

# Belfast Model School for Girls

Top Tips

In her in her supporting your daughter in her GCSES

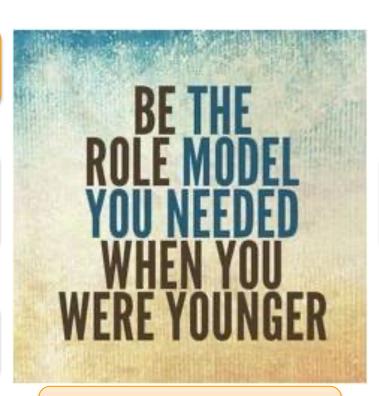


### How can you help your daughter?

Plan ahead

Keep Hydrated

Stay Calm



**Good Sleep Habits** 

Lead an active life

Eat Healthily

Be organised



### **Set Goals**

Speak to your daughter about WHAT and WHY they want to achieve.

Encourage your daughter to display goals planner somewhere visible.



Help focus them and talk to them regularly about their goals.

Give Positive reinforcement



## **Keep Active**

Encourage your daughter to keep active on a daily basis

3 x 20min exercise sessions a day

Go for a walk together and get fresh air



Plan to get active at the weekend

Activity improves brain function so encourage revision afterwards!



## **Healthy Eating**

Hydration is key to brain functioning – ensure your daughter carries a bottle of water

Encourage them to eat breakfast every day

Avoid high sugar or fatty food and drinks – aim to eat clean, fresh and healthy foods.



Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams.



### **Time Out**

o If you know your daughter has been working hard encourage them to take some time out, away from revision, each week.

Go out for food

Go shopping

Meet up with friends

Go to the cinema

Listen to music

Read a book

Doing a hobby

# **TAKING TIME OUT**

IS AS IMPORTANT AS PUTTING TIME IN



## **Sleep Patterns**

Young people need 8 -9 hours sleep each night

Encourage them to switch off technology/ come off social media at least an hour before bed.



Make sure they don't eat too late at night

Make sure they don't revise too late at night.

Help to create a relaxing evening routine

Avoid sugary or caffeine drinks before bed.



## <u>Unplugging</u>

Help them to switch off technology 1 hour before going to sleep.

Make sure their phone is out of the way, on silent, when they are revising.



Help them to have control and not be obsessed with their phone.

Choose a time each day/week to switch off and unplug from technology with them.



## **Staying Cool and Calm**

Set a good example by staying calm yourself.

Create a relaxing environment



Promote a balance between studies and other activities.

Plan coping strategies to deal with stress

Give them positive distractions away from studying

Help them to focus on controlling the controllables.



### **Belief**

Give positive reinforcement.

Boost their confidence daily.

Celebrate any successes and reward them

Show them how proud you are.

Give them belief in themselves to help them achieve.



**TEDDY ROOSEVELT** 

@BRITANDCC



## **Be Supportive**

Just be there for them!.

Be a good listener.

Offer caring advice.

Show understanding of what they are going through.

Dream-Believe Uchieve Be approachable

Help them to deal with their emotions and feelings.

Encourage them to take breaks inbetween revision

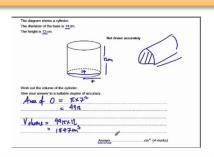


### What should revision look like?

Flash Cards



Past Paper Questions



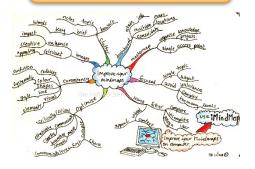
Online Apps/ Websites







Mind Maps



Google Classroom





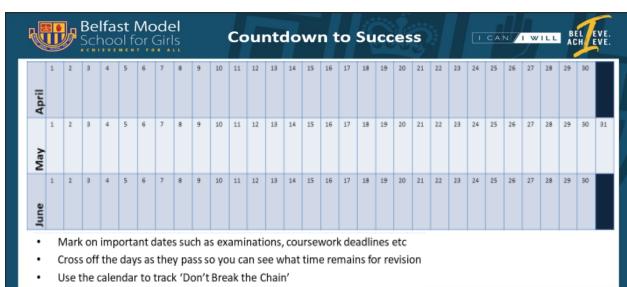




### **Don't Break the Chain**

- Print off and have a calendar displayed for your child to use. Work with your child to set realistic goals and milestones. Offer them some minirewards when they achieve them to help keep them focused and motivated to carry on and succeed.
- Encourage and work with your child to get into positive daily routines to keep the chain connected for a few weeks at least. Consistency is the key so encourage your child to keep it simple and

- manageable. Eventually, routines will become a habit and your child could add in new goals.
- Try the 'Don't Break the Chain' habit yourself so you are involved in the challenge as well and can support your child to stay on track. Encourage your child to stay on track using positive reinforcement. Make sure your child reflects on their progress every week or so to see where they are and if they need to change some of the habits they have decided to work on.





## Night Before an Exam

- Encourage your child to review their revision and notes, covering topics one by one. Late night revision will not be effective so help your child to refresh themselves with what they need to and then to take a break so they get a good night's sleep.
- Encourage your child to have a relaxing evening routine the night before an exam, which could include eating a good meal (but not to try anything new), reading a book, going for a walk together, doing some exercise or having a bath. Be mindful that your child will be feeling stressed: provide them with comfort and reassurance and support them to be as calm and relaxed as possible.
- Help your child to get everything ready in preparation for their exam, such as clothes they need to wear, bag, pens, equipment, revision notes, water bottle, snacks etc. This will eliminate any unwanted stress on the exam day. Make sure your child has a breakfast ready to eat the next day as well.







4 skinless, boneless chicken breast fillets

1 onion, chopped 225ml yogurt

1 bunch of chives, cut into thin rings 125g grated Cheddar cheese

1 tablespoon dried parsley

1/2 teaspoon dried oregano

1/2 teaspoon ground black pepper

1/2 teaspoon salt (optional)

400g tomatoes, roughly chopped

125ml water

1 tablespoon chilli powder

5 tablespoons chopped green pepper

1 clove garlic, minced

8 flour tortillas

85g grated Cheddar cheese

2 avocados

Juice from ½ lemon



This dish has been specially created by celebrity chef, Mark Lloyd.

### MEXICAN CHICKEN ENCHILADAS

### MEXICAN CHICKEN ENCHILADAS, CHIVE YOGHURT, BASHED AVOCADO, ROASTED TOMATOES. MAKES 2 ENCHILADAS PER PERSON.

#### METHOD:

Preheat oven to 180°c/Gas 4.

In a medium, non-stick frying pan over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the pan. Add the onion, yoghurt, chives,125g Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, half of the chopped tomatoes, water, chilli powder, green pepper and garlic. Roll even amounts of the mixture in the tortillas. Arrange in a baking dish. Cover the rest of the tomatoes and the remaining 85g Cheddar cheese. Bake uncovered in the preheated oven for 20 minutes. Cool for 10 minutes before serving.



### FOR THE AVOCADO SMASH:

Split the avocados, remove the stone and scoop out the flesh, roughly chop or smash and squeeze over the lemon juice, this adds flavour, but also stops the avocado from turning brown.

### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Energises you over a long period, makes you feel great, boosts memory and promotes healthy brain cells.

The best time to eat this dish: For lunch or an evening meal during peak exam period.

Reason: High in protein from the chicken and the yoghurt which will keep you full, give you energy and make you feel good. Tortillas are high in fibre and complex carbohydrates for more sustained energy and the iron content will help blood move oxygen around your body. Avocado is a superfood rich in stress relieving B vitamins, potassium and healthy fats.









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#### MEDITERRANEAN VEGETABLE PASTA BAKE

#### MEDITERRANEAN VEGETABLE PASTA BAKE, RIPPED UP MOZZARELLA. SERVES 4.

1 large aubergine, washed and cut into 2cm cubes

3 medium courgettes, washed and cut into 2cm cubes

3 red onions, peeled and roughly diced

2 cloves garlic, peeled and crushed

1 red pepper, core removed and diced

6 tomatoes, quartered, but seeds left in

4 tablespoons olive oil

Sea salt and freshly ground black pepper

1 teaspoon dried oregano

100g Penne pasta (the little tubes)

3 mozzarella balls, or a tub of the mini ones (Bocconcini)

#### METHOD:

Preheat the oven to 180°c.

Combine all the prepared veg and place in a large baking dish. If the baking dish is overcrowded with veg, split the veg between two dishes. Drizzle veg with olive oil and sprinkle with salt, pepper and oregano. Mix well to coat the veg. Bake in the oven until the vegetables are very soft, about 45 to 55 minutes.

Meanwhile, during the last 10 minutes of cooking the veg, cook the Penne (pasta) in boiling salted water according to the timing on the packet, usually about 8 to 10 minutes, then drain in a sieve or colander.

Remove the veg from the oven. In the baking dish, toss the veg with the hot pasta. Now tear up the mozzarella balls and fold into the pasta so it becomes all stringy and soft. Season to taste with salt and pepper, then serve straightaway with a big green salad.

### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps elevate mood, prevents energy highs and crashes. The best time to eat this dish: At lunchtime before an afternoon exam or before a revision session. Reason: Courgettes and aubergines will help beat stress by reducing your blood pressure. Pasta will help to maintain your blood sugars and keep your energy levels constant. Onions, tomatoes and peppers all contain high amounts of antioxidants, improve your blood flow and therefore brain functions like memory and focus. Complex carbohydrates along with oregano will improve your mental wellbeing.





#### YOU WILL NEED:

6 eggs

1 bag baby spinach, washed and dried as well as possible

Mozzarella balls, for tearing

### THIS RECIPE MAKES ABOUT 3 GOOD SIZED PIZZA BASES:

500g flour (plain works but bread flour is better)

300ml water at blood temperature (shouldn't be hotter or colder than your finger)

10g fresh yeast or 5g dried yeast 10g salt

2 tablespoons of olive oil For the tomato sauce; this keeps well in the fridge for at least a week! 500ml sieved tomatoes or passata A good pinch of dried oregano A bunch of fresh basil, leaves removed and stalks chopped

1 clove garlic, peeled and sliced as thinly as you can Salt and pepper A splash of vegetable oil

### **FLORENTINE PIZZA**

# FLORENTINE PIZZA; SPINACH, TOMATO, MOZZARELLA, BAKED EGG. THIS IS MY VERSION OF THE CLASSIC PIZZA, I AM SAYING THIS NOW SO THE 'PIZZA PURISTS' DON'T TELL ME OFF!

#### METHOD:

Warm the oil in a saucepan, so that it gently sizzles, for 3 to 4 minutes. Pour in the sieved tomatoes, oregano and chopped basil stalks. Increase the heat and reduce the tomato sauce by half, it should be nice and thick. Taste, then add salt and pepper. Remove from the heat and chill until needed for your pizza base. Find the right bowl to make your dough in, or use an electric mixer bowl. It needs to be big enough to incorporate all the ingredients. Combine the yeast with the warm water in the bowl, let the yeast dissolve. To this add 50g of plain flour. Set the bowl aside in a warm place. After 20 to 30 minutes the yeast should have formed a sponge. Add flour, salt and olive oil to the

bowl.

You can now place the mixture in the bowl of a food processor fitted with a dough hook. Alternatively roll up your sleeves and knead it by hand for 10 to 15 minutes on a lightly oiled work surface. Lightly grease the bowl with olive oil and return the dough to it. Cover with a damp tea towel and allow the dough to rise for 2 hours. Knock the dough back and allow to rise for a further half hour. Divide the dough into 2, 3 or 4 individual balls depending on how many pizzas you wish to make.

Roll the pizza out, or if you're feeling brave, give hand stretching a go on a floured work surface to a thickness of 3 or 4 mm. Transfer to a baking tray and top with tomato sauce, spinach, mozzarella. Then, just as you push the shelf into the oven, crack a couple of eggs on top. Bake for 12 minutes or until your eggs are cooked the way you like, I like mine runny to dip my pizza crusts in.



#### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Full of great brain food and helps concentration levels, keeps moods under control, feel fuller for longer.

The best time to eat this dish: A

treat meal after an exam when you still have revision to complete.

Reason: Eggs are brilliant for keeping you fuller for longer and maintaining your energy levels. They are a great brain food and when coupled with spinach and tomatoes it is jam packed with anti-oxidants and an array of vitamins and minerals. This recipe will restore your energy and provide you with Omega 3s to support your brain function.









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### A DIFFERENT FISH FINGER SANDWICH

### A DIFFERENT FISH FINGER SANDWICH. OR FISH BURGER. SERVES 4 AS A DIFFERENT KIND OF BUTTIE.

8 slices bread or 4 of your favourite buns 2 whole haddock fillets, weighing about 300g in total, skinned 1 small bag spiced or salted nachos, crushed to the size of breadcrumbs 50g plain flour 2 eggs, beaten

A pan of vegetable oil for shallow frying or a fryer, set to 175°c.

#### METHOD:

Blitz or crush the nachos and pour into a bowl.

Pour the beaten egg into a separate bowl.

Place the flour into a third bowl and arrange them in the following order; flour, egg then crushed nachos.

Cut fish fillets into finger sized pieces, recombling fish.

Cut fish fillets into finger sized pieces, resembling fish fingers.

Place each piece of fish into the flour, then the egg and finally the nacho 'crumbs'.

Once all the fish has been crumbed, carefully lower into the oil and cook for 4 to 5 minutes, until golden brown. Now the bun is up to you; I like mine toasted with lettuce, tomatoes, gherkins and mayonnaise, maybe even keep a few of those nachos for on the side.

### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps improve mood, regulates blood pressure and stabilises blood sugars.

The best time to eat this dish:
At lunchtime before an exam or afternoon of revision.

Reason: Haddock is high in protein, low in fat and packed full of essential B vitamins. All the nutrients in this dish are useful for helping our bodies stay energised and motivated. Omega 3s stimulate brain function and increase your concentration. Wholemeal bread or buns will maintain your energy levels for longer and enhance your memory function.