

# Year 10 Information Evening

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***Key Information*** Timeline and Overview. Exams & Attendance.

***Preparation for the future*** Work Experience & Unifrog. Post 16 Options.

***Looking after your well-being*** Stress and support. Extra-curricular.

***Over to you*** What does it mean to be an outstanding GCSE student?  
Parents & carers – How can I provide support?

# Key Information

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# Year 10 Important Dates - Academic

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Friday 1<sup>st</sup> December: Progress Report 1

Monday 4<sup>th</sup> March – Thursday 7<sup>th</sup> March: Food Technology Practical Exam

Friday 8<sup>th</sup> March: Progress Report 2

Thursday 21<sup>st</sup> March: Year 10 Parents Evening

Monday 22<sup>nd</sup> April – Tuesday 7<sup>th</sup> May: Year 10 Exams

Monday 3<sup>rd</sup> June: MFL Speaking Exam Week

Thursday 20<sup>th</sup> June: Progress Report 3

Monday 15<sup>th</sup> July: Year 10 Work Experience Week

# Year 10 Important Dates – Trips

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Thursday 14<sup>th</sup> September: Year 10 Food Trip to Waltham Place and Odney's Club

Thursday 23<sup>rd</sup> November: German Trip to Goethe Institute

Thursday 18<sup>th</sup> April – Saturday 20<sup>th</sup> April: DofE Practice Expedition

Wednesday 12<sup>th</sup> June: D & T trip to Graduate Fashion Week

Tuesday 25<sup>th</sup> June: Business trip to Cadbury World

Friday 28<sup>th</sup> June – Saturday 29<sup>th</sup> June: DofE Assessed Expedition

Monday 1<sup>st</sup> July – Tuesday 2<sup>nd</sup> July: Year 10 Urban Fieldwork

Tuesday 16<sup>th</sup> July: Fine art and Photography trip to Amsterdam

# Exams

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Timetables

Revision

Equipment

Expectations



# Attendance

100% 0 Days absence

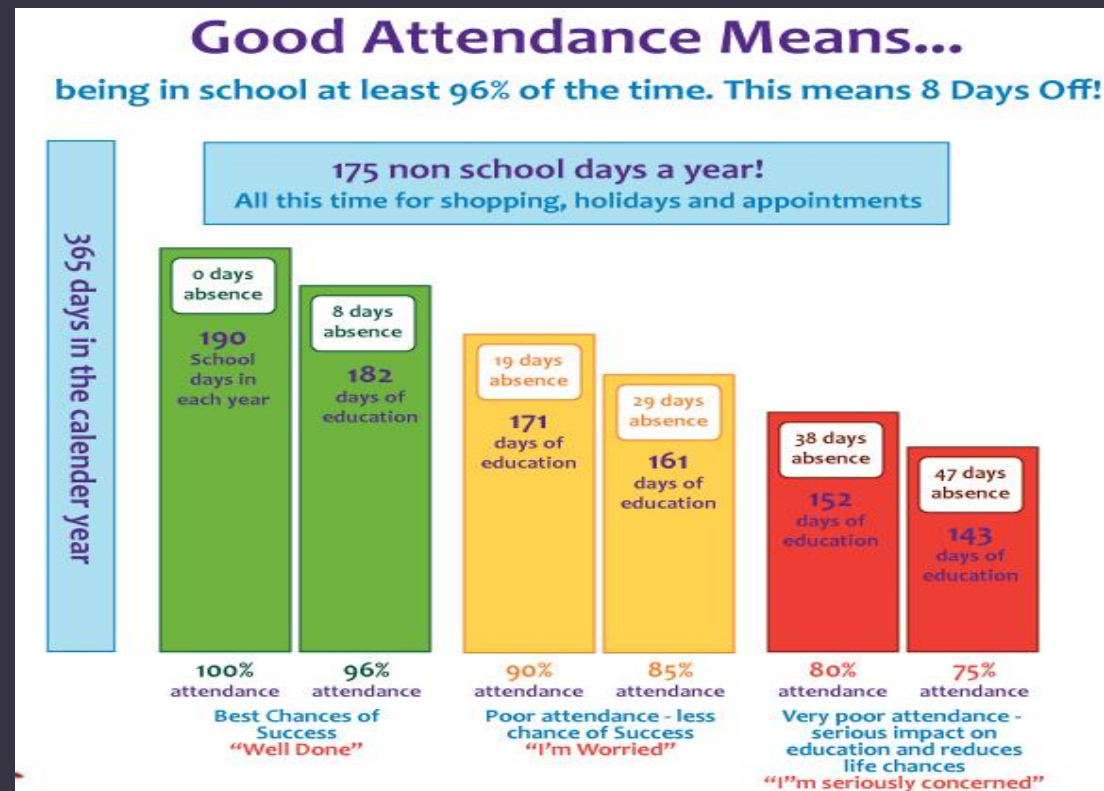
96% 8 Days absence

90% 19 Days absence

85% 29 Days absence

80% 38 Days absence

75% 47 Days absence



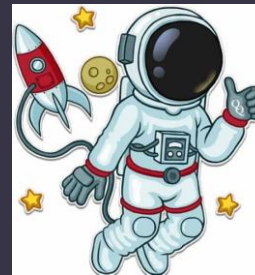
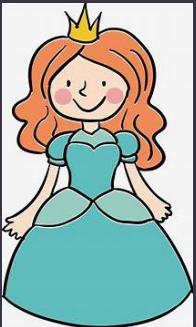
# Preparation for the future

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# ‘What do you want to be when you grow up?’

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# Work Experience & Unifrog

## Work Experience

Career based activities will occur within the week at NGS.



Unifrog will be the platform used in conjunction with work experience.

[Unifrog - The universal destinations platform.](#)



# What action can you take now?

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Explore the Unifrog website.

Take the career quizzes on Unifrog and explore different avenues.  
Personalise this experience for you.

Speak to our careers advisor or Sixth Form/Year 11 about their experience.

Consider where you would like to do work experience and look into this further.

[Unifrog - The universal destinations platform.](#)



# Post 16 Options

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## Sixth Form

*Wide range of subjects*

*Exceptional results*

*Teachers that know you*

*Leadership opportunities*

## College

## Apprenticeships

“At Newlands, all girls can expect great teaching from well-qualified specialists. Facilities include an indoor swimming pool, sports hall, gym, drama studio, design and technology suite and a dedicated music block. With an exciting, broad and balanced curriculum, there is always something new and interesting to learn.”

OFSTED 2018



# Looking after your well-being

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# Well-being and Support

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Stress is natural, normal and is designed to help us cope in challenging situations.

A small amount can be good as it pushes us to work hard and do our best.

Un-managed stress can lead to mental health problems and affect academic performance.

Exams are stressful and you may feel:

- Unprepared
- Worried about how you will perform
- Pressure from others *and* yourself
- An urge to compare yourself to others
- Worried about the future



# Strategies to Support You

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Make time for things you enjoy. Find ways to release stress and celebrate progress.

Talk to others about how you feel.

Try to find balance. Take regular breaks and be realistic about what you can do in a day.

Take care of your physical health. Make sure you get enough sleep, food, water and exercise.

Focus on yourself. Try not to compare yourself to others.





# Where can I get support in school?

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Form Tutor

Subject Teachers

Head of Year

SFC





# Extra Curricular Activities



# Why do Extra Curricular Activities?

Develop your CV/Applications  
Exploration/Broader perspectives  
Improved academic performance  
Supports good mental health  
Development of social skills



Teach the child, not  
just the curriculum.

Tamara L. Chilver

 @tamara\_l\_chilver

Over to you

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# What does it mean to be an outstanding GCSE student?

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Preparation

Proactivity

Positivity



# Preparation

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Arrive promptly to lessons with all the equipment required.

Organise yourself and your planner so you are up to date with deadlines and homework.



# Proactivity

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Ask for help when you are unsure.

Complete wider reading or research if a topic interests you or you would like further support.

Participate in extra-curricular activities to maintain good mental health.



# Positivity

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Arrive to school and all lessons with a positive work ethic.

Be kind and compassionate towards your peers and yourself.

Set yourself goals and work towards them with resilience and a positive mindset.



# Parents & carers – How can I provide support?

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Help your child keep up to date with deadlines for homework and coursework.

Maintain effective communication with school.

Encourage high attendance.

Explore revision strategies with your child.



# More Information...

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[KieraAsh@Newlandsgirls.co.uk](mailto:KieraAsh@Newlandsgirls.co.uk)

[Year 10 - Newlands Girls' School \(newlandsgirlsschool.co.uk\)](http://newlandsgirlsschool.co.uk)