

# The Journey to GCSE

FRED LONGWORTH  
HIGH SCHOOL



Welcome

THANKS FOR COMING



## Aims of the evening:

- To provide you with key information about the important and exciting **year + 10 weeks** 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;

# YEAR 10-11 ROADMAP



The PROM!  
Friday 27<sup>th</sup> June 2025

TBC – Best Dressed Day!

June: The end of the GCSE exams!

13

May: Final GCSE Examinations begin

February: Examination Practice week

February – A secret event: Year 11 Only!

April: Languages Speaking Exams

March: Art and Photography Exams

February: Construction Exams

12

10

December: Mock Examinations

College applications due by the Christmas break

11

25<sup>th</sup> January: Parents' Evening

November: Careers Day at Leigh Sports Village

After Christmas, 16 school weeks until the final exams!

9

November: Core Examinations Event for students and parents. 6pm.

8

19<sup>th</sup> July: Finish for Summer holidays!

7

10<sup>th</sup> July: College Taster Days



11<sup>th</sup> July: Final reports published

WC 14<sup>th</sup> June: Y10 Mock Examinations

From February, only 14 months until the final exams!

9<sup>th</sup> May: iMedia exam

17-19<sup>th</sup> April: Catering Exams

5

Let's begin...

27<sup>th</sup> March: Y10 Parents' Evening

4



1

8<sup>th</sup> February : Year 10 'Journey to GCSE' Night

2



7<sup>th</sup> March: Reports published

3

WC 18<sup>th</sup> March: Work Experience Week

# Our Relationship

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# The Journey to GCSE

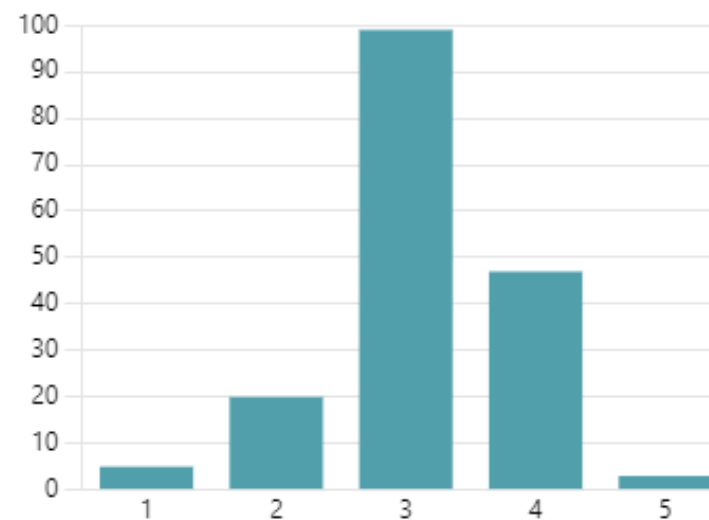
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## What would we like parents and carers to know?

1. How do you feel your progress through your GCSE courses is going? Give a rating out of 5 (1 being the lowest, 5 being the highest). (0 point)

3.13  
Average Rating



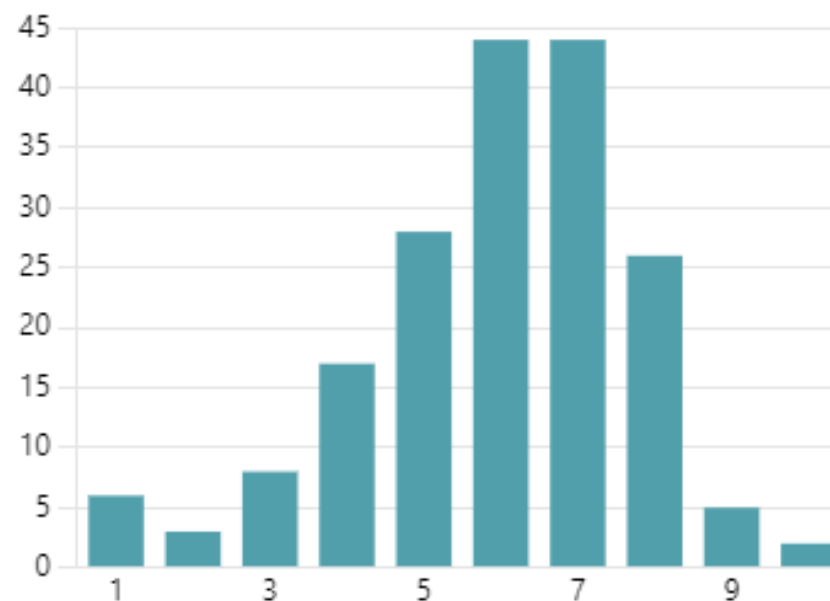
# The Journey to GCSE



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

2. Out of 10, how confident do you feel that you will be successful in your GCSEs? (0 point)

5.95  
Average Rating



# The Journey to GCSE



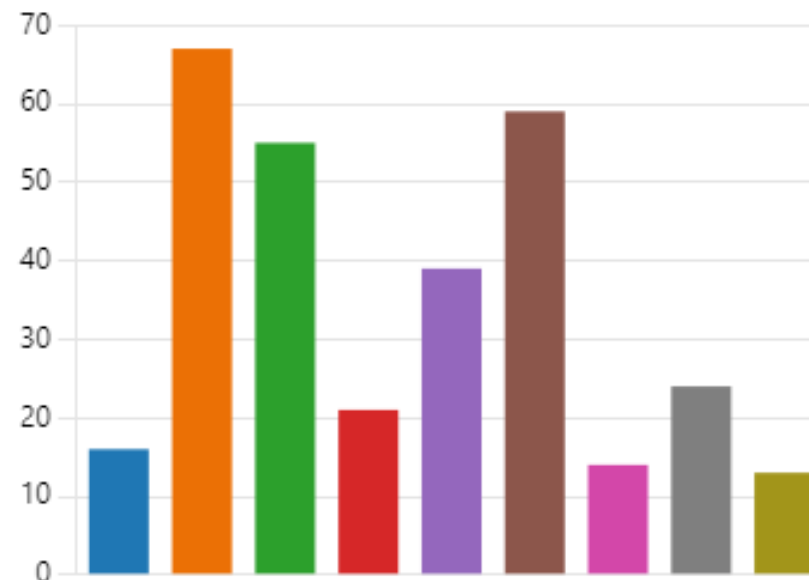
## What would we like parents and carers to know?

3. How are you feeling about approaching your final 15 months at Freddie's? (Tick up to 3 of the following)

(0 point)

[More Details](#)

● 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

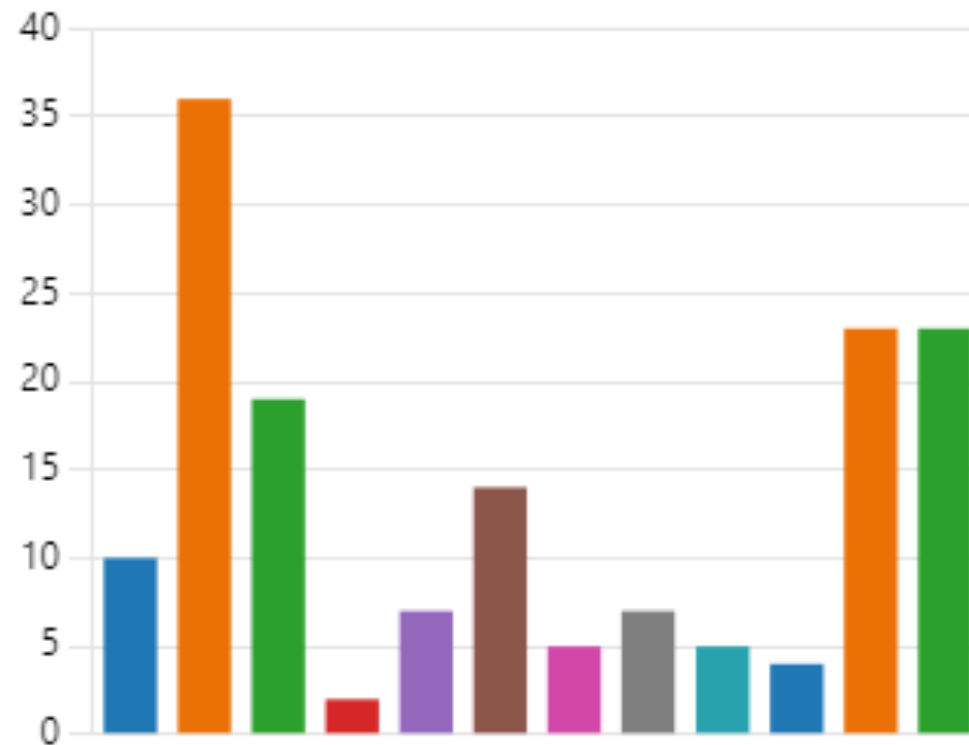


# The Journey to GCSE



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



### Highest Weekly Rewards:



Keira H, Nat M = 18

Sam H = 17

Alex T, Jasmine L,

Anya B = 16

### Attendance:

176 students remain on 99-100%!

# 11 School Weeks to go!

(It's all to play for!)

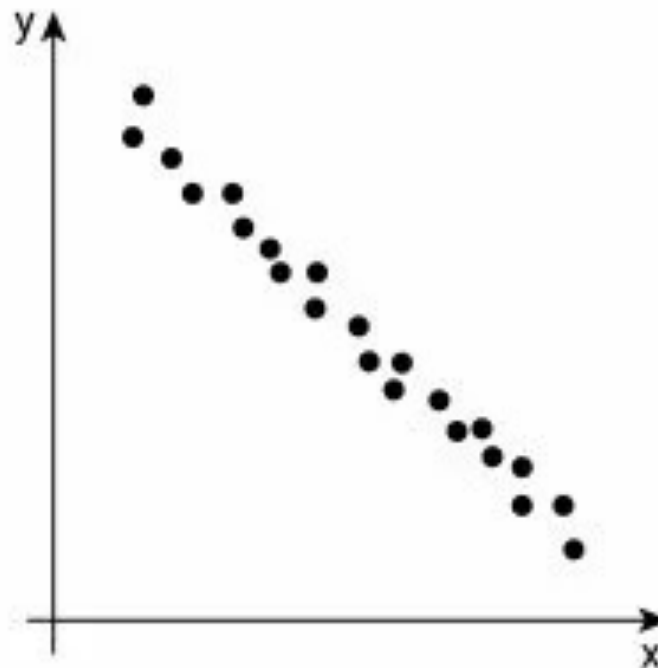
### Weekly Reminders:

1. A questionnaire has been emailed in preparation for next week's assembly.
2. Inflatables fun event this Friday in the Sports Hall. 3:00 (3:15pm) – 5pm
3. Please take advantage of the after school revision sessions that are now up and running.
4. Friday form time – dedicated study time. Come prepared.
5. Addams Family – tickets now available and selling fast!

**Examination top tip:** You must **know** your candidate number for each exam.

# An urgent national crisis: The number of children missing school soars

Attendance during one school year	Equivalent Days Missed
95%	9 Days
90%	19 Days
85%	29 Days
80%	38 Days
75%	48 Days
70%	57 Days
65%	67 Days



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

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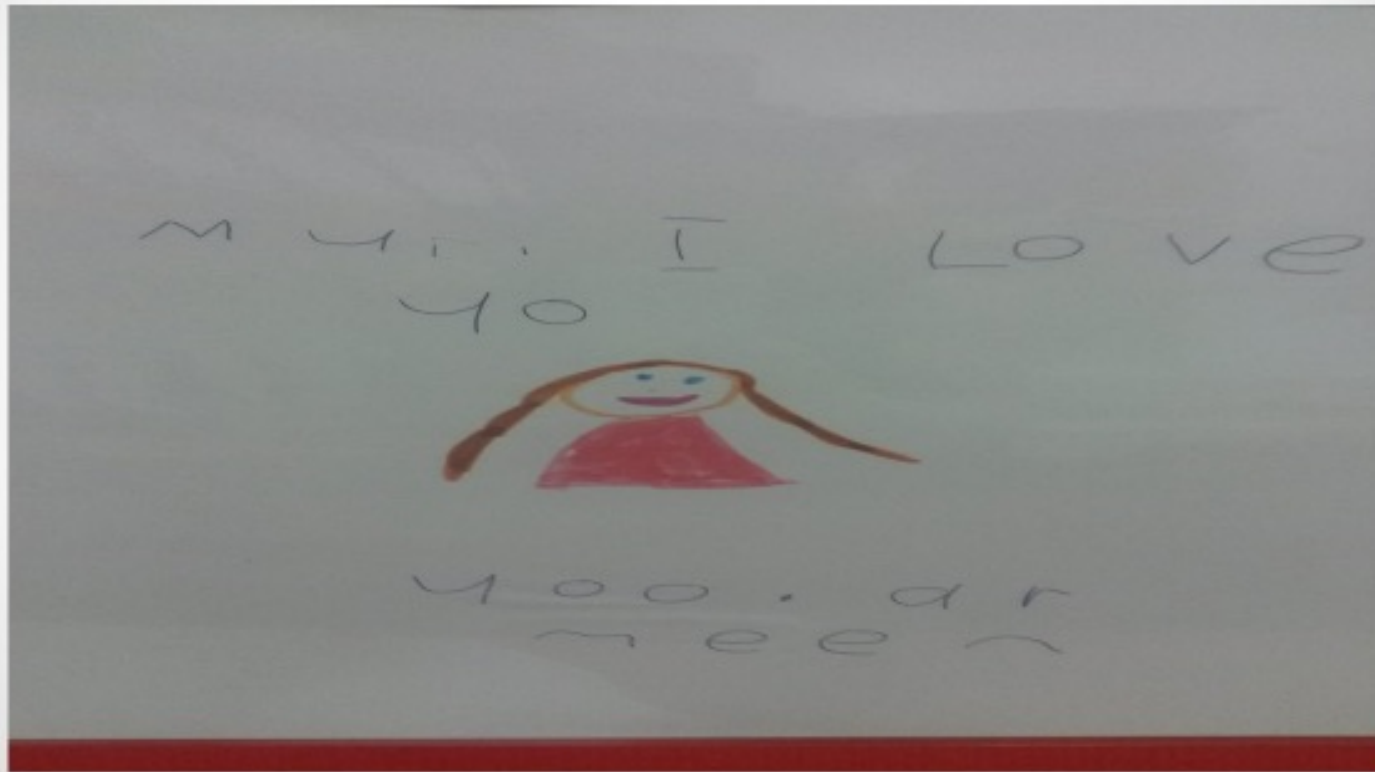


# Parenting your teen through GCSEs

2024

*Belonging, Engaging, Succeeding Together*

# Parenthood in a nutshell!



Remember these shoes?



•

•









# Recognise this?

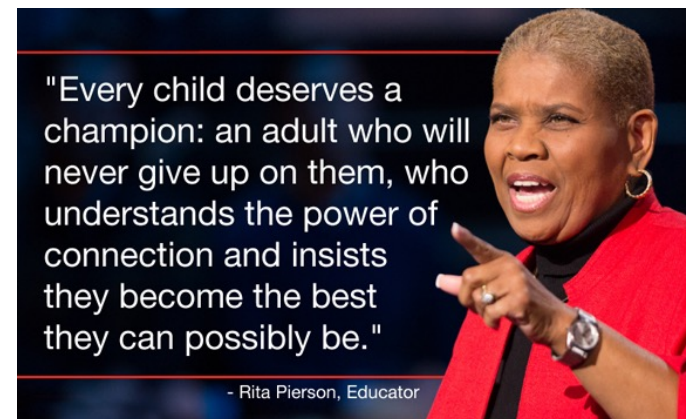
- ***“I can’t do it”***
- ***“I’m rubbish at that”***
- ***I have never been able to and I never will”***
- ***“I don’t know”***
- ***“I don’t get it”***

# Building resilience

## The power of **YET**

**Be the guide from the side**

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



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

## Encouraging talk

*"How was your day?"*

*"What was the best part*

*"What did you learn 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 day
- 67% got between 2 to 4 hours sleep during the week
- 85% regularly check their phones every two minutes
- 82% of respondents said they had their phone confiscated
- 95% of respondents said they had their phone confiscated
- 97% reported that they had their phone confiscated
- 70% discussed their phone use with their carers
- 98% said that they had their phone confiscated
- 96% said that they had their phone confiscated
- 85% spend between 4 to 6 hours a day online

■ Balance

■ Role modelling

■ Positive Interactions

■ Summer Term Online Safety training for parents and carers

Eat, sleep, exercise, it's ok to be a teen

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

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



*'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...."

**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**

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 drop .....*”
- *“I only need English, Maths and Science to get into college”*
- *“ I’ve got no homework tonight”*
- *“ I don’t know where to start, everything is pecking my head”*
- *“ I’m struggling, I’ve just got no motivation, I don’t care”*
- *“ I don’t know how to revise”*

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

**Michael Hyatt**

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

8. Do you think any of the following would be useful **for you** in Year 11?

- Quiet revision support space for... 64
- Support with how to revise
- A mental health support group 20
- A mentor to help keep you on t... 33
- Early careers support 25
- Advice on managing workload a... 45
- Walk and Talk exams (where you... 50
- Parental/carer events where you... 21

Tuesday – Fridays. Gen 1. Year 11 only.  
The revision trolley! Our ask: 4/5 lunchtimes.  
Lost learning? Staff can refer.

Proactive strategies to support wellbeing.  
**Thursday** form time. Mrs Ward and Mrs Naylor  
(Mental Health Lead)

Pastoral and academic mentor system.  
However, our pledge: **every** child has a champion.

Mrs Cross – Careers Advisor.  
Every student will have a one-to-one meeting.  
Careers events & lesson until Christmas

# The Journey to GCSE

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

8. Do you think any of the following would be useful **for you** in Year 11?

- Quiet revision support space for... 43
- Support with how to revise 61
- A mental health support group 11
- A mentor to help keep you on tr... 29
- Early careers support 12
- Advice on managing workload a... 23
- Walk and Talk exams (where you... 19
- Parental/carers events where you... 12

Pastoral timetable =  
Focussed KS4 Study Skills with exploration  
of effective revision strategies.

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

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Revision. What do we do, and how can you help?



Organisation,  
Selection, Creativity,  
Association,  
Repetition

# Revision Basics



## Organisation

Revision is about short, sharp bursts of QUALITY work.

- 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.
- Decide on your **outcome**. What are you aiming to KNOW/have achieved in the next 30 minutes. Keep this **realistic**.
- Ideally, work in a space that is **not your bed**.
- 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:	<b>Swimming</b>	Subject: Topic: _____ Outcome:	Subject: Topic: _____ Outcome:
<b>Revision session one</b> _____ (e.g. 6 - 6:45 PM)	<b>Band practice</b>	Subject: Topic: _____ Outcome:	Subject: Topic: _____ Outcome:	Subject: Topic: _____ Outcome:	<b>Family time</b>

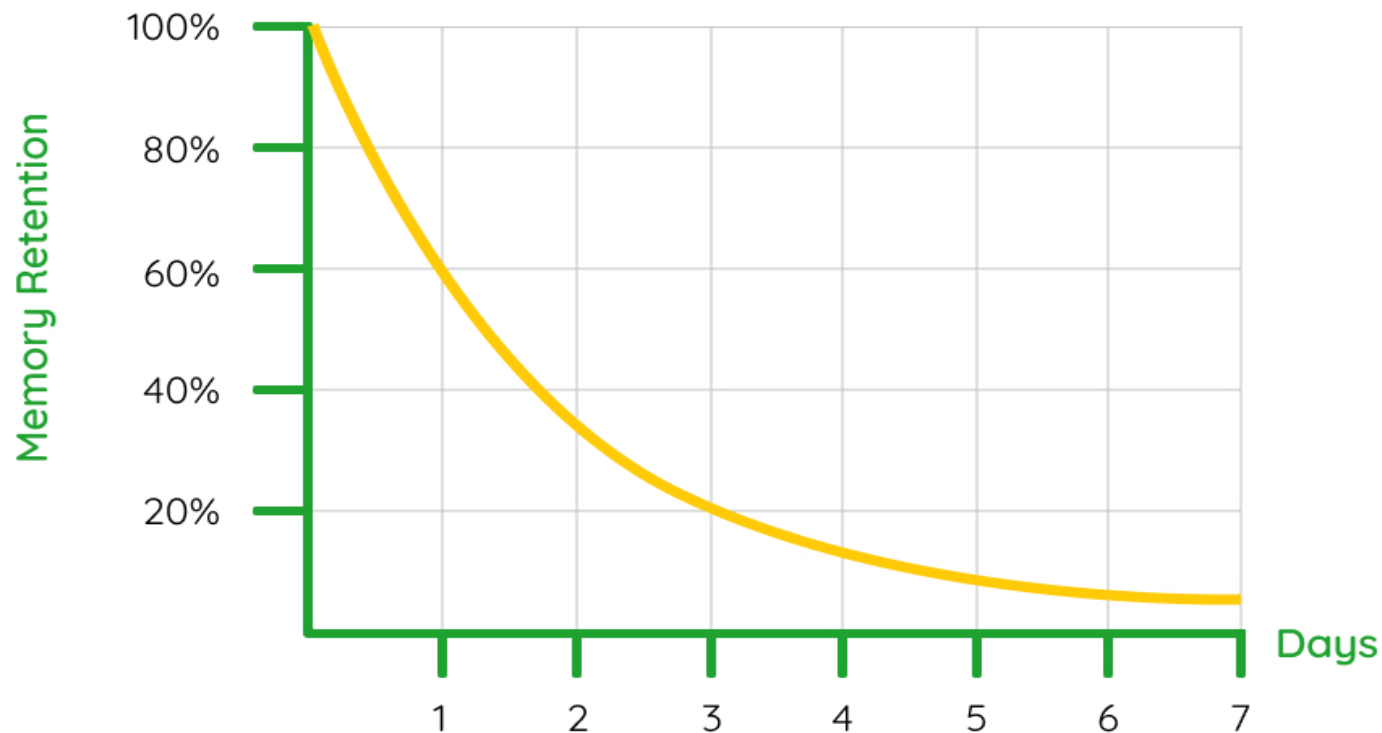
# How do we revise well?



## Selection

### Strategy 1: Spaced Learning

#### THE FORGETTING CURVE





# How do we revise well?



## 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...

# How do we revise well?



# Selection

## Strategy 1: Spaced Learning



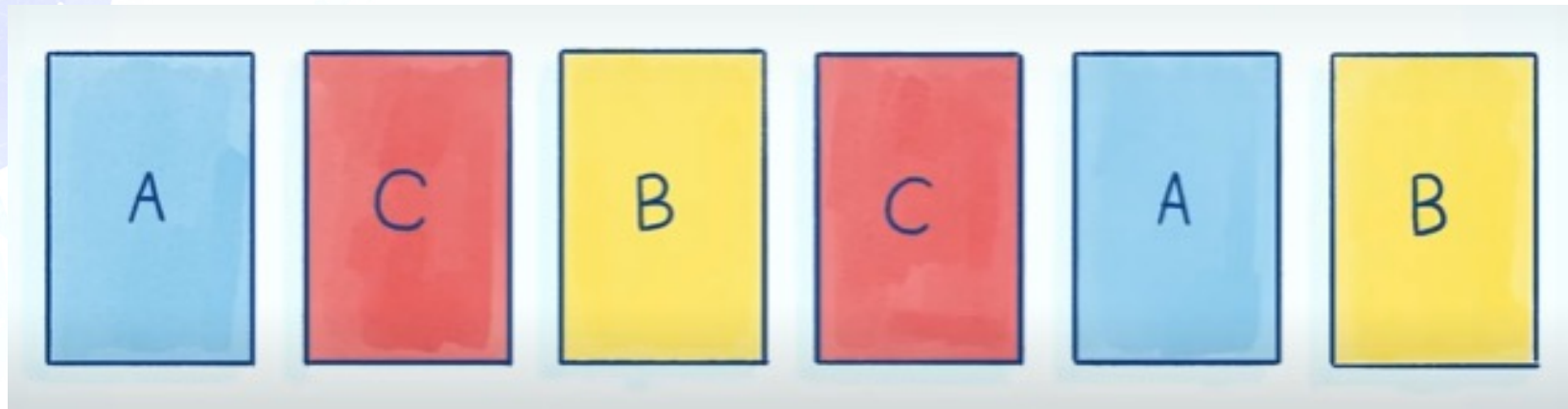
## How do we revise well?



# 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.

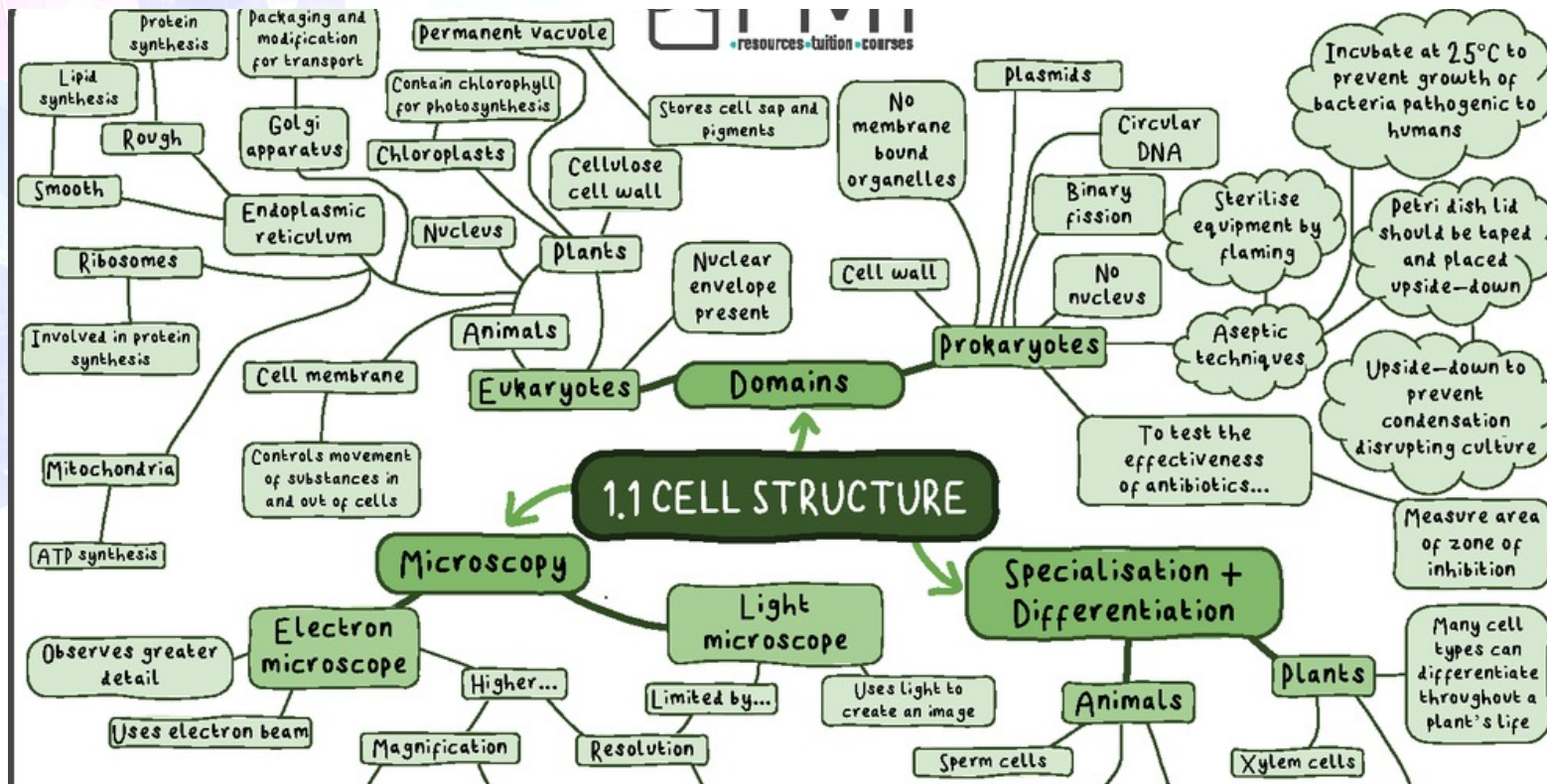


# Revision Support



# Creativity

## Strategy 1: Mindmapping & Blurting!



# Revision Support



## Creativity Strategy 2: Dual Coding!

THE DUAL

verbal



'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'



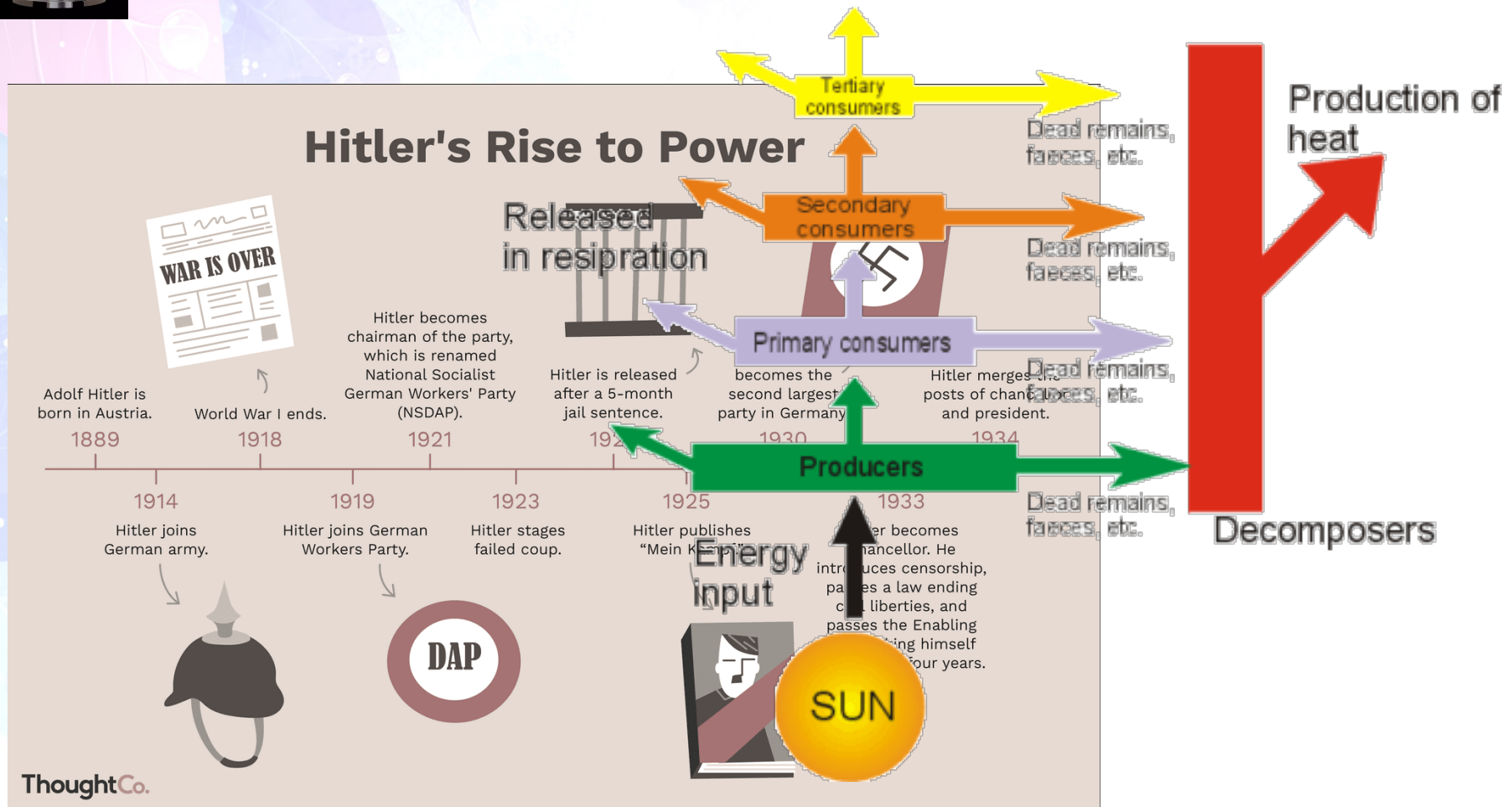
'Tight-fisted hand at the grindstone...'



# Revision Support



# Creativity Strategy 3: Diagrams!

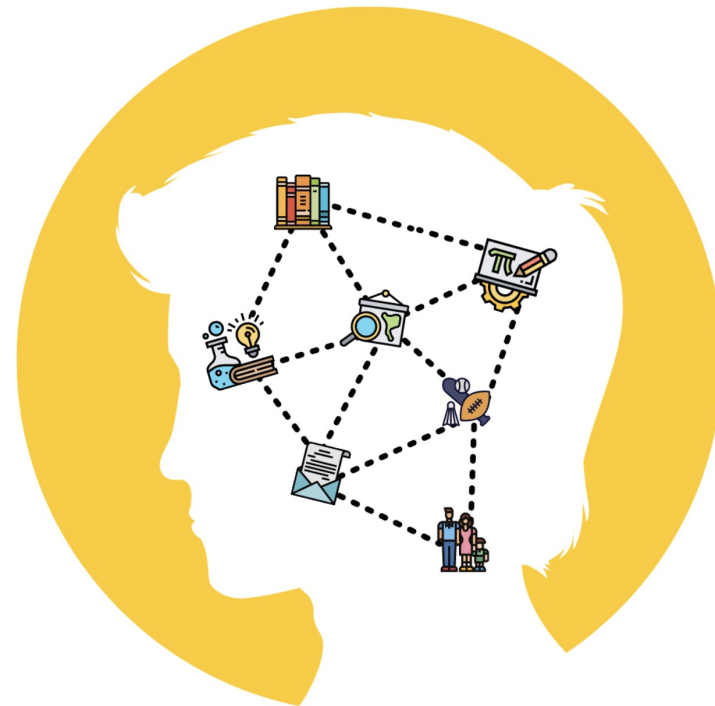


# Revision Support



## O.S.C.A.R.!

# Association



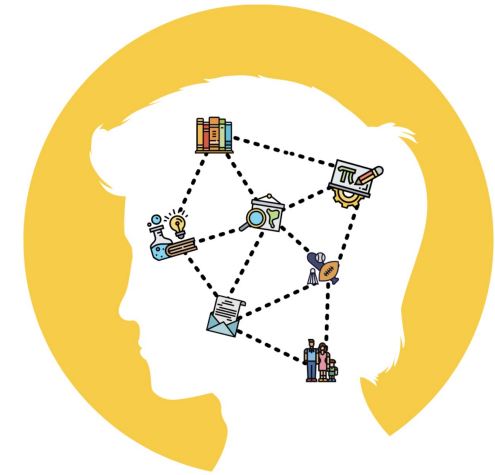
# Revision Support



## O.S.C.A.R.!



# Association



- Association involves direct or indirect links between themes, topics, ideas, theories, models, your world and other resources.



## Revision Support

# Association

- Associate information with your practical experience or other topics by applying your learning and linking them.

### The cost of living crisis



Tiny Tim

# Revision Support

## O.S.C.A.R.!



# 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.

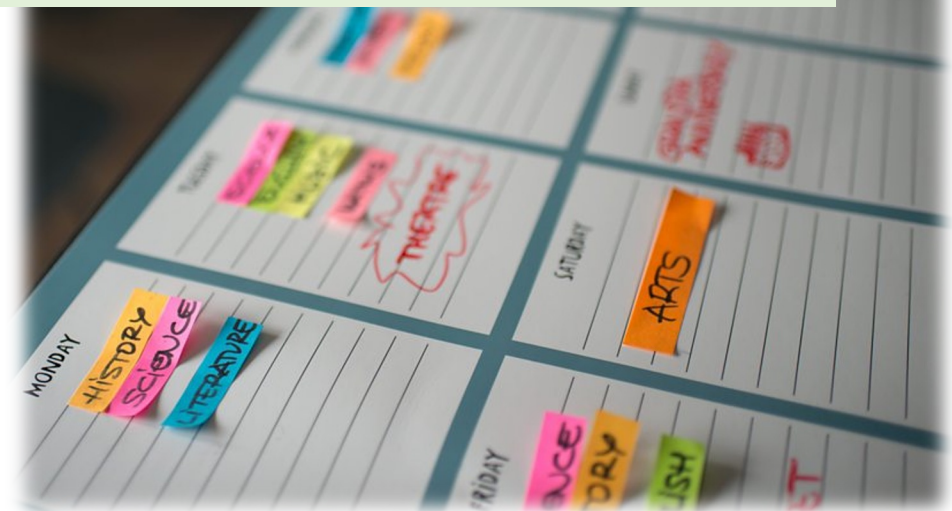
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## How can you help?

- 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!
- Be there when they want to talk, share, celebrate, moan...



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What else is out there:



gcsepod  
education on demand



MathsWatch



SENECA



TikTok

You

Tube

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A teacher in your pocket!



gcsepod  
education on demand

# The Journey to GCSE

Further information...



The screenshot displays the school's website interface. At the top left, a 'Parent/Guardian' section shows a profile for 'Michael'. Below this are 'Apps' for Homework, Behavior, Attendance, and Detention. A 'Satchel Classes' section is also visible. The main content area features a 'Year 11 - Examination Support' banner with the text 'Helpful advice to prepare for GCSE exams.' Below the banner is a 'YEAR 11 ROADMAP' section with the following events:

- 28<sup>th</sup> June: The PROM!
- TBC - Best Dressed Day!
- 19<sup>th</sup> June: The end of the GCSE exams!
- 9<sup>th</sup> May: GCSE Examinations begin

The roadmap also includes two circular icons with the numbers '11' and '10'.