

YEAR 8

'STRIVE TO BE YOUR BEST' INFORMATION EVENING

Presenters:

Mrs J. Logan: DHT, Teaching & Learning

Mr P. Parkinson: Head of Year 8

Mr S. Ahmed: DHT, Pastoral

Mrs L. Hyde: AHT, Digital Technologies

Wednesday
21st May
2025



The BASICS Making good choices

- Attendance and punctuality
- Organisation
- Homework
- Health
- Reading
- Devices
- Expectations & encouragement
- Keep in touch

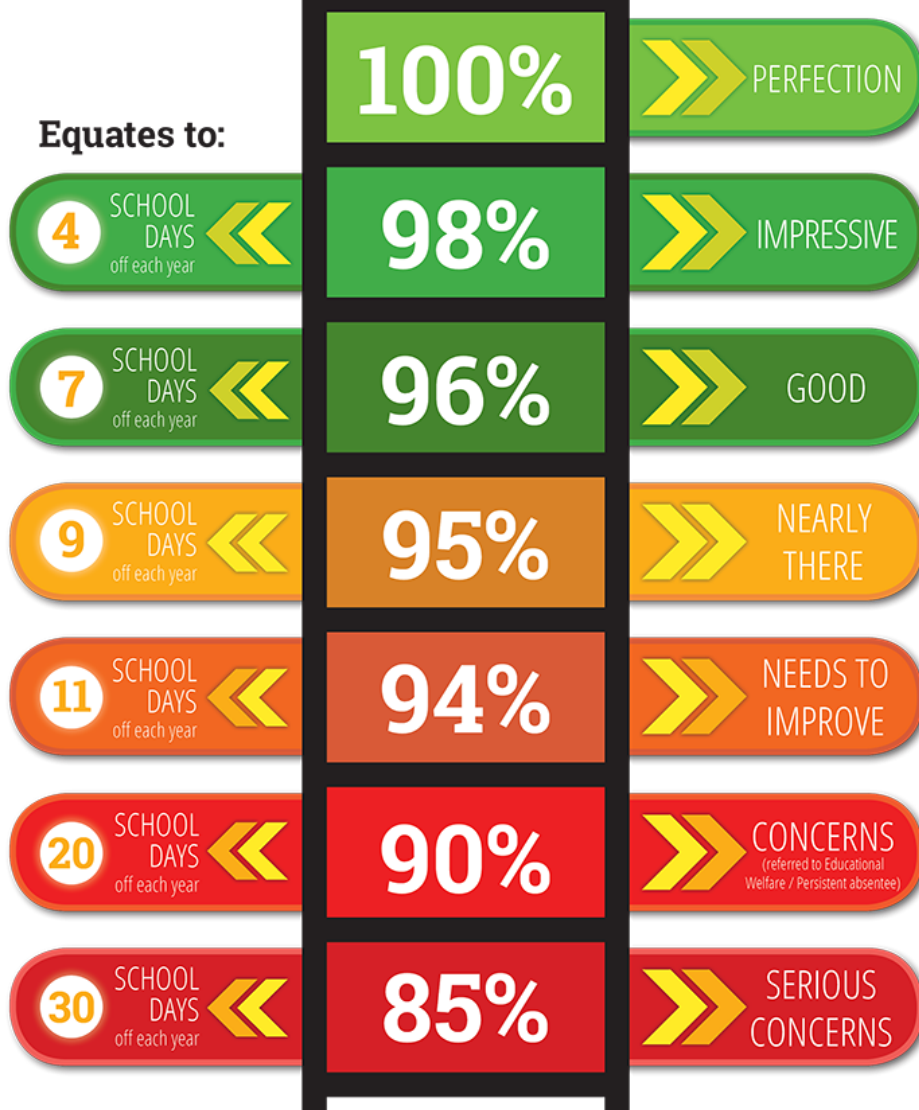


The BASICS

Making good choices

ATTENDANCE

Equates to:





The BASICS Making good choices

ORGANISATION

- Teach your child to plan ahead
- Timetable - Uniform - Equipment - Homework



The BASICS Making good choices

Executive functions are still developing. Time management doesn't come naturally to most 13-year-olds.

The challenges
facing parents

Busier social calendars compete for attention. Friends suddenly seem more important than schoolwork.



The BASICS Making good choices



Establish a Home Organization Station



Designated Study Space

Create a distraction-free zone with all needed supplies.



"Go Box" System

Place morning essentials in a front-door box for grab-and-go ease.



Visible Calendar

Display a weekly schedule in an area everyone can see



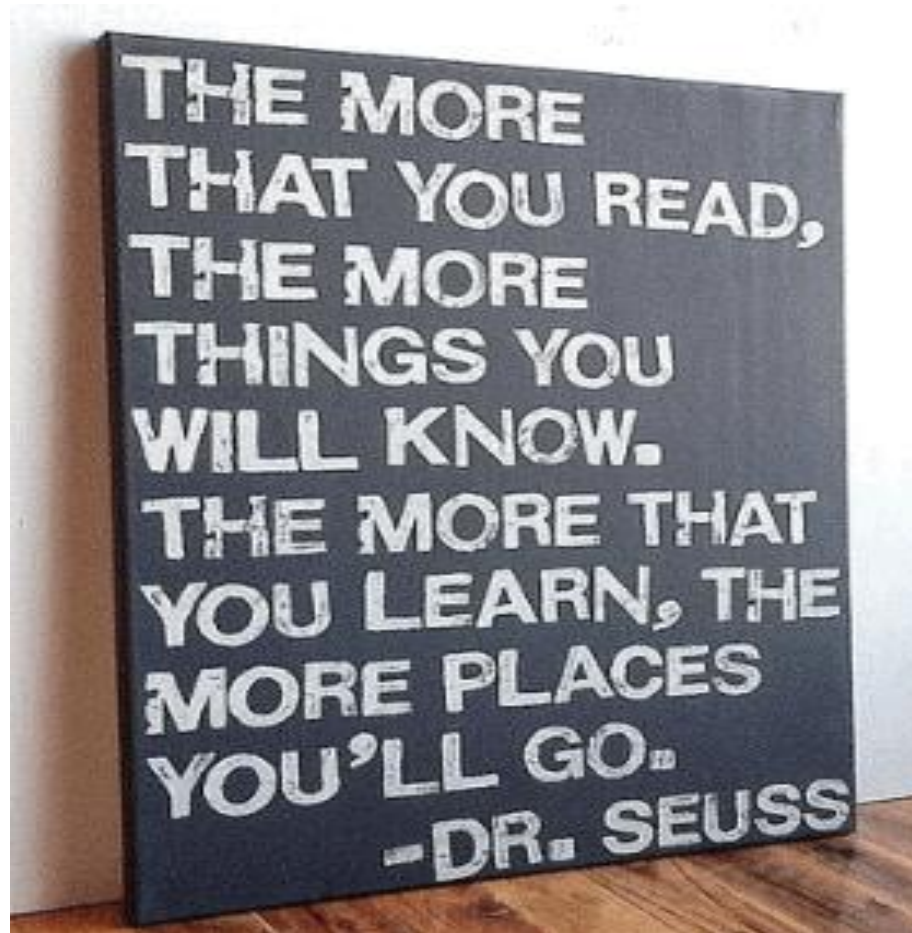
Parent Tracking

Maintain your own calendar of tests and project deadlines.



The BASICS Making good choices

READING





The BASICS Making good choices



Strategies for Reluctant Readers



Try Audiobooks

Access free audiobooks through library apps like Libby.



Graphic Novels

Visual storytelling engages reluctant readers through illustrations.



Media Connections

Start with books that connect to favorite films or games.



Short Stories

Less commitment than novels but still builds reading skills.



The BASICS Making good choices

Creating a Reading-Friendly Home

Dedicated Time

Set aside 20 minutes daily for family reading.



Regular Visits

Make bookshops and libraries part of your routine.



Comfortable Spaces

Create device-free reading nooks that invite relaxation.



Model Reading

Teens who see parents read are 6× more likely to read.

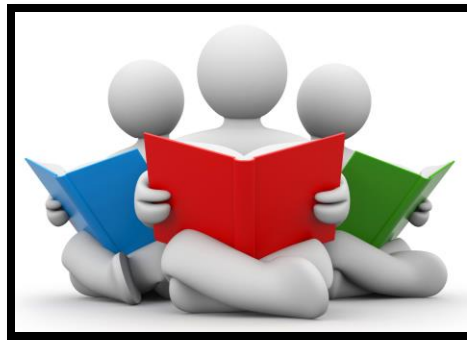




The BASICS Making good choices

READING

- Encourage Reading
- Literacy is not confined to school
- Accelerated Reading program runs in school





The BASICS

Making good choices

HEALTH

- Good diet
- Good exercise
- Good sleep





The BASICS

Making good choices

Why Routines Matter for Teens



Critical Brain Development

Age 13 marks significant neural rewiring. Habits formed now have lasting impact.



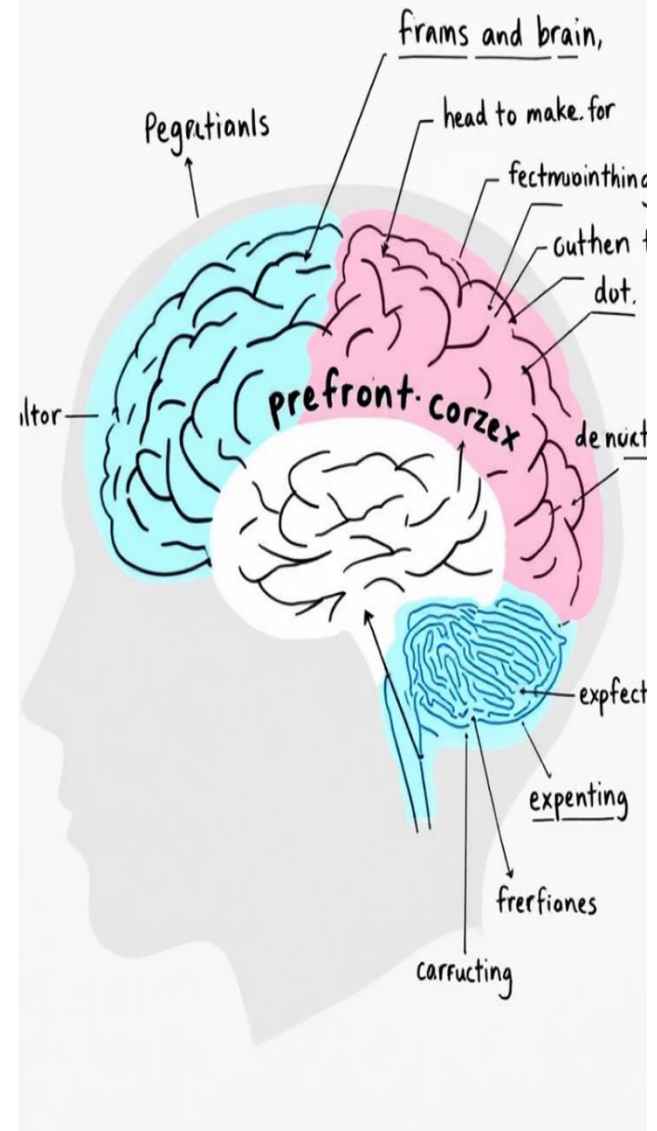
Academic Improvement

Teens with structured routines show 30% fewer skipped assignments.



Improved Focus

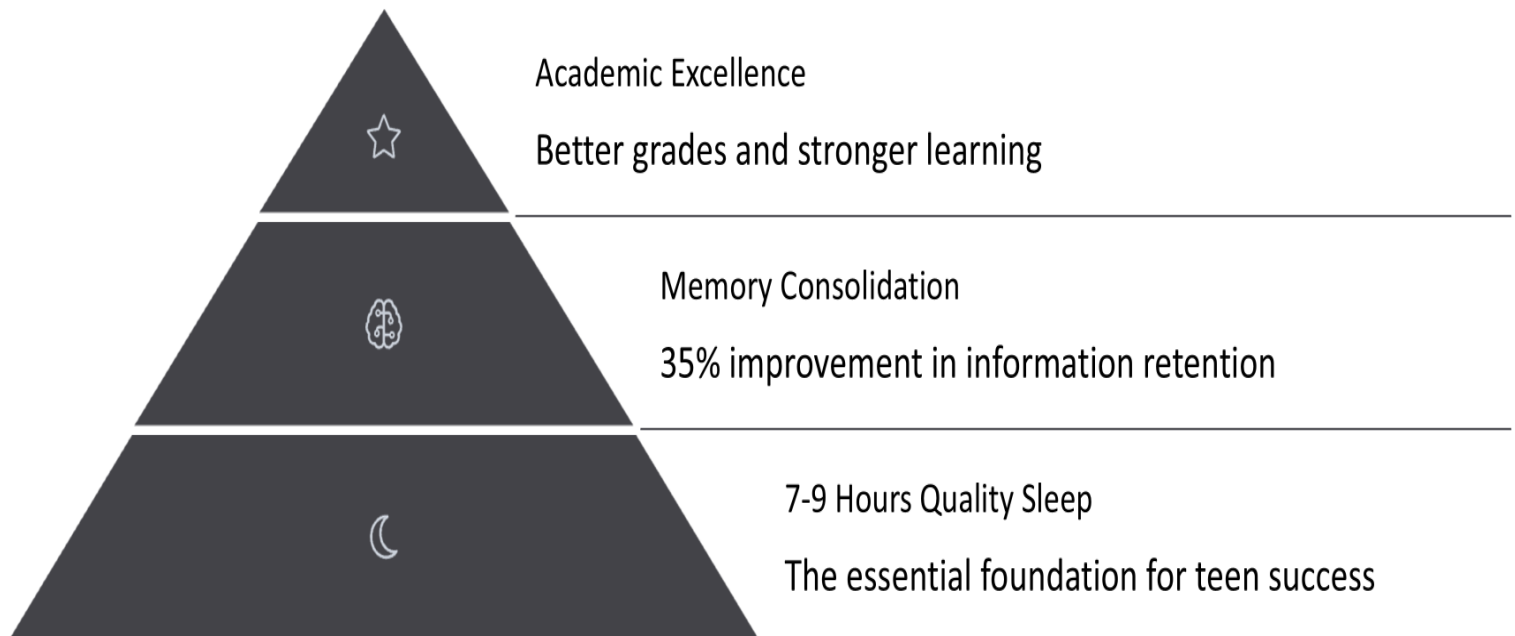
Consistent schedules reduce distractions during this distractible phase.





The BASICS Making good choices

Sleep: Foundation for Success

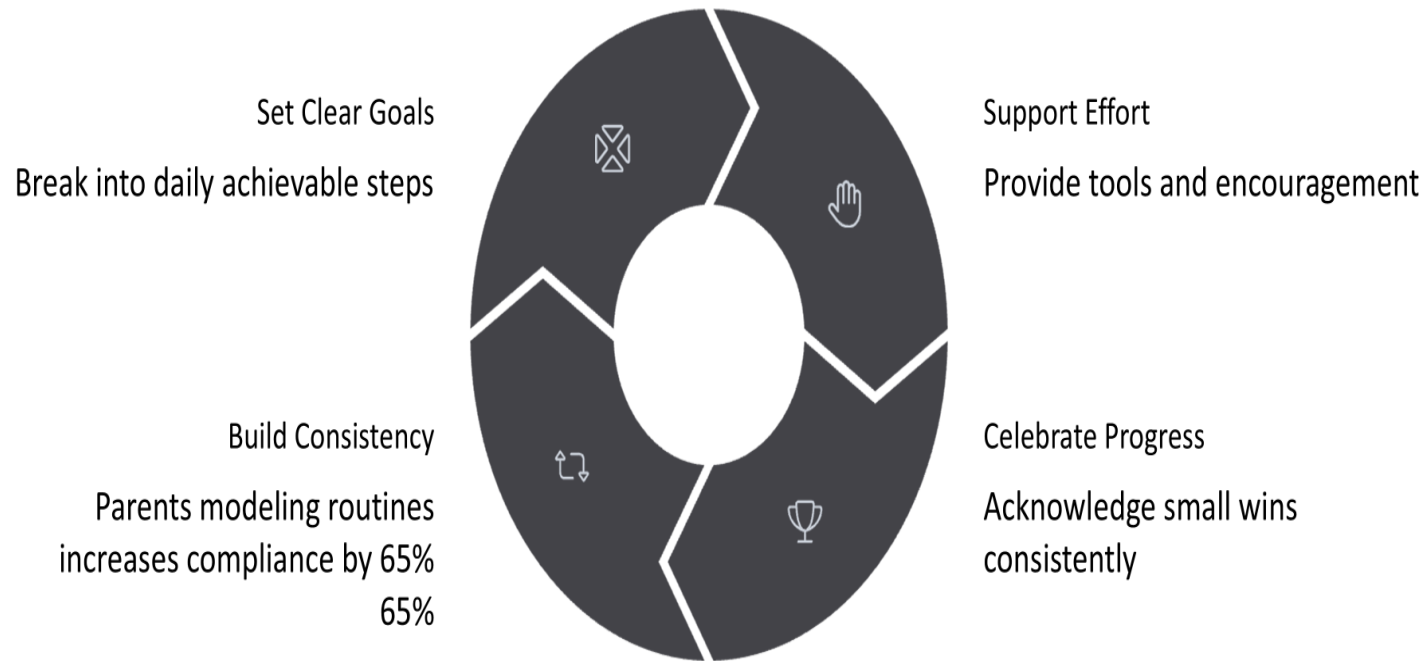


Consistent bedtimes reduce sleep onset time by 50%.



The BASICS Making good choices

Building Motivation & Work Ethic





Model Healthy Screen Habits

Be Present at Meals

Keep all devices away from the table.

Make mealtimes about conversation, not screens.

Demonstrate Alternatives

Show enjoyment of non-digital activities.

Read physical books and engage in hands-on hobbies.

Tech-Free Time Together

Schedule regular activities without devices.

Build connections through shared experiences.



The BASICS Making good choices



Sometimes all I
want is to be a
child again



ROOKS HEATH SCHOOL
Strive to be your best

DIGITAL PLATFORMS



DIGITAL PLATFORMS

Bromcom Student Portal

<https://www.bromcomvle.com/>

Bromcom MCAS Parent Platform

<https://www.mychildat school.com/MCAS/MCS ParentLogin>



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





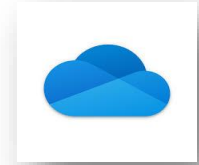
DIGITAL PLATFORMS



SharePoint

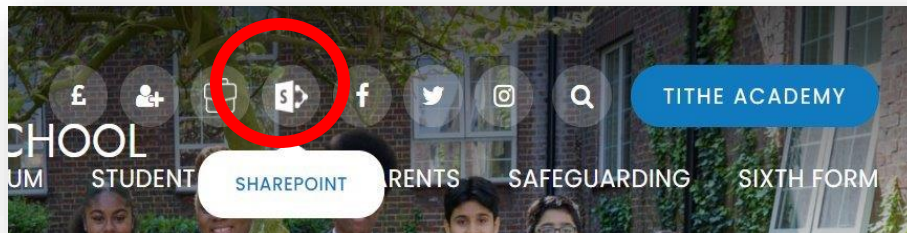


Teams



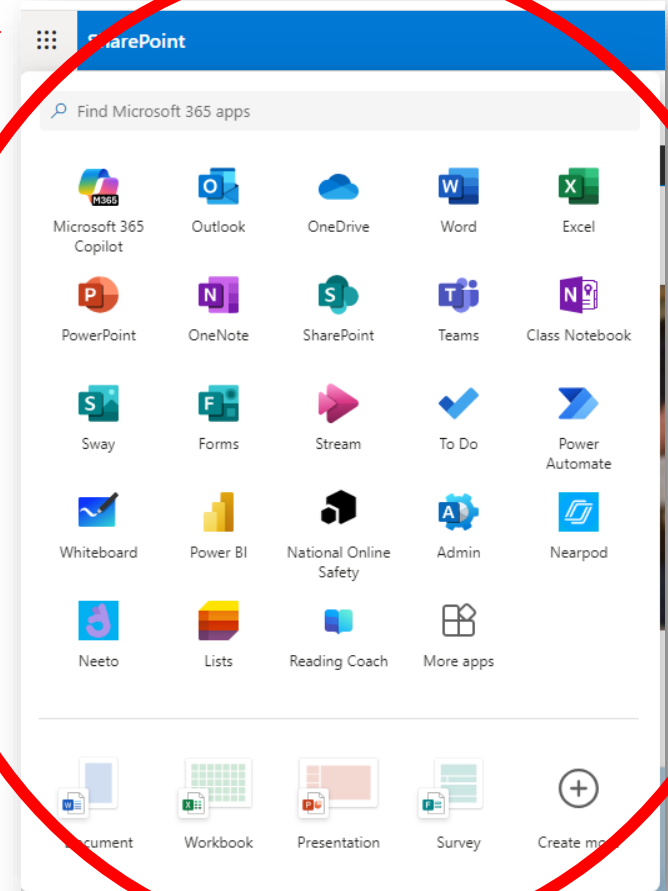
OneDrive

- 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

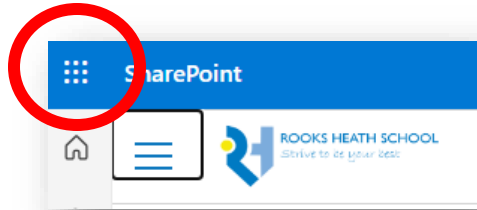


SharePoint allows for anytime, anywhere access to class resources and work.

From our SharePoint site, students can access:

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

DIGITAL PLATFORMS



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.

My Subjects

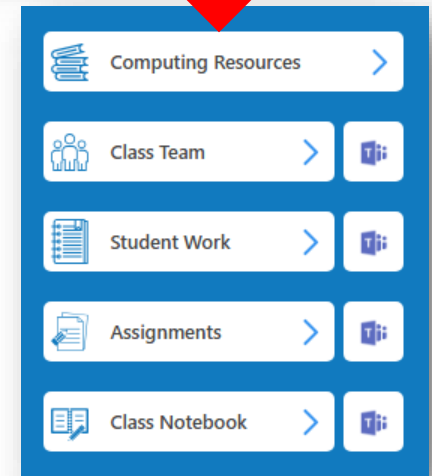
- All Subjects
- Add Eng
- Ancient Greek
- Ancient History
- Art
- Biology
- Business BTEC
- Business S

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



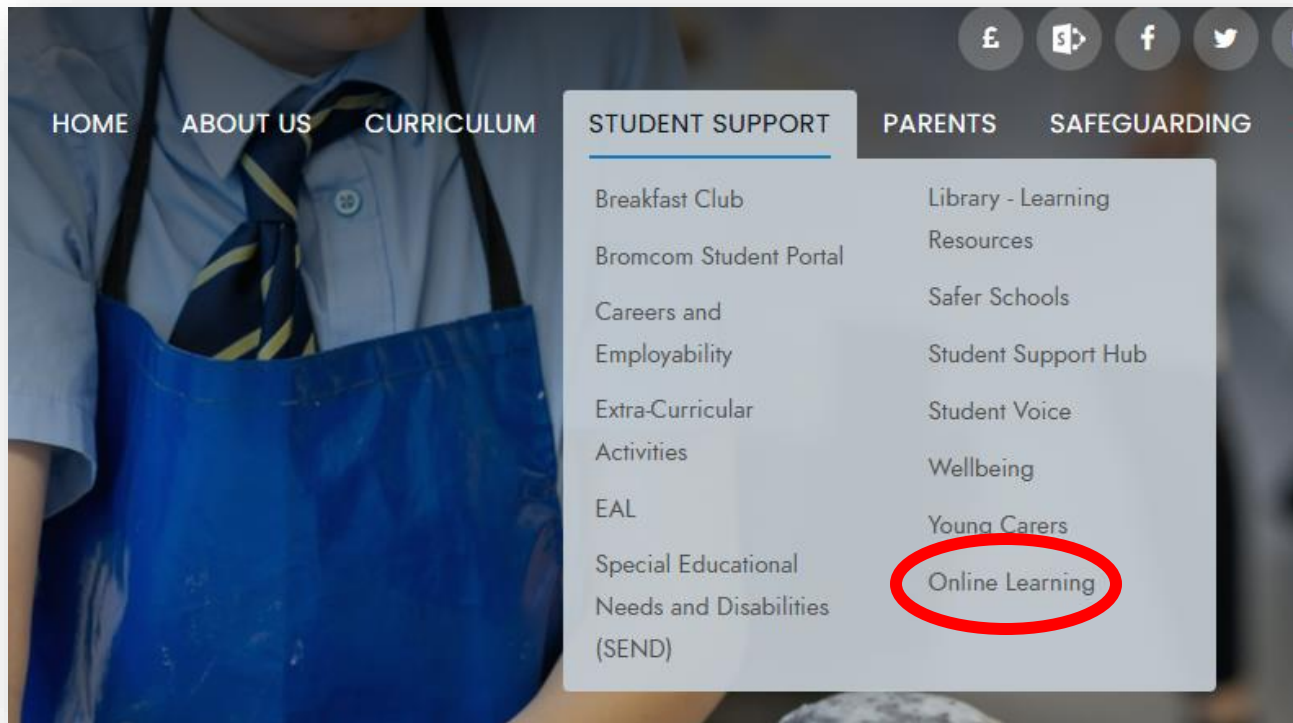
Student Resources



DIGITAL PLATFORMS

Rooks Heath Website > Student Support > Online Learning

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





DIGITAL PLATFORMS



<https://www.kerboodle.com/>

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.

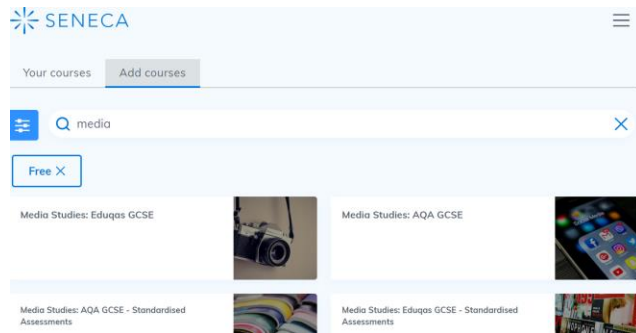


DIGITAL PLATFORMS



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



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.



DIGITAL PLATFORMS

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

contactus@rooksheath.harrow.sch.uk



STRIVE TO BE YOUR BEST

Rooks Heath Mobile Phones 2025



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



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



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

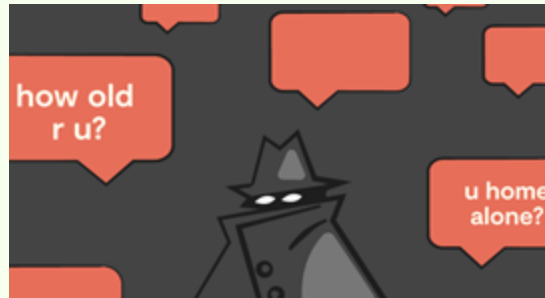


The three major issues



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 agreement 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 be contacted and must collect the phone, no exceptions and no early collections
- Warning letter issued.

Second Time

- Phone held for 5 days
- Parent will be 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



MOBILE PHONES 2025



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

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.

The screenshot shows the digital form interface. At the top is a blue header with the school logo and title. Below the header, a light blue box contains instructions: 'All students are required to hand in their mobile phones or personal electronic devices at the start of each school day, unless a prior agreement has been made indicating that the student does not bring a phone to school. Please complete the form below to confirm your child's mobile phone status.' The form body has a light blue background and includes a legend for required fields (*). It contains four numbered questions, each with a text input field and a small icon to the right:

- 1. Please Input the Date * [icon]
Please input date (dd/MM/yyyy) [icon]
- 2. Parent/Carer Name: * [icon]
Enter your answer
- 3. Your Child's First Name: * [icon]
Enter your answer
- 4. Your Child's Surname: * [icon]
Enter your answer



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.



REVISION

How to Revisit/Revise

1



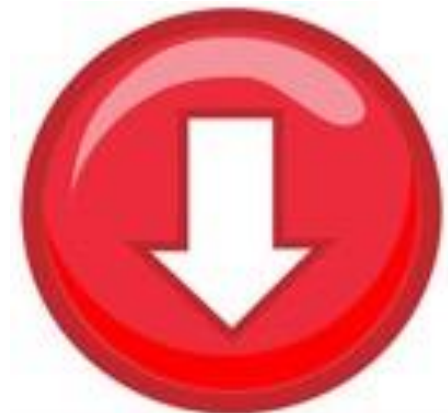
Upload

2



Process

3



Download



Upload

PiXL

**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.



Process

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

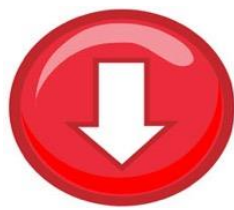
- Reduce what you have learnt about this topic into 5 bullet points or prompts.
- Reduce the 3 most important facts in this topic into 9 words.

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

The screenshot displays the Quizlet interface for a study set. At the top, the word "ingenious" is entered in the "TERM" field, and its definition, "clever, resourceful", is in the "DEFINITION" field. Both fields are set to "English". Below the input fields, the text "Use a study set in variety ways..." is displayed. Underneath this text is a grid of eight study mode icons: LEARN (circular arrow), FLASHCARDS (stack of cards), WRITE (pencil), SPELL (speaker), TEST (document), MATCH (matching cards), GRAVITY (falling blocks), and LIVE (circular arrows with people icons). A large hand cursor icon is positioned to the right of the grid. At the bottom of the interface, the Quizlet logo is prominently displayed in white on a dark blue background.



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!

Half-term Revision Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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'.

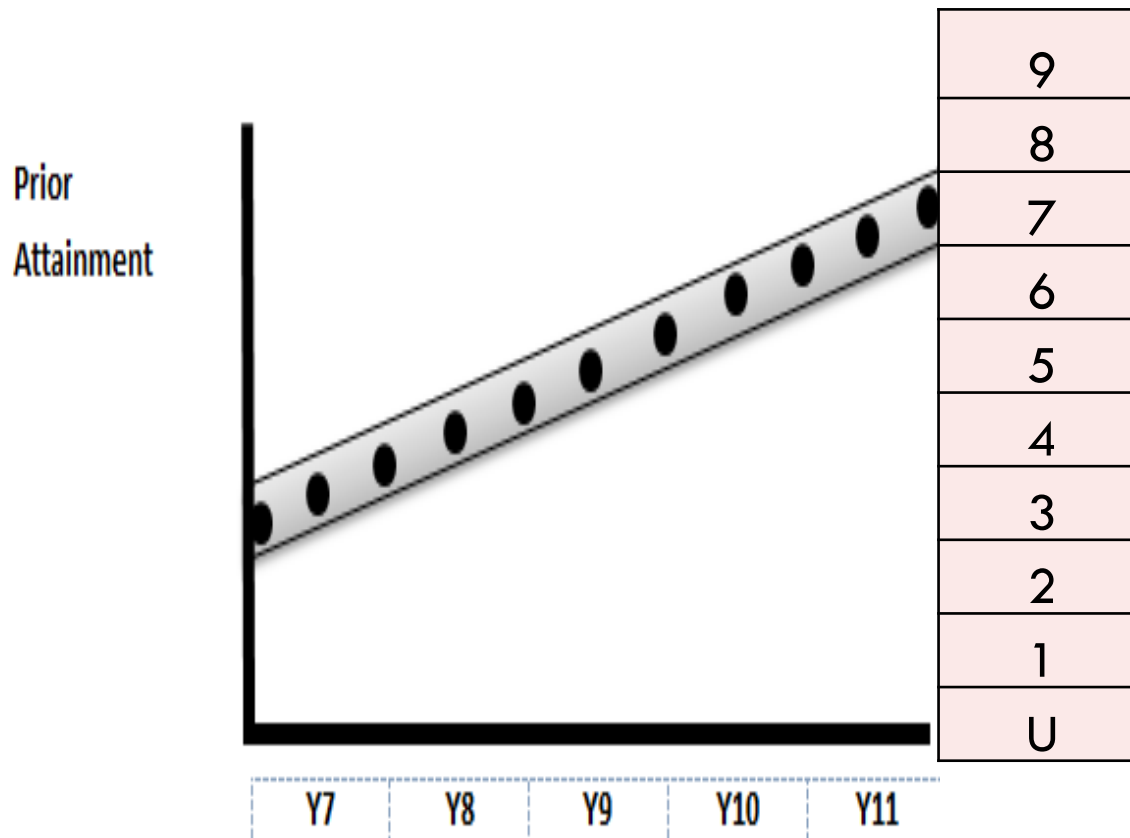
Each flight paths tells us what grade your child is aspiring towards in each subject:

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



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

Attainment					Behaviour for Learning			
Subject	Flightpath	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 will make a difference.