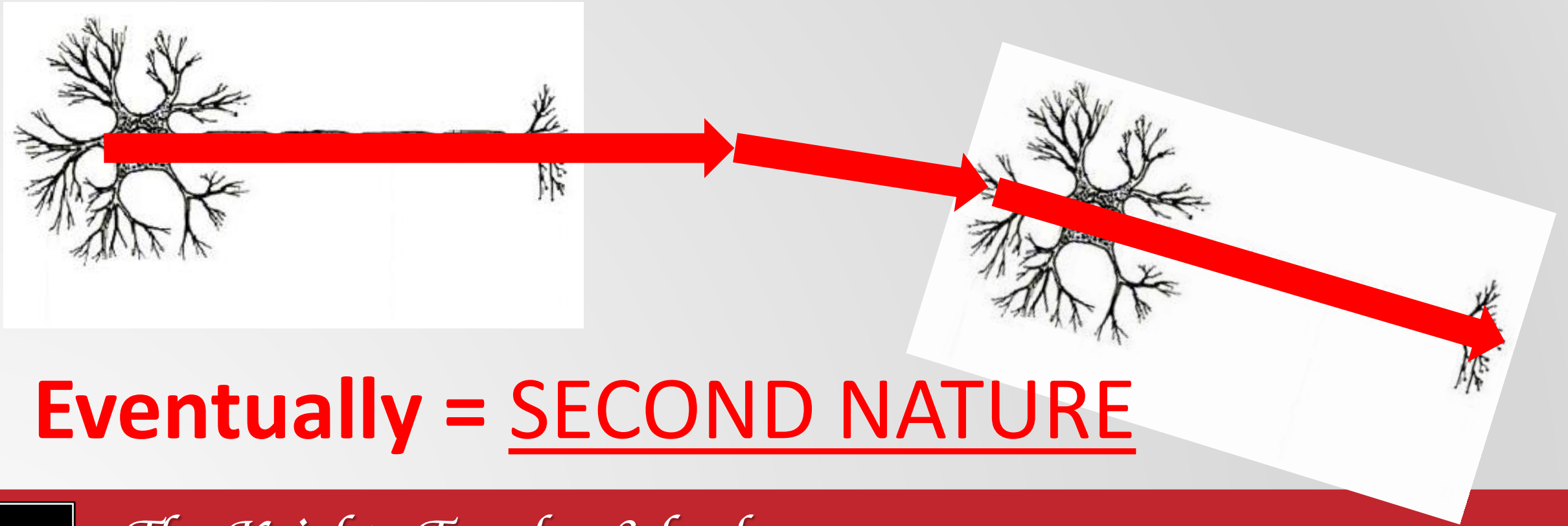
Next time = (a tiny bit) easier



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So here is what is happening biologically:

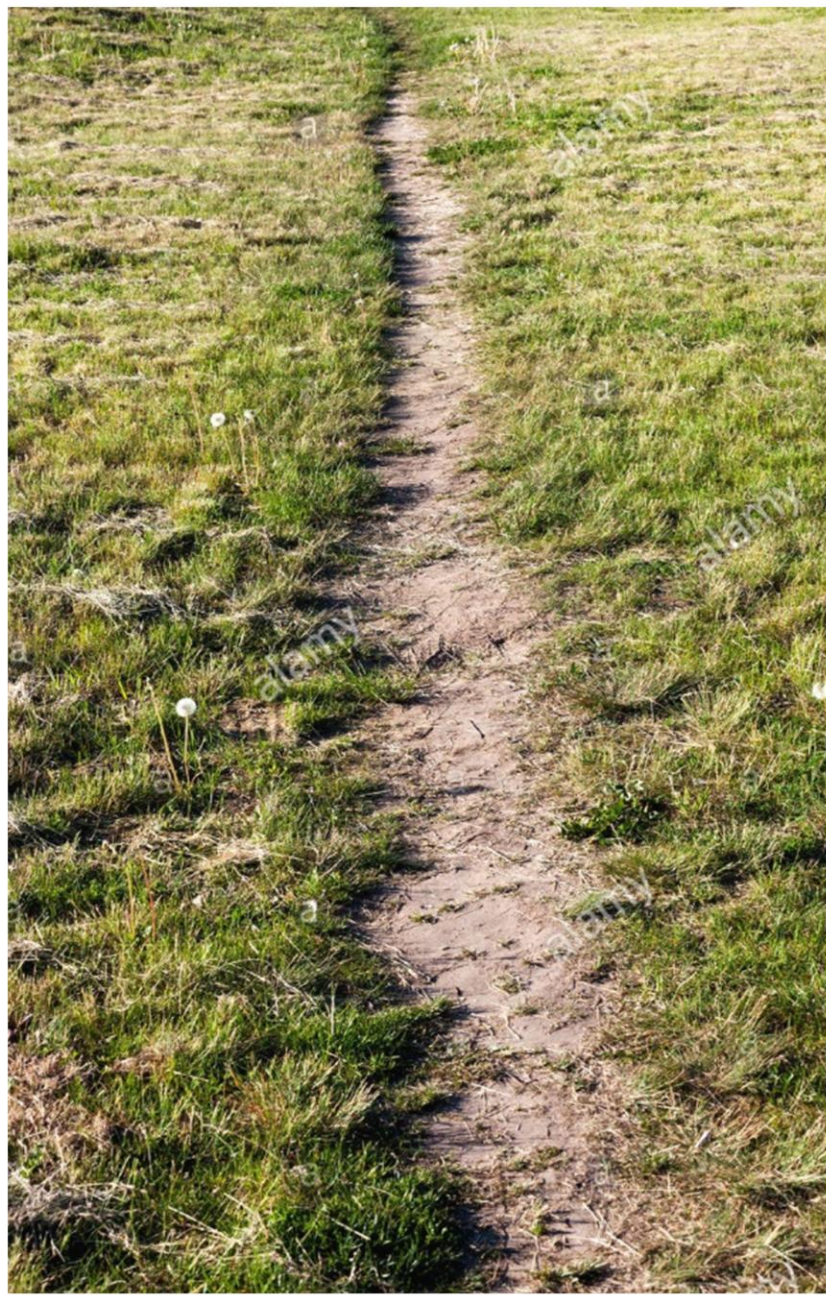


Eventually = SECOND NATURE



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g We Do

Let's look at an example...



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So what does this all mean?

Your intellectual abilities ARE NOT fixed

Just because something is difficult now,
doesn't mean it will be forever

The more times you try it, the stronger
your brain gets.



Practice is
key

Stick with it and keep going – YOUR BRAIN WILL ADAPT.

Every time you practice something, you're strengthening neural
connections and changing your brain.



Recovery from brain damage = Proof that's brains can grow.



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A bit about forming memories

Let's start with what your memory is **NOT**....

Memory is not static. It's not a bucket waiting to be filled with knowledge.



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Memory is active, complex, dynamic and ever changing



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Levels of processing...

VISUAL

What things **look** like

ACOUSTIC

What things **sound** like

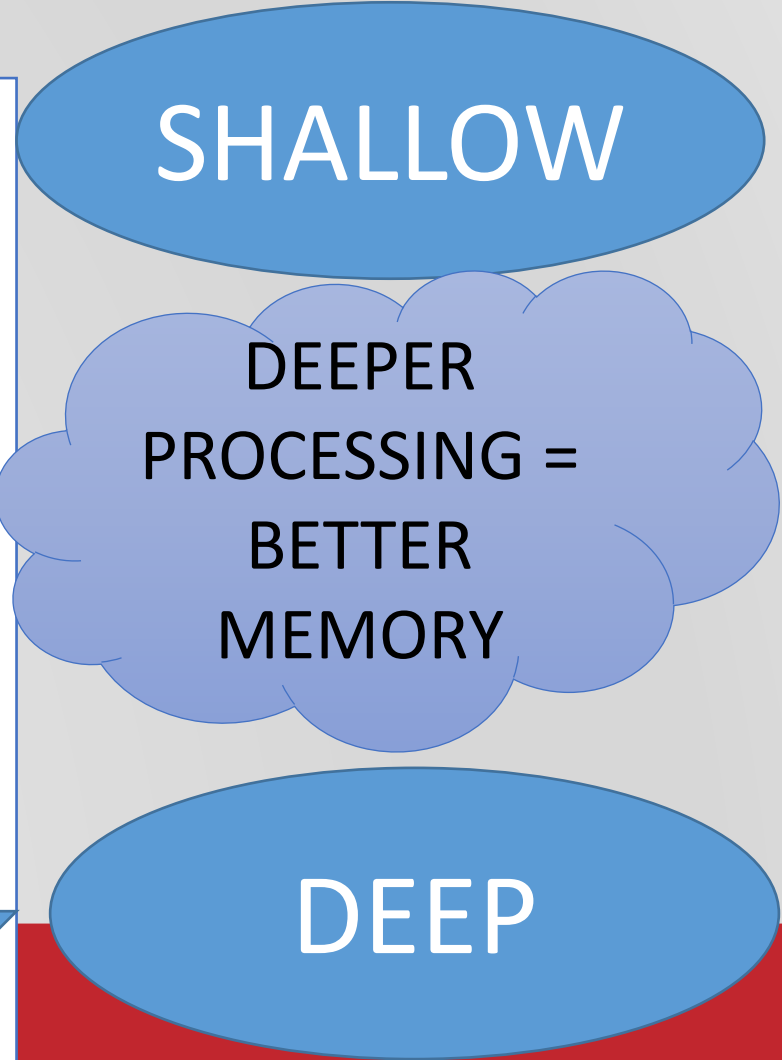
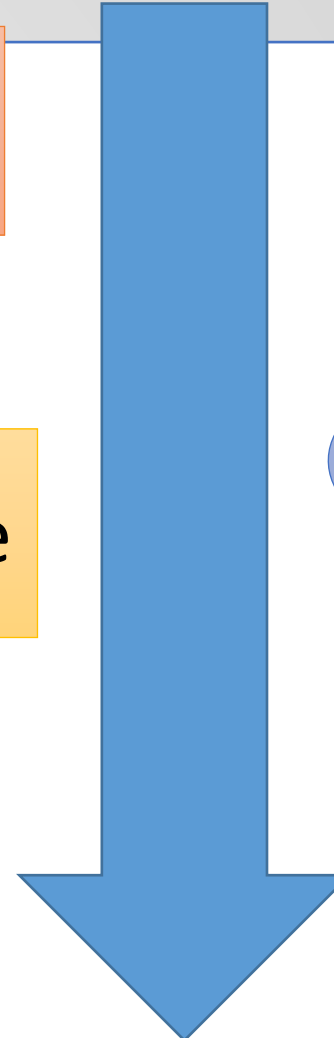
SEMANTIC

What things **mean**

SHALLOW

DEEPER
PROCESSING =
BETTER
MEMORY

DEEP

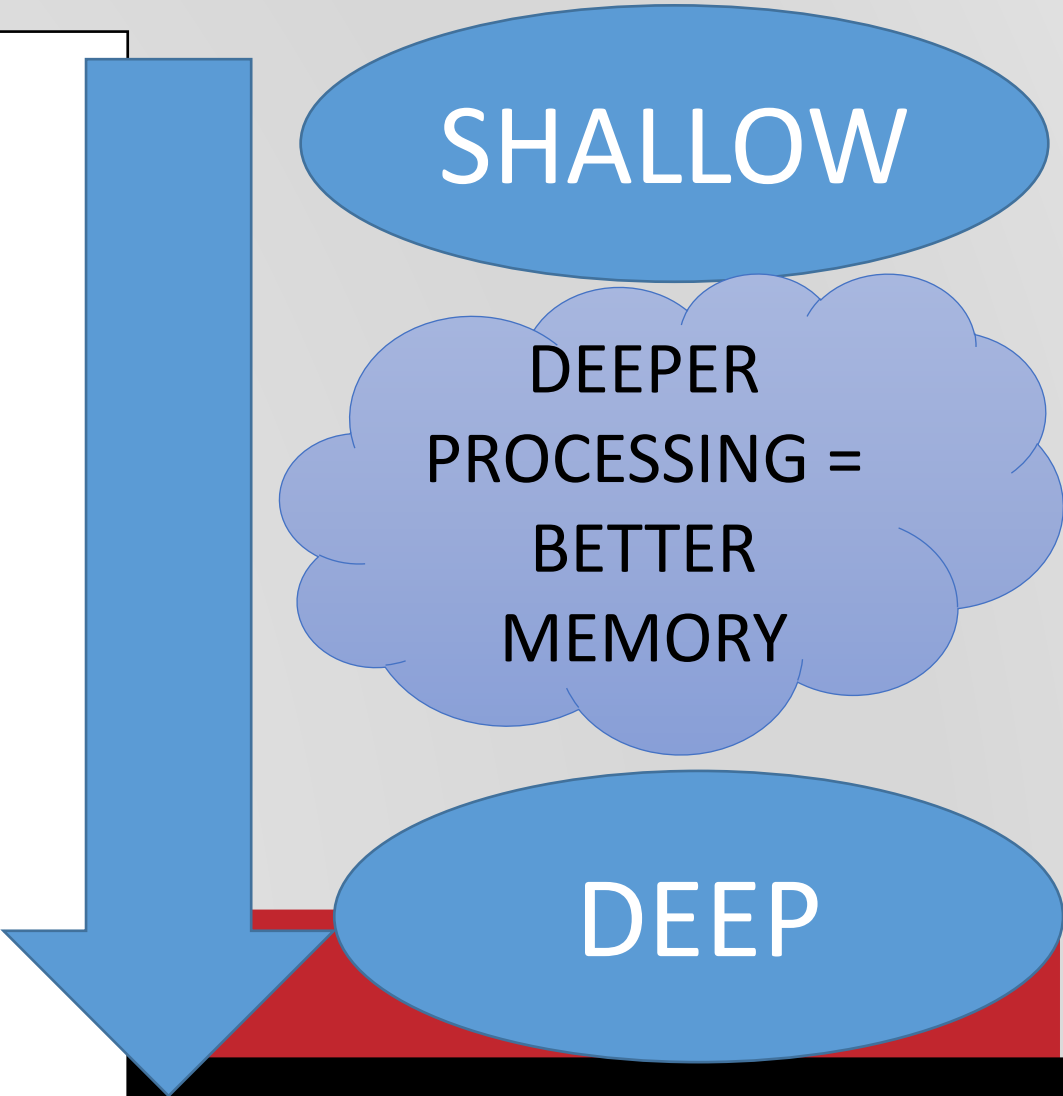


So how do you do that?

READING (looking over notes)

LISTENING (reading out loud, watching a video)

THINKING (answering questions, making mind maps, summarising, explaining to someone else, testing yourself)



SHALLOW

DEEPER
PROCESSING =
BETTER
MEMORY

DEEP

Memory – a ‘Two Way Street’



We often spend a lot of time focusing on getting the information *into* our memories....

...but it's pretty useless to us if it stays there



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Ways to aid retrieval practice

- Testing yourself with flash cards
- Seneca
- Quizlet/kahoot style quizzes
- Challenge yourself to write as much as you can on a topic
- Revision clocks
- Doing past paper questions
- Knowledge check questions in text books
- Testing your friends



KEY POINTS

- Learning is hard (Sorry about that....)
- Working at it DOES make a difference
- Easy tasks are not always the most effective
- We need to practice retrieval



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Courage and Courtesy



Aiming High and Succeeding in Year 11: *Supporting your Child's Achievements*

Wednesday 9th September 2026

Miss Oetgen

Head of Year 11 / Psychology Teacher

Courage and Courtesy



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Year 11 Form Tutors

Form tutors should be the first port of call if there are any pastoral concerns.

- 11 Bennett – Mrs N Carlyle & Mrs E Carr (ncarlyle@kts.school) and (ecarr@kts.school)
- 11 Crellin – Mrs L Watts (lwatts@kts.school)
- 11 Hancock – Mr C Lowe (clowe@kts.school)
- 11 Hine – Miss N Low (nlow@kts.school)
- 11 Knights – Mr A Baldwin (abaldwin@kts.school)
- 11 Pembroke – Miss S Casey (scasey@kts.school)
- 11 Templar – Mr R Davies (rdavies@kts.school)



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Registration activities

- Monday – Assembly
- Tuesday – Careers or RE or Revision & Study Skills
- Wednesday – What's in the news?
- Thursday – Revision & Study Skills
- Friday - Tutors Choice



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Courage and Courtesy in Everything We Do

Wellbeing & Support

Who can students ask for help and support?

- Subject teachers
- Form Tutors
- Miss Oetgen
- Mrs Lardeaux
- Mrs Curtis
- Parents/carers and family
- Friends
- The KTS website has a range of online support resources

ORGANISATIONS OFFERING FREE SUPPORT

LINKS

shout
85258 here for you 24/7

Free crisis messenger, 24/7 support for all ages
www.giveushout.org | Text SHOUT to 85258

kooth

Online counselling support for ages 11-25
www.kooth.com

stem4i
supporting teenage mental health

Free service & apps supporting mental health for ages 11-19
www.stem4.org.uk

NHS

NHS talking therapies supports with common mental health problems like stress, anxiety and depression
www.nhs.uk

ChildLine
0800 1111

Free and confidential helpline for young people under the age of 19
www.childline.org.uk | 0800 1111
Everyday, 9am-3pm

Whatever you're facing
We're here to listen
116 123
to@samaritans.org
SAMARITANS

Free 24/7 call service for all ages to talk about your issues
www.samaritans.org | 116 123

mind
for better mental health

Free advice and support to anyone experiencing a mental health problem
www.mind.org.uk | 0300 123 3393

Believe in children
Barnardo's

Provides support for vulnerable young people and their families
www.barnardos.org.uk | 0208 550 8822

Anna Freud
National Centre for Children and Families

Provide support for infants, children, young people and their families from conception to 25
www.annafreud.org | 0207 794 2313

THE MIX

Provides support for anyone under the age of 25
www.themix.org.uk | 0808 808 4994

PAPYRUS
PREVENTION OF YOUNG SUICIDE

Provide confidential support and advice to young people under the age of 35 struggling with thoughts of suicide
www.papyrus-uk.org | 0800 068 4141
Everyday, 9am-midnight

citizens advice

Online free advice from Citizens Advice to help you find a way forward
www.citizensadvice.org.uk | 0800 144 8848
Mon-Fri, 10am-4pm

myh muslim YOUTH helpline

Free and confidential counselling service for young Muslims, available nationally via the telephone, email, live chat
www.myh.org.uk | 0808 808 2008

YOUNGmINDS

Provides advice & support to young people affected by mental health
www.youngminds.org.uk | 0808 802 5544
Mon-Fri, 9:30am-4pm

Beat
Eating disorders

Provides support 365 days a year to people who have or are worried they have an eating disorder
www.beateatingdisorders.org.uk | 0808 801 0677

CAMPAIGN AGAINST LIVING MISERABLY CALM

Confidential support to people experiencing difficulties
www.thecalzone.net
0800 58 58 58
Everyday, 5pm-midnight

COMMUNITY LINKS



Barking & Dagenham

YOUTH ENDOWMENT FUND

Children of Young People Now

116 123



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How can parents support success?

- Has your child got a quiet workspace at home?
 - students can access the library and inclusion room until 4:00 if this is needed
- Develop a routine – plan work AND free time
- Login to Satchel One and Seneca
- Discuss e-mails from school
- Contact us with concerns



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Simple truth:

If students are not working at home independently, they will lose out on vital marks that could be the deciding factor between grades.



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And finally...save the date
Wednesday 30th June 2027

- Knebworth House, Cobbold Barn
- Impressive location
- Arrival drinks and finger buffet – teenage friendly!
- More information later in the year

Y11 Leavers approximate costs...

...a heads up!

- Hoodies – approx. £25.00 TBC
- Prom – approx. £60.00 TBC
- Y11 Year Group Photo – approx. £22.00



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