



17th March 2023

Dear Parent/Carer,

RE: GCSE Pod Wellbeing and Study Skills Resources

In conjunction with the launch of GCSE Pod we would like to draw your attention to two resources included with the package which will support students over the coming weeks;

Study Smart is a collection of 6 Pods designed to support students in improving the efficiency of their revision. The Pods cover topics such as interleaving, retrieval Practice and Spaced Practice which are proven to be the most effective ways to improve cognitive retention of information.

The **Keeping Fit and Healthy Pods** provide important advice on how students can maintain their wellbeing which is of particular importance as we progress towards the final stages of high school. The Pods provide advice on how to look after your body, mind and environment.

A link to the Pods has been posted on both SatchelOne and the Class of 2023 (Year 11) Google Classroom and I strongly recommend you take the time to watch these with your son/daughter. Please do not hesitate to contact me on the details listed in the event of having trouble accessing the Pods.

Yours Sincerely

Mr L Feaviour
(Assistant Headteacher)