



Welcome

Year 11 Parents' Information Evening
Mr. Keith Winstanley, Headteacher

Agenda

Introduction, school results and the current Year 11 position (Mr Winstanley, Headteacher)

English iGCSE overview and advice (Mrs Kennedy, Deputy Headteacher)

Maths GCSE overview and advice (Mr Brookes, Subject Team Leader for Mathematics)

Timeline – now until the exams, how can parents help (Mrs Manson, Head of Year 11)

Maintaining Wellbeing (Mr Fallon, Assistant Headteacher)

Understanding your child's progress & the qualification structure (Mr Danielson, Curriculum Lead)

Post-16 Pathways and requirements (Mr Danielson, Curriculum Lead)

Plenary (Mr Winstanley, Headteacher)

NASUWT rejects pay offer

Thu, 26 May 2022

The NASUWT – the Teachers' Union has today rejected the second full and final offer made by the Manx government on behalf of its members for a number of reasons:

With CPI inflation at 9.0% (IOM April figure) the headline 3.6% rise represents a real terms pay cut of at least 5.4% for the majority of our members. This represents the largest single real terms cut since 2010. When the proposed pay is added to the current pay points a significant number will move into a high pension contribution band which increases the offer by at least 1%.

The proposed pay increase which sees those on the lowest pay scale being the most is extremely divisive. The pay range have been those worst affected by the erosion of their pay over the years.

The government's plan to deal with the historic erosion over the years is a multi-year plan.

Isle of Man
NASUWT
The Teachers' Union

MEETINGS AND COVID-19



In the context of the COVID-19, there is no "zero-risk" when it comes to any kind of gathering – especially events that bring large groups of people together.

COVID-19 Update

For more information please visit gov.im/covid-19



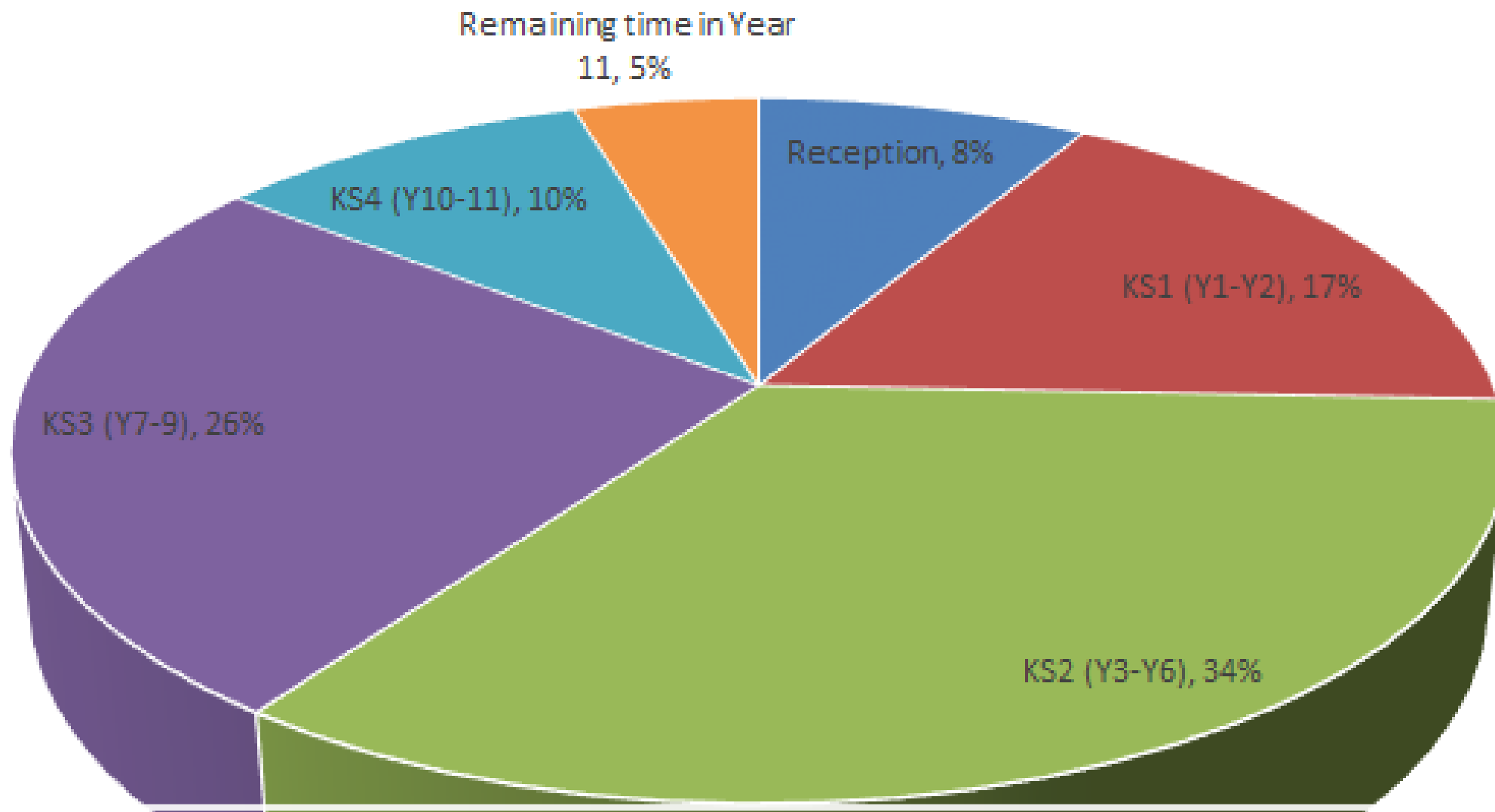
Isle of Man



Current situation

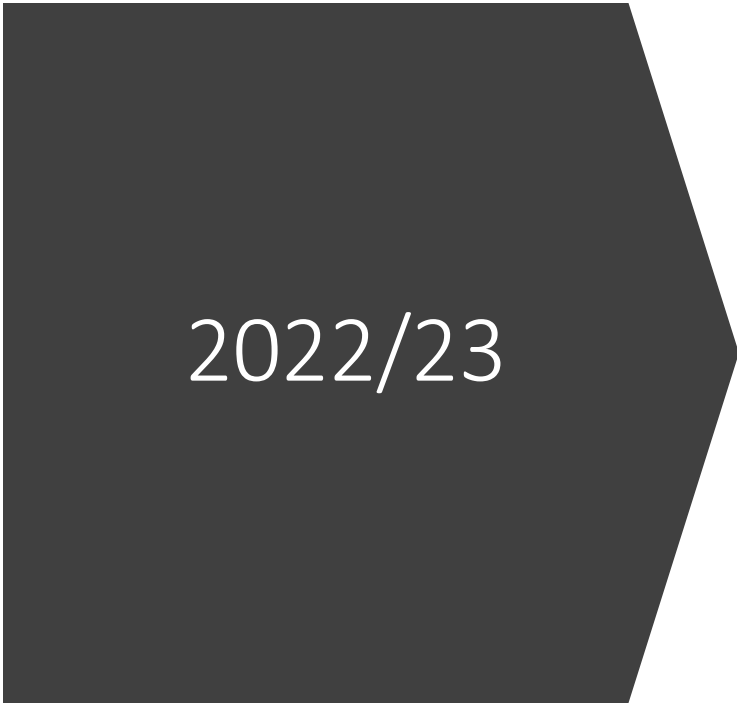


For more information please visit gov.im/covid-19



School Journey – What's left?

School calendar 2022/23 UK



August 2022							
wk	Mo	Tu	We	Th	Fr	Sa	Su
31	1	2	3	4	5	6	7
32	8	9	10	11	12	13	14
33	15	16	17	18	19	20	21
34	22	23	24	25	26	27	28
35	29	30	31				

September 2022							
wk	Mo	Tu	We	Th	Fr	Sa	Su
35				1	2	3	4
1	5	6	7	8	9	10	11
2	12	13	14	15	16	17	18
3	19	20	21	22	23	24	25
4	26	27	28	29	30		

October 2022							
wk	Mo	Tu	We	Th	Fr	Sa	Su
						1	2
5	3	4	5	6	7	8	9
6	10	11	12	13	14	15	16
7	17	18	19	20	21	22	23
HT	24	25	26	27	28	29	30
8	31						

November 2022							
wk	Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5	6
9	7	8	9	10	11	12	13
10	14	15	16	17	18	19	20
11	21	22	23	24	25	26	27
12	28	29	30				

December 2022							
wk	Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3	4
13	5	6	7	8	9	10	11
14	12	13	14	15	16	17	18
15	19	20	21	22	23	24	25
	26	27	28	29	30	31	

January 2023							
wk	Mo	Tu	We	Th	Fr	Sa	Su
							1
	2	3	4	5	6	7	8
18	9	10	11	12	13	14	15
17	16	17	18	19	20	21	22
18	23	24	25	26	27	28	29
19	30	31					

February 2023							
wk	Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4	5
20	6	7	8	9	10	11	12
21	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
22	27	28					

March 2023							
wk	Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4	5
23	6	7	8	9	10	11	12
24	13	14	15	16	17	18	19
25	20	21	22	23	24	25	26
26	27	28	29	30	31		

April 2023							
wk	Mo	Tu	We	Th	Fr	Sa	Su
						1	2
27	3	4	5	6	7	8	9
15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	23
28	24	25	26	27	28	29	30

May 2023							
wk	Mo	Tu	We	Th	Fr	Sa	Su
29	1	2	3	4	5	6	7
30	8	9	10	11	12	13	14
31	15	16	17	18	19	20	21
32	22	23	24	25	26	27	28
33	29	30	31				

June 2023							
wk	Mo	Tu	We	Th	Fr	Sa	Su
22				1	2	3	4
23	5	6	7	8	9	10	11
34	12	13	14	15	16	17	18
35	19	20	21	22	23	24	25
36	26	27	28	29	30		

July 2023							
wk	Mo	Tu	We	Th	Fr	Sa	Su
26						1	2
37	3	4	5	6	7	8	9
38	10	11	12	13	14	15	16
39	17	18	19	20	21	22	23
30	24	25	26	27	28	29	30
31	31						

Bank holidays 2022/23 UK

29 August '22	August Bank Holiday	27 December '22	Substitute day	1 January '23	New Year's Day	10 April '23	Easter Monday
25 December '22	Christmas Day			2 January '23	Substitute day	1 May '23	Early May Bank Holiday
26 December '22	Boxing Day			7 April '23	Good Friday	29 May '23	Spring Bank Holiday

CRHS GCSE Results

	5+ A*-C	5+ A*-C (including English and Maths)
2017	63.1%	56.2%
2018	60%	54.4%
2019	67.6%	59%
2020	74.4%	67.8%
2021	73.6%	63.6%
2022	65.8%	55.8%
2023 (Based on internal tracking)	(60%)	(44%)

Find your way

- No one pathway suits everyone
- However, more qualifications can mean
 - more choices
 - more money
- All the pathways can, with hard work, lead to happiness and success
 - It's not too late to change your future
 - We want to support you but can't do it for you
 - Attendance really matters
 - Challenge yourself
 - You might be surprised by what you can achieve



An overview of English Language

Mrs Nicola Kennedy, Deputy
Headteacher

Cambridge IGCSE English Language

<https://www.cambridgeinternational.org/Images/596961-2023-syllabus.pdf>

First Language English 0500

Applies to all groups

Coursework Portfolio

- **Assesses ability to write for a range of purposes**
- 50% of final grade
- 3 pieces of approx. 800-1000 words each
- Offers opportunity to redraft following feedback
- This component is internally assessed and moderated and then externally moderated by the exam board.
- Includes a small number of marks for reading
- Mostly produced in Yr10 and finalised early Yr11 – keep to deadlines!

One exam paper

- **Assesses ability to respond to reading material**
- 50% of final grade
- 2 hours
- The Cambridge IGCSE English Language is an untiered examination, meaning that all students will sit the same examination at the end of Year 11.
- It is often one of the first GCSE examinations that students will sit, typically scheduled at the beginning of May in Year 11.
- This component is externally assessed by the exam board.
- Includes a small number of marks for writing

How does the exam work?

- Three lengthy pieces of reading material
- Short answer comprehension questions on Text A
- Summary of Text B
- Language awareness short answer questions on Text C
- Powerful words and phrases question on Text C
- Mini 'repurposing' essay on Text C – can be one of a number of styles of writing
- Small number of marks for writing in summary and in mini essay

Cambridge IGCSE English Literature

<https://www.cambridgeinternational.org/Images/596436-2023-2025-syllabus.pdf>

Literature in English 0475

Applies to groups taught by Mrs Moore, Mrs Matthews and Miss Crispe

Things to note...

- The set texts change yearly
- This means past papers are not easy to identify – ask teacher for sample questions
- There is more than one pathway through the course
- At CRHS we do two exam papers and a coursework portfolio
- Our pathway is Paper 1, Paper 3 and Component 5
- The papers will feature lots of other texts studied in other schools –find yours!
- **Revise and practise**

Coursework Portfolio (known as component 5)

- **Assesses ability to analyse texts studied**
- 25% of final grade
- 2 pieces of approx. Approx 1000 words each
- Offers opportunity to redraft following feedback
- This component is internally assessed and moderated and then externally moderated by the exam board.
- One piece done in Yr10 (nature poetry)
- One piece yet to come in Yr11 (play –Journey's End)
- Keep to deadlines!

Three types of text

- Poetry

15 set poems – mixture of classical and modern

- Prose

10 set short stories – classical and modern, variety of cultures

- Drama

Play called 'Journey's End' by RC Sherriff

Exam paper 1 Poetry and Prose

1hr 30mins

Poetry 45mins worth 25%

- Choice of two poetry essay questions
- Poems taken from the fifteen set poems studied – no surprises.
- Poems provided.
- Focus on MEANING, METHOD, MESSAGE of poem.
- 10 mins plan, 30 mins write, 5 mins check
- 2 sides
- Do one essay only!

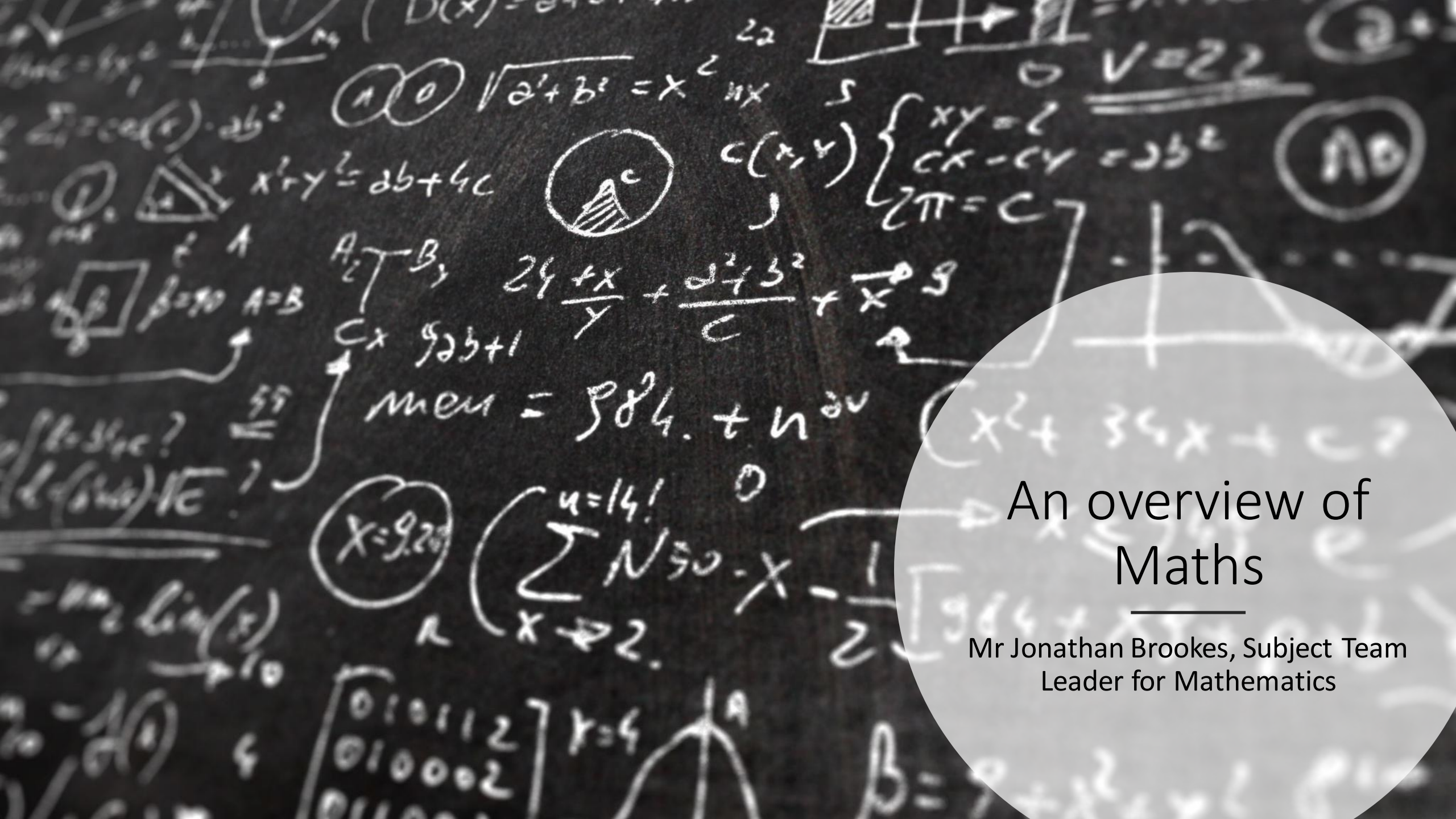
Prose 45 mins worth 25%

- Choice of two short story questions.
- One is an overarching essay title on how writer presents a theme, setting or character. Range over whole story from memory.
- Other is tightly focused essay on an extract which is provided, zooming in on how writer achieves certain effect. Extract provided.
- 10 mins plan, 30 mins write, 5 mins check
- 2 sides
- Do one essay only!

Exam paper 3 Drama

45 mins

- Choice of two questions on set play (Journey's End).
- Open book exam so text is on hand for reference – use quotations.
- One is overarching essay title on how writer presents a character or theme
- Other is tightly focused essay on an extract which is identified.
- 10 mins planning, 30 mins writing, 5 mins checking
- Do one essay only!



An overview of Maths

Mr Jonathan Brookes, Subject Team
Leader for Mathematics

General Information

- WJEC Mathematics (Spec code 3300)
- 3 Tiers of Entry –
- Higher A*-C
- Intermediate B – E
- Foundation D-G

- 2 Papers (50% each)
- 1 Non-Calculator
- 1 Calculator



Grade Boundaries – Average marks shown below

Foundation	Max Mark	D	E	F	G
	65	35	27	18	10

Intermediate	Max Mark	B	C	D	E
	80	50	36	24	12

Higher	Max Mark	A*	A	B	C
	80	55	41	29	16

What calculator do we recommend



- CASIO
- fx-83G-TX or fx-85GT-X

Our new learning platform

- Dedicated to KS4 students only
- Built around our current specification
- Provides:
 - Online teaching videos
 - 1 Minute revision videos
 - Interactive questions
 - Online homework submission
 - Online exam papers
 - Instant feedback



[Live Demo](#)

How we help prepare for assessments

Topic lists always issued to students ahead of assessments

MathsWatch clip numbers will be included

Mocks in December students will sit both full non calculator and calculator over the two weeks

This will give a very clear baseline of where your child is right now

RAG sheet will be completed to help make the necessary improvements

Most improve at least 1 grade from their mock result in the summer

This assessment for all tiers will require a calculator



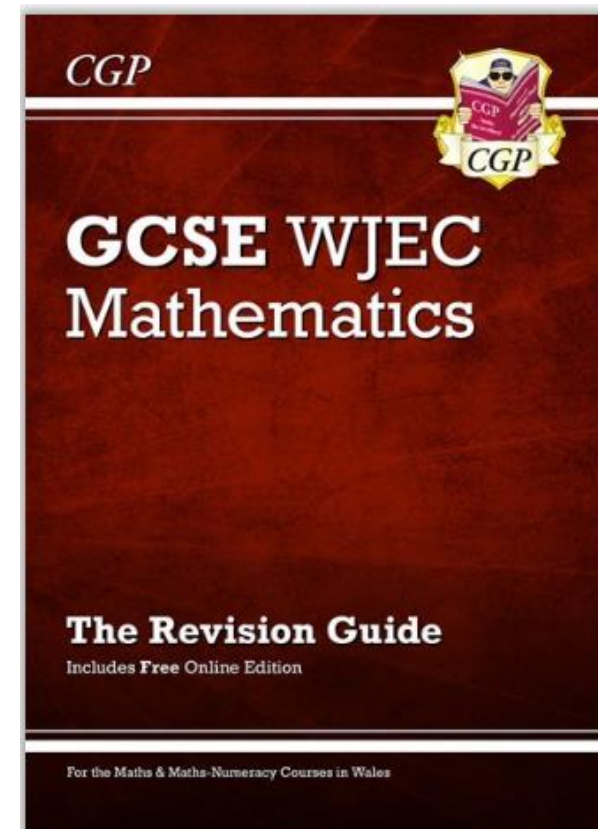
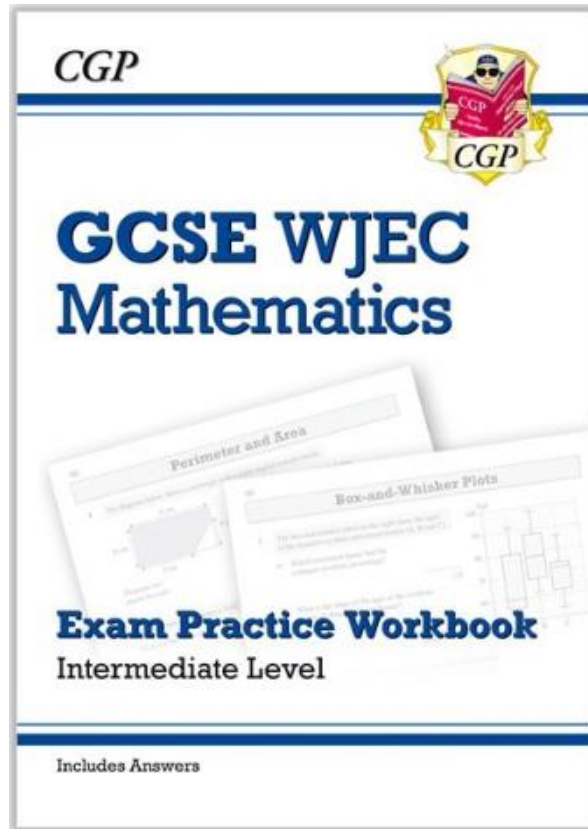
FOUNDATION TIER	
Topic	Corbettmaths Video
TUESDAY	
Calculator work	352
Describe Transformation	326,273,275
FDP	121,122,123
Lines of Symmetry	316
Multiples	220
Percentage of Amount	235
Probability	245
Rotational Symmetry	317
Squares and Cubes	212,226
Venn Diagrams	379,380
WEDNESDAY	
Angle Types - Acute, Obtuse etc	38
Angles in a triangle	37
Area of Compound Shape (With Circle)	59
Factors of a number	216
Function Machine	386
Mean	53
Metric Unit Calculations	349a
Number in figures	362
Sequences	287
Solve Equation	110
Volume of Cuboid	355

HIGHER TIER	
Topic	Corbettmaths Video
TUESDAY	
Basic Probability	245
Enlargements	104-106

INTERMEDIATE TIER	
Topic	Corbettmaths Video
TUESDAY	
Addition of numbers	6
Angles in parallel lines	25
Calculator Work	352
Density	384
Gradient of Line	189
Mean from a grouped frequency table	55
Percentage of Amount	235
Relative Frequency/Probability	248
Reverse Percentages	240
Scale Drawing	75-77
Sohcahtoa	330,331
Time Calculations	322
Volume of Cuboid and Cylinder	355,357
WEDNESDAY	
Angles in a triangle	37
Area of Triangle, Pythagoras	49,257
Factorise Expressions	117
Probability	245
Quadratic Graphs	264
Ratio	270,271
Simultaneous Equations	295
Solving Equations	110
Trial and Improvement	116

GRADING	
Foundation	G - D
Intermediate	E - B
Higher	C - A*

Issued to all students when in Year 10



RAG Sheet

RAG Sheet for Year 11 Assessment October 2021
Intermediate

(2017 Autumn Paper 2)

Q	Topic	Marks	Score	R	A	G	Comment	Corbett Maths Support Video
1	Calculator Work	8	6				have a little look at Q2 on here	352
2	Time	4	4					322
3	Averages problem solving	5	1					50,53,56,57
4	Bearings	3	1					26-28
5	Area of a Trapezium	3	2				use units	48
6a	Express as a percentage	3	0				need to have a look at	237
6b	Ratio	2	2					270
7	Probability	3	0				read question	245
8	Area of a Circle	5+2	3				OCU	40
9	Forming Linear Equations	6	6					115
10	Indices	3	3					174
11	Trial and Improvement	4	4					116
12	Pythagoras and Volume	8	0				Over thought the right answer first	257,356
13	HCF/LCM	5	3				NEED TO WORK ON!!	224
14	Subject of Formula	3	3					7
15	Sohcahtoa	6	6					329-331
16	Tree Diagrams	5	2				didn't have time to look through	252

My Score R A G
 desperately needs work
 not fully confident
 Confident in and understand

Work on amber and red as I'm not fully confident in them

Will work on 2/3 times in half term till I understand fully.
 practice once or twice
 Properly
 Look over formulas but confident in and happy with.

How can you support your child at home?

1

Have discussions with your child about what they are learning in Maths

2

Use the parent support guide and RAG sheet to help support their revision

3

Make sure they are doing regular practice of skills on MathsWatch

Summer 2023 – Exam Board Support

- Advanced information for the summer 2023 exams for WJEC Maths will be released in the Spring Term
- Example:

Section	Topic descriptor(s)	Unit 1 (✓)	Unit 2 (✓)
Number			
Understanding Number and Place Value	Rounding (e.g., whole numbers, decimal places, significant figures)		✓
Understanding number relationships and methods of calculation	Expressing numbers as products of prime factors	✓	
	Indices	✓	
	Standard form	✓	
	Fraction / percentage of an amount	✓	
	Expressing a number as a fraction / percentage of another		✓
	Calculating using ratios, proportional division	✓	
	Estimation and approximation	✓	

Question Time

Intermediate Question

Calculator Allowed - Grade D

A task takes 6 hours 15 minutes to complete.

$\frac{2}{5}$ of this time is spent on planning.

How long was spent on the **rest of the task**?
Give your answer in hours and minutes.

You must show all your working.



[5]

A task takes 6 hours 15 minutes to complete.

$\frac{2}{5}$ of this time is spent on planning.

How long was spent on the **rest of the task**?
Give your answer in hours and minutes.

You must show all your working.

5.	Sight of 6.25 (hrs)	OR	375 (min)	B1
	(Planning =) $\frac{2}{5} \times 6.25$	OR	$\frac{2}{5} \times 375$	M1
	= 2.5 (hrs)	OR	150 (min)	A1
	(Remainder of work = 6.25 - 2.5 OR 375 - 150 =)			
	3.75 (hrs)	OR	225 (min)	B1
	= 3 hours 45 minutes			B1

Question Time

Intermediate Question Calculator Allowed - Grade C

10. The sizes of angles a and b in the triangle shown below are in the ratio 2 : 3.

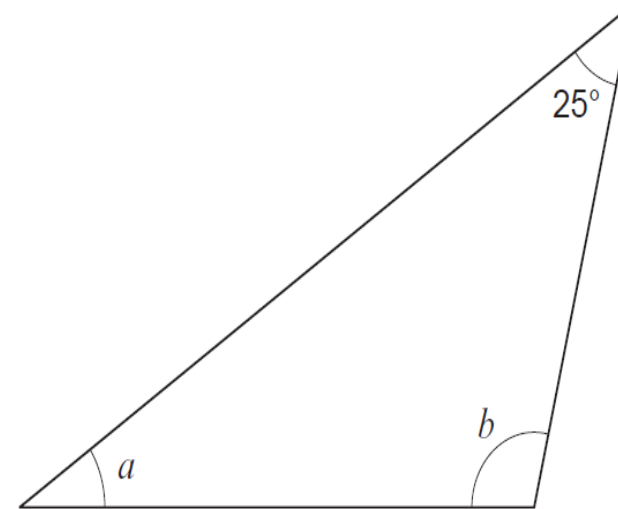


Diagram not drawn to scale

Calculate the size of each of the angles a and b .
You must show all your working.

10. The sizes of angles a and b in the triangle shown below are in the ratio 2 : 3.

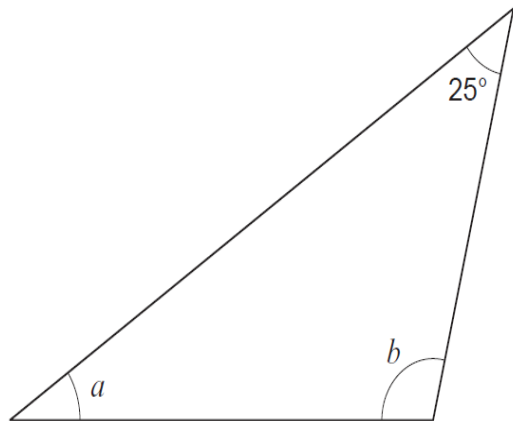


Diagram not drawn to scale

Calculate the size of each of the angles a and b .
You must show all your working.

[3]

10.	$(a + b = 180 - 25) = 155$	B1
	$(a =) \frac{155}{5} \times 2$ OR $(b =) \frac{155}{5} \times 3$ or equivalent	M1
	$a = 62^\circ$ AND $b = 93^\circ$	A1



Thank you for
listening

The rest of the year

Mrs. Kathryn Manson, Head of Year 11

So far this term

STUDYING WITH THE BRAIN IN MIND WORKSHOP SUMMARY

GETTING THE MOST FROM OUR BRAINS

COVID-19 UPDATE If, due to the Coronavirus crisis, you cannot host in-person workshops at your school, please note that this workshop is available online. For further details or to discuss bookings, please get in touch at info@innerdrive.co.uk

OVERVIEW

Our Studying With The Brain In Mind workshops teach students how to get the most out of their brain during revision time.

By better understanding how the brain works, your students will be able to use it better. We do this by making things very simple and understandable, whilst using lots of practical experiments and videos. The workshop looks at 5 key areas: Multi-tasking, Memory, Sleep, Organisation and Managing Stress.

KEY MESSAGES

Multi-tasking

- Why multi-tasking is so hard
- How to be efficient and effective with your time

Memory

- The brain's limitations when remembering lots of information
- How to improve memory: writing, simplifying, chunking, acronyms

Sleep

- Why teenagers struggle to get enough sleep
- The psychological consequences of not getting enough sleep
- How to avoid 9 common sleeping mistakes

Organisation

- The conscious brain has a limited amount of mental energy
- How to avoid procrastination

Managing stress

- Why teenagers struggle to read emotions effectively
- When in doubt, we often assume the worst case scenario
- How to manage and handle stressful situations

THIS WORKSHOP WILL HELP STUDENTS IMPROVE:

- Self-awareness
- Independent studying
- Time management
- Self-regulation

BOOK THIS WORKSHOP NOW

Our workshops are interactive and engaging. It's one of the reasons we get such great feedback from staff and students. Get in touch now to discuss booking this workshop on **020 8693 3191** or info@innerdrive.co.uk

www.innerdrive.co.uk

	Quintile	5*-A*-C-EM	English Lan	Maths	Science	Options	# A*-C-EM	# A*-C	AZL	LOP
	No	E	B/C	DD	CDDC		0	0	3.5	
AA	No	D	F	FF	M2P2		0	2	3.5	1.0
A	No	E	D	FF	CCE		0	2	4.0	1.4
H	Yes	A	A*	A*AA*	AA*AA		9	9	1.3	4.3
H	Yes	B	A	CC	ABAAA		9	9	2.3	3.3
BA	No			G			0	0	5.0	-1.0
A	No	D	C/B	P2P2	CCDD		0	5	2.8	2.6
L	No	E	G	E	ED P2P2		0	2	3.6	2.4
H	Yes	C	B/C	DD	BBCA		6	6	3.0	2.4
AA	Yes	B	B/C	BB	CBBBB		9	9	2.5	3.9
L	No	G	E	C	D		0	1	2.5	2.3
AA	No	E	E/D	GG	DDC M2		0	2	4.0	0.6
H	Yes	B	A	BB	BBBAA*		9	9	2.1	3.4
A	No	E	D/E	GG	U P1		0	0	4.2	-0.3
BA	No	E	E/D	P2P2	CC P2		0	5	2.4	3.0
A	No	D	B/C	P2P2	CCD		0	5	2.8	2.9
H	No			UU	P1P1		0	0	5.0	-2.5
A	No	G	D/E	EE	DCGE		0	1	3.9	1.0
A	No	F	E/F	FF	DEEC		0	1	3.9	1.0
AA	No	D	C/B	DD	BCCCB		0	6	2.9	2.9
BA	No	F			D		0	0	4.7	-0.7
AA	Yes	A	A	BB	BCAAB		9	9	2.3	4.0
BA	No	G	G	F	CF P1		0	1	4.2	1.2
AA	No	C	D/C	DD	CCCCC		0	6	3.5	2.3
H	No	C			B P2		3	3	2.7	2.3
A	No			UU	N		0	0	4.0	-4.0
AA	Yes	B	B/C	CC	ABBBB		9	9	2.1	3.7
L	No						0	0		
AA	No	D	C/D	C	BAC		0	5	2.7	3.3
H	Yes	A	B	AAA	CAAB		9	9	1.9	3.6
	No						0	0		
A	No	F	D/C	P2P2	DFC		0	3	3.1	2.4
H	Yes	A	A	AAA	BAAB		9	9	2.0	3.8
AA	Yes	B	C/D	DD	CCBBC		7	7	2.5	2.7
H	Yes	B	A	CC	BBBAA		9	9	2.6	3.1
H	Yes	B	A*	BB	BBCBA		9	9	2.8	3.2
H	Yes	A*	A/A*	BB	BBBAB		9	9	2.5	3.4
L	No	G	G	E			0	0	4.0	
H	Yes	C	B/C	C	DF M2P2		5	5	3.8	1.9
L	No	F	D	E			0	0	3.0	2.0
A	No	G	E/F	F			0	0	4.0	0.0

Dear Parent/Carer

I have recently checked in with your son/daughter to see how they are finding the step up to Year 11 and to encourage them to rise to the challenge of doing well.

When we met, we discussed their most recent tracking data, which was from the Summer of Year 10, because it shows that we don't currently don't expect them to achieve 5 Level 2 Passes (GCSE grades A* - C) including English Language and Maths. Having that number of qualifications is very helpful for students' futures because it opens more doors to post-16 study and for some employment.

I believe that your son/daughter is capable of attaining those qualifications and am here to help them. Doing so may well require more focus from them for the remainder of Year 11. We would like to offer some extra support which will include meeting either Mr Fallon or me each week. I have also requested that each teacher will have a one to one conversation with your son/daughter and will set them a small target to achieve each week.

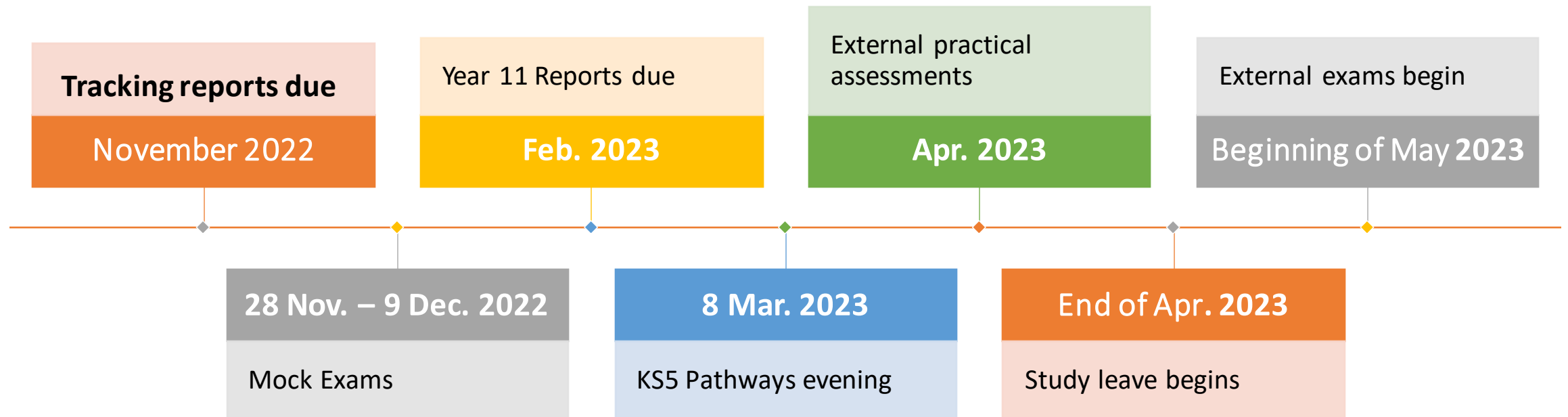
I would like to invite you to school to meet with either Mr Fallon or me to discuss how we can all further support your son/daughter in the coming months of Year 11. Please let me know if you would like to do this, via crhsenquiries@sch.im.

If you have any further questions please do not hesitate to contact me.

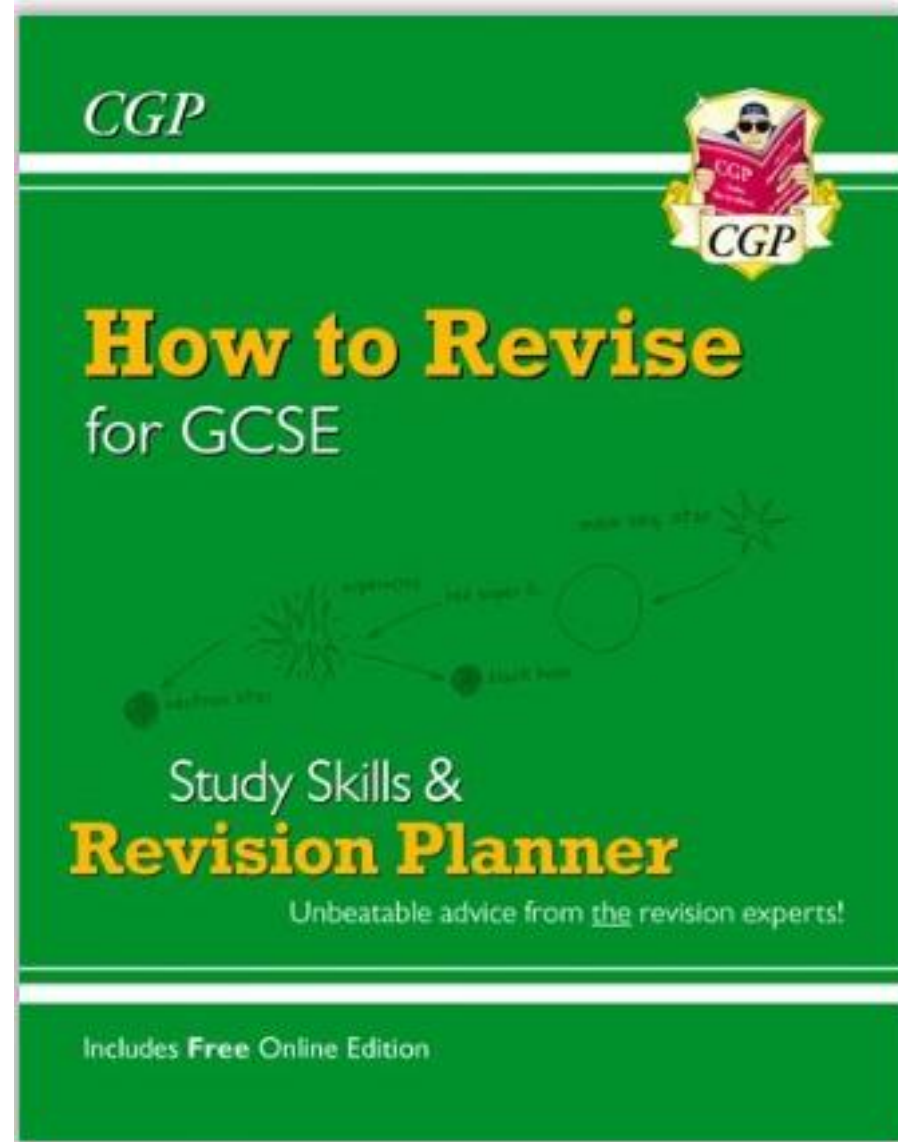
Yours faithfully

Mrs K Manson
Head of Year 11

Key Dates



Revision Schedule





Revision Tips

- Start now, or as soon as possible
- Plan your revision with a timetable
- Set up a tidy study space
- Revisit topics several times with a gap between
- Vary your revision with different activities
- Do lots of practice papers
- Set aside time to do fun things too
- Keep your phone and other distractions away
- Sleep and Eat properly

If you have questions or concerns



RING RECEPTION AND LEAVE
A MESSAGE FOR ME- 693500



EMAIL ENQUIRIES
CRHSENQUIRIES@SCH.IM

Student Wellbeing

Mr. Tony Fallon, Assistant Headteacher for KS4

Exams are stressful

9 Ways to Beat Revision Stress

by @inner_drive | www.innerdrive.co.uk

- 1** Do the actual work - revise!
- 2** When really stressed, talk to someone about it
- 3** Get some fresh air each day
- 4** Stick to regular meal times
- 5** Do something to switch off an hour before bed
- 6** Don't dwell on worst case scenarios
- 7** A good sleep the night before is better than last minute cramming
- 8** Once you've done the exam, move on to the next one
- 9** Don't aim for perfection - It's a myth and doesn't exist

TOP TIPS TO MANAGE YOUR EXAM STRESS

For all those in hall, the Student Mentors are holding a **FREE Talk Show** on Thursday 10th May, 4-5pm, the Vale revision. Pick up your **FREE** piece of **FRUIT** to fuel your mind through revision.

Eat Well
Avoid high-fat, high-sugar and high caffeine food and drink. Healthy eating boosts your energy and reduces stress.

GET PLENTY OF Sleep
Allow 30 mins of wind-down time before bed. Check out the Counselling and Wellbeing workshops to help with relaxation.

FREE Head Massage in Infusion (Vale Hall) on Thursday 17th May 4-7pm.

DRAW UP A REVISION TIMETABLE
Draw up a revision timetable so that you keep on track. We can help you put one together. Contact details below.

FIND SOMEWHERE Comfortable TO STUDY
The Guild and university offer a number of different study spaces. Visit: gredofstudents.com and birmingham.ac.uk/studyspaces

TALK ABOUT EXAM NERVES
Feeling anxious is normal. Talk to a friend or come and have a chat with our Guild Advice. We are always here to listen.

exercise
Exercise can boost energy, clear the mind and relieve stress.

VALUE YOUR STUDY Skills
Become a more effective learner by visiting The Academic Skills Centre. intranet@birmingham.ac.uk/asc

END OF EXAMS Treat
Organise an end-of-exams treat. Go on a day trip, spend the evening with friends, go for a meal. Reward yourself with something that you enjoy.

guildadvice@guild.bham.ac.uk | 0121 251 2400
facebook.com/guildadvice | @guild_advice

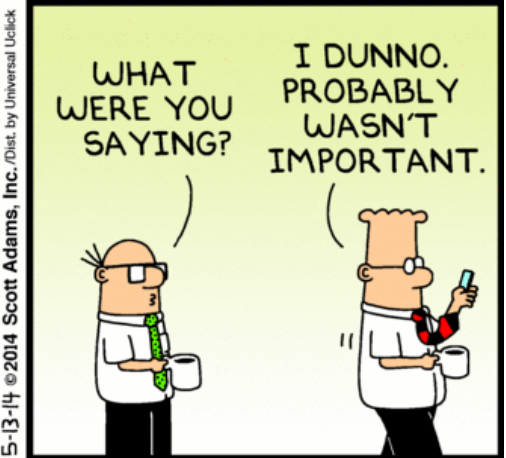
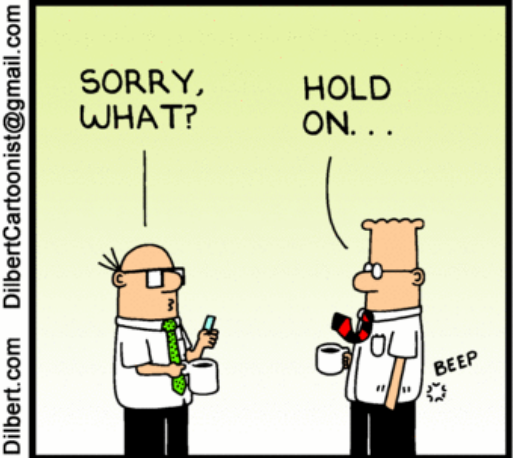
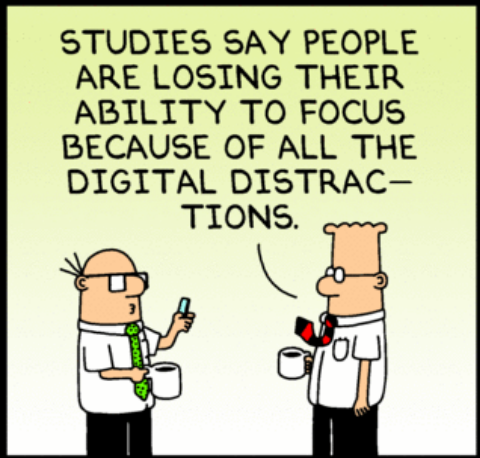
If you would like support, help, advice or just a chat, contact us on the details above or visit: guildofstudents.com/guildadvice also check out guildofstudents.com/desstressfival

6 Reasons to Put Your Phone Away

by @Inner_Drive | www.innerdrive.co.uk

- Lowers Concentration**
Having your phone out while doing homework or revision has been shown to reduce performance by 20%.
- Increases FOMO**
Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.
- Increases Stress and Anxiety**
Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.
- Reduces Memory**
Instant messages are distracting, which often leads to forgetfulness.
- Warps Your View of Reality**
Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.
- Makes You Sleep Worse**
Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.

5 tips to improve your child's focus



Find a QUIET place to revise
NO DISTRACTIONS!



Qualifications, Pathways and Tracking

Mr. John Danielson, Curriculum Lead, Sixth Form line manager

Qualification structure

Most students are taking **8 GCSEs** or their equivalents

iGCSE Co-ordinated Science *and* BTEC Health & Social Care Certificate are each double-graded. Each counts as 2 qualifications.

Games (2)	Life Skills (1)
	RE (1)
Option D (3)	
Option C (3)	
Option B (3)	
Option A (3)	
Science x 2 (6)	
Mathematics (4)	
English Language (or Lang + Literature) (4)	

What is good performance?

- **Depends on the individual**

Benchmarks:

- “3 Levels of Progress” over compulsory secondary school
- 5 x Level 2 Passes including English Language and Mathematics



How qualifications are graded

Qualification level	IGCSE/GCSE	BTEC Level 1/2	SQA Engineering	SQA Cookery	ASDAN
Level 2	A*	Distinction*			
Level 2	A	Distinction		A	
Level 2	B	Merit		B	
Level 2	C	Level 2 Pass	Level 2 Pass	C	
Level 1	D			D	
Level 1	E	Level 1 Pass			Level 1 Pass
Level 1	F				
Level 1	G				
Fail	U	U	U	U	U

Are you “on track” for success?

Next tracking out soon after half term

Year 10 Tracking Report (Summer Term)

Student: John Danielson

Reg: JMD % Attendance 93.9

July 2022

Subject	Target for end Year 11	Estimated Grade end Year 11	Mock Grade	Attitude to Learning
English Language	B	B	B	Expected
English Literature	B	C	D	
Maths	C	D/C	E	Expected
Science	CC	CC	C	Expected
Health & Social Care (Certificate)	MP	DM		Above Expected
Art	B	B	B	Expected
Drama	B	B		Expected



Coursework

Successful coursework can be a major key to unlock qualification outcomes but poor coursework makes doing that much harder

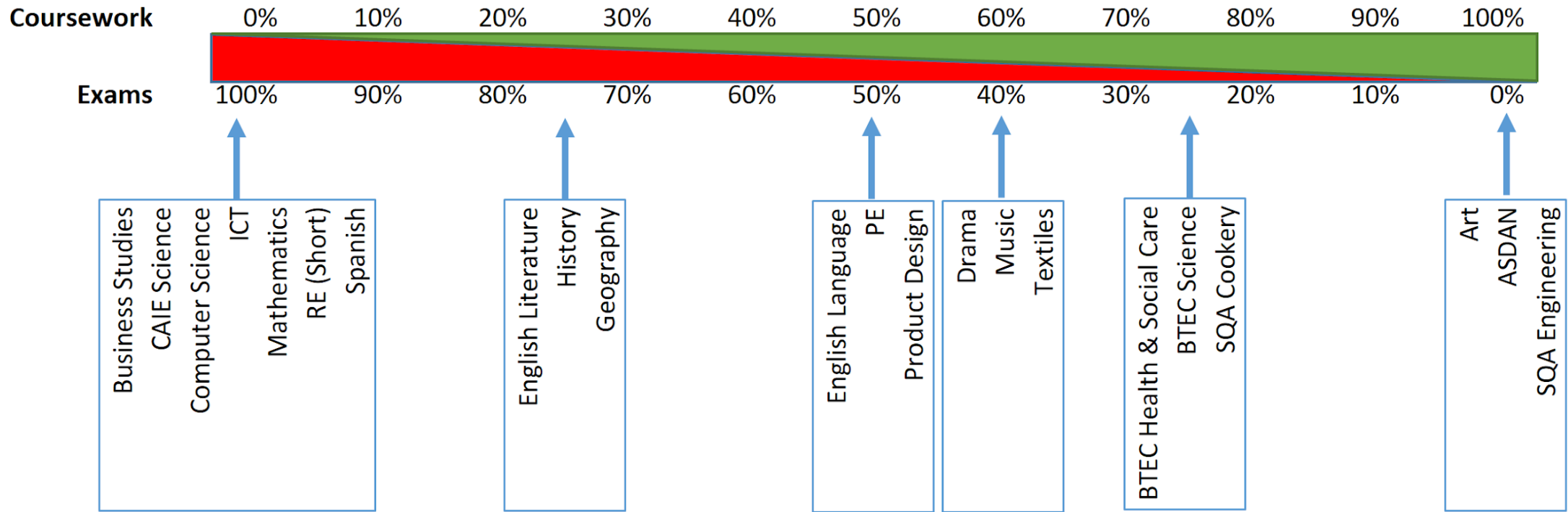
The

- Criteria
- Number and value of pieces
- Time allowed
- Deadlines
- Controls

are specific to each course, students/parents may speak to their teachers for specifics

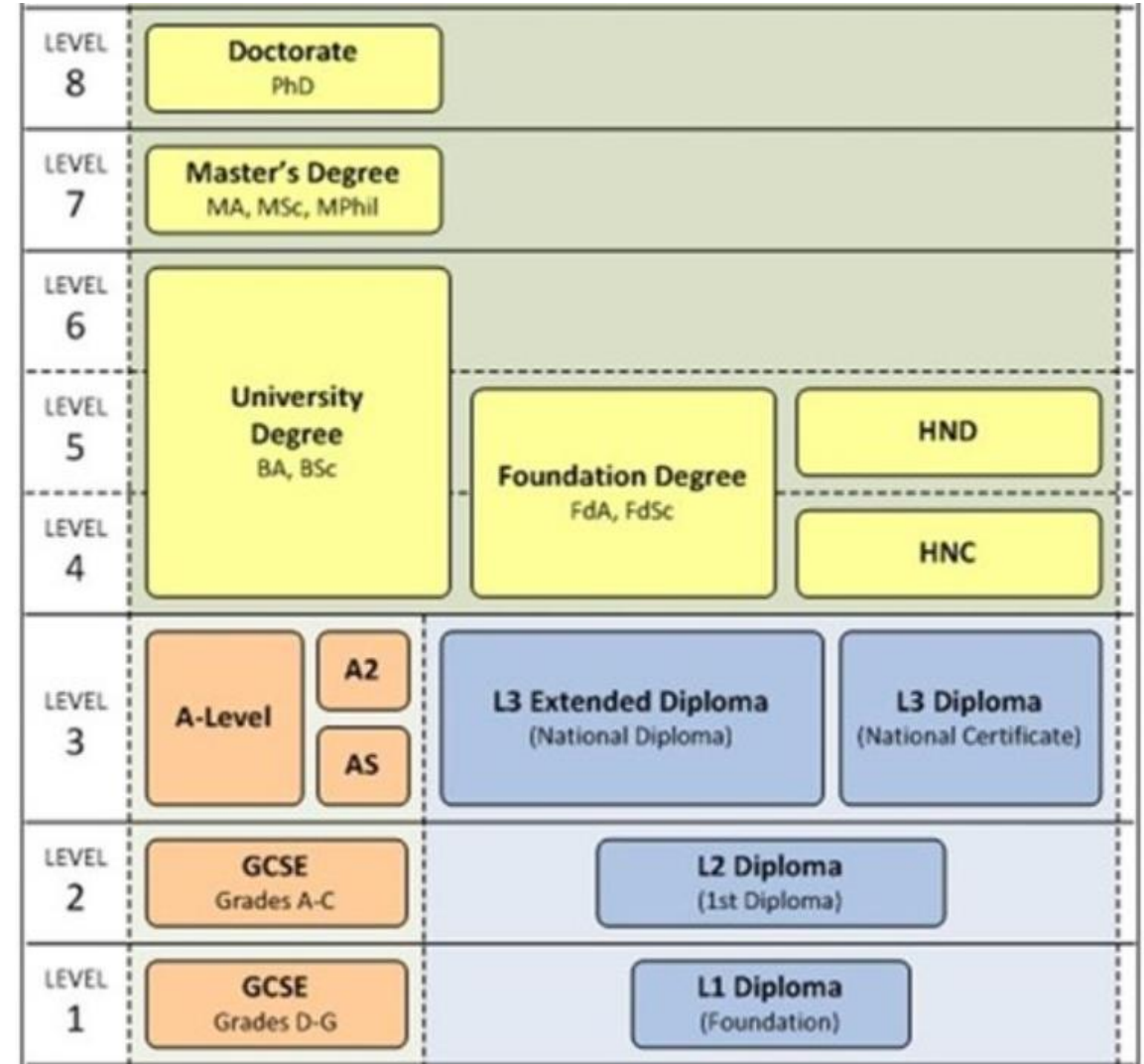
- **DO**
 - Ask your son/daughter what they're doing
 - Motivate, help manage time and understand requirements
- **DON'T**
 - Try to do it for them!

Exams or Coursework?



Positive pathways beyond Year 11

- **Sixth Form** for Level 3 study
 - Academic and vocational courses
- **UCM** for Level 3, Level 2 or Level 1 study
 - Vocational courses
- **Apprenticeship**
- **Employment**



Positive pathways beyond Year 11

Sixth Form for Level 3 study

- 5 Level 2 Passes (A*-C) including English Language and Mathematics
- Conditional entry may be possible with 4 Level 2 Passes including E or M
- Exceptional circumstances
- Skills and attitudes

UCM for Level 3, Level 2 or Level 1 study

- Level 3: 4 Level 2 Passes including English Language and Maths (varies)
- Level 2: 3 x D grades (Cs in E or M required for some) (varies)
- Level 1: skills based

Apprenticeship/Employment

- Employability skills

University degrees (eventually, post-18!)

- Specific grades or points from relevant Level 3 qualifications

Based only on
Summer tracking
and historic
choices

- There are **114** students in Year 11
- **63** may get the grades for Level 3 study
 - Maybe 57 at CRHS
 - Maybe 4 at UCM or another centre
 - Maybe 2 for Apprenticeship/Employment
 - [Of these, about 41 will go on to do a degree and about 20 will seek work after Level 3 study]
- **51** may not get the grades for Level 3 study
 - Maybe 7 at UCM on Level 2 courses
 - Maybe 18 at UCM on Level 1 Vocational / Entry level courses
 - Maybe 26 for Apprenticeship/Employment