

# YEAR 9

## 'STRIVE TO BE YOUR BEST' INFORMATION EVENING

### Presenters:

Mrs J. Logan: DHT, Teaching & Learning

Mr P. Parkinson: Head of Year 9

Mrs L. Hyde: AHT, Digital Technologies

Tuesday 12<sup>th</sup>  
May 2026

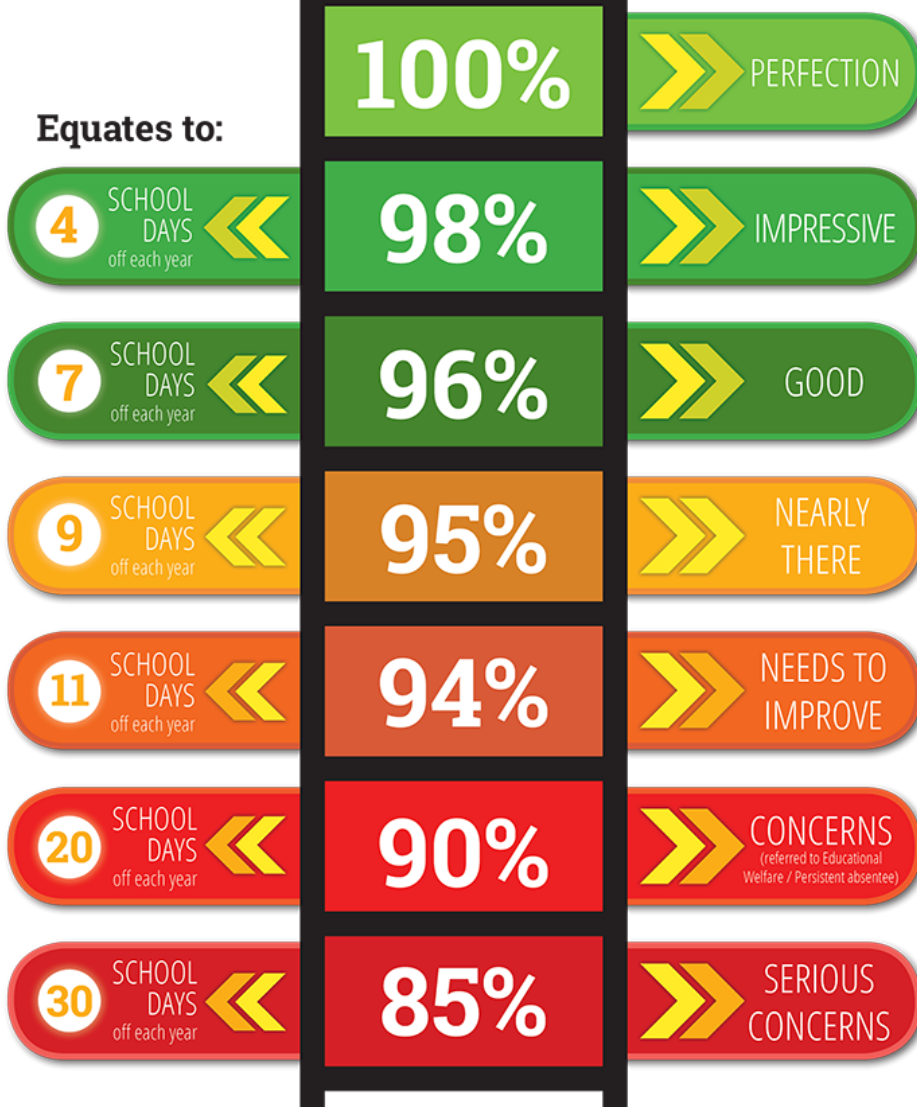


# The BASICS

## Making good choices

# ATTENDANCE

Equates to:





# The BASICS Making good choices

## ORGANISATION

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



# YOUR CHILD'S FOCUS



Adobe Stock | #1985655583

# YOUR CHILD'S FOCUS

Why is this important?



The habits a child builds now have a direct impact on exam results and future opportunities.

Focus builds life skills, not just grades

- 5 lessons lasting 1 hour
- Different teachers with different teaching styles
- Wide range of content across learning
- As GCSE courses begin more need for independent learning
- Wider and more difficult range of texts to read and understand
- Need for more resilience

# Routines: Making good choices

## Why Routines Matter for Teens



### Critical Brain Development

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



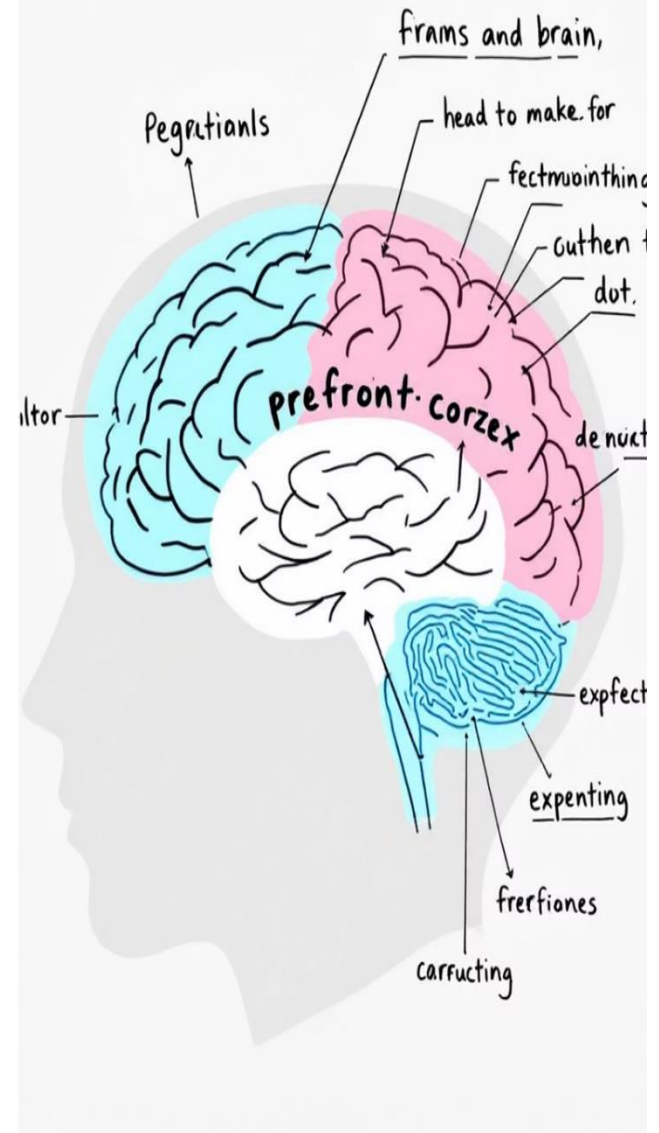
### Academic Improvement

Teens with structured routines show 30% fewer skipped assignments.



### Improved Focus

Consistent schedules reduce distractions during this distractible phase.





# Routines are vital

Reducing decision fatigue

Lowering anxiety

Creating security and predictability

Improving sleep quality

Strengthening time awareness

Building independence and responsibility



# 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.

Phones and gaming can affect focus, sleep, and motivation.

You Tube Shorts/Tik Tok to avoid

Helpful boundaries may include:

No phones during homework time

Charging phones outside bedrooms overnight

Agreed screen-time limits

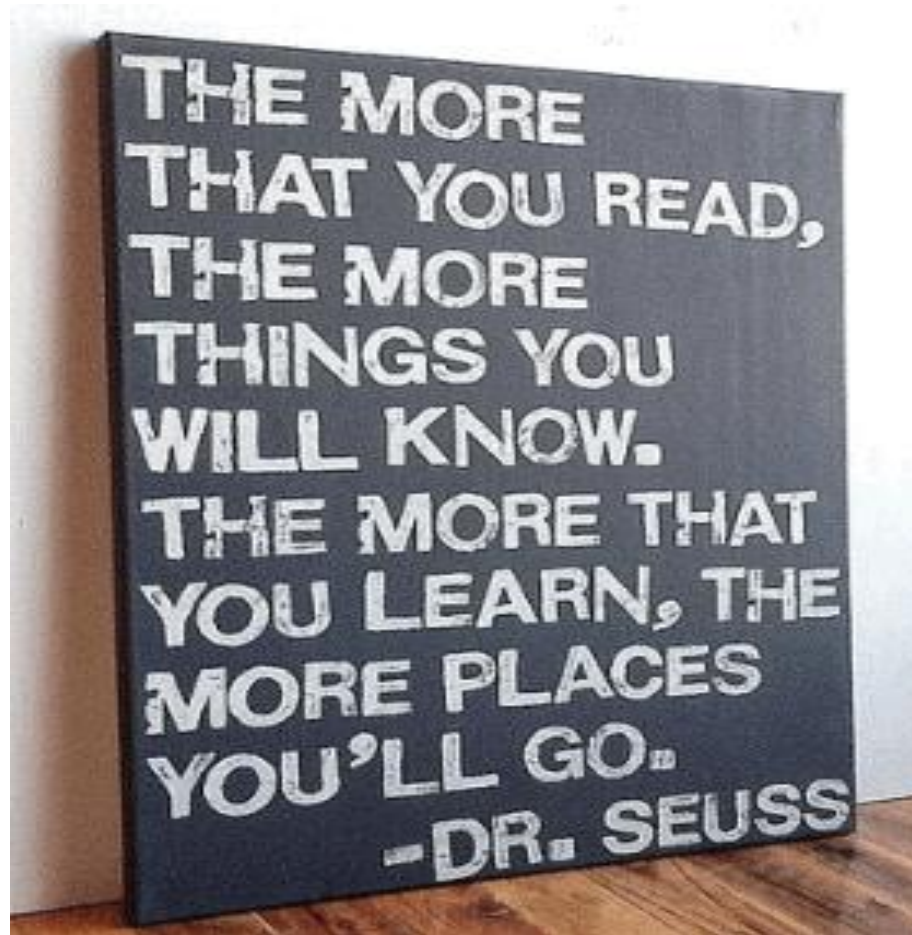
Family tech-free times

**The goal is balance, not punishment.**

Students often respond best when expectations are calm, clear, and consistent.

# **Help to focus: Making good choices**

## READING





# Routines: Making good choices

## Creating a Reading-Friendly Home

### Dedicated Time

Set aside 20 minutes daily for family reading.

### Comfortable Spaces

Create device-free reading nooks that invite relaxation.



### Regular Visits

Make bookshops and libraries part of your routine.

### Model Reading

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



# **Routines:** Making good choices

## **READING**

- A reading age of minimum 15 is required to access all subjects at GCSE
- Literacy is not confined to school
- Sparx Reader programme – 600 SPR every week (1 hour minimum) accessed on computer



# Routines -You can help by:

Packing bags the night before

Checking timetables together

Preparing uniform in advance

Using reminders or calendars

Keeping a regular morning routine

**Simple routines reduce stress before school**



# Routines: Making good choices

## HEALTH

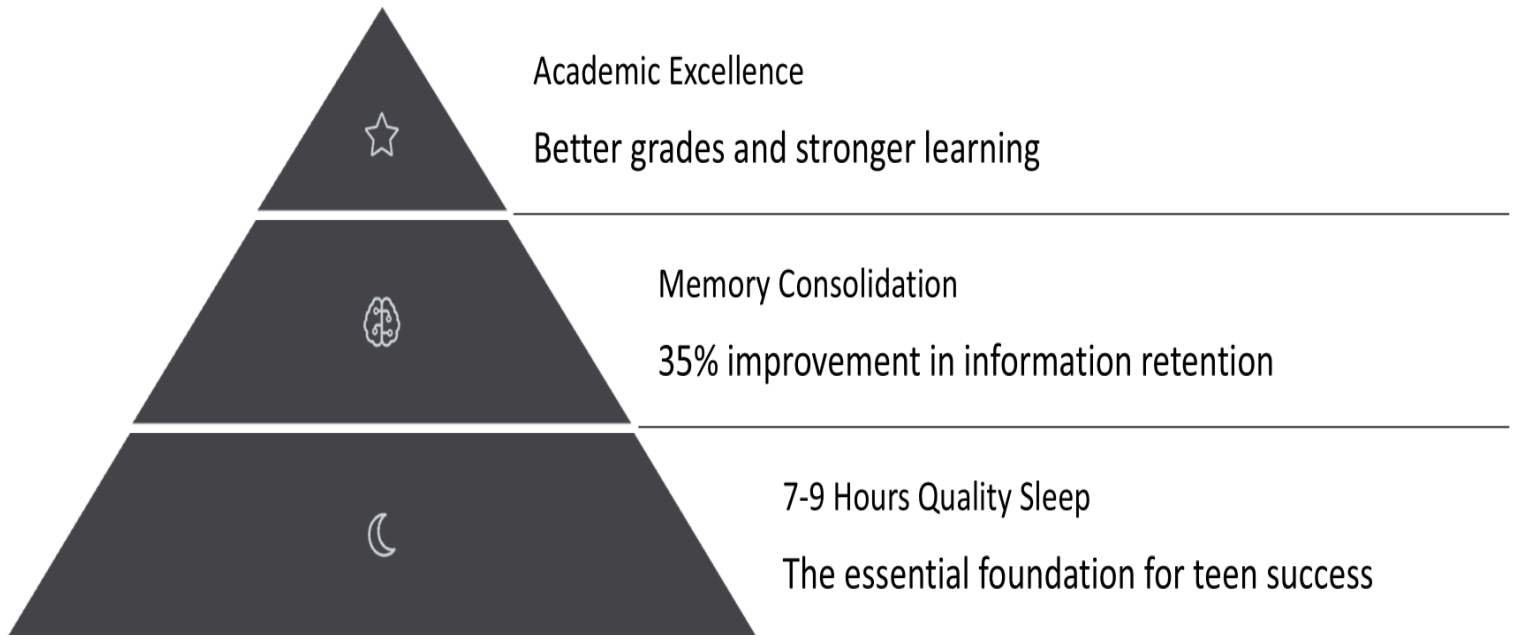
- Good diet
- Good exercise
- Good sleep





# Routines: Making good choices

## Sleep: Foundation for Success



Consistent bedtimes reduce sleep onset time by 50%.



# **Routines: Making good choices**

**Same bedtime each night**

**Screens off 1 hour before bed**

**Calming activities:**

**Reading**

**Shower/bath**

**Quiet music**



With clear and consistent routines at home your child will:

Have more focus at school

Will find it easier to regulate their emotions

Will be calmer

Will spend less energy wondering *what happens next* and more energy *learning*



Sometimes all I  
want is to be a  
child again

- **Future Plans and The 6th Form**
- **Exam Preparation**
- **Digital Platforms**

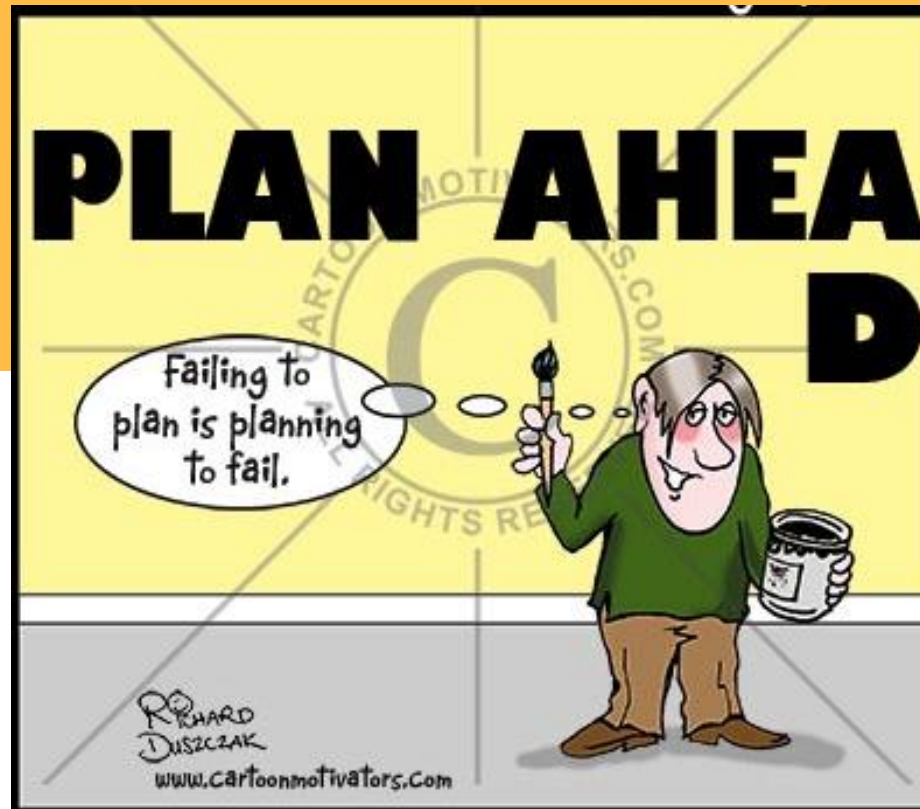




ROOKS HEATH SCHOOL  
*Strive to be your best*

# FUTURE PLANS

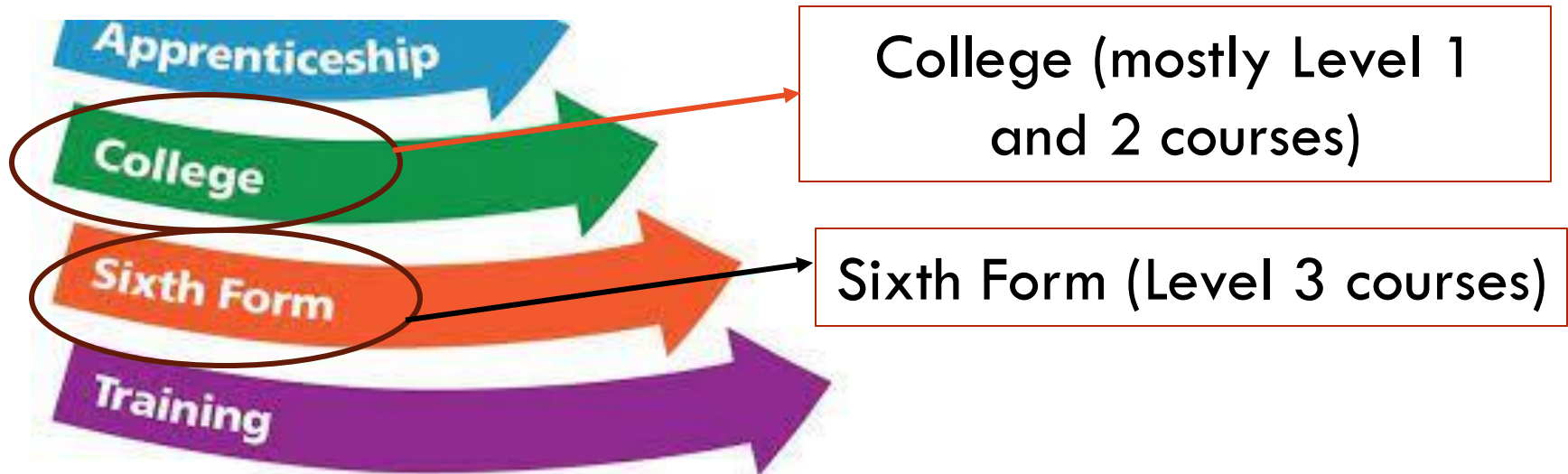
# FAILING TO PLAN AND YOU ARE PLANNING TO FAIL





# STRIVING FOR EXCELLENCE: POST 16 OPTIONS

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





# MINIMUM ENTRY REQUIREMENTS INTO RHS

## **For BTEC Level 3 courses:**

5 GCSEs at Grade 4 or above

*Including*

Grade 4 or above in Maths and/or English Language

## **For A Level courses:**

6 GCSEs at Grade 5 or above

*Including*

Grade 5 or above in Maths **and** English Language



# ROOKS HEATH'S SIXTH FORM INCLUSIVE CURRICULUM

## AS/A level pathway

Start by choosing 3 or 4 A Levels

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

One diploma and one extended certificate OR three extended certificates

Coursework-based with a few exams along the way

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

Maths require at least a Grade 6 at GCSE.

Sciences require at least a Grade 6 at GCSE

## BTEC Level 3 Nationals

Students who have studied a BTEC in Year 11 must pass to continue into Y12.

(e.g. Business, Health and Social Care, Sport BTEC, Music)

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

# UNIFROG

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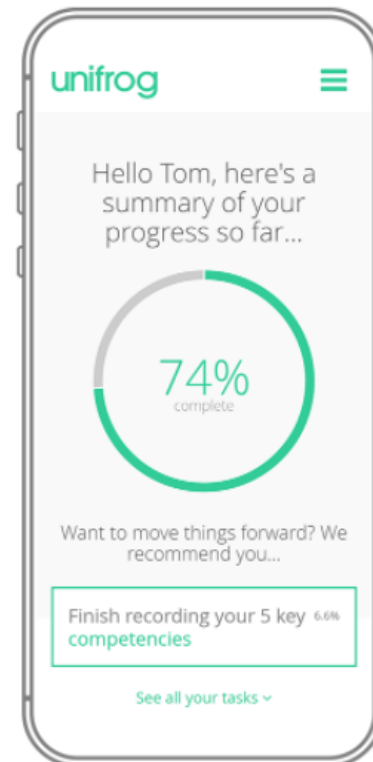
[SIGN IN](#)

## The complete destinations platform.

We help students compare every opportunity, then apply successfully. We also empower teachers and counselors to manage the progression process effectively.

Request a demo today.

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# UNIFROG

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- Track your students' progress
- Give feedback on applications
- Write subject references
- Record careers interactions
- Download careers teaching resources

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# CAREERS HELP AT ROOKS HEATH SCHOOL

Careers Lead – Mrs. Subra ([subra@rooksheath.harrow.sch.uk](mailto:subra@rooksheath.harrow.sch.uk))

Careers Adviser – Mrs. Howells ([rhowells@rooksheath.harrow.sch.uk](mailto:rhowells@rooksheath.harrow.sch.uk))

Make the most of all the opportunities provided through school:

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

# EXAM PREPARATION

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

**Monday 8<sup>th</sup> June – Friday 12<sup>th</sup> June**

Three exams will be in the gym:

**English, Maths, Science (17-19th June)**

# EXAM PREPARATION

## SUBJECTS TAUGHT IN YEAR 9

- English, Maths, Science
- Geography, History, Religious Studies
- Art, Drama, Music
- Computing
- Language / Functional Skills
- Design Technology or Food Preparation
- Core PE (no exam)
- PSHE (no exam)

# REVISION PRINCIPLES

- 1) To Know and Understand the material
- 2) To create resources for revision
- 3) To use the resources for memory
- 4) To apply and practice using practice questions

# THREE GREAT WAYS TO REVISE

1) Make flash cards

2) Make Mind Maps or topics on a page

3) Make notes using Cornell Notes

# THREE GREAT WAYS TO REVISE

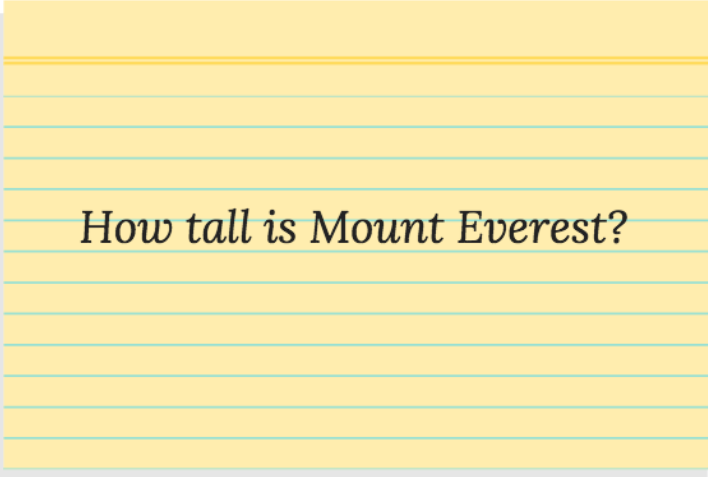
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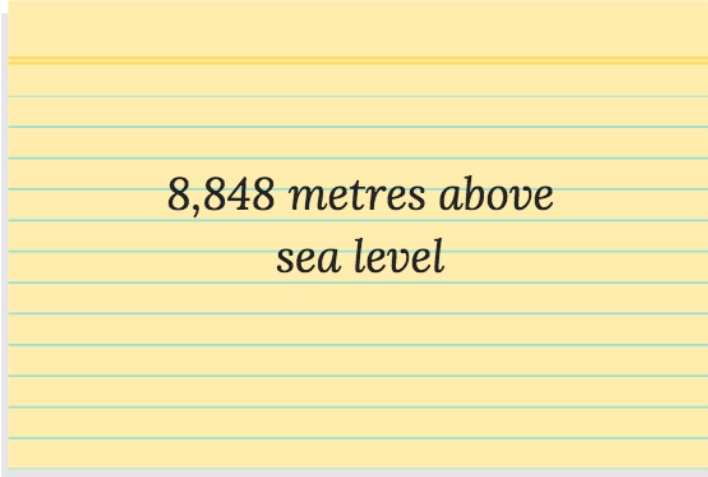
# EXAM PREPARATION – FLASH CARDS

- 1) Read your notes and make up important questions about each topic
- 2) Put a question on one side of the card and the answer on the other



How tall is Mount Everest?

FRONT



8,848 metres above  
sea level

BACK

# EXAM PREPARATION — FLASH CARDS (PASSER)

**P**ause before checking the answer (don't flip quickly)

**A**nswer all the questions in the pile

**S**ave the cards that you find the trickiest. Put them in the pile again so that you have another go at answering them

**S**huffle the pile regularly so that you give yourself time to answer the questions you haven't done in a while

**E**xplore your notes if you get stuck on a question. Ask teachers or friends if something doesn't make sense

**R**epeat, repeat, repeat.



## SHORTCUT

Make flash cards only for the things you don't yet know



Name some examples of all energy stores?

Whiteboard - magnetic  
 radiator - heat energy  
 water bottle - chemical  
 spin stool - kinetic  
 wires - electrical  
 bin bag - elastic potential  
 speakers - sound  
 coffee mug - gravitational

Energy stores


Magnetic - repelling, together/apart.

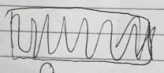
Heat energy = kinetic (vibration) + potential energy


Chemical - chemical bonds


Kinetic - moving

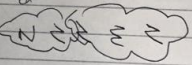
Electrical/Electrostatic - repelling, attracting, charges

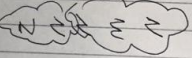
Magnetic - 


Heat energy - 

Chemical - 

Kinetic - 

Electrical - 

Chemical - 

Gravitational - 

Energy store

1) Magnetic = Repelling together / closer apart

2) Heat energy = kinetic (vibration) + potential energy  
 Heat = energy + vibrate faster

3) Chemical energy = chemical bond

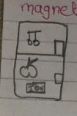

4) Kinetic = moving



5) Electrical = Repelling charges together or attracting charges apart.


6) Elastic energy = stretched / squashed



7) Sound = vibrating object waves

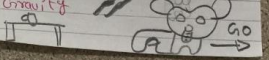
8) Gravitational = height

magnets  Chemical 

Kinetic  Elastic 

Heat 

Sound  Electric 

Circuitry 

Magnetic = white board  
 Heat = Radiator  
 Chemical = cleaning spray  
 Kinetic = Swing Chair  
 Electrical = window, thunder cloud or wires  
 Elastic = Bin bag  
 Sound = speaker  
 Gravitational = coffee mug on table

Magnetic = fridge magnet  
 Heat = coffee mug  
 Chemical = food  
 Kinetic = Car, buses  
 Electrical = wire, thunder clouds  
 Elastic = spring  
 Sound = music  
 Gravitational = a coffee mug on table

# THREE GREAT WAYS TO REVISE

1) Make flash cards

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# EXAM PREPARATION – MIND MAPS

## Types of respiration

- **Aerobic respiration**
- Requires oxygen
- Releases large amounts of energy
- **Anaerobic respiration**
- No oxygen required
- Produces less energy
- Lactic acid (animals) / ethanol + CO<sub>2</sub> (yeast)

## Respiration

## Equation of respiration

- Word equation:
- Glucose + Oxygen → Carbon dioxide + Water (+ energy)
- Symbol equation:
- $C_6H_{12}O_6 + 6O_2 \rightarrow 6CO_2 + 6H_2O$

## Factors affecting respiration

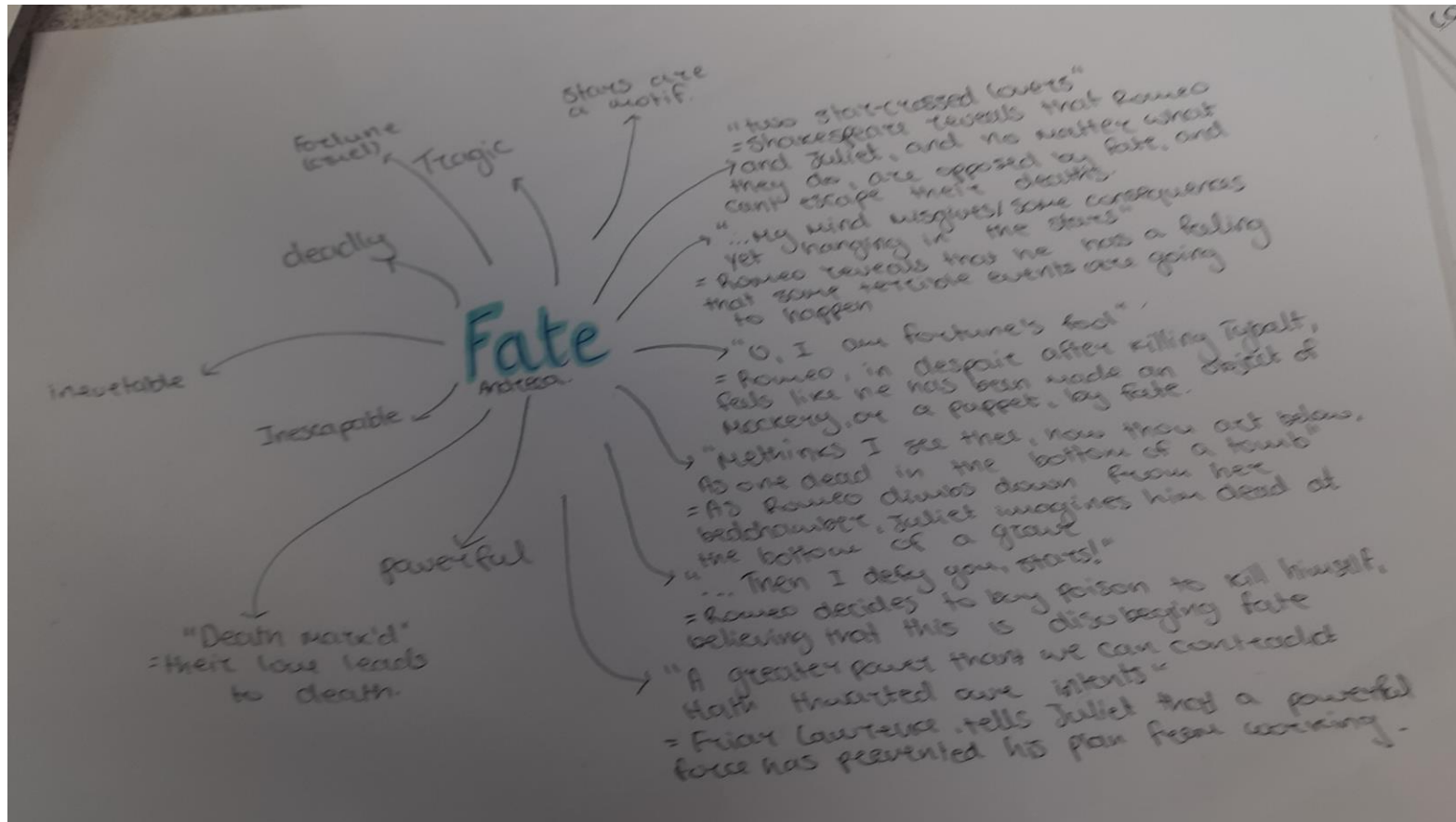
- Temperature
- Oxygen availability
- Glucose availability

## Stages of respiration

- **Glycolysis** (cytoplasm)
- **Link reaction** (if included in your spec)
- **Krebs cycle** (mitochondria)
- **Electron transport chain / oxidative phosphorylation**



# ENGLISH – THE THEME OF FATE



# THREE GREAT WAYS TO REVISE

1) Make flash cards

2) Make Mind Maps or topics on a page

3) Make notes using Cornell Notes



# EXAM PREPARATION – TAKING NOTES

Name:	Class:
Subject: Biology	Topic: Respiration

Question/Vocabulary	Notes and answers/Definitions
What is the equation for respiration?	<ul style="list-style-type: none"><li>• Word equation:</li><li>• Glucose + Oxygen → Carbondioxide + Water (+ energy)</li><li>• Symbol equation:</li><li>• <math>C_6H_{12}O_6 + 6O_2 \rightarrow 6CO_2 + 6H_2O</math></li></ul>

**Summary:** Respiration is a vital process that releases energy from glucose. Aerobic respiration uses oxygen and produces more energy, while anaerobic respiration occurs without oxygen and produces less energy. Energy is stored in ATP and used for essential life processes.

# EXAM PREPARATION

What do I revise?

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

Revision strategies will also be provided by teachers.

# EXAM PREPARATION

## 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

# EXAM PREPARATION

## MAKE A TIMETABLE

- Know your topics and sub-topics
- Plan when you are going to study
- Use short bursts
- Have regular breaks

# EXAM PREPARATION

## 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.



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*Strive to be your best*

# DIGITAL PLATFORMS



# STRIVE TO BE YOUR BEST

## Bromcom Student Portal

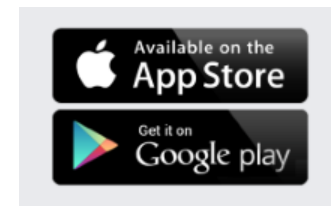
<https://www.bromcomvle.com/>

## 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

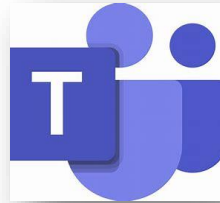




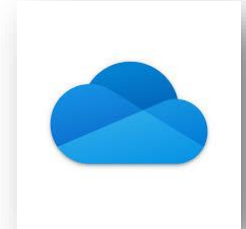
# STRIVE TO BE YOUR BEST



SharePoint



Teams



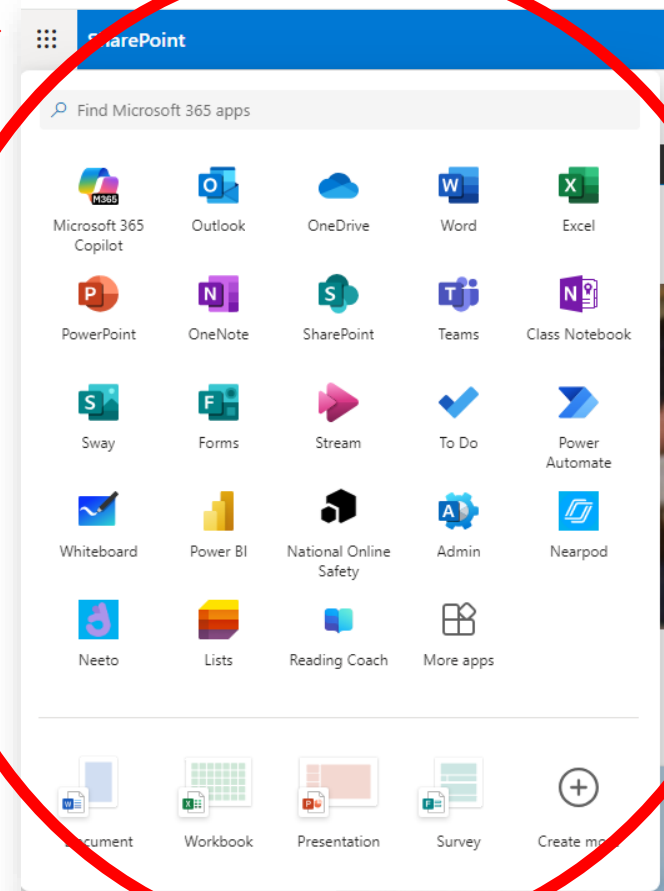
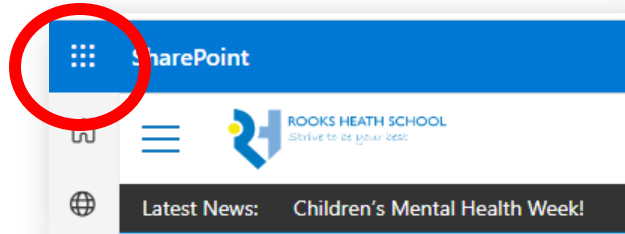
OneDrive

- 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



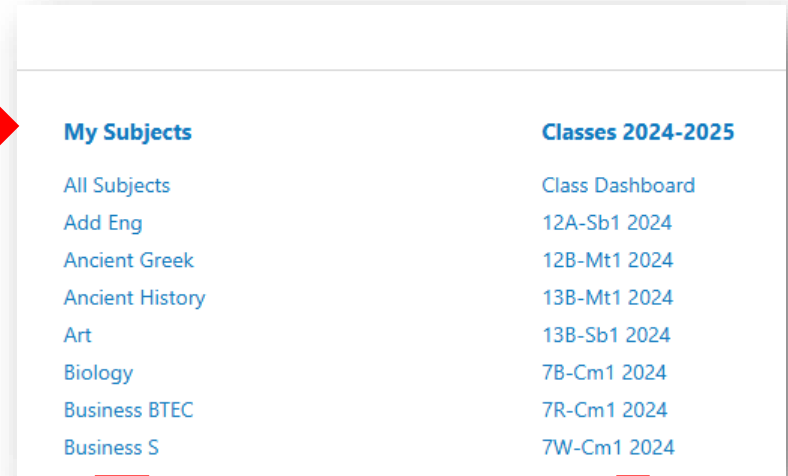
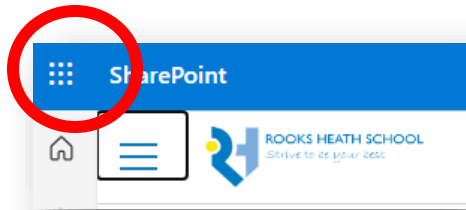
SharePoint allows for anytime, anywhere access to class resources and work.

From our SharePoint site, students can access:

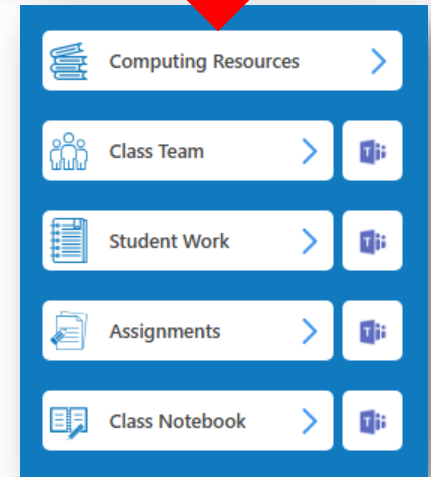
- Microsoft Office 365 apps such as Word, Excel and PowerPoint via a browser without the need for MS Office to be installed on their laptop or PC.
- Their OneDrive which is where they should save all their school- work whether this is in lesson or for homework.
- Microsoft Teams.



# 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.

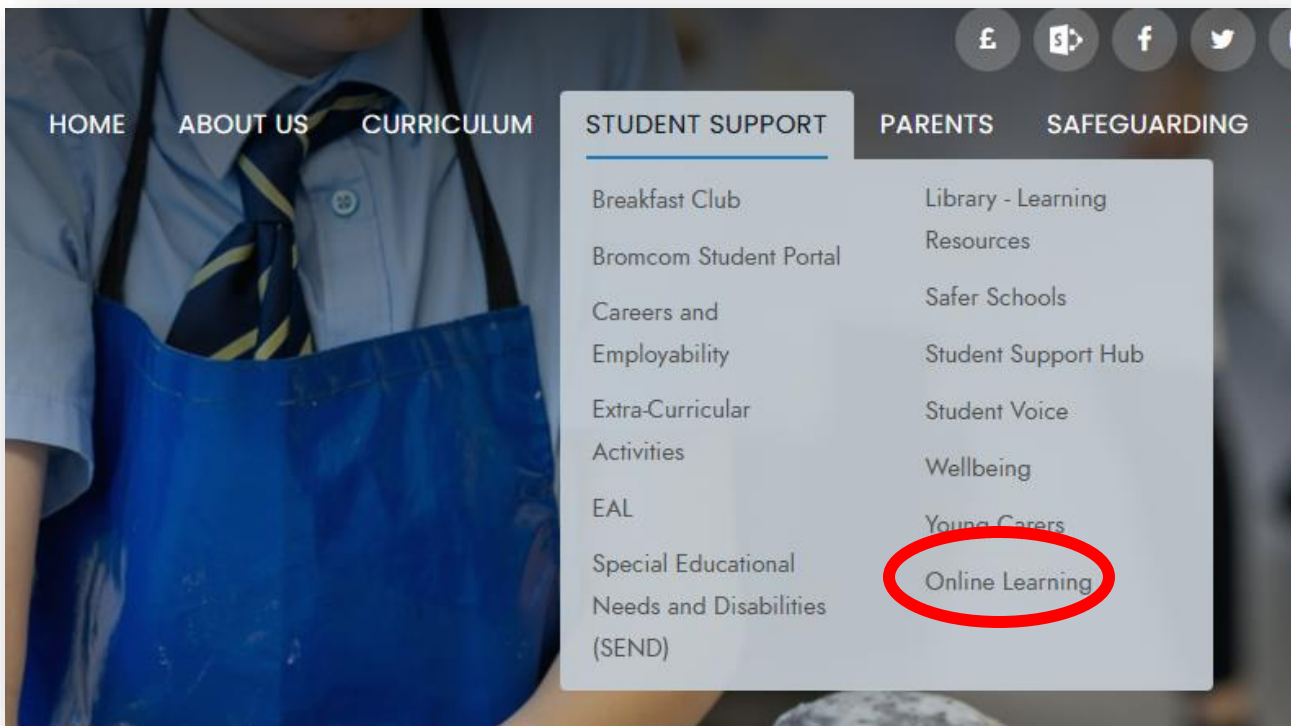




# STRIVE TO BE YOUR BEST

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

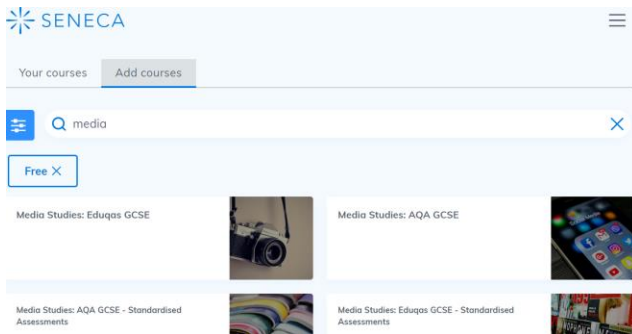


Free revision platform for most subjects.

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/>

Online lessons  
Activities  
Revision  
Assessment

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

Username: rooks

Password: pentagon

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



# SPARX READER

## Sparx Reader

You are logging into:  
**Rooks Heath School**

[Switch school](#)

**Log in as a student or teacher**



Log in to Sparx using Microsoft



# STRIVE TO BE YOUR BEST



[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](mailto:contactus@rooksheath.harrow.sch.uk)**

**THANK YOU FOR  
BEING HERE THIS  
EVENING**

It will make a difference. |