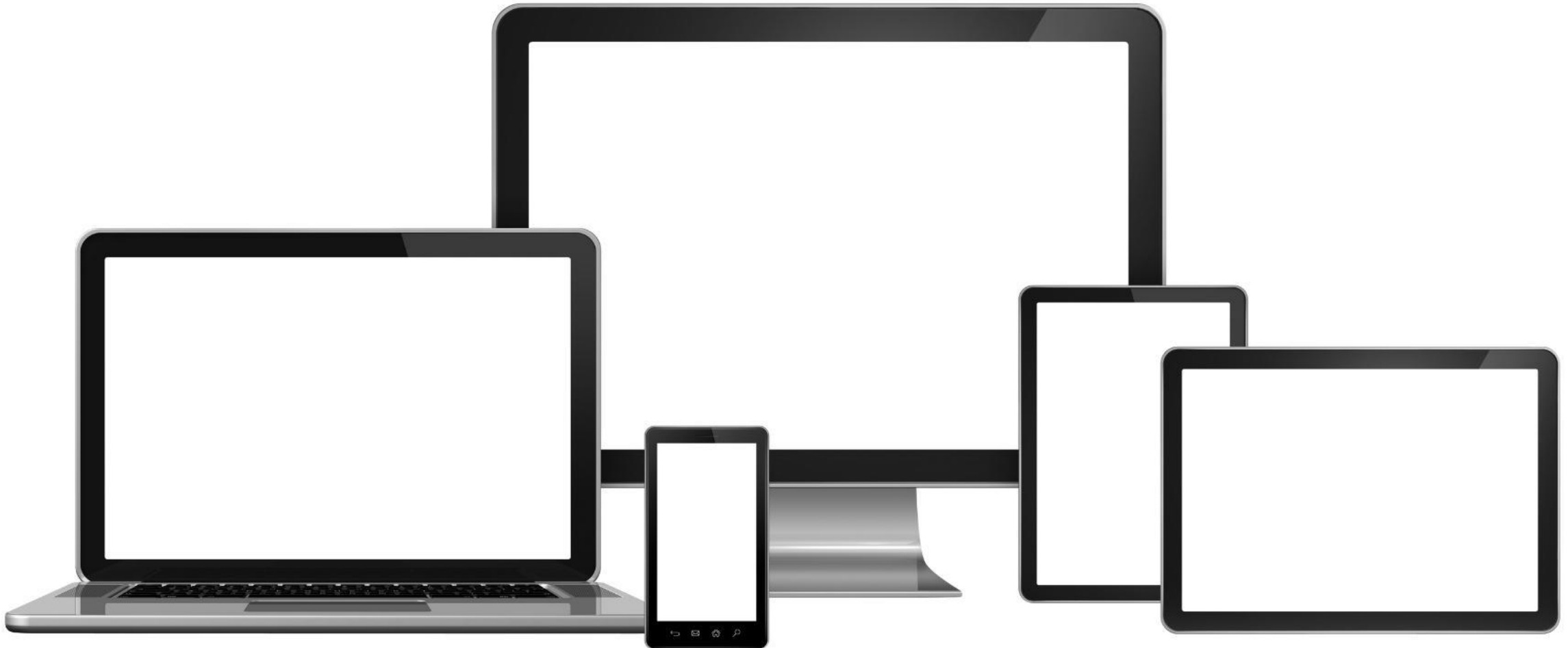


Online Revision Support

There are a range of FREE online resources available to support your revision





Administration and IT
1 category

Applications of Mathematics
2 categories

Art & Design
3 categories

Biology
2 categories

Business Management
2 categories

Chemistry
2 categories

Computing Science
2 categories

Dance
1 class

Design and Manufacture
17 categories

Drama
1 category

DYW
1 class

Engineering Science
1 category

English
8 categories

Gaelic
2 categories

Geography
1 category

Graphic Communication
2 categories

How do hormones target cells?

Cells of **target** organs and tissues have **receptor proteins** specific for the **hormone** that affects them.

z niebieskim trójkątem, straszny jako jedyny typ, który ma

Higher Maths

Revision resources are now available, alongside recorded video lessons, for each key area of the Higher Maths course.

Recorded Video Lesson

Click on the key areas below to access revision resources!

Algebraic and Geometric Skills

Algebraic and Trigonon

Calculus Skill

National e-Learning

Summary Note Food Production.pdf

Revision Questions Food Production.pdf

Revision Questions Mark Schema Food Production.pdf

BBC Bitesize - Food Production



What is West OS?



West OS is an online school created by teachers, providing recorded learning experiences for children and young people.

There are currently almost 3000 recorded video lessons across the curriculum which you can access to support your learning in the following subject areas:

Admin & IT

Application of Mathematics

Art & Design

Biology

Business Management

Chemistry

Computing Science

Dance

Design & Manufacture

Drama

Engineering Science

English

French

Gaelic

Geography

German

Graphic Communication

Health & Food Technology

History

Italian

Maths

Music

Physical Education

Physics

Practical Cookery

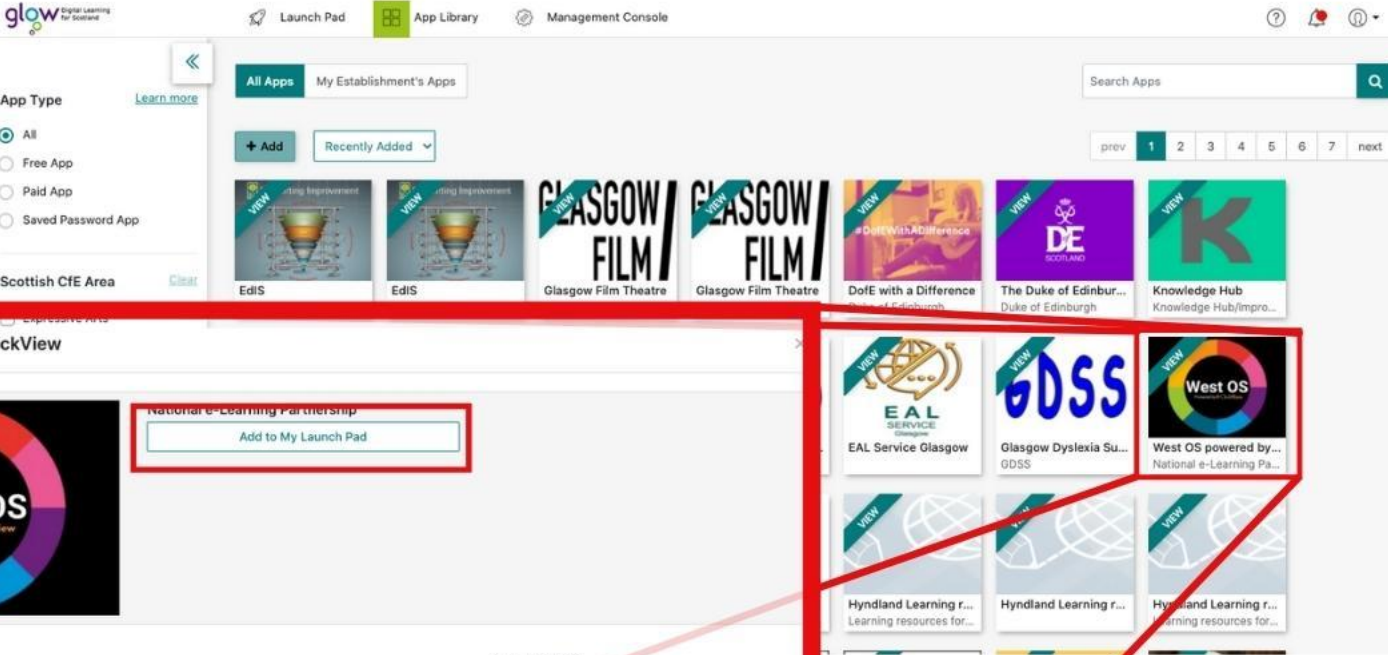
RMPS

Scots Language Award

Spanish

How do I access West OS?

West OS is accessible via Glow. All teachers and learners in your Local Authority now have access to the West OS tile within the App Library which you can add to your personal launchpad.



The screenshot shows the Glow App Library interface. The top navigation bar includes 'Launch Pad', 'App Library', and 'Management Console'. The 'App Library' tab is active. On the left, there's a sidebar with 'App Type' filters (All, Free App, Paid App, Saved Password App) and 'Scottish CFE Area'. The main area displays a grid of app tiles. A red box highlights the 'West OS powered by ClickView' app tile. Below the grid, a detailed view of the app is shown, also enclosed in a red box. This view includes a description, key features, support information, and privacy information.

West OS powered by ClickView

National e-Learning Partnership

Add to My Launch Pad

Description

As part of the National eLearning Offer, the West OS powered by ClickView app enables you to seamlessly access recorded content from Glow.

Using Single Sign-On, you can quickly and safely access West OS library, to find video based recorded lessons for your teaching and learning.

Key features

- Access, browse and stream recorded learning and teaching videos in the West OS Library, on demand
- Share videos directly with students, or create share or embed codes so that they can be used in other resources
- Practitioners can create their own playlists and share with individuals or groups of students, supporting tailored sequencing of learning and personalisation
- A secure solution available to all staff and students using their Glow login

[Terms & Conditions](#)

[Data Retention Policy](#)

[Privacy Policy](#)

Support Info

If you wish to connect your existing ClickView account to RM Unify, you will need to contact our support department via support@clickview.co.uk

Privacy Info

RM Unify will send the following personally identifiable information to this app while it's installed to one or more roles in your establishment:

- A user identifier that is specific to this application
- Organisation id
- Organisation DfE/SEED/DENI number (or equivalent)
- Organisation name
- User display name
- User first name
- User last name
- User name



West OS will be offering **live, interactive study support webinars** between February and May 2022 across 24 Senior Phase courses across National 5 and Higher including:

Biology

Business Management

Chemistry

Computing Science

Drama

English

Geography

HFT

History

Human Biology

Maths

Modern Studies

Politics

Physics

Live sessions commence w/b 21/2/22

Register now at westpartnership.co.uk/west-os/Live

A weekly timetable will run between February and May 2022



Week 1	21st Feb	Higher
Week 2	28th Feb	National 5
Week 3	7th Mar	Higher
Week 4	14th Mar	National 5
Week 5	21st Mar	Higher
Week 6	28th Mar	National 5
Week 7	25th Apr	Higher
Week 8	2nd May	National 5

Find the weekly timetable and register at westpartnership.co.uk/west-os/live



Study Support



Live webinar lessons - week beginning Monday 21st February

	Time	Course	Level	Focus
Monday	4.30pm	English	H	RUAE
	4.30pm	Drama	H	Section 2 Questions
Tuesday	4pm	Politics	H	Electoral Data Skills Questions
	4pm	Biology	H	Evolution
Wednesday	4pm	Business Management	H	SQA Command Words
	4pm	Geography	H	Physical Environments
	4pm	Maths	H	Differentiation
	4pm	Modern Studies	H	World Issue: Limited Development
	4pm	Chemistry	H	Periodicity
Thursday	4pm	Human Biology	H	Gene Expression
	4pm	Physics	H	Special Relativity
	4pm	History	H	Answering 'Explain' Questions
	4pm	Computing Science	H	Computer Systems
	4.30pm	HFT	H	Nutrition

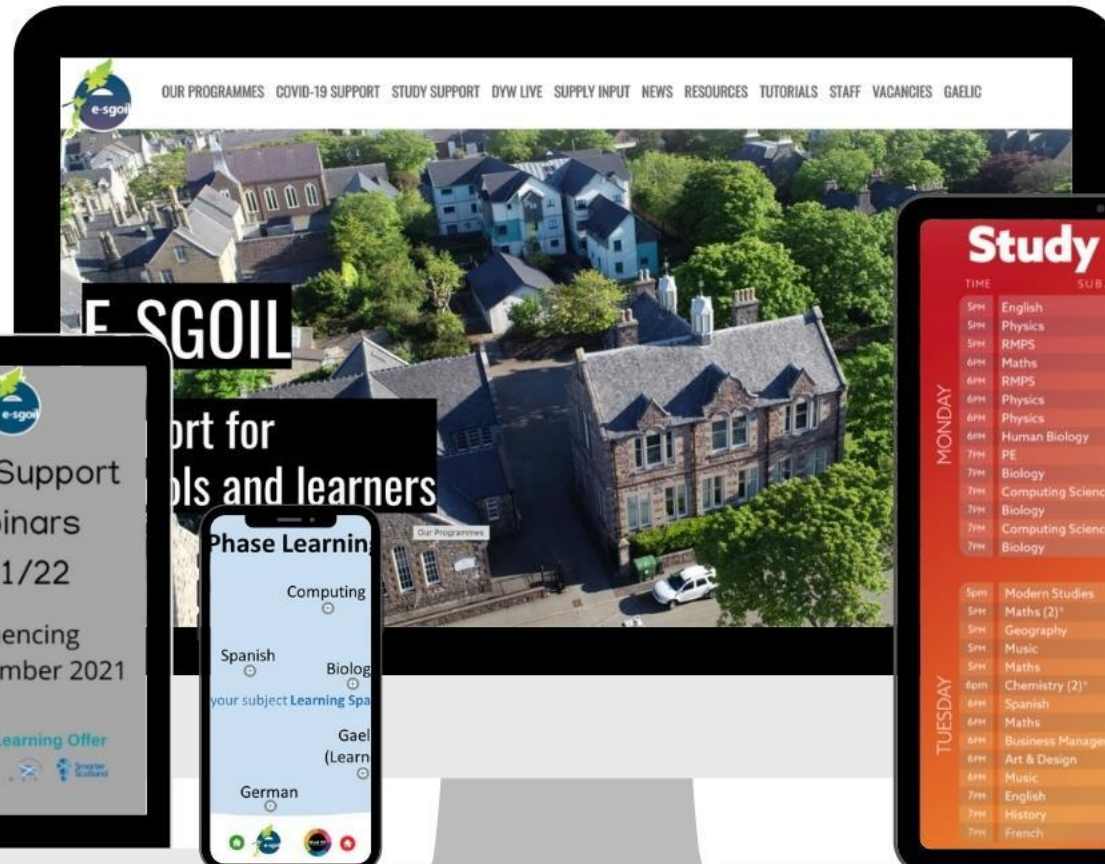
Real time, interactive study support webinars!

All learners in Scotland also have access to recorded video lessons and resources through the West OS tile on Glow which can be accessed anytime, anywhere.

Additional live support times can be found through eSgoil Monday to Thursday between 5pm & 8pm.

National e-Learning Offer







What is e-Sgoil?



Since launching in 2017 to address teacher shortage in the Western Isles, e-Sgoil has developed into a nationwide community for online teaching and learning.

e-Sgoil is accepting learner registrations for its programme of real time interactive Study Support Webinars for session 2021/22.

e-sgoil.com/study-support

Through the e-Sgoil website you will also find a range of support including Senior Phase Help Desk and Learning Spaces to support your revision.



What's on this week?

e-Sgoil at a glance

Secondary

Week Beginning Monday 31st January



National e-Learning Offer



Study Support and DYW Live can be accessed via the dedicated webpages on our website. All other sessions and resources can be accessed via the Our Programme menu tab on our website. All live sessions will be available afterwards to watch on demand.

WHO?	WHAT?	WHEN?	WHAT IS IT?
S1-3	Big Questions	On Demand	A set of 20, interactive, IDL and discovery-based learning prompts, curated resources and tasks for use in your classroom both in-person and remotely.
S1-3	S1-3 Learning Space	On Demand	Check out our brand-new interactive Learning Space to learn more about our national bard - Robert Burns.
S1-3	DYW Pathways Week REPEAT	Tuesday 9:30-10:00	REPEAT: Tails.com From Languages to Learning - Come listen to Charlotte as she describes her journey from learning languages, to travelling the world, to performing research for a dog food start-up company.
S1-3	Forestry A Treemendous Career repeat	Thursday 9:30-10:00	REPEAT: Come listen to Ros as she describes the importance of the forestry industry and the opportunities for young people.
S1-3	What is normal?	Monday	Part of a series of Mental Health learning session delivered in partnership with Headstrong.
S1-6	DYW Live - school sessions	Various days & times	Work skills, employability information and careers inspiration, delivered live by e-Sgoil and partners. Teacher sign up required.
S1-6	Health and Wellbeing Chill Space	On Demand	Learning space with resources for inspiration, relaxation and wellbeing.
S4-6	Emotional Resilience - Managing Stress Overload and What Strategies May Work For You	Thursday- 5.15 - 5.45pm	Part of a series of Mental Health learning session delivered in partnership with Headstrong.
S4-6	Senior Phase Learning Spaces	On Demand	Learning Spaces are available across a range of subjects and levels. These will signpost learners, and teachers, to the Live, Recorded and Supported resources.
S4-6	Study Support	Monday - Thursday- Various times	Live webinars covering a range of subjects and levels.
S4-6	Your Questions	On Demand	As part of our Study Support provision learners can submit questions via the individual study support teams, to be answered by peers and subject teachers. Learners must have signed up for Study Support.

Study Support

Live Webinar Lessons — Week Beginning Monday 31st January

MONDAY

TIME	COURSE	LEVEL	FOCUS
5pm	English	AH	Drop-in Q&A session on all 4 course elements
5pm	Physics	Nat 5	Waves - introduction to waves
5pm	RMPS	H	Revision and Study Skills: Practice and Timed Essays
6pm	Maths	Nat 5	Arcs & Sectors
6pm	RMPS	Nat 5	Revision and Study Skills: Revision Aid Ideas
6pm	Physics	H	Spectra
6pm	Physics	AH	RM&A - General Relativity
6pm	Human Biology	H	KA 2.8 Blood Glucose Levels
6pm	Business Management	H	Management of People & Finance
7pm	PE	H	Interpreting qualitative and quantitative data
7pm	Biology	H	KA2.5 - Metabolism & Adverse Conditions
7pm	Computing Science	H	Software: Assignment 1 (Standard Algo, File Handling & Parallel Arrays)
7pm	Biology	AH	Ion Transport Pumps
7pm	Computing Science	Nat 5	Computer Systems 3: Security & Environmental Factors
7pm	Biology	Nat 5	Key Area: Genetic Engineering

TUESDAY

5pm	Modern Studies	H	Voting Behaviour: Age and Education
5pm	Maths	H	More Circles
5pm	Geography	Nat 5	Map Skills for N5 Geography
5pm	Music	Nat 5	Exam Skills: Performing
5pm	Maths	Nat 4	EF1.1 Gradient L16
6pm	Chemistry	H	Chemical Energy
6pm	Spanish	H	The Subjunctive tenses -meanings & how to use in exam
6pm	Maths	AH	Matrices Reloaded
6pm	Art & Design	Nat 5	*Your Questions Channel*
6pm	Music	H	Exam skills: Literacy question
7pm	English	Nat 5	Discursive Folio Writing
7pm	History	H	Paper 1: British
7pm	French	H	Reading Skills

WEDNESDAY

TIME	COURSE	LEVEL	FOCUS
5pm	English	H	RUAE - Revision & Practice
5pm	Graphic Communication	H	Assignment Practice - Graphic Design & DTP (part 1)
5pm	Geography	H	Map Skills for H Geography
5pm	Applications of Maths	N5	Precedence Tables
6pm	Gaidhlig	H	Sùil air sgilean: èisteachd is labhairt An Gearran
6pm	Maths	H	More Circles
6pm	English	Nat 4	Audience and Purpose- Danny Macaskill 2
7pm	English	Nat 5	Discursive Folio Writing
7pm	Gaidhlig	Nat 5	Sùil air sgilean: èisteachd is labhairt Na Dathan aig Bran
7pm	Design & Manufacture	N5/H	Designing Safe Products

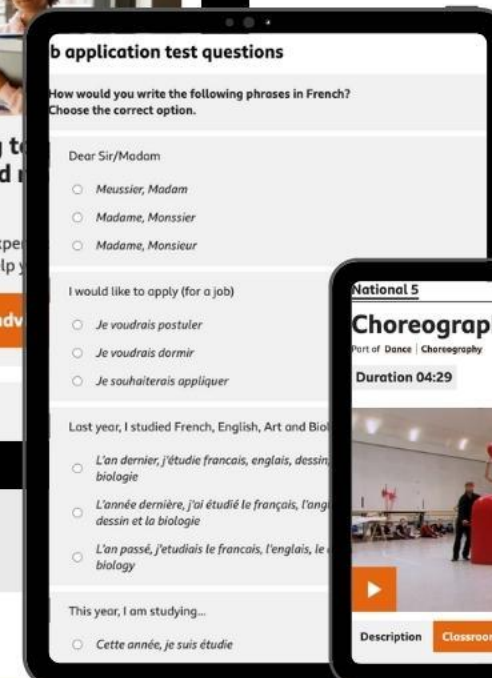
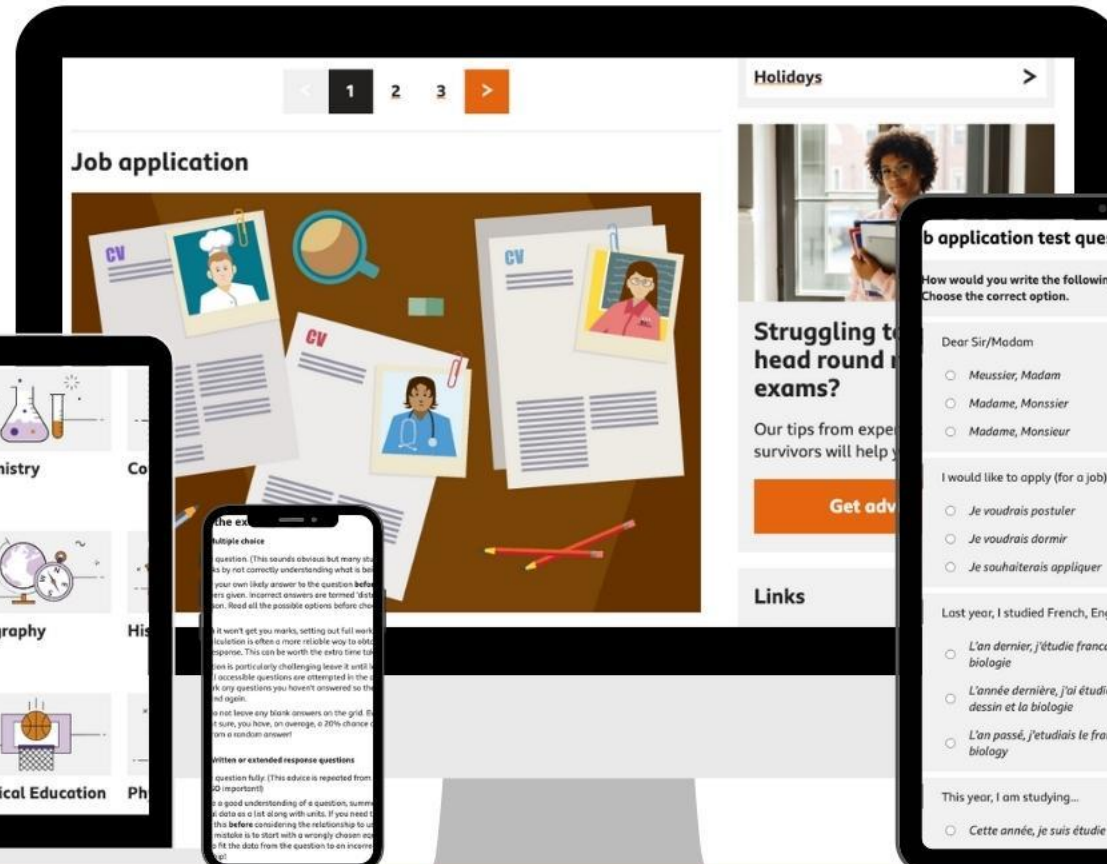
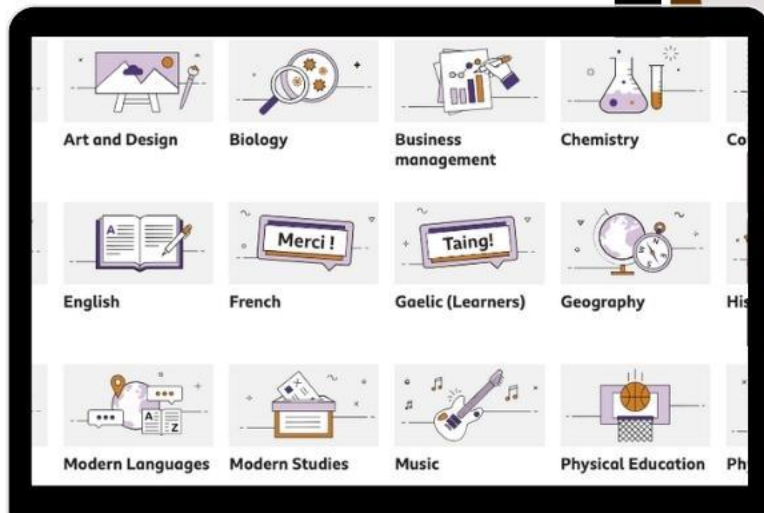
THURSDAY

5pm	Maths	Nat 5	Arcs & Sectors
5pm	PE	Nat 5	Evaluating the effectiveness of the PDP
5pm	English	H	RUAE
5pm	Engineering Science	H	Structures: Nodal Analysis
6pm	Chemistry	H	Chemical Energy
6pm	Chemistry	AH	Experimental determination of structure
7pm	History	Nat 5	How fully explain & describe style questions-live practice
7pm	Chemistry	Nat 5	fuels and enthalpy calculations
7pm	Health & Food Technology	N5 & H	Functional Properties of Eggs & Sugar

National e-Learning Offer



BBC Bitesize





SCHOLAR HERIOT WATT UNIVERSITY

Courses Reports Search this course Passwords Downie Logout

Courses > National 5 Computing Science > 1. Software design and development

National 5 Computing Science	Software design and development	Development methodologies
Design and development	1. Development methodologies	Development methodologies
Systems	2. Analysis	1. Revision
Design and development	3. Design	2. The software development process
and development	4. Implementation: Data and structures	3. Learning points
Level 2 Computer Science and Environmental Science	Implementation: National constructs	4. End of topic test
Anna Treaslee	Implementation:	
Level Science		
National 5 Applications of Mathematics		
National 5 Chemistry		
National 5 Computing Science		
National 5 PSOL		

Structuring your answer

2. Intensive farming is responsible for animal cruelty

Passage 1 states that animals are kept indoors in tiny pens and never get to go outside.

Passage 2 agrees and says that animals are forced to over-produce high qualities of milk and eggs, for example.

Restart 4 of 8 Previous Next

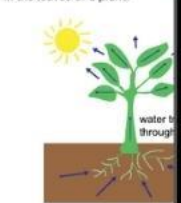
SCHOLAR HERIOT WATT UNIVERSITY

Courses Reports Search this course Passwords Downie Logout

Courses > National 5 Biology > 2. Multicellular organisms > 5. Transport systems

3. The process of transpiration

The loss of water from plant leaves is known as transpiration. Water is lost from the plant by osmosis in the leaves of a plant.

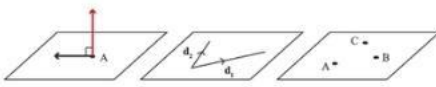


Water will evaporate into the air spaces from the leaf. This will occur at different speeds depending on the temperature. The diagram below shows a potometer apparatus to measure the rate of transpiration in a leafy shoot.

Planes in three-dimensional space

Planes in space are specified either by:

- one point on the plane and a direction vector n at right angles (normal) to the plane;
- two non-parallel, coplanar vectors, i.e. two intersecting vectors or lines that lie on the plane;
- three non-collinear points in the plane.



< Previous Intersection of and angle between two lines The equation

“ I've never wanted to be a poster boy, but if I'm going to be a poster boy for anything, it should be this...

If you don't give up, and if you carry on believing in yourself when others are doubting you, you can make it.

I just had to work hard and be patient and, yeah, at times it didn't look likely. You need a wee stroke of luck but every chance I've been given, I've taken. ”

Andy Robertson

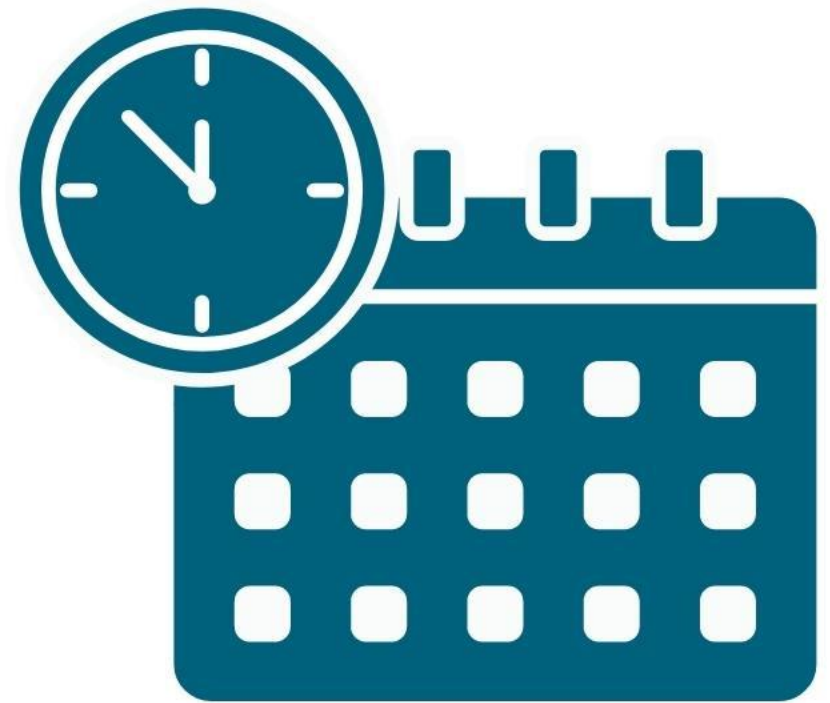


Taking responsibility for your own learning

- Don't wait to be told to do something that you are capable of getting on with on your own
- Always look for connections and seek out additional information.
- Talk about what you are studying
- Be positive and realise that what you are studying is interesting and look for connections with the wider world outside of school.
- Aspire to become an educated adult capable of playing a full and positive part in the community you choose to live in, while also being able to make informed decisions.

Managing Time

- Plan ahead and give yourself time - do not leave it until the last minute.
- Balance social life and study! Spending time with friends has lots of benefits so build this into your revision plan.
- Consider how much 'screen time' you have and set yourself a limit on how much time you spend on 'social media' each day - although it can be great, it can also take up a lot more time than we realise!
- When you are studying, put your phone away (ideally in another room) to avoid being distracted.



Keeping Well

Exercise, sleep and nutrition all have a huge role to play in your health and success!



1hr per day
Walking
Running
Yoga or pilates
Team sports



Switch off screens
Block light out from room
Read for pleasure
Have a bath or shower
Soft music/audio
Avoid caffeine



Aim for a balanced diet
Avoid 'added sugar'
Avoid fizzy drinks
Drink water

Stress

Exams can be stressful - one of our greatest fears is failure
however we can change the way we think to be more positive!

Exams are an opportunity to showcase your ability and the hard work you have put in.

Preparation

Knowing that you have worked hard will make you feel more comfortable and confident.

Positive Past Experiences

Write down your positive past achievements and take time to remember them.

Imagery

Imagine sitting the exam, confidently writing your answers and feeling calm.

Breathing

Breathing deeply can be helpful when feeling stressed to allow you to think a little bit more clearly.



Sometimes I'm afraid to fall.
If you feel like you're going to fall,
you're going to fall.

But if you don't think you're going to fall,
your're not going to fall.

It's an exciting feeling, knowing you are
pushing your limits

and

challenging yourself.

Sky Brown





Feel Better, Learn better



Find information about how to look after your emotional wellbeing, support from organisations around Scotland and tips on how to promote a positive mindset.

www.young.scot/campaigns/national/aye-feel

Check out the #AyeFeel tag on social media for the latest updates.
A great range of support can be found on the YoungScot website,
and some of Tammy's Techniques can also be found on West OS