



St Benedict's
Catholic School
The Catholic Secondary School for West Suffolk

Year 11 Parents' Curriculum Evening 14th September 2023 Preparation and Celebration





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This evening's schedule

- * **Welcome and prayer**
- * **Preparation and Celebration – Ms Coogan (Head of Year 11)**
- * **Futures evenings**



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Pause for reflection

Lord,
You are the light that guides my feet.
You are the map that gives me direction.
You are the peace that makes me strong.
You are the leader whom I faithfully follow.

May your light illuminate my life
And your guidance bring direction.
May I find inspiration in your word
And peace in my heart as I follow you.
Amen.

Tutor team – @st-benedicts.suffolk.sch.uk



11A troughley@



11C tbates@



11L wstafford@



11P kmurphy@



11s rwoodruff@



OR rcornish@



11X tkellet@

Key dates for Year 11



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- * Term 1 Careers Interviews – Ms Hahn
- * Half-term 1 study skills focus – the “how to” revise aspect of preparation
- * 25th Sept post-16 options assembly
- * 20th Nov Mock examinations – 2xweeks
- * 17th Oct VI form open evening
- * 14th December potential date for mock results and bowling trip
- * Half-term 3 subject specific revision sessions increase
- * 11th Jan Yr11 parents evening
- * 26th Feb In class mock examinations – 2xweeks
- * 26th -28th Mar futures evenings – invitations to follow
- * 2nd – 11th Apr Easter school
- * MAY into JUNE public Examination period (showtime!)
- * 13th June potential Yr11 funday day and shirt signing
- * 27th June potential Prom date at Ravenwood Hall



Same rules apply...

- * Punctuality - both to school and to lessons
- * Correct equipment to all lessons
- * Correct uniform!
- * No phones
- * Classroom behaviour code – no eating, politeness to all and respect for others and the room
- * Three step sanction system – warning, move, remove
- * Homework neat and on time - Arbor
- * Consider your EBH scores – rewards, references

Expectations

- * We expect students to have a minimum attendance of 96%.
- * Below 94% and you will be alerted by letter.
- * If your child is absent then please phone the office and leave a message explaining the absence.
- * When your child returns to school please send them in with a note confirming the reasons for the absence.

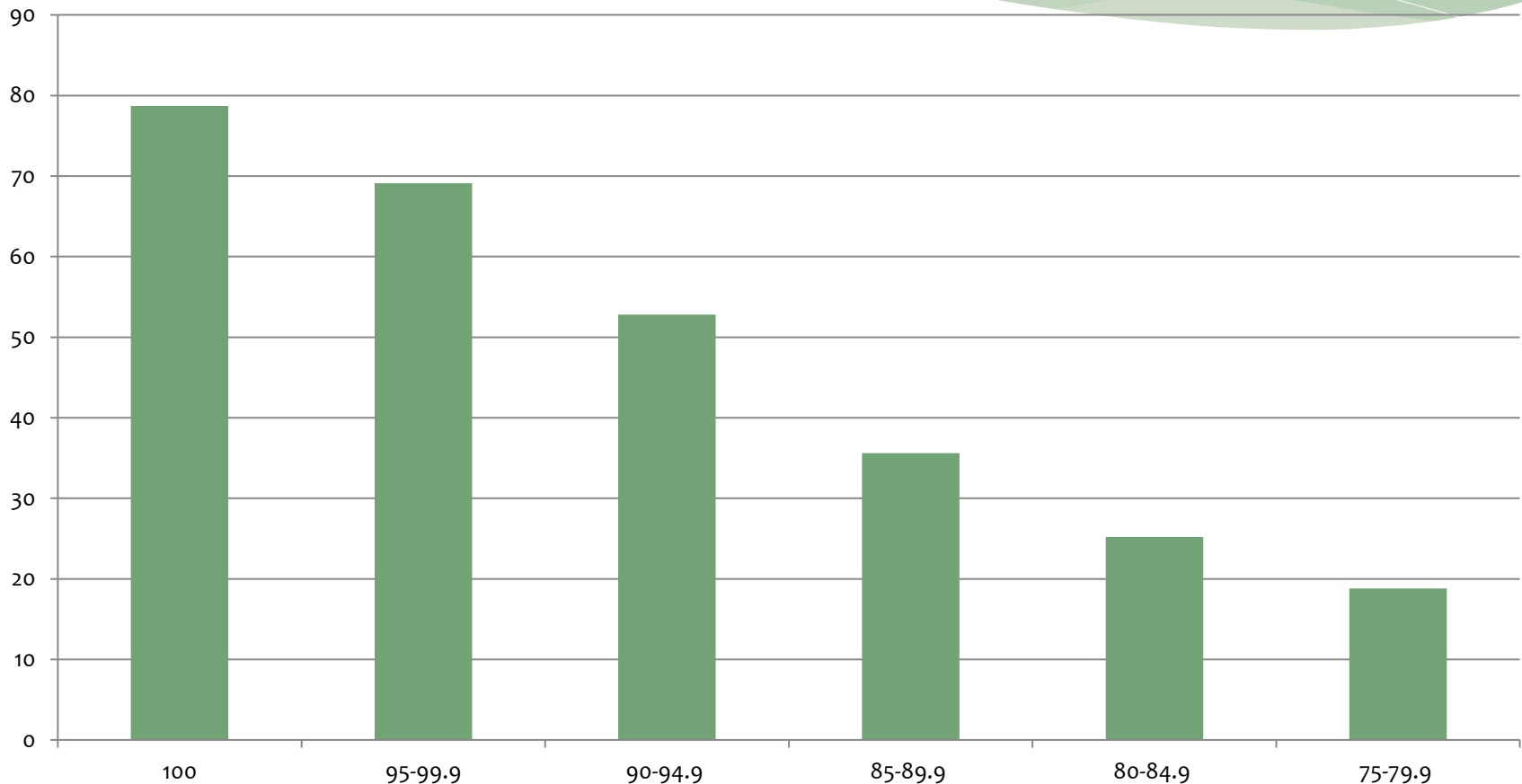
Attendance



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How attendance affects your chances of success at GCSE

5+GCSE's



Punctuality



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Lateness = Lost Learning* (Figures below are calculated over a school year)

5 minutes late each day

3 days lost!

10 minutes late each day

6.5 days lost!

15 minutes late each day

10 days lost!

20 minutes late each day

13 days lost!

30 minutes late each day

19 days lost!

These
students will
drop AT
LEAST ONE
GCSE GRADE



Assessment 9-1 Grading System

New grading structure	Current grading structure
9	A*
8	
7	
6	B
5	
4	
3	C
2	
1	
U	U

GOOD PASS (DfE)
5 and above = top of C and above

AWARDING
4 and above = bottom of C and above

A knowledge based curriculum



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- * There is generally more content to learn in the new 9-1 GCSE
- * There is virtually no internal assessment
- * There are generally more examination hours in the new 9-1 GCSE

In short there is a need to build up a continuous body of knowledge and be able to apply this knowledge.

What are we doing when we revise?



Learning new information?



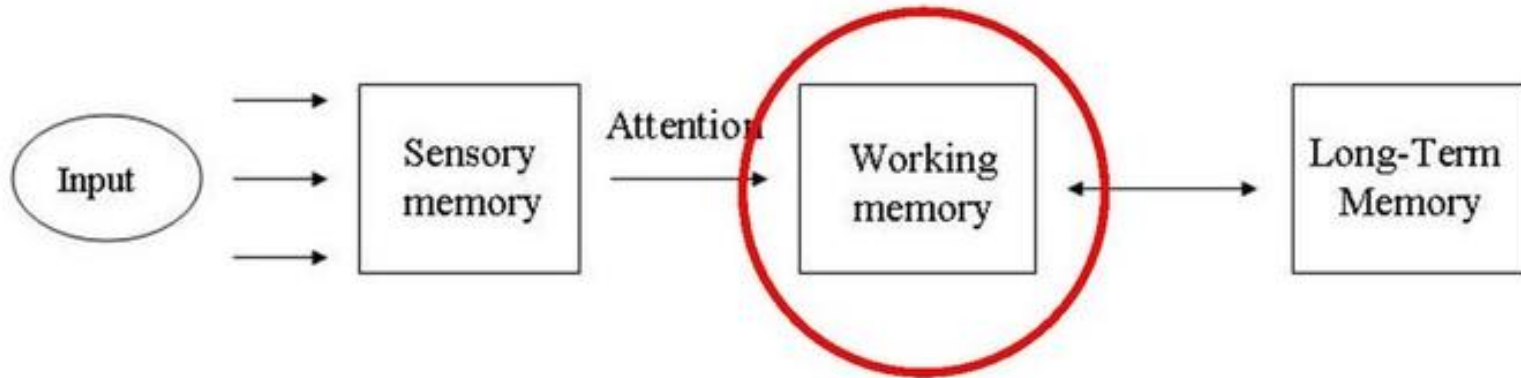
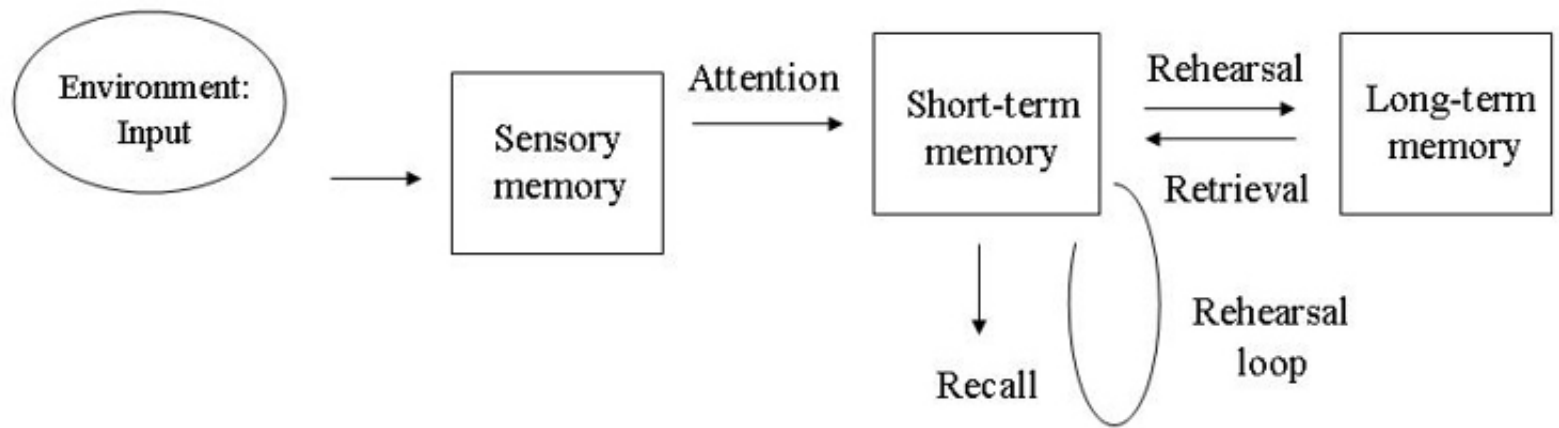
Connecting information?



Improving/ practising skills?



Improving our recall speed?



Understanding our
memory

What the research says works

Distributed practice - spreading out study over time - **HIGH**

Practice testing - Self-testing to check knowledge - especially using flash cards - **HIGH**

Interleaved practice - switching between different kinds of problems - **MODERATE**

Self-explanation - how a problem was solved - **MODERATE**

Elaborative interrogation - being able to explain a point or fact - **MODERATE**

Imagery - forming mental pictures while reading or listening - **LOW**

Re-reading - **LOW**

Summarising - writing summaries of texts - **LOW**

Highlighting/underlining - **LOW**

Keyword mnemonics - choosing a word to associate with information - **LOW**

BUT!

Any revision is better than no revision and whilst two hours of focused revision alone is more effective than three hours revising with friends, both are more effective than half an hour reading the textbook before getting distracted.



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PSHE & Citizenship

Helping students academically and beyond

Key themes we cover within this areas:

Money

Politics

Careers

Study Skills

Health & Safety

Being happy with you are

Being the best person you can be

Thriving not just surviving GCSE's

If only it was always like this.....





Mental Health

Experts say it can be easier to talk if you're doing something else.

- Talking whilst Sharing a Meal.
- Spending Quality Time together and Talk.
- Finding Space to Talk.
- Take 5 Minutes To Share.
- Talking whilst Cooking Together.
- Being There To Help - Just ask "How was your day?"
- REMEMBER You are Not Alone - reach out we are all in this together, just be honest.



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St Benedict's guide to not just surviving GCSE years but thriving during GCSE years.

You don't need to be an expert in any of the subjects your child chooses to make a real difference

You also don't need to give up your life and other responsibilities – you just need to know how best to spend the time you do have.

One of the hardest demands on students is that of understanding the long-term importance of doing the best they can, and learning to shelve short-term fun at times in the interest of long-term benefits (not easy even for adults).

Your **support, encouragement and interest** can make a spectacular difference to your child's motivation and ability to cope with the academic and organisational demands of the exam period.



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Post-16 choices

By mid-October 2023, year 11 students will be able to apply for post-16 academic and vocational (career-related) courses that begin in 2024.

Your child will be attending post-16 assemblies this term and will receive comprehensive information about their choices after year 11. Each student will also have a 1:1 appointment with our Head of Careers to look at their options and aspirations.

Again, you don't need to be an expert in careers to support your child with their choices. Talk to them about their interests, their goals, their likes and dislikes and visit different environments (sixth forms and colleges) with them. Course choices are wide and varied and you will both encounter new opportunities.

Your **support, encouragement and interest** will help your child as they make decisions about their future.



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Agree the balance between work and social life and stick to the agreement - flexibility is the key – if a special night comes up, agree that they can make up the work at another time

All students fall behind, feel demotivated or overwhelmed, or struggle with the balance of social, work and school demands at times. When your child feels like this, berating and threatening them will have a negative effect. Talk to them about the issues, acknowledge their feelings and adopt a sensible attitude in wanting to find a solution

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If your child asks for your support, encourage them by helping them to see the difficulties in perspective. Teenagers often take an all or nothing 'catastrophic' approach to difficulties – "I've messed up this essay, I might as well give up."

- Set timers allowing 25 minutes of work, then a short break before returning to study.
- Minimise distractions during the 25 minutes of work to keep a strict workflow.
- Consistently study in the same workplace – quiet, large tidy work area with plenty of light.
- Have clear tasks to achieve in each 25-minute period.



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The power of sleep is immense. This is one area parents can make a big difference.

Top tip – Don't revise just before bedtime!

Ensure your child has a healthy eating routine – Breakfast, Lunch and Dinner
Especially important during exam periods.

There is lots of support on-line for example:

<https://www.familylives.org.uk/search/?searchType=phrase&keywords=GCSE&siid=19>

Helpline 0808 800 2222

<https://tutorful.co.uk/guides/a-parent-s-guide-to-gcses/gcses-simplified>

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Keeping perspective



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But remember **be their champion** because your support, encouragement and interest will be there long after this exam period is over.



Thank you!

Preparation and Celebration



Without your support, the task would be far harder.

We will endeavour to work together and aim for the highest possible outcomes for our students!



Please keep in touch.

