

Year 11 Parents' Information Evening

AIMS OF THIS EVENING:

- INTRODUCTION AND KEY DATES
 MR QUINN, HEADTEACHER
- TOP TIPS TO SUPPORT YOUR CHILD THROUGH THEIR GCSE EXAMS
 -MRS HOLBROOK, DEPUTY HEADTEACHER
 - SUPPORT FOR YII STUDENTS -MRS COOPER, YEAR LEADER FOR YII
- WHAT NEXT AFTER Y11?
 MR WILLIAMS, ASSISTANT HEADTEACHER

























GCSE 2019

- · OVER 70% OF STUDENTS ACHIEVE A PASS IN ENGLISH
- · OVER 70% OF STUDENTS ACHIEVE A PASS IN MATHS
- · 63% ACHIEVE A STANDARD PASS IN BOTH ENGLISH AND MATHS
- · 41% ACHIEVE A STRONG PASS IN BOTH ENGLISH AND MATHS

- A 3 YEAR TREND OF RISING RESULTS AT GCSE WITH ALL OF THESE RESULTS BEING IN LINE WITH OR ABOVE NATIONAL DATA.





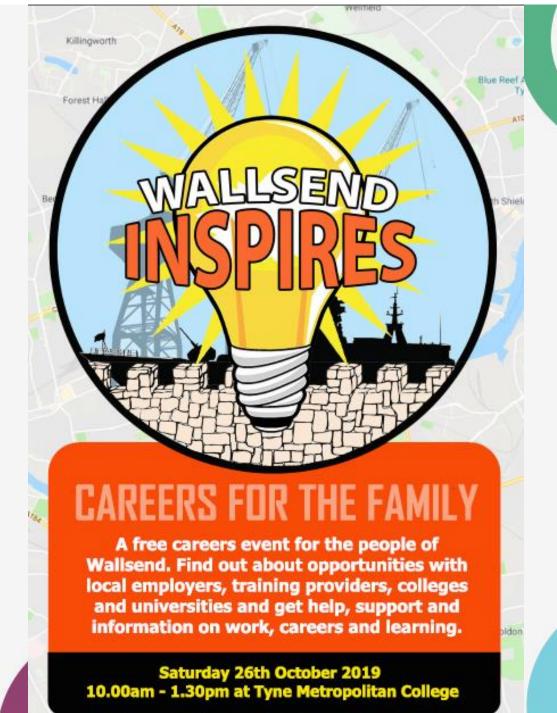


Year 11 KS4 Working at Grades and Target Grades 2019-2020

Including Year 10 Mook Exam Results for English Language, Maths and Sciences

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	Subject	Teacher	Mock Result July Year 10	KS4 Working at Grade Oct	K \$4 Target Grade
	Art & Design	Mrs R. Woodhouse		3-	5-
	Biology	Mrs J. Anderson	3=	3=	5+
	Chemistry	Mrs J. Anderson	4=	4+	5+
	English Language	Mrs A. Westgarth	4=	5=	5=
	English Literature	Mrs A. Westgarth		4+	5=
	History	Mr D. Harold		7+	6=
	Maths	Mr A. Main	4+	4+	5+
	Music	Miss M. Houlton		4-	5=
	Physics	Mrs J. Anderson	3=	4=	5+



...EVOLVE CREATE DISCOVER PERFORM ACHIEVE

Hi this is K's Mum,

Just would like Mr H to know that K was so lucky to have him as her teacher. He has inspired K that anything is possible and she will make him proud. Again thank you all Longbenton School you are an excellent school and I'm so glad my daughter had the privilege of all your experience you have made her into the young lady she is today.

We are indebted to the school for their absolute commitment and support. In addition to the outstanding teaching our daughter received the caring and nurturing support of the staff at Longbenton gave her the confidence to surpass her own expectations.

...EVOLVE CREATE DISCOVER PERFORM ACHIEVE Hi, V's mum here to say a very big thank you to all the wonderful staff at Longbenton. They are delighted with his exam results and would like to thank everyone for looking after V and giving him the opportunity to succeed. Well done everyone!

The young man who left Longbenton High is almost unrecognisable to the young, anxious boy who first started there. With the support of both teaching staff and pupils alike, he grew in confidence and was made to feel welcome and included in all aspects of school life. Our son respected his teachers and felt respected by them as well as feeling safe and secure in his environment. As parents, we have been thrilled with his progress both academically and socially and we will always be thankful that he secured a place at the school.

NEA (NON-EXAM ASSESSMENT)

Subject	Internal Deadline		
Creative iMedia	07/10/2019		
Sport Studies	15/11/2019		
Cache	15/05/2020		
DT	14/2/2020		
PE GCSE	26/02/2020		
Hospitality & Catering	20/03/20		

'WAVE' MOCK EXAMS

What are the 'Wave Mocks'?

- Uses actual summer 2019 exam papers to provide personalised 'diagnosis, therapy, testing' plans for Year 11 in Maths, English and Science
- Start on Tuesday afternoons (Year 11 will stay at the end of Period 4) and run right up to mock exam week. First one is Tuesday 22nd October.
- Provides a summary of top strengths and weaknesses for the cohort
- Allows schools to see their Wave outcomes alongside the PiXL cohort we can compare to national data so have a very accurate idea of where students are
- A dress rehearsal for the real exams

Autumn 'Wave' mocks are already in the revision calendar There will be a second series of 'Wave' mocks for English, Maths and Science in the Spring term that run up to Easter, **every Tuesday afternoon**.

'WAVE' MOCK EXAMS

YII MATHS I WAVE MOCK TUESDAY ZZ OCTOBER YII ENG LANG I WAVE MOCK TUESDAY 5 NOVEMBER YII ENG LANG Z WAVE MOCK TUESDAY 12 NOVEMBER TUESDAY 19 NOVEMBER YII MATHS Z WAVE MOCK MONDAY 25 NOVEMBER FIRST DAY OF YII MOCKS TUESDAY 26 NOVEMBER YII MOCKS WEDNESDAY 27 NOVEMBER MI MOCKS THURSDAY 28 NOVEMBER MI MOCKS FRIDAY 29 NOVEMBER YII MOCKS MONDAY Z DECEMBER MI MOCKS TUESDAY 3 DECEMBER YII MOCKS WEDNESDAY Y DECEMBER LAST DAY OF YII MOCKS

WAVE 2' MOCK EXAMS

TUESDAY Y FEBRUARY YII ENGLIT I MOCK

TUESDAY 3 MARCH TUESDAY 10 MARCH TUESDAY 17 MARCH MONDAY 23RD MARCH TUESDAY 24 MARCH THURSDAY 7TH MAY

THURSDAY 23 JANUARY YII PARENTS EVENING 4-7PM (REPORT ISSUED) THURSDAY 30 JANUARY POST YN OPEN EVENING @ LHS

TUESDAY 28 JANUARY YII MATHS I WAVE MOCK

TUESDAY 11 FEBRUARY YII MATHS 2 WAVE MOCK

TUESDAY 25 FEBRUARY YII ENG LANG I WAVE MOCK

YII MATHS 3 WAVE MOCK

YII ENG LANG Z WAVE MOCK

YN SCIENCE WAVE MOCK

WARKING AT GRADES PASTED HAME

YI) ENG LIT Z MACK

WARKING AT GRADES PASTED HAME



Key dates

- □Tuesday afternoon mock exams (core subjects) start 22nd October
- ☐ Mock exams: Monday 25th November
- Wednesday 4th December
- ☐ Parents' evening Thursday 23rd January
- □6th Form Open Evening Thursday 30th January

Key dates

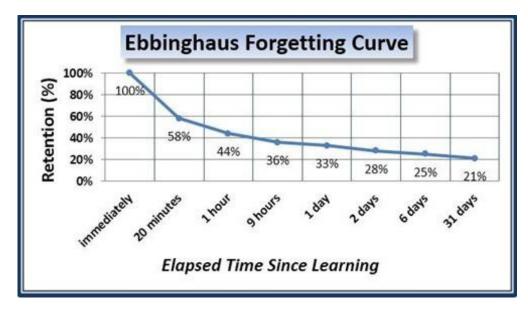
- □GCSE exam period starts Monday 11th May 2020
- ☐ Last GCSE exam Thursday 18th June
- ☐GCSE contingency day Wednesday 24th June
- ☐ Leavers Prom Friday 3rd July
- ☐ Results day Thursday 20th August

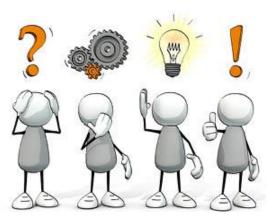


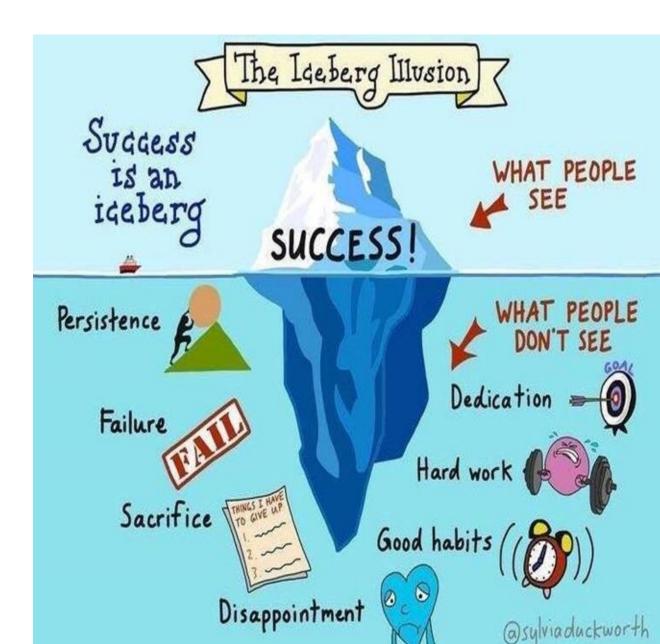
TOP TIPS TO SUPPORT YOUR CHILD THROUGH THEIR GCSE EXAMS

REVISION MYTHS

- 1. Revision is not something you plan it just happens by magic
- 2. Revision only happens at the end of Y11
- 3. Revision is just learning content
- 4. Revision is just rote learning questions and answers
- 5. Revision is just past paper after past paper







HOW CAN YOU HELP YOUR CHILD AND PREPARE THEM TO PERFORM?





- 1. Being a role model
- 2. Help them set goals
- 3. Keep them active
- 4. Healthy eating
- 5. Time out
- 6. Sleep patterns
- 7. Unplugging
- 8. Staying cool & calm
- 9. Belief
- 10.Be supportive

Each day you can support your child to make choices which can impact how they perform during the exam period

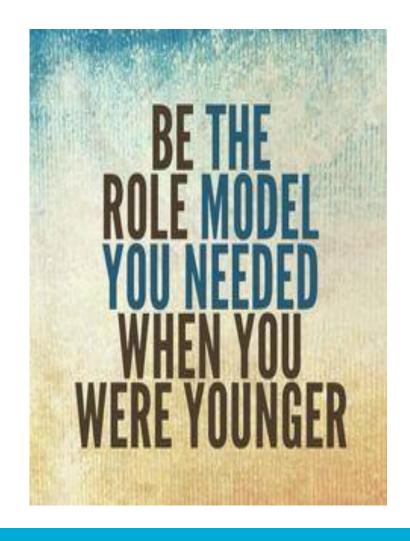
1. BEING A ROLE MODEL

Set a good example by modelling the behaviour you want your child to adopt...

- ✓ Planning for the week
- ✓ Eating healthily and well
- √ Keeping hydrated
- ✓ Leading an active life
- ✓ Staying calm
- ✓ Being organised
- ✓ Good sleep habits







2 GOAL SETTING

- ✓ Encourage them to keep their goals planner visible e.g. printed and displayed on their bedroom wall
- ✓ Help focus them and talk to them about their goals regularly
- ✓ Give positive reinforcement
- ✓ Connect with them about 'why' and 'what' they want to achieve







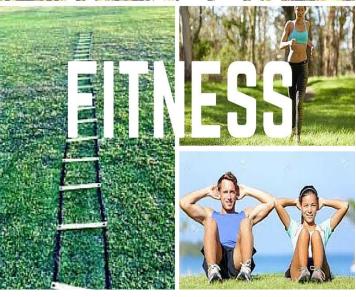
3. KEEPING ACTIVE

- ✓ Encourage them to keep active on a daily basis
- ✓ Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- ✓ Plan to do active things together on a weekend
- ✓ Go out for a walk together and get some fresh air
- ✓ Help them plan out their weekly exercise schedule in advance
- ✓ After exercise your brain functions well, so encourage a revision session afterwards









Y. HEALTHY EATING

- ✓ Plan your family meals for the week
 breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- ✓ Aim to eat clean, fresh and healthy foods
- ✓ Have a couple or 'treat' meals / or meals out per week
- ✓ Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- ✓ Hydration is key to brain functioning so make sure your child carries a bottle of water with them

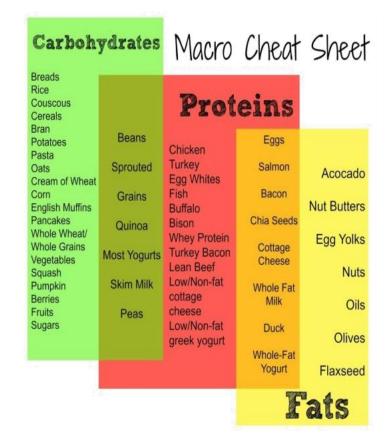






4. HEALTHY EATING

Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams





MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables
Nuts
Pulses
Fish
Bananas

UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables
Asparagus / Spinach
Broccoli
Yoghurt
Chicken / Salmon
Whole Grains / Brown rice
Almonds / Pecans
Eggs

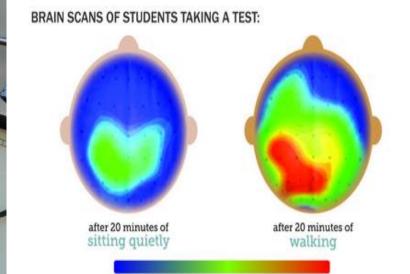
5. TIME OUT





Encourage them to build in opportunities to take some time out every week, away from study. For example:

- ✓ Going out for food
- √ Seeing friends
- ✓ Having a bath
- ✓ Listening to music
- Reading a book
- ✓ Doing a hobby
- ✓ Going shopping
- ✓ Going to the cinema



- Your brain uses up more glucose than any other bodily activity. Typically you will have spent most of it after 45-90 minutes
- So take a break: Get up, go for a walk, have a snack, do something completely different to recharge.

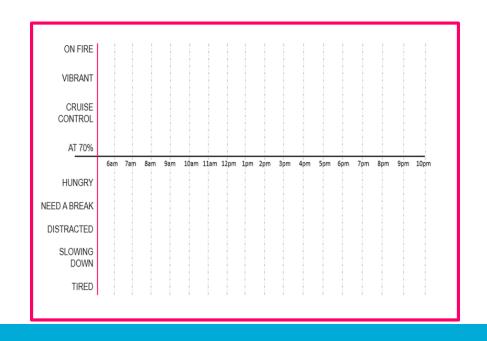
6. SLEEP PATTERNS





- ✓ Young people need between 8 9 hours sleep per night
- ✓ Help your child create a relaxing evening routine
- ✓ Make sure they don't eat too late at night
- ✓ Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- ✓ Encourage them to switch off from social media / technology at least an hour before bedtime





DISCUSS: What happens if you don't get enough sleep?

- Reduced decision-making skills
- Poorer memory
- Reduced concentration
- Reduced work efficiency
- Shortened attention span
- Increased risk for weight gain, depression, diabetes and cardiovascular disease
- Reduced alertness
- Poorer judgement
- Reduced awareness of the environment and situation
- Slower than normal reaction time



7. UNPLUGGING

- Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them





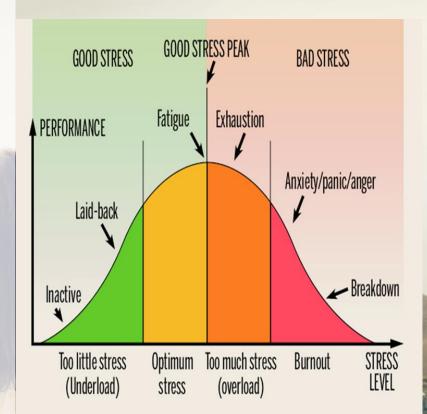


8. STAYING COOL + CALM





- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- ✓ Help them plan out coping strategies to deal with their stress
- ✓ Give them positive distractions away from studying
- ✓ Help them understand their stress & to focus on controlling the controllables
- ✓ Promote a balance of their academic studies & other activities during the week

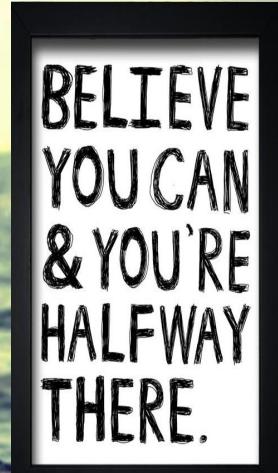


9. BELIEF





- ✓ Give them positive reinforcement
- ✓ Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- ✓ Try not to set your expectations too high
- ✓ Show them how proud of them you are
- ✓ Highlight things to make them feel good
- ✓ Give them the belief in themselves to help them achieve



10. BE SUPPORTIVE







- ✓ Be a good listener
- ✓ Be approachable
- Encourage them to take breaks in between revision
- ✓ Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- ✓ Offer caring advice
- ✓ Just be there for them!

TASK: Map out your week with the time you can spend on each of the different categories. Help your child to plan their time.



	School / Work	Family / Friends	Physical Activity	Rest / Relaxation
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	BUSINESS STUDIES	SCIENCE	MATHS	HISTORY	
After School	ENGLISH/SCIENCE			CACHE	ICT
Evening session 1					
Evening session 2					
Saturday	Saturday		PM		Evening
Sunday	Sunday		PM		Evening

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	BUSINESS STUDIES	SCIENCE	MATHS	HISTORY	
After School	ENGLISH/SCIENCE			CACHE	ICT
vening session 1					
vening session 2					
Saturday	AM		PM		Evening
Sunday	AM		PM		Evening

Revision timetable:

- Block out times where you have existing commitments and can't revise
- Start with your weakest areas and build in more time for revising these
- Try to be disciplined about revising over half term – a little bit each day helps!
- Put the timetable somewhere visible and stick to it! Share it with parents/carers/tutors
- Ask for help completing it if you need it

KEEPING IN TOUCH WITH US IN SCHOOL

INDIVIDUAL CLASS TEACHERS

HEAD OF YEAR - MRS COOPER

SENIOR LEADERSHIP TEAM

ATTENDANCE CONCERN - M5 WOOD

ATTENDANCE IS SO IMPORTANT IN YII...

☐ Attendance – all students to achieve 96% or above □ No holidays ☐ Medical appointments outside of school hours whenever possible ☐ First day absence call ☐Punctuality – all students to be in form rooms before 8.35am ☐ Must also be arriving to lessons on time

WHY GOOD ATTENDANCE AND PUNCTUALITY 15 50 IMPORTANT FOR YOUR CHILD

Evidence shows the true impact of children and young people missing school:

- ☐ 10 minutes late to school every day = 32 hours a year of lost education
- □ 1 day a week of school missed = 2 months a year of lost education
- ☐ Half a day a week missed, throughout school life = one full year of lost education

Danger Zone: 19 missed days over the school year reduces your chances of success.

Your GCSE grades could drop by one grade across all subjects



YEAR 11 REVISION SESSIONS

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	MATHS	G & T ENGLISH LANGUAGE &	HISTORY (Targeted students)	CACHE & CATERING	SCIENCE
		LITERATURE	GEOGRAPHY	GCSE BUSINESS	FRENCH
	DT —— ART —				→ →
After	DRAMA		GCSE PE	CACHE &	
School	(Group work)		PRACTICAL	CATERING	
	SPANISH		RS	MUSIC	
			MUSIC	DT	
				ENTERPRISE &	
				MARKETING (Targeted students)	

+

PROM...







YEAR 11 ADVICE

https://drive.google.com/open?id=1U-pk00UOOcTRFWTqOjIlpfAem9876hsO



LONGBENTON HIGH SCHOOL



POST-16 CHOICES

MR WILLIAMS

ASSISTANT HEADTEACHER

SUPPORT WITH POST 16 CHOICES

Within the careers programme in Y11 students will be guided around their options Post 16.

This will include:

- Mock Interviews with employers and training providers (24 Oct)
- Assemblies and visits within PSHE from local college providers including:
 Gateshead College, Newcastle College, Tyne Met College
- Visits out to colleges as appropriate for certain groups
- Assemblies and visits within PSHE from apprenticeship providers/coordinators
- 1:1 or group interviews with Connexions careers adviser
- As previously mentioned, a key event that all of Y11 and parents are invited to attend:

Thursday 30 January







AFTER YEAR 11?

Does your son/daughter know what they want to do next?

A levels at LHS?

College?

Apprenticeship?

Are they on track to achieve the grades to be able to do this?

Post-16 education at Longbenton

- ✓ Wide range of level 3 courses
- Collaboration with George Stephenson HS
- ✓ Free transport provided to access new courses at a different school
- ✓ Dedicated Post-16 area in school
- ✓ Excellent teaching
- ✓ Strong guidance and support
- ✓ Extra-curricular and enrichment activities

Post-16 at Longbenton

- ✓ A Levels (level 3)
- ✓ BTEC Nationals (level 3)
- ✓ Cambridge Technicals (level 3)
- √ 30 courses to choose from (choose 3 subjects)
- ✓ All 2 year courses
- ✓ Entry requirements vary from subject to subject

Entry requirements

- ✓ Typical requirement for a level 3 course might be a minimum of 5 GCSE's grade 4 or higher, including English and Maths (grade 4 or higher)
- ✓ Some courses e.g. Science and Maths routesgrade 5/6/7
- Certain A level courses might require a specific grade at GCSE

MUSIC HISTORY **HEALTH and SOCIAL CARE** SOCIOLOGY BTEC MUSIC FRENCH **POLITICS BIOLOGY MATHS CHEMISTRY ART and DESIGN** FURTHER MATHS PRODUCT DESIGN MEDIA STUDIES BUSINESS STUDIES PHOTOGRAPHY PE ENGLISH LANG. SPANISH ENGLISH LIT. PHYSICS THEATRE STUDIES BTEC SPORT PHILOSOPHY and ETHICS APPLIED SCIENCE GEOGRAPHY ICT **PSYCHOLOGY** CHILDREN'S PLAY, LEARNING and DEVELOPMENT

Resit English and /or Maths

- ✓ Requirement in post-16 education that all students who don't have a grade 4 in at least one English (Lang or Lit) or a grade 4 in Maths at the end of GCSE must be working towards this in Year 12 and 13.
- ✓ Revision classes and opportunities to resit

Course	University
Biological Sciences	York
Medicinal Chemistry	Northumbria
Fashion Communication	Nottingham Trent
Adult Nursing	Northumbria
Sport and Exercise Rehabilitation	Newcastle College
Chemistry	Newcastle Univ
Spanish and Korean	University of Central Lancashire
History	Newcastle Univ.
Applied Sciences(with Foundation)	Northumbria
Forensic Anthropology	Liverpool John Moores
Environmental Science	Leeds
Applied Sciences(with Foundation)	Northumbria

Course	University
Art and Design Foundation	Sunderland
Business with Marketing Management	Northumbria
International Business Management and French	Northumbria
Physiological Sciences	Newcastle Univ.
Law	Northumbria
Mathematics and Physics (with Foundation)	Northumbria
Mechanical Engineering	Newcastle Univ
Biomedical Sciences	Newcastle Univ
Psychology(with Foundation)	Sunderland
Social Sciences Foundation	Northumbria
Mathematics and Physics (with Foundation)	Northumbria
Psychology (with Foundation)	Northumbria

Course	University
English Literature and Classics	Edinburgh
Politics	Newcastle Univ
Biology	Newcastle Univ
Mathematics	Leeds
Mathematics and Physics (with Foundation)	Northumbria

Alternate destinations

Destination

Army (Royal Military Police)

Studying at college in California

Employment (M&S)

Employment (Sainsburys)

Police

Seeking apprenticeship in joinery

Gap year (Africa)

Employment (Sky)

Financial support North Tyneside Schools' 16-19 Bursary Scheme 2019/20

Bursary (£1,200/year)

- A young person in care or care leaver
- A young person in receipt of Income support
- A young person in receipt of both Employment Support Allowance and Disability Living Allowance or Personal Independence payment
- **Discretionary Bursary (payments vary)**
- A young person in receipt of Free school Meals
- Family receives Working Tax Credit or has a low gross household income(evidence will be requested)
- A young person looking after a sick or disabled relative
- Are experiencing hardship, additional needs or have difficulty meeting costs associated with completing your course.

Preparation for Post-16 in the New Year...

- New prospectus paper and on school website
 (current prospectus- 2019/20 is on school website)
- Post-16 Open Evening Thursday 30th January
 (2020/21 joint event at LHS with George Stephenson teachers /parents and students)

 Apprenticeship/ College providers also attending
- "Taster" lessons during school time.
- Post-16 interviews after half-term (February-March) + CONNEXIONS interview (which have already started)
- GCSE Results day (20TH August)
- Sixth Form Enrolment Day (21ST August)

Start making plans and researching now for what courses /options are available after Year 11- Sixth Form, College, Apprenticeship etc.

Not too early to start thinking about Higher Education....

Northumbria University

Saturday 26th October

Saturday 23rd November





Work hard now – it will pay off!

- ✓ Don't let your son/daughter have regrets on GCSE results day that they could have worked harder and are disappointed with their grades.
- ✓ Focus now on achieving the grades they are targeted, or higher, to go to the next stage in their career- Longbenton Sixth Form, College or Apprenticeship

English Language

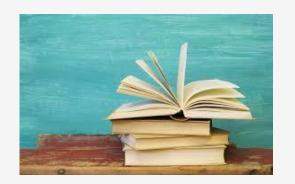
AQA

No tiered entry: all students sit the same exams.

Two papers: each 1 hour 45 mins; each worth 80 marks

Paper 1: Explorations in creative reading and writing: analysing an unseen piece of fiction and producing a piece of narrative or descriptive writing

Paper 2: Writers' viewpoints and perspectives: analysing and comparing two unseen non-fiction texts and producing a piece of extended writing to express an opinion



Students are faced with unseen texts in both exams. Reading a range of fiction and non-fiction outside of school is invaluable in building the confidence, vocabulary and understanding needed to tackle unseen texts in the exams successfully.



Maths Where everybody counts!

Foundation
Edexcel/Pearsons
Grades 1 to 5
Paper 1 – non calculator
Paper 2 and 3 – calculator
All papers 80 marks & 90 minutes

Higher
Edexcel/Pearsons
Grades 3 to 9
Paper 1 – non calculator
Paper 2 and 3 – calculator
All papers 80 marks & 90 minutes

Revision guides and workbooks can be bought from Mr Hunter any time in EV15 for £2.50 each

We recommend all students buy one of these Casio calculators and bring them to all their lessons.









English Literature

AQA

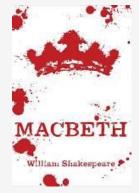
No tiered entry: all students sit the same exams

Closed book exams: students do not have copies of the texts

Two papers: P1 is 1hr 45mins
P2 is 2hrs 15mins

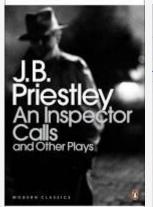
Paper 1: *Macbeth* and *A Christmas Carol*

Paper 2: An Inspector Calls,
Power and Conflict poetry and
unseen poetry





All students have been given their own copy of the 'Power and Conflict' poetry anthology. Copies of the other texts and revision guides for all texts are available to purchase from the English department.





Science

AQA Trilogy Combined Science and AQA Separate Science

Biology Paper 1	Chemistry Paper 1	Physics Paper 1	
Cell biology	 Atomic structure and 	Energy	
 Organisation 	the periodic table	 Electricity 	
Infection and	 Bonding 	The particle model of	
response	 Quantitative 	matter	
 Bioenergetics 	chemistry	Atomic structure	
	 Chemical changes 		
	 Energy changes 		
Biology Paper 2	Chemistry Paper 2 Physics Paper 2		
 Homeostasis and 	The rate and extent of	• Forces	
response	chemical change	Waves	
 Inheritance, variation 	Organic chemistry	 Magnetism and 	
and evolution	 Chemical analysis 	electromagnetism	
 Ecology 	 Chemistry of the 	Space physics (Triple	
	atmosphere	science only)	

Using resources

Students should ensure that they are using Senecalearning.com for revision.

> Revision guides are available through school. Combined science £6, Triple Science £3 each.

We recommend all students buy a scientific calculator.







Any questions?