



Melcome

Mrs Pearse

Head of School









Parental engagement in education is one of the largest factors in student achievement.

Thank you for being here today.



Key Parent Events

- 1. Preparing for Year 11 Evening: 18th September
 - Overview of Year 11
 - Subject Q & A
- 2. Parents Evening: 11th December
 - Mock Exam 1 results
 - Appointments with subject teachers
- 3. Parent and Student Workshop and Meal: 29th January
 - > Revision workshop
 - ➤ Plus free meal
- 4. RAP (Raising Achievement Plan) Meeting: 24th March
 - ➤ Mock Exam 2 results
 - > Appointment with tutors



Mr. Furnell

Assistant Headteacher – Engagement and Attendance





Steps to Success





The Teenage Brain

Age 24

Age 0

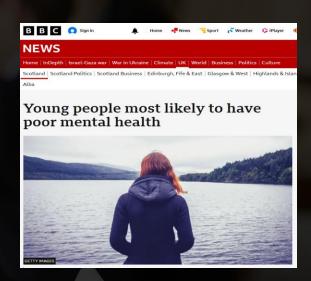
Age 11





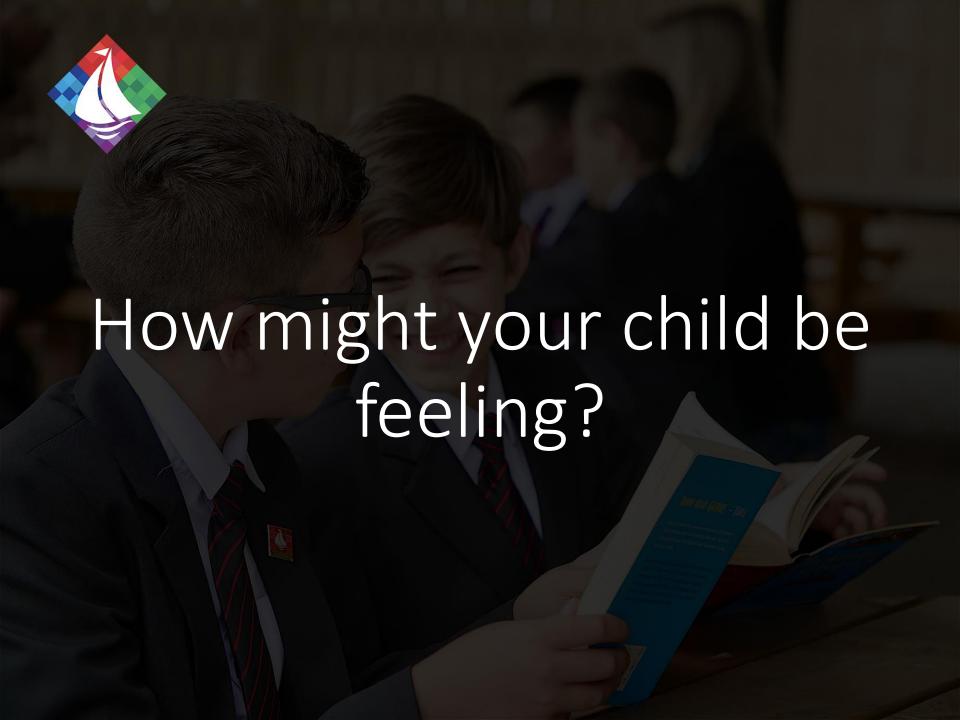
National Challenges for Teens

- Mental health
- Self-esteem & body image
- Peer pressure
- Bullying
- Cyber addiction
- Depression
- Drinking and drugs
- Eating disorders









I'm panicking already! Why are
exams so
easy for
everyone else
but me?

I have no idea
What I am doing
this year!

I don't know what I want to do at college yet.

I always just go 'blank' in exams. Exams are so far away, I don't need to think about them yet.

My family is piling on the pressure – especially because my older sibling did so well last year.

I don't need GCSEs!





Bespoke Year 11 Support

Term One	Term Two	Term Three
Mock Exams 1: November	Mock Exams 2: March	GCSE Exams: May-June
Support: ➤ Trust Guest Speaker ➤ Preparing for Yr11 Evening ➤ Intervention timetable ➤ Elevate Conference ➤ PD Day 1: Key to Success ➤ Parents Evening	Support: ➤ Parent and Child Workshop and meal ➤ PD Day 2: Acing Exams ➤ February Half-Term: Coursework Catch Up ➤ RAP Meets ➤ Easter Holidays: Boosters	Support: ➤ Aim Higher Conference ➤ Warm-up and Booster Timetable ➤ May half-term: final Boosters ✓ Leavers BBQ ✓ Prom!

Plus: targeted intervention, revision guides, college events, etc





What can we learn from last year?

Attendance	Attainment 8	Average Grade
100% (23)	57.33	5a
95-99% (80)	49.25	4a
90-94% (28)	37.75	3a
80-89% (11)	36.73	3b
<80% (31)	23.58	2c





What can parents do?

- 1) Listen to your child show an interest, ask supportive questions, make time
- 2) Reward effort rather than results praise the small things, discuss small rewards eg. favourite meal or film night
- 3) Supportive approach think about language choices when discussing revision e.g. what can we do at home to support you?
- 4) Recognise when they are really struggling and identify what help is available
- 5) Keep them motivated ask them about college and apprenticeships, inspire them
- 6) Support them with revision





What can students do?

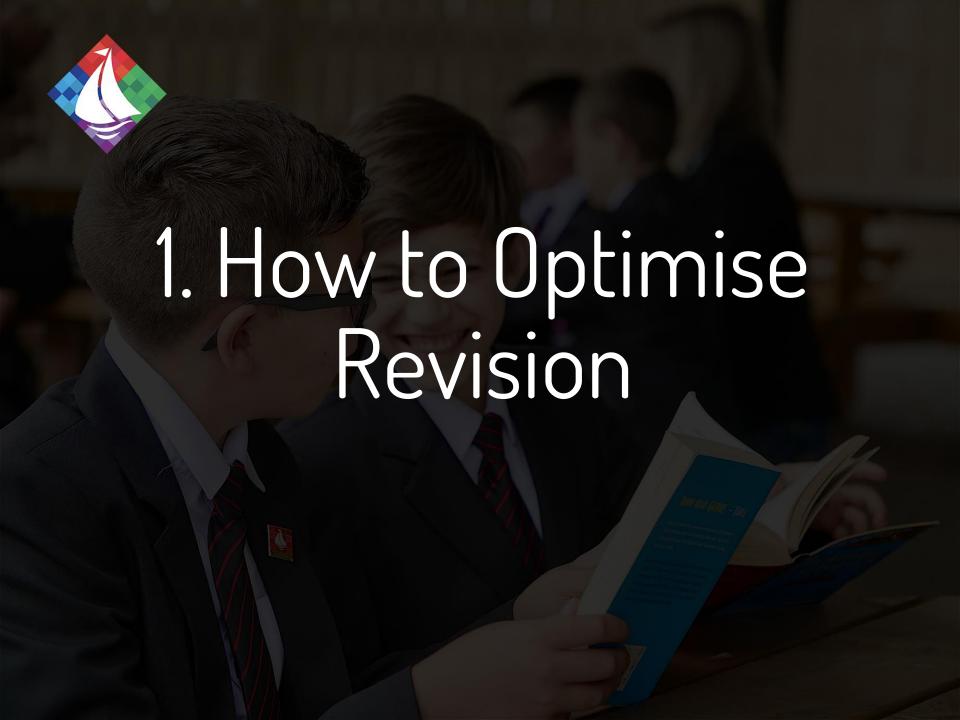
- ✓ Attend school every day
- ✓ Attend lessons on time

- ✓ Communicate when / if they need help
 - ✓ Engage in learning
 - ✓ Believe in themselves



What else would parents like to know?

Parent Survey Results





Revision Timetable



Comprehensive coverage of all subjects

A study planner allows parents and their children to create a well-rounded schedule, ensuring that every subject receives adequate attention..



(O)

Organisational skills

A study planner is a practical tool that teaches children essential organisational skills that will benefit them beyond their academic years.

With a well-structured planner, children become more disciplined and can better manage their daily routines.



Time for rest and recreation

An organised study planner also includes designated breaks and time for rest and recreation.

Balancing study time with relaxation is essential for optimal learning and overall wellbeing.

Empowering children and parents alike

Involving children in the process of creating a study planner gives them a sense of ownership and responsibility for their education. This empowerment instils a positive mindset, encouraging them to take their studies seriously and strive for success.



Reduced stress from last minute cramming

A well designed study planner reduces the pressure that comes with trying to absorb large amounts of information at once, leading to a more relaxed and focused approach to learning..



Recommended 2 hours per day chunked into 20-25 min slots

(including home-learning)



Designated Study Space



Not a place associated with relaxing

If your child studies on their bed, or on the sofa, it is very difficult for their brain to get into a working mindset, because that place is normally associated with relaxing.



Flat surface

Your child needs to be able to spread their resources out and write on a flat surface such as a desk or a dining room table.



Quiet and without distractions

The study space needs to be somewhere that is quiet and that your child will not be distracted in. If this has to be the kitchen table, then they need to use it when that room is quiet.



Well lit

The room needs to be well lit from either a window, a ceiling light or an extra table light. If your child has to squint due to poor light, it will give them headaches and result in mental fatigue.



A chair that lets them sit up straight

Sitting upright in a chair to study, rather than slouching or lying down in bed is so much better not only physically for the body, but also mentally to get them into a work mindset.



We can help provide a quiet space in school if required



Remove Distractions



Speak to your child about distractions

Talk to your child about how important it is to give 100% focus to the task at hand. This should be done well in advance of a study period, not just as they start.



Remove the phone from the study space

When they are studying, agree that you'll remove the phone from their study space for the duration of their study so that they can fully concentrate on their work without any distractions.



Silent mode is not enough

Switching it to silent, or turning off notifications is not enough. If the phone is with your child when they are supposed to be studying, you can guarantee that their attention and focus will be constantly interrupted just because of the sheer presence of their phone.



Focus and concentration

By removing the phone from the study space, your child can forget about it and give their full focus to whatever task they are doing.



Hand it back after the study period

When they are having a break from their studies, they can check their phone and catch up on all of those important notifications, before they hand it back to you to continue with their study period.





Revise in an environment similar to exam conditions



Active Revision!

Flash Cards



Revision Posters



Mind Maps



Blurting

Brurting Notes

Quizzing



Acronyms

MILITARISM ALLIANCES IMPERIALISM NATIONALISM CAUSES OF WW1



The Protégé Effect

WE LEARN



70% of What We Discuss.

WE LEARN



80% of What We Experiance.

WE LEARN



95% of What We Teach Others.



Allow for Movement and Exercise



Reduced

tress and anxiety

Regular exercise acts as a natural stress reliever by reducing the levels

of cortisol, the hormone responsible

for stress. When your child is less

stressed, they can approach their

studies with a clearer mind and

perform better academically.





learning retention

Physical activity stimulates the growth and maintenance of brain cells. This can enhance memory consolidation, making it easier for your child to remember and recall information during exams.



Increased confidence and positive outlook

Exercise has been shown to improve mood and boost self-confidence. This newfound confidence can translate into a more positive attitude towards their studies and an increased belief in their abilities to succeed.



Long study sessions can often lead to mental fatigue, making it difficult for your child to concentrate effectively, Incorporating physical activity into their routine increases blood flow to the brain helping to combat this issue.



Better sleep patterns

Regular exercise helps regulate sleep cycles, promoting better and more restful sleep. When your child gets enough rest, they will be more alert. focused, and able to absorb information effectively.



Ensure students balance their time



Rest and Sleep



Tired and Fatigued

Without adequate rest and sleep our children quickly become tired and fatigued, meaning that they are nowhere near as effective or efficient with their study time.





Recall

Without adequate rest and sleep the brain struggles to process information in the same way, meaning that our children lose our ability to access and recall previously stored and learned information.





Mistakes

When we are either physically or mentally fatigued our children are much more prone to making silly mistakes in their work, things that they wouldn't do normally when fully rested.



When children get tired their mind will begin to drift and they will regularly lose concentration, meaning they are nowhere near as effective and efficient with their time. In general terms they would probably only get half as much done in the same time as if they were fully rested.



Decision Making

Being fatigued also leads to a reduction in our child's ability to make sound decisions because tiredness limits their ability to accurately assess situations, solve problems and plan their approaches accordingly.



Recommended no phones or devices at nighttime





The college 'myth'

You only need a Grade 3 / Grade 4 to get a place on a course with us.'



- □ College places are becoming more competitive.
- Lower GCSE results could jeopardise course places, meaning you might start at a lower level.
 - □ Could lead to re-sitting exams.



Applying for College

- >College Open Evenings: posted on our social media sites
 - Applications are now open submit before Christmas (support given in lessons)
- Application support day: October 1st with COPC, HSDC UTC, SHCG, and Bayhouse Sixth Form reps available in school to assist with applications.
- Careers Advisors: available every Tuesday for career guidance meetings.

All students will get an appointment, even if they've applied.



What next...

Drama Studio: English, Maths and Science

Library: All other Subjects

Canteen: Additional Support

- Heads of House pastoral support
- Careers Advisors
- Local Colleges
- Local employers such as Hampshire Police, Fire Service, etc.