

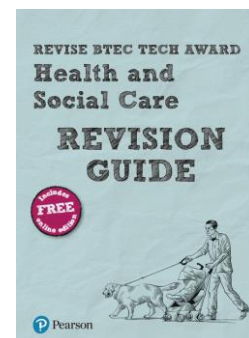
19th December 2022

Health and Social Care - Examination

Dear Parent/Carer

As we approach the Christmas break we wanted to send you a reminder and some information regarding the Health and Social Care examination. This exam will take place **Monday 30 January at 13.30**, it is a 2 hour exam and will contribute 40% to your child's final grade.

It is therefore important that some revision takes place during the Christmas break. Students have been given a revision guide which is shown below and some revision flash cards which can be used to produce some additional flash cards, complete: look, cover, write and check tasks, mind maps and Cornell notes.



The exam is split into two sections :

Section A: Assessing health and wellbeing

- Students will spend time reading and annotating the case study (the case study is unseen until the actual exam)
- Questions relate to the case study and the physiological data which is provided (each question has the marks allocated in the brackets)

Section B: Designing a health and wellbeing improvement plan

- More information is presented linked to the case study
- Students have to design a health and wellbeing improvement plan
- Other questions relate to needs, wishes, circumstances and potential obstacles. These questions hold between 8-10 marks, therefore, the structure of the response is very important to achieve the higher band marks.

Each exam follows this format.

Checklist for revision: (all topics are in the revision guide) We have included columns for students to tick topics off as they revise. The revision guides also have a section at the top of each page:

1. Had a look
2. Nearly there
3. Nailed it

Topic		Topic		Topic		Topic	
Health and wellbeing		Social interaction		Blood pressure		Targets	
Genetic inheritance		Relationships		Peak flow		Formal support	
Ill health		Stress		Body Mass Index		Informal support	
Accident and injury		Asking for help		Smoking		Potential obstacles	
Balanced diet		Economic factors		Alcohol consumption		Emotional and psychological obstacles	
Effects of an unbalanced diet		Environmental factors		Inactive lifestyle		Time constraints	
Exercise		Housing		Person-centred approach		Availability of resources	
Personal hygiene		Expected life events		Care values		Unachievable targets	
Alcohol		Unexpected life events		Communication		Lack of support	
Smoking and nicotine use		Health indicators		Health and wellbeing plans		Factors specific to the individual	
Drugs		Pulse		Goals and recommended actions		Barriers to accessing identified services	

We will also provide students with some videos of Mrs Johnson talking students through past exam papers. Questions are recorded separately so students can access these in shorter chunks of time. The videos can be paused to give students the opportunity to answer the questions before receiving the teacher's green pen model answers. These will be located in the Revision Hub on the Tanfield website. There are also resources in our Google classroom.

Please do not hesitate to drop either of us an email if you have any queries.

hedge@tanfieldshcool.co.uk

sjohnson@tanfieldschool.co.uk

Students have worked so hard in their coursework and throughout this exam unit and now have all the resources to prepare for the January exam. The next deadline date for coursework submission is 27 February 2023.

Yours sincerely,

H Edge

S Johnson

Subject Leader for Health and Social Care

Assistant Headteacher