



Year 10 Information Evening

**17th September
2026**

IMPORTANT DATES



Thursday 3rd December – Progress report 1

Thursday 11th March – Progress report 2

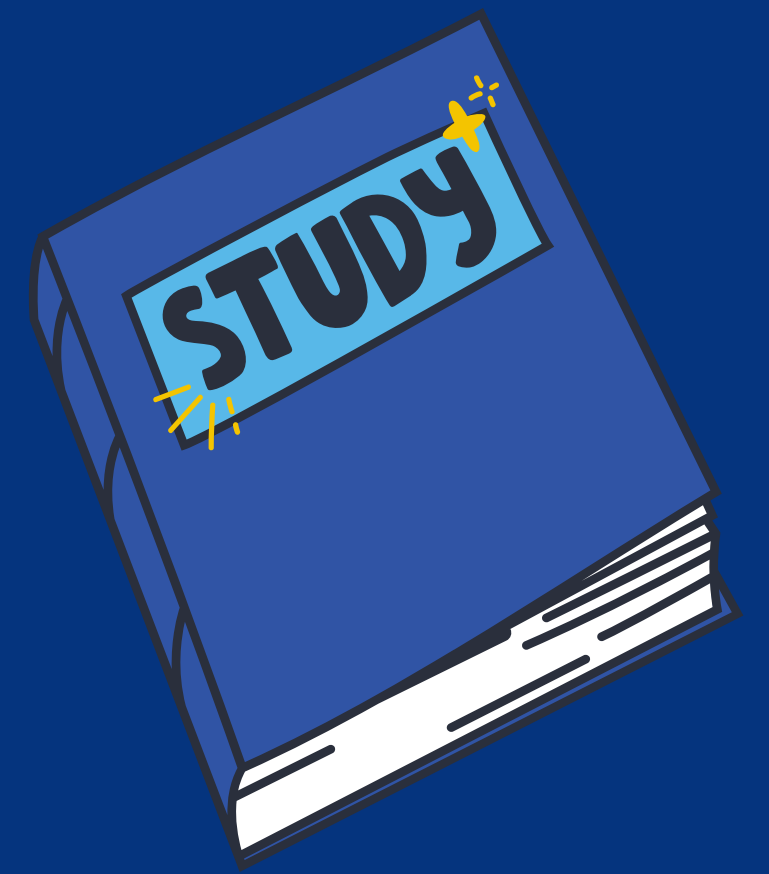
Thursday 18th March – Year 10 Parents Evening

Wednesday 12 May – Year 10 University Visit

Thursday 17th June – Progress report 3

13th – 26th April – Year 10 Exams

Progress Reports



ATTITUDE TO LEARNING and HOMEWORK grades are given on a four-point scale:
1 Excellent; 2 Good; 3 Requires Improvement; 4 Inadequate.

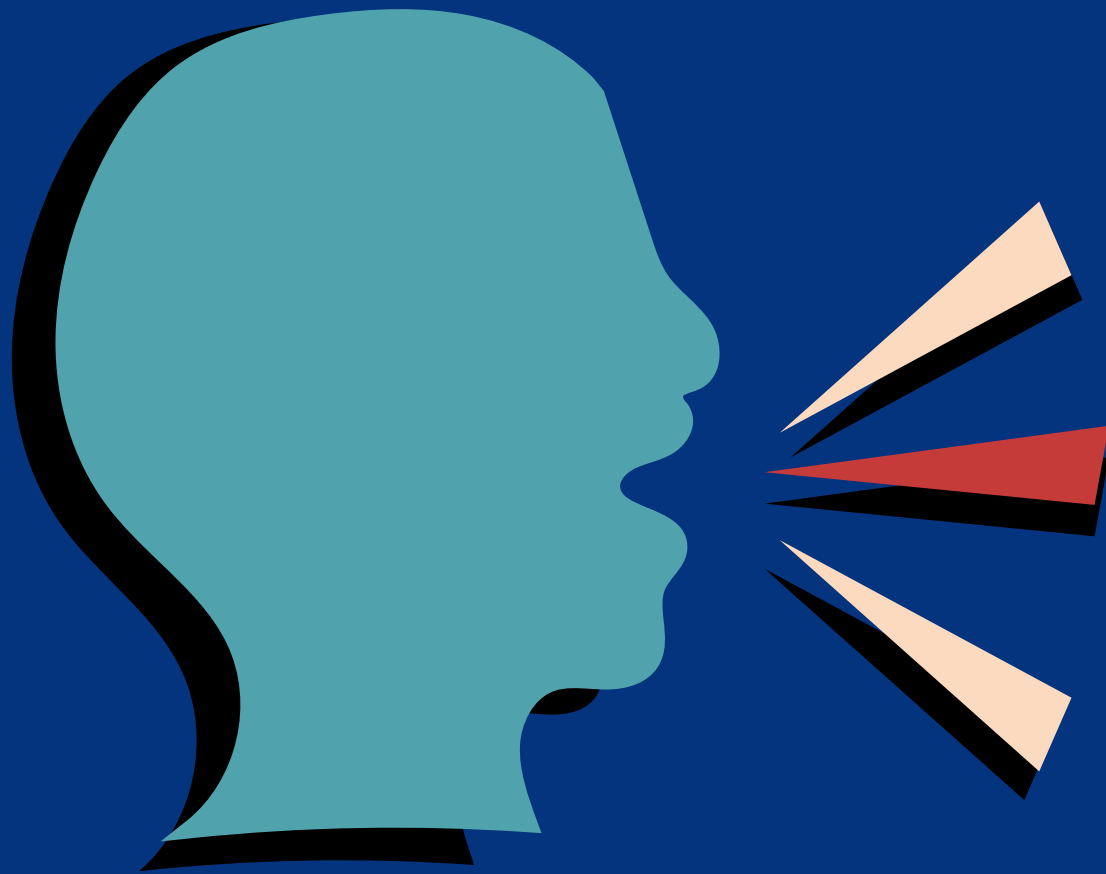
TARGET GRADE:

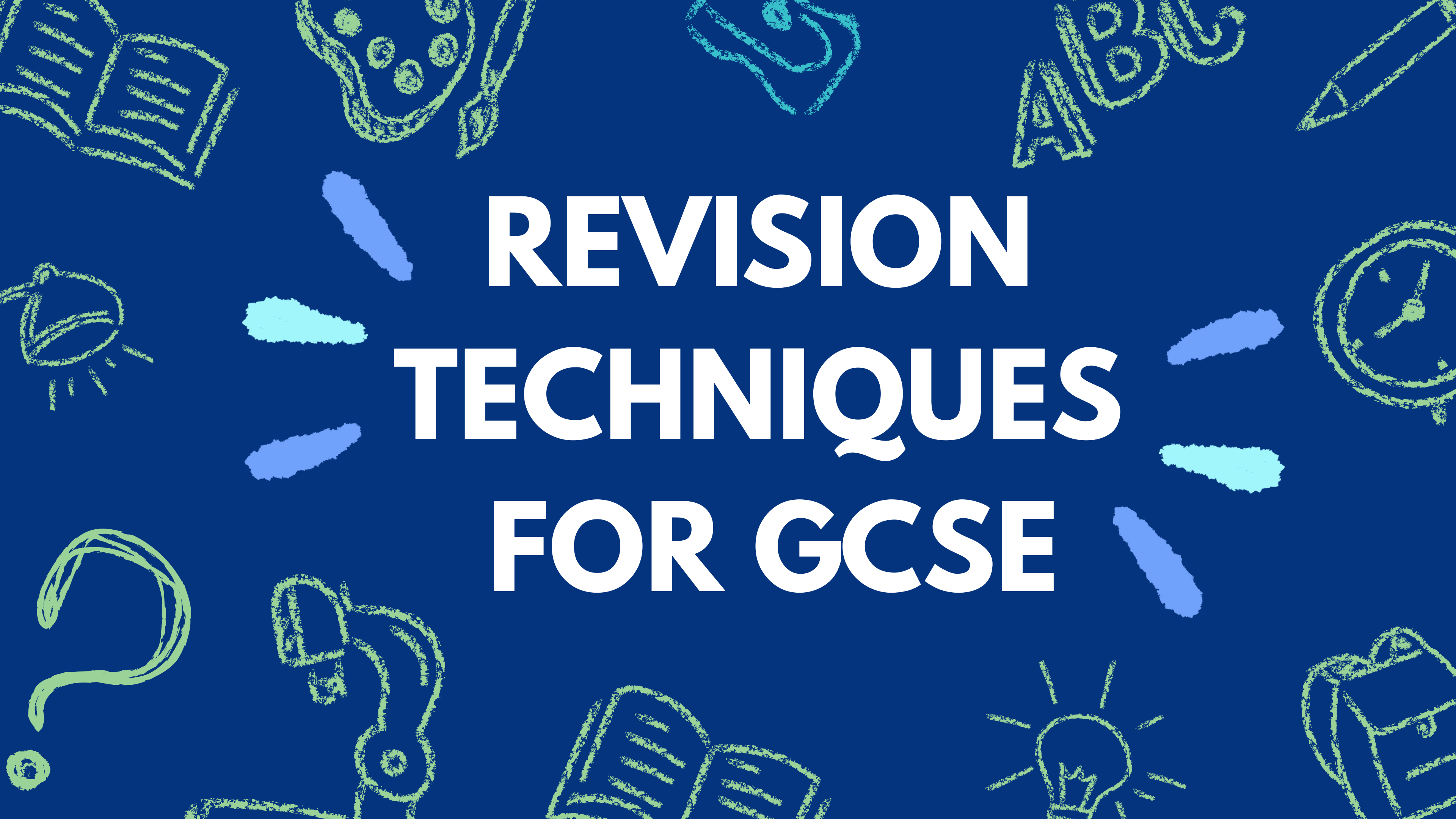
Each student's targets have been calculated for individual subjects, based on their attainment at earlier stages in their school career.

PREDICTED ATTAINMENT:

These are the grades your child's teachers judge what they will attain at the end of Key Stage 4, if they sustain their current level of progress. GCSE subjects are graded 9-1. Additionally, all grades are fine-graded. For example, '5+' is the top of a grade 5, very close to a 6; '5=' is a secure 5 and '5-' is a low 5, close to a 4.

Student Voice





REVISION TECHNIQUES FOR GCSE

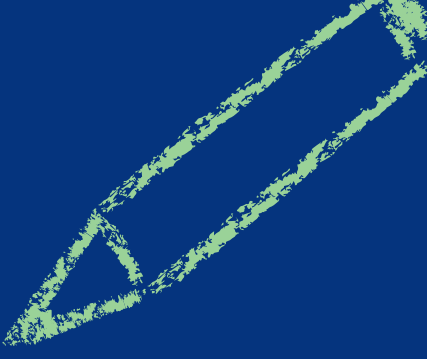
What Is Revision?



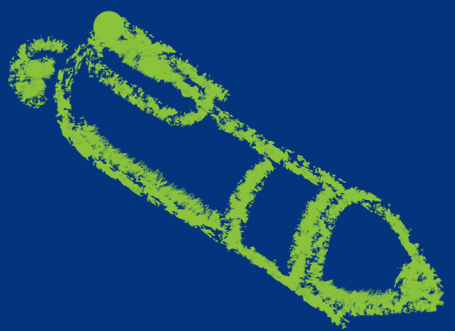
Going back over what has already been taught.
Strengthening memory and understanding.
Practising skills so they become second nature.



1. Flashcards

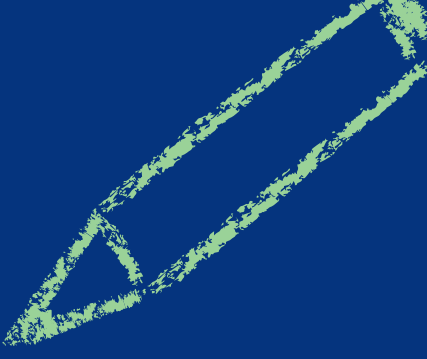


- Short flashes of important facts and figures stick in your memory, meaning you'll be able to use the information in your exams.
- Every time you make a flashcard, make sure that it is actually testing a "Learning Objective" that is stated in your specific subject specification.
- Phrasing your flashcards as questions actually forces your brain to think about the question before you shout out the answer.





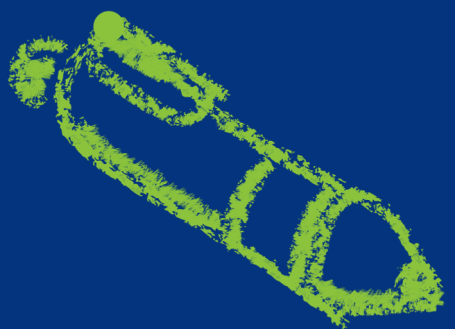
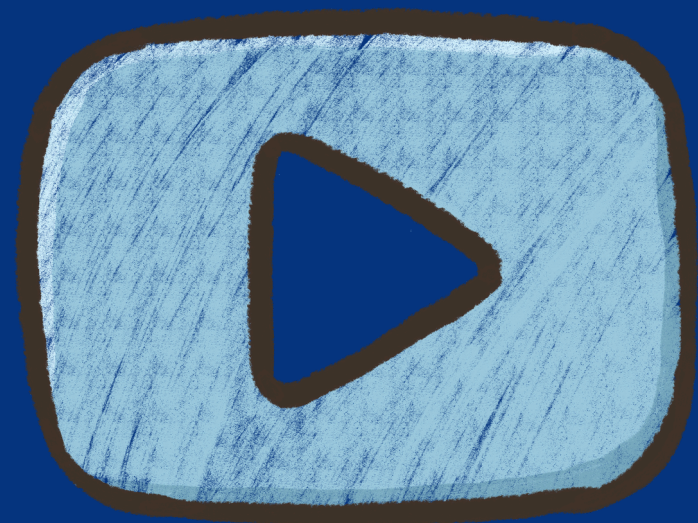
2. Youtube Tutorials



- It can sometimes depend on what kind of learner you are.
- Videos are great for revising, as long as you're watching videos on your course content. – Ask your teachers,

English Language and Literature (Mr Bruff)

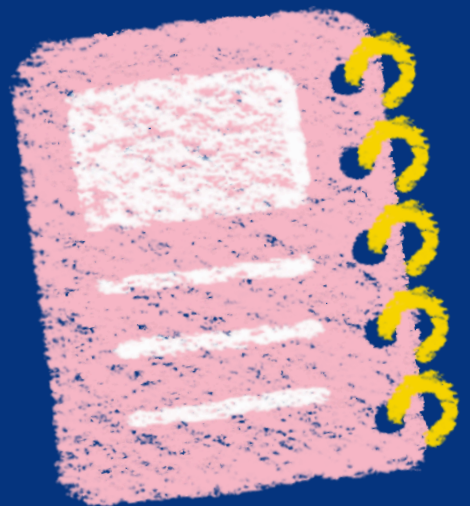
<https://www.youtube.com/user/mrbruff>





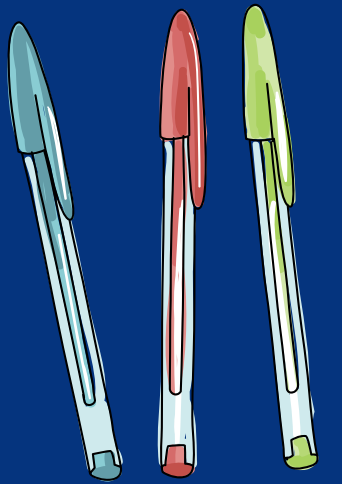
3. Feynman Technique

- The Feynman Technique should primarily be used at the start of new content, great for any subject, to effectively understand the content first.
- It consists of explaining the topic/ concept you are struggling with as if you were talking to a 5 year old.
- This allows you to deeply understand the basic fundamentals of the topic your are studying, allowing you to start to apply your knowledge





4. Past Papers



- The great thing about them is, there's a past paper for every subject you could possibly do.
- Exam technique is essential for any student, as without it you could lose a lot of marks.
- Possibly the most common (and most simple) way of going through past papers is to do all the questions in the allotted time, and then check your answers after.
- Ensure after each past paper you keep a log of questions you got wrong, and ensure to learn these off by heart.



5. Environment

- Research has found that learning environments play a crucial role in student success.
- Several factors can affect learning ability, including seating, light, noise, and even colour.
- Students who study in a positive learning environment have been shown to be more motivated, engaged, and have a higher overall learning ability.



6. The 3 Step Technique

After talking about all these effective revision techniques, we find when students sit down to revise, they never actually know which one to start with.

UNDERSTAND

- Get to grips with the core concepts first
- Feynman Technique
- YouTube videos

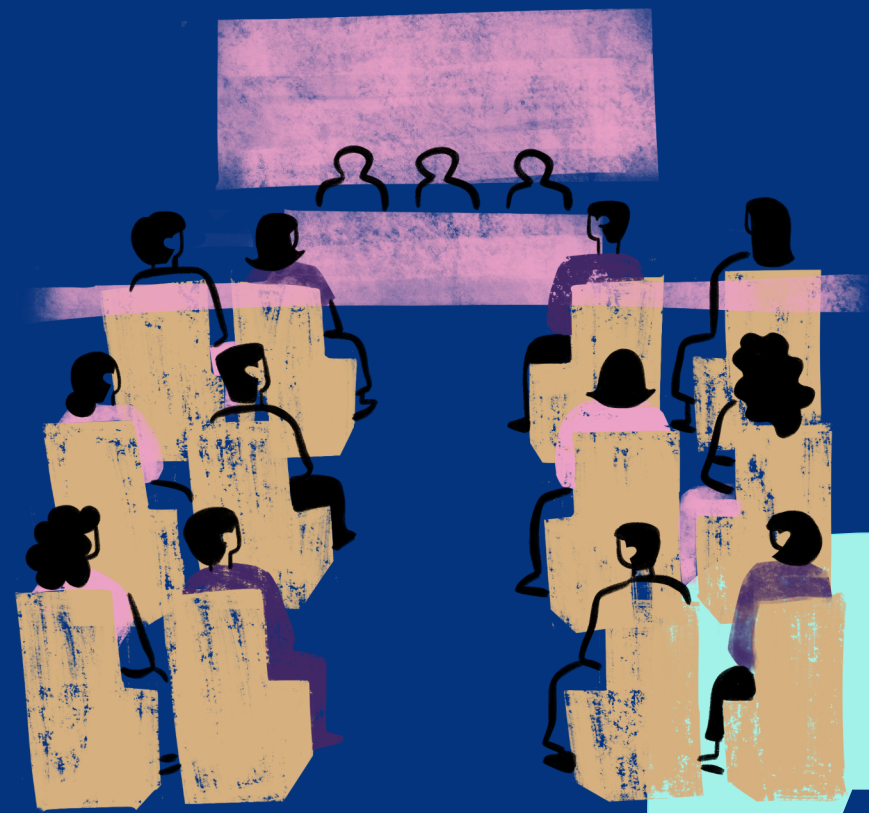
LEARN

- Commit facts to memory
- Flashcards
- Spaced Repetition

APPLY

- Put your knowledge to the test
- Past papers
- Topic exam questions
- Learn from mistakes





Attendance

 Studybugs





ATTENDANCE MATTERS

Good attendance means you will be taught by your fantastic teachers every day and you won't miss out on essential learning.

- 1 90% may be good in a test but it means you are persistently absent.
- 2 80% attendance means you miss 8 weeks of school EVERY YEAR!
- 3 Just 17 absences results in 1 less GCSE grade.
- 4 97% is good attendance which means you are in school for 180 days each year.
- 5 Arrive at school on time to make sure you are ready for your day.



Moving into exam years, school offers



We are on the same team



Thank you for everything you do to get your daughter into school each day. We really appreciate your support.

We know that sometimes students struggle to come to school. You know your daughter best, and we'd love to work alongside you. Our shared goal is simple: a happy, confident student who feels she belongs here.

Being in school every day is where that grows — friendships, routines, alongside focused learning, clubs, activities, house competitions and many other opportunities.

We know there'll be days when she's genuinely unwell, and days that are just plain tricky. Either way, you're not on your own — talk to us early and we'll figure it out together.

Here to Help



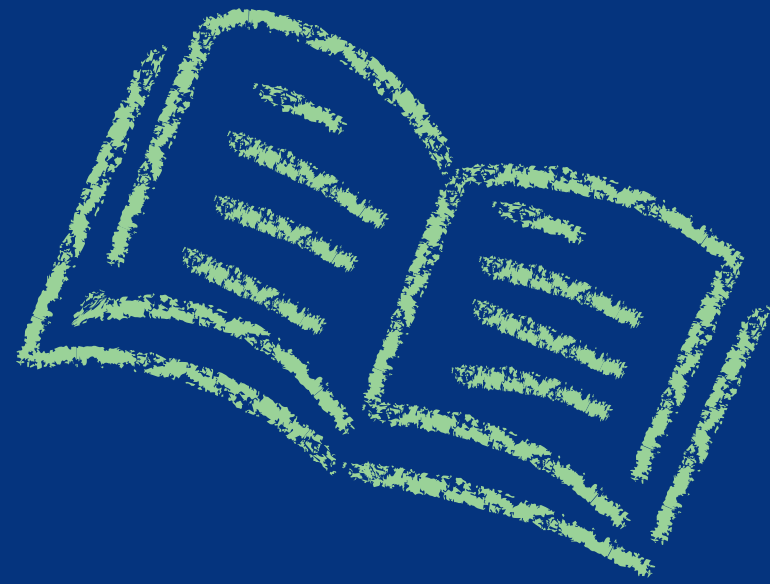
- If we ever spot things starting to slip, we'll reach out early.
- Whatever's going on at home or for your daughter, please be open with us. We're here to help you find what works.
- Small changes early often make the biggest difference.
- Whenever you need us, the form tutor is your first port of call. A staff member who knows your daughter well.

When your daughter is unwell

- Not sure if she's well enough? You know her best — and the NHS "Is my child too ill for school?" guide is a handy second opinion (it's the same advice on Studybugs when you report illness).
- A runny nose, slight cough or headache without a high temperature usually means she's fine to come in — just let us know and we'll keep a caring eye on her through the day.
- For medical appointments, outside school hours is ideal where you can. If not, your daughter coming into school before and/or after her appointment will limit the number of lessons she misses.
- If mornings are ever a struggle, please don't sit with it on your own — a quick word with us will help.



Personal Development



Day	Activity
Monday	Attendance & Achievements
Tuesday	PSHE
Wednesday	Assembly
Thursday	Pastoral Programme
Friday	BSLS/Study Skills/Silent Reading

Work Experience



Monday 12th to Friday 16th July

Students need to find their own placement for the 5 days

All placements need to be logged on unifrog once agreed with the employer

Any work experience is beneficial – interest specific work experience is a bonus

Please be aware that some employers aren't insured to take students under the age of 16

Essential – Placements have to have public liability insurance covering students on work experience

Further information will be shared with the students in Term 2

Getting Prepared



Explore the Unifrog website.

Take the career quizzes on Unifrog and explore different avenues.

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.

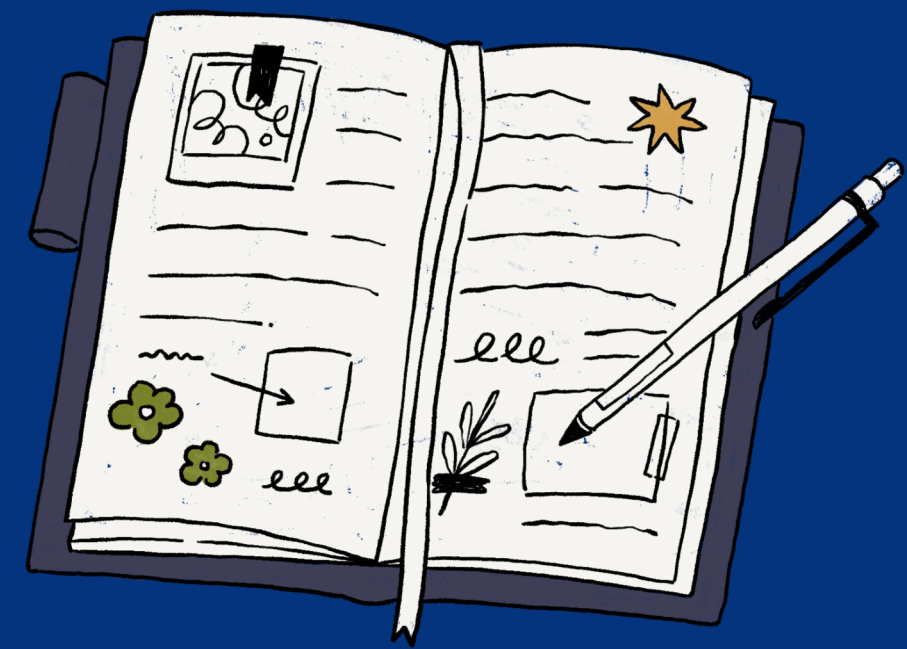
Unifrog – The universal destinations platform.





Looking After Your Wellbeing

kooth



Exam Worries



- Feeling stressed during exam season is completely normal – it's your body's way of helping you rise to a challenge.
 - A little bit of stress can be helpful, as it encourages focus, effort and motivation.
 - If stress starts to feel overwhelming, it can get in the way of learning – that's why it's important to find healthy ways to manage it.
-
- Common worries include:
 - Feeling like you haven't prepared enough
 - Being nervous about performance on the day
 - Putting pressure on yourself or feeling pressure from others
 - Comparing yourself to friends
 - Thinking ahead and worrying about the future



External Support

Early Help Hub

Early Help is a support service provided by Achieving for Children that supports children, young people and families who may be experiencing challenges at home, in school, or both. The aim is to provide support as early as possible to prevent difficulties from escalating and help young people achieve the best possible outcomes. Referrals are made with parental consent and can be initiated by either the family or the school to access the most appropriate support.



Support may include:

Attendance and engagement support
Emotional wellbeing and mental health services

Parenting and family support

Behaviour and friendship support

Bereavement and young carers support

SEND and inclusion services

Family hubs, youth services and community support



What is Kooth?

- Kooth is an online platform to help young people with their mental health and wellbeing.
- It's a welcoming space for your child to safely explore their feelings. They can anonymously talk to other people their own age on moderated discussion forums, and chat to mental health professionals via messaging.
- We're a BACP-accredited digital mental health service, and provide free services through the NHS.
- Our team of professionals are trained to offer clinically-safe advice while lending a supportive ear for whatever your child's facing.

Wellbeing Hub



RESOURCE



Overcoming exam anxiety: Effective strategies to help yourself

By: The Wellbeing Hub

It's completely normal to feel anxious, stressed, or nervous about exams. Stress is your body's natural response to pressure –...

Academic

Anxiety

Our Courses

If you're looking for trusted parenting courses, The Wellbeing Hub is designed by experts to meet the social, emotional and educational needs of young people.

> Resources

Stay up to date on the latest guidance, advice and recommendations from experts. Each month we explore a different topic. Every week we bring you something new to read, listen to, or watch.

> Webinars

Each month we run webinars with industry experts covering a wide range of topics. You can view what's coming up and how to register in advance for each webinar right here.

> Our Specialists

We understand that sometimes you might need a little more help tailored to your specific family situation. We have a number of one-to-one appointments for parents each week at a reduced rate for members of The Wellbeing Hub.

RESOURCE



The exam confidence guide: Supporting teens to manage exam anxiety...

By: Kate Boyd-Williams

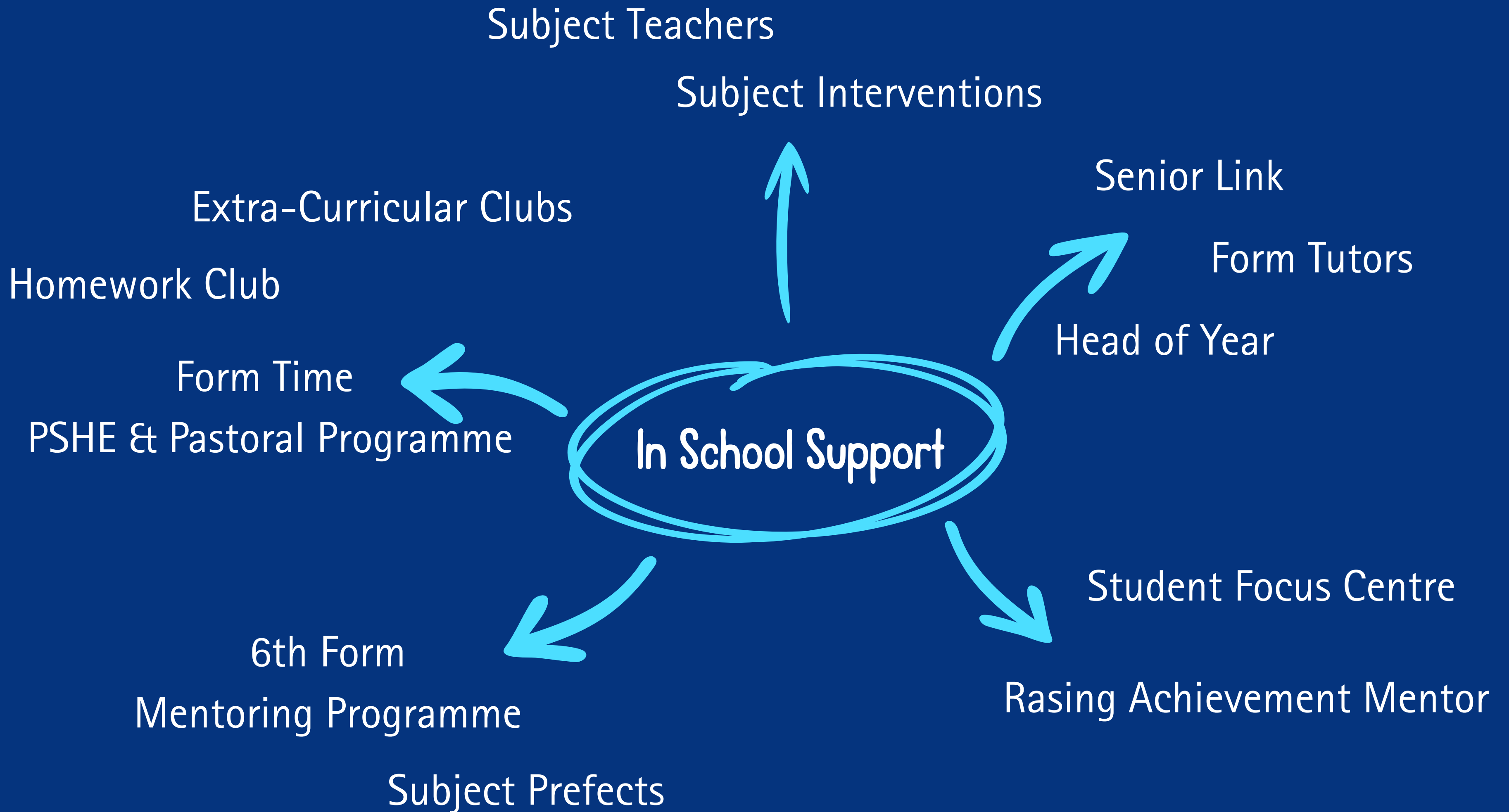
Kate shares her expert advice on supporting teens to manage exam anxiety and perform at their best. Feel uncertain whether...

Academic

School

Packed with expert advice, insightful articles, webinars and podcasts, the Wellbeing Hub covers essential, wide-ranging topics such as managing anxiety, building resilience, coping with stress, navigating social media, revision tips and supporting emotional wellbeing. There are also resources and training opportunities relating to neurodiversity. This month's focus is on 'Puberty'.

We strongly encourage you and your daughters to explore this highly informative and supportive resource.



Parent & Carers

How can you provide support?

- Provide a quiet space for study.
- Help them plan and organise revision.
- Encourage active revision and regular practice.
- Use online resources and revision apps.
- Quiz them and discuss what they are learning.
- Promote a healthy balance of sleep, exercise and breaks.
- Stay calm, positive and supportive.
- Keep communication open and contact school with any concerns.



Thank you for listening!

We are looking forward to working with you to ensure that your daughter has a positive GCSE journey.

We shall be here at the end if you have any questions.