

Year 11 Parent Bulletin

Tuesday 24th February 2026



Dear all,

We trust that all Year 11 students have had a restful and productive half term holiday. We have enjoyed welcoming students back this week continuing our revision with our new Study Buddies and focusing on how to effectively use Cornell notes as a revision strategy.

I would also like to recognise and congratulate our superb Year 11 performers in the Addams Family production. Whilst all the performers were outstanding our Year 11 students really took centre stage. Closing night was emotional for us all!

The focus for the academic mentors over the next two weeks is PPE 2 ready. Mentors will be ensuring that students have all the resources they need to be successful. An exam timetable is posted below for you.

We are continuing to run prep sessions as advertised below in the run up to PPE week. Please encourage students to regularly attend these sessions.

Please be aware that Spanish speaking exams do start from Wednesday 25th February. Students have received their timetable for this.



Miss Dingwall
Head of Year 11

Year 11 Prep Sessions

	Week A	Week B
Tuesday	Maths	Maths
Wednesday	Physics, Biology & Chemistry	History, Geography & MFL
Thursday	English	English
Friday	Open Subjects	Open Subjects

Beat Exam Stress!

Top Tip:

Use active revision:

Don't just read notes. Try flashcards, practice questions, teaching someone else or past papers.

See page 14 of your Study Buddy for further guidance on how the brain works and top revision tips.



Message from Miss Roberts



Miss Roberts
AHT Assessment and Data

1. Revision Ready Evening: Thank you to everyone who was able to attend the Year 11 Revision Ready evening on 5th February, it was great to work with so many families on how to support our students through PPE2 and the final GCSE examinations. If you were unable to attend, please do familiarise yourselves with the new Year 11 Knowledge Organiser and in particular the Year 11 Study Buddy, for top tips on how to revise, how to balance wellbeing during examination periods and to check in with the students' weekly planner. Students are completing these during their study skills sessions in tutor time. These documents can all be found on the Poltair Website under "SORT".
2. Final exam dates: Details of exact exam dates for the summer have also been shared in the Study Buddy. Please note- the final date for examinations is Friday 24th June. Whilst a student may not have an exam scheduled on that day, this is the national contingency day and so we ask that if you are planning to travel after exams are completed, that you please wait until after that date.
3. Easter Revision: As shared at our recent Revision Ready evening, we will be offering several revision sessions too over the Easter holidays. These will all run in the second week, to ensure that students have time to switch off and recharge during the first week. The timetable is below, and there will be further information such as exact times and what will be covered during those sessions, later in the term.

13th April	14th April	15th April	16th April	17th April
History		English	Maths	Art & MFL

We encourage you to revise for the PPEs with the students, using the Knowledge Organiser!



Year 11 Knowledge Organiser

Learning Cycle 2 – February 2026

Student Name _____

Tutor Group _____



Year 11 Study Buddy

Daily Timetables & Personal Learning Checklists

Student Name _____

Tutor Group _____

Spanish Speaking PPE

Wednesday 25th February- Friday 27th February

All students that study Spanish will be completing 10 minute Speaking PPEs during this time. They will come out of lessons to do so. Check below for Mrs Smith's top tips on how to revise!

Message from Mrs Smith

Hola Year 11!

Top tips for revision for your speaking exams:

Read aloud:

- Practise your phonics - [Pronouncing words in Spanish - Phonics - KS3 Spanish - BBC Bitesize](#)

Role Play:

- There are only 10 scenarios - cinema, leisure centre, shopping, at the doctors, restaurant, in town, tourist information, campsite, hotel and train station.
- Practise the key vocabulary - [This is School](#)
- Practise asking questions - [How to ask questions in Spanish - BBC Bitesize](#)

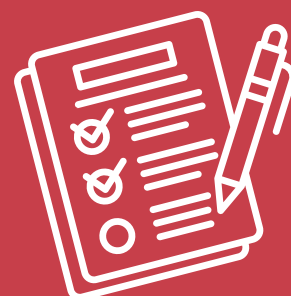
Picture task and general conversation:

- You have already chosen the theme for your picture task and follow up conversation
- Find a picture related to your theme - set a timer for 5 minutes - write a description - People Location Activity
- Practise drafting answers to your topic questions with 3 (Foundation) or 5 (Higher) verbs
- Revise the essential verbs list - (fui, vi, lo pasé bomba etc.)

Year 11 PPE 2 timetable

Week 1 (A)	Monday 9 th March	Tuesday 10 th March	Wednesday 11 th March	Thursday 12 th March	Friday 13 th March
Start 9am (PEP 8.45am)	Maths Paper 1 (non-calc)	Maths Paper 2	Geography Paper 2	Physics	Maths Paper 3
Start 11.30am (PEP 11.15am)	Biology	English Lit Paper 2	Chemistry		Health & SC Component 3 Computer Science Paper 1
Start 12.45 (PEP 12:30pm)				English Lang Paper 1	

Week 2 (B)	Tuesday 17 th March
Start 9am (PEP 8.45am)	Spanish Listening



Top 10 Ways to Beat Exam Stress

1. Make a Realistic Revision Plan

Break subjects into small chunks and spread them out. You don't need to revise everything in one night – slow and steady works better.

2. Use Active Revision

Don't just read notes. Try: flashcards, practice questions, teaching someone else and past papers.

3. Take proper breaks

Use the Pomodoro method: 25 minutes of work → 5-minute break. Your brain needs rest to stay focused.

4. Get Enough Sleep

Sleep is revision. A tired brain can't think clearly, so aim for 8–9 hours where possible.

5. Eat and drink well

Water, fruit, and proper meals help your energy levels. Too much caffeine and sugar can make anxiety worse.

6. Talk About How You're Feeling

Stress is normal. Talk to: friends, teachers parents or school support staff. You don't have to deal with it alone.

7. Try Simple Breathing Techniques

Slow breathing can calm your nerves: Breathe in for 4, hold for 4, out for 6 Repeat a few times.

8. Keep Things in Perspective

Exams matter, but they don't define you. There are always other routes, retakes, and options in the future.

9. Stay Active

Even a short walk, stretch, or bit of sport can reduce stress and clear your head.

10. Celebrate Small Wins

Finished a topic? Did a past paper? That's progress. Reward yourself – you've earned it.



These tips can also be found in the Study Buddy.

Mrs Brammer, Miss Dingwall and our wider pastoral team will all be on hand throughout the PPE period to support our students.

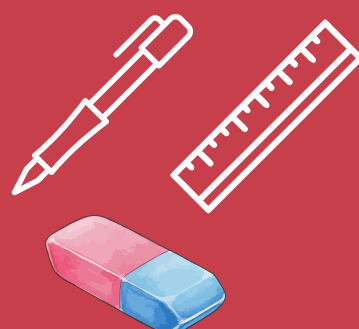
PPE2 information

Blazers: Students will not be permitted to wear their blazers into the PPEs, they will leave them with their bags in a secure space, prior to entering the exam rooms. If students are concerned about warmth, they are welcome to wear a grey jumper.



Equipment: we would be grateful if all students were equipped with the following, ahead of the PPEs:

- Clear pencil case
- Black pen
- Pencil
- Rubber
- Ruler
- Scientific calculator



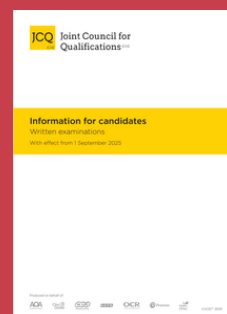
Whilst we keep spare equipment in the exam hall for those who need it, this can cause disruption to the students' exam experience.

Equipment can be purchased on the [Poltair School Shop](#).



Water bottles: Students are only permitted to take transparent water bottles into the exam rooms, and they cannot have fizzy or hot drinks.

JCQ regulations: To see the full list of regulations which we have to adhere to, please see the Joint Council for Qualifications guidance document.



Breaks & Lunches: Some PPEs will run into break time. Students will therefore be given extended breaks and will have full access to the canteen during this time.



Upcoming open events

Meet the team | Tour the campus
Explore your options

TRURO COLLEGE
OPEN DAY

Sat 28 Feb 10am-1pm
GO FURTHER

Book your place today
truro-penwith.ac.uk/open-events

Meet the team | Tour the campus
Explore your options

PENWITH COLLEGE
OPEN DAY

Sat 07 Mar 10am-1pm
GO FURTHER

Book your place today
truro-penwith.ac.uk/open-events

The Cast of the Addams Family!



Prom Shop

If you would like to visit our Prom Shop please contact Miss Dingwall or Mrs Brammer to arrange an appointment.

We have plenty of dresses and suits in a range of styles and sizes to support with the cost of our prom celebration.

