



YEAR 10 - STRIVE TO BE YOUR BEST

Wednesday 25th March 2026





MS ABBOTT

ACTING HEAD OF YEAR 10

**“THIS CANNOT
BE THE YEAR
OF TALKING.
OF WISHING.
OF WANTING.
THIS HAS TO BE
THE YEAR, YOU
GET IT DONE!”**

- ERIC THOMAS



YEAR 10 MONITORING REPORTS



Attendance: 93.0%

Rooks Heath School expected percentage of attendance: 95%

Behaviour Points –

Positive: 69 Negative: 15

Subject	Attainment				
	Minimum Target	Autumn Attainment	Autumn Predicted Grade	Spring Current Attainment	Spring Predicted Grade
Art	6	5+	6	6	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@rookshealth.harrow.sch.uk

Attendance: 99.1%

Rooks Heath School expected percentage of attendance: 95%

Behaviour Points –

Positive: 69 Negative: 3

Subject	Attainment				
	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

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YEAR 10 MONITORING 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



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Design Technology	6	4	4	4	5
Economics	6	5	5	5	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	Handls homework in
4	5	4
4	4	4
3	3	2
4	3	3
4	4	4
4	4	4
4	5	4
5	5	4

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 If you would like to leave any comments please email:
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93% attendance

15 neg. points

Some 2s and 3s

Predicted to get Grades 3, 4 & 5



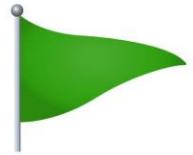
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Rooks Heath School expected percentage of attendance: 95%

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	7	6	7	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
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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	4	5
4	5	N/A
4	4	5

99.1% attendance

3 negative points

4s and 5s

On track to achieve Grades 6, 7 & 8

*Please note due to staff absence some PE reports are missing. If you would like to leave any comments please email: contactus@rooksheath.barrow.sch.uk



TIMELINE FOR BEING YOUR BEST

Year 10

Now/Easter holidays	Start revising for Year 10 Mock Exams
22nd June – 3rd July	Year 10 Mock Exams
By the end of Year 10 students will have covered <u>more than 50%</u> of their GCSEs	

Year 11

November/December 2025	Year 11 Mock Exams
January 2026	Sixth Form Applications
May 2026	GCSE Exams
September 2026	Start Sixth Form/college



GOOD ROUTINES





BASIC STEPS TO HELP YOUR CHILD SUCCEED

- Encourage them to strive for success and to do well.
- Make sure they attend school every day and on time.
- Make sure they complete homework on time and to an agreed standard.
- Set regular study and homework routines.
- Control their use of mobile devices.
- 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 My Child at School to monitor their homework, punctuality and behaviour.



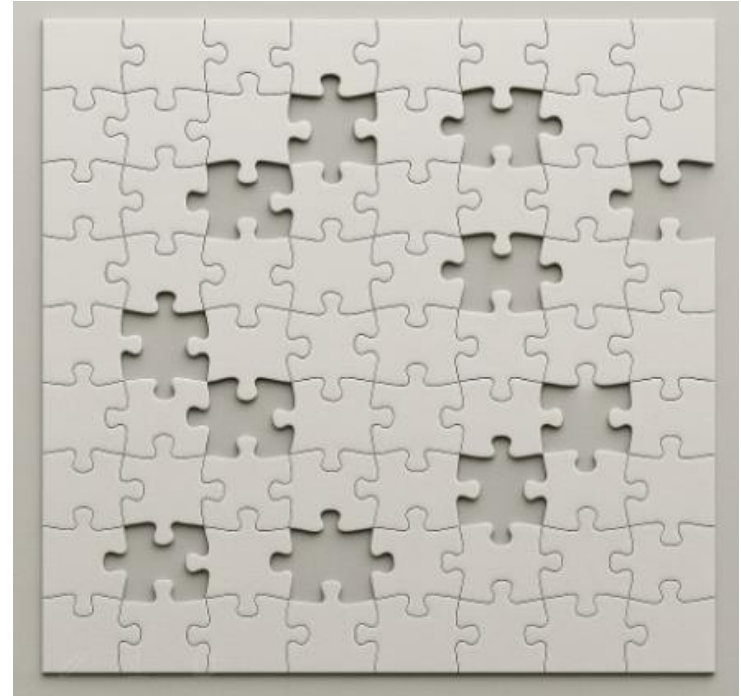
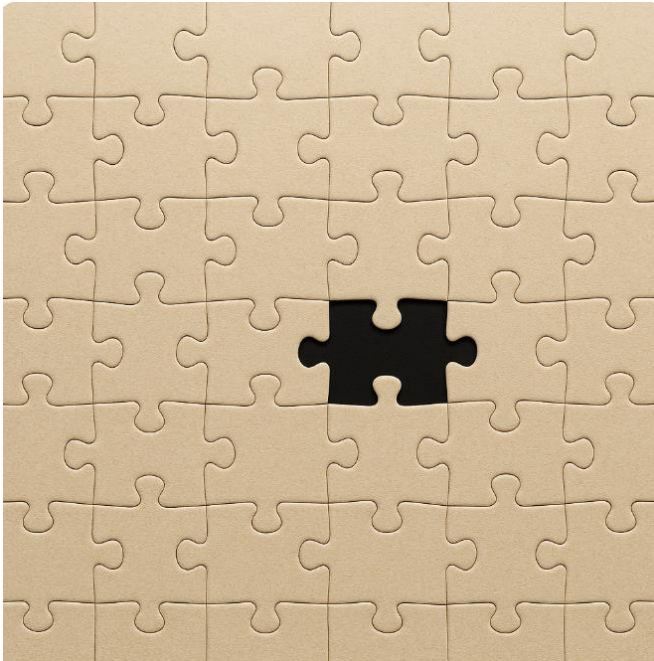
ATTENDANCE



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

In Key Stage 4, pupils with **100% attendance** are **2.2** times more likely to achieve 5+ GCSEs at Grades 9- 4 than pupils who have 80%-85% attendance.

ABSENCE = LOST LEARNING



ENGLISH LITERATURE EXAMPLE

GCSE PAST PAPER

Choose **one** other poem from the anthology in which the poet also writes about a relationship.

Compare the way the poet presents the relationship in your chosen poem with the way Simon Armitage presents the relationship in [25]



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.

Completing homework should be a habit that students do every day.

Every little helps



HOMework

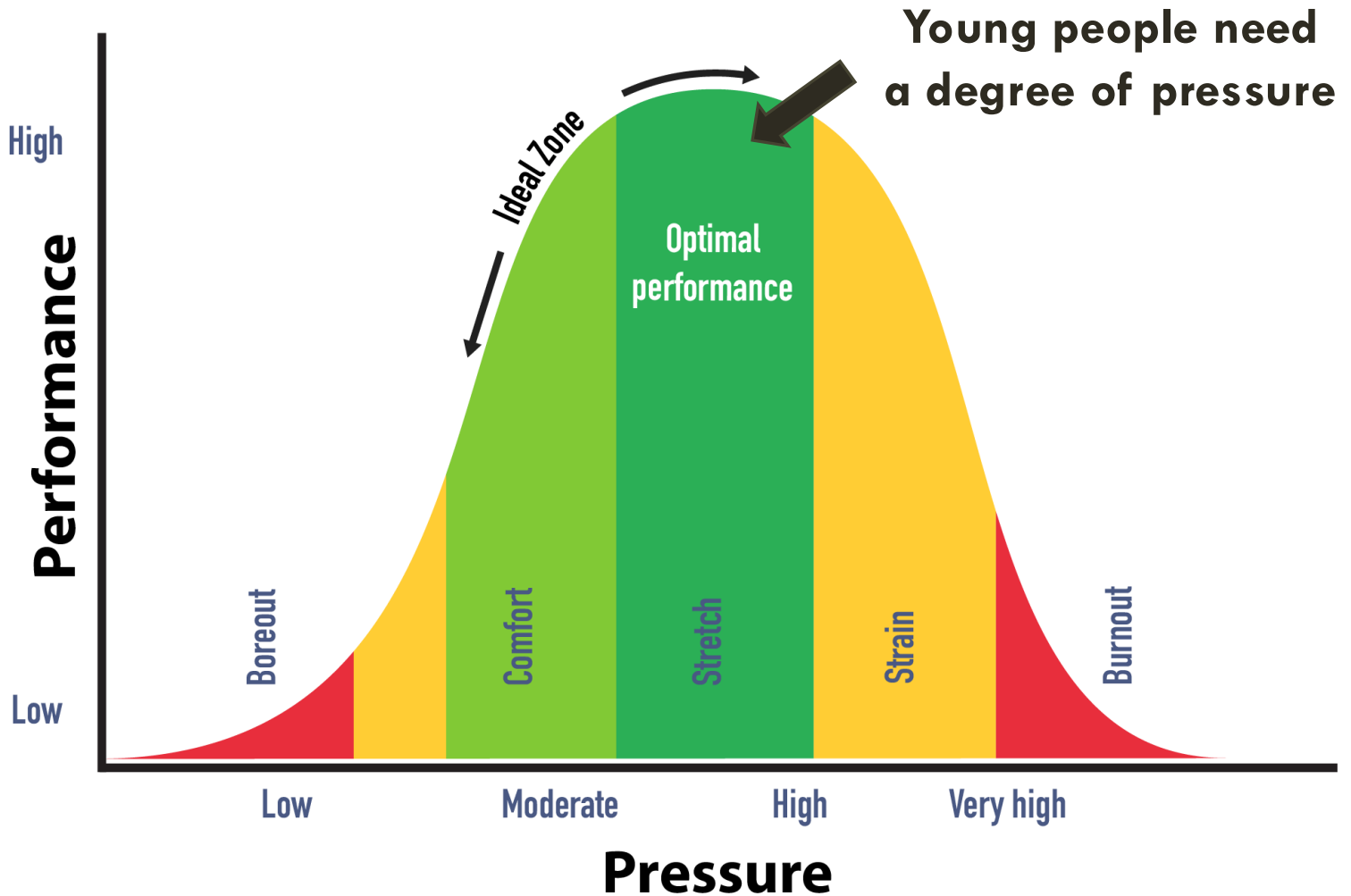
There is a direct link between students spending time on homework and their achievement in secondary school.

Homework has a strong, positive, and proven impact on GCSE-level academic performance and research shows it can contribute up to additional 5 months of progress.





WHERE CAN PRESSURE COME FROM?





MANAGING STRESS

We can't eliminate stress from Year 10 & 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

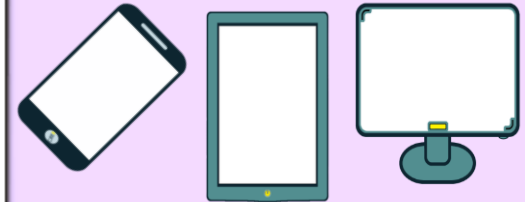
Reaching out for support.

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 & 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 textbooks is **more effective revision & 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



**MRS HYDE -
ASSISTANT HEADTEACHER**

USING DIGITAL PLATFORMS





STRIVE TO BE YOUR BEST

Bromcom Student Portal

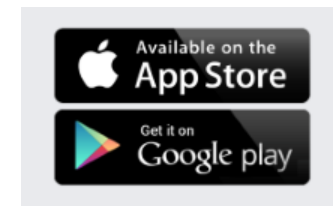
<https://www.bromcomvle.com/>

Bromcom MCAS Parent Platform

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



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

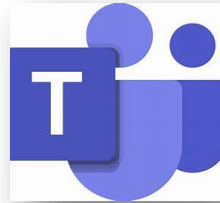




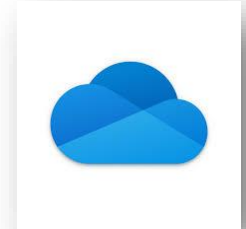
STRIVE TO BE YOUR BEST



SharePoint



Teams



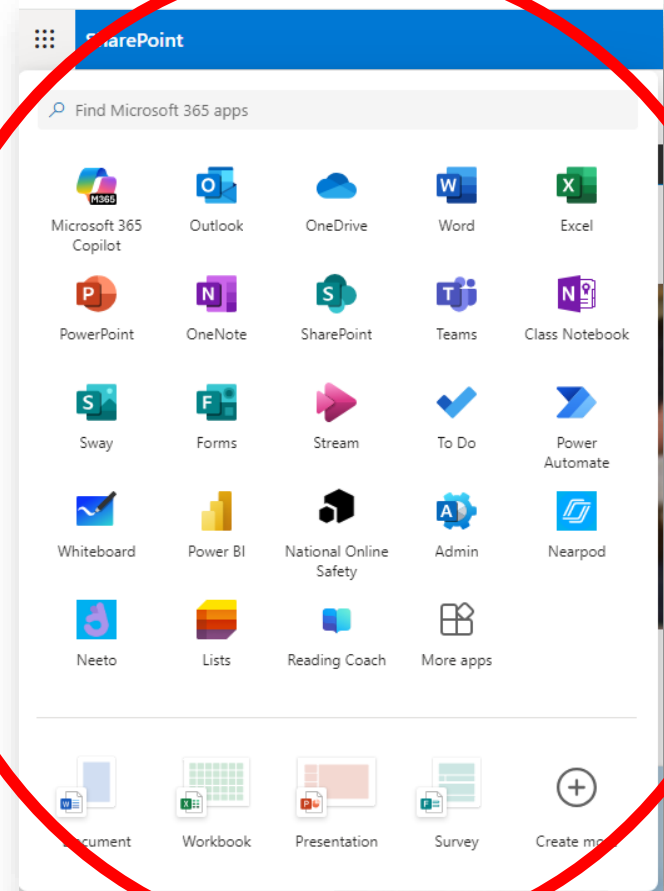
OneDrive

- 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.





STRIVE TO BE YOUR BEST



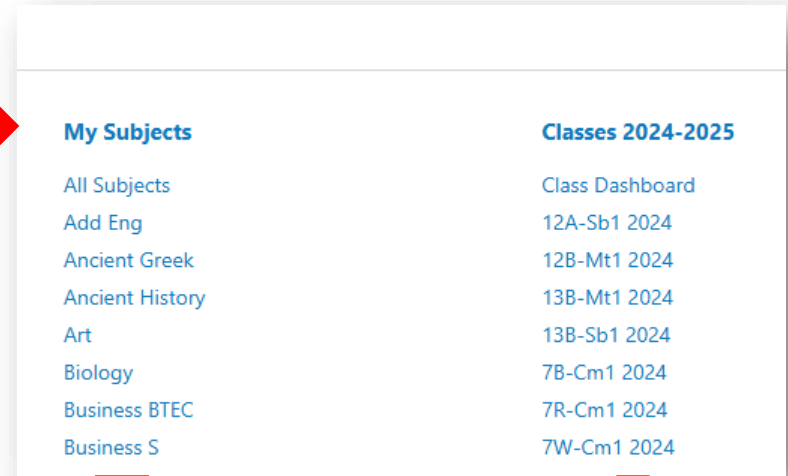
SharePoint allows for anytime, anywhere access to class resources and work.

From our SharePoint site, students can access:

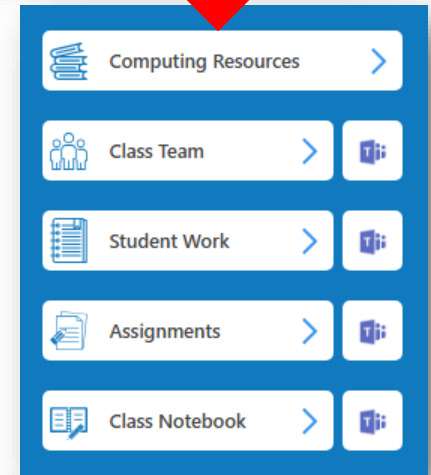
- Microsoft Office 365 apps such as Word, Excel and PowerPoint via a browser without the need for MS Office to be installed on their laptop or PC.
- Their OneDrive which is where they should save all their school- work whether this is in lesson or for homework.
- Microsoft Teams.



STRIVE TO BE YOUR BEST



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.

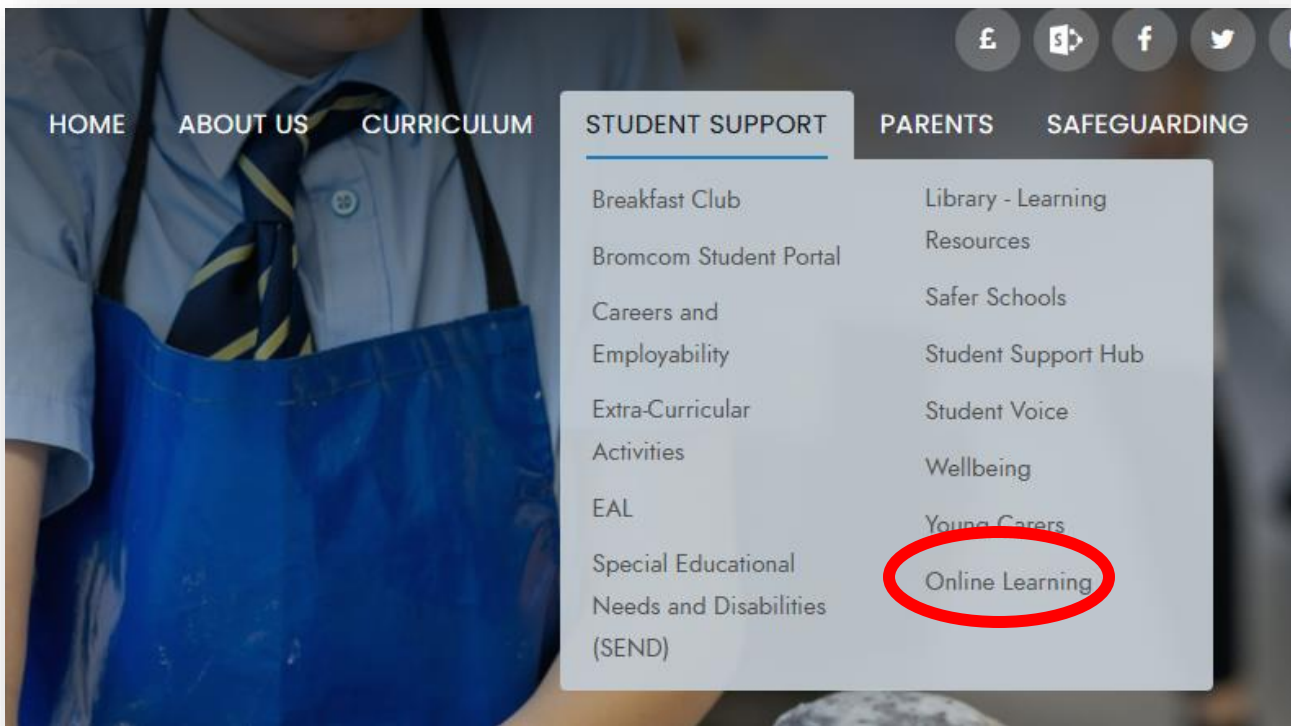




STRIVE TO BE YOUR BEST

Rooks Heath Website > Student Support > Online Learning

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





STRIVE TO BE YOUR BEST



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

Online learning resources used by:

Science
Maths
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.



STRIVE TO BE YOUR BEST

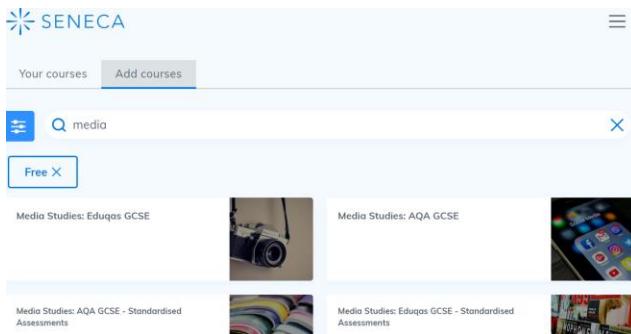


Free revision platform for most subjects.

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/>



STRIVE TO BE YOUR BEST



MyMaths.co.uk

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

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

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

Online lessons
Activities
Revision
Assessment

Username: rooks

Password: pentagon

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



STRIVE TO BE YOUR BEST



[Search for: GCSE - BBC Bitesize](#)

BBC Bitesize is a long-established learning platform.

Students in Year 10 should choose GCSE content.

Students should register with the platform so that they can choose the subjects and exam board 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



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





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.



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

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

Tasks

Students and teachers always know their next task, 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.



Careers and Work Experience

FINDING YOUR OWN WORK EXPERIENCE



WHAT IS THE POINT OF WORK EXPERIENCE?

To help you understand the skills needed for work

To improve your transferable skills such as problem solving, teamwork & communication

Research your options in careers and education

Something to show on your CV/Personal statement

To help you stand out from the crowd





JUST A TASTER OF SOME OF THE BENEFITS OF WORK EXPERIENCE

Experience in the working environment

This can be put onto your CV

You may be offered a weekend job or internship.

Good confidence builder

A chance to pick up new transferable skills

Opportunity to get a good reference from an employer

Try out a different career

Most employers are now looking for work experience as well as qualifications.



Numeracy



Thinking and problem-solving



Written communication



Oral communication



Teamwork



Organisation & time management



Use of tools & technology



Commercial awareness



Independence & initiative



Adaptability / flexibility



HOW CAN I DO THIS?

GET EXPERIENCE



STAND OUT
FROM THE CROWD

Work Experience - during the holidays

Volunteering – for local charities or volunteer groups

Helping outside of school – e.g. Sports clubs, religious groups, family business.

Researching careers of the future and the skills required



HOW DO I ORGANISE MY WORK EXPERIENCE PLACEMENT?



Start doing it **ASAP** and approach relatives, friends of the family and employers.

Keep your options open and write to as many employers as possible.

This is your opportunity to find a placement that you want to go to.

It may be with someone you know?

At a time that is convenient.

Or it may be to carry out work that you have an interest in e.g. Sports related, working with animals, working in an office or working with children, etc., this is completely up to you.

It doesn't have to link directly to a career you want to pursue in the future but may help you with skills that you can use to secure part time work if you decide to go to FE college or university.



QUESTIONS THAT STUDENTS OCCASIONALLY ASK

Can I work with my friend?

What are the working hours?

Do I get paid?

How long do I get for lunch?

Do I have to work in Harrow/ Hillingdon/Ealing borough?





QUESTIONS THAT STUDENTS OCCASIONALLY ASK

Can I work with my friend?

You can but you will gain a more realistic experience if you don't work with friends.

What are the working hours?

You can work between 7am – 7pm. Normal hours will be 9am – 5pm depending on the company.

Hours before 7am & after 7pm – you will need written permission from a parent/guardian.

Do I get paid?

You are not permitted to be paid but the employer may offer to pay for your lunch or give a thank you gift at the end of the placement.

How long do I get for lunch?

Lunch differs from half hour to 1 hour.

Do I have to work in Harrow/ Hillingdon/Ealing borough?

You do not have to stay in the local area if you are happy to travel or have an own placement out of the area.



WHY DO I NEED TO START NOW?

The earlier you start the better as this shows great enthusiasm and this is exactly what employers are looking for.

If you leave it too late then other students from other schools may have already approached the same employers and you may lose out.

Where else can I look?

Online, companies such as British Airways start advertising their work experience schemes now.

<https://jobs.ba.com/jobs/studentsgraduates/workexperience/>

<https://www.stepintothenhhs.nhs.uk/work-experience>

www.bbc.co.uk/careers/work-experience/

<http://www.youthmusictheatreuk.org/work-with-us>



BRITISH
AIRWAYS

NHS



WHO CAN HELP ME?



Friends and family – can you work with them?

Local businesses - Walk in or email and ask

Charities – volunteer at your local charity shop or community centre

<https://vinspired.com/volunteer>

<https://www.redcross.org.uk/get-involved/opportunities-for-young-people>

<https://www.londonyouthgames.org/volunteer/>

<https://www.byc.org.uk/uk/nhs-youth-forum/youth-volunteering>

<https://www.youthemployment.org.uk/careers-advice-help/choices/volunteering-in-the-uk/>

<https://www.uclh.nhs.uk/patients-and-visitors/patient-information-pages/youth-volunteering-young-people-aged-16-18-uclh>

<https://wearencs.com/>



WHAT WILL I NEED IF I FIND MY OWN PLACEMENT?



- You will need an own placement form from the school
- Name, contact number & address of the company
- Name of your manager/supervisor
- A job description
- Details of start and finish time, what to wear etc.
- A copy of your placement providers employer's liability insurance & risk assessment.
- Permission from your parent or carer



WHAT IF I CAN'T FIND MY OWN PLACEMENT?

There are other options available:-

- ▶ Virtual Work Experience
- ▶ How does this work & where can I find virtual work experience?





SPRINGPOD VIRTUAL WORK EXPERIENCE





Springpod - are an online career and university exploration platform.

They connect students to world-leading employers and universities through online programmes.

Through free virtual experiences, young people can gain the experience, knowledge, and skills they need to take their next steps.

Upon completion of a programme students will receive a certificate to reference on their CV and/or Personal Statement.



HOW DO I APPLY?

Log on and create your account

Search for the subject/career area you are interested in

Students can join a waiting list for programmes not currently open and will be automatically enrolled when the programme opens.

If the programme is open, all students need to do is create a free account and click 'start now' to access the programme.

Students can come back to the programme via their dashboard and complete it at a later date, when it suits them.

[Virtual work experience](#)
[\(springpod.com\)](#)





STEP 1

Fit the experience around your schedule

Our programmes usually involve 10 hours of activity which you have two weeks to complete. You can fit this around your schedule and complete the work in your own time.



STEP 2

Join talks with industry professionals

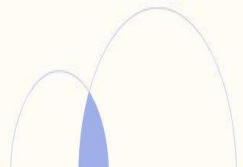
You'll hear from industry experts during our engaging talks. This will give you the chance to understand what their roles really involve.



STEP 3

Experience real workplace activities

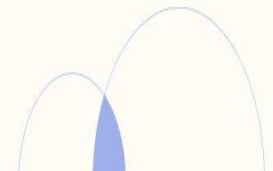
Complete mini-activities, projects and quizzes developed in partnership with leading employers to get a feel for the world of work.



STEP 4

Take off with new skills & industry insights

Develop crucial workplace skills and discover unique insights about your industry of choice. Once you've finished the programme you will receive a certificate that you can use to build your CV or Personal Statement.





SPRINGPOD PROVIDE

In-depth, interactive and informative virtual work experiences from industry experts in the world's leading employers.

Understand industries and the world's best employers as if you were already working there.



SO THAT YOU CAN

Choose the right career path and boost your CV at this critical stage of your career.



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, Maxim Basinski



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 3 or 4 AS or A levels in Year 12

At the end of year 12, those studying 4 subjects, sit the AS examination for the subject they are dropping

Continue with 3 A level subjects in Year 13 – as long as they pass the End of Year assessment

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

Computer Science

Criminology

Economics

English Literature

Film Studies

Further Maths

Geography

Health and
Social Care

History

Latin

Mandarin

Mathematics

Media Studies

Medical Science

Physics

Psychology

Sociology

Sport & PE



ENTRY REQUIREMENTS

AS/A Levels

Six 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

Five 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 Mathematics will need to continue studying these subjects in the 6th form until they do achieve at least a grade 4



CAREERS HELP AT ROOKS HEATH SCHOOL

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

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

Make the most of all the opportunities provided through school:

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

It takes a
village to
raise a child....





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

PiXL

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.

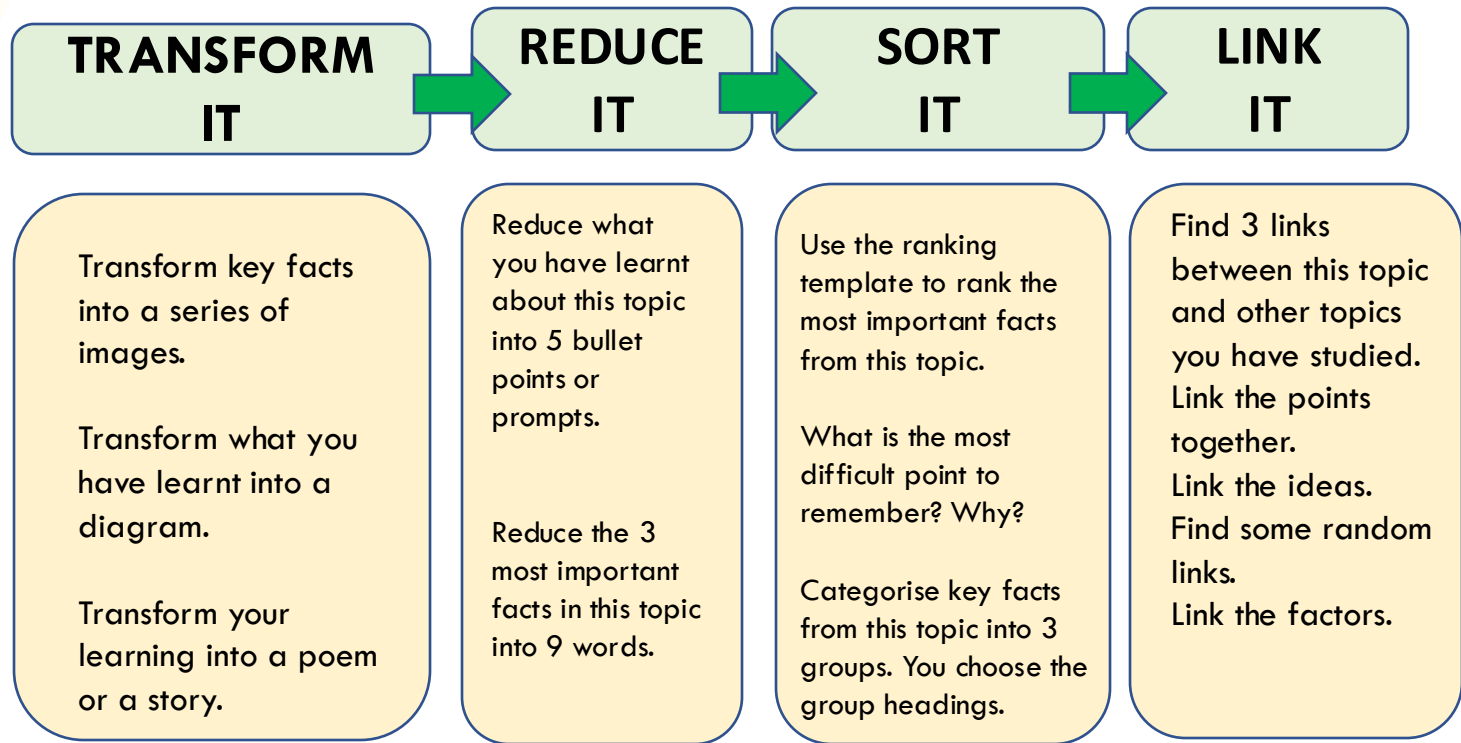
Repeat facts you need to remember 20 times.

Record key facts about this topic onto your phone.

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

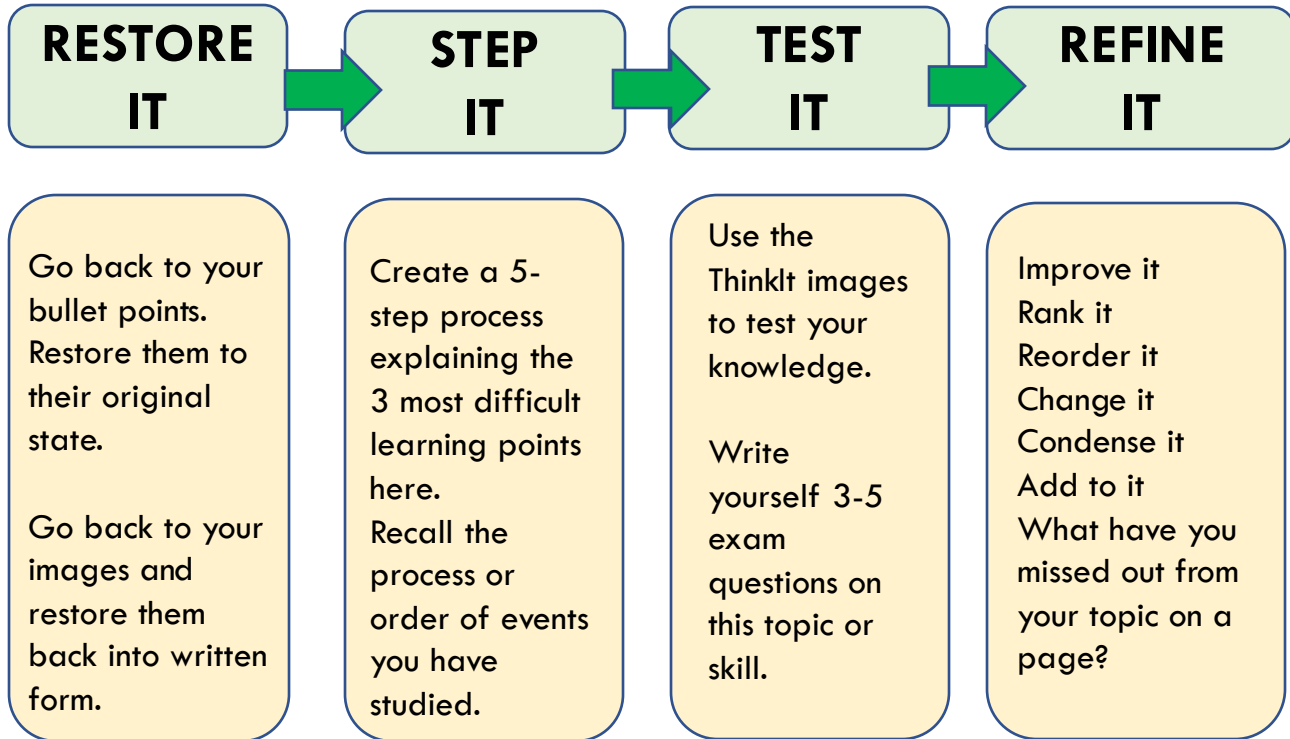


Process

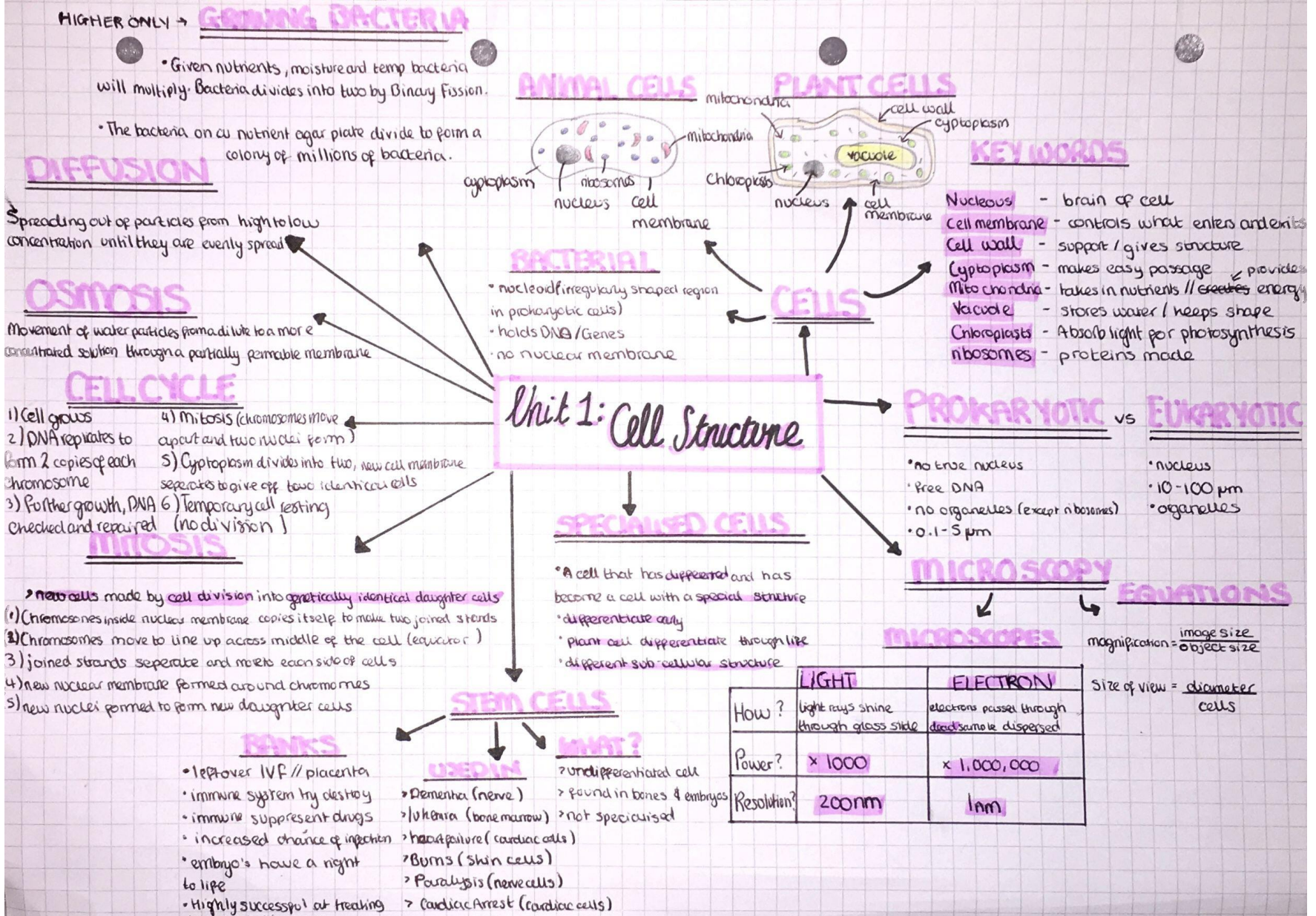




Download



STUDENT EXAMPLES – MIND-MAPS





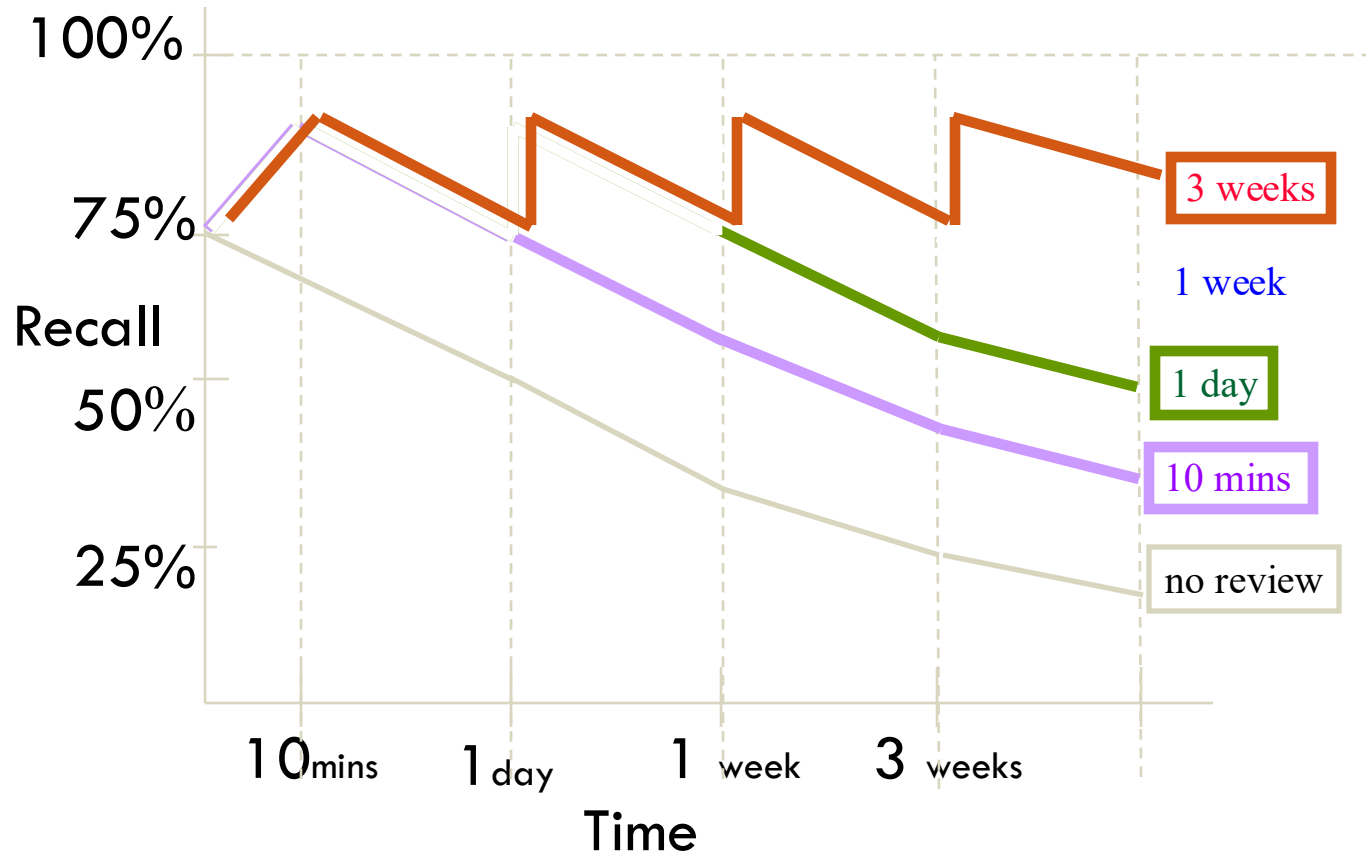
PLAN BACK FROM EXAM DATES

12 weeks from 22nd June is 30th March
– 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

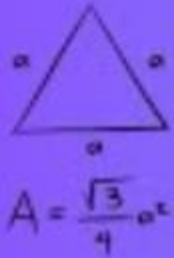


PLANNING A REVISION TIMETABLE

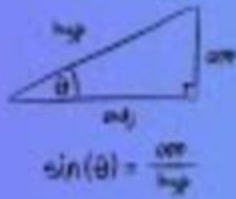
Day	Morning	Afternoon	Evening
Monday	History – Crime and punishment CB1-2,	Media – set text 1 CC 1-2	Maths – Corbett’s Maths Percentages
Tuesday	Maths – MyMaths Percentages recap plus past paper		History – Whitechapel CB 1-3
Wednesday	Media – set text 1 and 2 CC 1-3		
Thursday		Maths – Weak areas of 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 A PARENT?



EXAMS STRESS SUPPORTIVE TIPS FOR PARENTS





PROVIDE SUPPORT BY..

- Giving support, not criticism
- Giving encouragement, not pressure
- Keeping things in perspective
- Making it easier for your child to study
- Talking 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 mind-maps.
- 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.)
- Praising what they do achieve.
- Moving focus away from what they haven't done to what they have done.
- Encouraging 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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