



YEAR 10 - STRIVE TO BE YOUR BEST

Tuesday 28th March 2023





TIMELINE FOR BEING YOUR BEST

Year 10

Now/Easter holidays	start revising for Y10 Mock Exams
26th June – 3rd July	Y10 Mock Exams
By the end of Y10 you will covered more than 50% of your GCSEs.	

Year 11

November/December 2023	Y11 Mock Exams
January 2024	Sixth Form Applications
May 2024	GCSE Exams
September 2024	Start Sixth Form/College



Y10 MONITORING REPORTS

Attendance: 93.0%

Rooks Heath School expected percentage of attendance: 95%

Behaviour Points –

Positive: 69 Negative: 15

Attainment					
Subject	Minimum Target	Autumn Attainment	Autumn Predicted Grade	Spring Current Attainment	Spring Predicted Grade
Art	6	5+	6	5-	6
Combined Science	66	66	66	98	76
Design Technology	6	4	4	4	5
Economics	6	3	5	3	4
English Language	6	5-	5	5	5
English Literature	6	5-	5	5	5
Geography	6	6	6	6	6
Maths	6	3+	5	4+	6
PE	N/A				
Religious Studies	6	3	4	3	3

Behaviour for Learning		
Is well motivated in lessons	Behaves well in lessons	Hands homework in
4	5	3
4	4	4
3	3	2
4	3	3
4	4	4
4	4	4
4	4	4
4	5	4
5	5	4

*Please note due to staff absence some PE reports are missing.

If you would like to leave any comments please email:

contactus@rooksheath.harrow.sch.uk

Attendance: 99.1%

Rooks Heath School expected percentage of attendance: 95%

Behaviour Points –

Positive: 69 Negative: 3

Attainment					
Subject	Minimum Target	Autumn Attainment	Autumn Predicted Grade	Spring Current Attainment	Spring Predicted Grade
Art	6	6	7	6	7
Chinese	6	5-	6	5-	6
Combined Science	66	66	66	66	66
Computing	6	8+	7	5-	6
English Language	6	5	5	5	6
English Literature	6	5	5	5	6
Geography	6	8-	8	8-	8
Maths	6	3	6	5	7
PE	N/A			N/A	N/A
Religious Studies	6	5	6	8	8

Behaviour for Learning		
Is well motivated in lessons	Behaves well in lessons	Hands homework in
5	5	4
5	4	4
5	5	5
5	5	5
5	5	5
5	5	5
5	5	5
5	4	5
4	5	N/A
4	4	4

*Please note due to staff absence some PE reports are missing.

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Y10 REPORTS

Year 10

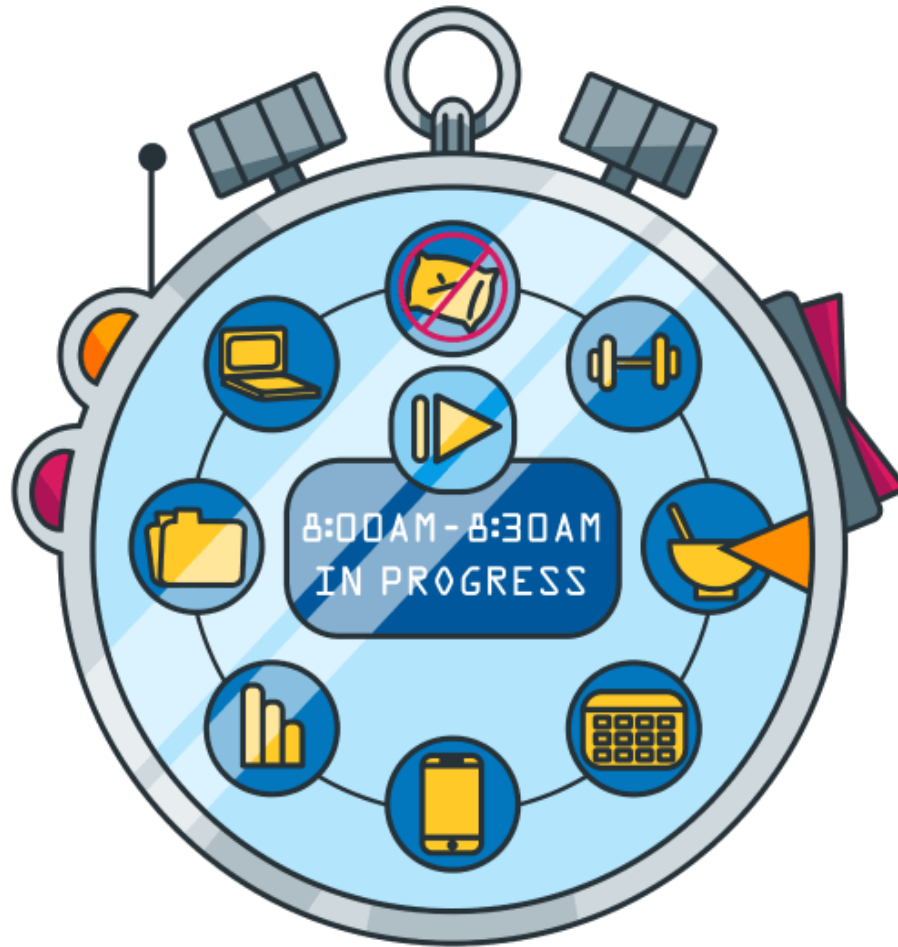
Information on Marking and Grades

Behaviour for Learning

	1	2	3	4	5
Is well motivated in lessons	Never	Rarely	Sometimes	Usually	Always
Behaves well in lessons	Never	Rarely	Sometimes	Usually	Always
Hands homework in	Never	Rarely	Sometimes	Usually	Always



GOOD ROUTINES





BASIC STEPS TO HELP YOUR CHILD SUCCEED

- ☐ Encourage them to strive for success and to do well.
- ☐ Make sure they attend every day and on time.
- ☐ Make sure they complete homework on time and to an agreed standard.
- ☐ Set regular study and homework routines.
- ☐ Help your child to stay organised – regular conversations about upcoming tests or key dates/equipment for the classroom.
- ☐ Communicate with the school. Email/phone teachers for updates. Use Satchel One to monitor their punctuality and behaviour.



ATTENDANCE



There is a clear link between poor attendance and lower academic achievement.

In KS4, pupils with **no absence** are 2.2 times more likely to achieve 5+ GCSEs A*- C than pupils that missed 15-20% of KS4 lessons.



HOMEWORK



Homework has a fundamental part to play in the learning process 'and paving the way to students becoming independent learners'.

The work being set should have a clear goal, as well as being worthwhile and purposeful to encourage student completion.



HOMework

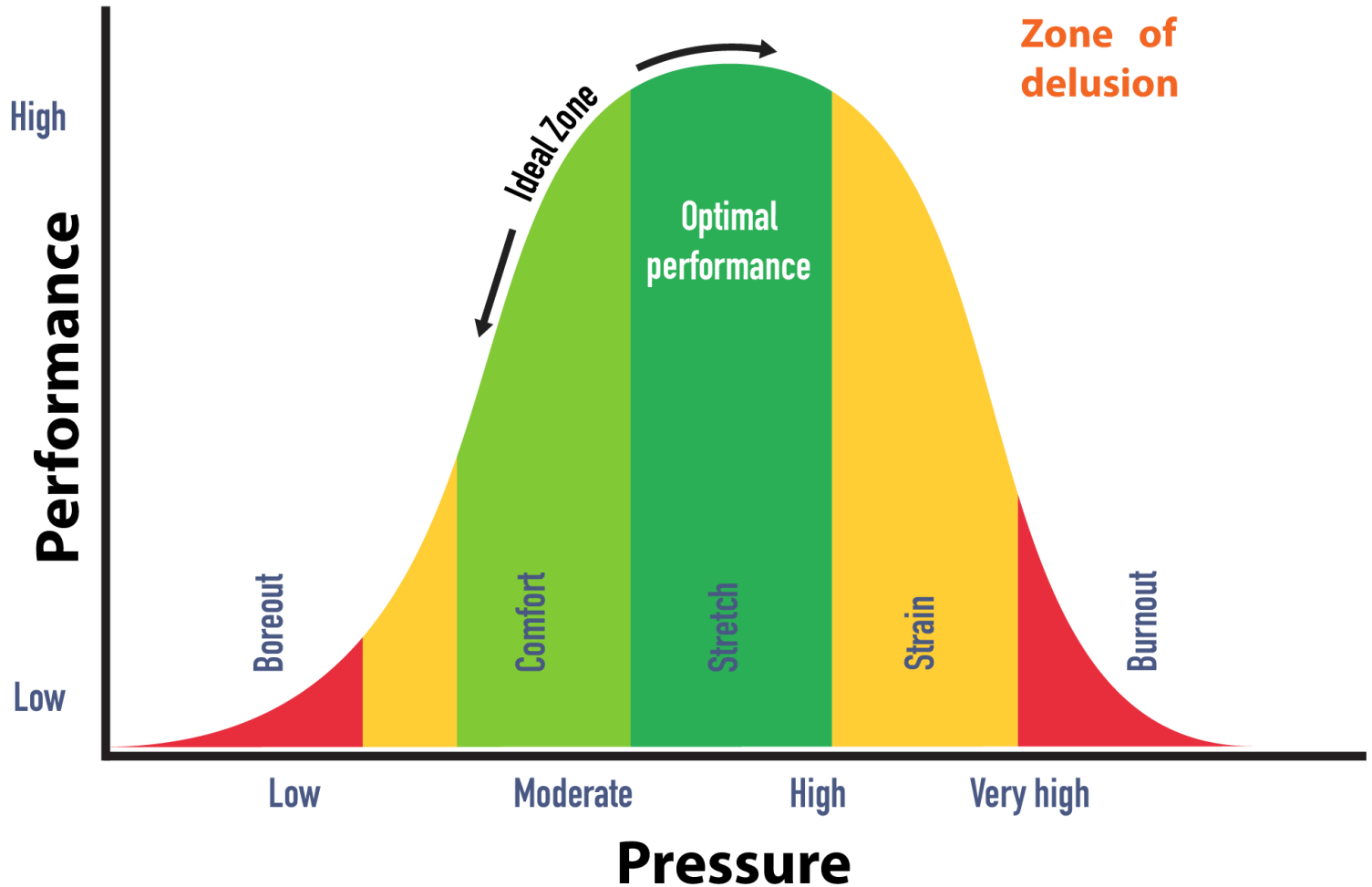
There is a direct link between students spending time on homework and their achievement in secondary school.

Researchers also found that the completion of homework at secondary level can add on an additional 5 months progress onto a child's learning.





WHERE CAN PRESSURE COME FROM?





MANAGING STRESS

We can't eliminate stress from Year 11.

But we can come up with some coping mechanisms.

What works for one person, won't work for everyone else.





GOOD MENTAL HEALTH

"Sleep is the best, and least expensive, anxiety medicine."

Ellen Vora, MD



"Good mental health is when you can feel happy and positive about yourself and enjoy life and learn well. Good mental health helps you to have healthy relationships with family and friends and enables you to manage sad, worrying or angry feelings and you can bounce back from tough times."





COPING STRATEGIES

Reaching out for support.

It's important to have family, a community or someone to confide in that you trust with your thoughts and feelings.

Be prepared and pace yourself

Your revision of knowledge and skills starts now if not already. Do regular revision using effective techniques with plenty of breaks. 20 minutes of testing yourself on a topic rather than 1 hour of re-reading your text books is **more effective revision and provides less stress**

Taking breaks from technology



It can create strain on the eyes, disrupt sleep, overstimulate your brain and normally, technology is linked to a lack of movement.



COPING STRATEGIES

Exercise

- Improves focus
- Improves concentration
- Improves self-esteem
- Research shows a clear link between physical exercise and positive academic outcomes
- Relieves stress

Emotional resilience

This comes into play where we can't control the stress that is coming in from the outside.

- Spend time with family and friends
- Write lists of all the things that are going well in your life
- Write down what you are grateful for

Eating well

- **Eating fresh fruit, vegetables and whole grains, lean meats and healthy fats will help alleviate your body from digestive stress**
- Sugar snacks and so-called energy drinks do not aid concentration



HAVE YOU SET UP SATCHEL ONE?

satchel:
one



The importance of planning for your Future Career

*"A GOAL WITHOUT A PLAN IS JUST A WISH."
ANTOINE DE SAINT-EXUPÉRY*



Mrs Subra – Assistant Headteacher



FAILING TO PLAN AND YOU ARE PLANNING TO FAIL





STUDENT SUPPORT > CAREERS AND EMPLOYABILITY

CAREERS AND EMPLOYABILITY

It is believed that as many as 65% of today's students will be employed in jobs that don't yet exist, which means preparing our young people for the future of work has never been more important. We at Rooks Heath recognise the significance of a meaningful careers education which provides the students with the knowledge and skills to understand themselves, and the opportunities and pathways available to them. We aim to prepare and inspire them, in areas of careers and employability so that they can make successful choices to manage the transitions in learning and the move into work.

We are committed to following The [Gatsby](#) Benchmarks which underpin the government's Careers Strategy and the Department of Education's guidance to schools on meeting their statutory responsibility in careers guidance published in December 2017.

HOW CAN YOU SUPPORT THE CAREERS PROGRAMME?

There are a number of ways in which you or your company can support current students in developing their careers



[Advice For Students](#)

[Alumni](#)

[Apprenticeships](#)

[Careers Fair](#)

[Careers Advice For Parents/Carers](#)

[Community](#)

< [Labour Market Information](#)

[Quick Links](#)

[Post 16 & 18 careers & Training](#)



LABOUR MARKET INFORMATION

Students with high aspirations often lack the knowledge to put their plans into action. Access to up to date career and labour market information is important for social mobility. Providing detailed information about progression routes, relevant courses and employers and useful networks strengthens their capacity to make effective choices and transitions. Students need strong digital skills to make good use of online information about career exploration, making applications, self presentation and professional networking (Gatsby Benchmark 2).

Medical practitioners		Medical radiographers	
Weekly Pay £1,140	Annual Pay £59,280	Weekly Pay £720	Annual Pay £37,440
Hours/Week 34h	Hourly Pay £34	Hours/Week 37h	Hourly Pay £19
Workforce Change (projected)		Workforce Change (projected)	
Growth 6.9%	Replacement 52.8%	Growth 6.9%	Replacement 52.8%
The workforce is projected to grow by 6.9% over the period to 2027, creating 21,300 jobs. In the same period, 52.8% of the workforce is projected to retire, creating 162,500 job openings.		The workforce is projected to grow by 6.9% over the period to 2027, creating 2,200 jobs. In the same period, 52.8% of the workforce is projected to retire, creating 16,700 job openings.	
You might find this job in Health Public admin. & defence Membership organisations Retail trade Education		You might find this job in Health Public admin. & defence Residential care	
More info Clear card		More info Clear card	

Powered by LMI For All

USEFUL LINKS

- <http://www.lmiforall.org.uk/widget/>
- <http://www.lmiforall.org.uk/>
- <https://www.nomisweb.co.uk/>
- <https://nationalcareersservice.direct.gov.uk/job-profiles/home>

Community

< Labour Market Information

Parents/Carers

Quick Links

Resources



What is unifrog?

A one-stop-shop for getting in.



Apprenticeships



Further Education



University



+ Lots more!

How does it help?

Unifrog empowers students and teachers.

Strategy

Only take into account academic performance and likelihood of success. Compare every opportunity to find the best one.

Tasks

Students and teachers don't know their next move, what they've already done, and what they've got left to do.

Target

One place to track every student's progress, and feed-in to their applications - you can target help at students who need it most.

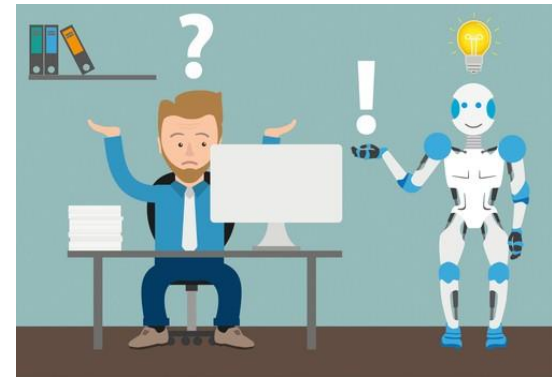


MANY ROUTES TO GET INTO YOUR CHOSEN FIELD...

- **Study a Radiography foundation year:** Foundation years are specifically designed to prepare students for degree-level study. Entry requirements for these courses are a lot lower but be aware that an extra year of study will add further time and money to your degree.
- **Study a Radiography apprenticeship:** An alternative to a bachelor's, a Radiography apprenticeship will give you the chance to work while you study. You'll have to apply through a healthcare provider and courses are approved by the HCPC. Vacancies can be found on the [NHS Jobs website](#) and the [Find an Apprenticeship website](#).
- **Study an access to Radiography course:** This will typically be a one-year course to prepare you for further degree-level study. Entry requirements are much lower than a bachelor's degree which makes the course ideal if you didn't achieve the necessary grades for a Radiography degree.



JOBS THAT DIDN'T EXIST WHEN I WAS IN UNIVERSITY






SUBJECTS EQUIP YOU WITH A WEALTH OF SKILLS.

Start planning now by learning the skills each of your subjects teach...


WHY STUDY HISTORY?

History helps us tell the future - teaching us about the past. That makes it a great way into a whole host of careers.




Skills

- Analysis
- Research
- Essay writing
- Communication
- Problem-solving
- Arguing



Careers

- Law
- Politics
- Public sector
- Business
- Marketing
- Economics
- Teaching
- Academia
- Insurance
- Archaeology




Related subjects

- English Literature
- Languages
- Media studies
- Law
- Politics
- Philosophy
- Psychology
- Economics
- Sociology



Helps towards degree courses in...

- Archaeology
- Economics
- Classics
- Languages
- English
- History of art
- Law
- Politics
- Teaching
- Religious studies



successatschool.org

Images: Freepik, Popcorns Arts, Maxon Basinski



WORK EXPERIENCE

- Opportunity to learn new skills such as time management, communication and working as a team.
- Looks great on your CV.
- Chance to get employment in the future.
- Improves chances of getting onto another course of study or paid job.



HELP WITH CAREERS AT ROOKS HEATH SCHOOL

Careers Lead – Mrs. Subra (subra@rooksheath.harrow.sch.uk)

Careers Adviser – Mrs. Howell (rhowells@rooksheath.harrow.sch.uk)

Make the most of all the opportunities provided through school:

- Workshops
- Trips
- Assemblies
- And many more ...



**Success is not final, failure
is not fatal: it is the courage
to continue that counts.**

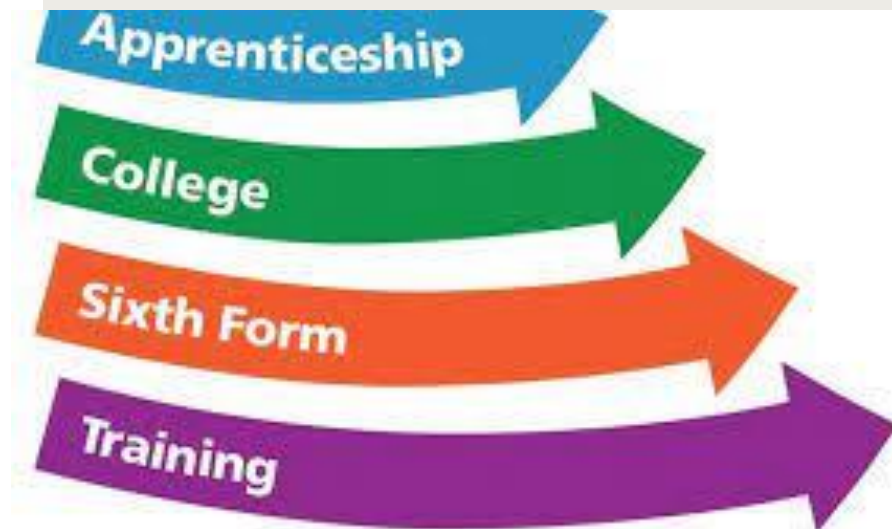
Winston Churchill

“ quotezfancy



STRIVING FOR EXCELLENCE: POST 16 OPTIONS

Every person must remain in some form of education until the age of 18.



In Harrow, overwhelmingly the most popular options are College (mostly Level 1 and 2 courses) and Sixth Form (Level 3 courses)



ROOKS HEATH'S SIXTH FORM INCLUSIVE CURRICULUM

AS/A level pathway

Students start on 4 AS levels in year 12 to maximise breadth in their curriculum

They take the summer AS examination for the subject they are dropping

Continue with 3 A level subjects in year 13

BTEC Level 3 pathway

Students study the equivalent of three A levels

This is usually one diploma and one extended certificate but can be three extended certificates

They complete coursework or controlled assessment plus one or two external examinations for each subject in year 12 and 13

Our curriculum is flexible, students can mix and match AS/A levels with BTEC qualifications to secure the combination of subjects which suits them best



A WIDE RANGE OF SUBJECTS ON OFFER

Ancient Greek

Applied Science

Art (Fine)

Biology

Business Studies

Chemistry

Classical Civilisations

Computer Science

Criminology

Economics

English Literature

Film Studies

Further Maths

Geography

German

Health and
Social Care

History

IT

Latin

Mandarin

Mathematics

Media Studies

Performing Arts

Physics

Politics

Psychology

Religious Studies

Sociology

Sport & PE



ENTRY REQUIREMENTS

AS/A Levels

6 or more GCSEs at grades 9-5;
**including at least a grade 5 at
Maths **and** English Language**

There are some subject specific requirements e.g. Maths require at least a grade 6 at GCSE.

BTEC Level 3 Nationals

5 or more GCSEs at grades 9-4; **including
at least a grade 4 at Maths or English
Language**

Students who have studied a BTEC at level 2 should have achieved at least a Pass in the relevant subject.

BTEC Level 3 students without a grade 4 or better in GCSE English Language or Maths will have GCSE lessons as part of their sixth form timetable.



REVISION

Mrs Logan – Deputy
Headteacher
Teaching and Learning



Henry Ford
(1864-1947)

Whether you think
you can,
or you think
you can't --
YOU'RE RIGHT.

-Henry Ford



Positive attitude and constructive self-talk

How to Revisit

1. 
Upload

2. 
Process

3. 
Download



Upload

**CHUNK
IT**

**RE-LEARN
IT**

**WRITE
IT**

**SPEAK
IT**

Split information into manageable chunks.

Choose a chunk at a time to memorise.

Start with the most important or the most difficult.

Re-read your notes on the chosen topic.

Do some wider research on the internet until you understand 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 and over until you have memorised them.

Give a verbal explanation about this topic as if you were teaching it.

Repeat facts you need to remember 20 times.

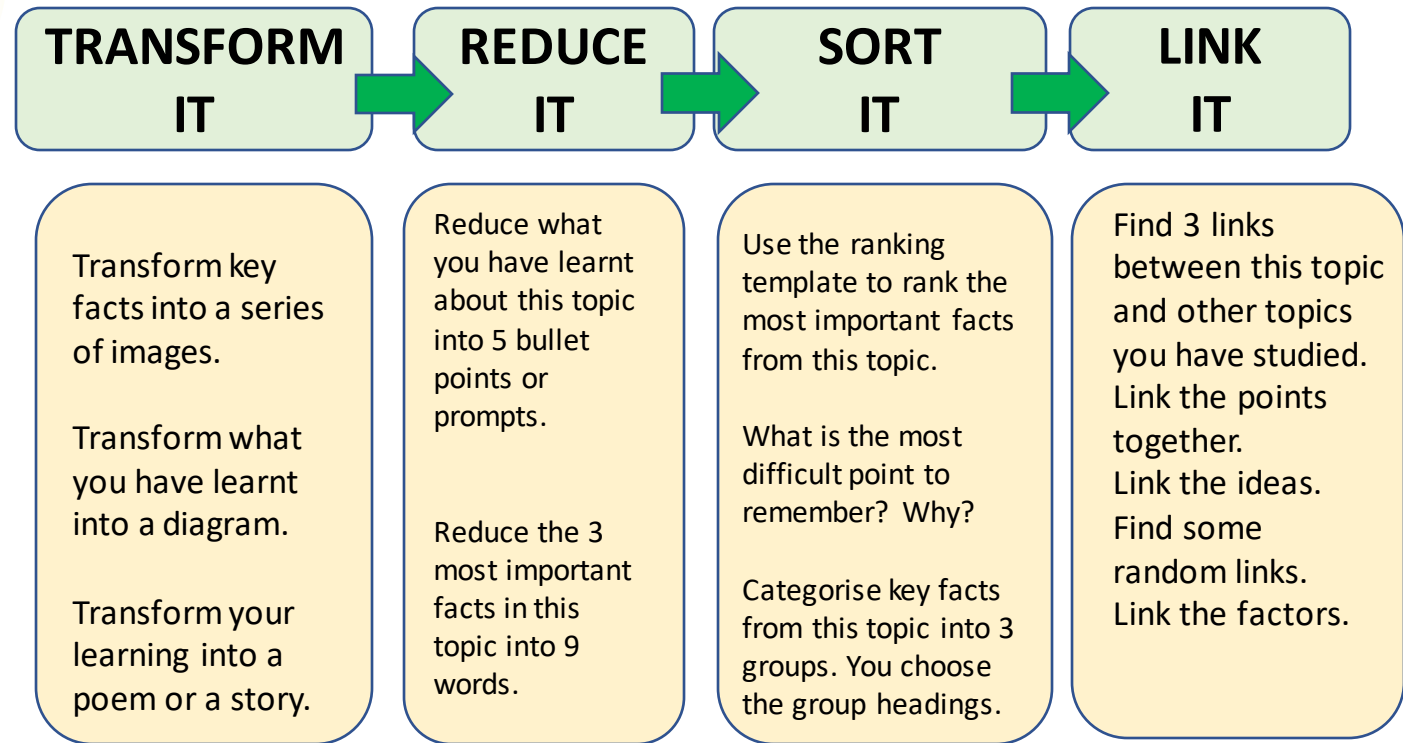
Record key facts about this topic onto your phone.

Say what you've learnt from memory, using images to prompt you.

-



Process





Download

**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 here.
Recall the process or order of events you have studied.

**TEST
IT**

Use the ThinkIt images to test your knowledge.

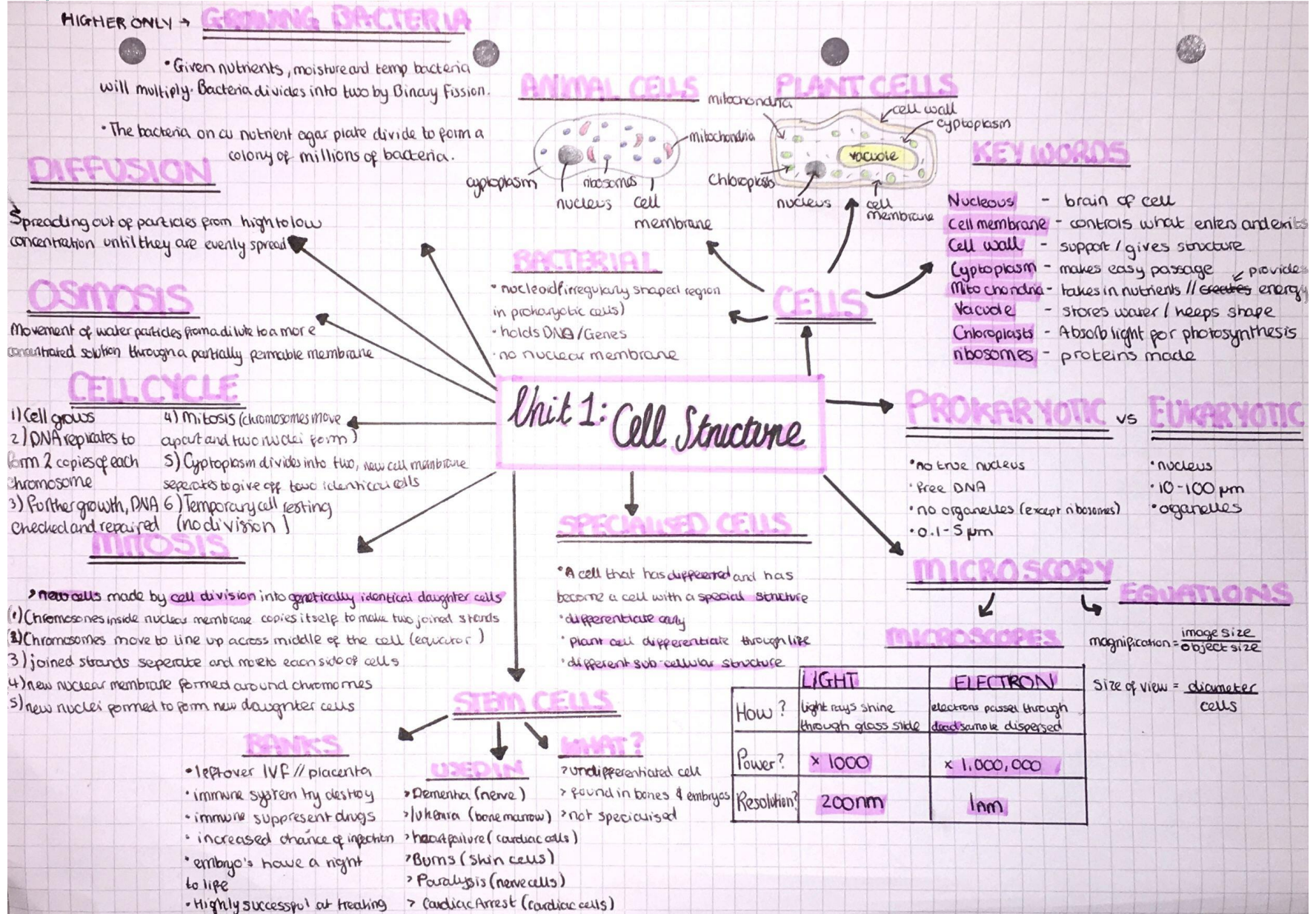
Write yourself 3-5 exam questions on this topic or skill.

**REFINE
IT**

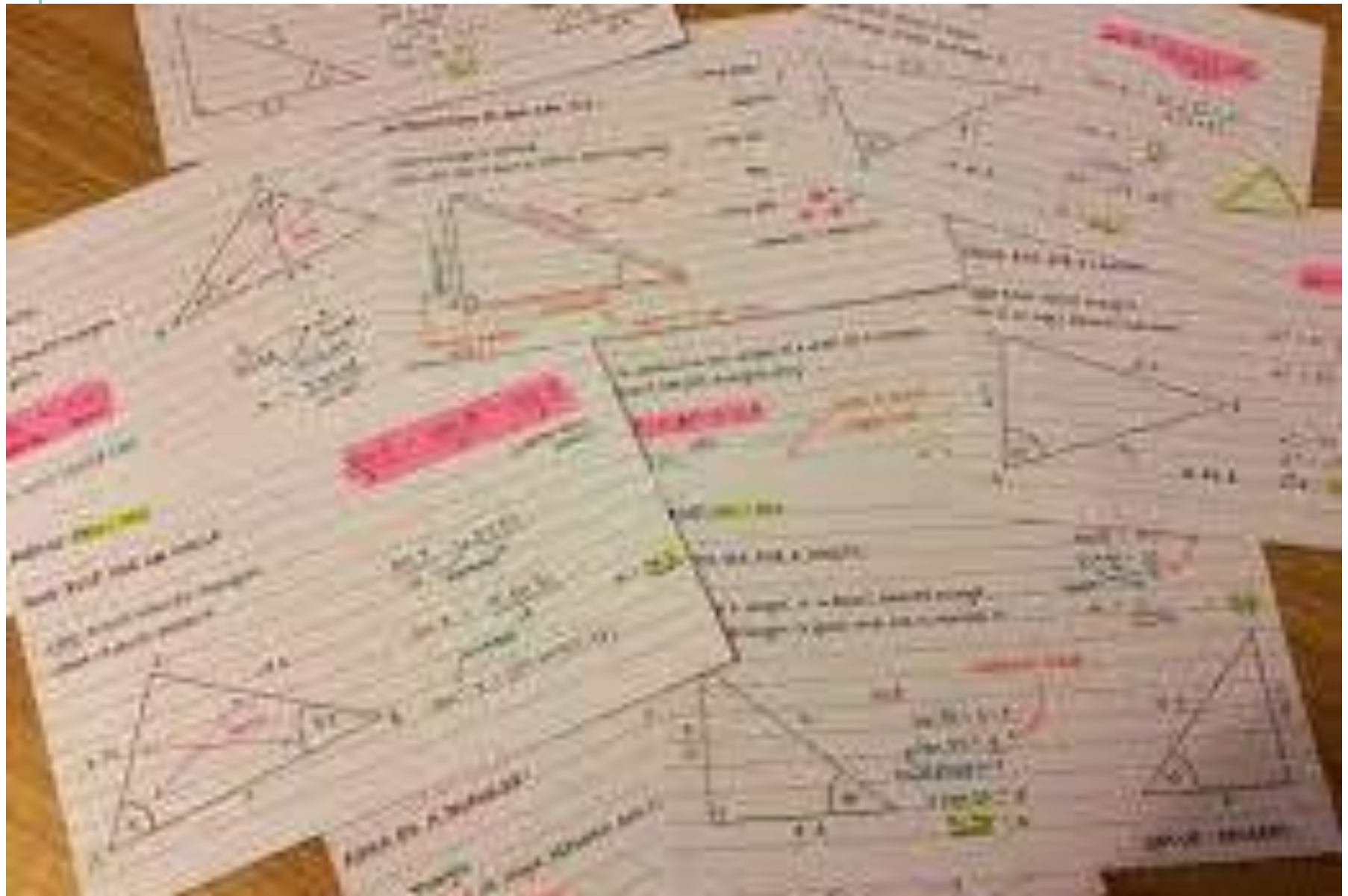
Improve it
Rank it
Reorder it
Change it
Condense it
Add to it
What have you missed out from your topic on a page?



STUDENT EXAMPLES



STUDENT EXAMPLES — CUE CARDS





STUDENTS OFTEN LIKE TO TAKE NOTES

Key Points	Details
	Summary



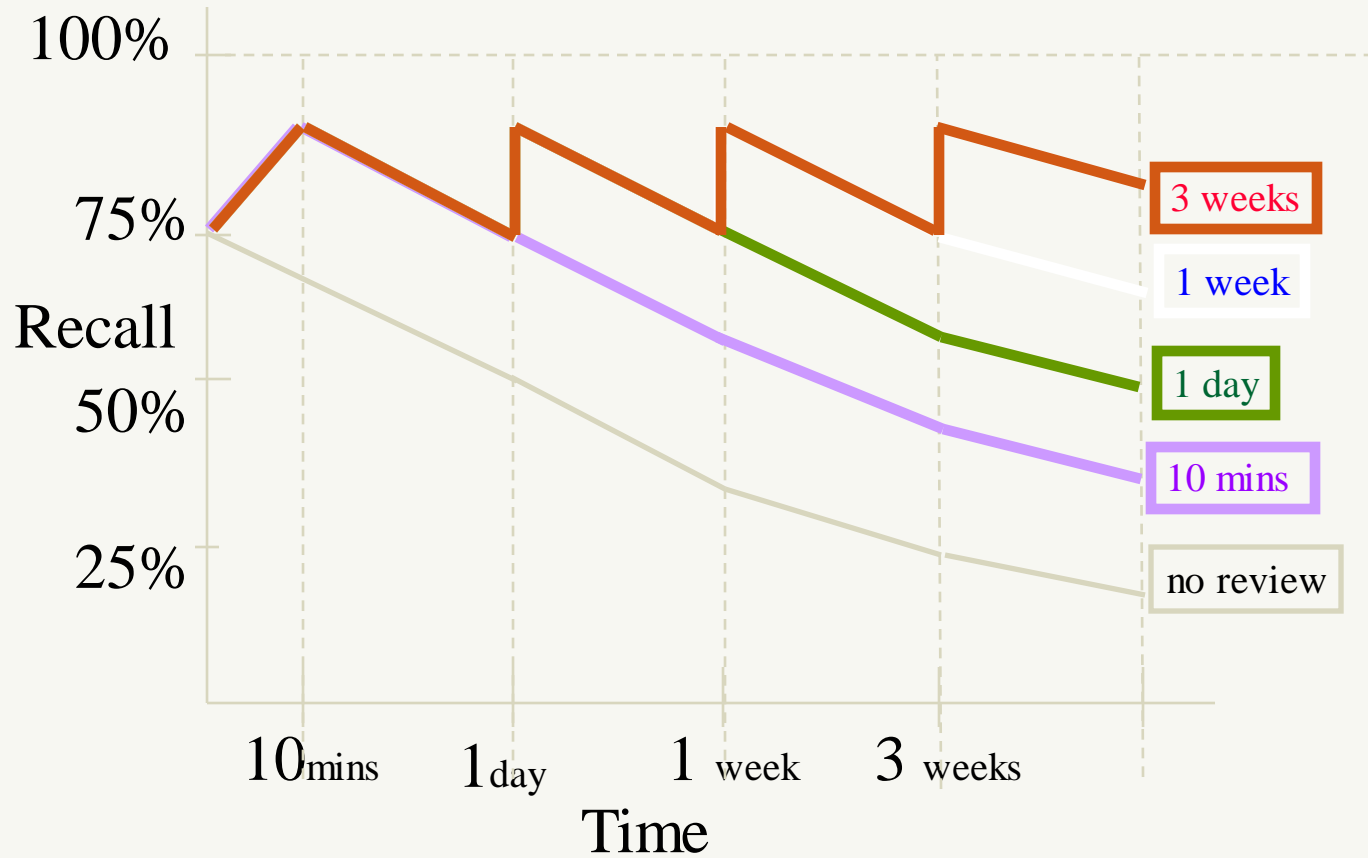
PLAN BACK FROM EXAM DATES

12 weeks from 26th June is 1st April – beginning of the Easter Holidays.

Make a 12-week revision timetable.



Review times are crucial





The most important points about revision are that it must:

- OCCUR OFTEN
- BE REPEATED AT REGULAR INTERVALS



PLANNING A REVISION TIMETABLE

Day	Morning	Afternoon	Evening
Monday	History – Crime and punishment CB1-2,	Media – set text 1 CC 1-2	Maths – Corbett's Maths Percentages
Tuesday	Maths – MyMaths Percentages recap plus past paper		History – Whitechapel CB 1-3
Wednesday	Media – set text 1 and 2 CC 1-3		
Thursday		Maths – Weak areas of past paper	Cinema
Friday	History – Crime and punishment and Whitechapel, CB 1-4		Media – set text 1-3 CC 1-4
Saturday			
Sunday	Family Event		



WHAT IS MY ROLE AS PARENT?

Give support, not criticism

Give encouragement, not pressure

Keep things in perspective

Make it easier for your child to study

Talk to someone if you or they are worried



PROVIDE SUPPORT BY..

- Testing memory of materials that have been made or booklets that have been given out.
- Getting your child to teach you.
- Sitting down with your child to prepare a revision timetable together.
- Going for a walk and testing your child on their mindmaps.
- Getting your child out of bed at a previously agreed time.



GIVE ENCOURAGEMENT BY...

Suggesting they just do 30 minutes.. (Make a start – inevitably they'll do more once they have started.)

Praise what they do achieve.

Moving focus away from what they haven't done to what they have done.

Encourage a positive attitude and constructive self-talk – help them to believe in themselves.



MAKE REVISION EASY BY

Ensuring a quiet place to study.

Keeping younger siblings away.

Providing equipment.

Providing snacks, drinks.

Expecting less regarding chores/housework.

Taking distractions away.

Planning days out into the revision timetable.



USEFUL CONTACT DETAILS

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