

Year 10 Information Evening

Wednesday 20 September



Introductions

- Hannah Khan - Headteacher
- Craig Coulstring – Assistant Headteacher
- Jon Dudbridge – Head of Year 10
- Amy Sisson – Year 10 Pastoral Assistant

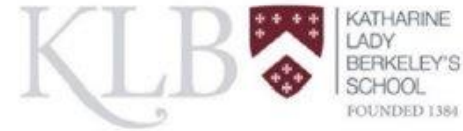


Working Together

- Reports, parents' evenings, Class Charts, monthly newsletters, website
- Parents' survey (May 2023)
- Email:
 - Most common means of communication with parents (letters)
 - Day to day communication
 - Initial contact, use info@klbschool.org.uk
- Spotlight on XXXXX @KLB



Spotlight on...



Spotlight on ... Who's Who @KLB

Who's who and getting in touch

We receive thousands of emails every day. The best way to ensure your email is dealt with promptly and by the correct person, is to send it to info@klbschool.org.uk where it will be triaged by our admin team.

Queries relating to lessons are best dealt with by class teachers and heads of department but please remember that the main focus for teaching staff is supporting children in and out of the classroom. Teachers are often unable to check emails during the day.

We encourage and foster polite and respectful communications throughout both the school and the wider community and thank you for treating our staff with courtesy and respect.

The following emails are for use for specific issues:

Student absence and attendance	attendance@klbschool.org.uk
Finance queries	klbfinance@klbschool.org.uk
Medical queries	medical@klbschool.org.uk
Bus queries	mcloke@klbschool.org.uk
Chair of Trustees	chair@klbschool.org.uk



Working Together

- Communicating concerns
- Social Media:
 - Facebook
 - Instagram
 - Twitter
 - LinkedIn
- KLB Friends



Key dates

- **21 September** - Careers Convention 7 - 8.30pm
- **28 September** - School trip
- **1 February** - Report 1
- **8 February** - Parents' evening
- **20 February** - Revision session for parents
- **Term 4** - Prefect applications
- **17 – 27 June** - Assessment fortnight
- **8 – 12 July** - Work Experience week
- **17 July** - Report 2



Work Experience

- Monday 8 July – Friday 12 July 2024
- Open to all Year 10 students
- Students will be given support on how, when and where to apply through our careers support programme.



Top tips!

- Plan Ahead
- Follow-Up
- Getting nowhere? Email spegg@klbschool.org.uk



Aims for this year

1. To make a positive start to Key Stage 4 courses

- To be aware of their target grades and aim to meet or exceed them
- To take more responsibility for their own progress
- Growth mindset
- To have high attendance
- To enjoy the year and their subjects. Gaining balance.

2. To organise a suitable work experience placement

3. To start thinking about post-16 options

4. To consider applying for a role as a prefect



Reactions to Stress

- Feeling under pressure
- Feeling tense & unable to relax
- Feeling mentally drained
- Being constantly frightened
- Increasing irritability & complaining
- Feelings of conflict
- Frustration & aggression
- Being unable to make decisions
- Impulses to run & hide
- Increased tearfulness
- Lacking in ability to feel pleasure or enjoyment

Strategies for Stress

- Learn to relax/switch off
- Exercise
- Socialise
- Do something you enjoy
- Healthy diet
- Avoid alcohol, nicotine & drugs
- Get adequate sleep
- Be proactive
- Keep things in proportion
- Don't be too hard on yourself
- Keep control



Areas of concern for student wellbeing

- Increase of problems surrounding social media
- Dependency on social media and phones
- Concerning national statistics about use of illegal substances
- Exposed to more opportunities to take drugs and other risk-taking activities
- Anxiety and stress
- Exercise and diet
- There is no reason to suggest that the pupils at this school are any different!

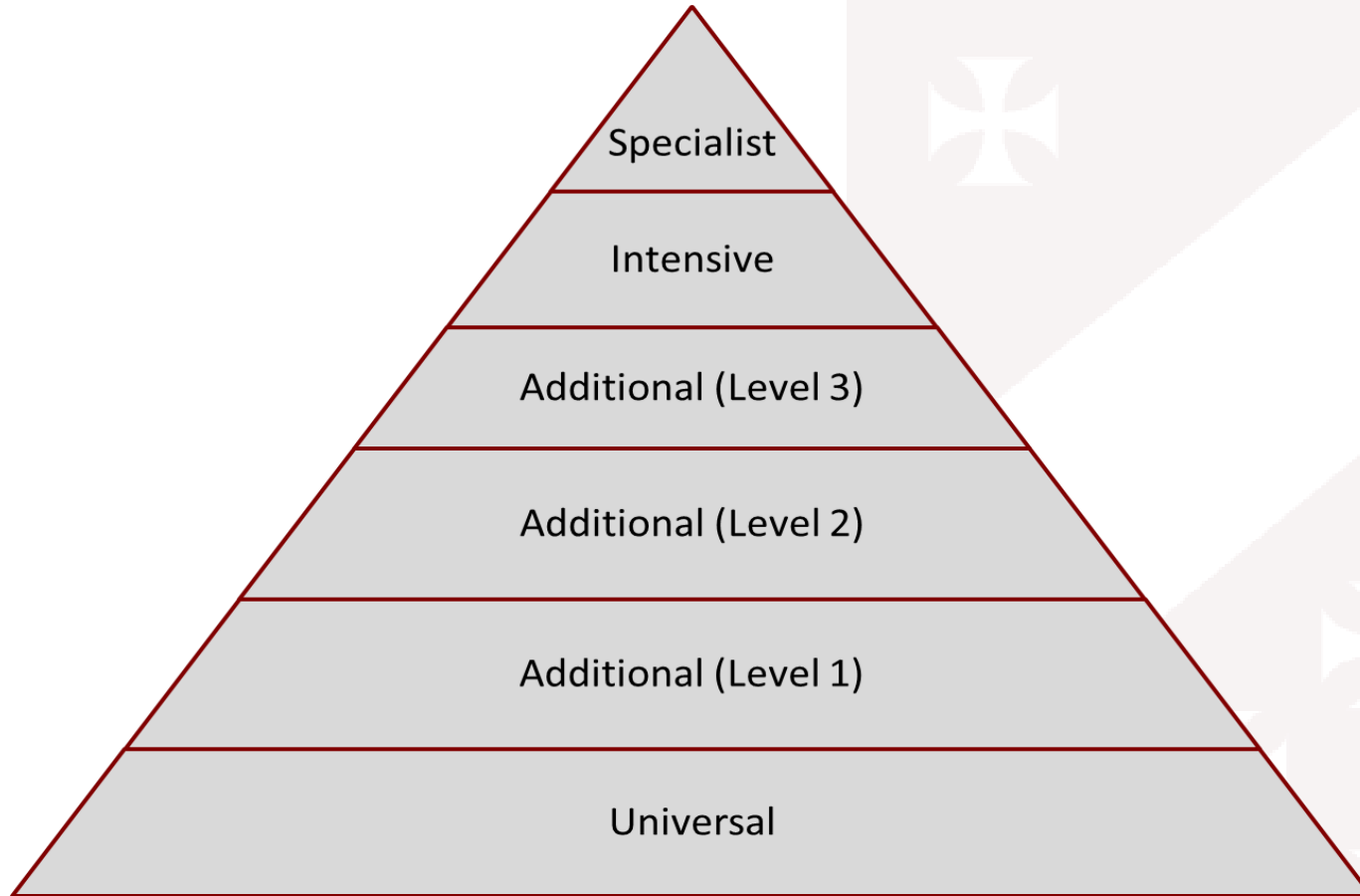


How can parents help?

- Encourage high attendance and good punctuality
- Establishing a working routine at home
- Use Class Charts regularly to monitor
- Support with homework
- Stay in touch
- Monitor use of internet



How does KLB help - Well-being Graduated Pathway



How does KLB help - Universal Support

- Raising awareness of mental health during assemblies, tutor time, PSHE and mental health awareness days/weeks
- Monitoring of all students' mental health through student wellbeing questionnaires
- Offering pastoral support through tutor mentoring
- Wide range of extra-curricular clubs and opportunities
- Signposting students/families to sources of additional support
- Staff training
- Parent workshops:
 - Thurs 19th Oct - A Guide to the Teenage Brain
 - Wed 29th Nov - A Guide to Stress and Anxiety
 - Thurs 30th Jan - A Guide to Resilience and Self-esteem
 - Tues 23rd April - A Guide to Challenging Behaviour



Graduated Pathway Student Support

Strands of support

- Continual feedback from staff and HODs
- Mentoring by tutor or other members of pastoral team
- SENCO and TAs – support in and out of classroom for specific learning issues, homework club and our support room, study skills sessions, key teachers

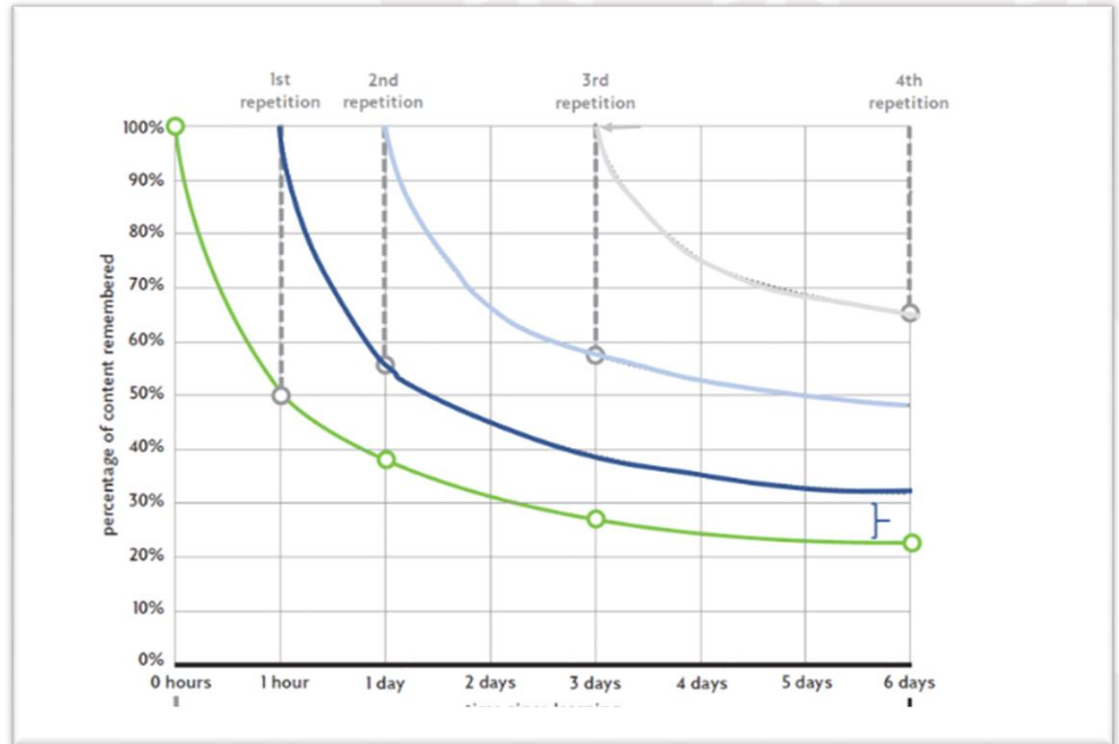
Other support available

- Workshops (school counsellor, behaviour team)
- Careers Advisor
- Sixth form mentors (TIC buddies)
- LGBTQ+ student group
- Referrals to external agencies including health professionals



The Forgetting Curve

- How can students remember all of the GCSE content?
- Retrieval activities in lessons and frequent quizzing!



How can you support your child at home

1) Ensure students have the relevant resources to study independently:

- where possible, buy the revision guides for each subject for quizzes and assessments
- Stationery: post it notes, blank flashcards, highlighters, a plastic or paper wallet for each subject, reams of paper
- They will need access to a device other than a mobile phone. If you would like to request the loan of a laptop, please email Helen Isaacs: hisaacs@klbschool.org.uk We have a limited number available.



How can you support your child at home

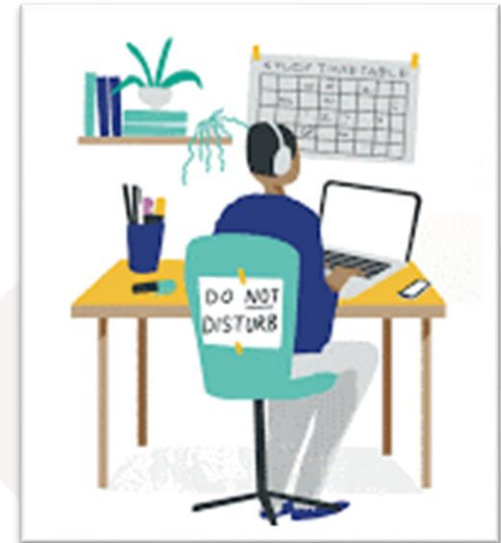
2. Encourage effective revision and study habits:

- Revision for quizzes and assessments should be planned : spaced into multiple short sessions over days or weeks. Not last minute or completed in just one revision session!
- Students should not listen to music, watch TV or be on their phones when revising. Try FLORA this app motivates students to stay off their phone for a period of time of their choosing.
<https://flora.appfinca.com/en/>
- Revision should be active : avoid reading and highlighting. Instead use resources like flash cards, on line quizzes (Quizlet, Senecca). Save resources to use over and over again. Students should also test themselves using exam type questions = application of knowledge



More general tips

- A quiet space
- Away from TV, noise and other distractions
- Follow a regular timetable
- Balance with other activities
- Manage the phone
- Take breaks
- Exercise



Reporting and Target Grades

- 2 Progress Review points through the year
 - 1 February 2024
 - 17 July 2024
- There will be subject target grades like those you have seen in Year 9 reports.
- A delicate balance between being aspirational whilst not overwhelming our students.



Assessment

- Most subjects are 100% examination at the end of Year 11
- Mock exams at the end of Year 10 and in Year 11 Term 2 provide valuable rehearsal for this process
- Detailed week by week revision plans provided for each mock exam window and for the final exams
- Coursework is used in Art, Music, DT and PE as well as the vocational Health & Social Care, PE VCERT and IT courses
- A list of the revision guides for each subject is provided, important that they are exam board specific



Strategies for homework

Students need to ensure they:

- Make sure they understand the homework before they leave the class. Be proactive, seek support if needed.
- Check ClassCharts regularly
- Have a routine and stick to it
- Plan in their other activities
- Find somewhere they can work well
- Give yourself time targets



Organisation

- Each GCSE is allocated two homework tasks a fortnight for the 2 week timetable.
- Teachers will set the homework on that day with the deadline usually the following lesson.
- Students are recommended to complete homework on the evening it has been set.

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
English Language Option N Chemistry*	Maths Option P	Science Option K	Science	English Literature Option L

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
English Language Option N Biology*	Maths Option P	Science Option K	Science	English Literature Option L Physics*

*Separate Science only



Don't leave it until Y11

- The popular myth that leaving all of your hard work and revision until Year 11 doesn't hold true.
- Evidence proves that students who work consistently hard throughout the 2 year course are far more likely to exceed their target grade.
- Regular homework and revision at each assessment is therefore vital.

