



RANGE HIGH SCHOOL

CHALLENGE • SUPPORT • FLOURISH



Welcome!

**Helping your child to
get the best out of
*KEY STAGE 4***



Helping your child to get the best out of Key Stage 4 and beyond

Mr T. Dolly – *Deputy Headteacher*


Mr D. Cregeen – *Assistant Headteacher*

Catherine Brindle. *Specialist Nurse -
Emotional Health and Wellbeing*

Dr C. Ainsworth – *Assistant Headteacher*

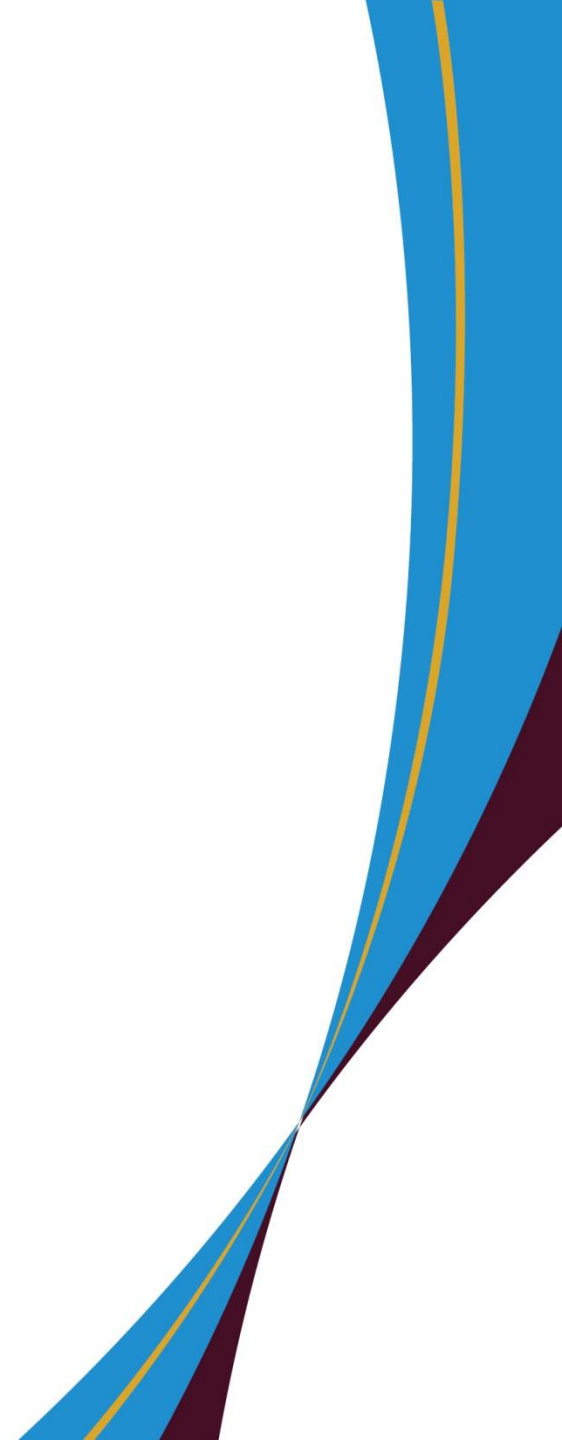
Topics for tonight

What to expect in Years 10 and 11.

- Student targets and assessment at Key Stage 4
 - Revision and study skills
 - Student wellbeing
 - Careers and next steps
- 
- A decorative graphic on the right side of the slide, consisting of several overlapping curved shapes in blue, yellow, and maroon, creating a dynamic, abstract design.

Don't panic!

- The presentation will be on our website tomorrow



Curriculum

Key Stage 3 to Key Stage 4

- KS3 - Compulsory courses with few options.
- KS4 - Pupils are now studying subjects they have **chosen** and should have a strong interest and motivation to apply themselves.


Curriculum

- **Key Stage 4**
- All GCSE's are now weighted to terminal exams
- Some subjects still include an element of **non exam assessment** (e.g. Physical Education)


Implications for Y10

- Internal assessments are our only diagnostic opportunity – need to take any school exams or formal assessments seriously
- Greater pressure to revise more material

New GCSE Examinations

- No tiers for GCSE English Language and Literature
 - Tiers remain for GCSE Maths, MFL and Science
 - Students will be awarded a grade from 9-1, with 9 being the highest
- 

Key dates

- **Year 10 Interim Card WB 11th Nov 2019**
 - **Year 10 Interim Card WB 24th Feb 2020**
 - **Year 10 school exams WB 27th April 2020**
 - **Full written report WB 13th July 2020**
- 

Target Grades

- **Minimum Expected Grade** - *aspirational and challenging*
- **Based upon Key Stage 2, reading and maths results**
- Expressed in terms of a GCSE grade.
- 9-1 for all GCSE subjects.
- Based on a national system based on the performance of previous pupils in that subject, with the same prior attainment.
- Will be issued after half term via the interim card.

Supporting your son / daughter

101 WAYS TO STUDY, REVISE & SUCCEED IN YEARS 10 & 11



STUDY AND REVISION RESOURCES

TITLE	LAST MODIFIED
 Dealing with exam stress	1 Oct T Dolly
 How to Revise	19/10/2015 T Dolly
 What should I revise?	20 Jul T Dolly
 Log in guide to SMHW.MOV	1 Oct T Dolly
 Revision Zone Guide.MOV	1 Oct T Dolly

HOME

CURRICULUM

STAFF ROOM

SCHOOL CALENDAR

HELP & SUPPORT

HOME

Menu

Curriculum

6th Form :)
Computer Science & Business
Design & Technology
English & Media
Humanities
Literacy
Mathematics & Numeracy
Modern Foreign Languages
Other Departments
PE & Expressive Arts
Science
Study and Revision Resources

Help & Support

Change Password
Links
Service Announcements
Support Files

IT Group

Library

School Calendar

Staff Room

Help
Learning outside the classroom
Personal Development
Room Booking
Safeguarding Documents
SEN
Staff News
Teaching and Learning
Telephone Extensions

MY RECENT ACTIVITY

TEACHING AND LEARNING

edited by T Dolly

GCSE

attachment from T Dolly



Email



Internet



Calendar



Drive



Classroom



Website

Y11 Questionnaire >>



Name:		Tutor Group:		
SUBJECT	Title	Reference Number	Price	No Req
Business Studies	Course	978 1 78294 689 2	£2.75	
Computer Science	CGP GCSE AQA Exam Practice Workbook 9-1	978 1 78294 692 2	£2.75	
Design Technology	GCSE for OCR Computer Science	978 1 78294 602 1	£2.75	
	CGP GCSE D&T 9-1 The Revision Guide	978 1 31650 403 1	£16.00	
	Visit Range High School Portal for revision information	978 1 78284 752 3	Sold in Class	
Optional for Further Reading	Online Resource (free)	Visit www.range.sefton.sch	n/a	
Drama	AQA GCSE D&T (9-1) All Materials	Visit www.technologystudent.com	n/a	
English - All year 10	Go to the theatre as many times as possible	978 1 51040 108 2	£17.60	
All Yr 10	Guide		n/a	
All Yr 10	WJEC Eduqas Revise Eng Lang Workbook	978 144 798810 6	£2.50	
10E1 AU/10E2 SMA/ 10E4 NM/ 10E5 NJJ	Oxford Uni Press Romeo & Juliet Literature Companion	978 144 798795 6	£7.20	
10 E1 AU/ 10E2 SMA/ 10E3 JT/ 10E4 NM/ 10E5 NJJ/ 10E6 JCW	Oxford Uni Press An Inspector Calls Literature Companion	978 019 830481 4	£7.20	
10E8 JP/ 10E7 JDS	Oxford Uni Press The Strange Case of Dr Jekyll & Mr Hyde	978 019 839041 1	£7.20	
10E3 JT/ 10E6 JCW/ 10E7 JDS/ 10E8 JP	CGP A Christmas Carol Workbook	978 019 912878 5	£2.75	
Geography	CGP Blood Brothers Text Guide	978 178 294780 6	£2.75	
Suitable for All	CGP AQA 9 - 1 Course	978 178 294311 2	£3.25	
Suitable for Targeted 7-9	CGP AQA 9-1 Exam Practice Workbook	978 1 78294 610 6	£3.25	
History	My Revision Notes	978 1 78294 611 3	£6.75	
	Revise Edexcel Crime & Punishment Revision Guide & Workbook	978 1 47188 731 4	£2.50	
	Revise Edexcel Anglo-Saxon & Norman England Revision Guide & Workbook	978 1 29216 970 5		
	Revise Edexcel Superpower & The Cold War Revision Guide & Workbook			

Year 10 – List finalised by end of November
Orders processed and distributed by February half-term

General Advice

101

WAYS TO STUDY, REVISE & SUCCEED IN YEARS 10 AND 11



How can you support your child?



How can you support your child?



1 Have high expectations and provide plenty of support

Both are needed to help your child improve, perform and develop resilience

2 Help them work smarter

Not all revision techniques are equal. Spacing out their revision and quizzes are better than cramming and highlighters

3 Cope well with their setbacks

There will be highs and lows. How you react to their lows will impact how many highs they have

4 Minimise distractions

Provide a revision area with minimum distractions (this include mobile phones!)

5 Rise and dine

Make sure they eat breakfast. It plays a big role in concentration and memory

6 Regular bedtimes and lots of sleep

If they sleep right, they will think right the next day

7 Avoid cabin fever

Encourage them to get fresh air each and every day

GOOD REVISERS

by @Inner_Drive
www.innerdrive.co.uk

POOR REVISERS

Eat breakfast



Skip breakfast

Sleep 8–10 hours a night



Get little sleep

Have regular bedtimes



Have inconsistent bedtimes

Get fresh air each day



Stay indoors all day

Exercise regularly



Do no exercise

Do past papers



Mostly revise highlighting 'key' passages

Spread out their revision



Cram their revision

Keep a diary to capture negative thoughts



Dwell on worst case scenarios

Revise in a quiet environment



Revise whilst listening to music or TV

Drink water regularly



Forget to stay hydrated

Put their phone away during revision



Revise with their mobile phone next to them

Pre-Bed Routine

- ✓ Stick to a sleep schedule of the same bedtime and wake up time.
- ✓ Reading a book (a real one – no electronic light) before lights out.
- ✓ Eliminate light in the bedroom. Their phone, tablet and e-reader have already been turned off (and left downstairs) but what about other LED lights on alarm clocks or similar?

12 Ways to Manage Your Mobile Phone

by @inner_drive | www.innerdrive.co.uk

1 SET YOURSELF
A TIME LIMIT



2 TURN IT OFF



3 LIMIT NOTIFICATIONS
IN SETTINGS



4 DON'T HAVE IT OUT NEXT
TO YOU WHILST YOU REVISE



5 LET FRIENDS KNOW WHEN
YOU WILL BE BACK ONLINE



6 TURN DOWN THE BACKLIGHT
OF YOUR PHONE NEAR BEDTIME



7 USE GOING ON YOUR
PHONE AS A REWARD



12 TURN YOUR
PHONE ON 'SILENT'



11 DON'T HAVE IT IN YOUR
ROOM WHEN YOU SLEEP



10 TURN IT ON TO
AIRPLANE MODE



9 GIVE IT TO YOUR MUM
OR DAD TO LOOK AFTER



8 RESIST THE URGE TO
REPLY TO EVERY MESSAGE



**1 SET YOURSELF
A TIME LIMIT**



2 TURN IT OFF



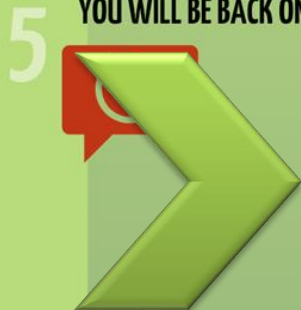
**3 LIMIT NOTIFICATIONS
IN SETTINGS**



**DON'T HAVE IT OUT NEXT
TO YOU WHILST YOU REVISE**



**LET FRIENDS KNOW WHEN
YOU WILL BE BACK ONLINE**



**TURN DOWN THE BACKLIGHT
OF YOUR PHONE NEAR BEDTIME**



**7 USE GOING ON YOUR
PHONE AS A REWARD**



**12 TURN YOUR
PHONE ON 'SILENT'**



**DON'T HAVE IT IN YOUR
ROOM WHEN YOU SLEEP**



**10 TURN IT ON TO
AIRPLANE MODE**



**GIVE IT TO YOUR MUM
OR DAD TO LOOK AFTER**



**8 RESIST THE URGE TO
REPLY TO EVERY MESSAGE**





Block Internet and Apps

Remotely block internet and app usage on your child's device.

WANT TODAY'S WIFI
PASSWORD?

- 1) MAKE YOUR BEDS
- 2) VACUUM DOWNSTAIRS
- 3) WALK THE DOG
- 4) REVISE



ClassCharts

How can you support your child?

Get them organised! Make sure they have...

- A course outline
- A full set of notes with no gaps.
- An organised set of notes.
- Review their notes regularly.
- An up-to-date record of homeworks set.
- The dates and times of their exams.
- Any books or equipment that will be needed in the run to exams.

Help with revision

What they think revision looks like...





Active Revision!

Scientists have found that the more ways something is introduced to the brain and reviewed, the more regions of the brain will store that information. This will form connections and these multiple stimulations to the brain will mean better memory.

Process the information...



- ✓ Read it.
- ✓ Highlight it:
 - Key words
 - Key points
- ✓ Underline it.
- ✓ Summarise.
- ✓ Bullet point.
- ✓ Chunk it.

Merely re-writing the text from the book into your notes does not ensure retention.

Try to put things in your own words and devise your own examples - this will make the material more meaningful.

Only use the highlighter pen AFTER you have read / scanned it, thus ensuring you identify the most important material and you avoid the creation of a fluorescent textbook!

GOOD REVISERS

by @Inner_Drive
www.innerdrive.co.uk

POOR REVISERS

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

Have regular bedtimes



Have inconsistent bedtimes

Get fresh air each day



Stay indoors all day

Exercise regularly



Do no exercise

Do past papers



Mostly revise highlighting 'key' passages

Spread out their revision



Cram their revision

Keep a diary to capture negative thoughts



Dwell on worst case scenarios

Revise in a quiet environment



Revise whilst listening to music or TV

Drink water regularly



Forget to stay hydrated

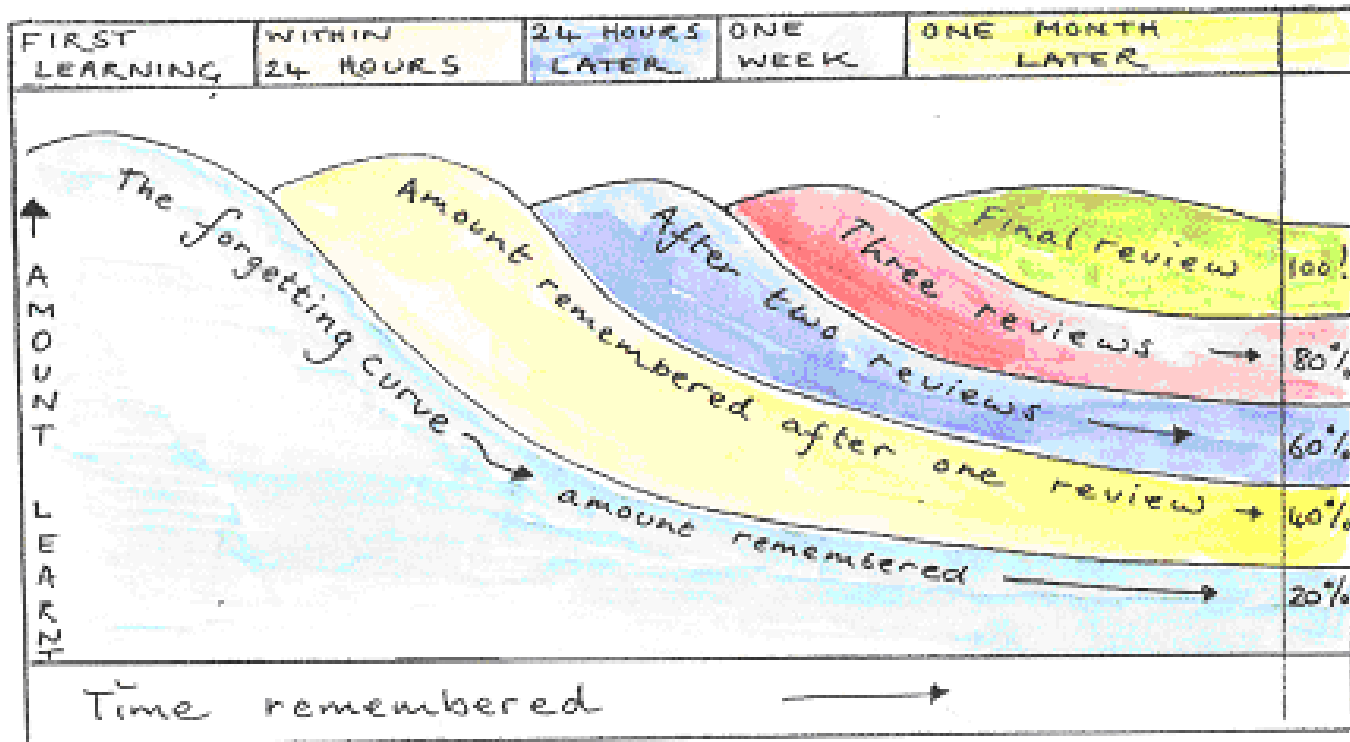
Put their phone away during revision

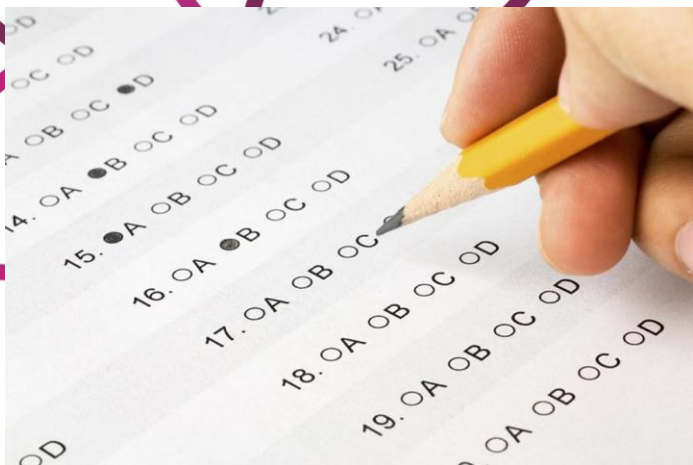


Revise with their mobile phone next to them



Frequent reviewing





EXAM ANXIETY SESSION.
Catherine Brindle.
Specialist Nurse
Emotional Health and Wellbeing.





- How you feel.
- How you cope with people or things in your life.
- How you view the world around you



Exam Anxiety

- Its normal to feel under pressure at times of stress.
- Anxiety is a normal, healthy feeling, it can be useful to us.
- We need to recognise when anxiety is around and then learn to manage it.
- How do you recognise you are anxious, what might you be feeling in your body, thinking, behaving?

Early signs that you child be under too much stress;

- Headaches.
- Sleeping badly.
- Loss of appetite.
- Being unusually bad tempered.
- Feeling tired all of the time.
- Feeling sick.



The Caveman Story.

- Back in the distant past, when we were still cavemen walking around in furs, we came across many dangers , like dinosaurs and sabre tooth tigers.
- Our bodies (naturally wanting to protect us from danger) designed a special alarm inside us that was set to go off whenever danger was present.



The Caveman story cont...

- This alarm gave us the ability to fight danger, or run away by increasing our heart rate, and supplies of blood to our muscles-making us breathe faster.
- It also made us think more quickly, and be on the alert for dangerous situations.
- It worked brilliantly!

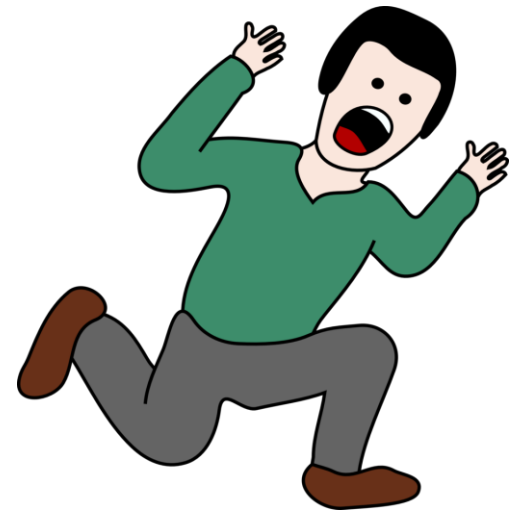


How does it affect you?

- Flight.



- Fright.



- Freeze.



-
- In the case of revising and exams, flight and freeze are really unhelpful to us, as they can make us feel overwhelmed with the task of revision that is ahead of us, and sometimes its hard to even start revising.
 - Also, “freezing” in an exam is equally difficult, as we can experience our minds going blank, and are unable to recall any of our learning.



So, how can we manage this?

- Well, there's no getting away from the fact that your child has to be organised and revise.
- Starting revision in good time is key, and also making a revision timetable is very important.
- Be realistic when drawing up your revision timetable, factor in breaks, and also rewards for completing the days revision, this will keep you motivated.
- BBC Bitesize has lots of great tips and ideas



Simple ways to look after your Mental Health.

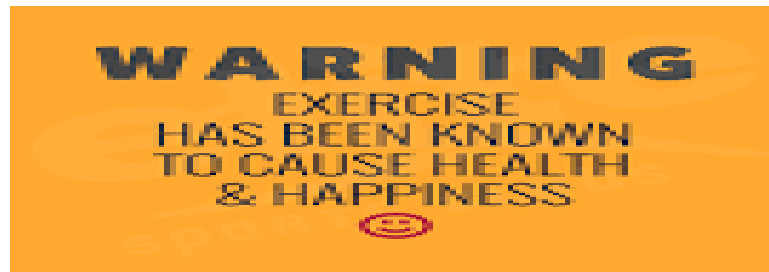


- Diet, did you know that food is good for your mood?
- There is increasing evidence of a link between what we eat and how we feel.
- How we feel influences what we choose to eat or drink, and a healthy diet can protect our mental health.



Exercise and Emotional Wellbeing

- We all know that exercise is good for our bodies, but did you know it is important for your emotional wellbeing also?
- Scientists have discovered that exercise makes your brain release chemicals that make you feel good.
- Exercise also helps us to learn and feel good about ourselves.



Sleep and Emotional Wellbeing



Sleep and Emotional Wellbeing.



Teenagers need between 9 to 10 hours of sleep each night.

- Lack of sleep can interfere with your learning and behaviour.
- Get into a routine of 30 minutes “quiet time” before bed each night.
- Get some fresh air, gentle exercise and day light each day.



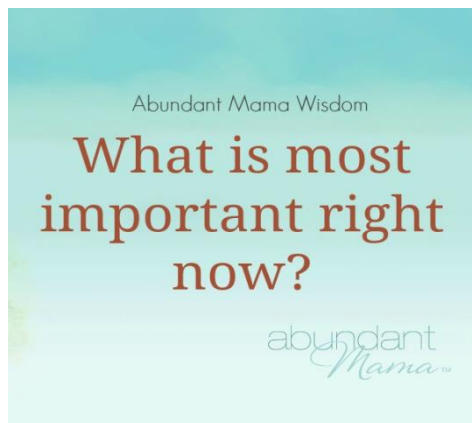
Friends and Family.



- If you are feeling low, friends and family can be vital sources of support, and can help you cope with stressful situations and difficult times.
- You can talk over problems or situations that are bothering you, or talk about how you are feeling.
- They can help you with practical and emotional support also.



Any Questions?



Thank You / Next Steps



SCHOOL NURSE DROP-IN
Tuesday Lunch times in the interview room
(opposite Reception)

www.childline.org.uk

www.youngminds.org



Websites.

- Kooth.
- BBC bitesize.





RANGE HIGH SCHOOL

CHALLENGE • SUPPORT • FLOURISH

Careers Provision
Key Stage 4



Summary of Range provision at Key Stage 4

- 4 careers education sessions throughout the year
- Careers Insight Twilights
- Mock interviews
- Workplace visits
- Careers Fair / Meet the Professionals
- 1-to-1 interviews Y10/Y11 (Mploy)
- Local labour market information
- Apprenticeship and college information

Careers Education Programme

Years 10 and 11

Content

- *Equality in the workplace*
- *Employability*
- *Types of employment*
- *Employee rights and responsibilities*
- *The changing job market*
- *Finding and using careers information*
- *Options at 16*
- *Qualification types*
- *The impact of criminal behaviour on employability*

Strands

- *Self-awareness*
- *Personal development*
- *Career exploration*
- *Career management*

Skills

- *Team work*
- *Decision-making*

Careers Insight Twilights

Offered to Years 9-13

Themed evenings

5 p.m. – 6.30 p.m.



Mock interviews

Pupils complete an application form in advance

Pupils have 1-to-1 interview

Pupils receive feedback

Usually at the end of Year 10



Workplace visits – Year 11

December
January

Pupils identify a
sector

Business
Health
Creative
Industries
Engineering
Science



**Pupils interested in Business
sector on a visit to Princes
Foods**

Careers Fair / Meet the Professionals



Range High Careers @Range_Careers · Jan 17
Another poorly dog! Great opportunity for our prospective vets and vet nurses to talk to @psda!



Meet with
employers

Find out more
about careers and
courses on offer

One-to-one interviews



**Making informed decisions
about your career**

Local labour market

- Professional and Business Services
- Visitor Economy
- Advanced Manufacturing
- Health and Life Sciences
- Creative Digital
- Superport
- Low carbon



Careers section of the website

www.range.sefton.sch.uk

Pupil support

Careers

Careers education and guidance at Range:

- CAREERS EDUCATION AND GUIDANCE POLICY
- CAREERS PROGRAMME – SCHOOL GOVERNOR VERSION
- LABOUR MARKET PRESENTATION 2018-9
- Information for Employers
- Information for Parents and Carers
- Information for Students
- Map of Careers Education at Range High School
- Provider Access
- Careers Programme – Employer Version
- Careers Programme – Parent Version
- Careers Programme – Student Version
- Post-16 Options Booklet 2019-20



RANGE HIGH SCHOOL