

# GCSE Launch Night

FRED LONGWORTH  
HIGH SCHOOL

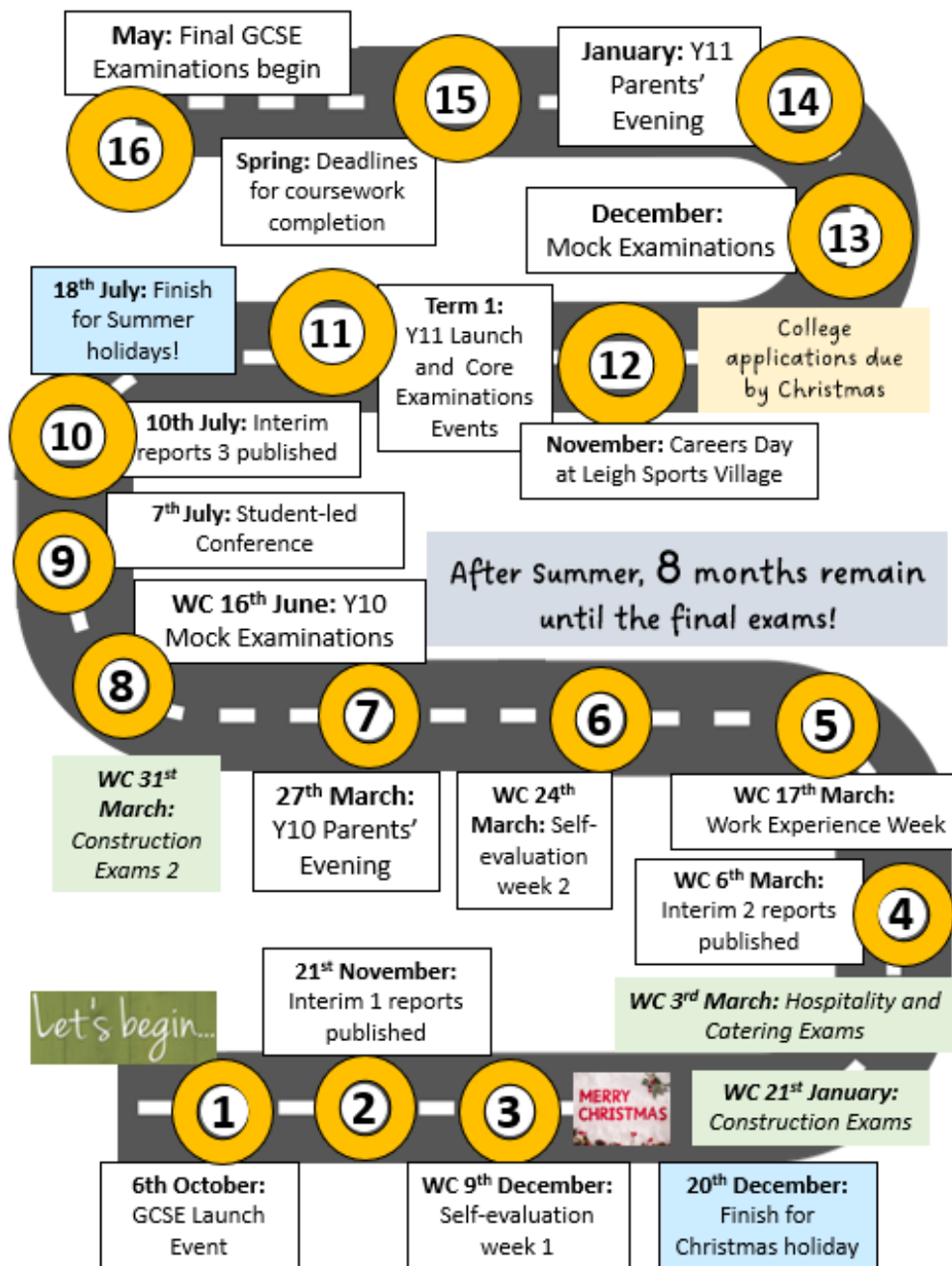


# GCSE Launch Night

## Aims of the evening:

- To provide you with key information about the important and exciting two years (19 months) ahead;
- To provide key information about your child's GCSE courses and specifications;
- To share updates on the year group picture, and how we can work together to support your child;
- To offer practical advice for supporting your child through their GCSEs and helping them to complete effective revision and independent study now.

# YEAR 10-11 ROADMAP



# Our Relationship

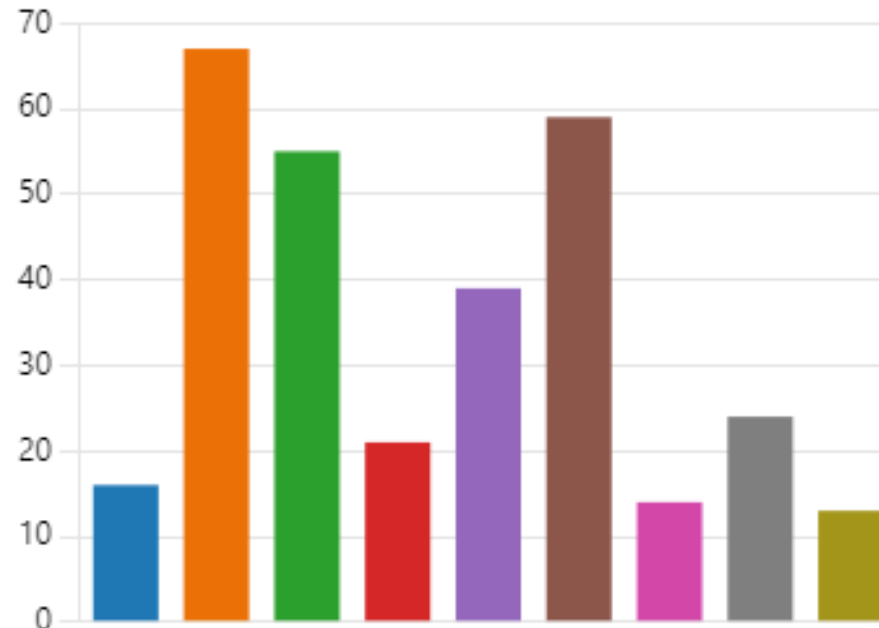


# GCSE Launch Night

## What would we like parents and carers to know?

How are you feeling about entering Y10 and your progress so far on GCSE courses?

● Ready and raring to go	16
● Fine about it - I'm doing well	67
● Determined to do well	55
● Keen to turn things around	21
● Not really bothered	39
● A bit nervous	59
● Scared	14
● Dreading it	24
● Other	13

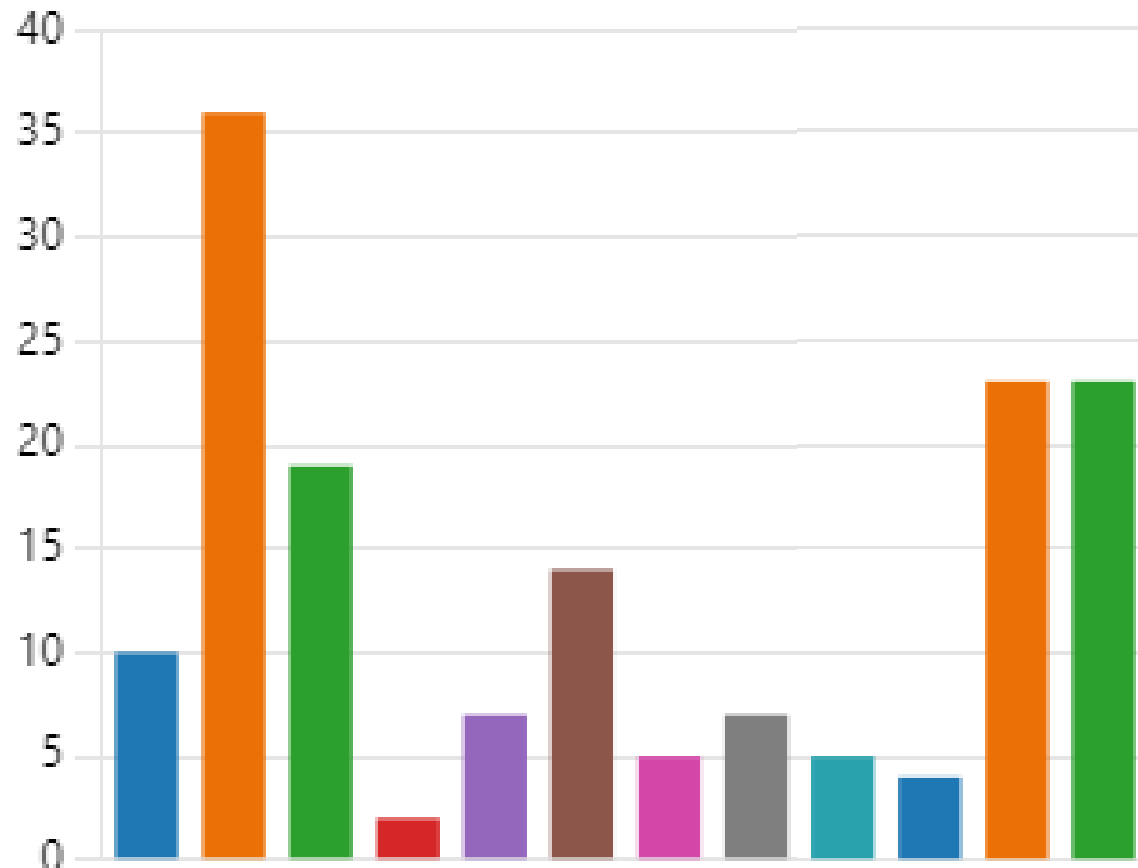


# GCSE Launch Night



4. What are your biggest barriers to learning? Please tick all that apply.

- My behaviour
- Having no motivation
- Feeling anxious
- People talking off-task in lessons
- Other students' behaviour
- Feeling like I don't always get th...
- Not completing homework
- Noise in the classroom when I'...
- My attendance
- Things going on outside of the ...
- Not understanding how to revise
- Other



## Year 11 Update



Things that  
made us



last week:

- Tyler L, Isabelle R and Josh S leading the year group with 51 positive points
- Football team winning 4:0.
- 31 students achieving Platinum awards – WOW!
- 81 students achieving Gold Plus or Gold awards on their interim.
- Mrs McPhail giving a shout out to Yr11 Dance Leaders who have begun their primary school sessions please. They are preparing for our Dance Festival on October 30<sup>th</sup> and are working very hard!
- Evan Langford representing Flowmingos in Inline Hockey in Spain. The team made it to the semi-finals.

**Revision Tip of the Week:**

Separate knowledge and application

**24**  
**School Weeks to go!**  
(It's all to play for!)

**Attendance:** 126 have 100%  
Current year attendance: 94.4%

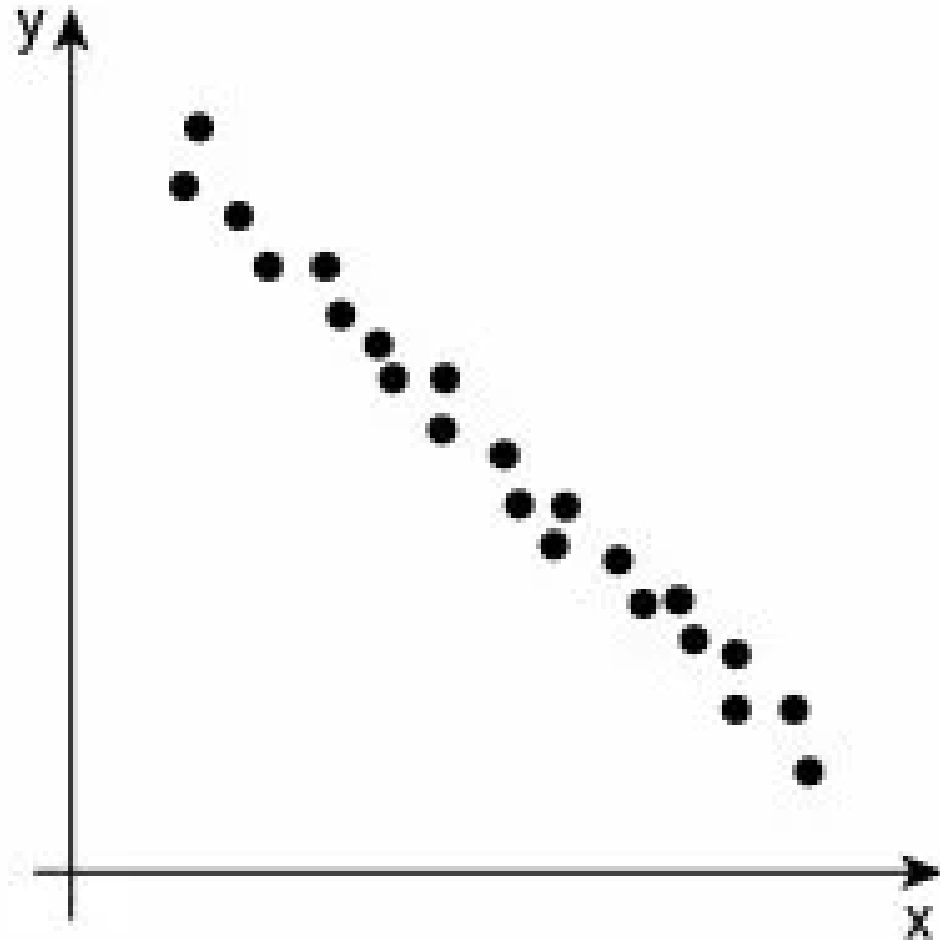
### Weekly Reminders:

1. Careers conference 16<sup>th</sup> October – smart/professional dress.
2. Rewards = money off prom ticket: 100= £5, 150= £15 200=£15
3. Prom is by invite: behaviour points will impact whether you are invited or not.
4. End of term prize drawer is for vouchers. 2x £50 then rest £20.

# A plea...



Attendance during one school year
95%
90%
85%
80%
75%
70%
65%



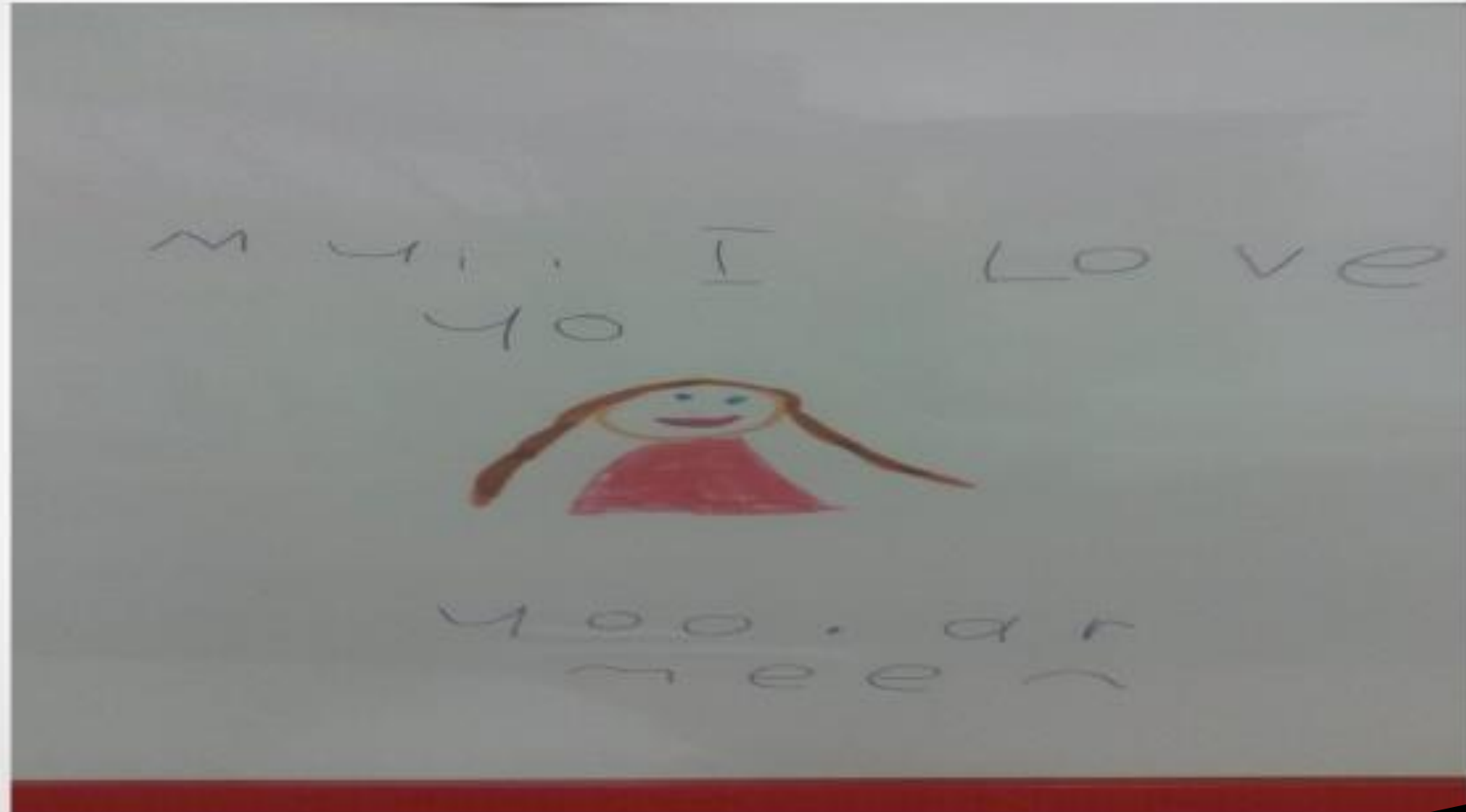
Equivalent Lessons Missed
54 Lessons
114 Lessons
174 Lessons
228 Lessons
288 Lessons
342 Lessons
402 Lessons





# Parenting your child through GCSEs

# Parenthood in a nutshell!

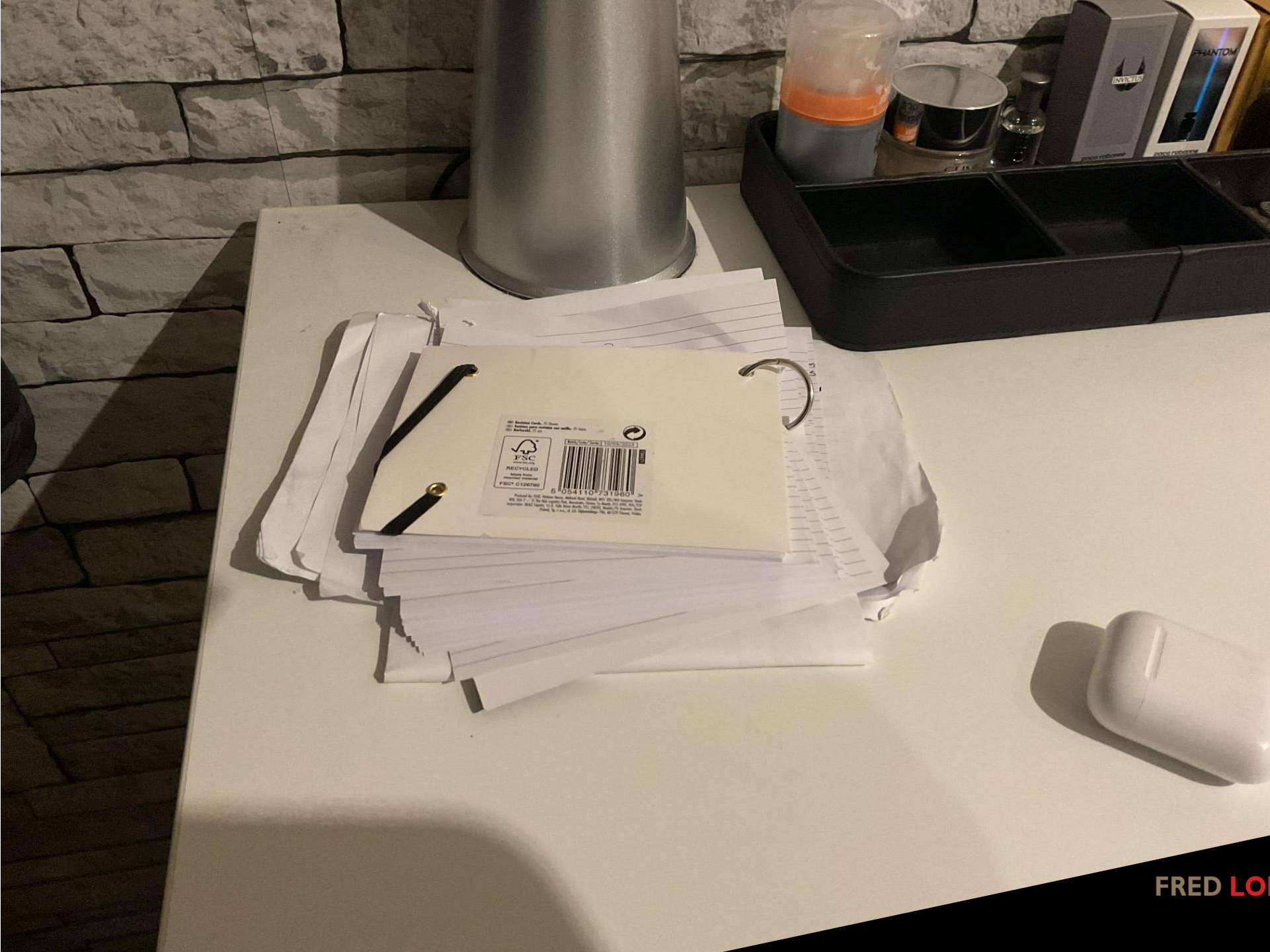


Remember these shoes?









# Recognise this?

*"I can't do it"*

*"I don't know"*

*"I'm rubbish at that"*

*"I don't get it"*

*"I have never been able to and I never will"*

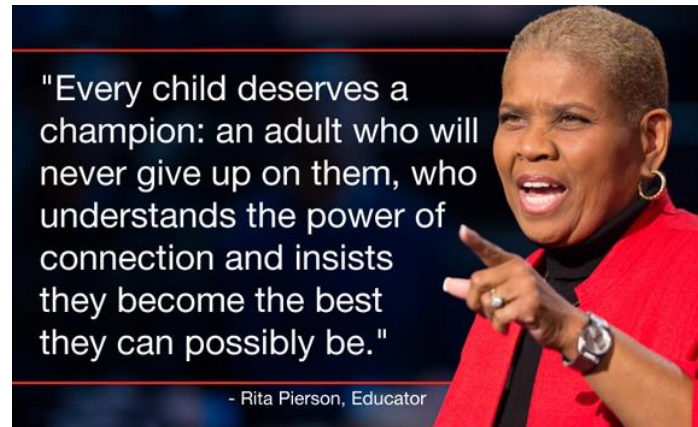
# Building resilience

## The power of **YET**



**Be the guide from the side**

**Feedback is a gift-** Understanding where the gaps are, learning from mistakes



"Every child deserves a champion: an adult who will never give up on them, who understands the power of connection and insists they become the best they can possibly be."

- Rita Pierson, Educator



One of the hardest things to learn as a parent of big kids is how to teach them instead of save them. The urge to protect our kids from failure is real.

@parentingteensandtweens

Our job is to give them the tools to be organized and responsible. We can be their guide, but we can't do it for them.

Learning what to do after you make a mistake is one of the most important skills you need to get through this life.

-Whitney Fleming-

# The power of praise and reward

**First attention to best conduct**



# Noticing



- **The timetable in my bedroom drawer**
- **The bed that is finally made up**
- **The fact he makes his own scrambled egg in a morning “ He scrapes the pan with the fork”**
- **When he wants to talk**
- **When he’s not talking**

Texting my teenage son is  
like texting someone who is  
about to break up with you.

Me: Love you!! ♥ Have a  
great day sweetie!

Him: ok



# Encouraging Talk

*"How was your day?"*

*"What was the best part of your day?"*

*"What did you do with today?"*

*"What was the funniest part of today?"*

**"What did you have for your lunch?"**

**Avoiding- "You're probably too old for that...."**

# The curse of the mobile phones!



**WHEN I WAS A KID, THERE  
WERE NO PHONES OR TABLETS.  
WE READ CEREAL BOXES AT  
BREAKFAST**



# MOBILE PHONE ADDICTION HARMING CHILDREN'S HEALTH AND EDUCATION

22 May 2019

Exhausted school children are struggling by on just two hours of sleep because of their mobile phone addiction.



- Poor concentration
- Low mood
- Anxiety
- Low self esteem





# Research findings from Leeds Beckett University

•92% reported that they regularly check their phones during the night

•67% got between 2 to 4 hours sleep due to checking

•85% regularly check their phones

•82% regularly

▪ Balance

▪ Role modelling

Positive Interactions- beware the perils of social media!

•9... difficult to cope if they had their phone confiscated

•96%... average they check their phones every two minutes

•85% spend between 4 to 6 hours a day online

Eat, sleep, exercise, it's not ok to be a teen

**It's not ok to forget your  
manners!**

**And when it all 'kicks  
off'.....**



**Containment-** *'Fire burns out; so too do high emotional states- that state will not last forever'*

**W-** "I wonder...."

**I-** "I imagine that...."

**N-** "I notice that...."

**Validate those feelings**

**Containment-** *'Kids are like fire. You can't control them. You've got to contain them until they burn themselves out.'* Tom Bennett

When a child's system is awash with adrenaline, it takes around 40 mins to an hour or so for it to break down.

***“I’m listening”***

***“I hear you”***

***“I get it but....”***

**The power of the restorative  
conversation.**

**Restoring and  
repairing**

**A conversation after a behavioral incident  
where the child is encouraged to:**

- **Own it**
- Articulate what they could do  
**differently next time**
- **Apologise** and move on

The most important words that a parent or carer can say to motivate their child.....

***“I’m proud of  
you”***



# How to respond to

*"I want to do the higher tier paper"*

*"I don't know where to start, everything is pecking my head"*

*"I want to drop..."*

*"I'm struggling, I've no motivation, I don't care"*

*"I only need 2 4s and a 5 to get into college"*

*"I didn't understand my Maths homework so I used AI"*

*"I've got no homework tonight"*

*"I don't know how to revise"*

## What would we like parents and carers to know?



Support with how to revise

79

From **February**,  
A focussed **KS4 Study Skills** curriculum with exploration of a range of  
effective revision strategies.

Explicit instruction:  
*This is how you revise...*

# GCSE Launch Night

## What would we like parents and carers to know?

 Support with how to revise 79

From now...

- Faculties and class teachers
- Assembly programme
- Self-Directed Study...

<b>Title*</b>	<b>Subject*</b>
<input type="text" value="Daily Self-Directed Study"/>	<input type="text" value="Direct Intervention"/>
<b>Estimated completion time*</b>	
<input type="text" value="1.5"/> <input type="text" value="hours"/>	

# 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.



# Revision Support: OSCAR

Organisation

Selection

Creativity



Area

Repetition

## Organisation

Revision is about short, sharp bursts of QUALITY work.



- Decide on your **outcome**. What are you aiming to KNOW/have achieved in the next block of time minutes. Keep this **realistic**.
- Make sure you have all of the necessary **resources** with you.
- Take regular **breaks**
- No work after **9pm**.
- Have a **plan**...

# Revision Basics

## Have a plan... revision timetables

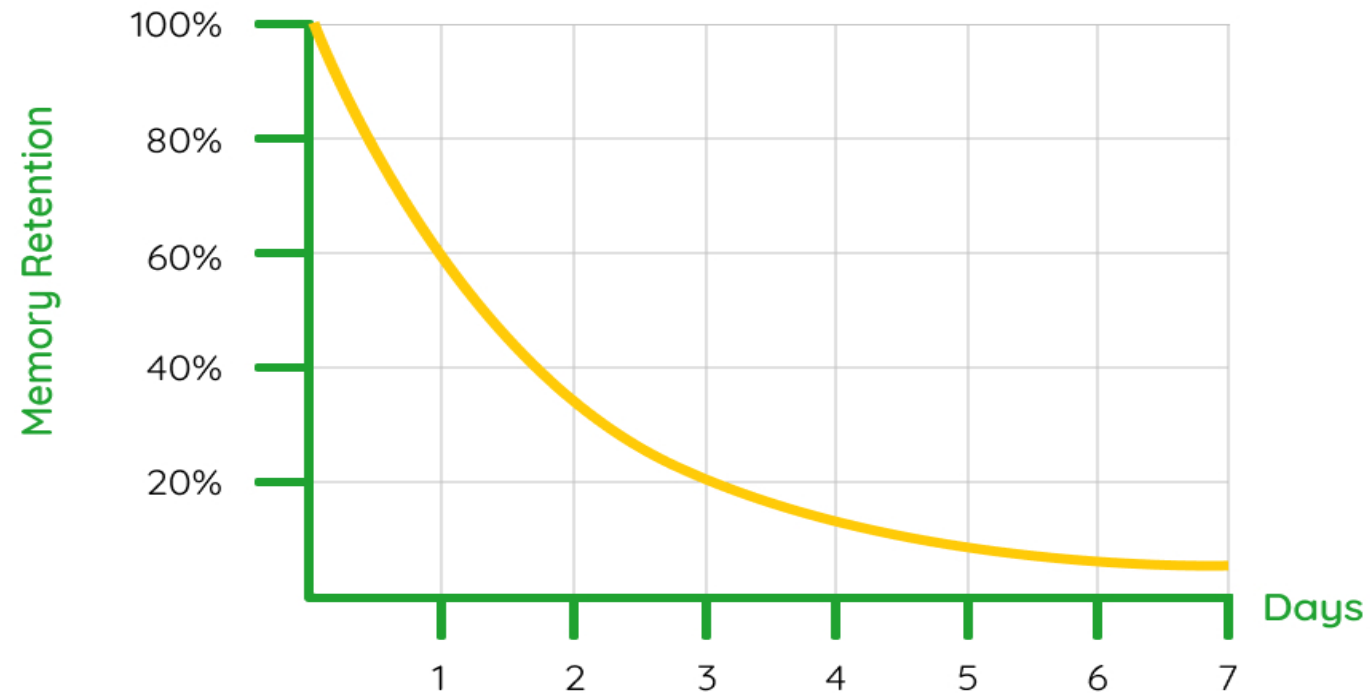
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Homework/ revision</b> _____ (e.g. 4 - 4:45 PM)	Subject: Topic: _____ Outcome:	Subject: Topic: _____ Outcome:	Swimming	Subject: Topic: _____ Outcome:	Subject: Topic: _____ Outcome:
<b>Revision session one</b> _____ (e.g. 6 - 6:45 PM)	Band practice	Subject: Topic: _____ Outcome:	Subject: Topic: _____ Outcome:	Subject: Topic: _____ Outcome:	Family time

## Selection

## Strategy 1: Spaced Learning



### THE FORGETTING CURVE





## Selection... Strategy 1: Spaced Learning

- This strategy focuses on regularly revising previously learnt material;
- The mantra of *little and often* rather than a chunk of time;
- The act of forgetting and re-learning helps to cement learning into the long-term memory;
- Plan to review your learning at regular intervals and gradually space the intervals out e.g. revisit on day 1, 3, 7, 12...

# Revision Basics

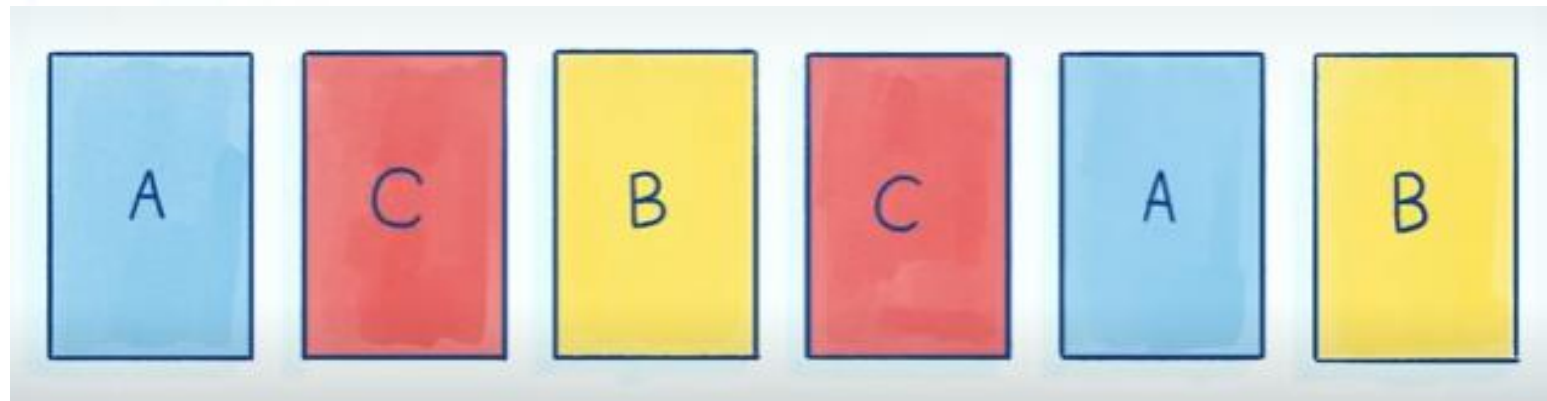
# Selection...

## Strategy 1: Spaced Learning



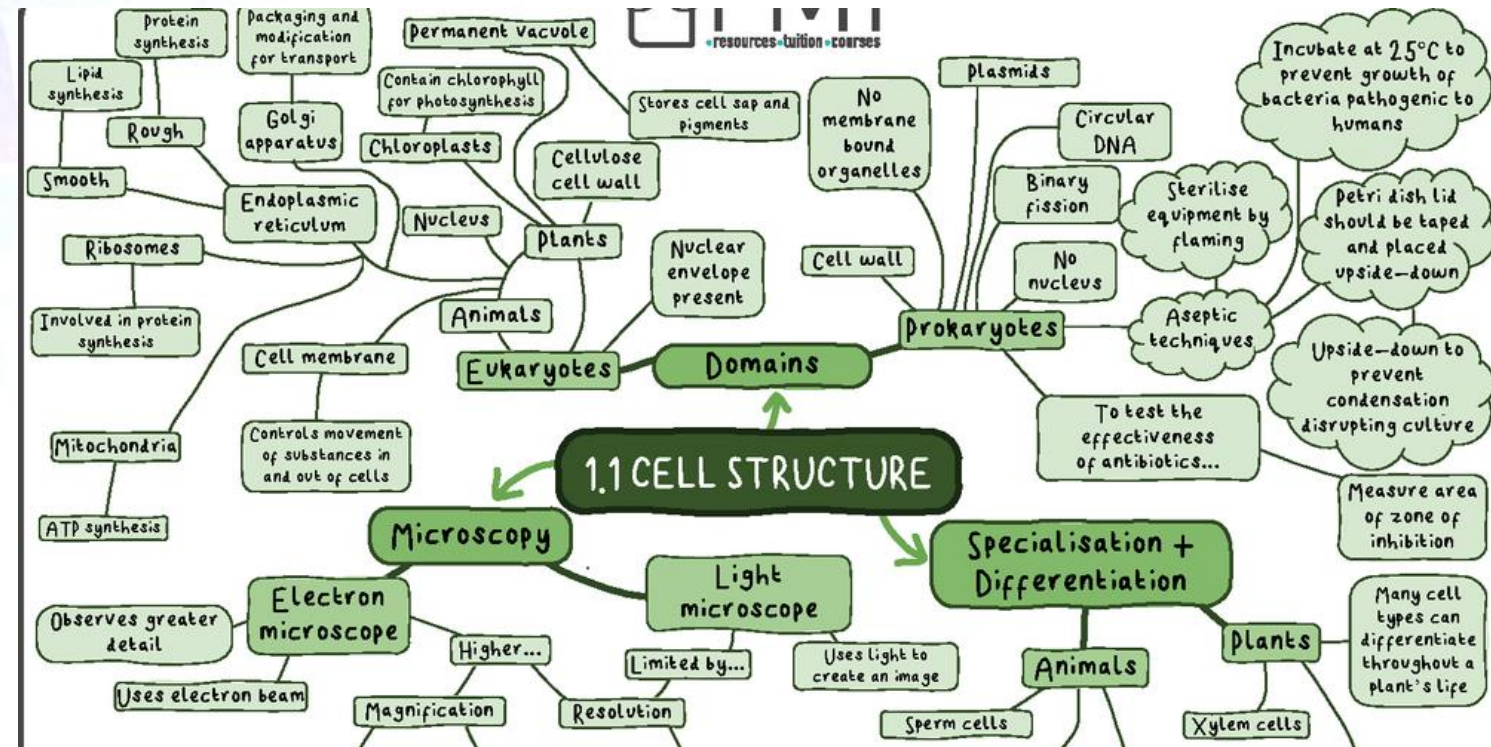
## Selection... Strategy 2: Interleaving

Rather than covering topics in one big block over a series of hours/days, mix up the order of topics you cover.



# Creativity

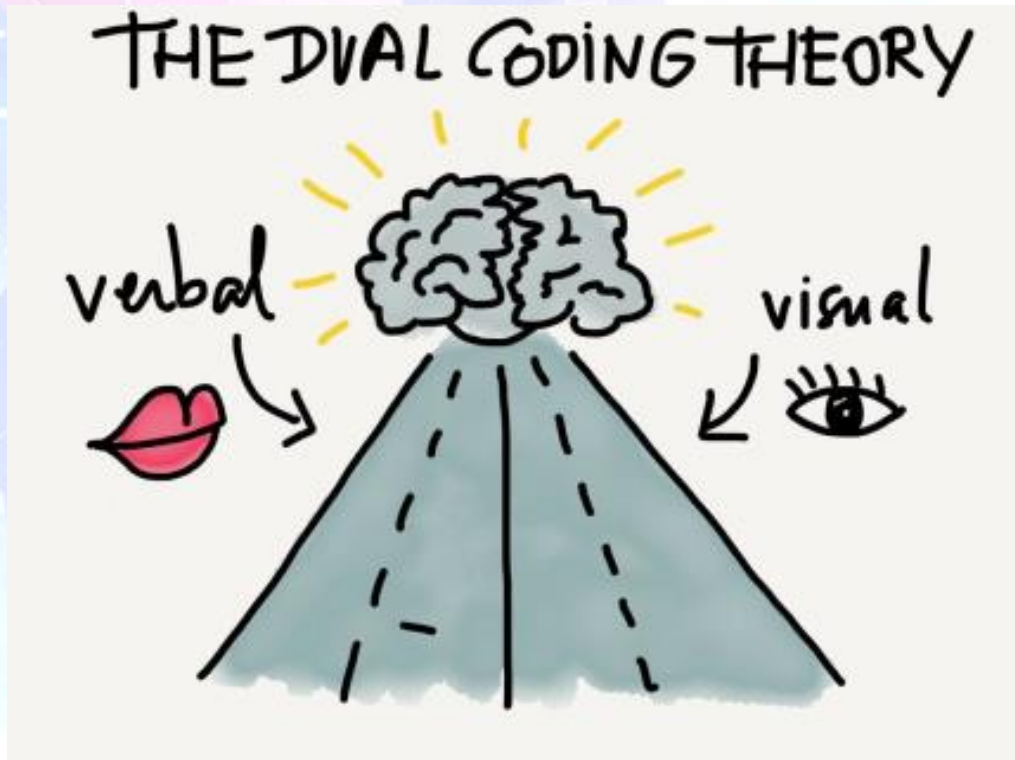
## Strategy 1: Mindmapping & Blurting!



# Revision Basics



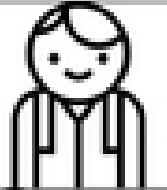
## Creativity Strategy 2: Dual Coding!



'As solitary as an oyster'



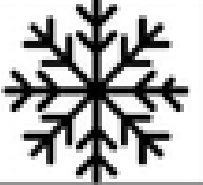
'A solitary boy' / 'merry as a schoolboy'



'As light as a feather'



'foggy' / 'External heat and cold had little influence'



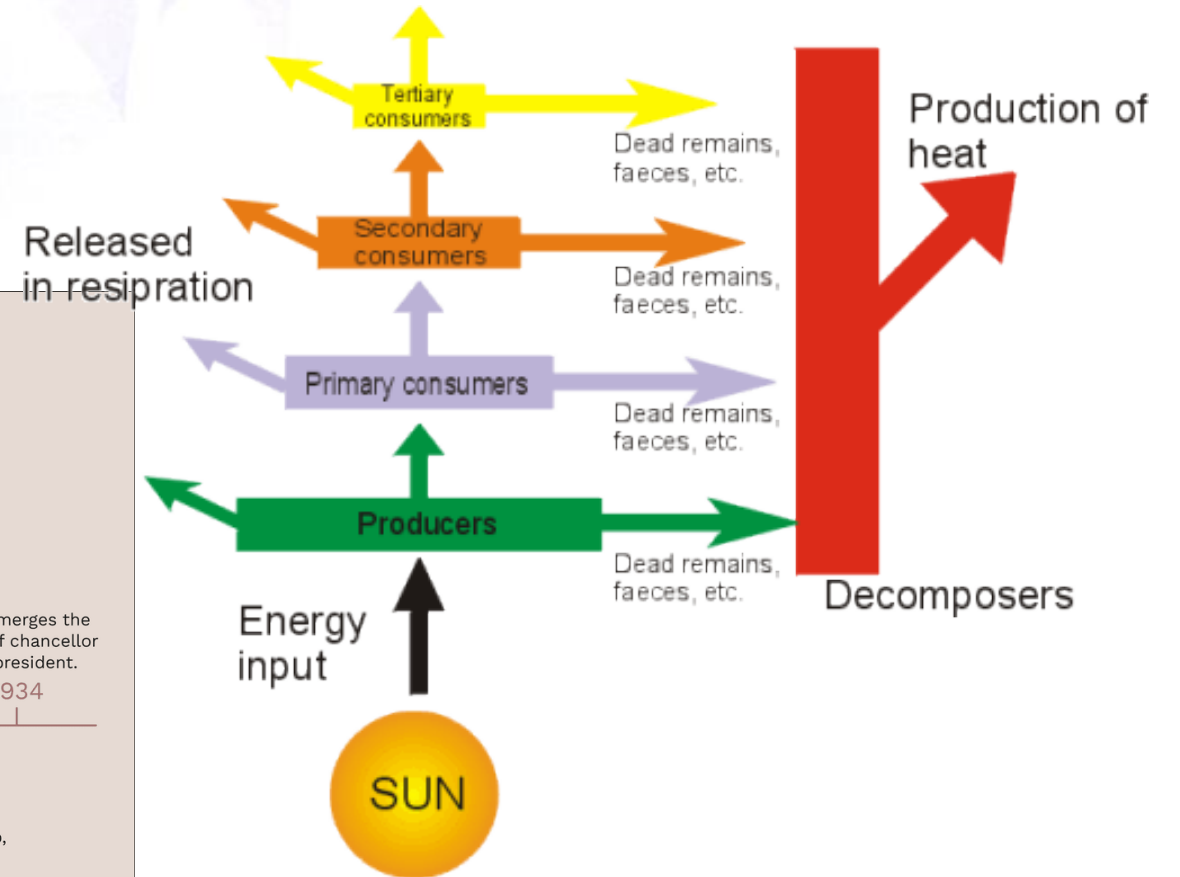
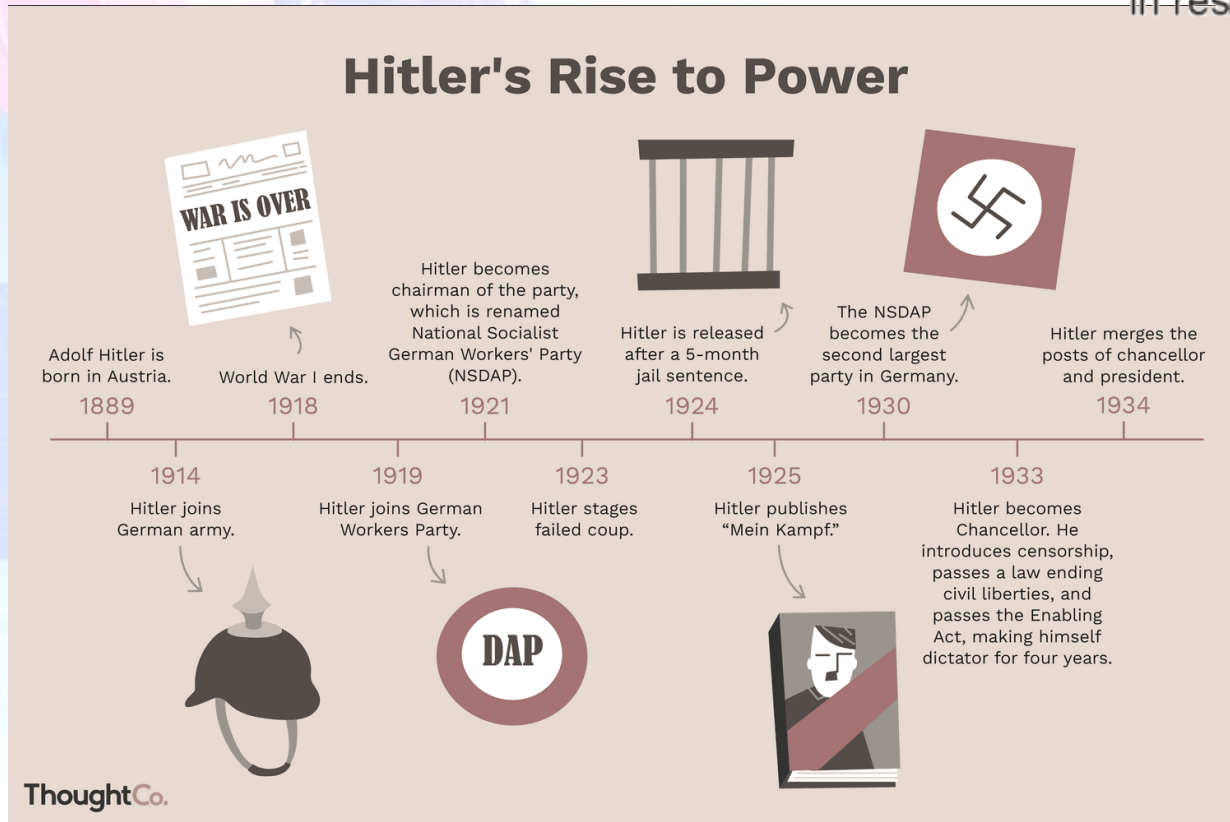
'Tight-fisted hand at the grindstone...'



# Revision Basics



# Creativity Strategy 3: Diagrams!





## Area

- Get rid of **any** and **all** distractions e.g. phone, iPad, music etc.
- If completing revision using a laptop, get rid of any open tabs or programmes that are not related to revision.
- Try to work in an area fit for **learning** e.g. a desk or table.
- Make sure you have the learning resources you need to succeed.
- If working with friends, make sure the group has the discipline to study.



# Repetition

- The key to successful revision is the regular reviewing of material: **actively** and **repeatedly**.
- Sitting and simply reading over notes won't help it to 'stick'; you need to **do something** with the knowledge to learn it, or practise the skill to embed it.



# Revision Basics



## How can you help?

- Short, sharp periods of effective revision.
- Insist on breaks
- Help them to organise a weekly plan and **hold them** to that plan as the week unfolds.
- Encourage careful selection and revisits: what do we **not** know? What is our priority?
- Plan rewards. Make sure they're earned!
- Help them to manage the balance.
- Be there when they want to talk, share, celebrate, moan...

# A WORD ON A.I.

- It's here!
- Your children are likely ahead of us...
- The key is to use this incredible technology to SUPPLEMENT learning, not replace it...



# GCSE Launch Night

What else is out there:



MathsWatch



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A teacher in your pocket!



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## Further information...

Parent/Guardian

Currently viewing  
**Michael**

Apps  
Select an app

- Homework
- Behaviour
- Timetables
- Attendance
- Detentions

Satchel Classes  
This weeks featured classes

Home Notices Updates Explore Settings

### KS4 - Examination Support

Helpful advice to prepare for GCSE exams.

Home > KS4 - Examination Support

A letter has been released addressed to parents and carers of Year 11 students regarding the process of preparing for GCSE's. For details, [click here](#).

**Year 11 Study Skills**

What does effective revision look like?

Revision is about short, sharp bursts of **QUALITY** work.

- Get rid of any and all distractions e.g. phone, iPad, music etc... These could be a reward for completing a quality 45 minutes.
- Decide on your outcome. What are you aiming to KNOW/have achieved in the next 30 minutes. Keep this realistic.
- Work in a space that is not your bed.
- Take regular breaks
- No work post-9pm
- Have a plan...

**Revision Support**

Resources prepared by our teachers to help students with revision



**Year 11 - Launch Night**

Keynote slides from our 'Year 11 - Launch Night' - 29/09/23



**The J**

Keynote slides from

you in helping them to complete effective and vital revision at home. In November we held our Core ing 30-minute sessions across the core subject areas. Led by specialist teachers from English, guidance through the exam specifications and given expert advice on how to support your child in the



**Wigan MHST Presentation**



**Support for Exams**

FRED LONGWORTH HIGH SCHOOL

CPOMS SatchelOne Staff & Student Email WisePay

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## Freddie's Focus

For Parents & Carers

Issue 74 February 2, 2024

### Things to celebrate

- This week, our Y9 students have been involved in Options Assemblies where they have been hearing about the wide range of GCSE courses available to them. This is to inform their options choices in the coming weeks.
- On Friday, a group of our Year 10 GCSE students attended a performance at The Edge in Wigan as part of their GCSE Drama course.
- Rehearsals are continuing for our upcoming and highly anticipated school production of 'The Addams Family'. Tickets are selling fast!

***"I'm struggling, I've no  
motivation, I don't care"***

***"When you know  
your WHY you'll  
know your WAY"***

**Michael Hyatt**



***"I'm a parent, this is  
my job"***





**Belonging Engaging Succeeding TOGETHER**