

Year 10

2026- 2028

Supporting Your Child



Y10 Key Staff linked to Year 10



Mrs V Latimer-Mills (Key Stage 4 Progress Lead)

Responsible for student progress, intervention and attainment. Also responsible for supporting student transition to post-16 provision eg A levels, apprenticeships

Mrs R Coyne (Y10 Pastoral Year Lead)

Responsible for student pastoral care including attendance, punctuality and safeguarding

Miss Huse (Y10 Inclusion Support Assistant)

Responsible for student pastoral support as well as support with learning and progress, within and outside of the classroom.

Key Dates



- **Friday 16th Oct** - Alton Towers trip
- w/b 19th October – Year 10 reports issued
- 9th-16th January – Ski Trip
- Year 10 MFL Speaking Exams – w/b 22nd February
- Year 10 Student Consultation Evening – **Thursday 11th March**
- **Humanutopia – Thursday 18th March**
- **March – Prefect Applications open**
- w/c 4th Jan – MFL Speaking Mocks
- **26th April – 7th May - Year 10 Mock Exams**
- w/b 10th May – Y10 Work experience week
- **July - House Captains / Head boy / Head Girl Elections**



The Curriculum

- Curriculum Overviews for each subject can be found here:

[Subject Information | Whitburn Church of England Academy](#)

The screenshot displays the website of Whitburn Church of England Academy. The header includes the school's logo, name, and navigation links: About Us, School Life (selected), Parent/Carer, Students, Sixth Form, Teacher Training, and Contact. Social media icons for search, Facebook, and Twitter are also present, along with logos for The Church of England and Ofsted (Good Provider). The main content area is titled 'Subject Information' and includes a breadcrumb trail: Home > School Life > Curriculum > Subject Information. Below this, there is a section for 'Exam boards and revision guides overviews:' with links to 'Exam Board Overview for Years 12 and 13' and 'Exam Board Overview for Year 11 and Suggested Revision Guides for 2025 GCSE Examinations'. A bold heading states: 'Details of the curriculum content for each subject in each academic year can be found by following these links:'. This is followed by a list of subject curriculum overview links: 'Art Curriculum Overview – Years 7 to 13', 'Business Studies Curriculum Overview- Years 10 to 13', 'Child Development Curriculum Overview – Years 10 and 11', 'Computing Curriculum Overview – Years 7 to 13', and 'Design and Food Technology Curriculum – Years 7 to 11'. On the right side of the page, a blue sidebar menu lists 'School Life' categories: Careers, Curriculum (highlighted), Assessment & Target Setting Overview, Home Learning, Key Stage 3 setting and streaming – a parents/carers guide, Music Plan and Music Tuition, Personal Development, Subject Information (highlighted), Suggested Wider Reading, Year 9 GCSE Options, and Extra Curricular.

Whitburn Church of England Academy

About Us ▾ School Life ▾ Parent/Carer ▾ Students ▾ Sixth Form ▾ Teacher Training ▾ Contact ▾

Home > School Life > Curriculum > Subject Information

Subject Information

Exam boards and revision guides overviews:

- Exam Board Overview for Years 12 and 13
- Exam Board Overview for Year 11 and Suggested Revision Guides for 2025 GCSE Examinations

Details of the curriculum content for each subject in each academic year can be found by following these links:

- Art Curriculum Overview – Years 7 to 13
- Business Studies Curriculum Overview- Years 10 to 13
- Child Development Curriculum Overview – Years 10 and 11
- Computing Curriculum Overview – Years 7 to 13
- Design and Food Technology Curriculum – Years 7 to 11

School Life

- Careers
- Curriculum**
 - Assessment & Target Setting Overview
 - Home Learning
 - Key Stage 3 setting and streaming – a parents/carers guide
 - Music Plan and Music Tuition
 - Personal Development
 - Subject Information
 - Suggested Wider Reading
 - Year 9 GCSE Options
- Extra Curricular

Core plus 3 options

The Curriculum – Subject Overviews

Year 10					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Elizabethan England (1558-1588)	Early Elizabethan England (1558 – 1588)	Crime and Punishment in Britain c1000-present	Crime and Punishment in Britain c1000-present	Crime and Punishment in Britain c1000-present	Weimar and Nazi Germany (1919 – 1939)
Key Topic 1 – Queen, Government and Religion • The Tudors • Government and society • Elizabeth's problems upon acceding the throne • Religious divisions • The Religious Settlement • Foreign relations • Mary Queen of Scots Key Topic 2 – Challenges at home and abroad • The revolt of the Northern Earls • Ridolfi, Throckmorton and Babington • Francis Walsingham and Mary Queen of Scots' execution	Key Topic 2 (continued) – Challenges at home and abroad • Francis Drake • Anglo-Spanish relations • The Spanish Armada • Defeat of the Spanish Armada Key Topic 3 – Elizabethan Society • Leisure and pastimes • Education • Poverty • Exploration • Virginia • A Golden Age	Key Topic 1 – Crime and Punishment in Medieval England, 1000 – 1500 • Anglo-Saxon justice • Norman crime • Later Middle Ages • Influence of the Church Key Topic 2 – Crime and Punishment in Early Modern England, 1500-1700 • Societal change and the Gunpowder Plot • Vagabondage • Matthew Hopkins and witchcraft • Law enforcement • The Bloody Code	Key topic 3 – Crime and Punishment in the 18th and 19th Centuries • Robbery, smuggling and poaching • Tolpuddle Martyrs • Robert Peel and the Police Force • Developments • Prison systems and Pentonville Key topic 4 – Crime and Punishment in Modern Britain, 1900 – present • Changes in crime • Conscientious Objectors • Key changes • Derek Bentley • Prison changes <i>*Mock exams</i>	Key Topic 5 – Historical Environment: Whitechapel, 1870-1900 • Context of Whitechapel • Whitechapel Case Studies • The Development of the MET • Policing in Whitechapel • Crimes in Whitechapel • The Ripper Murders • The media and the Jack the Ripper case	Key Topic 1 – The Weimar Republic 1918-1929 • Impact of WW1 on Germany • The Treaty of Versailles • Political threats – left and right • The problems of 1923 • Gustav Stresemann • Societal and cultural changes Key topic 2 – Hitler's rise to Power 1919-1933 • The early years of the Nazi Party • The Munich Putsch and its consequences • The lean years

New grading structure	Current grading structure
9	A*
8	
7	A
6	B
5	
4	C
3	
2	E
1	F
U	G
	U

GOOD PASS (DfE)
5 and above = top of C and above

AWARDING
4 and above = bottom of C and above

The Grading System

Child Development, Sports Studies and Creative Media vocational courses are assessed as

Technical Award	GCSE Grades
L2 Distinction*	8-9 (A*)
L2 Distinction	7 (A)
L2 Merit	5-6 (B / C)
L2 Pass	4 (C)
L1 Distinction	3 (D / E)
L1 Merit	2-3 (E / F)
L1 Pass	1-2 (F / G)

KS4- how is it assessed?



Subject	Assessment through Examination (%)	Assessment through Non -examined work (%)
Art	0	100 (40% externally set)
Business Studies	100	0
Child Development	40	60
Computer Science	100	0
Creative Media	0	100
English Language	100	0
English Literature	100	0
Food Preparation and Nutrition	50	50
French	100	0
Geography	100	0
History	100	0
IT	40	60
Mathematics	100	0
Music	40	60
PE	60	40
RE	100	0
Science - Combined or Separate	100	0
Sport Studies	40	60
Sociology	100	0
Spanish	100	0
Textiles	0	100 (40% externally set)

Creative Media Production

- Features 3 components

Component 1	Component 2	Component 3
Completed in Y10	Completed in Y11	
Internally marked & externally verified		Externally marked

- Pupils will be issued with resources to help them prepare independently for the components which are completed in a classroom setting.
- Independent preparation is vital as the Components have strict time limits and no support can be given during the 'write up' period.

Creative Media Production: Y10 Dates

Assessment	Date(s)
Component 1 (worth 30%)	Task 1 issued to students 07th December (<i>Ind. preparation time begins</i>) Task 1 completed between 02nd – 22nd January Task 2 issued to students 25th January (<i>Ind. preparation time begins</i>) Task 2 completed between 22nd February - 19th March

During *independent preparation time* pupils can produce work to develop ideas for their coursework, discuss concepts and ideas with Mr Thompson, and work on drafts.

Y10 GCSE Art & Textiles

Work	% of entire GCSE grade		Date	Where can work be completed?
1. Building Skills		series of works	w/c 6th Sept-31st October 2026	*in lessons *at home *homework *in library *art sessions/clubs in school (see below)
2. 'Obsessions' Coursework project:	60%	A1 sheets of paper and a final piece	w/c 1st November 2026 – Monday 3rd Jan 2028	
3. Exam project :	40%	A1 sheets of paper and a final piece	Monday 3rd January 2028 – Easter 2028 (2 days off timetable to make the final piece = week before Easter 2028)	

All work set and marked on TEAMS

GCSE Art & Textiles Support Sessions

week 1:	Wed	3:30-4:30pm	Room 28
week 2:	Mon	3:30-4:10pm	Room 24
	Tues	3:30-4:10pm	Room 28
	Wed	3:30-4:30pm	Room 24
All days		3:30-4:00pm	Library



Sociology GCSE Year 10 Assessments

When?	Year 10
Autumn term	1. Education and Family assessment (approx. 50 marks) Early December
Spring term	1. Education & methods assessment (approx. 25 marks) (February) 2. Family & methods assessment (approx. 25 marks) (March)
Summer term	1. Family and Education assessment : Methods and key studies assessment (May) 2. Mock exam. Full Paper 1 (100 marks)

GCSE Food

Food ingredients go live every **Wednesday at 8.30am for the following week** - students should be organised and sharing this with parents on a Wednesday when they return from school.

Students cook every week and the next assessment is Pizza practical in the last week of term, along with a written exam that week also.

Music

- Composition 1 is due July 2027
- Ensemble performing is due October 2027
- Composition 2 is due December 2027
- Solo Performing is due March 2028

Y10 GCSE English Language and Literature

DATE Week Commencing	ASSESSMENT
5 th October	GCSE English Language, Paper 1: Creative Writing
30 th November	GCSE English Literature, Paper 1: A Christmas Carol
26 th April and 3 rd May	Mocks: GCSE English Language, Paper 1: Reading GCSE English Literature. Paper 1: Macbeth
7th June	GCSE English Literature, Paper 2: Power and Conflict Poetry Comparison

AQA GCSE English Literature

Students are to read the set texts:

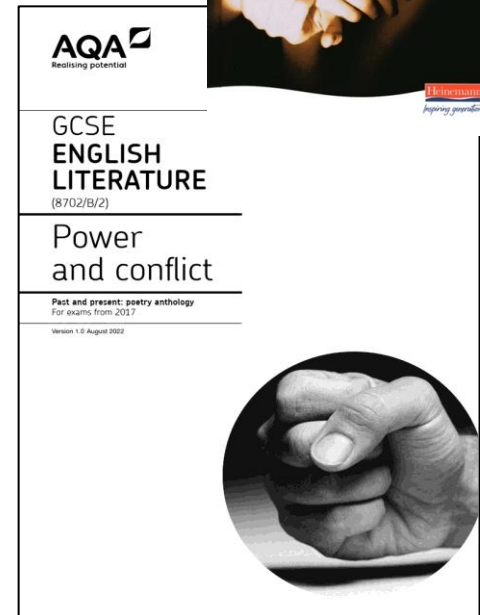
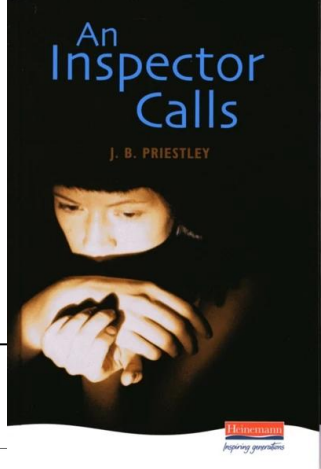
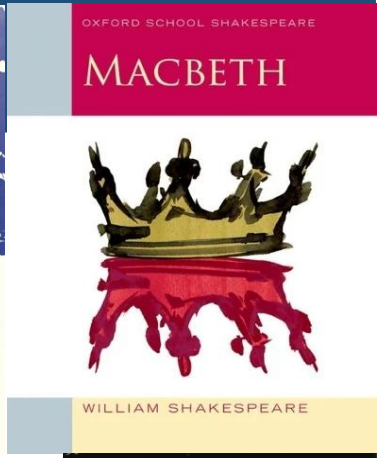
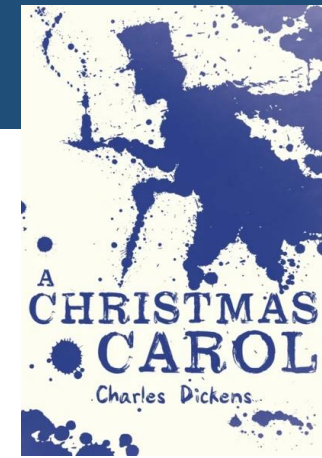
- **Macbeth**
- **A Christmas Carol**
- **An Inspector Calls**
- **Power and Conflict poetry**

The school will provide booklets with copies of each text. It is students' responsibility to look after these.

Students must regularly check their **Teams page** where they will find a range of resources to support with their learning.

Other revision strategies:

- **Read, analyse and compare a variety of other poems** for the **Unseen Poetry** questions – song lyrics are useful too.
- Use the **AQA website** to find **past papers** and **practise essay writing skills**.
- Make **flashcards** for quotations, characters, themes and context.
- Make **timelines** to show the order of key events and to explore structural devices.
- Talk about the texts - ask simple questions such as "How is the character presented?" or "How does that make the reader feel? , "Tell me five key quotations for each text".



AQA GCSE English Language

- The best way to revise for English Language is to **practise reading and writing**.
- Encourage **regular reading at home**: newspapers, novels, articles and websites will all help build vocabulary and improve comprehension.
- **Talk about what they read**
- **Practise analysing language**- encourage students to spot specific words and devices. Explain their effect, rather than just naming techniques.
- Students are to learn the focus of each of the **reading questions** on both exams, and **practise reading** short pieces of fiction and non-fiction (the opening of a novel, online articles, speeches, blogs etc.).
- Practise **creative and viewpoint writing**: short pieces of descriptive, narrative and viewpoint writing focusing on interesting vocabulary, varied sentence structures, paragraphing and using accurate punctuation.
- Use the **AQA website** to access **past papers** and **practise essay writing skills**.
- There is no content to learn for this qualification; it is a **skills test**. Students need to practise their **reading and writing skills**.

GCSE 'Target Grades'

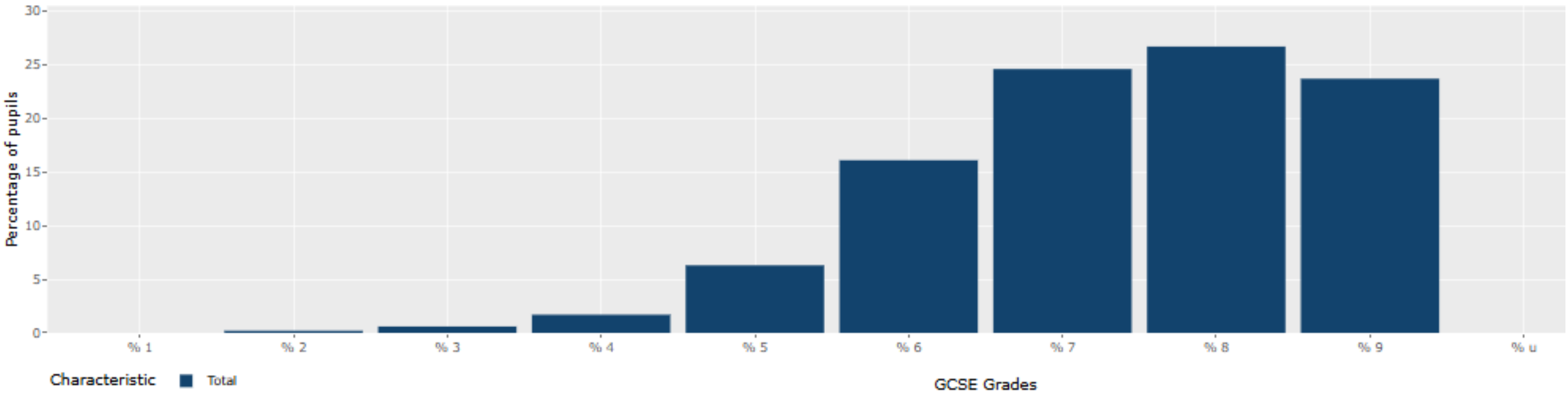


Schools use data systems to generate target grades for GCSE.

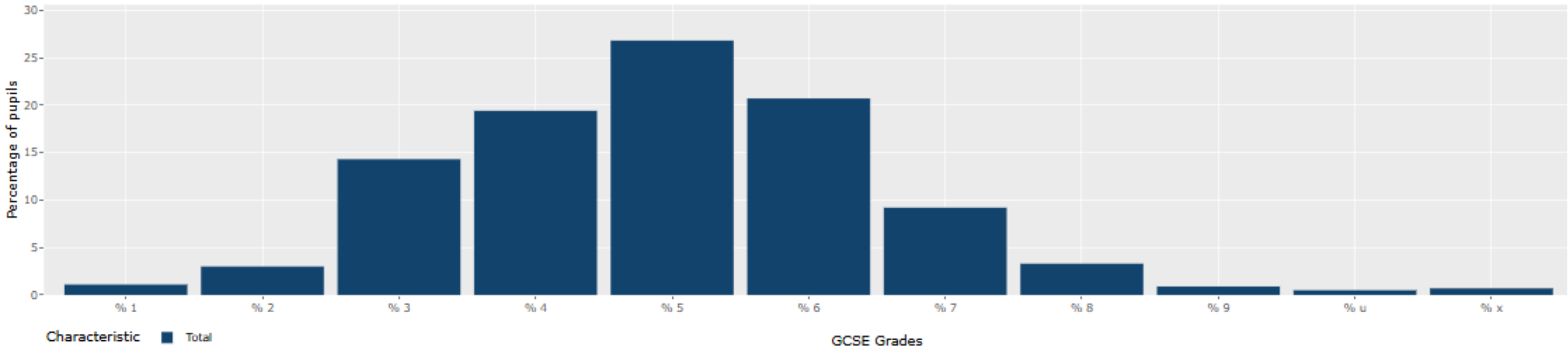
Targets are calculated by looking at how similar students — **who had the exact same Key Stage 2 average score as you** — performed in previous years across England

$$\text{Average Scaled Score} = \frac{\text{Reading Score} + \text{Maths Score}}{2}$$

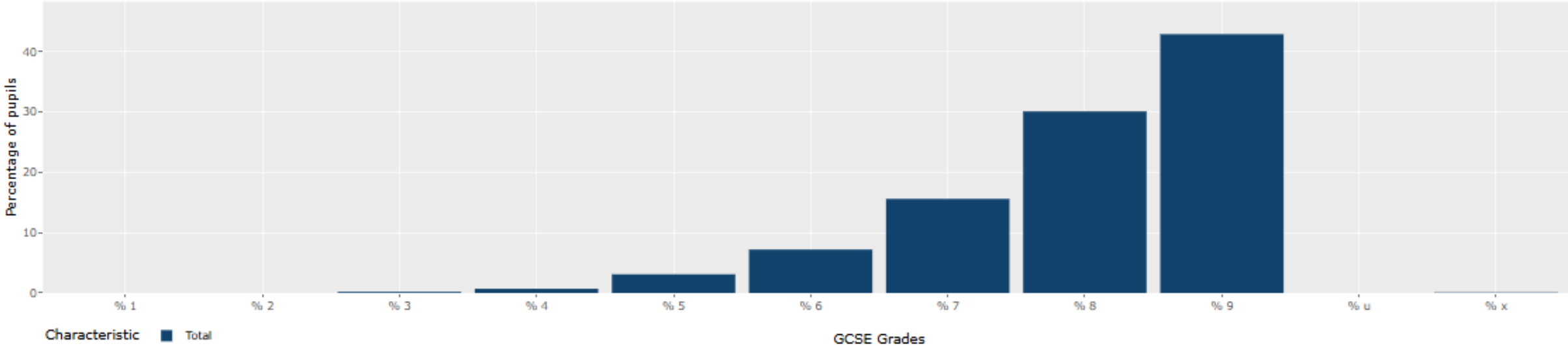
KS2-KS4 pupil progress in GCSE English Language, with 117 - 120 KS2 scaled score



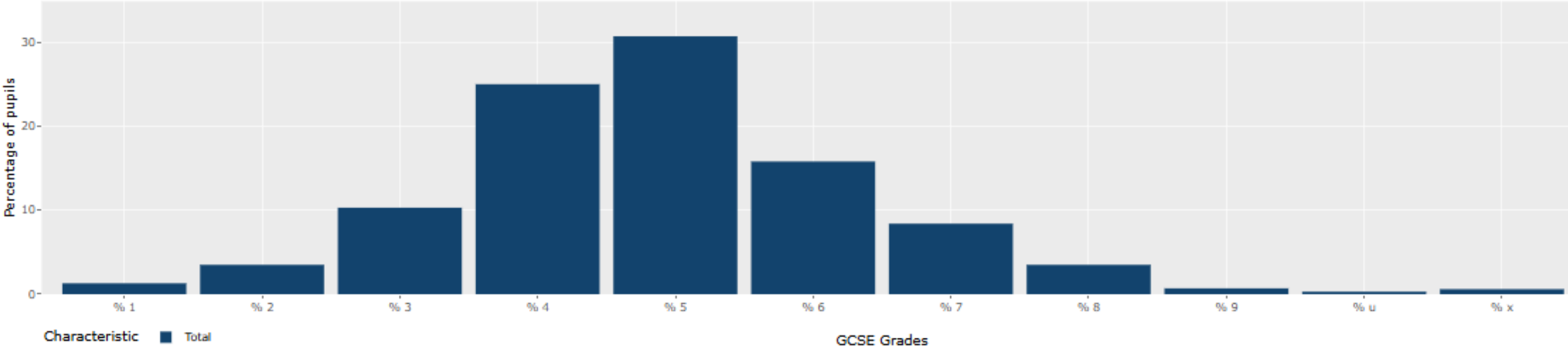
KS2-KS4 pupil progress in GCSE English Language, with 105 - 107 KS2 scaled score



KS2-KS4 pupil progress in GCSE Mathematics, with 117 - 120 KS2 scaled score



KS2-KS4 pupil progress in GCSE Mathematics, with 105 - 107 KS2 scaled score



RE GCSE

subjects	ks2_scaled_score_group	perc_1	perc_2	perc_3	perc_4	perc_5	perc_6	perc_7	perc_8	perc_9
Religious Studies	Less than 80	25	25.9	18	7.2	4.3	3.5	1.5	0.5	0.2
Religious Studies	80 - 89.5	25.4	28.6	20.3	6.1	3.6	1.8	0.7	0.1	0.1
Religious Studies	90 - 95.5	14.6	23.7	26.6	12.4	8.9	5	1.5	0.7	0.2
Religious Studies	96 - 99.5	8.9	17.3	24.9	15.1	14.4	9.4	3.9	1.6	0.4
Religious Studies	100 - 102	6.1	12.3	21.7	16.3	16.9	13.6	6	3.2	0.8
Religious Studies	102.5 - 104.5	4.1	8.5	18.6	15	18.2	17.5	9	5.1	1.9
Religious Studies	105 - 107	2.8	6.3	13.9	13.2	17.8	20.6	12.2	8.4	3.4
Religious Studies	107.5 - 109.5	1.6	4.1	9.6	10.6	16.1	21.8	16.2	12.4	6.7
Religious Studies	110 - 113	0.9	2	5.4	6.8	12.4	20.6	18.8	18.8	13.6
Religious Studies	113.5 - 116.5	0.3	0.8	2.7	3.7	7.8	16.3	19.4	24	24.5
Religious Studies	117 - 120	0.1	0.3	1.3	1.7	4	10.7	16.2	25.5	39.7

Targets are only ever a 'guide'. Could be motivational but equally can 'cap' expectations



4 SCHOOLS

A 'target grade' column will be added to Go4S

☒ Subject name ☐ Grade value

Biology	Chemistry	Chinese	Creative Me...	English Lan...	English Liter...	Maths (Ma)	Music	PE Core	PSHE/RSE	Physics	Registration	Religious Ed...
5	4	8	Level 2 ...	8	6	7	6	-	-	4	-	6

Summary - Current Working Grade

☐ Subject name ☒ Grade value ☐ Progress

Chemistry	Art	Biology	Mathema...	Religious ...	English	Geography	Physics	English Li...	French
8+	8	8	7+	7+	7-	7-	5+	5	5

Residual legend

Autumn St Mary's Scheme 5 Bands

	Well Below Target		Below Target		On Target		Above Target		Well Above Target
--	-------------------	--	--------------	--	-----------	--	--------------	--	-------------------

A 'Goal' to aim for Not a 'Verdict'



VERDICT



Attendance



Mocks – 26th April – 7th May

Unauthorised Items

The following are **NOT** allowed in the exam room:

- Writing on hands/skin
- Mobile phones, other smart enabled device, watches
- Watches
- Non transparent water bottles/pencil cases
- Labels on water bottles / erasers
- Gel pens/ tippex or correction fluid/tape
- Calculator lids
- Earphones/plugs
- Food
- Notes of any sort - check your pockets
- **No barrel** pencil sharpeners



Consequences of Malpractice

If you are caught or suspected of committing malpractice, then an investigation will take place, **we are obliged to report it to the Exam Boards** and they will make the decision on the sanction.

- Written warning
- Loss of marks for that paper
- Loss of marks for that subject
- Loss of marks for all exams with that exam board
- All exams cancelled for all exam boards
- Banned from taking exams for 1-5 years



These are done in strict JCQ conditions to get them ready for Year 11 exams

Revision Guides – *these will be on Parent Pay next half term*

*2025 Prices below

Full cohort

GCSE English Literature

An Inspector calls
A Christmas Carol
Power and Conflict
Unseen Poetry
Macbeth

[GCSE English Text Guide - An Inspector Calls includes Online Edition & Quizzes | CGP Books](#) £3.25
[GCSE English Text Guide - A Christmas Carol includes Online Edition & Quizzes | CGP Books](#) £3.25
[GCSE English AQA Poetry Guide - Power & Conflict Anthology inc. Online Edition, Audio & Quizzes | CGP Books](#) £3.25
[GCSE English AQA Unseen Poetry Guide - Book 1 includes Online Edition | CGP Books](#) £3.25
[GCSE English Shakespeare Text Guide - Macbeth includes Online Edition & Quizzes | CGP Books](#) £3.25

GCSE English Language

[GCSE English Language AQA Complete Revision & Practice - includes Online Edition and Videos | CGP Books](#) £6.00

GCSE RE

[New GCSE Religious Studies: AQA A Christianity & Islam Revision Guide \(with Online Extras\) | CGP Books](#) £3.50

GCSE Edexcel Maths - H Tier

[GCSE Maths Edexcel Revision Guide: Higher inc Online Edition, Videos & Quizzes | CGP Books](#) £3.25

GCSE Edexcel Maths - F Tier-

[GCSE Maths Edexcel Revision Guide: Foundation inc Online Edition, Videos & Quizzes | CGP Books](#) £3.25

Combined Science – Trilogy – H Tier

[GCSE Combined Science AQA Revision Guide - Higher includes Online Edition, Videos & Quizzes | CGP Books](#) £6.25

Combined Science – Trilogy – H Tier

[GCSE Combined Science AQA Revision Guide - Foundation includes Online Edition, Videos & Quizzes | CGP Books](#) £6.25

Separate Science Biology – H tier

[GCSE Biology AQA Revision Guide - Higher includes Online Edition, Videos & Quizzes | CGP Books](#) £3.25

Separate Science Physics – H tier

[GCSE Physics AQA Revision Guide - Higher includes Online Edition, Videos & Quizzes | CGP Books](#) £3.25

Separate Science Chemistry – H tier

[GCSE Chemistry AQA Revision Guide - Higher includes Online Edition, Videos & Quizzes | CGP Books](#) £3.25



Options

GCSE Geography

[Revision Guide Second Edition \(GCSE 9-1 Geography AQA\): Amazon.co.uk: Tudor, Rebecca, Bayliss, Tim, Hurst, Catherine, Digby, Bob: 9781382029148: Books](#) £5.99

GCSE PE

[GCSE Physical Education AQA Revision Guide \(with Online Edition and Quizzes\) | CGP Books](#) £3.25



Revision Team for mocks

< All teams

23-25GCSE-REVISION

- Home page
- Class Notebook
- Classwork
- Assignments
- Grades
- Reflect
- Insights

▼ Main Channels

General

General Posts Files

+ New Upload Edit in grid view Share Copy link Sync Add shortcut to OneDrive

Documents > General > Revision materials Y10 exams Jan 2024

Name	Modified	Modified By	+ Add column
Art	February 13	V Latimer-Mills	
Biology	February 13	V Latimer-Mills	
Business Studies	February 13	V Latimer-Mills	
Chemistry	February 13	V Latimer-Mills	
Child Development	February 13	V Latimer-Mills	
Chinese	February 13	V Latimer-Mills	
Computing	February 13	V Latimer-Mills	
Eng Lang	February 13	V Latimer-Mills	
Eng Lit	February 13	V Latimer-Mills	
Food Studies	February 13	V Latimer-Mills	
GCSE PE	February 13	V Latimer-Mills	
Geog	February 13	V Latimer-Mills	
History	February 13	V Latimer-Mills	
Maths	February 13	V Latimer-Mills	
Music	February 13	V Latimer-Mills	
Physics	February 13	V Latimer-Mills	
RE	February 13	V Latimer-Mills	

General Posts Files

Whitburn

Information for Candidates March 2024 – Year 10 Mock Examinations Instructions and Timetable v. 2.1 January...
www.whitburncofeducation.org

Reply

J Adamson 25/02 17:18

For the **Year 10 English exams**, you need to revise the following: **GCSE English Language Paper 1** and **'A Christmas Carol'**. The first part of the English Language paper focuses on reading an extract from a fiction text and answering 4 reading questions. The second part of the English Language paper requires you to write a description or story based on a picture printed on the paper. There are revision materials in the Eng Lang and Eng Lit folders to help you revise. Here are some links to some online revision for English Language:

[Analysing fiction - GCSE English Language Revision - AQA - BBC Bitesize](#)
[Unit: Language Skills - Fiction - Reading | Teacher Hub | Oak National Academy \(thenational.academy\)](#)
[Unit: Creative writing: short stories | Teacher Hub | Oak National Academy \(thenational.academy\)](#)
[What is fiction? - Writing fiction - AQA - GCSE English Language Revision - AQA - BBC Bitesize](#)
Here is a link to some excellent revision for 'A Christmas Carol' <https://www.sparknotes.com/lit/christmascarol/>

Analysing fiction - GCSE English Language - BB...
GCSE English Language Analysing fiction learning resources for adults, children, parents and teachers.
www.bbc.co.uk

Reply

We will email you when this is ready and set up for their mocks.

Exam Results

Board	Level	Element Code	Title	Grd1	Grd2	Mark	Equiv	End1
EDEXL/KS	BTEC/A12	CYVJ6A	Digital Information Technology	*2				
EDEXL/KS	BTEC/A12	DLNP7A	Enterprise	*2				
AQA	GCSE/9DA	8464H	Combined Sci: Trilogy Tier H	99			310	
AQA	GCSE/9FC	8035	40Geography	9			196	
AQA	GCSE/9FC	8300H	Mathematics Tier H	8			206	
AQA	GCSE/9FC	8658H	French Tier H	9			196	
AQA	GCSE/9FC	8700	English Language	9				D
AQA	GCSE/9FC	8702	English Literature	9			157	

Final grades depend upon your child's ranking

This depends on how well they have *learnt*...



This mock
paper scored
48 out of 100.

If all other
students in the
country get 47
or less this is a
level 9.

Pearson Edexcel
Level 1/Level 2 GCSE (9-1)

Business
Paper 2: Building a business

Extra Assessment Material Set 1 for first teaching
September 2017
Time: 1 hour 30 minutes

Paper Reference
1BS0/02

You do not need any other materials.

Total Marks
48

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided
– there may be more space than you need.
- Calculators may be used.
- You are advised to **show all your working out** with your answer clearly identified at the end of your solution.

Information

- The total mark for this paper is 90.
- The marks for **each** question are shown in brackets
– use this as a guide as to how much time to spend on each question.

Advice

Read each question carefully before you start to answer it.

If all other
students in the
country get 49
or above this is
a U grade

Treat current
grades with
caution

GCSE English and Maths

1. The importance of achieving a **level 4 or above** in order to progress to many future pathways.
2. Students will be required to **resit English and maths** in their subsequent place of study or employment, if level 4 is not achieved.
3. **Average Points Scores** are important . they need to aim to do their best across all subjects

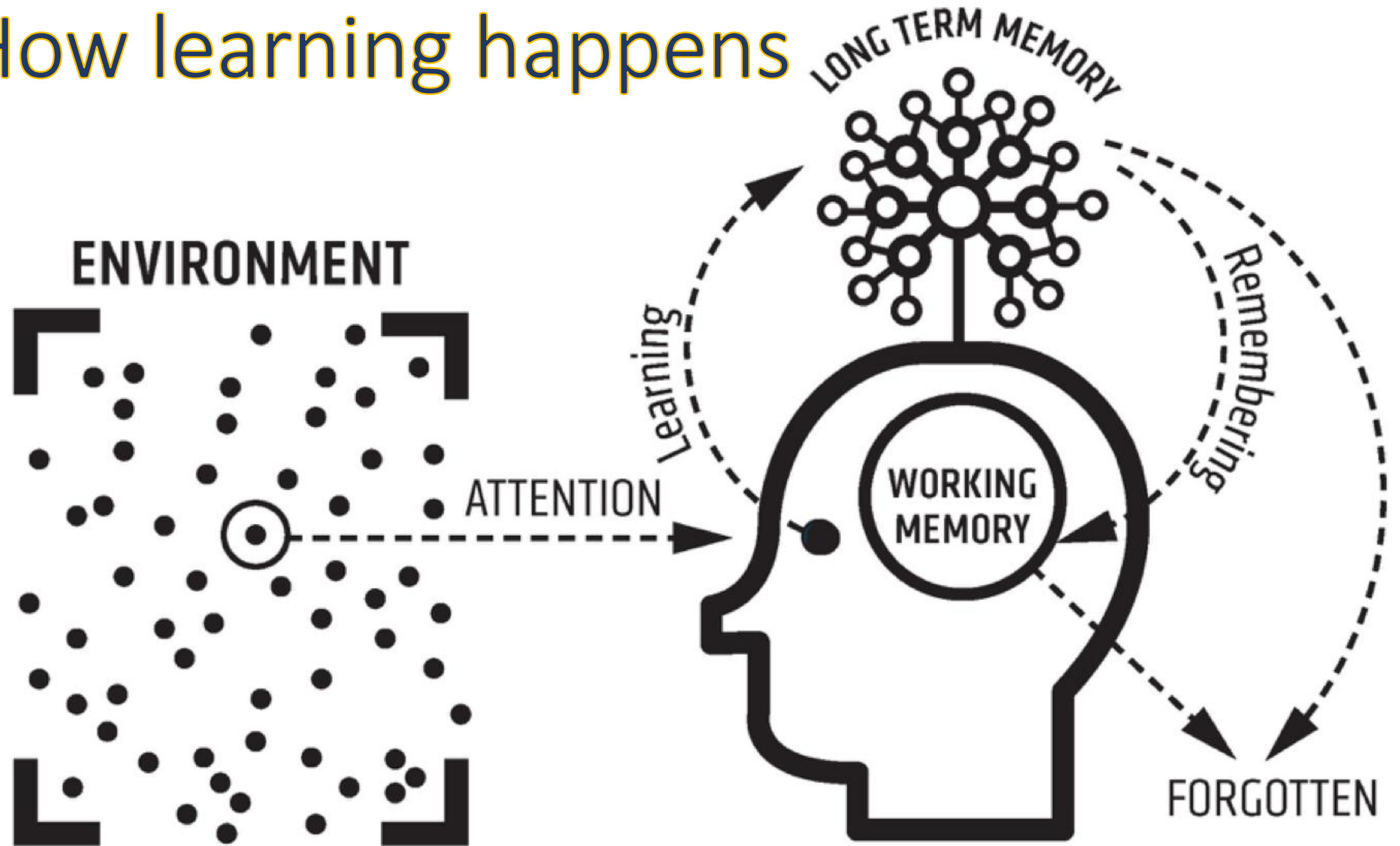
GCSE courses

More exams

What does this mean ?

- **More reliance on memory eg Maths formulae / Physics equations**
- **Greater knowledge recall required eg. MFL Vocabulary**
- **More exam papers to be sat and prepared for**

How learning happens



In lessons

People Don't Learn What they are Taught!

Learners **receive** what they pay attention to.

Learners **Retain** what they...

- ✓ **Encode** (Find meaningful and relevant)
- ✓ **Elaborate** (Think hard about)
- ✓ **Organise** (Connect to prior knowledge)
- ✓ **Rehearse** (Apply and practice)
- ✓ **Retrieve** (Regularly recall and refine)

Ask them what they learnt

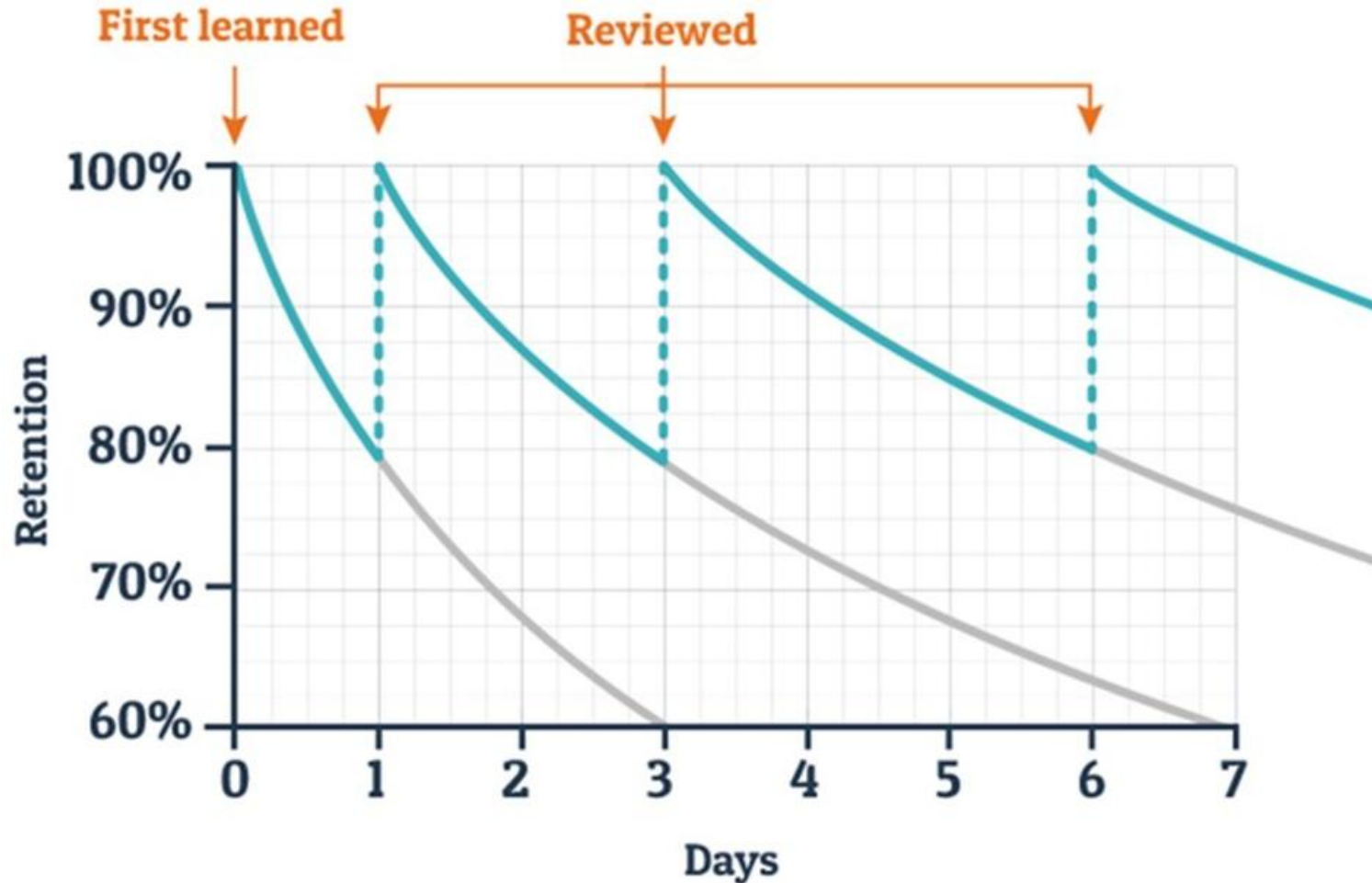
Expect them to focus for the whole lesson, every lesson

Students not paying attention won't learn

Students not actively thinking about the content won't learn

Students not engaging in tasks won't learn

Most effective study – Overcome forgetting with spaced repetition. Cramming doesn't work!



How you can support your child's study



The purpose of **study** is to **embed** in students' long term **memory** the **knowledge and techniques / skills** that they will need to reproduce in their exams.

This can only be done through ***repeated, purposeful practise***

You can support this through by ensuring that your child's study is: ***Organised, Purposeful and Active***

‘My exams are ages away.....’

- 5 terms left
- NEAs have started already
- Good habits take a long time to build



‘I’m going to fail anyway’. ‘I don’t want to go to sixth form / college...’

- Challenge defeatism / negative self talk
- GCSEs are a passport – open doors and choices not close them
- Work hard, do your best, I’m proud of you

1. Getting Going



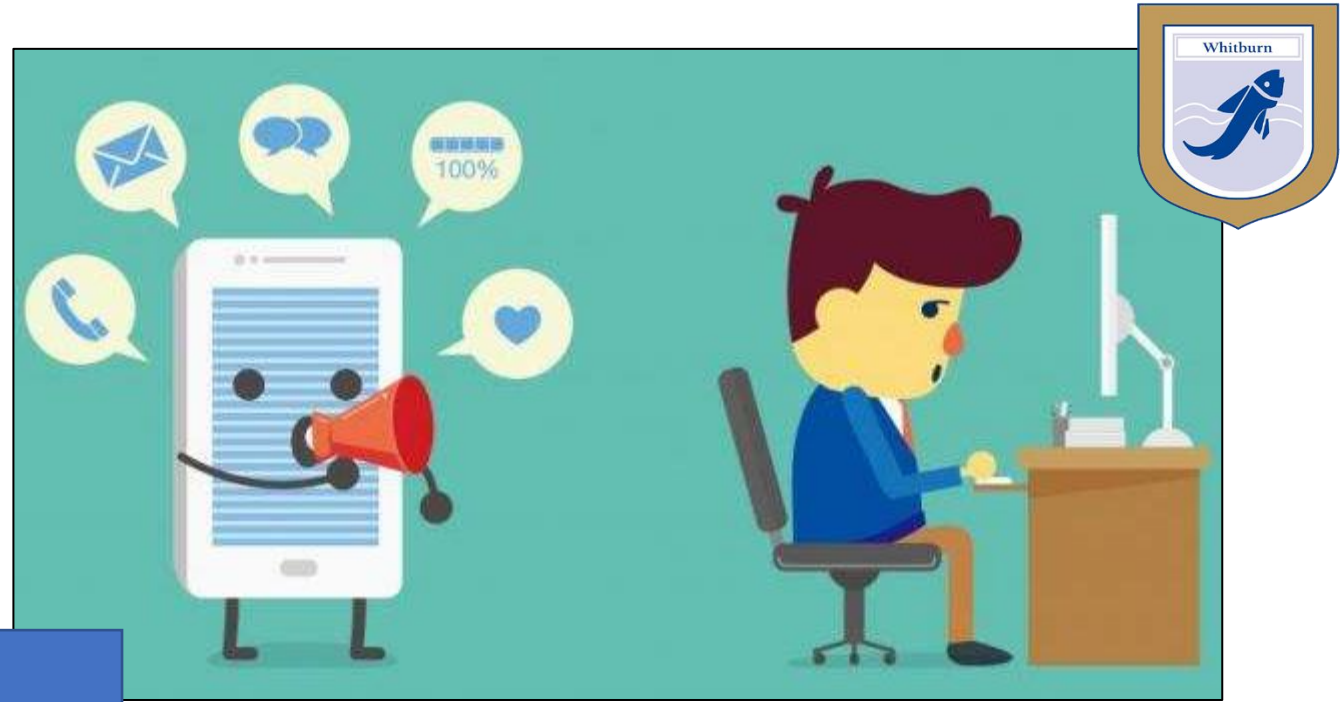
Procrastination is the enemy of progress



Talk with them about setting up their study timetable. Low stakes

Habits and Routines – make regular, small amounts of study the 'norm'

2. The right environment



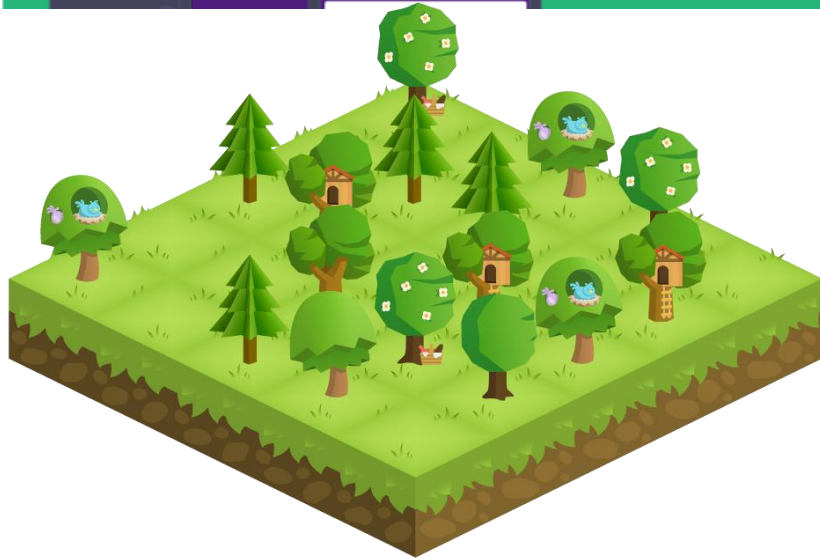
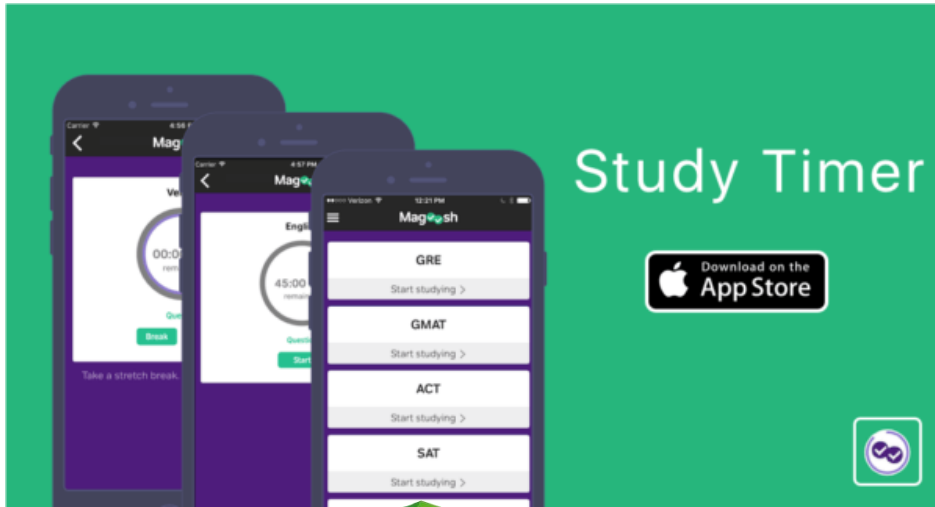
Split Attention Effect

The working memory can hold around 4 – 7 pieces of information at a time. Successful study requires silence and no distractions.

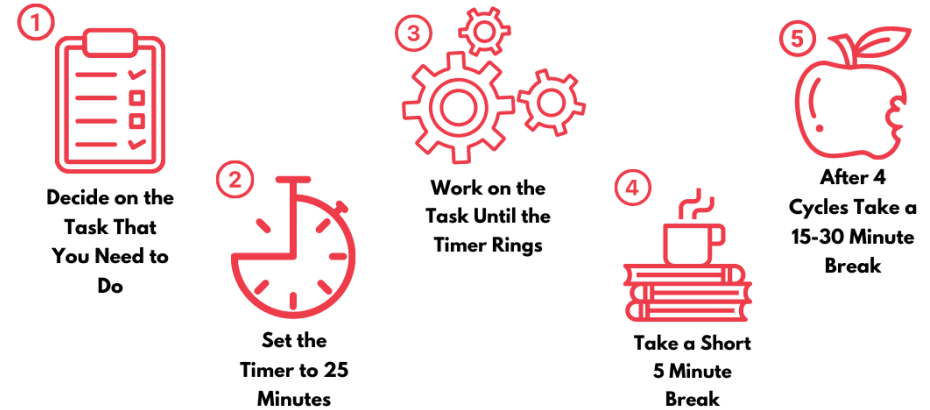
Music may *relax* students but it will divert attention. Phones will definitely divert attention!

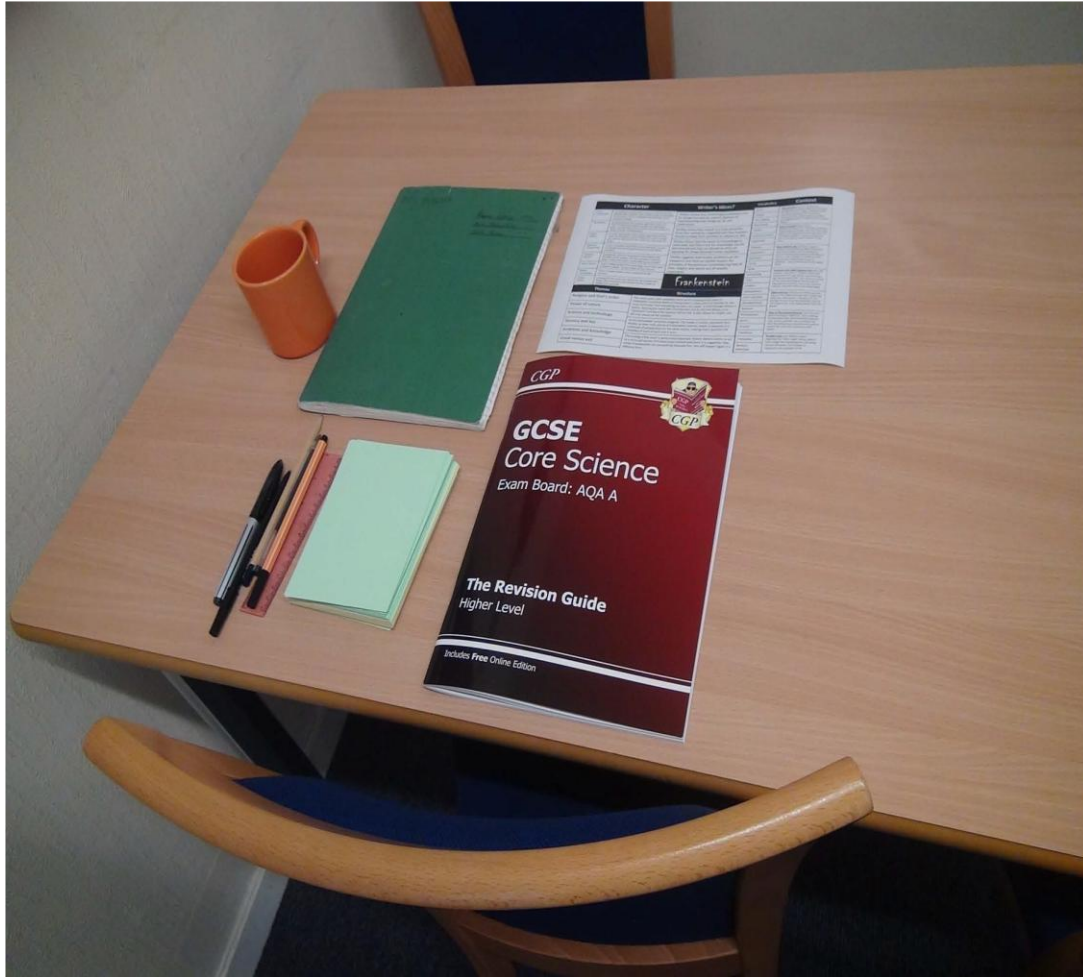
Talk with them about where they will study.
Agree on phone use

3. The phone compromise...



THE **POMODORO** TECHNIQUE





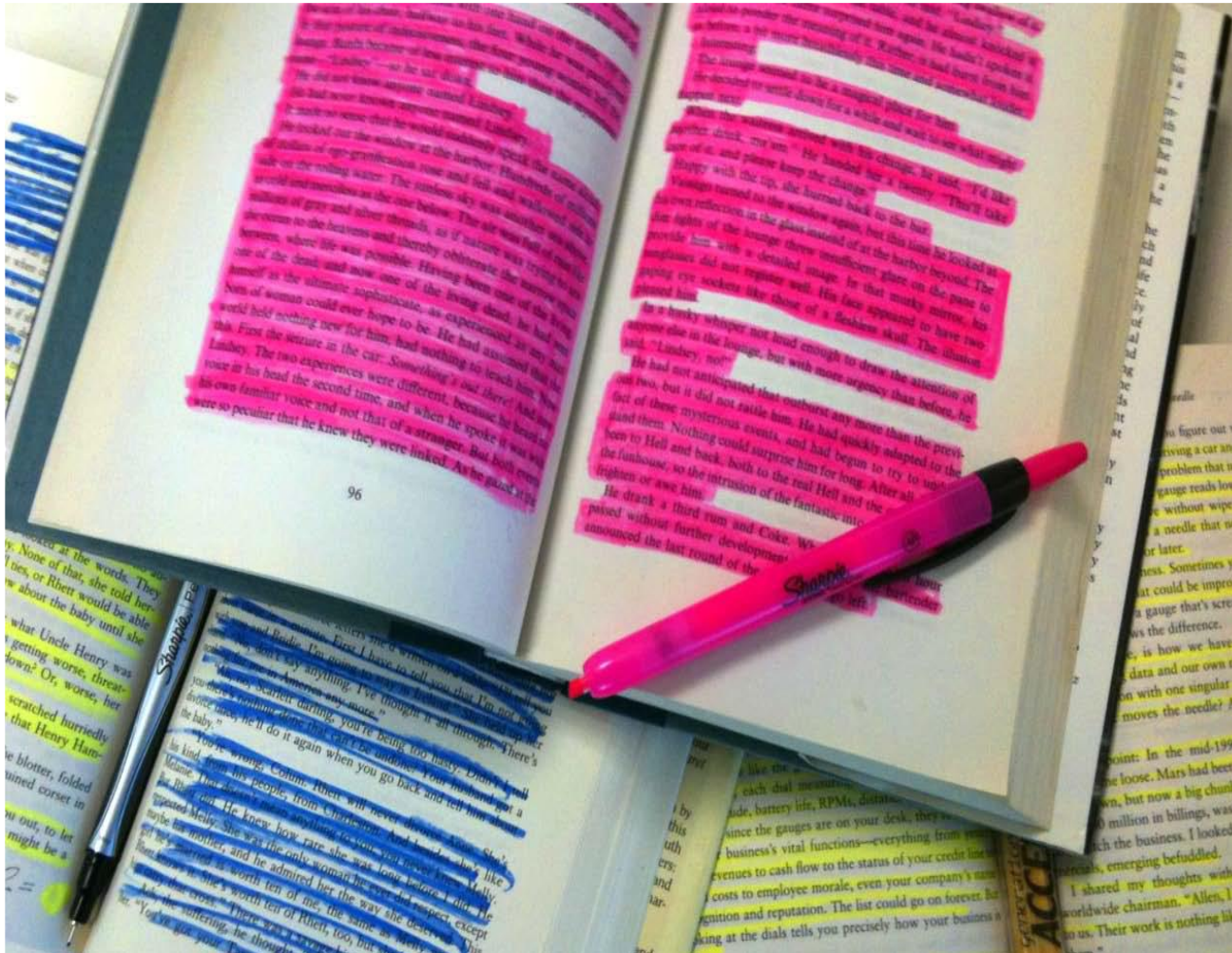
4. The right materials

Effective
Study

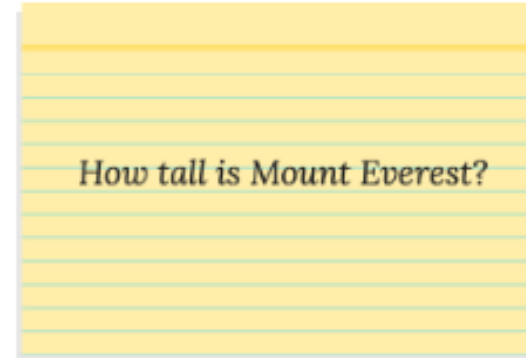
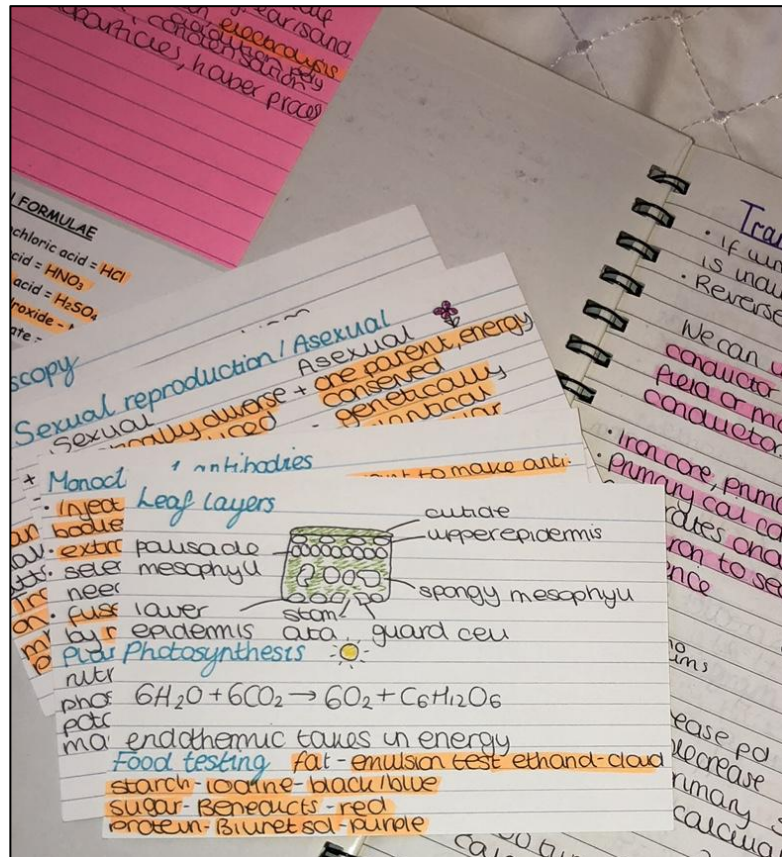




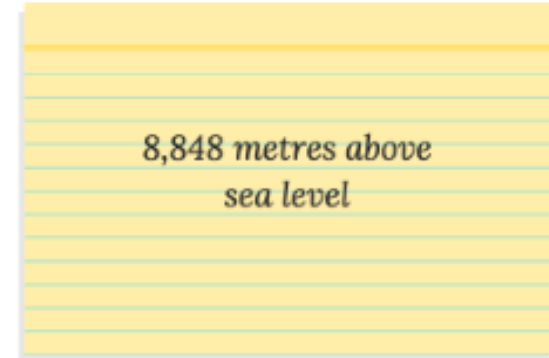
5. Monitor what they are doing



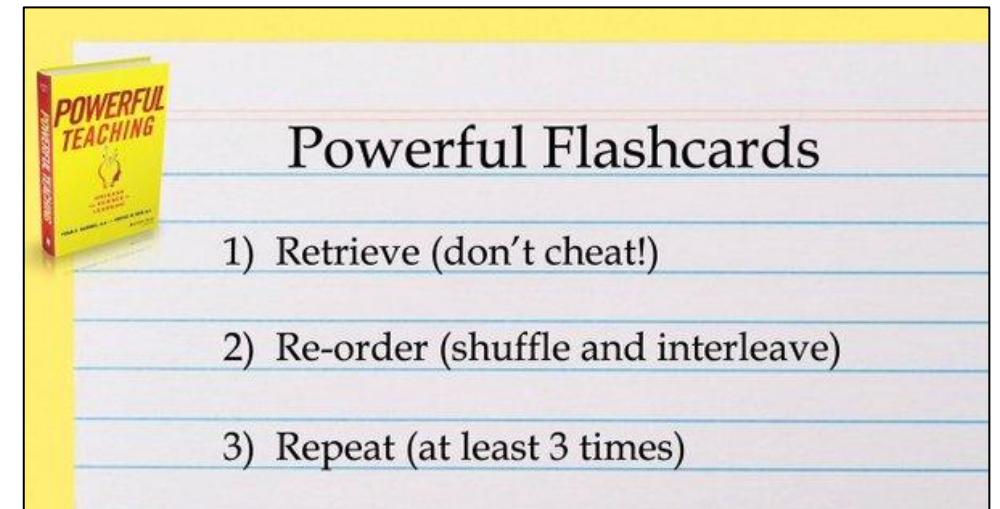
6. Making flashcards and then testing



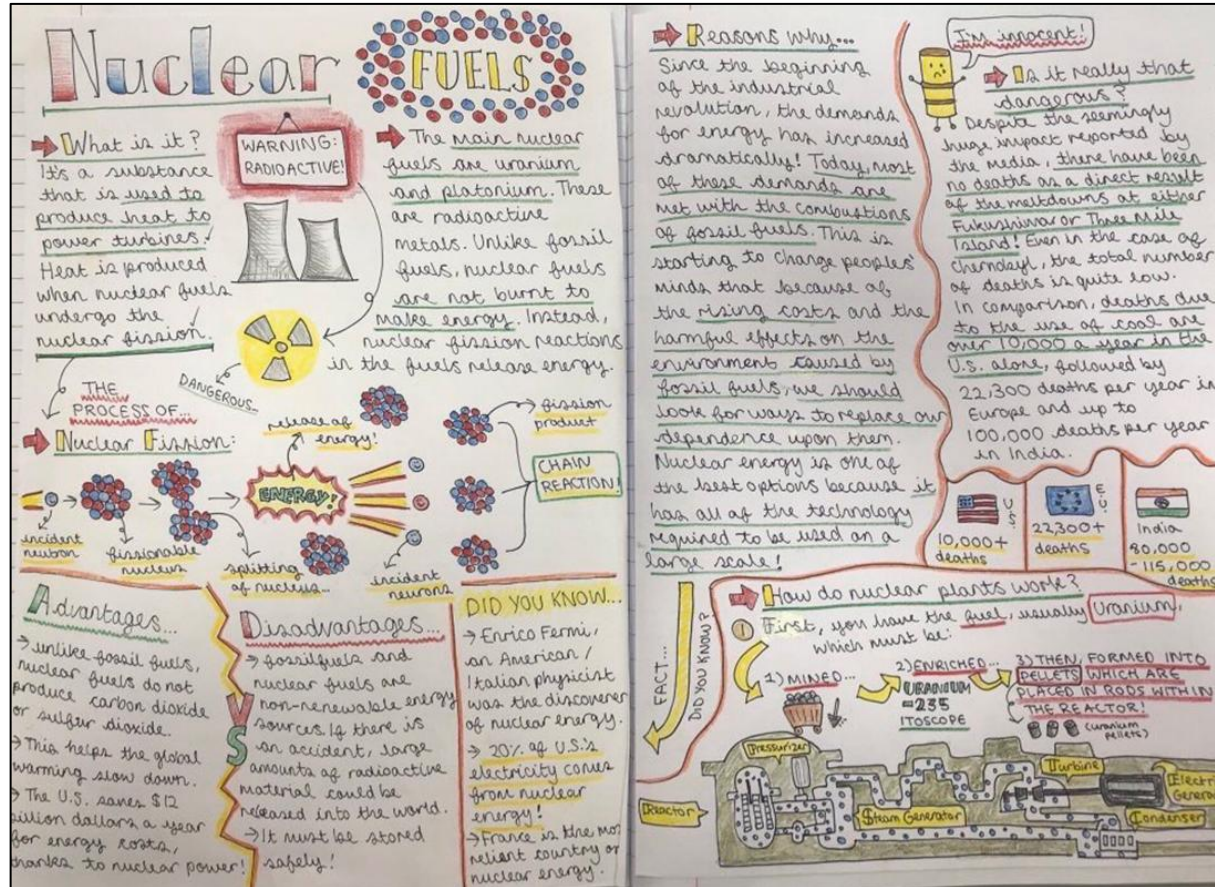
FRONT



BACK



7. Making visual organisers.



Using Pictures and Organising notes with visual cues means you have 2 ways to remember. 2 ways in 2 ways out.

Improves
your memory
and focus

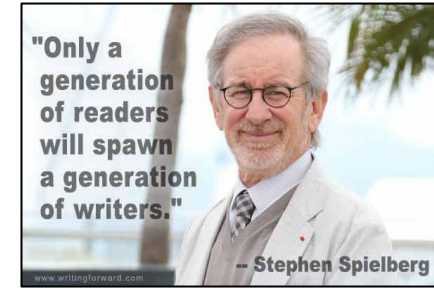
Helps writing
skills

Develops
vocabulary

Creates a
sense of
imagination

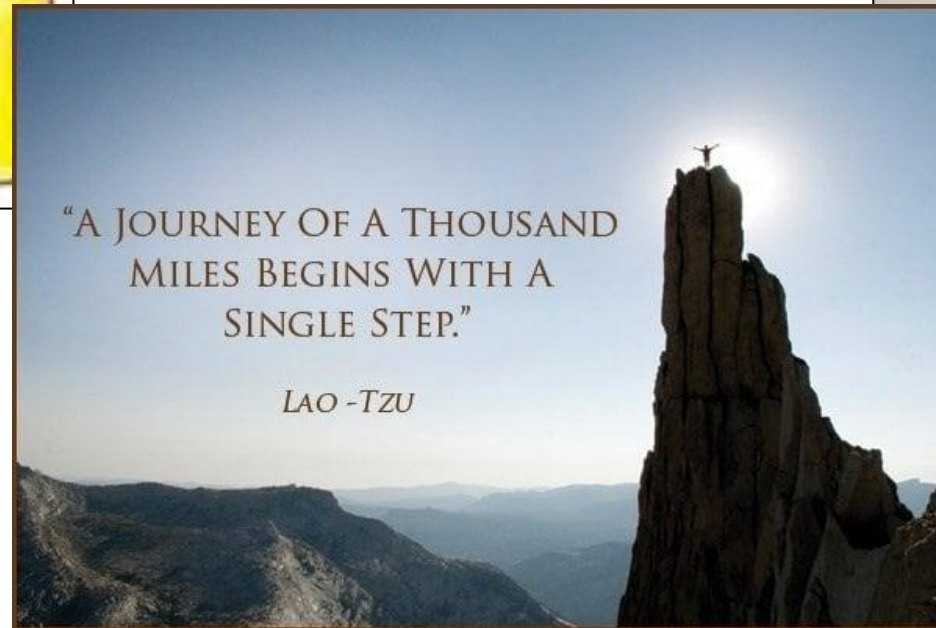
Lowers stress

8. Reading for Pleasure



Expands
knowledge

Between now and May 2028



EXTRA CURRICULAR TIMETABLE - AUTUMN TERM 2026



Fitness – Mr Furniss – Fitness Room – 12.40 – 1.05

Netball – Mrs Rush – Sports Hall – 12.40 – 1.05

Choir – Miss Cresswell and Miss Parkes – Room 2 – 1.05 – 1.30



CHIR



Trampolining – Mr Arthur – Sports Hall – 3.30 – 4.30

GCSE and A Level Art – Mrs Sarginson – Room 24 (Week 2) – 3.30 – 4.10



MONDAY

A Level Mandarin Speaking – Mrs Kirk – Room S1 – 12.50 – 1.20

Basketball – Mrs Nelson and Mr Mackey – Sports Hall – 12.40 – 1.05

Climbing – Mr Arthur – Septimus Hall – 12.40 – 1.05

Chamber Choir – Miss Cresswell and Miss Parkes – Room 2 – 1.05 – 1.30

KS3 'Chilling with the Chaplain' Club – Miss Rogers – Room S3 – 12.40 – 1.30

Debate Club – Mr Crawford – Room S10 – 1.00 – 1.25

Maths Skills Club – Room 33 – 1.00 – 1.30

Sci Fi Club – Mr Coyne – Room 13 – 3.30 – 4.20

Netball (Y7 and Y8) – Mrs Nelson – Sports Hall – 3.30 – 4.30

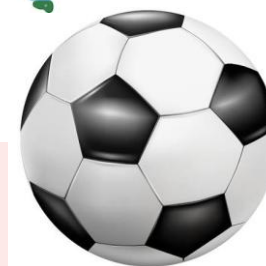
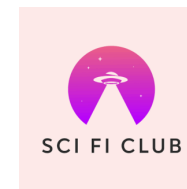
Y7 Football – Mr Leggett – AWP – 3.30 – 4.30

School Production – Miss Cresswell and Miss Parkes – Septimus Hall – 3.30 – 4.30

GCSE and A Level Art – Mrs Dembry – Room 28 (Week 2) – 3.30 – 4.10



官 官
话 话



TUESDAY

Badminton and Table Tennis – Miss Walker – Sport Hall – 12.40 -1.05

Fitness – Mr Leggett – Fitness Room – 12.40 – 1.05

School Production – Miss Cresswell and Miss Parkes – Septimus Hall – 1.05 – 1.30

Godbods Bible Club – Miss Rogers – Room S3 – 12.40 – 1.30

Maths Skills Club – Room 33 – 1.00 – 1.30

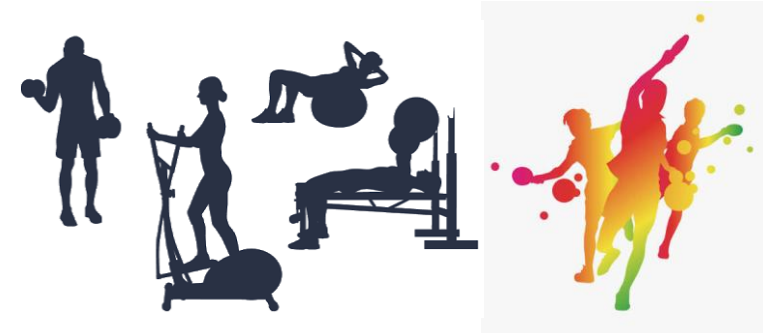
Computing Club – Mr Huntley – Room 35 – 3.30 – 4.25

Netball (Y9, Y10, Y11) – Mrs Rush – Sports Hall – 3.30 – 4.30

KS3 Cooking Club (Week 2) – Mrs Walton – Room 8 – 3.30 – 4.30

Orchestra – Miss Cresswell and Miss Parkes – Room 1 – 3.30 – 4.30

Art Club – Mrs Dembry and Mrs Sarginson – Room 28 (Week 1) and Room 24 (Week 2) – 3.30 – 4.30



WEDNESDAY

Board Games Club – Mr Lancaster - Room 48 – 12.50 -1.30

Cricket – Mr Arthur – Sports Hall – 12.40 – 1.05

Dance – Mrs Rush – Septimus Hall – 12.40 – 1.05

Choir – Miss Cresswell and Miss Parkes – Room 2 – 1.05 – 1.30

KS4 'Chilling with the Chaplain' Club – Miss Rogers – Room S3 – 12.40 – 1.30

Maths Skills Club – Room 33 – 1.00 – 1.30

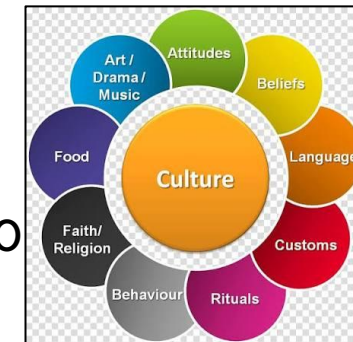
A Level Spanish Speaking – Miss Latimer Mills – Room 44 – 3.30 – 4.10

KS3 Cultural Club – Miss Corbett Skedd – Room 43 – 3.30 – 4.10

Environment Club – Mrs Bull/ Mrs Carr / Mrs Thomas – Room 9 – 3.30 – 4.20

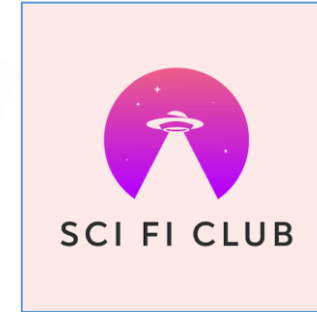
Y8 and Y9 Football – Mr Mackey and Mr Furniss – AWP – 3.30 – 4.30

Girls Football – Miss Walker – Sports Hall – 3.30 – 4.30



THURSDAY

School Production – Miss Cresswell and Miss Parkes – Septimus Hall – 1.05 – 1.30



Sci Fi Club – Mr Coyne – Room 13 – 3.30 – 4.20

GCSE French Masterclass – Mrs Watson– Room 44 – 3.30 – 4.10



KS3 Textiles Craft Club (Week 2) – Mrs Mullen – Room 8 – 3.30 – 4.30

FRIDAY



Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
& LEARNING



MAINTAINS
HEALTHY
WEIGHT



STRENGTHENS
MUSCLES
& BONES



IMPROVES
HEALTH
& FITNESS



IMPROVES
SLEEP



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer

Aim for
at least
60
minutes
everyday



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE



SPORT



PE



SKIP



CLIMB

Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**



WORKOUT



DANCE

Sit less



LOUNGING

Move more

Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: www.bit.ly/startactive

THE BRAIN BENEFITS OF EXERCISE



INCREASES PRODUCTION OF
NEUROCHEMICALS THAT
PROMOTE BRAIN CELL REPAIR



IMPROVES
MEMORY



LENGTHENS
ATTENTION SPAN



BOOSTS DECISION-
MAKING SKILLS



PROMPTS GROWTH OF
NEW NERVE CELLS AND
BLOOD VESSELS



IMPROVES
MULTI-TASKING
AND PLANNING



TEENAGERS: 8-10 HRS/DAY
ADULTS: 7-9 HRS/DAY

Don't let this be you...



Plan ahead!

TIPS FOR TEENS TO PROMOTE A **GOOD NIGHT'S SLEEP**



Try to get up at about the same time each morning.



Enjoy some physical activity during the day, preferably outside.



Worrying about things at night? Set time aside during the day for problem-solving.



Avoid drinking caffeine after 4pm as it's a brain stimulant.



Allow time to wind down at night. If you're working or studying, stop at least 30 minutes before bedtime.



Avoid phones, tablets and watching TV just before bedtime.



Y10 - what to expect

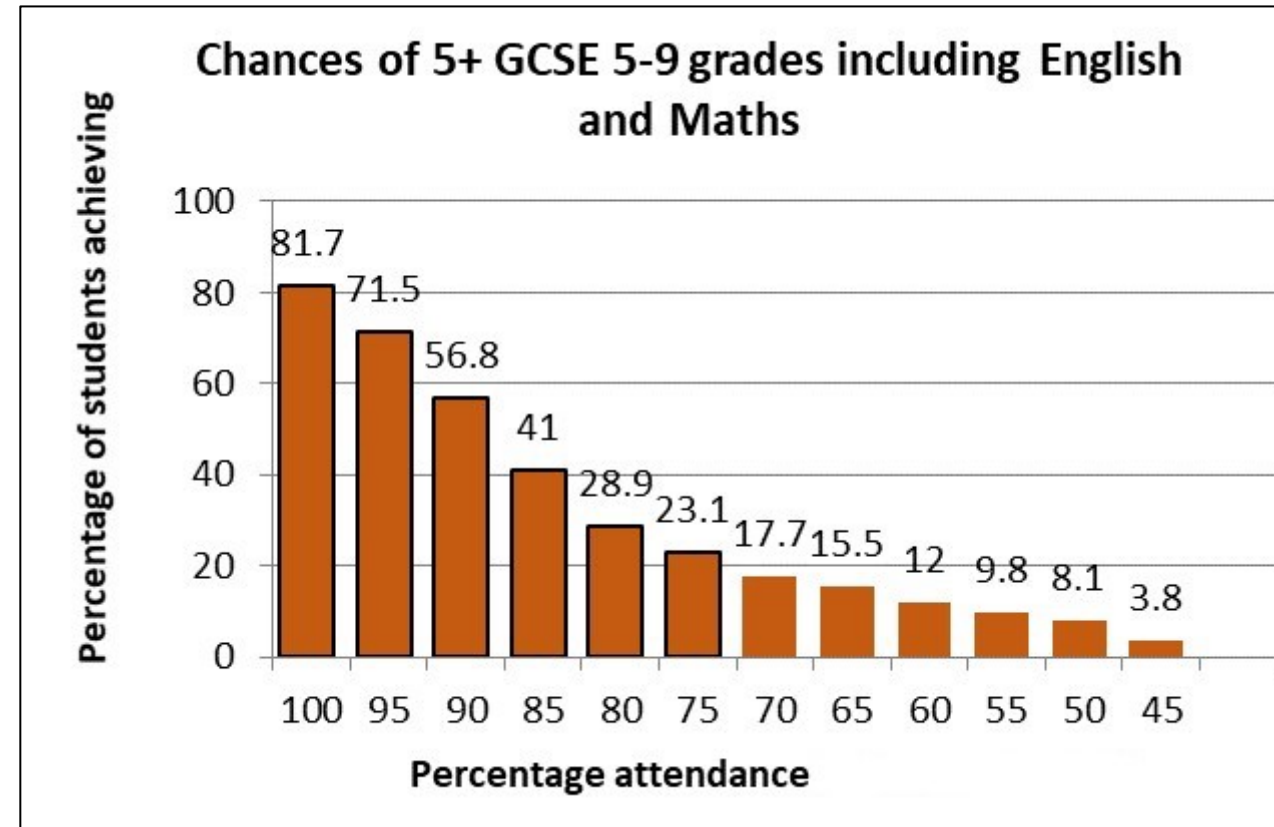


- High expectations in terms of attitudes to learning and study both in and outside of the classroom
- An increased amount of homework to complete and more self-study expected
- A number of opportunities for students to take on responsibilities such as being a Prefect, Head Girl / Head Boy or House Captain
- Work experience
- Extra-curricular opportunities and trips
- Additional Study Support and Master classes after school, beginning after Y10 exams, and onwards into Y11
- High quality pastoral & academic care-please contact Mrs Coyne(pastoral) and Mrs Latimer-Mills (academic) if you would like to discuss specific matters regarding your child.

Attendance



Attendance	Number of school days absent in a year	Number of Weeks
100	0	0
96	7	1.4
95	9	1.8
90	19	3.8
85	29	5.8
80	38	7.6
70	57	11.4



Final tips for parents/carers



- Get them into a regular study/homework routine-**KS4 Homework Support 3:30- 4:30 every Wed, room 44.**
- Ensure they have a **quiet place to study** with minimal distractions
- As they begin revision for topic tests or Y10 exams, make sure their revision is **goal orientated** (this topic, 3 mind maps, that page in the revision guide, etc)
- Make sure revision includes **practising the skills / techniques** of answering GCSE level questions
- **Get actively involved** / ask what they are doing /ask what they have learned at school/ test them on their work
- **Encourage their involvement in extra-curricular activities** including physical activity

**Organisation
is the
Key to Success**

• **Encourage good sleep patterns and diet**

Thank you for your time this evening



Year 10 have made a fantastic start so far..