

# Chew Valley School Year 11 ~ No.5



This is our first send out of 2025  
Remember all our videos are on the link  
<https://www.chewvalleyschool.co.uk/year-11-information>



Results are in...

Please read and use my one pager on how to respond to mock results

## Subject Videos

Subject	Topic	Video link
English	Literature - Jekyll and Hyde	<a href="https://vimeo.com/user115470953/ja?share=copy">https://vimeo.com/user115470953/ja?share=copy</a>
GCSE PE	Exam 1	<a href="https://vimeo.com/user115470953/gcsepe?share=copy">https://vimeo.com/user115470953/gcsepe?share=copy</a>
Sport Studies	Exam 1	<a href="https://vimeo.com/user115470953/contissues?share=copy">https://vimeo.com/user115470953/contissues?share=copy</a>
D+T	Exam prep	<a href="https://vimeo.com/user115470953/nea?share=copy">https://vimeo.com/user115470953/nea?share=copy</a>

Lunchtime Revision clubs on this week



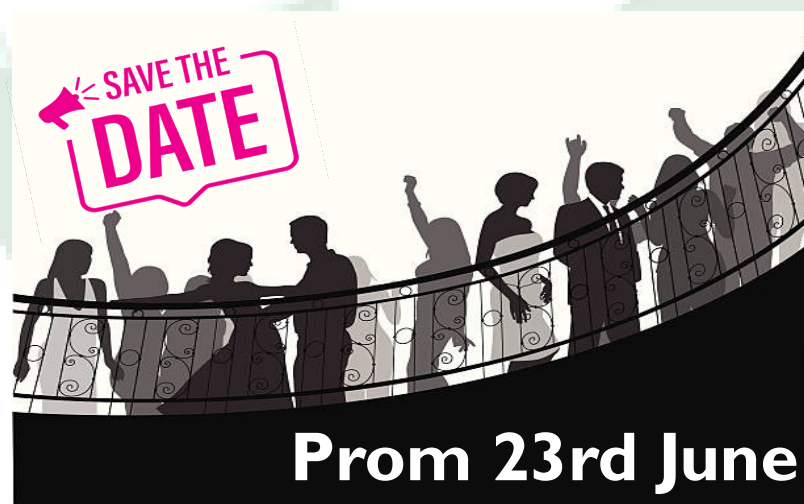
Monday	French (H) - L14 French (F) - L4
Tuesday	Maths - M5 Physics - S9 (Afterschool) Tuesday club
Wednesday	HSC - D3
Thursday	Spanish (H) - L13 Spanish (F) - L15
Friday	DT and Food - T5

## Important Incredible Information

**STUDY CAMP**

Save the dates

7-9th April



Don't forget parents' evening!  
21st January

There are 12 teaching weeks left before written exams start....

Make use of every one of them!

Mr Cocks



# Chew Valley School Year 11 ~ No.5 ~ Supporting your child

STUDIES THAT EVERY TEACHER NEEDS TO KNOW #17

## THE ONE ABOUT REVISING TO MUSIC

@inner\_drive | www.innerdrive.co.uk

### WHY THIS STUDY

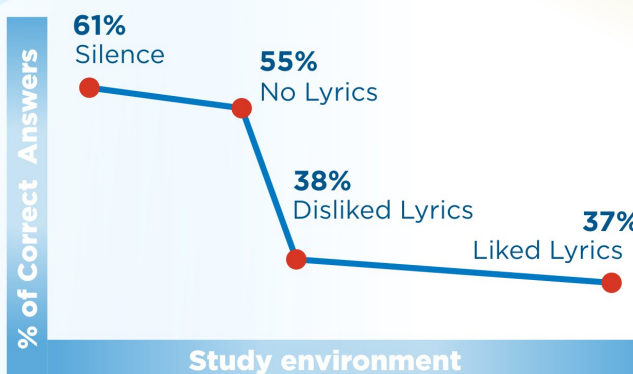
Many students do their homework and revision whilst listening to music. Many of these students will swear that listening to their favourite songs helps them study. But does it actually help or hinder learning? And interestingly, does it matter what type of music they listen to whilst revising?

To answer these questions, researchers assigned students of a range of ages to one of four groups; the first revised in silence, the second revised whilst listening to music with lyrics they liked (which included songs from One Direction and Katy Perry), the third group revised to music with lyrics they did not like (which comprised of very heavy thrash metal bands), and the fourth group revised listening to music that did not have lyrics.

The participants then took a test on the passages they had been revising, rating how distracting their environment had been, as well as writing down their predictions for how well they thought they had done.

### THE MAIN FINDINGS

- 1 Students who revised in **quiet environments performed over 60% better** in an exam than their peers who revised listening to music that had lyrics.
- 2 Students who revised whilst **listening to music without lyrics did better** than those who had revised to music with lyrics.
- 3 It made no difference if students revised listening to songs they **liked or didn't like**. Both led to a **reduction in their subsequent test performance**.



- 4 Students who revised in **silence rated their environment as less distracting** and accurately predicted that this would lead to better performances in subsequent tests.

Ref: Perham and Currie, 2014, *Applied Cognitive Psychology*

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# 6 Reasons to Put Your Phone Away



by @Inner\_Drive  
www.innerdrive.co.uk



## Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.

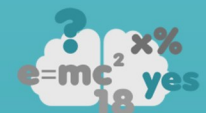
## Warps Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



## Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.



## Reduces Memory

Instant messages are distracting, which often leads to forgetfulness.



## Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



## Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.

