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Welcome

Mrs. G McMurtrie

Assistant Headteacher



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Year 10 Parent and Carers Forum

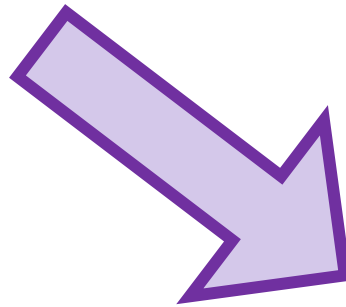
Miss Charlotte Cairns

Director of Learning and Standards Year 10

Key Stage 3 to Key Stage 4 transition



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Well done - a positive start to Year 10

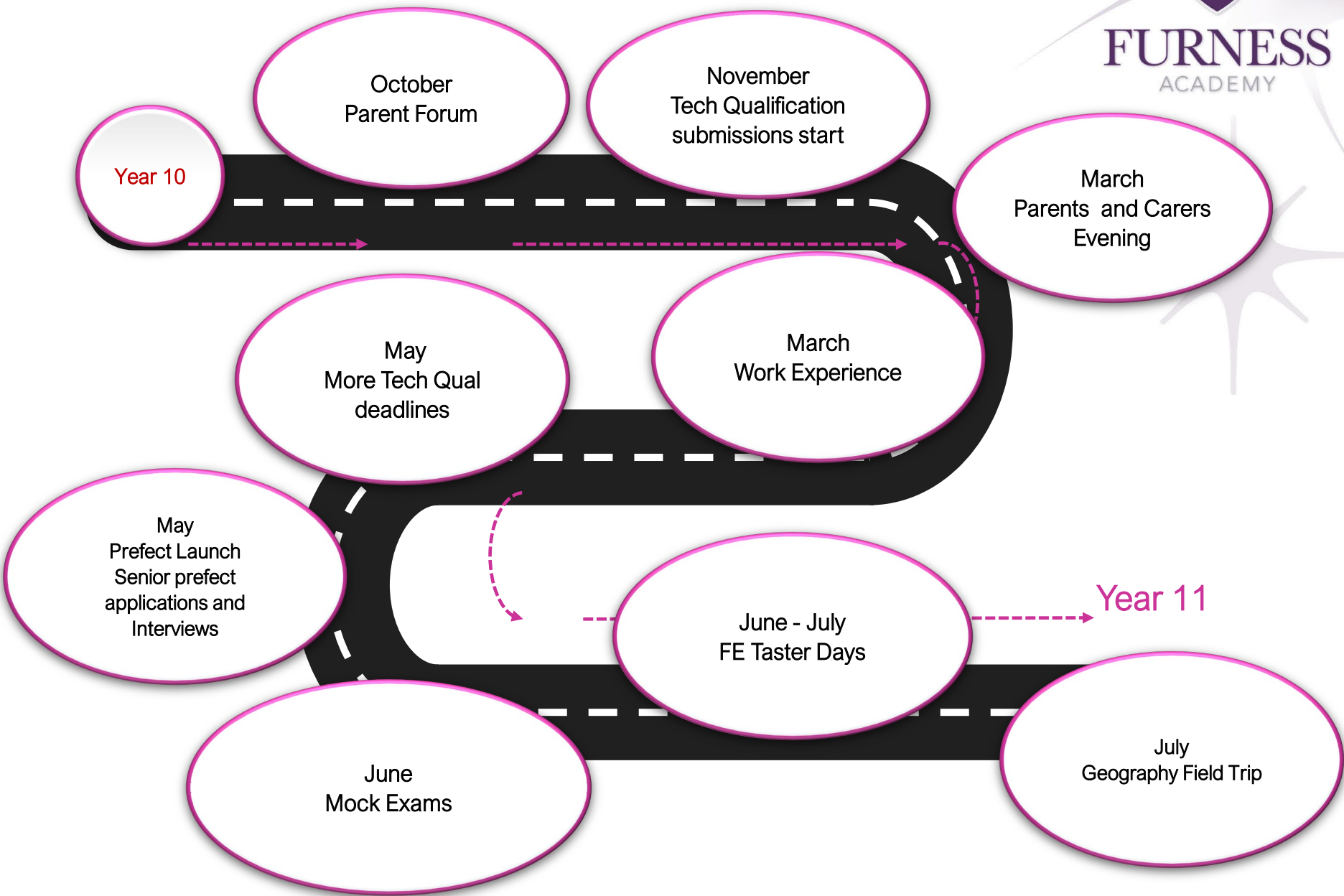


- Fantastic start to the term
- An increased level of maturity
- Positive feedback from teachers
- Taking on new subjects with enthusiasm
- The importance of attendance is increasingly understood
- Students have started seeking extra support in lunchtimes and period 7s
- Volunteering to help within our school community

Year 10 Journey



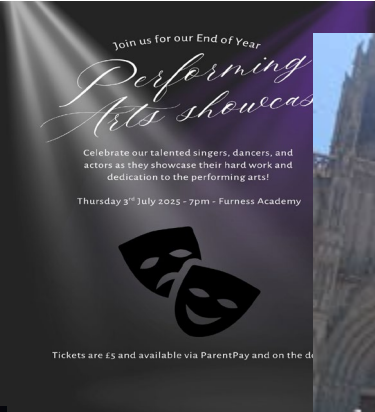
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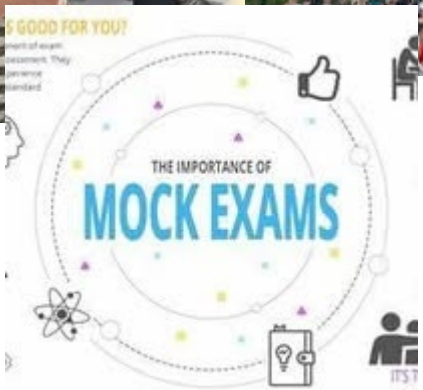
Key Stage 4 opportunities



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**GCSE
RESULTS
DAY**



Key Stage 4 opportunities

- Prefect selection
- Volunteering opportunities
- Educational visits and trips
- Work experience
- Extra curricular activities
- Rewards events
- Duke of Edinburgh Award
- Preparation for life after school
 - Workplace/employment
 - College
 - University
 - Apprenticeships
 - CV building



Important Dates



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Date	Activity
9 th October	Year 10 Parent's Forum
20 th October	Year 10 Grip Week
8 th January	OCT Tech Qual submission
4 th March	Year 10 Parents' Evening
23 rd March	Work Experience
17 th April	MADE training
7 th May	Prefect Launch
15 th May	More Tech qual submissions
18 th May	Head Boy/Girl interviews
15 th June	Mock Exams all week
23 rd June (tbc)	Furness College taster day
1 st July (tbc)	6 th Form taster day
2 nd /3 rd and 7 th /8 th July	Geography field trip

Work Experience 23rd – 27th March



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Work Experience will launch in PD Lessons

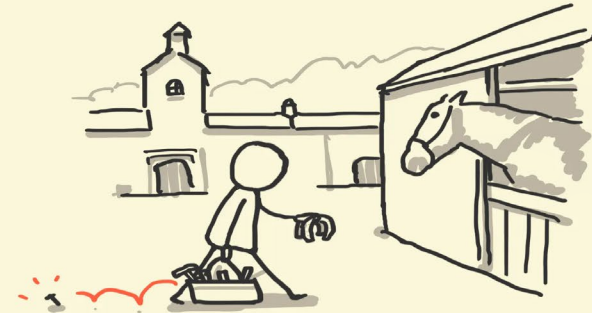
- Students will bring home a letter to explain the process of Work Experience.
- We encourage students to source 'Own Placements' in the first instance.
- Students will be given an own placement form to complete and return to school
- Students who struggle to secure an 'own placement' will be supported to find a placement but not guaranteed a placement.

How students can get it right this year: Brilliant Basics



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FOR WANT OF A NAIL
THE **SHOE** WAS LOST
FOR WANT OF A SHOE
THE **HORSE** WAS LOST
FOR WANT OF A HORSE
THE **RIDER** WAS LOST
FOR WANT OF A RIDER
THE **BATTLE** WAS LOST
FOR WANT OF A BATTLE
THE **KINGDOM** WAS LOST
AND ALL FOR WANT OF A **NAIL**



How students can get it right this year: Brilliant Basics



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- Uniform
- Attendance
- Manners
- Equipment
- Effort
- Punctuality
- Role models
- Core values: Respect, Responsibility, Relationships



In addition: Organised, self-motivated, fully equipped (laptop & full charge), homework completed to high standard, full attendance, ask questions and seek additional support when required.

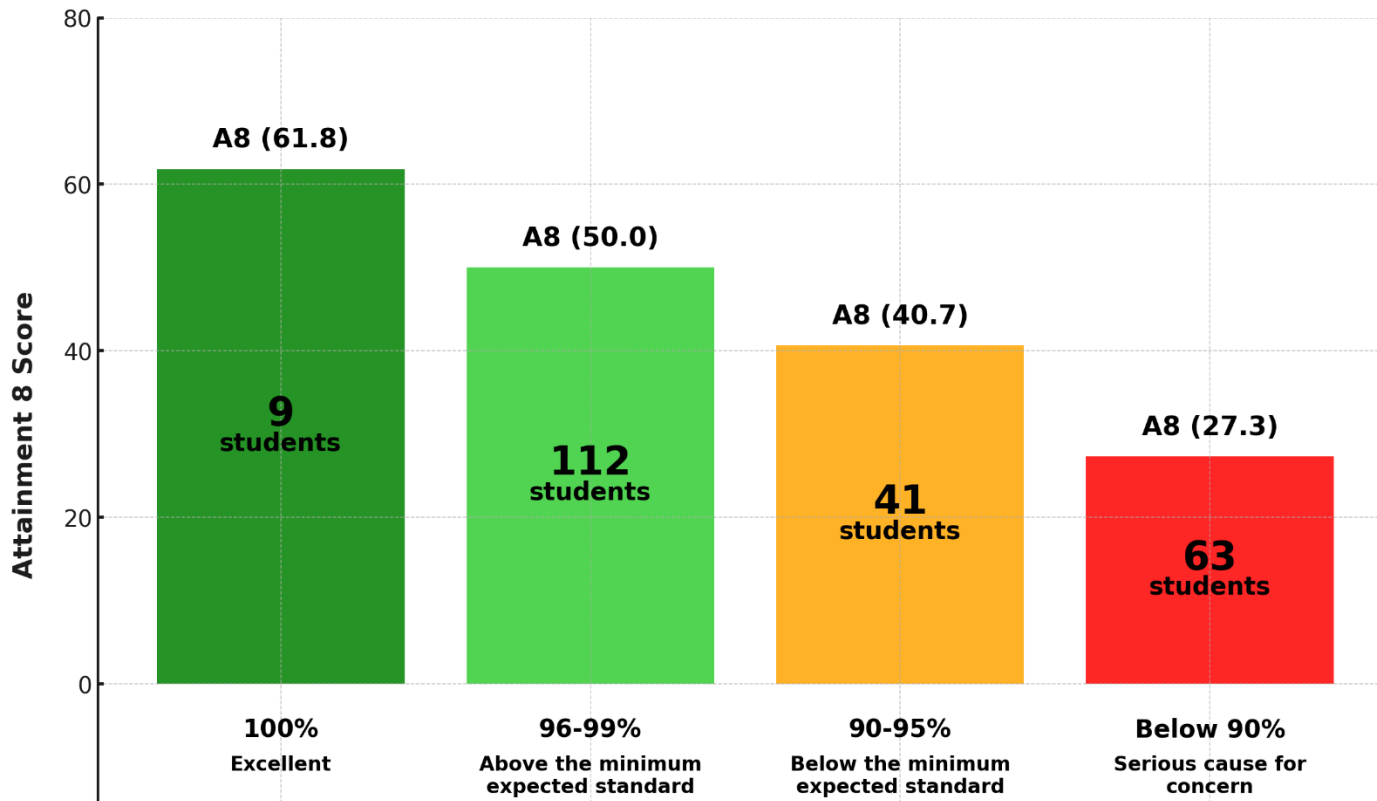
How students can get it right this year: Attendance



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CONSISTENCY IS KEY

Impact of Attendance on GCSE Performance (2025)



- ✓ High attendance = BETTER Grades
- ✓ Every period counts
- ✓ Increases confidence and boosts aspirations
- ➔ Commit to 100% attendance to achieve your goals next year!

How students can get it right this year: Wellbeing



- Looking after yourself needs to be your main priority
- Ask for help if you need it
- Parents please let us know anything which may be affecting wellbeing

Wellbeing support in school

- Form Tutors
- Pastoral Team
- Specialist Support and Wellbeing Coordinator
- Safeguarding Officer
- External agencies

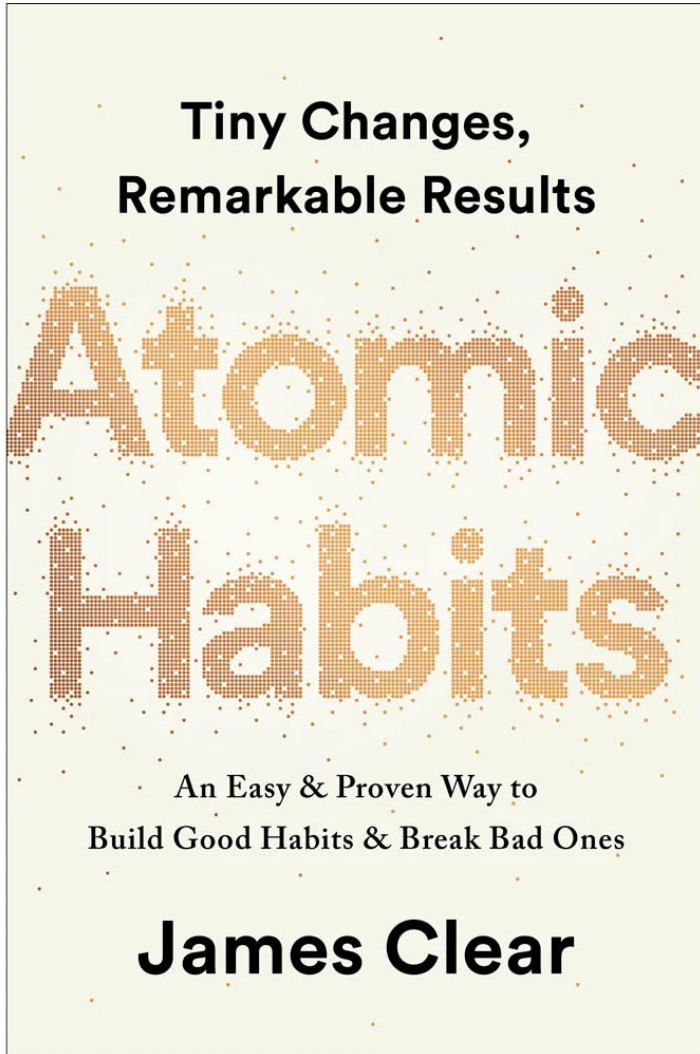
- [Kooth.com](https://www.kooth.com)

How students can get it right this year: Resilience



- How unwell are you? Just the sniffles?
- You are allowed to have a dose of paracetamol in your bag
- Not done well in a test/coursework – speak to us or your class teacher to see how to improve rather than dwelling on it
- Problem in a specific lesson? – let me know

How students can get it right this year: Atomic Habits



Habits are small actions you repeat every day

Example:

Phone buzzes → Check phone
→ Reward: quick dopamine hit

Making your bed → one job done for the day

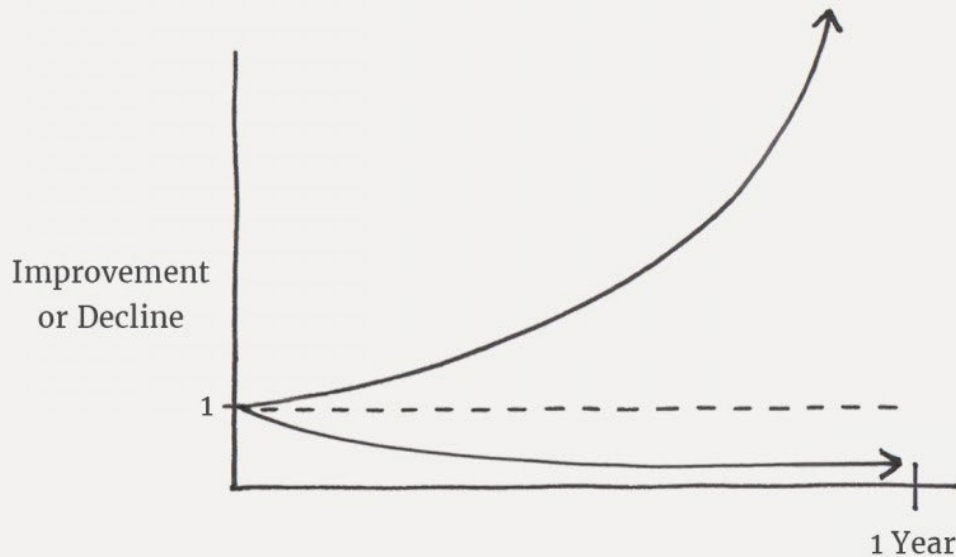
Why habits matter

- 40% of daily life is habits, not decisions
- Your success is dependent on your daily habits
- Atomic Habits- small, incremental improvements/tweaks that lead to big results over time.



The Power of Tiny Gains

1% better every day $1.01^{365} = 37.78$
1% worse every day $0.99^{365} = 0.03$



1% better every day can lead to a big improvement in the long run.

Goals → direction
Habits → progress

How students can get it right this year:

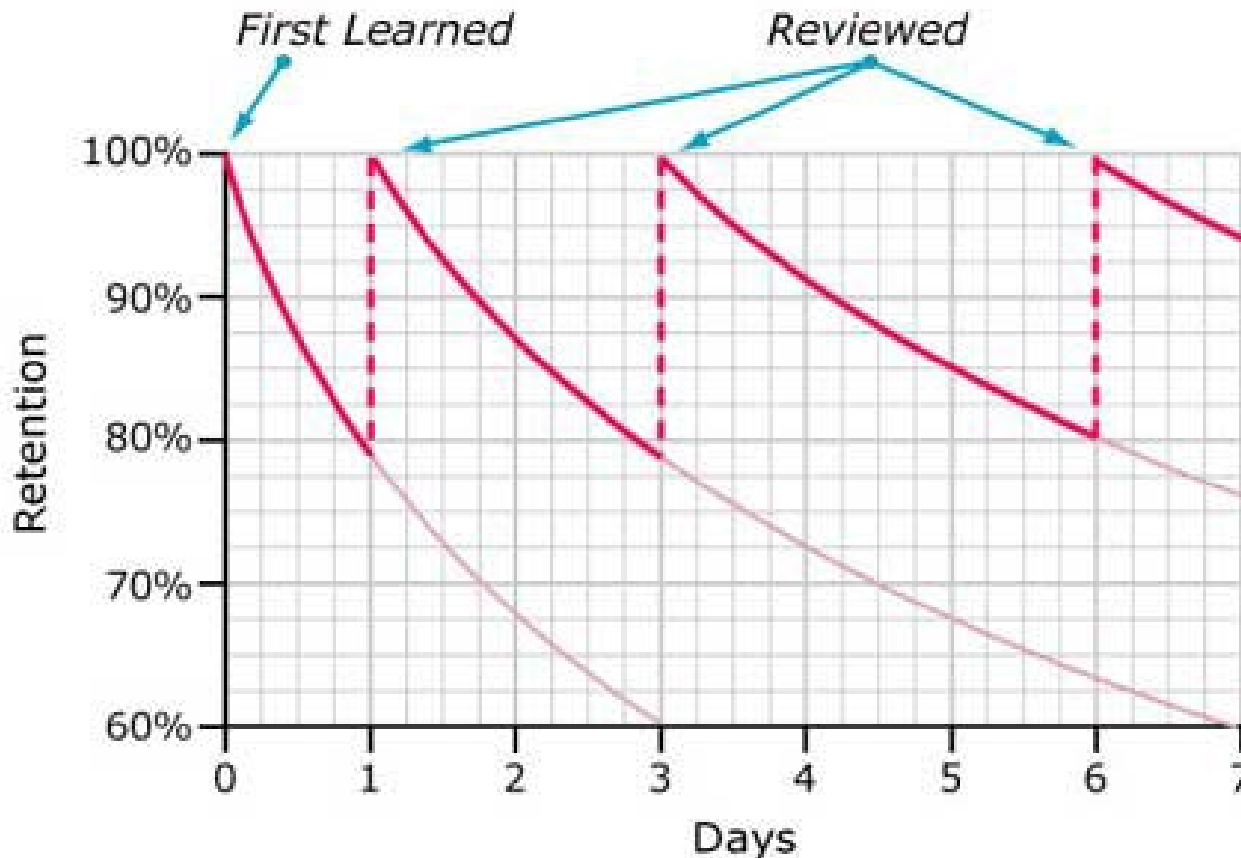
Learning Independently

- Complete classwork to a high standard
- Complete homework to a high standard
- Ask for support if you are struggling
- Ask for work to challenge you further
- Reinforce / consolidate learning from the lesson as often as possible - REVISE

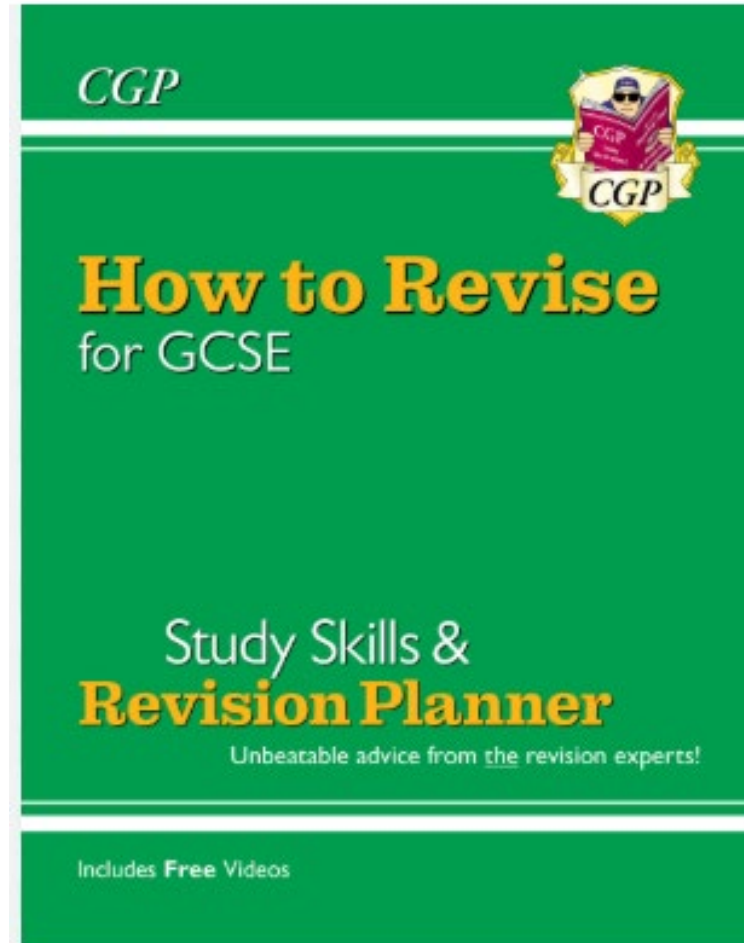
Learning Independently in a nutshell.....Hermann Ebbinghaus



Typical Forgetting Curve for Newly Learned Information



To get you started 😊



How do you help your child in the next part of their journey?



By working in close partnership with us, your child's school

- ❖ Supporting your child's physical and mental wellbeing and encouraging a healthy lifestyle
- ❖ Helping your child become more resilient
- ❖ Supporting your child with building atomic habits
- ❖ Embedding the most effective study techniques at home
- ❖ Open discussions about the next steps in the journey



'Helping You To Help Them Through'



'From the Sidelines' aims to educate parents and families on the science behind how our children learn, together with how to create the perfect environment at home in which to support them.

How to Support Your Child

WELLBEING

- Sleep
- Exercise
- Nutrition

ENVIRONMENT

- Quiet area
- Un-cluttered
- Flat surface

Sleep & Phones

- Getting this right will help everything
- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Encourage them to switch off from social media / technology at least an hour before bedtime, then keep phone out of the bedroom
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed



Two Most Effective Study Strategies

RETRIEVAL PRACTICE

How to implement at home:

- Prompt your child to quiz themselves (eg using flashcards).
- Ask them to 'teach back' topics to you.
- Check answers and give feedback.

DISTRIBUTED PRACTICE

How to implement at home:

- Help your child plan 30-minute sessions across several days.
- Use study calendar to revisit topics regularly.
- Avoid last-minute cramming.

‘But I don’t have any homework...’

- I’ve finished it all
 - We didn’t get any set
 - Check my planner
 - I did it all in my lessons
 - I can do it during form time
-
- Email teaching staff
 - Always school directed websites to work from
 - Check start and end points of work.
 - Remove distractions (difficult with laptop use)
 - Use A.I. to help give you more control/support.



Year 10 Study Foci

- From Oct - December we will focus on the following areas during Culture Curriculum time:-
- Designated Study Space (From the Sidelines)
- Habit Stacking (From the Sidelines)
- Silent Focus / Distraction Control (From the Sidelines)
- Sleep & Recovery (From the Sidelines)
- Exam Calm & Technique Recap (before Mid-Year Exams)
- We will communicate key focus information home to allow discussion and embedding at home



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Core Subjects

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Assistant Headteacher



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English

How to make good progress in English in Year 10

- Aim for 100% attendance.
- If you have to be off, make sure you catch up on work missed; ask your teacher to support you with this.
- Complete your weekly Sparx Reader homework.
- Before your Mid Year Exam and June Mock Exams, make sure you complete the Revision Menus, using the resources on the Year 10 English Padlets.
- Read as widely as you can:
 - news articles or sports reports on BBC News or other media outlets;
 - read around your favourite subjects;
 - read professionally-produced magazines on hobbies or topics you find interesting.

Teenagers who read in their spare time know 26 per cent more words than those who never read, according to researchers at the Centre for Longitudinal Studies at the UCL Institute of Education.

Research indicates that lexicon size and academic success are closely related (Weitzman & Greenberg, 2010).



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Maths



Making Progress In Maths In Year 10

- Year 10 is the start of your two year GCSE programme in which you will build on what you have done in KS3. This means you will revisit some content, and extend it.
- Most topics are interlinked, so it is important that you don't miss anything.
- Attendance is key. If you have to be absent, it is your responsibility to find out what you have missed and catch up – you can use Sparx Independent Learning to help with this.
- Revision should start now. This means constantly revisiting topics you have covered to ensure you can still remember them. Again, Sparx will help with this.
- Complete your homework properly; avoid using AI and don't just settle for the minimum. Using AI will increase the difficulty of your tasks and mean that Sparx won't understand you as a learner.
- The retrieval starter questions in your lessons are also revision. Ensure they are completed independently; this is your opportunity to do a small amount of revision every day and assess what you may still need to work on.
- Your mock exam at the end of year 10 is important. This, along with teacher assessment, could ultimately determine whether you sit foundation or higher tier at GCSE.



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Science

SCIENCE

Please support us by:

1. Checking homework is completed.

It is set weekly and will be either

- recall practise with **Educake** (online platform),
- past exam questions to improve exam technique
- revision for end of topic assessments.

2. Invest in **revision guides**.

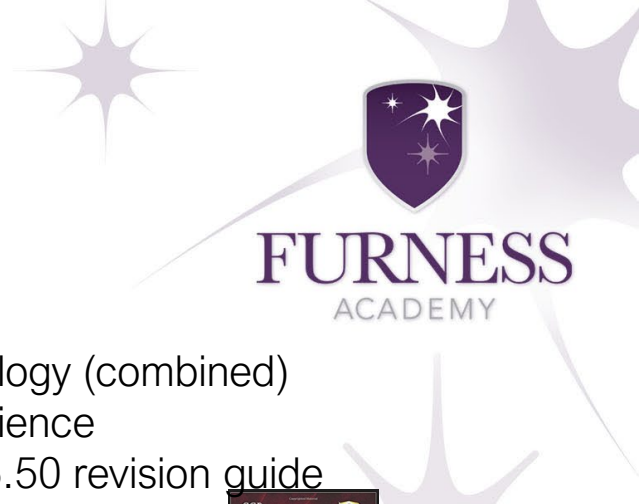
These can be purchased from school (at cost price).

Students should either bring the money to the prep room or purchase via parentpay

(add to 'sundries' and note which guide(s) the money is for).

3. Encourage students to access the science **Padlet** - it is shared on their TEAM.

It contains a wealth of information, resources and revision materials.

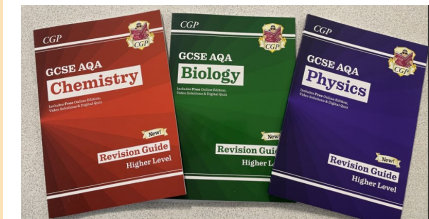
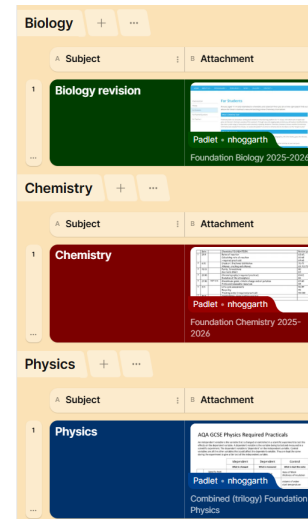
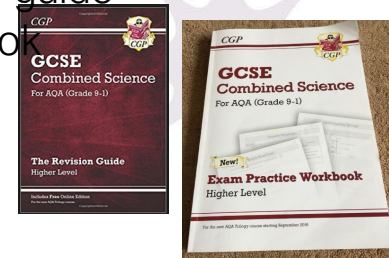


Trilogy (combined)

science

£6.50 revision guide

£7.50 workbook



Triple science
Revision guide
(for the option class)
£3.25 each





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Technical Qualifications
Mr Maclean

Technical Qualifications : Assessments

- Technical Qualifications:
 - Sport Studies /Engineering/ Construction/ Drama/Dance/ Media/ IT/ Catering/ Health & Social Care/ Travel & Tourism/ Music Hair & Beauty
- These courses are assessed through controlled assessments which take place at different time of the year.
- The grades of each assessment are added together which make up the final qualification grade.
- A letter will be sent out, which will have the assessment dates on them for each subject so that you will be aware of when the assessments will take place.



Technical Qualifications Assessments

Technical Qualification units often have 3-5 tasks to complete, which added together make up the units' final grade:

Example:

Sports Studies *Unit 2 - Increasing Awareness of Outdoor & Adventurous Activities*

- **Task 1** : The provision for different types of Outdoor and Adventurous Activities (6) *19/10/25*
- **Task 2** : The equipment, clothing and safety aspects involved in O&AA (12) *05/12/25*
- **Task 3** : Plan for and be able to demonstrate knowledge and skills during an O&AA (12) *31/1/26*
- Evaluate own performance participating in an O & A (10) *15/2/26*

Unit Total Grade (40)

Technical Qualifications Support



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- Period 7's
- Saturday Clinics



Saturday Clinics 9am – 12pm

From 4th October

- Technical qualifications
- Specialist staff led controlled assessment sessions
- Quiet workspaces for personal study



Half-Term Clinics

- Session timetable to be released prior to half-term holidays



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Thanks for coming 😊

Any questions please stay and ask us

Miss Cairns contact details:

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