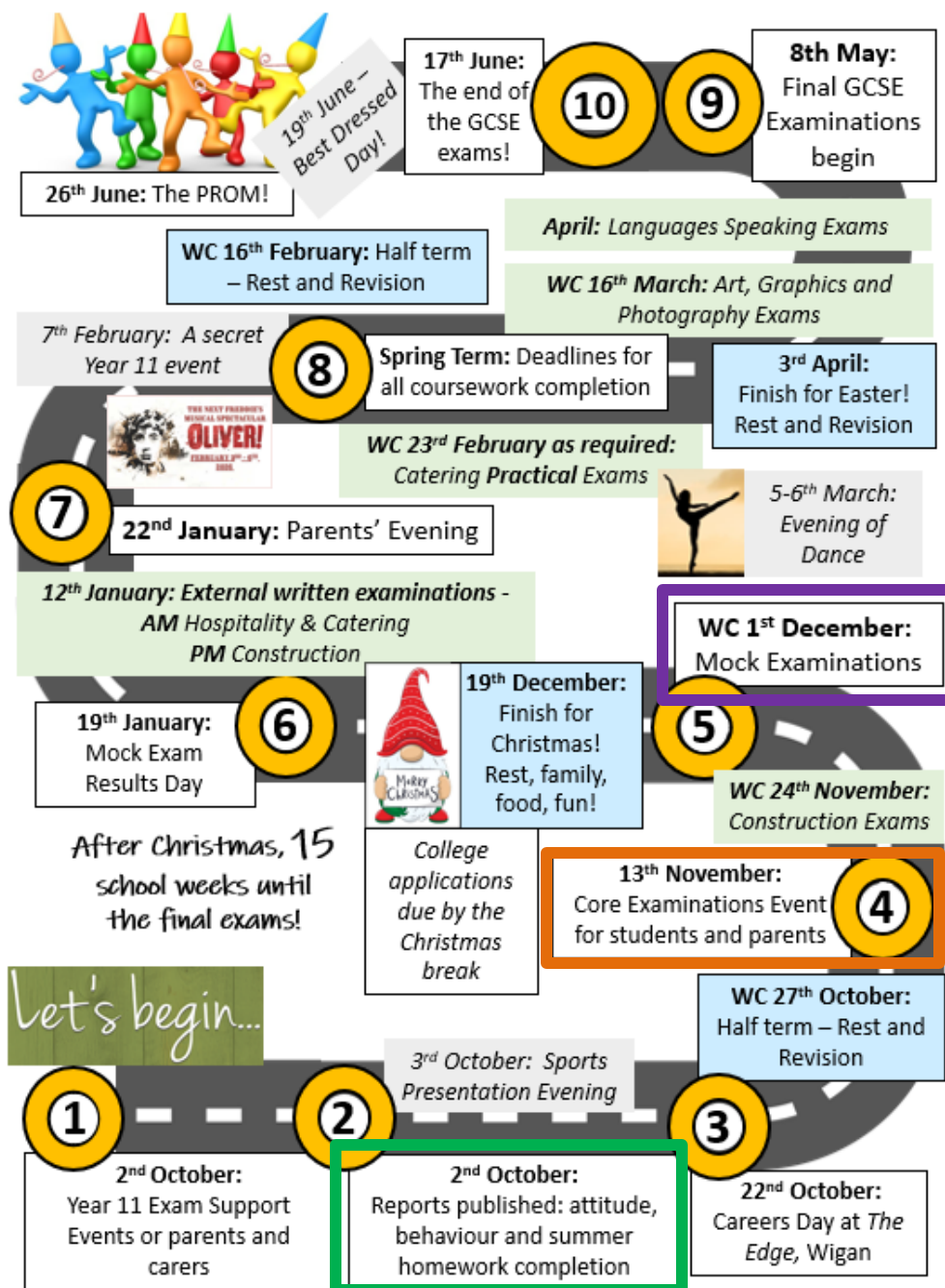




Supporting your child through Year 11

Presented by Mrs Hyslop, Mrs Walters, Mrs Ward ,
Mrs Potter and Mr Nuttall

FRED LONGWORTH
HIGH SCHOOL





Please can we have updated
contact details for you:
parentaldetails@flhs.wigan.sch.uk

Leavers Hoodies available for
purchase:

https://www.iconembroidery.co.uk/index.php?route=product/product&path=20_62&product_id=601

Can be worn on Fridays from
January.

Please check my weekly
update on the year group.

26th June 2026: Leavers Dinner. Please be familiar with the criteria previously communicated...



What we learnt from last year's Year 11...

- With **hard work**, our students can achieve outstanding results;
- Some students wrote the final chapter to their story;
- **Attendance** is key;
- The Leavers Dinner matters!
- Even the most unlikely of students cried as we clapped them out of the building on their last day!
- The **form time Study Skills** and **Interventions** were invaluable;
- Parent-school communication is vital (**consistency, and no mixed messaging**)

Our offer...

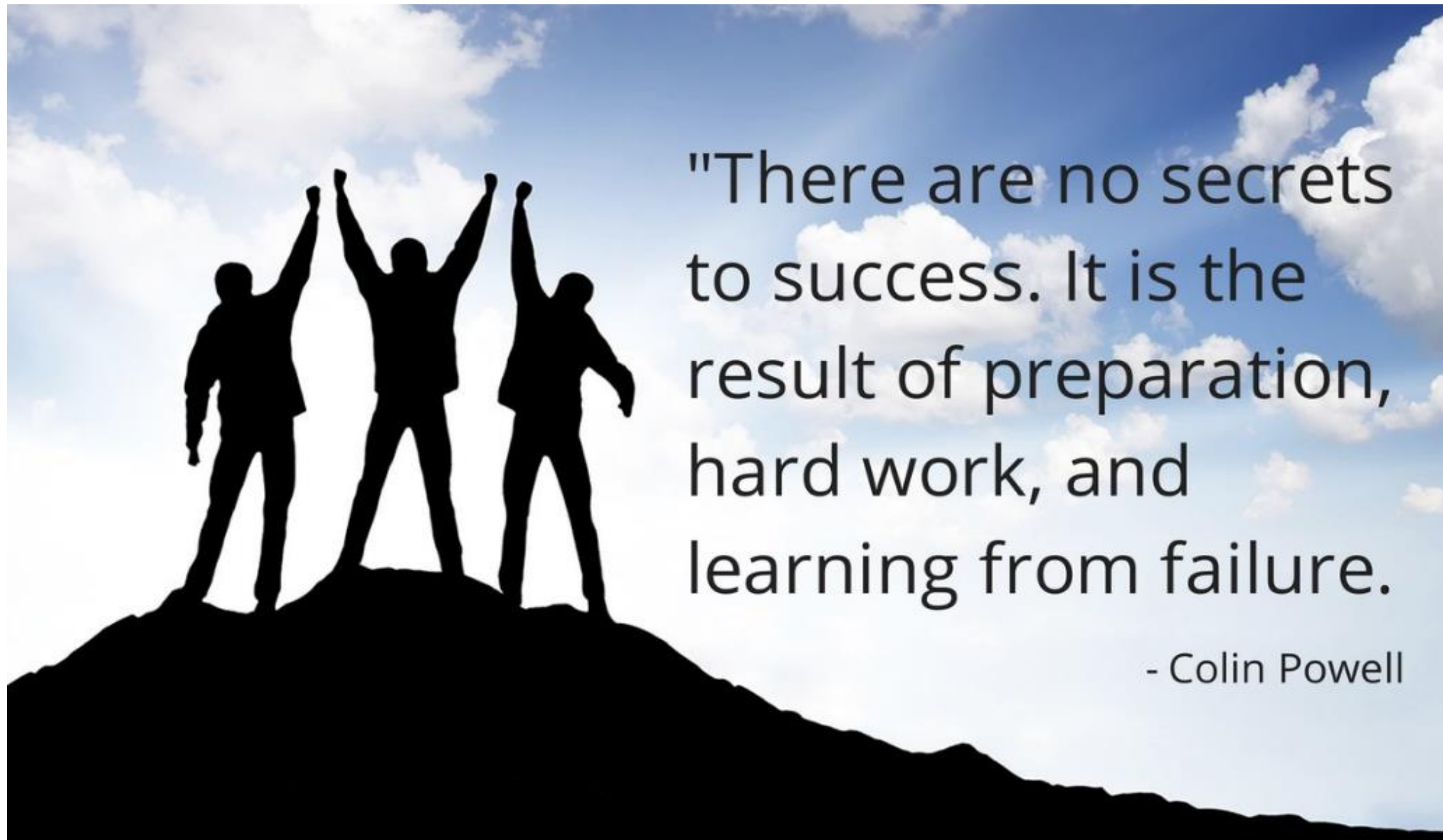
- Form time **interventions** – Maths F and H tier for selected individuals
- **Study Skills** – explicit revision guidance and **time** to apply it during the pastoral curriculum
- After school revision – As guided by staff
- **Core subjects:** Tuesday (English), Wednesday (Maths) and Thursday (Science)
- **Mock exams** – Experience of the exam environment and exam timings
- **Monday Week B** – Y11 designated sessions for walk and talk mocks, masterclasses, and additional mock exams for tier of entry (Maths and Science) and experience
- Bespoke **assembly** programme – Flexible and responding the needs of the year group
- Canteen convos – **Individual** academic and welfare **check-ins**.
- **College** assemblies – Wednesday mornings to support post-16 planning
- One-to-one **careers** meetings with Mrs Cross
- The opportunity to leave at **lunchtime**
- **Revision Guide Access – MFL, Maths, Science**
- Exam roomings...

Exam Roomings

Sports Hall	Arts Block – Tech 1 and 2	Arts Block – Drama Theatre
Those with access arrangements e.g. extra time, must use this in their mock exams to mirror their normal way of working. If they do not use it, they lose eligibility.		 Exams access arrangements are already in place and parents/carers informed by the end of this week if their child has eligibility. We can't make this adjustment without appropriate testing and evidence of need.

The challenges that we (and you) will face...

- **Commitment to studying/revising** – *‘I’ve nothing to do.’ or ‘I have no homework.’*
- **Avoidance** – *‘I don’t know how to revise.’*
- **Apathy / limited aspiration** – *‘I only need a grade...’*
- **Some very BIG emotions that sometimes, they don’t recognise or present to us**
- **Commitment to subjects** – *‘I want to drop...’*



"There are no secrets to success. It is the result of preparation, hard work, and learning from failure.

- Colin Powell

Results 2024-25 evidenced this clearly...

Student A

Attendance: 94.79%

Behaviour points: 0

Lates: 0

Subject	Y11 Mocks	Y11 Estim	Y11 Actua
Drama [60185752]		7	7
Sci Trilogy [6018758X]	6-5	7-7	9-9
Mathematics [60147003]	7	8	9
Geography B [60181539]	5	6	9
BTEC Music Practice [60370555]			
Eng Literature [60144476]	6	6	8
Eng Language [60142923]	6	7	7
French [60181576]			
BTEC Music Practice [60370555]			
RSL Performance in Music	D2	D2	D2
1-9 GCSE French	7	7	7

Student B

Attendance: 77.13%

Behaviour points: 7

Lates: 26

Subject	Y10 Worki	Y11 Mocks	Y11 Estim	Y11 Actua
Art & Design [60180882]	4	2	3	2
Sci Trilogy [6018758X]	5-4		4-4	3-3
Mathematics [60147003]	4	4	5	4
Geography B [60181539]	3	4	3	2
BTEC Music Practice [60370555]				
ConstBuiltEnv [60330685]	P2			
Eng Literature [60144476]	5	2	3	4
Eng Language [60142923]	6	3	3	3
BTEC Music Practice [60370555]	M2			
RSL Performance in Music		M2	P2	P2
60105434 WJEC L1/L2 Construction		P1	M1	D1

The impact of attendance on outcomes...

Attendance category	Number of students achieving 5 GCSE's 9-4
>95%	113
90-95%	31
85-90%	8
80-85%	1
75-80%	1
<75%	2

Current interim reports...

Subject	'Reporting Period 1'
60142923/AQA/FK2B/8700 – English Language	Attitude to Learning: Excellent Behaviour in Subject: Excellent Summer homework comments: Excellent Effort
60144476/AQA/FC4/8702 – English Literature	Attitude to Learning: Excellent Behaviour in Subject: Excellent Summer homework comments: Excellent Effort
60147003/Edexcel/RBI/IMA1 – Mathematics	Attitude to Learning: Excellent Behaviour in Subject: Excellent Summer homework comments: Effort has been put into this work
6018758X/AQA/RA1E/8464 – Science Double Award	Attitude to Learning: Excellent Behaviour in Subject: Excellent Summer homework comments: Excellent Effort
60180924/Edexcel/DB/1H10 – History	Attitude to Learning: Excellent Behaviour in Subject: Excellent Summer homework comments: Excellent Effort
None GCSE – Physical Education (Core)	Attitude to Learning: Excellent Behaviour in Subject: Excellent Summer homework comments: N/A

In-class & homework rewards / negative behaviour points

Achievements: 30 / Behaviour: 0

Attendance: **100.0%**

Current interim reports...

Attendance: 94.7%

Have you **caught up** on the hours missed?
Where are the gaps and how are you keeping on top?

60147003/Edexcel/RBI/IMA1 –
Mathematics

Attitude to Learning: **Good**

Behaviour in Subject: **Good**

Summer homework comments: **Effort has been put into this work**

So what is missing that's not **excellent** yet?
Is it proactivity, independent study,
contribution, catch up following absence...

60144476/AQA/FC4/8702 –
English Literature

Attitude to Learning: **Requires Improvement**

Behaviour in Subject: **Requires Improvement**

Summer homework comments: **Not done!**

High risk of significant underachievement in
GCSE result. What is the barrier here and how
are you going to overcome it?

Likely to have significant gaps in
knowledge/skills. What is the
homework/revision picture in this subject?
Is it a priority area for self-directed study?

Parents/Carers/Family...



Self-directed study

Dear student,

This is your daily reminder to complete today's self-directed study.

WHY do I have to this?

- To **review** your learning;
- To **embed** your knowledge;
- To **master** your skills;
- To give you **choices...**

I'm struggling...

- Remember **OSCAR**;
- Use the attached guidance on the top three **strategies**;
- Talk to your **teachers**. They want the best for you.

Student(s)*

× ▼

Students - 244

Revision Support: OSCAR

Organisation

- Are your child's **resources** organised?
- Do they have the right **equipment**?
- Ask: **what are you aiming to know or have practised in this time?**

Selection

- Advise them to focus on the **key** knowledge.
- Focus on subjects or topics **taught earlier** in Y10.
- Remind them to **vary** the topics by selecting a different area of focus.

Creativity

- The key to successful revision... we will get to this.

Area

- Are they **in control** of distractions?
- Do they have an area fit for **learning?** e.g. a desk or table.
- Please insist they take regular **breaks**.
- Please insist: no work past **9pm**.



INTEREST... NAG

Repetition

- Encourage **regular** study... short, sharp bursts **every day**.
- Encourage **action**: they need to **apply** the knowledge, or **practise** the skill.

FRED LONGWORTH HIGH SCHOOL SharePoint

Search this site

Self-Directed Study Home Welcome How to Revise Develop My Knowledge Apply My Knowledge Examination Information

Maths, Literature, Python Coding, Coding & Scratch, Great Speeches of the World

Welcome to the Self-Directed Study Hub

Click to read →

How to Revise

Apply My Knowledge

Your Study Resources

- How to Revise
I need help revising and am unsure how
- Develop My Knowledge
I know how to revise but I am unsure how to apply this to my subjects

Important Events

- Year 11 - Launch Event
Thu, Oct 2, 6:00 PM
- Year 10 - Launch Event
Thu, Oct 9, 6:00 PM

Study Links

- satchel:one
- GCSE
- SEN

Welcome to the Self-Directed Study Hub

Created for all KS4 students to help simplify self-directed study, placing everything they need in one location.

Accessed via Sharepoint which is available as an app your child can download on to their chosen device



OR they can log into it through their Office 365 accounts



To log in students just need their school usernames and passwords which all use daily

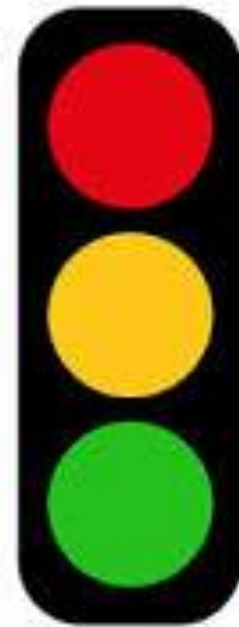
Using the Self-Directed Study Hub

- The Study Hub is split into 3 clear sections designed to support all students, regardless of where they are in their self-directed study journey

Red – 'How to Revise'

Amber - 'Develop my Knowledge'

Green – Apply my Knowledge'



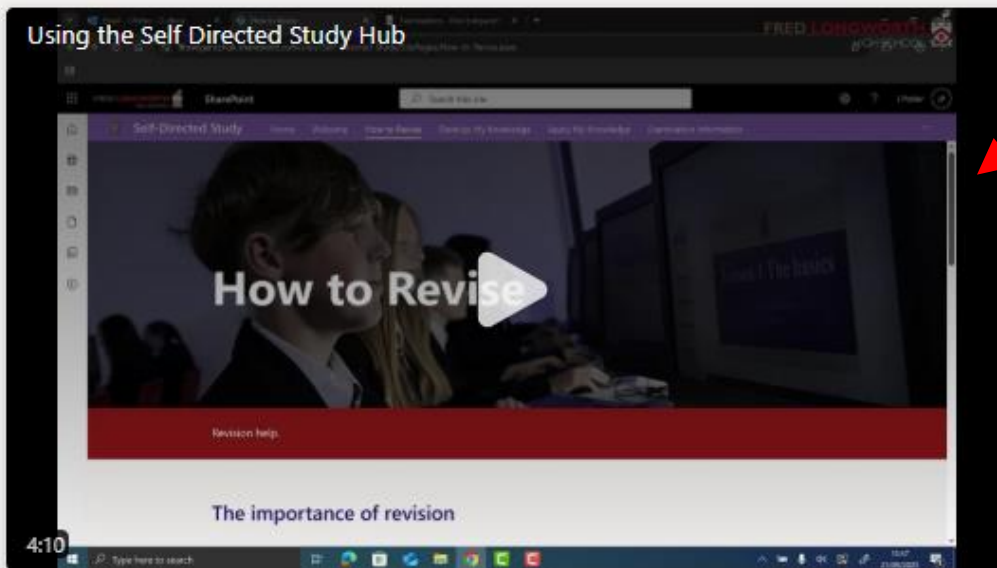
How to Revise

Revision help.

The importance of revision

Great job! You've made it this far, and now it's time to build, develop, and refine your revision skills.

This section will guide you through *how to revise effectively*, giving you a range of techniques to try out so you can discover what works best for you.



Designed for students who potentially don't know where to begin, are confused by revision or need a refresher on the techniques for the 'Create' section of the OSCAR model.

This video is also a 'How to Guide' for how to use the site.

- > **Independent Study Techniques**
Examples of study techniques
- > **Using Technology for Self-Directed Study**
Enhance your revision with technology
- > **Top Tips for Independent Study**
Get on top of revision with these top tips



Develop My Knowledge

I know how to revise but am unsure how to apply this to my subject.

Well done! You've mastered the basics of revision, and now it's time to take the next step: creating your own subject-specific revision materials.

In the sections below, you'll find everything you need to get organised and stay on track — from clear information about your exam boards to handy checklists designed to keep your revision focused and effective.

You're ready to move from *knowing how to revise* to *owning your revision*. Let's get started!

Designed for students who know how to revise and now want to start making revision materials such as mind maps, flash cards etc.

This section contains:

- Revision checklists for each of your child's subjects
- A list each subject and their corresponding exam boards – essential information for creating revision materials
- A video on how to safely use AI for GCSE study

> **Subject Checklists**
Subject checklist resource bank

> **Using A.I**
Using Artificial Intelligence

> **Subject Examination Boards**
List of subject examination boards

Apply My Knowledge

I have been revising key knowledge and now want to apply this with practice tasks.

Fantastic work! You're smashing your revision, and now it's time to take it up a level.

This is your chance to put everything you've learned into action with past papers and real exam practice — the best way to build confidence and sharpen your skills before the big day.



Arts



Design & Technology



English



Humanities



ICT



Languages

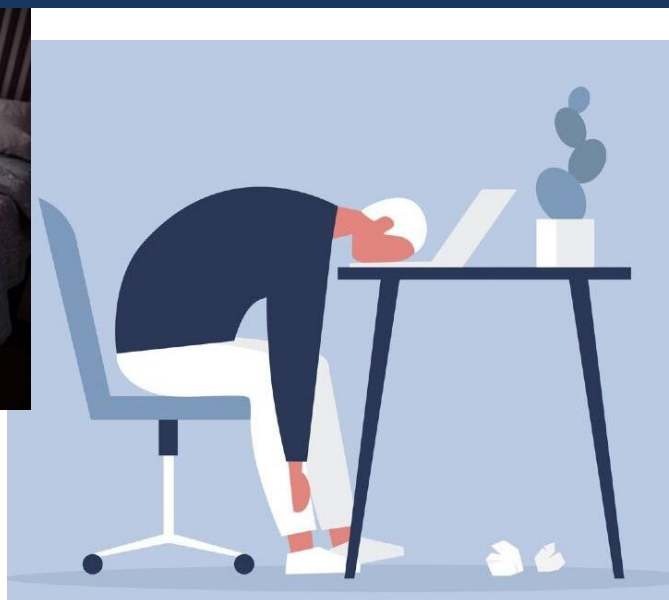
Designed for students who have been revising, have developed confidence in a subject/ area and are now ready to test themselves.

This section contains:

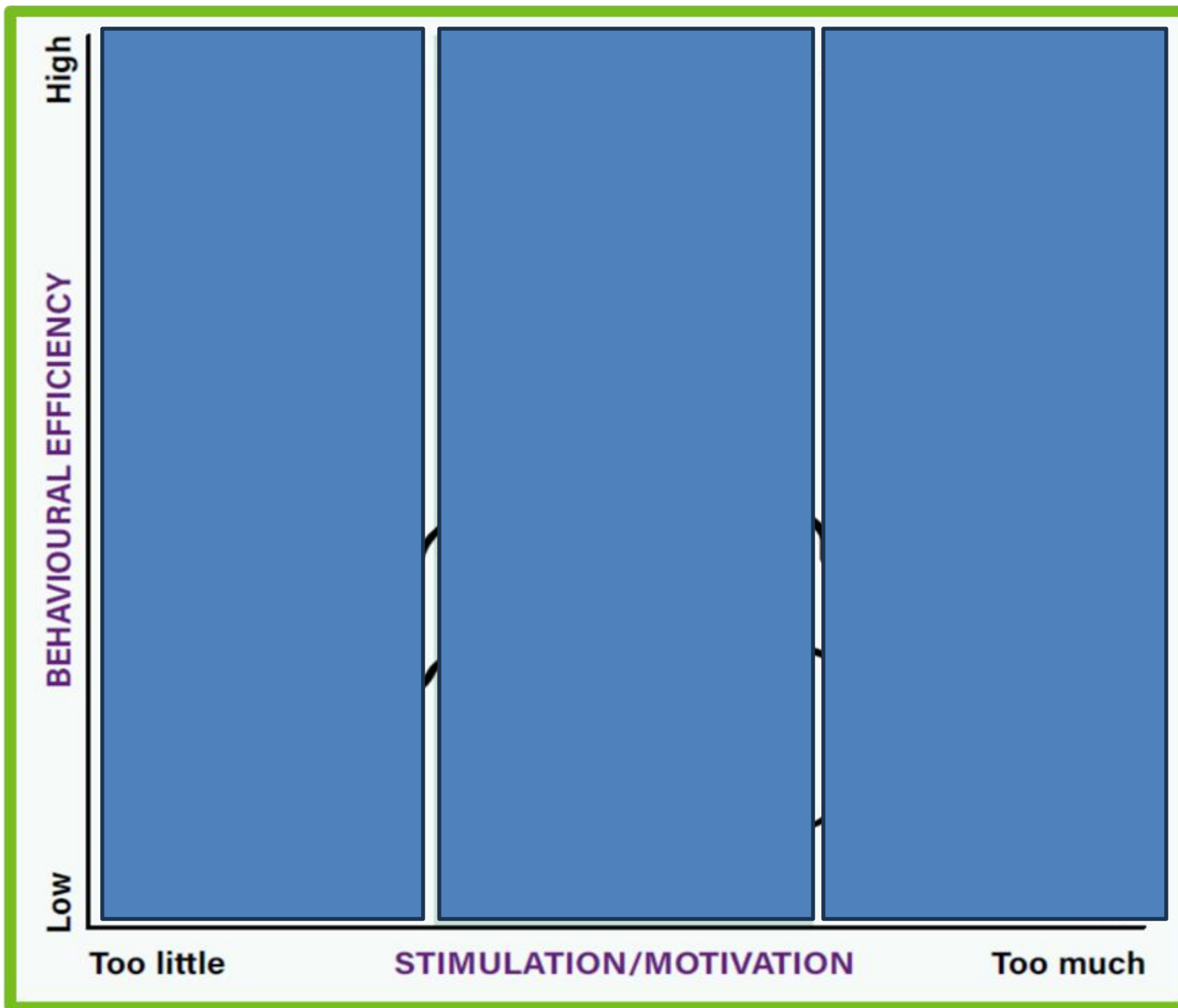
- Past papers for each subject area
- Mark schemes
- Additional revision materials such a short quizzes and tests



Let's talk psychology...



**Wigan CAMHS Mental
Health Support Team**



Our challenge:

- To **normalise worry**: *“Of course it feels hard... it’s GCSE. But you **can** handle it.”*
- To **encourage resilience**: *“Let’s have a breather, and then we’re coming back to this.”*
- To **proactively** look after mental health: *“It’s a full week coming up. How are you planning to stay in control / sleep well / manage the stress?”*



Anxiety is caused by our **perception of threat**. Anxiety put simply is the over-estimation of a perceived threat and under-estimation our ability to cope.

Appearing anxious/irritable/agitated

Avoidance of anxiety-provoking situations

Catastrophising /
excessive worry about
the future / 'what if...?'

Difficulties with sleep
/ frequently tired

Procrastination!



Greater Manchester
Mental Health
NHS Foundation Trust

What we need is balance:



Greater Manchester
Mental Health
NHS Foundation Trust

A word about sleep

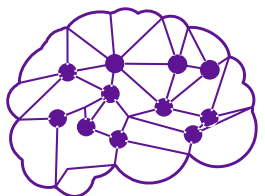
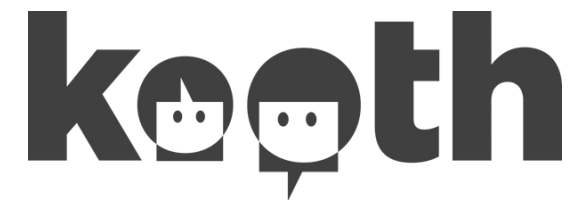


1. Advise against after-school napping.
2. Exercise: Even 10 minutes daily can drastically improve mood and sleep quality.
3. Sleep environment – encourage phones to be away from the side of their bed.
4. Encourage activity out of bedrooms
5. Encourage exposure to daylight to help maintain a healthy sleep-wake cycle.

Where to access additional support...



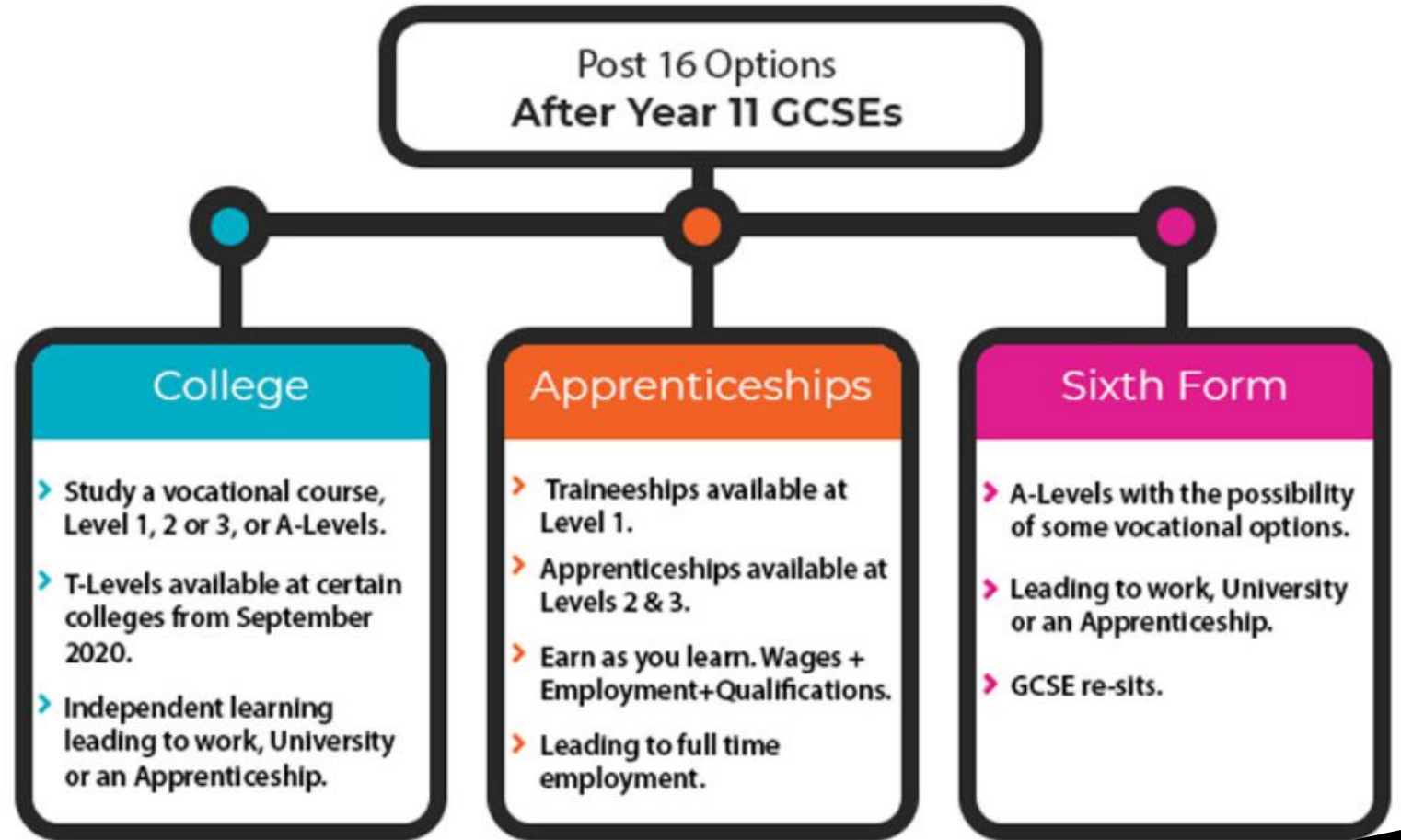
FLHS Wellbeing



Post 16 options

Each pathway will suit a different type of learner, they will have different entry requirements / application processes and potentially shape your career in different ways.

This moment of choice can impact on future learning and future career so it's important they choose the right pathway for them individually.



Next Steps?

- All students need to **attend upcoming open events for colleges/ apprenticeship** providers (details given to parents this evening).
- All students **must apply** to **AT LEAST 2** colleges or providers by **CHRISTMAS 2025** - even if they are not 100% sure of what they want now, it is better to have back up plans and options just in case.
- **Apprenticeships** are only confirmed once you have an employer!
- **One to one careers support for every student.** They can request their appointment at any time in Year 11 and support is ongoing for those who need it. Support available to apply for college.
- Please encourage your child to **regularly check emails** – they are missing vital information!

Careers Conference 22nd October 2025!

Details:

- **Dress code:** Best dressed (Think interview!)
- **Time:** In school for 8am
- **Location** – The "Edge" Wigan
- **Lunch** – Pizza or packed lunch
- **Transport** - Tyrers coaches
- **Return:** Back to school for 4pm
- **Money** – Tuckshop available
(all money goes towards the prom)

**Guiding from the
side**

Dear Sam,

Good luck in your final year
as Eddie's. We couldn't be more proud
of you.

Whatever happens this year, as long as
you do your best, that's all we can
ask for.

Never look back & regret. Just keep
facing forward - go for it!

We're got your back.

Have courage & be kind Sam.

We love you very much.

Mum & Dad

XX

That letter

Dear Sam

Good luck in your final Year. We couldn't be more proud of you. Whatever happens this Year, as long as you have done your best, we can't ask for any more. Never look back and regret. Just keep facing forward and go for it. We've got your back.

Have courage and be kind son.

We love you very much.

Mum and Dad xx



A note from someone special to keep me going this year...



My top tips

- **Never underestimate**- the power of the emotions that lie within;
- **Never assume**- that they're 'cool as a cucumber' or that they no longer need you;
- **Never be afraid**- to be a parent, to say the things that need saying, to address the things that need addressing.

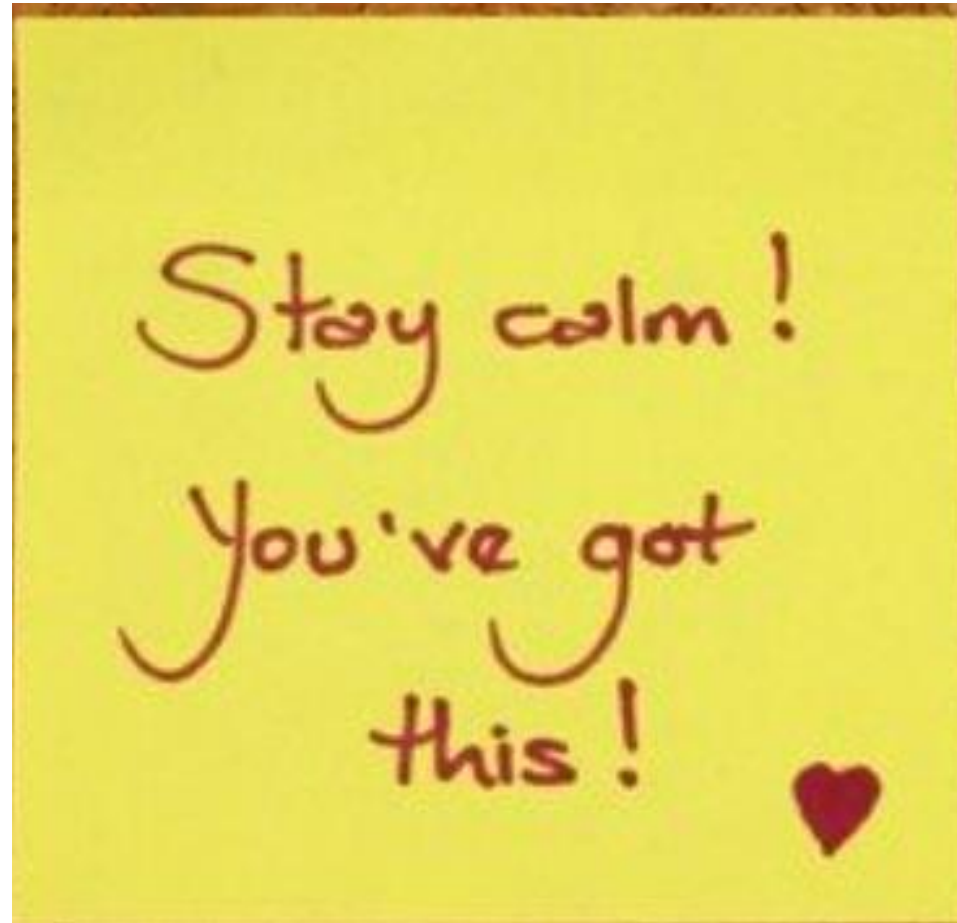
THIS TOO, SHALL PASS.

When things are bad, remember:
It won't always be this way.
Take one day at a time.

When things are good, remember:
It won't always be this way.
Enjoy every great moment.

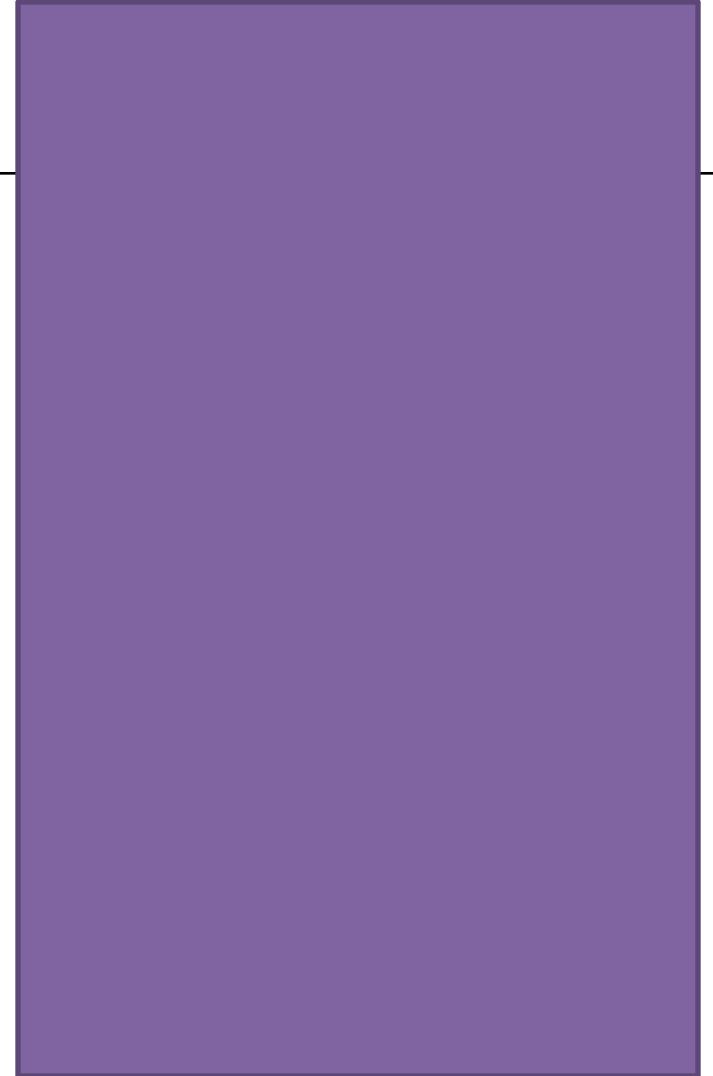
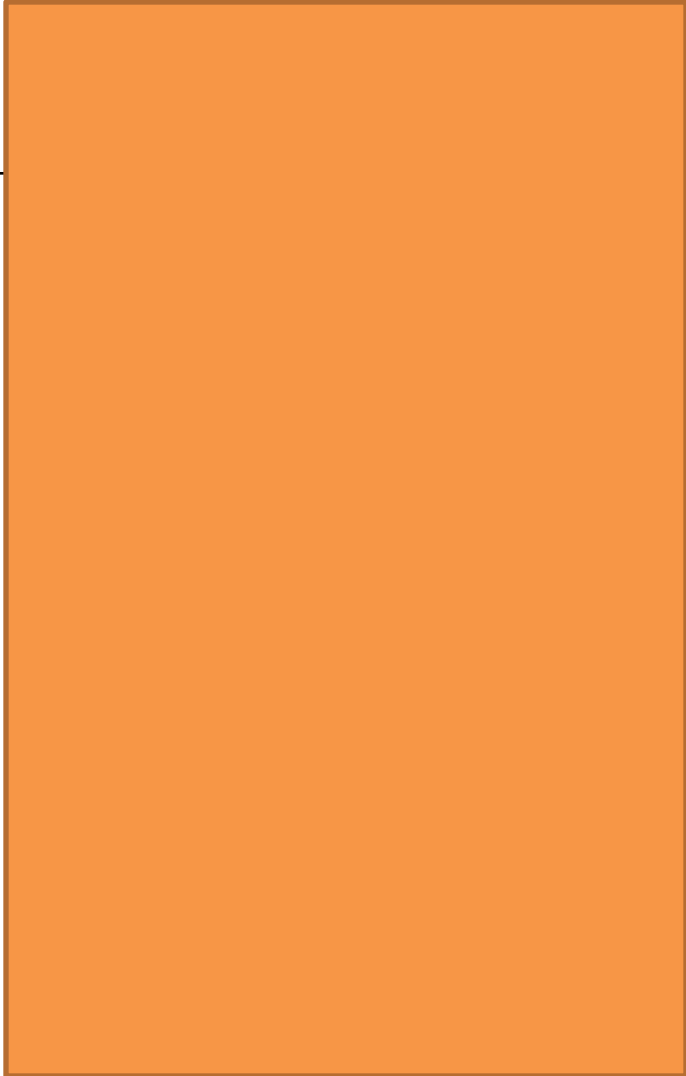
And finally...

**Never miss those precious moments
that you will never get back**



Belonging Engaging Succeeding TOGETHER

Revision Support: OSCAR



COPING SELF-TALK

“This might be tricky, but I will be able to cope.”

“I am proud of myself for what I have already achieved.”

“I have coped with difficult things before; I can do it now.”

“Although I feel scared, I am safe and will keep this in perspective.”

“It is OK not to know everything. I am still learning.”

