

**This your Monday send out Number 11**

This weeks videos include English, PE and DT



All our subject videos can be found here: [Chew Valley School - Year 11 Information](https://www.chewvalley.org.uk/Year11Information)



**Subject Videos**

Subject	Topic	Video link
English	Reading paper 1	<a href="https://vimeo.com/user115470953/engread?share=copy">https://vimeo.com/user115470953/engread?share=copy</a>
GCSE PE	Exam Paper 2	<a href="https://vimeo.com/user115470953/exam2?share=copy">https://vimeo.com/user115470953/exam2?share=copy</a>
National PE	Sport Studies Exam	<a href="https://vimeo.com/user115470953/examss?share=copy">https://vimeo.com/user115470953/examss?share=copy</a>
DT	Environment and sustainability	<a href="https://vimeo.com/user115470953/dt?share=copy">https://vimeo.com/user115470953/dt?share=copy</a>

**BEE Messages**

**Mini Mock Exams**  
**Maths, English, Science**  
**23th to 27th March**  
**Have a good week!**  
**Mr Cocks**

**Afterschool sessions kick off this week!**

**Tuesday English**  
**Wednesday Geography**



Meet in the cover room (Until 4.30pm)

**Core Tutor Sessions start this week**  
**It's an English week!**

**5 Weeks of Term 4 -Time to BEE exam Ready**

**Time to get your ration sorted—Greater than 80!**



Monday	<b>Science S5 (All)   RS T1</b>
Tuesday	<b>Biology S10   Physics S9   Maths M5</b> <b>Afterschool: Tuesday club (Cover room meet)</b>
Wednesday	<b>Business studies L9   CS L10   French L15   Spanish L13</b>
Thursday	<b>HSC Coursework D3</b>
Friday	<b>DT T5 (Every lunchtime)</b>

**BEE**



**Best effort every day**

**CHEW VALLEY SCHOOL**  
**YEAR 11 2026**

# 10 tips to prepare for your first exam

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



**1 Space out your learning**



**6 Avoid looking at your phone**



**2 Test yourself**



**7 Surround yourself with positive people**



**3 Schedule in time for yourself**



**8 Use positive self-talk**



**4 Exercise regularly**



**9 Get enough sleep**



**5 Ask your teachers and support system for help**



**10 Visualise yourself in the exam hall**