

10 June 2022

Dear Parents and Carers

## GCSE Psychology Year 9/ Year 10

In preparation for the upcoming mock exams, we are providing parents and carers with the opportunity to buy a Collins AQA GCSE 9-1 Complete Revision & Practice book for a heavily discounted price. We are able to purchase the revision guides at just £4.99 each which is roughly 50% of the RRP.

If you would like to buy a revision guide for AQA GCSE Psychology, then fill in the form that can be found using this link.

<https://forms.office.com/r/n5tpsAUscZ>

The form will remain active until midnight on the 26<sup>th</sup> June. After the 26<sup>th</sup> students who wish to order a revision guide will be asked to pay £4.99 via SCOPAY.

**Structures of Memory**

You must be able to:

- Explain the differences between short-term memory and long-term memory
- Identify and give examples of different types of long-term memory.

**Short-term and Long-term Memory**

- Memory is a psychological ability that everybody uses on a daily basis. It is used to store information such as the names of people and places, facts for exams, as well as remembering skills and life events.
- People would be unable to function without their memories.
- There are several different memory stores, which work in different ways.
- The two most important ones are a brief temporary store called short-term memory (STM) and a permanent store called long-term memory (LTM).
- Short-term memory (also called 'working memory') has a limited duration – it can only store information for a short time. It also has a limited capacity, as it can only take in and process a small number of items.
- The duration of STM has been estimated as 30 seconds, and in terms of capacity, it can hold around seven words or numbers at a time.
- Long-term memory lasts much longer – memories that have been well understood and practised are essentially permanent. It also stores an unlimited amount of information.

Type of Memory	What is Remembered	Example
Episodic memory	Memory for life events	Remembering a family holiday
Semantic memory	Memory for facts	Remembering that a penguin is a type of bird
Procedural memory	Memory for skills	Remembering how to insert a SIM card into a phone

**Types of Long-term Memory**

- Long-term memory itself is not a single store but has different structures that encode and store different types of information.
- An episodic memory means remembering an event from a person's own life. This form of LTM is like a mental diary or journal.

**Forgetting**

- It's possible to successfully remember one type of long-term memory and not another.
- Some people suffer from amnesia – memory loss – which can result from a blow to the head or from brain damage.
- These individuals tend to forget episodic memories rather than procedural memories (skills) or facts about the world.
- Long-term memory is also subject to forgetting. One major cause of forgetting is that two similar events or pieces of information get mixed up. This is called **interference**.
- The passage of time can lead to gradual forgetting in LTM. It can be hard to retrieve old memories, especially out of context.
- Memories can be triggered by a cue, i.e. the presentation of related information, or part of the memory such as the first letter of a word or name. A question can also act as a cue. Reviewing and self-testing can help information to be consolidated in LTM.

**Brain Areas Involved in Memory**

- As well as having separate functions, LTM and STM functions are processed by different areas of the brain. The frontal lobe of the cerebral cortex is essential for STM and for related cognitive processes.
- Several brain areas are important for LTM. Most notably, the **hippocampus** – an area of the limbic system in the brain – is involved in the formation of new semantic and episodic long-term memories.
- Case studies of people with brain damage demonstrate that long- and short-term memory are separate.
- For example, Henry Molaison (HM), had his hippocampus removed during brain surgery.
- His STM was unaffected but he was unable to form new semantic or episodic long-term memories (Scoville & Milner, 1957).
- HM was still able to form new procedural memories, showing that these are processed by different structures of the brain.

**Quick Test**

- Which memory store is involved if you walk into another room and then realise that you have forgotten why you came there?
- Anna is trying to remember the names of the different types of cells that occur in plants. What type of long-term memory is she using?

**Key Point**

The two main types of memory – short-term and long-term – have fundamentally different features.

**Key Words**

store short-term memory (STM) long-term memory (LTM) duration capacity episodic memory semantic memory procedural memory interference cue hippocampus

## Road safety

Please can we remind pupils to be aware of their surroundings when cycling to school. We have once again been informed of pupils riding to school without any regard for other people that are using the pavements, or riding to school and not wearing a helmet. Your safety is so important to us and we do

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Headteacher: Matthew Longden B.Sc.(Hons), NPQH

# Toynbee



not want any of you to be injured, or be the cause of an accident. We will also be raising this issue during tutor time and in assemblies.

I would be grateful if you could please take care when dropping pupils off at the school. We have had reports from members of the public around some potentially dangerous driving incidents this week.

## **Vacancies**

We have the following vacancies at the school. Please visit our website for more information.

- Weekend Site Supervisor
- Learning Support Assistant Vi Resource
- Learning Support Assistant
- Senior Administration Assistant
- PE / Sport Cover Supervisor - Grade D
- Cover Supervisor Grade D

## **Year Group Celebration Trip Reminder**

To parents and carers with a pupil invited to the end of year celebration trip, please be aware both payment **and** completion of the information in the link provided in the letter you have received must be complete by 3pm on Wednesday 15<sup>th</sup> June.

## **Attendance**

A reminder to please ensure you email [attendance@toynbee.hants.sch.uk](mailto:attendance@toynbee.hants.sch.uk) or send a message via school comms on the first and any subsequent days of absence for your child.

Mrs K Reynolds, Attendance Officer

## **Timetable**

Next week is WEEK B on your lesson timetables.



Dear Parents/ Carers,

Our school is taking part in Get Set to Eat Fresh's **Design a Comic Strip Competition!**

## ABOUT GET SET TO EAT FRESH

Team GB, ParalympicsGB and Aldi's **Get Set to Eat Fresh** programme inspires students aged 5–14 to cook and eat healthy, fresh food. It includes a library of free resources to help children at school and home build the skills they need to love cooking healthy meals for themselves and their families.

## THE DESIGN A COMIC STRIP COMPETITION

The Get Set to Eat Fresh **Design a Comic Strip Competition** challenges young people aged 5–14 to design a comic strip that shows their vision of a future Olympic or Paralympic Games.

The winning design will be selected by a judging panel – including Aldi Athlete Ambassadors from Team GB and ParalympicsGB. The judges will be on the lookout for comics that share a **clear vision of a future Olympic or Paralympic Games**, include at least **one healthy food**, use **eye-catching illustrations** that will look good in an Aldi leaflet and are the most **inventive, fun and exciting** – so please encourage your child to get creative!

## PRIZES

By taking part in the competition our students have the chance to see their designs come to life – with one overall winner's design printed in approximately **2 million Aldi leaflets** to be shared in stores across the country! Three age group winners will also receive **£1,000 cash for their school** and a **Team GB and ParalympicsGB goody bag** and **£100 of Aldi vouchers** for themselves.

## ENTERING THE COMPETITION

To help our students take part in the competition we have been learning about how the Olympic and Paralympic Games have changed over time, what people eat at the Games and how to create a great design. We now want every student to design their comic strip!

- Ask your child to complete their final design onto the Design a Comic Strip Competition **Entry Template** enclosed with this letter. Please ensure their personal details are completed.
- Download a **Cover Sheet for Entries** from [getseteatfresh.co.uk/designacomicsstrip](http://getseteatfresh.co.uk/designacomicsstrip) to send in the entry yourself. Please make sure all the details in the **Cover Sheet for Entries** are completed.
- Please make sure to complete the **Entry Template** and **cover sheet** and send off before the 24<sup>th</sup> of June good luck everyone!

To find out more about the competition, please visit:

[getseteatfresh.co.uk/designacomicsstrip](http://getseteatfresh.co.uk/designacomicsstrip)

Thank you for all your support, good luck Toynbee!

Yours sincerely,

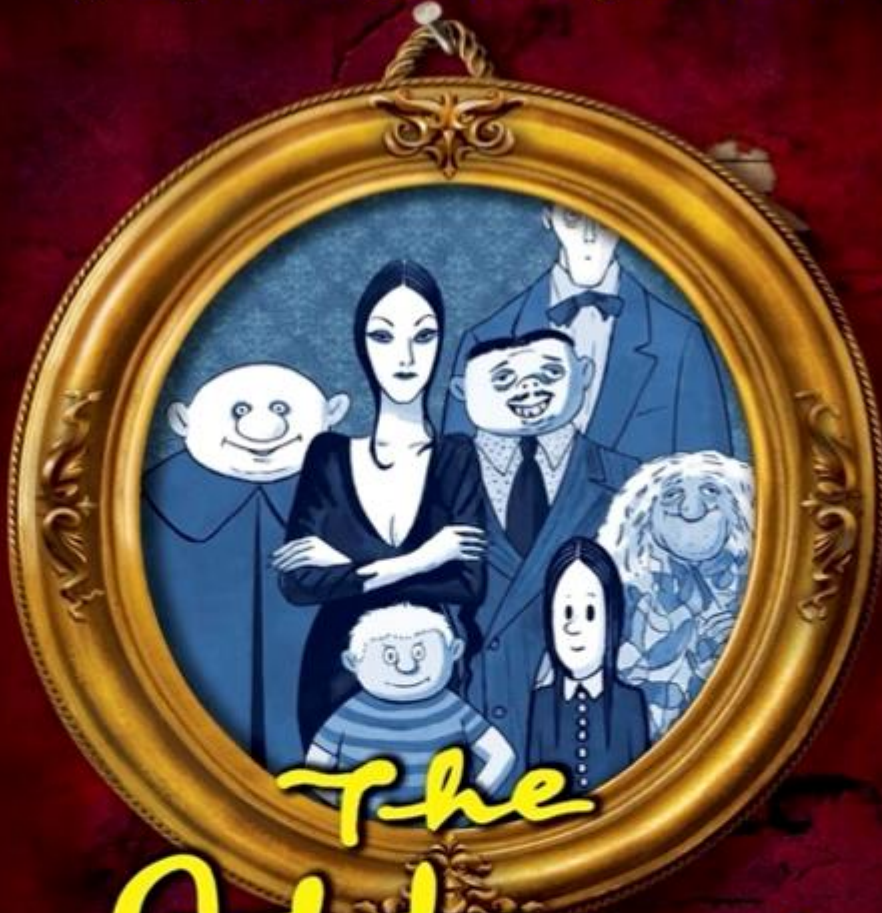
Ms A. Goldsmith

Head of Art





**Toynbee School Presents**



**The  
Addams  
Family**  
SCHOOL EDITION

**29<sup>th</sup> June – 1<sup>st</sup> July**

**7pm, Toynbee Theatre**

**Adults £8: 11-16s and concessions £6: Under 11s £4**

**Tickets available at [ticketsource.co.uk/toynbee-school](http://ticketsource.co.uk/toynbee-school)**

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Toynbee School

Summer  
Concert

Toynbee Theatre

16<sup>th</sup> June, 7pm

Tickets available from reception.

## Toynbee Extra-Curricular Music!

### **Monday Lunchtime Year 7 & 8 Boomwhacker Club**

An easy and fun music club using plastic tubes that you hit on chairs! All welcome. Music 1.

### **Monday 3pm-3:35pm GCSE Music Drop In**

For any GCSE music students to come and use the macs for composition work, or to have extra support with theory. Music 1.

### **Tuesday 8am-8:30am Ukulele Group**

For all year groups, no experience necessary. School ukuleles available to use. Music 1.

### **Tuesday 3pm-4pm Rock Band**

For all year groups. Drum, guitar, bass guitar, keyboard/piano players and singers. Music 2.

### **Tuesday 4pm-5pm Music Theory**

For any pupils wanting to learn about music and take the Grade 5 Theory exam. Useful for GCSE music students. A fee is payable, and spaces are limited. See Miss Parrott or Ms Osborn for more information. Music 1.

### **Thursday 8:15-9am Show Chorus**

A choir for all year groups and abilities singing a variety of genres. No audition, just come along if you like singing! Music 2.

### **Thursday 3pm-4pm Show Case**

A choir for all year groups singing a variety of genres. You will need to be part of show chorus and audition for this group. Music 2.

### **Tuesday 3pm-4pm Toynbee Band**

For all year groups. Woodwind, brass, string, percussion players of any standard. We play a mix of genres including classical, pop, jazz and film music. Music 1.

### **Friday Lunchtime Year 7 & 8 Keyboard Club**

For any year 7 and 8 pupils who want to come and use the mac computers out of class time to learn songs of their choice on the keyboard. Music 2.

*Personal Best*



**Freshly prepared**

## MAINS WEEK TWO

**TASTE it**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>✔ <b>Sweet &amp; Sour Quorn</b> with rice &amp; prawn crackers</p>	<p>✔ <b>Macaroni cheese</b> with garlic dough balls &amp; sweetcorn</p>	<p>✔ <b>Cauliflower Cheese Yorkie</b> Served with seasonal vegetables &amp; roast potatoes</p>	<p>✔ <b>Vegetable Chow Mein</b> served with prawn crackers</p>	<p>✔ <b>Vegan Sausage Roll</b> served with diced potatoes &amp; baked beans</p>
<p><b>Sausage &amp; Mash</b> served with vegetables of the day &amp; gravy</p>	<p><b>Beef Lasagne</b> with garlic bread &amp; salad</p>	<p><b>Roast of the Day</b> served with roast potatoes seasonal vegetables &amp; gravy</p>	<p><b>Chefs' Choice Curry</b> With pilau rice &amp; Naan bread</p>	<p><b>Chef's Choice Fish &amp; Chips</b> served with and peas</p>

✔ Vegetarian    ✔ Vegan    All menu items are subject to change, based upon availability in the event of unforeseen circumstances.

