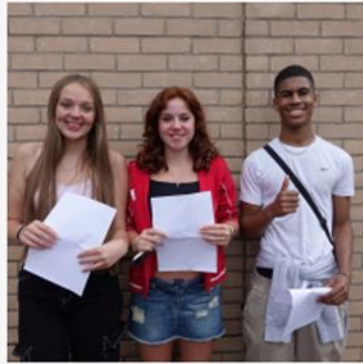


# Year 10 Parents' Information Evening 2023



LIGHTHOUSE  
SCHOOLS PARTNERSHIP

# Planning for success



## What are GCSEs?

- Taken by every Year 11 student in the country
- Two year courses
- Assessed through examinations at the end of Year 11
- A 'gateway' qualification for later life

Old grades	New grades
A*	9
A	8
B	7
C	6
	5 STRONG PASS
	4 STANDARD PASS
D	3
E	2
F	1
G	1
U	U

## Other courses

- Sports Studies (CTEC)
- Music Technology (technical qualification)

<b>L2 distinction*</b>	<b>Grade 8/9</b>
<b>L2 distinction</b>	<b>Grade 7</b>
<b>L2 merit</b>	<b>Grade 6</b>
<b>L2 pass</b>	<b>Grade 5</b>
<b>L1 distinction</b>	<b>Grade 4</b>
<b>L2 merit</b>	<b>Grade 3</b>
<b>L1 merit</b>	<b>Grade 2</b>

# Pathway through Y10

**Term 1-** Assessment 1, Report

**Term 2 –** Parents Evening , Assessment 2

**Term 3 –** Assessment 3

**Term 4-** Trial exams

**Term 5-** Assessment 5, Report

**Term 6 –** Work experience, Assessment 6,  
Parents Evening



## Advice from current Y12 students to new Y10 students

**Do all your home learning right from the start to help you keep on top of your work.**

**Always ask your teachers to help you if you get stuck**

**Ask lots of questions in lessons- there no such thing as a stupid question**

**Be organised**

**Make sure you understand the content in each lesson before you leave and ask if you are unsure**

**Put the effort in from day 1!**

**Work hard in every lesson , or you will have to re-learn the information later on which is really hard**

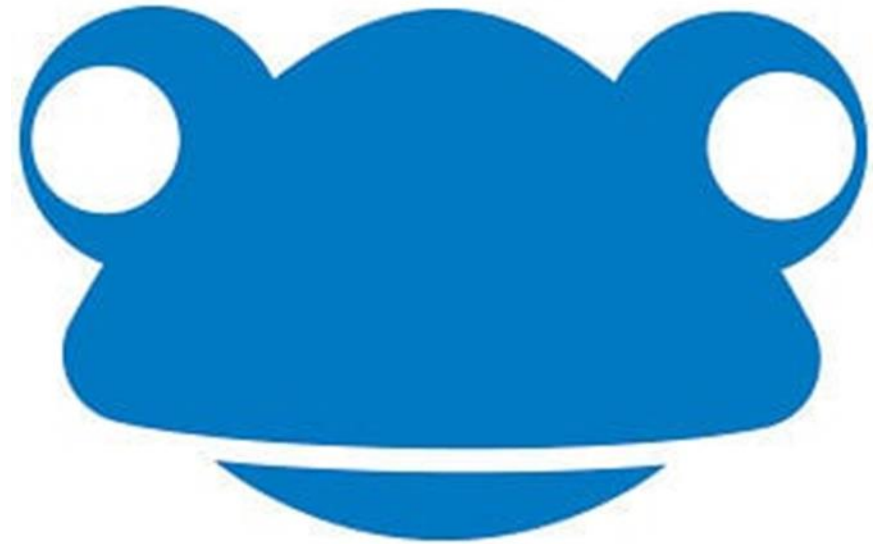
# Supporting your child to be successful

- The right equipment- every lesson, every day
- Good attendance
- Stay positive- it's a step up
- Communication with school-tutor
- Encourage your child to ask for help
- Talk to them about their learning



# Home Learning

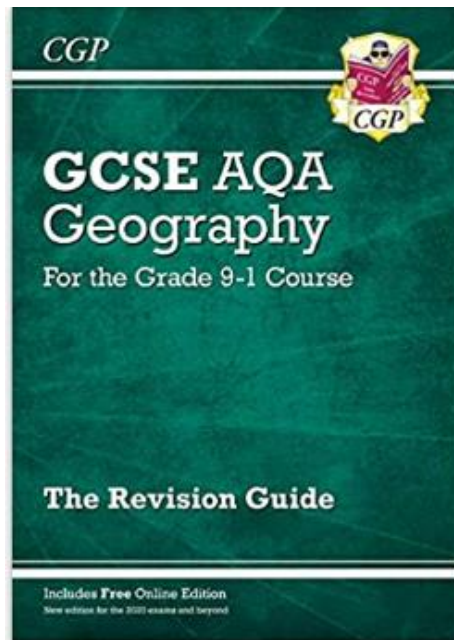
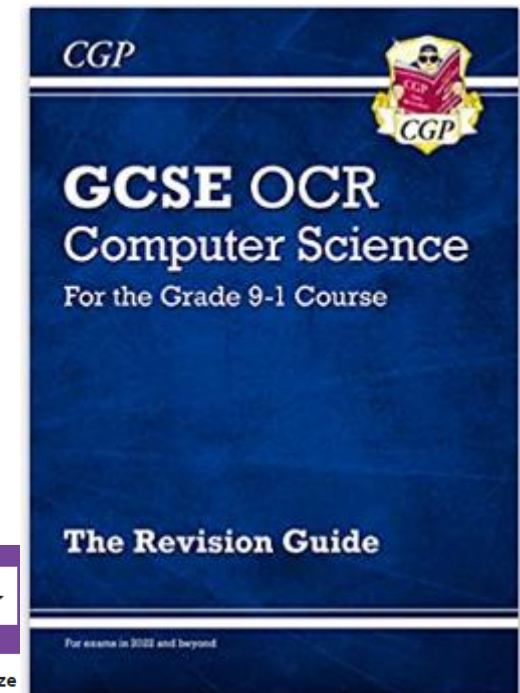
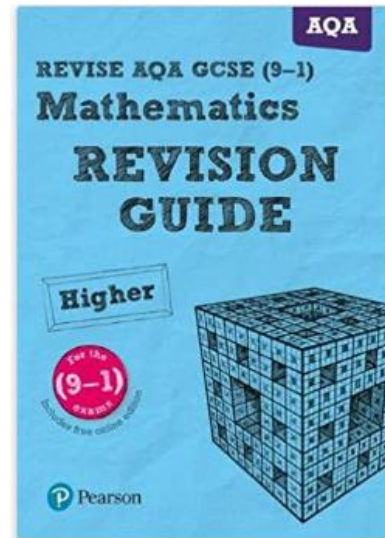
- Every subject will set a piece of home learning once a week
- All tasks will be set on Frog
- ...which means you can check!
- Space and time to work at home





# Useful websites and revision guides

Check the exam boards for each subject **BEFORE** you buy!





# Pastoral Provision

including mental health & wellbeing

## MENTAL HEALTH AND WELLBEING SERVICES AVAILABLE AT BACKWELL



**Safe space (ML2):**  
Quiet and safe room with a designated member of staff present every break and lunch. Opportunity to have some quiet time or talk to a teacher.



**Tutor:**  
Your first port of call for any questions, concerns or worries you may have. Parents can also get in touch with your tutor if needed.



**School nurse:**  
For any health related concerns, you can drop into the library on Wednesday lunchtimes



**Mindfulness Club (ML2):**  
A calm drop in space where mindful activities including meditation take place. Helpful for those who find managing stress or emotions difficult. Thursday lunch, open to all.



**Counsellors:**  
There are trained counsellors at school you can book an appointment with, based in the science corridor. You can self-refer by filling out a form, which can be accessed from Mr Sills or your pastoral leader



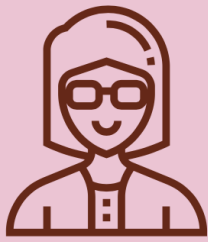
**Pastoral Leaders:**  
Heads and deputy heads of house oversee your wellbeing and overall progress. They will talk to you and get in touch with home if they think you need extra help. You can contact pastoral leaders via your tutor or speak to them directly. Parents can get in touch too if needed.



**Further support:**  
(available through Pastoral Leaders)

- Drawing and talking therapy
- Learning mentors
- Peer mentors
- Emotional/Social support
- Signposts to support services outside of school

"Everyone you meet is fighting a battle you know nothing about. Be kind. Always."



### **Tutor:**

*Your first port of call for any questions, concerns or worries you may have. Parents can also get in touch with your tutor if needed.*

### **Class Teachers:**

*Class teachers can reduce your worries by helping you with subject knowledge.*

*All most all class teachers are tutors as well!*

### **Assistant Pastoral Leaders:**

*New last year!*

*Each house has a non-teaching aPl that is available to support the pastoral team*

# Keep communicating



### **Pastoral Leaders:**

*Heads and deputy heads of house oversee your wellbeing and overall progress. They will talk to you and get in touch with home if they think you need extra help. You can contact pastoral leaders via your tutor or speak to them directly. Parents can get in touch too if needed.*

*+ smaller houses*

# Give yourself space



**Mindfulness Club (ML2):**  
A calm drop in space where mindful activities including meditation take place. Helpful for those who find managing stress or emotions difficult.  
Thursday lunch, open to all.



**Safe space (ML2):**  
Quiet and safe room with a designated member of staff present every break and lunch. Opportunity to have some quiet time or talk to a teacher.

**Regulation Room:**  
New last year!  
Pupils who have identified difficulties managing their emotions will be provided with access to the Regulation Room if it is requested and approved on a Pastoral Support Plan.

# Talk to professionals

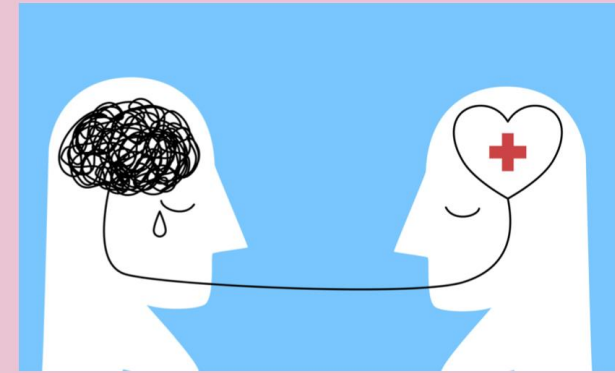
Use the self-referral tool below if you feel that you need additional help with your wellbeing.



Self referral



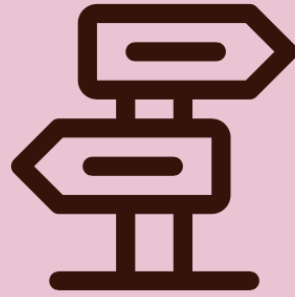
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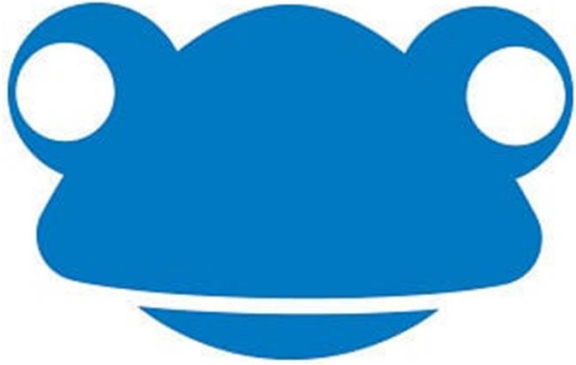
## **Counsellors:**

**There are trained counsellors at school you can book an appointment with, based in the science corridor. You can self-refer by filling out a form, which can be accessed from Mr Sills or your pastoral leader**

**Educational Mental Health Practitioners**



- Further support:  
(available through Pastoral Leaders)
- Drawing and talking therapy
  - Learning mentors
  - Peer mentors
  - Emotional/Social support
  - Signposts to support services outside of school



### Useful websites, apps and local counselling services



Off The Record

Support online, in groups and 1:1



Young minds

[www.youngminds.org.uk](http://www.youngminds.org.uk)



Wellspring Counselling - Serving the Community of North Somerset

[www.wellspringcounselling.org.uk](http://www.wellspringcounselling.org.uk)



Kooth - Free, safe and anonymous online support for young people

[www.kooth.com](http://www.kooth.com)



Beat - The UK's Eating disorder charity

[www.b-eat.co.uk](http://www.b-eat.co.uk)



Clearfear - overcoming anxiety app

[www.clearfear.co.uk](http://www.clearfear.co.uk)

# Student Dashboard

Backwell School



Student Notices

My Timetable

My Home Learning

Email / Office 365

Subjects

Careers

Rewards

Twitter

Letters Home

Catering

Suggestions

Useful links

Wellbeing

Week beginning: 11 Sep

HOLIDAY



Transition to year 12 at Backwell Sixth ...

Preparation for the start of Year 12



Well-being

Information



Anti-Racism at Backwell



Kooth.com

Free, safe and anonymous online support for young p...



Student Council

Information and news from the student council



Clubs + Courses

Spring/Summer 2023



The Croak

Toadally fascinating



6th Form

Information and notices

## Top tips to get to sleep and sleep better



### Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.



### Confront sleeplessness

If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit, and return to bed when you feel sleepier.



### Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep. Watch our video for tips on how to sleep better.

[Video: Tips for sleeping better](#)



### Write down your worries

If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.

[Video: Tackle your worries](#)



### Move more, sleep better

Being active can help you sleep better. These videos can get you going, but remember to avoid vigorous activity near bedtime if it affects your sleep.

[Better Health: Home workout videos](#)



### Put down the pick-me-ups

Caffeine and alcohol can stop you falling asleep and prevent deep sleep. Try to cut down on alcohol and avoid caffeine close to bedtime.

- Avoid using devices at least 1 hr before bedtime this includes, mobile phones, tablets and TVs as devices can give off 'blue light' which keeps us awake by disrupting Melatonin in the brain.





# DEALING WITH EXAM STRESS

If stress affects you, try to find ways to maintain a positive attitude and cultivate a positive approach during your revision.



## KEEP FIT

by taking some exercise you enjoy



## RELAX

perhaps by sitting quietly or meditating



## EAT WELL

but healthily



## PLANNED TIME AWAY

take some planned time away from study, rather than avoiding revision



## RECOGNISE ACHIEVEMENTS

be pleased with your achievements as you revise



## REWARD YOURSELF

reward yourself with an occasional treat



## SLEEP

get sufficient sleep



# Backwell 2023/24 WEX

Research from the Gatsby Foundation found that the role of encounters with employers (Work experience) is **significant**:

*“Young adults who have four or more contacts with employers while at school are significantly less likely to become NEET (Not in Education, Employment or Training) and can expect to earn up to 18% more than peers with no exposure”.*

# Why undertake work experience?

## Top reasons for doing work experience:

1. Real job hunting is more successful with some experience
2. It's a good way of exploring career options without committing
3. Getting experience shows motivation and interest
4. Learn what going to work is really like!
5. Reflect on personal skills
6. It could lead to a job
7. Build up contacts
8. Useful for CV writing



# Work experience: 24<sup>th</sup> – 28<sup>th</sup> June

All Year 10 students will do a 5 day work experience placement.

Key points:

- **It's not optional**; normal lessons will not be taking place
- **Please support your young person to find a placement**
- The earlier they secure a placement the better
- Students cannot go abroad!
- You will be sent a letter giving details of the application process and where to get more information and support
- Students will have an assembly and complete activities in tutor time to help them with the process

# Work experience: 24<sup>th</sup> – 28<sup>th</sup> June

## DO

- Start looking early for placements (ideally have things confirmed close to Christmas)
- Use the CV tool on Unifrog to create a CV that you can send to potential employers along with a short letter requesting work experience
- Complete the application as soon as possible so that placements can be approved and confirmed by employers, parents and school
- Use your contacts – friends; families; current employers
- **Use tutors;** Heads of House; Mrs Robinson, Miss Haywood, **Mrs Ball** (Careers Advisor) for support
- Be open to placements in any kind of setting – not just your dream job!

## DON'T

- Be afraid to ask – many employers don't advertise but still accept students
- Book experience abroad – we're not insured and cannot limit our liability
- Assume all employers will be H&S approved or have the right insurance
- Wait until June – to arrange or ask questions!
- Give up if you don't hear back – you have to keep contacting employers



### Exploring pathways

- Careers library
- Subjects library
- Know-how library
- MOOC

### Searching for opportunities

- UK universities
- US universities
- European universities
- Oxbridge
- Apprenticeships
- College/ Sixth Form
- Canadian universities

### Recording what you've done

- Activities
- Competencies
- Interactions
- Create an account
- Sign up

### Drafting application materials

- Personal Statement
- CV / Resumé
- Teacher References
- Common App Essay

### Making applications

- Post 16/18
- Locker
- Applications list

Every parent/carer can create an account using the formcode: BACKparentscarers

# Planning for success

