ROOKS HEATH SCHOOL
Strive to be your best

YEAR 7

'STRIVE TO BE YOUR BEST' INFORMATION EVENING

Presenters:

Mrs J. Logan: DHT, Teaching & Learning

Mr S. Sharp: AHT, Head of Year 7

Ms L. Hyde: AHT, Digital Technologies

Mr S. Ahmed: DHT, Pastoral

Wednesday 21st May 2025

Success for your child

Success for your child

FOCUS ON THE POSITIVES

We believe your positive choices and successes should be rewarded and celebrated. You can collect points when you demonstrate any of the attributes below.

When you have achieved 20 points in each category, you will be awarded with a badge. Your challenge is to collect them all!

TEAMWORK is a collaborative effort by a group of people to achieve a goal or complete a task. — PT1 PT3

RESILIENCE is your ability to overcome obstacles and show commitment. — PR1 PR3

ACHIEVEMENT is when a person succeeds, especially after a lot of effort. — PA1 PA3

CREATIVITY is when you are imaginative and innovative. — PC1 PC3

KINDNESS is the quality of being supportive, caring and helpful. — PK1 PK3

A MONTH OF POSITIVITY

Complete one positive act, or gesture of kindness, for each day in MAY

MAY:
National Teen Self-Esteem Month
National Smile Month
Mental Health Awareness Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
😊	😁	😂	🤪	1	2 Talk to someone new in school	3	4 Star Wars Day
				May Day			
5 Bank Holiday, No School!	6 Say thank you to a teacher Teacher Appreciation Day	7	8	9 V.E. Day	10 Do chores around the house	11 Eat What You Want Day
12 Write a poem for someone you admire	13	14	15	16	17 Do something kind for an adult	18 World Baking Day
19	20	21 Write an anonymous thank-you note	22	23 World Turtle Day	24 Do something that makes YOU happy!	25 Africa Day
26 HALF TERM! Spring Bank Holiday	27	28	29 National Biscuit Day	30	31	

Think about MINDSET

Mindset is **our attitude, outlook and mentality** toward life.

GROWTH MINDSET

is the belief that we can learn, through hard work and effort, to do anything. It sees failure as positive and something which we can learn and improve from.

FIXED MINDSET

is the belief that we are born with a certain limit to our intelligence and skills. It is the belief that some people are better at things than others and that we cannot learn a new skill.

What can you do to become more RESILIENT?

Optimism

Flexible thinking

Empathy

THE BASICS

- Attendance and punctuality

- Organisation

- Homework

- Reading

- Devices

- Expectations & encouragement

- Keep in touch

ATTENDANCE

Being in school and on time is vital!

An attendance figure of below 95% will have an impact on your child's progress and attainment

Equates to:

	100%	PERFECTION
4 SCHOOL DAYS off each year	98%	IMPRESSIVE
7 SCHOOL DAYS off each year	96%	GOOD
9 SCHOOL DAYS off each year	95%	NEARLY THERE
11 SCHOOL DAYS off each year	94%	NEEDS TO IMPROVE
20 SCHOOL DAYS off each year	90%	CONCERNS (referred to Educational Welfare / Persistent absentee)
30 SCHOOL DAYS off each year	85%	SERIOUS CONCERNS

ORGANISATION

- Teach your child to plan ahead

- Timetable

- Uniform

- Equipment

- Homework

16th to 25th June End of Year Exams (EYEs)

23rd Science, 24th Maths, 25th English

HOMEWORK

- Check and sign the Link Book weekly

- Most subjects set a weekly homework

Check the My Child at School App to see what homework has been set.

READING

Benefits of reading

Reading for 6 minutes a day reduces stress by 68%
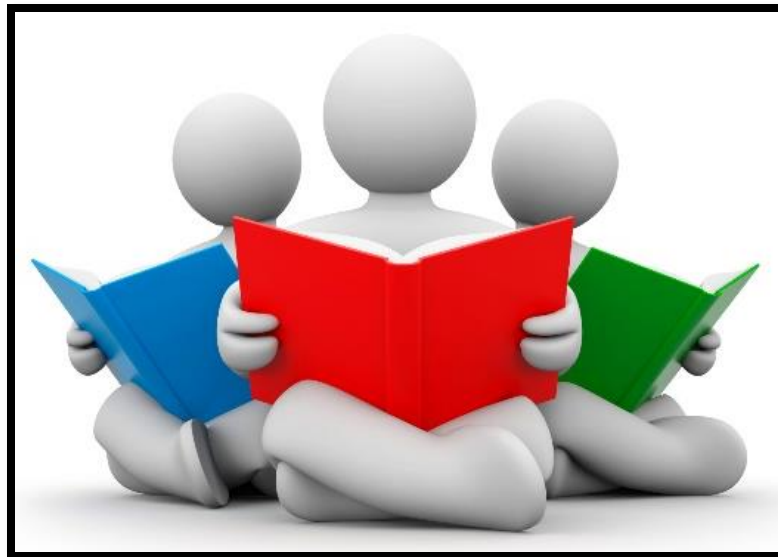
Reading before bed regularly can improve your sleep

Reading can have the same positive effects as laughing and exercise

30 minutes of reading can lower blood pressure and heart rate = good for stress

READING

- Encourage Reading

- Literacy is not confined to school

- Accelerated Reading program runs in school

- Let them see you reading!

DEVICES

- Manage Screen Time - Does your child spend hours looking at a screen?

- Who is in control of their devices?

EXPECTATIONS

Set the bar at a high level!

Parental expectations have a <u>huge impact</u> when it comes to student performance.

If you don't expect your child to do well, don't be surprised if your low expectations are met.

EXPECTATIONS

Celebrate Success!

Everyone likes to be praised.

Every student, no matter what ability, produces work they can be proud of while in school. Help them celebrate their positive choices and hard work.

STAY IN TOUCH

Maintain a positive dialogue with the school via:

- Link Book

- Email

- Phone calls

- My Child at School Parent App

- Attend School Events – Virtual or in person

- Keep up-to-date with our news

STAY IN TOUCH

@rooksheathschool

DIGITAL PLATFORMS

ROOKS HEATH SCHOOL
Strive to be your best

DIGITAL PLATFORMS

Bromcom Student Portal

Bromcom MCAS Parent Platform

- Homework
- Attendance
- On Track Points
- Behaviour points & detentions
- Timetable
- Dinner money
- Clubs & Trips
- Announcements
- Reports
- Assessment

https://www.bromcomvle.com/

https://www.mychildatschool.com/MCAS/MCSParentLogin

DIGITAL PLATFORMS
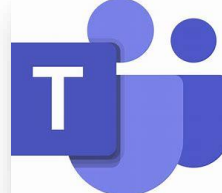
SharePoint

Teams

OneDrive

- Students access via the Rooks Heath website, using their school e-mail address and password.

- They need to use the Microsoft Authenticator App on their mobile phone to authenticate.
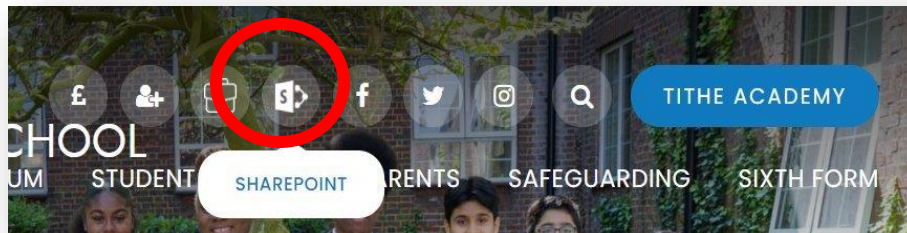
DIGITAL PLATFORMS
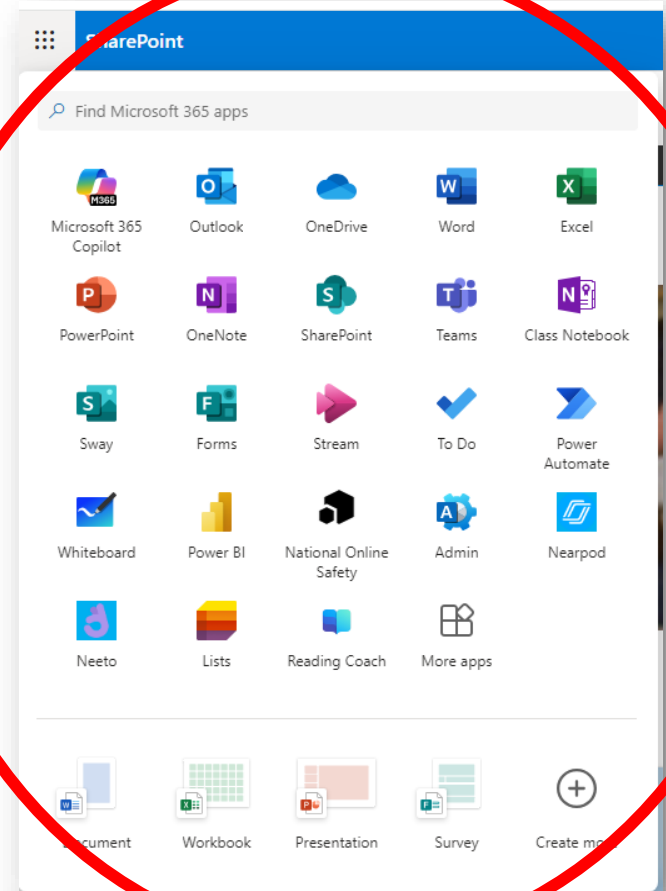
SharePoint allows for anytime, anywhere access to class resources and work.

From our SharePoint site, students can access:

- o Microsoft Office 365 apps such as Word, Excel and PowerPoint via a browser without the need for MS Office to be installed on their laptop or PC.

- o Their OneDrive which is where they should save all their school- work whether this is in lesson or for homework.

- o Microsoft Teams.

DIGITAL PLATFORMS

SharePoint

ROOKS HEATH SCHOOL
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My Subjects

All Subjects
Add Eng
Ancient Greek
Ancient History
Art
Biology
Business BTEC
Business S

Classes 2024-2025

Class Dashboard
12A-Sb1 2024
12B-Mt1 2024
13B-Mt1 2024
13B-Sb1 2024
7B-Cm1 2024
7R-Cm1 2024
7W-Cm1 2024
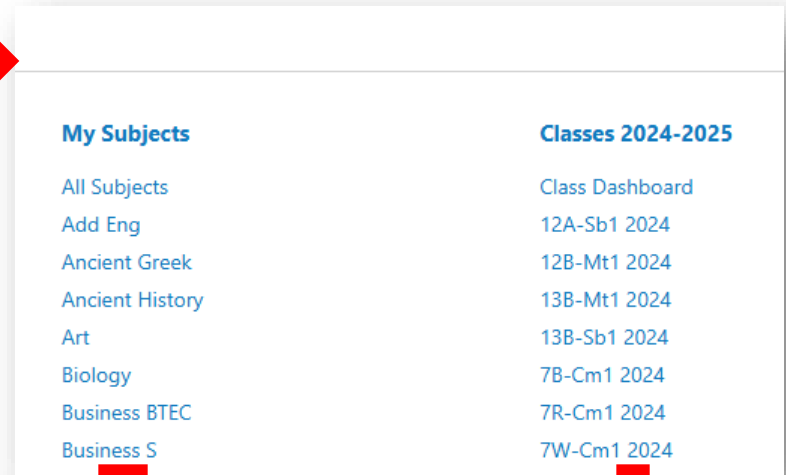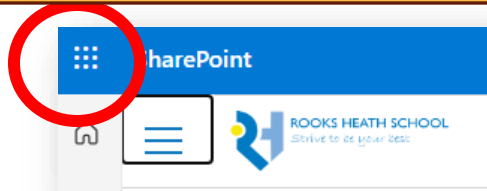
Students can access subject content by going to the subject sites and classes in SharePoint and then clicking on the resources link for the relevant year.

Student Resources

10	11
Year 10	Year 11

Computing Resources >

Class Team >

Student Work >

Assignments >

Class Notebook >
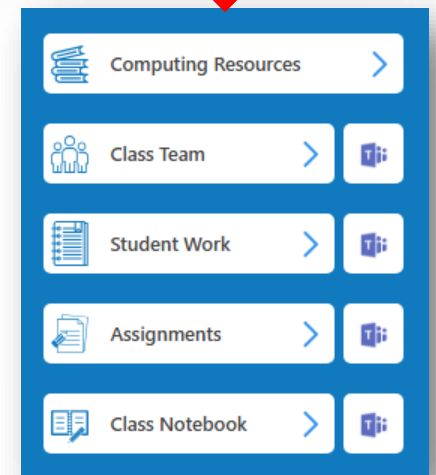
DIGITAL PLATFORMS

Rooks Heath Website > Student Support > Online Learning

For links to video tutorials on accessing and using SharePoint & Teams

DIGITAL PLATFORMS

kerboodle
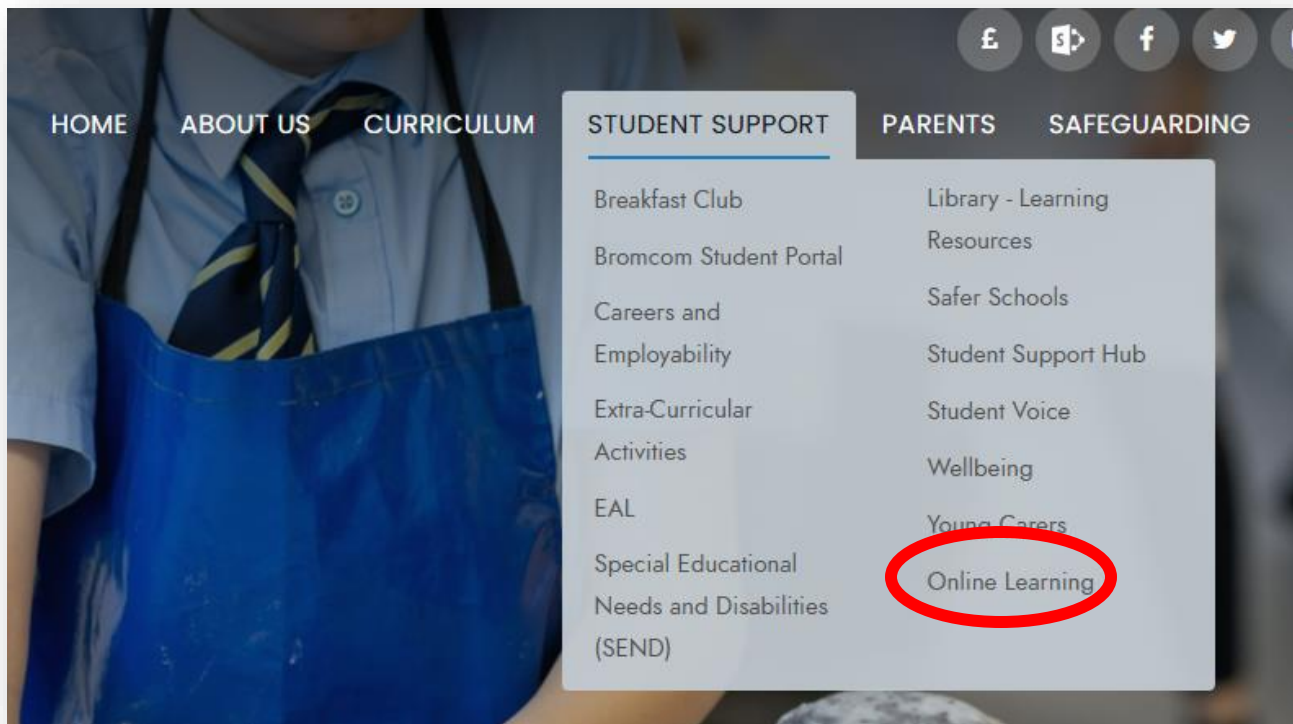
Online learning resources used by:

Science

Maths (at key Stage 4)

German

French

Geography

Includes:

Online text-book, videos, animations, podcasts and worksheets

Assessment materials including auto-marked tests, self-assessment checklists, practice papers and exam-style questions

Students are provided with a username and password by their subject teachers.

DIGITAL PLATFORMS

Free revision platform for most subjects.

Students sign up for free using their school email address.

Parents and carers can create and link their account to the child's account.

Use it for free to keep a track on your child's progress or, you can pay for premium features which gives you access to content and courses.
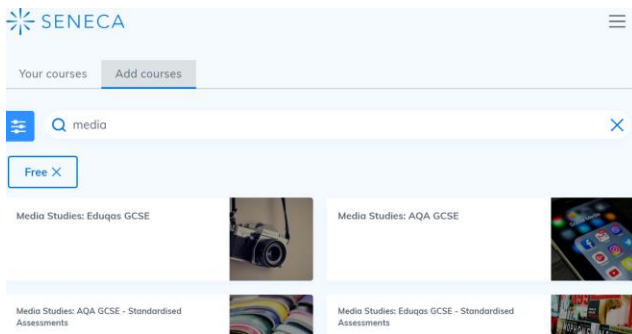
Students can access content and courses for free. They may be set assignments by their subject teachers, but they can also browse topics and courses as part of their own, independent revision.

https://senecalearning.com/en-GB/

DIGITAL PLATFORMS

MyMaths.co.uk

https://www.mymaths.co.uk/

Online lessons
Activities
Revision
Assessment

Students should use the platform to independently revise and practice Mathematics.

Students log into My Maths using the school log in details to access the site:

Username: rooks
Password: bidmas

They should then use the username and password given to them by their maths teacher to log into their portal.

DIGITAL PLATFORMS

BBC Bitesize

Search for: Key Stage 3 - BBC Bitesize

BBC Bitesize is a long-established learning platform.

Students in Year 9 should choose Key Stage 3 content.

Students should register with the platform so that they can choose the subjects they are studying.

Registering also allows them to save their progress by adding topics to "My Bitesize"

There are learner guides on each topic which include revision, learning material, videos and tests.

STRIVE TO BE YOUR BEST

IF YOU NEED ANY HELP OR IF YOUR CHILD IS HAVING ANY ISSUES ACCESSING I.T. AT HOME...

contactus@rooksheath.harrow.sch.uk

MOBILE PHONES

MOBILE PHONES 2025

In two decades, everything's changed

2005

Nokias ruled; the iPhone wasn't invented until 2007

2025

Smartphones have transformed the experience of childhood

MOBILE PHONES 2025

Smartphones have become the norm

89%
of 12 year-olds
in the UK own their
own smartphone

35hrs
the average time
British teens spend
on their smartphone
per week

OFCOM Children and Parents: Media Use and Attitudes April 24 / University of Birmingham Study February 25

MOBILE PHONES 2025

Smartphones have become the norm

For context:

Students spend **30** hours per week at school

In the UK 35 hours plus is considered a fulltime job

35hrs

the average time British teens spend on their smartphone per week

OFCOM Children and Parents: Media Use and Attitudes April 24 / University of Birmingham Study February 25

MOBILE PHONES 2025

The status quo isn't working for anyone

94%
of parents think smartphones are harmful

Parentkind nationwide poll of 2,496 people, April 24

67%
of 16-18 year olds think smartphones are harmful

Parentkind poll, 2024

87%
of teachers agree for teens the negatives of smartphones outweigh the benefits

Teacher Tapp survey, 2025

MOBILE PHONES 2025

The three major issues

CONTENT

Smartphones are gateways to extreme content and viewpoints

CONTACT

Sites like TikTok, Snapchat and Roblox are used by predators to target children with their first smartphones. Smartphones are gateways for bullying

TIME

Smartphones are fundamentally changing childhood - distracting us from engaging in real world activities.

MOBILE PHONES 2025

The evidence of harm is now clear

90%

of girls and 50% of boys say they are sent unwanted explicit content

Ofsted review of sexual abuse in schools, 2021

3x

Teens with problematic smartphone-use are three times as likely to have depression

King's College London, 2024

237

The average teen gets 237 notifications a day. It takes 23 minutes to refocus

Common Sense Media 2023

1-2
Grades higher

Children at smartphone free schools get better GCSE results

Disconnect: Policy Exchange 2024

MOBILE PHONES 2025

What are we losing?

Less time outdoors

Less time playing, reading & exercising

Less social interaction and face to face communication

More time scrolling, alone

MOBILE PHONES 2025

School smartphone policies: the options

Being genuinely smartphone free means students have no access to smartphones throughout the school day

A 'bell-to-bell' policy

Lockers or pouches

Pros: Transforms educational environment

Cons: Requires investment, less change beyond school hours

Brick phones only

Pros: Huge benefits during and beyond the school day and less issues to & from school

Cons: Parental push back

MOBILE PHONES 2025

Impact: after one smartphone-free term

Kids could focus

Free from relentless distraction, children could focus on learning.

Teachers could teach

…and had to pick up the pace because kids were paying closer attention!

Behaviour improved

Detentions fell by 40%, truancy fell by 80%, safeguarding incidents fell by 75%

Fights didn't escalate

Because they weren't being filmed and shared on social media.

Kids could be kids

Students started playing tag and talking to each other.

Teachers felt happier

Staff reported feeling happier and retention rates improved by > 50%

MOBILE PHONES 2025

Rooks Heath Is going Smart Phone Free

5th June After Half Term

- Phones collected by tutor unless parents have signed a contract to say a phone will not be brought to school
- Failure to produce your phone without a pre signed agreeement will result in a wanded search
- Any students that have a special medical circumstances that require use of thier phones are exempt
- Any student with a detention will receive their phone after their detention has been completed
- Any student on a trip will still be required to hand in their phone which will be given to them by the trip leader
- Any student who is late to school will need to wait in the Rookery after school where they will be given their phones back at 3:45pm

MOBILE PHONES 2025

Caught with your phone?

First Time

- Phone held for 48 Hours
- Parent will contacted and must collect the phone, no exceptions and no early collections
- Warning letter issued.

Second Time

- Phone held for 5 days
- Parent will contacted and must collect the phone, no exceptions and no early collections
- 1 day Withdrawal

Third Time

- Phone held for 2 weeks
- Parent meeting with the Head of Year
- 2 day Withdrawal

Our goal

The Business of Learning

- More focus on the business of learning then on the business on dealing with Smartphone related issues

Greater Social Connections

- Greater connections between all members of the school community which are not reliant on technology
- Better Social and communication skills

Reduction of Screen Time

- A more healthy and productive environment
- Improved student well being

MOBILE PHONES 2025

MOBILE PHONE AGREEMENT FORM

Rooks Heath School Mobile Phone Agreement Form (Parent/Carer Declaration)

The school has circulated a letter with a link to the electronic form:

https://forms.office.com/e/ca6HDrN0Sv

This will also be on the school website landing message page tomorrow.

MOBILE PHONES 2025

DFE ARE MOVING ALL SCHOOLS TOWARDS MOBILE FREE ENVIRONMENTS

Mobile phones are set to be prohibited in schools across England as part of the government's plan to minimise disruption and improve behaviour in classrooms.

New mobile phones in schools guidance issued today (19 February 2024) backs headteachers in prohibiting the use of mobile phones throughout the school day, including at break times.

Many schools around the country are already prohibiting mobile phone use with great results. This guidance will ensure there is a consistent approach across all schools.

EXAM PREPARATION

- The Basics
- Exam Preparation
- Reporting exam results

EXAM PREPARATION

Monday 16th June – Wednesday 25th June

Three exams will be in the gym:

Monday 23rd – Science

Tuesday 24th – Maths

Wednesday 25th – English

Exams will be held in the majority of subjects and all other exams will take place in lesson time.

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Upload

PiXL

CHUNK IT	RE-LEARN IT	WRITE IT	SPEAK IT
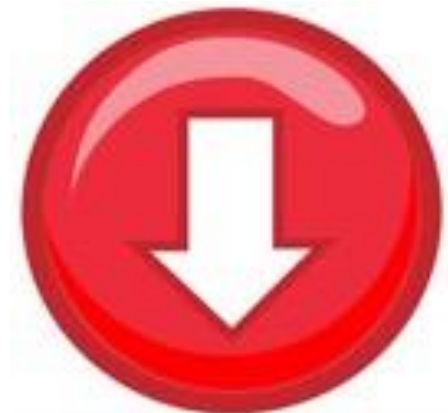
CHUNK IT

-Split information into manageable chunks.

-Choose a chunk at a time to memorise.

-Start with the most important or the most difficult.

RE-LEARN IT

-Re-read your notes on the chosen topic.

-Do some wider research on the internet until you understand it.

WRITE IT

-Write a detailed description or an explanation about everything you know about this topic. Try to do this without your notes.
-Topic on a page.
-Write key facts you need to memorise over & over until you have memorised them.

SPEAK IT

-Give a verbal explanation about this topic as if you were teaching it.
-Repeat facts you need to remember 20 times.
-Record key facts about this topic onto your phone.
-Say what you've learnt from memory, using images to prompt you.

TRANSFORM IT

-Transform key facts into a series of images.

-Transform what you have learnt into a diagram.

-Transform your learning into a poem or a story.

REDUCE IT

-Reduce what you have learnt about this topic into 5 bullet points or prompts.

-Reduce the 3 most important facts in this topic into 9 words.

SORT IT

-Use the ranking template to rank the most important facts from this topic.

-What is the most difficult point to remember? Why?

-Categorise key facts from this topic into 3 groups. You choose the group headings.

LINK IT

-Find 3 links between this topic and other topics you have studied.

-Link the points together.

-Link the ideas.

-Find some random links.

-Link the factors.
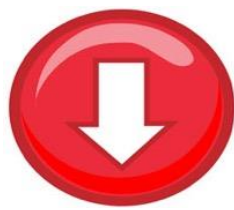
Download

PiXL

RESTORE IT

-Go back to your bullet points. Restore them to their original state.

-Go back to your images and restore them back into written form.

STEP IT

-Create a 5-step process explaining the 3 most difficult learning points.

-Recall the process or order of events you have studied.

TEST IT

Write yourself 3-5 exam questions on this topic or skill.

REFINE IT

Improve it
Rank it
Reorder it
Change it
Condense it
Add to it
What have you missed out from your topic on a page?

REVISION

Some revision strategies to try:

Mind Maps

REVISION

Some revision strategies to try:

Flash Cards

How tall is Mount Everest?

FRONT

8,848 metres above sea level

BACK

REVISION

Some revision strategies to try:

Quizlet

REVISION

What do I revise?

A homework task will be set (in Bromcom) in every subject listing the topics that are coming up.

Revision strategies have also been provided by teachers.

BE ORGANISED

Where?

Sit at a desk / somewhere designed for study

What?

Make tasks specific & realistic

How?

Like > Less favoured > Like

When?

Alert – times of the day...

Why?

Review

BE ORGANISED

Make a timetable

- Know your topics and sub-topics

- Plan when you are going to study

- Use short bursts

- Have regular breaks

BE ORGANISED

You have three and a half weeks!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Half-term Revision Schedule							
Session 1 (25 - 45 minutes)							
Session 2 (25 - 45 minutes)							
Session 3 (25 - 45 minutes)							
Session 4 (25 - 45 minutes)							
Additional Extra							

EXAM WEEK

On the week of the exams:

You will have a number of exams in one week. It is likely to feel quite intense.

Read over materials the night before if you want to. However, if you have revised during this coming two weeks, you should feel prepared.

Approach each exam with a positive mindset. Aim to do your best.

REPORTING RESULTS

Flight Paths are allocated from base data on entry

- Beginning
- Emerging
- Developing
- Securing
- Excelling

REPORTING RESULTS

There are five 'Flight Paths'.
Each flight paths tells us what grade your child is aspiring towards in each subject:

Flight Path	Aspiring to Achieve at GCSE in Year 11
Excelling	7, 8 or 9 (A, A*)
Securing	5 or 6 (B)
Developing	4 (C or D)
Emerging	2 or 3 (E,F)
Beginning	1(G)

REPORTING RESULTS

The Flight Path projects the least we expect them to achieve at GCSE

9
8
7
6
5
4
3
2
1
U

Prior Attainment

Y7 Y8 Y9 Y10 Y11
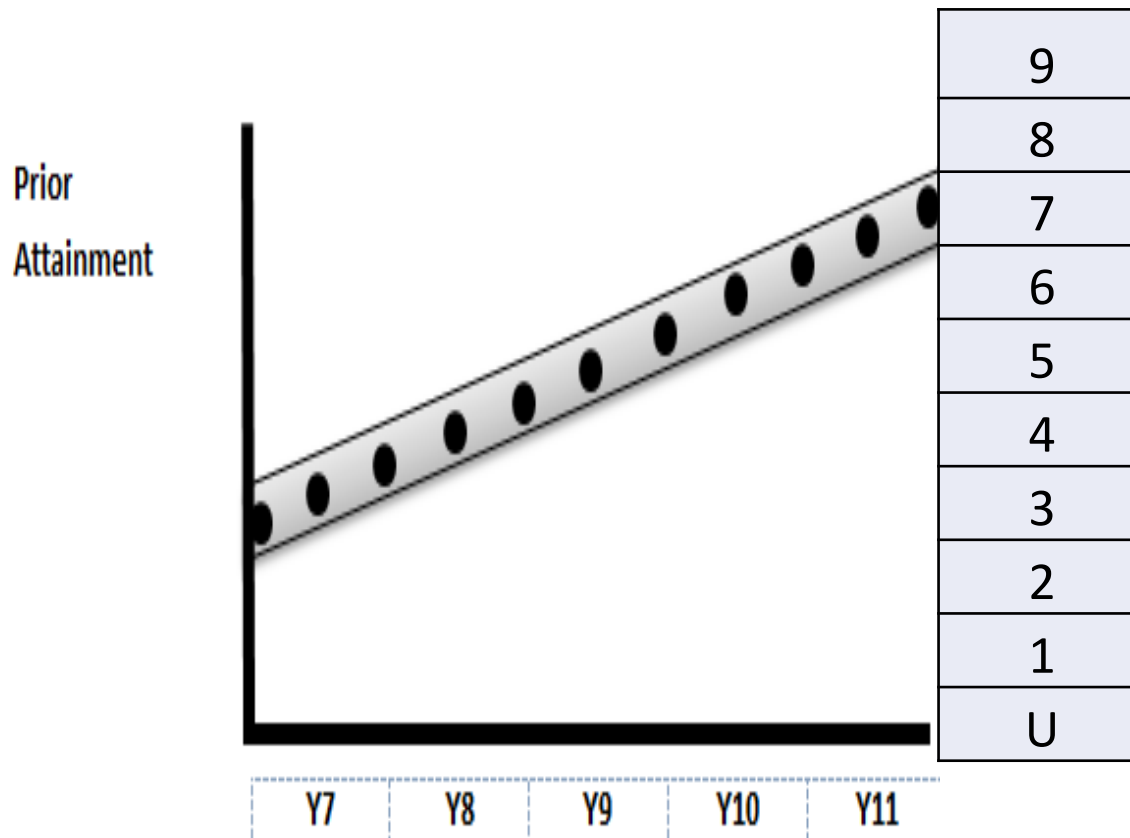
We support, extend or intervene to keep students **on or above** their Flight Path.

REPORTING RESULTS

Progress Statements

We will report progress by identifying whether students are:

Progress Check	Progress Description compared with Flight Path
Significantly above	Student is making progress far above their Flightpath
In line with or above	Student is making progress in line with their Flightpath, or slightly above their Flightpath
Working towards target	Student is working slightly below their Flightpath
Significantly below	Student is working far below their Flightpath

REPORTING RESULTS

	1	2	3	4	5
Attitude to learning	Lacks motivation, cannot focus on set tasks	Low level of motivation. Frequently loses focus	Motivation levels fluctuate. Goes off task occasionally	Well motivated. Focuses on most tasks.	Strongly motivated. Focuses on all tasks.
Behaviour	Frequently disrupts the learning of others	Is occasionally disruptive	Generally well behaved with just a few lapses	Always well behaved	Consistently excellent behaviour. Considerate of others
Homework handed in	Never	Rarely	Sometimes	Usually	Always
Quality of homework	Unacceptable standard	Unsatisfactory Standard	Satisfactory Standard	Good standard	Excellent Standard

REPORTING RESULTS

Behaviour Points – Positive: 52   Negative: -58

| Subject | Flightpath | Attainment | | | Behaviour for Learning | | | |
		Progress - Autumn	Progress - Spring	Progress - Summer	Is well motivated in	Behaves well in lessons	Hands in Homework	Quality of Homework
Art	Emerging	In line/above	In line/above		3	4	3	3
Computing	Emerging	In line/above	Working towards		3	3	2	2
Design Technology	Emerging							
Drama	Emerging	Signif below	Signif below		3	4	N/A	N/A
English	Emerging	In line/above	In line/above		3	4	4	4
*Food	Emerging	In line/above						
Functional Skills English	Emerging	In line/above	In line/above		5	5	5	4
Functional Skills Maths	Emerging	Working towards	In line/above		4	5	4	4
Geography	Emerging	Working towards	Working towards		4	4	4	4
History	Emerging	In line/above	Signif above		5	5	5	5
Maths	Emerging	In line/above	In line/above		5	5	5	5
Music	Emerging	In line/above	Working towards		2	3	5	5
**PE	Emerging	In line/above	In line/above		4	3	N/A	N/A
PSE	N/A	N/A	N/A		5	5	N/A	N/A
Religious Studies	Emerging	Working towards	In line/above		4	5	4	4

CELEBRATE:
5s, 4s,
greens
blues.

QUESTION:
3s and below,
yellows
reds.

THANK YOU FOR BEING HERE THIS EVENING

It <u>will</u> make a difference.