



Thursday 30th January

Year 10 Aiming High Evening

Mr Skipp – Headteacher
Mrs Howe – Deputy Headteacher
Ms Ellis – Pastoral Progress Lead for Year 10

Headteacher's Welcome

To **encourage** and
support every
student to **aim for**
brilliance in
everything they do.

Aspirational
Confident
Supported
Happy
Successful
Proud

“Parents/ carers play a crucial role in supporting their children’s learning, and **levels of parental engagement are consistently associated with better academic outcomes.**

Evidence suggests that **effective parental engagement can lead to learning gains** of +3 months over the course of a year.”

Education Endowment Foundation 2018

THANK YOU

To **encourage** and
support every
student to **aim for**
brilliance in
everything they do.

The Highest Expectations of
Potential

The Highest Expectations of
Engagement

The Highest Expectations of
Behaviour and treatment
of others

What are you aiming for?

To **encourage** and **support** every student to **aim for brilliance** in everything they do.

A Levels?
Vocational Courses?



Apprenticeships?
University?

What will help you get there?

What are we talking about?

- How parents and carers can support their child
- Independent study & aspiration
- The importance of attendance (and sleep!)
- Help and support available



Think about....



On your post it note, I would like you to think about.....

- Students – How aspirational am I in my lessons?
- Parents / Carers – How aspirational is your child in their lessons?

ASPIRATION - 'a hope or ambition of **achieving** something.'

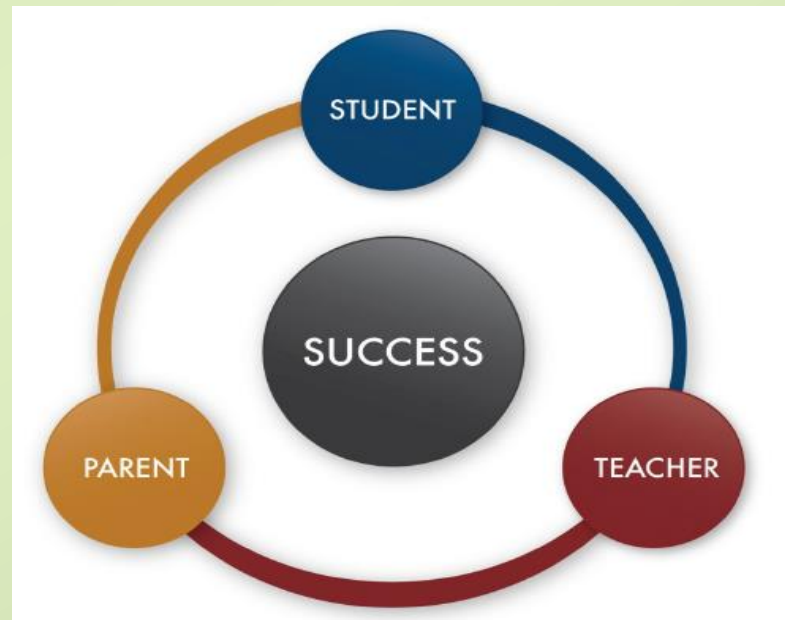
1. Not being very aspirational, will do bare minimum

10. Very aspirational and always wanting to push myself in every lesson

Working Together

- Tutor
- Teachers
- Student Support Team
- PPL
- Attitude to learning
- Independent learning

- Keep us informed if there are any changes that might impact on school
- Keep us informed if there are any weekend incidents that may impact on school



- Class Charts
- Emails
- Phone calls
- Lessons

What can I do?

1. Wellbeing



4. Independent Study

2. Lessons

3. Homework

STAYING WELL

A top-down view of a person sleeping in a bed. The person is wearing a white t-shirt and blue and white checkered pajama pants. They are lying on their side, facing right, with their head on a light blue pillow. The bed has light blue sheets and a matching blanket. The background is a soft, out-of-focus light blue.

- IT IS RECOMMENDED BY THE NATIONAL SLEEP FOUNDATION THAT 14 TO 17 YEAR OLDS SHOULD HAVE 8 – 10 HOURS OF UNINTERRUPTED SLEEP EVERY NIGHT.

Staying well

Not getting enough sleep or having sleep difficulties can:

- Limit the ability to learn, listen, concentrate and solve problems
- contribute to acne, other skin problems, weak hair and fragile nails
- Lead to aggressive, inappropriate behaviour and a short temper
- Craving for sugar which will lead to further dehydration
- Contribute to illness/feeling run down (sore throats, tonsillitis, coughs and colds)



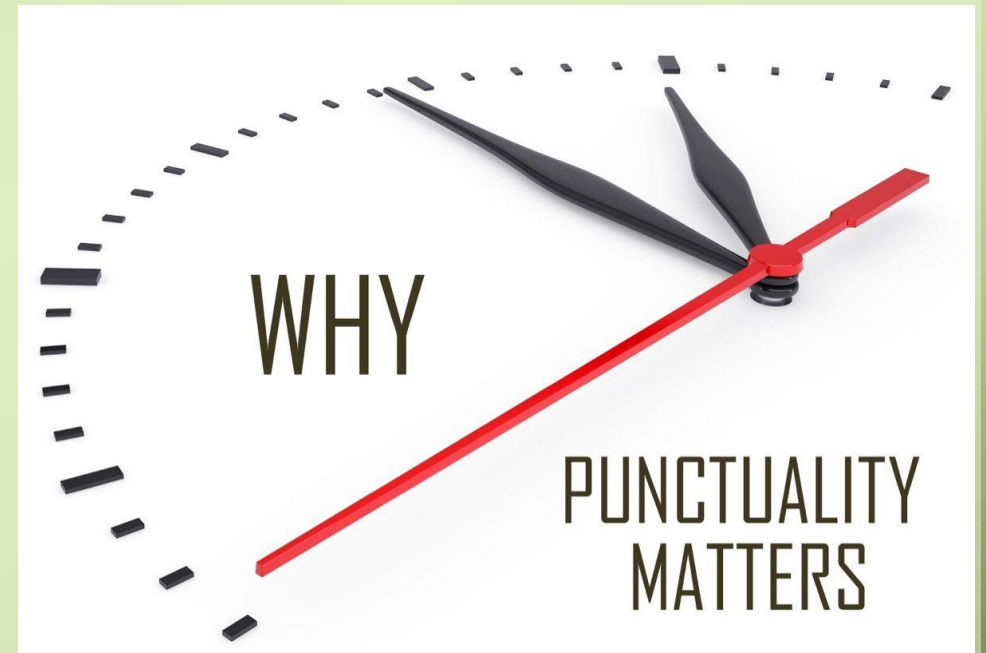
Attendance/Punctuality

Punctuality

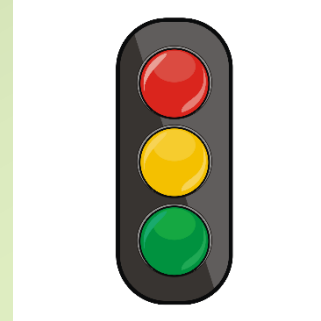
- Arrive by 8:40am for line up and on time for lessons
- Parents informed of persistent lateness
- Sanctions issued for ongoing lateness

Attendance

- **96%** is target for everyone
- Please avoid holidays in school time
- Any absence should be phoned in on **01454 862952** or emailed:
attendance@chippingsodburyschool.com
- Students feeling ill during the day should go to First Aid rather than phone home



Attendance Process



96% or above – no concern

93% or less than 96% - Tutor Attendance Meeting

90% or less than 93% - PPL Attendance Meeting

Less than 90% - significant concern
- start of legal process – Supportive
Attendance Meeting

ABSENCE FROM SCHOOL

Children are required by law to attend school 190 days per year. The Government states that every pupil's attendance should be at least 95%.

How do YOU measure up?

Attendance	Days Absent	Weeks Absent	Lessons Missed
95%	9 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	11.5 Weeks	290 Lessons
65%	67 Days	13.5 Weeks	340 Lessons

MISTAKES
HELP ME LEARN

FEEDBACK IS
VALUABLE

IS THIS
MY BEST WORK?

I IMPROVE
WITH PRACTICE

GROWTH



FIXED

I WANT TO
AVOID MAKING
MISTAKES

I'LL NEVER BE
THAT SMART

I KNOW
BEST

THIS IS
GOOD
ENOUGH



We

ASPIRE

to be **brilliant**
in everything
we do by...



Asking and answering questions

Stretching ourselves and supporting others

Presenting ourselves and our work with pride

Independently learning

Resiliently tackling challenges

Engaging with 100% effort

Family
effort



Who can you talk to?

Safeguarding Team



DSL – Mrs Howe



DDSL – Mrs Emms



DDSL – Miss Mayes



DDSL – Ms Phillips



DDSL – Ms Gosling



DDSL – Mrs Payne



PPL Year 10 – Ms Ellis



PPL Year 11 – Mr Hallett

Heads of House



Severn – Mr Atkinson



Tyrm – Mr Evans



Avon – Ms Grinham



Frome – Mr Pugh

Your Tutor

Ms Ellis



PPL for Year 10 – Ms Ellis

**Please join us in one
of our smaller rooms**



SUPER 7 Study



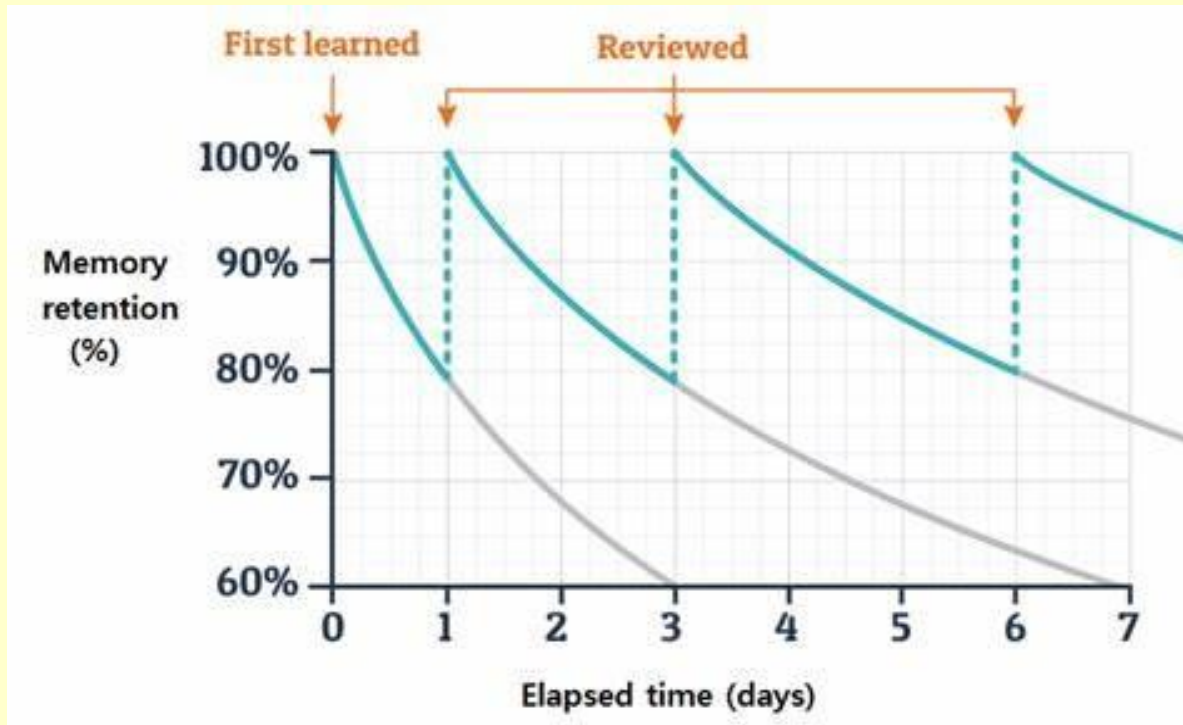
A guide to super effective study at home

Repetition is the key...



- When we learn new information it makes the first connection in the brain, but this can be weak, lost or forgotten
- The information must be repeated in a variety of ways and numerous times in order for it to be retained and to form memories

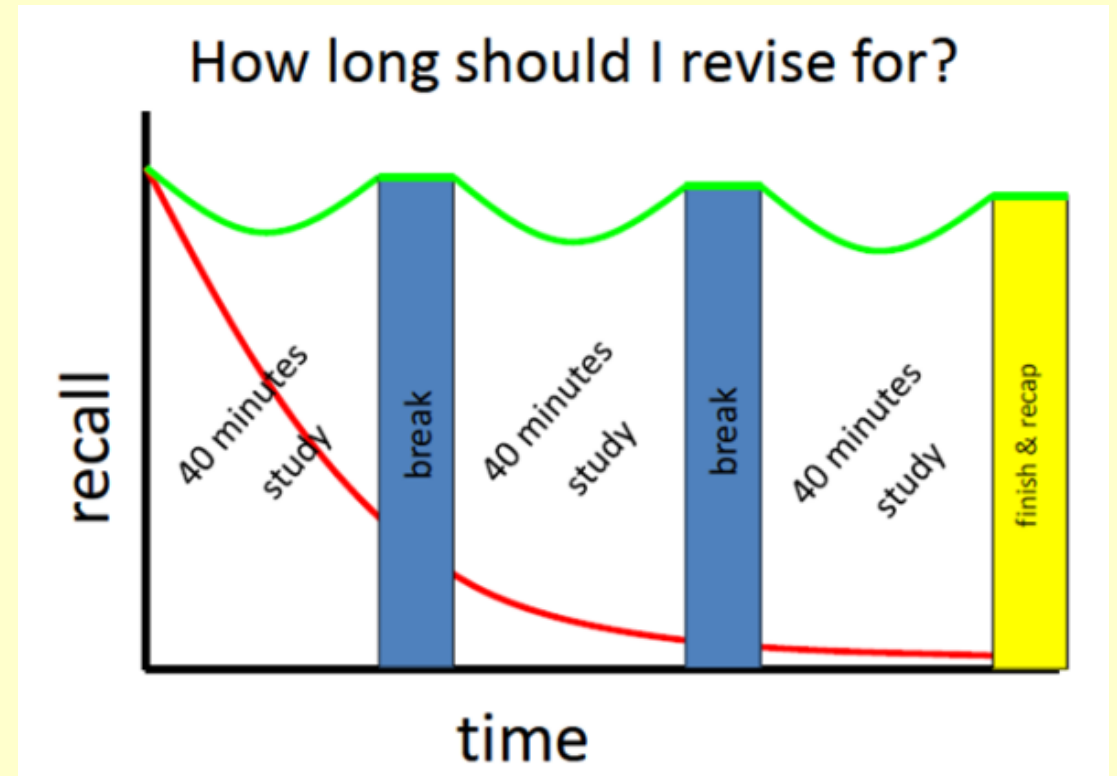
The forgetting curve....



- Research shows that it is best to revise for short periods, frequently
- Revisit topics several times
- Testing yourself forces your brain to try and retrieve information
- If we don't test ourselves we forget information.....

Little and often....

- ✓ Take regular breaks
- ✓ Have a snack and drink of water to hand
- ✓ Move in between
- ✓ Music can be helpful
- ✓ Put the phone away and IF it's a revision tool monitor this!



Making a revision timetable

Revision Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30pm					
4:00pm					
4:30pm					
5:00pm					
5:30pm					
6:00pm					
6:30pm					
7:00pm					
7:30pm					
8:00pm					
8:30pm					
9:00pm					

	Saturday	Saturday		Sunday	Sunday
9:00am		3:30pm		9:00am	3:30pm
9:30am		4:00pm		9:30am	4:00pm
10:00am		4:30pm		10:00am	4:30pm
10:30am		5:00pm		10:30am	5:00pm
11:00am		5:30pm		11:00am	5:30pm
11:30am		6:00pm		11:30am	6:00pm
12:00pm		6:30pm		12:00pm	6:30pm
12:30pm		7:00pm		12:30pm	7:00pm
1:00pm		7:30pm		1:00pm	7:30pm
1:30pm		8:00pm		1:30pm	8:00pm
2:00pm		8:30pm		2:00pm	8:30pm
2:30pm		9:00pm		2:30pm	9:00pm
3:00pm				3:00pm	

WHEN shall I revise? WHAT shall I revise?

Revision Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30pm					
4:00pm					
4:30pm					
5:00pm					
5:30pm					
6:00pm					
6:30pm					
7:00pm					
7:30pm					
8:00pm					
8:30pm					
9:00pm					

Saturday		Saturday		Sunday		Sunday	
9:00am		3:30pm		9:00am		3:30pm	
9:30am		4:00pm		9:30am		4:00pm	
10:00am		4:30pm		10:00am		4:30pm	
10:30am		5:00pm		10:30am		5:00pm	
11:00am		5:30pm		11:00am		5:30pm	
11:30am		6:00pm		11:30am		6:00pm	
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1:00pm		7:30pm		1:00pm		7:30pm	
1:30pm		8:00pm		1:30pm		8:00pm	
2:00pm		8:30pm		2:00pm		8:30pm	
2:30pm		9:00pm		2:30pm		9:00pm	
3:00pm				3:00pm			

	Monday	Tuesday	Wednesday	Thursday	Friday
16.30-17.00	Chill time	MSN/Internet	Out with friends	Chill time	Chill time
17.00-17.30	Homework/coursework	Homework/coursework	Out with friends	Homework/coursework	DT
17.30-18.00	Homework/coursework	Homework/coursework	Out with friends	Homework/coursework	DT
18.00-18.30	Tea	Tea	Tea	Tea	History
18.30-19.00	Maths	FOOTBALL TRAINING	Homework/coursework	PE	History
19.00-19.30	History	FOOTBALL TRAINING	ATC	PE	Maths
19.30-20.00	History	FOOTBALL TRAINING	ATC	Eastenders	Tea
20.00-20.30	Eastenders	FOOTBALL TRAINING	ATC	Maths	Eastenders
20.30-21.00	Science	English	ATC	German	Out with friends
21.00-21.30	Science	English	ATC	German	Out with friends
21.30-22.00	Science	English	RE	German	Out with friends

Is this realistic?
What would you change?

Could you set up a timetable for the weekend?

Are you ready to revise?

Let's have a go at making one!

Revision Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30pm					
4:00pm					
4:30pm					
5:00pm					
5:30pm					
6:00pm					
6:30pm					
7:00pm					
7:30pm					
8:00pm					
8:30pm					
9:00pm					

Put in **study support**, **time to eat**, **social time**, **chill time** and **hobbies/activities/clubs**

Every day find, on average, **FOUR half hour slots a day to study** (two hours in total)

Across the week, **write the subjects in** - include 4 x English, Maths and Science and your other subjects

For a perfect plan write the **topic/question/skill** you will study

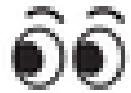
The Super 7 revision methods

- 1) Look, Say, Cover, Write, Check
- 2) Video tutorials (online to on paper!)
- 3) Flashcards and post-its
- 4) Quizzing
- 5) Mindmaps
- 6) Knowledge organiser
- 7) Past paper questions



1) Look, Say, Cover, Write, Check

Look



Say



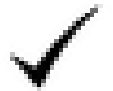
Cover



Write



Check



**“Double, double toil and trouble:
Fire burn, and cauldron bubble.”**

Method 2 – Video Tutorials (from 'online' to 'on paper')



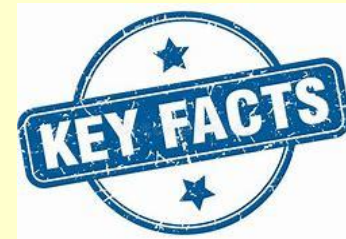
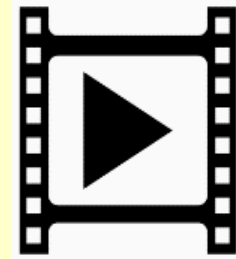
Sparx Science



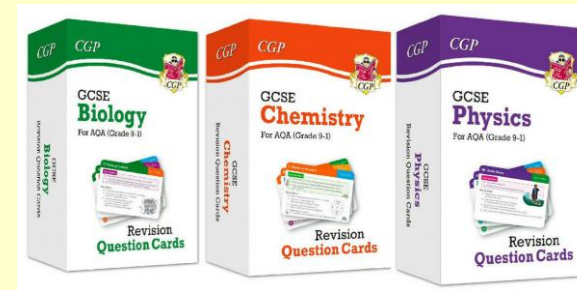
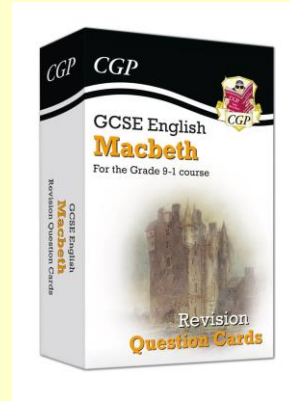
Sparx Maths

2) Video tutorials (from 'online' to 'on paper')

- 1) Get your workbook and **equipment** ready
- 2) **Write** the date and topic (and video number)
- 3) **Watch** the video, stop when needed
- 4) **Take notes** of key facts and formulae
- 5) **Copy** key examples down
- 6) Attempt the **questions**, showing clear workings out where necessary
- 7) **Mark** your work



Method 3 - Flashcards



- ✓ Ready-made ones can be purchased online for all subjects at every age level
- ✓ Check Parent Pay for GCSE sets including Mathematics, or purchase online

Flashcard approaches

Different types of flash card

gapped sentences



synonyms



antonyms



definitions



translations



pictures

English flashcard example

GUILT / DRUNKENNESS ACT 1
AN INSPECTOR CALLS - **ERIC BIRLING** (2)

adverb verb - laugh aloud
"Eric suddenly guffaws. His parents look at him"
unexpected action ← parents' response

When? → response to Sheila warning Gerald to "be careful" about spending all his time away at work and Gerald responds with "Oh - I will, I will"

ANALYSIS why? → awkwardly laughing in response to the expression of love (guilt of Eric) anxious + tense what is he hiding?

o Perhaps Eric knew about Gerald's affair → hides it & he feels he has become part of his family's hypocrisy; favouring male power over female power and hides the truth from Sheila **PATRIARCHY / TRAPPED**

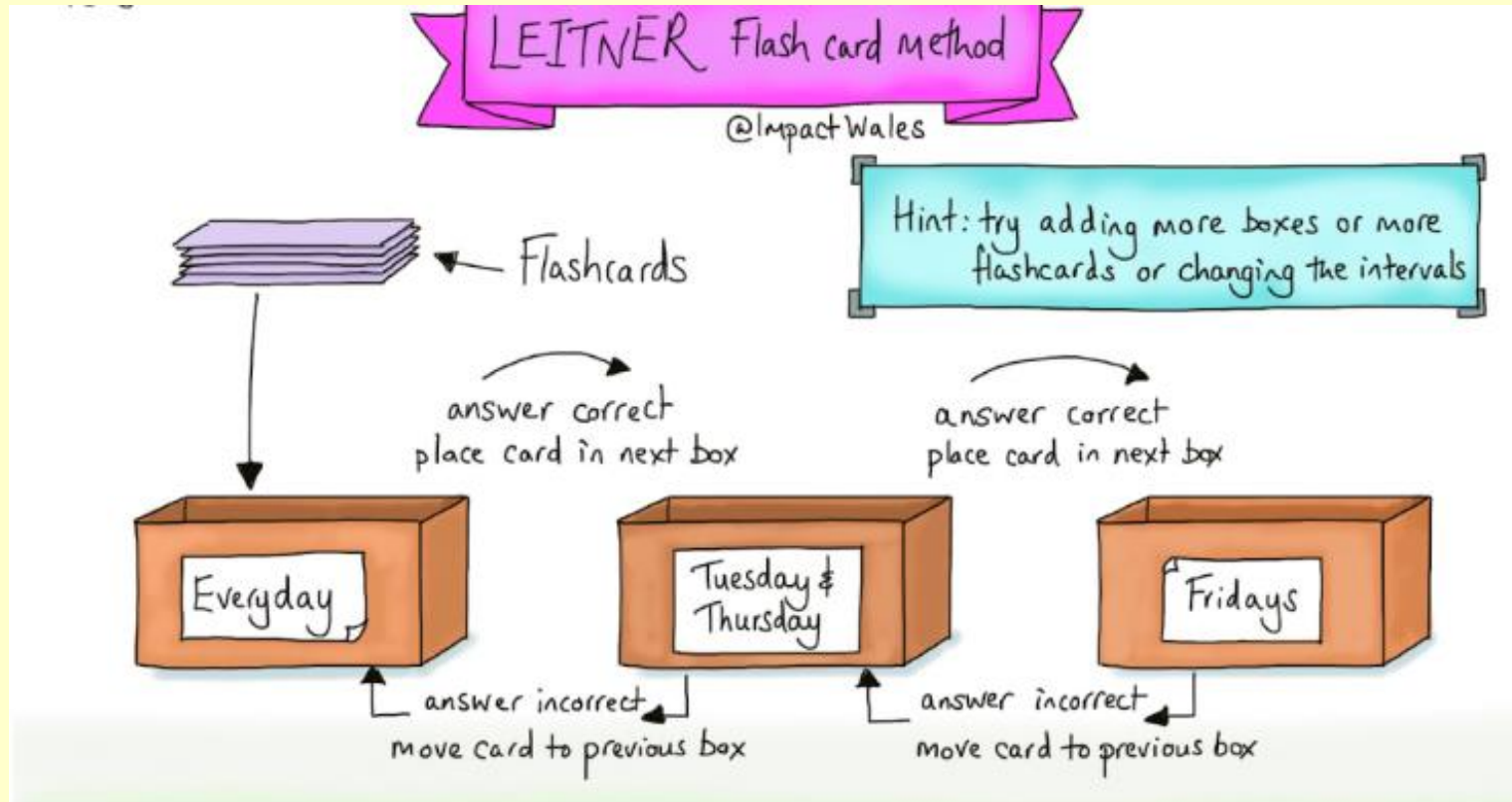
o He is just drunk. but what anxiety + tension are he trying to hide.

Steps to making a flashcard

- 1) Write the topic at the top (number them if there are multiple ones)
- 2) Summarise key facts and formulae
- 3) Include an example
- 4) Add questions and answers on the reverse for others to quiz you!



Flashcards for quizzing



Method 4 - Quizzing

There are so many amazing websites that have in built quizzes!

Watch the video and make notes first :)

[GCSE biology questions - digestion GCSE](#)

[biology revision - BBC Bitesize](#)

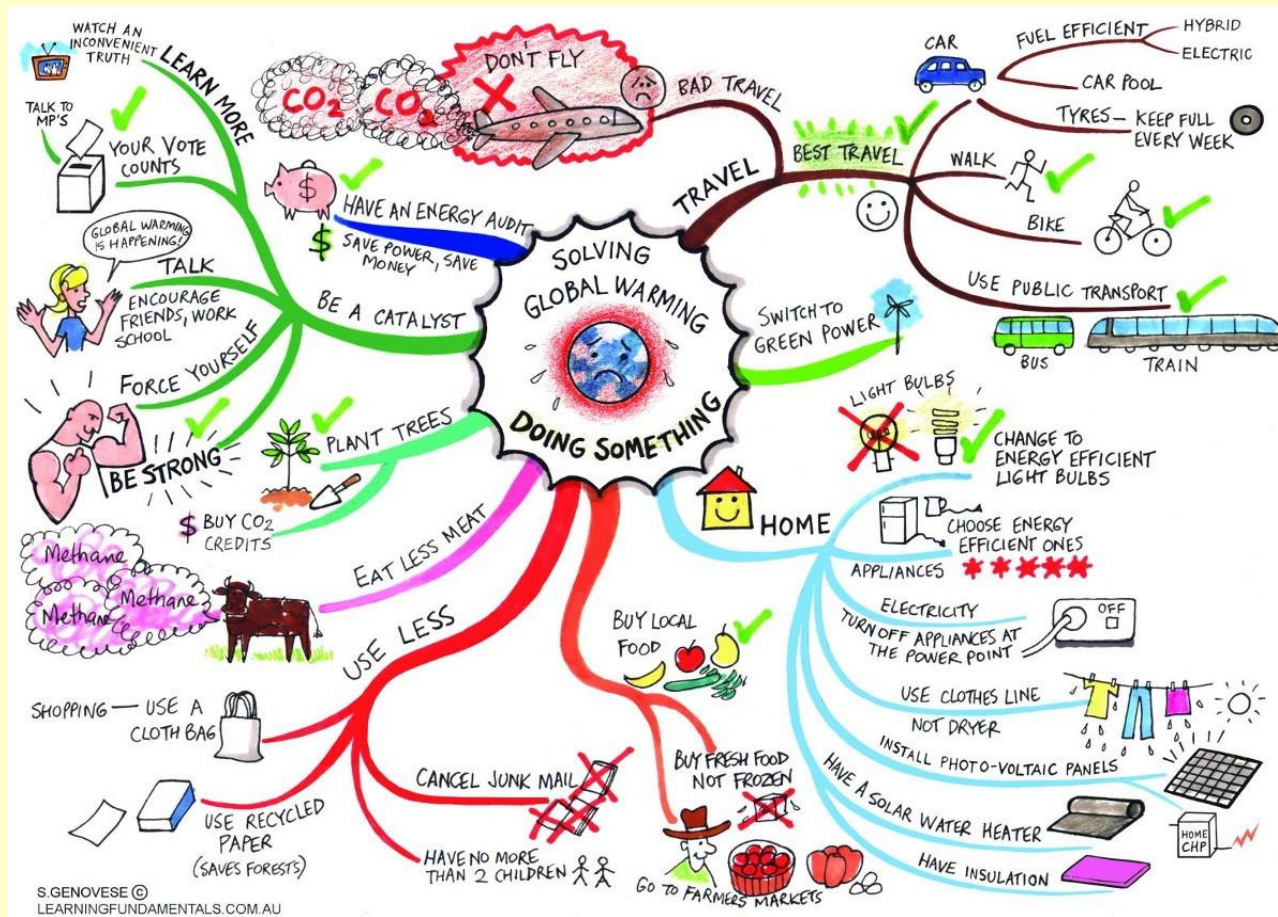
Sparx Science



Sparx Maths



Method 5 - Mind maps



- ✓ The key themes are the main branches
- ✓ Break them down into mini topics
- ✓ Use picture and colour
- ✓ Include words/phrases for prompts

Method 6 - Knowledge Organiser

- ✓ A topic on one page to bring knowledge together
- ✓ Broken down into sub-topics
- ✓ Include key words
- ✓ Can be written by the student OR used by the student

Blood Vessels

-
-
-

Vasodilation | **Vasoconstriction**

Vasoconstriction and Vasodilation

Heart Rate (BPM) vs Time (mins)

Phase	Time (mins)	Heart Rate (BPM)
Rest	0 - 10	~60
Exercise	10 - 22	~140
Recovery	22 - 30	~60

GCSE PE Anatomy and Physiology Part 3

Pathway of Blood

-
-
-
-
-
-

Cardiac Output, Stroke Volume and Heart Rate

Resting Heart Rate:
Stroke Volume:
Cardiac Output:

What happens with exercise?

Resting Heart Rate:
Stroke Volume:
Cardiac Output:

What are Valves?

Systole and Diastole

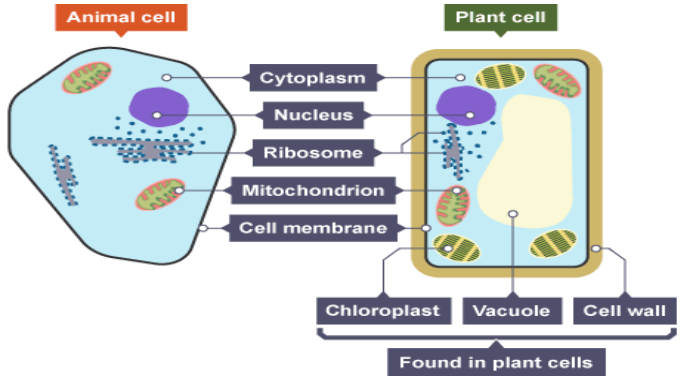
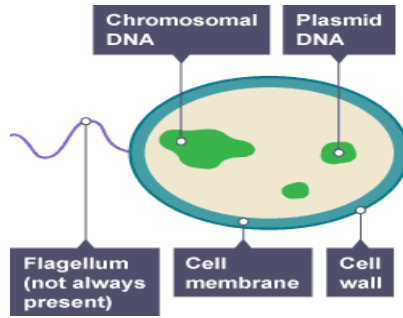
Systole
Diastole

Cell Biology

Section 1- Cell Structure		Eukaryotic Cells		Prokaryotic Cells
Structure	Function	Animal Cells	Plant Cells	Bacterial Cells
1. Nucleus	Contains the genetic information that controls the functions of the cell.	Y	Y	
2. Cell Membrane	Controls what enters & leaves the cell.	Y	Y	Y
3 Cytoplasm	Where many cell activities & reactions happen.	Y	Y	Y
4 Mitochondria	Provides energy from aerobic respiration .	Y	Y	
5 Ribosomes	Make proteins- site of protein synthesis .	Y	Y	Y
6 Chloroplast	Where photosynthesis occurs.		Y	
7 Vacuole	Use to store water & other chemicals as cell sap .		Y	
8 Cell Wall	Strengthens & supports the cell (made of cellulose in plants)		Y	Y
9 DNA Loop	A loop of DNA NOT in a nucleus.			Y
10 Plasmid	A small circle of DNA , may contain genes associated with antibiotic resistance.			Y

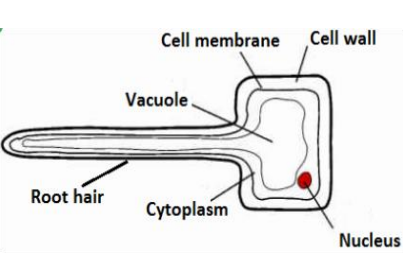
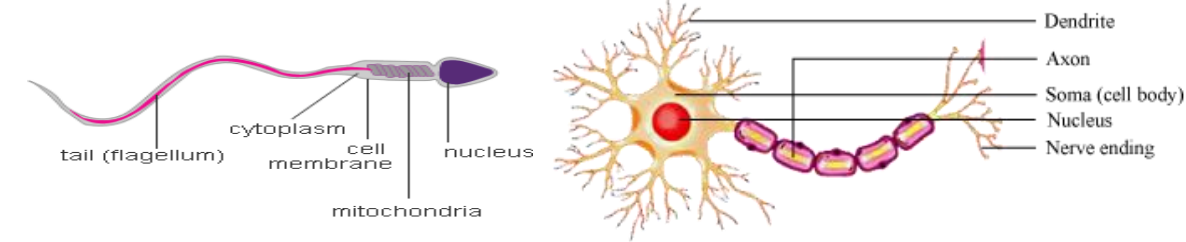
Section 2- Specialised Cells	
Specialised Cell	How structure relates to function
11 Sperm Cell	Acrosome contains enzyme to break into egg, tail to swim. Many mitochondria to provide energy.
12 Nerve Cell	Long to transmit electrical impulses across a distance.
13 Muscle Cell	Contain protein fibres that contract when energy is available, making the cells shorter.
14 Root Hair Cell	Long extension to provide a large surface area for water & mineral absorption- thin cell wall.
15 Xylem Cell	Waterproofed cell wall, cells are hollow to allow water through.
16 Phloem Cell	Some cell shave a lot of mitochondria to give energy for active transport. Some cells have little cytoplasm for sugars to move through easily.

Bacterial Cell



Section 3- Microscopy

17 Magnification	Tells you how many times bigger a microscope makes an object. Magnification = length of magnified object ÷ length of actual object
18 Resolution	The ability of a microscope to distinguish between 2 separate points.
19 Light Microscope	A basic microscope, using light. Can magnify objects ×1500
20 Electron Microscope	A microscope which uses electrons, to magnify images more than a light microscope. Gives greater detail. Can magnify objects ×2,000,000

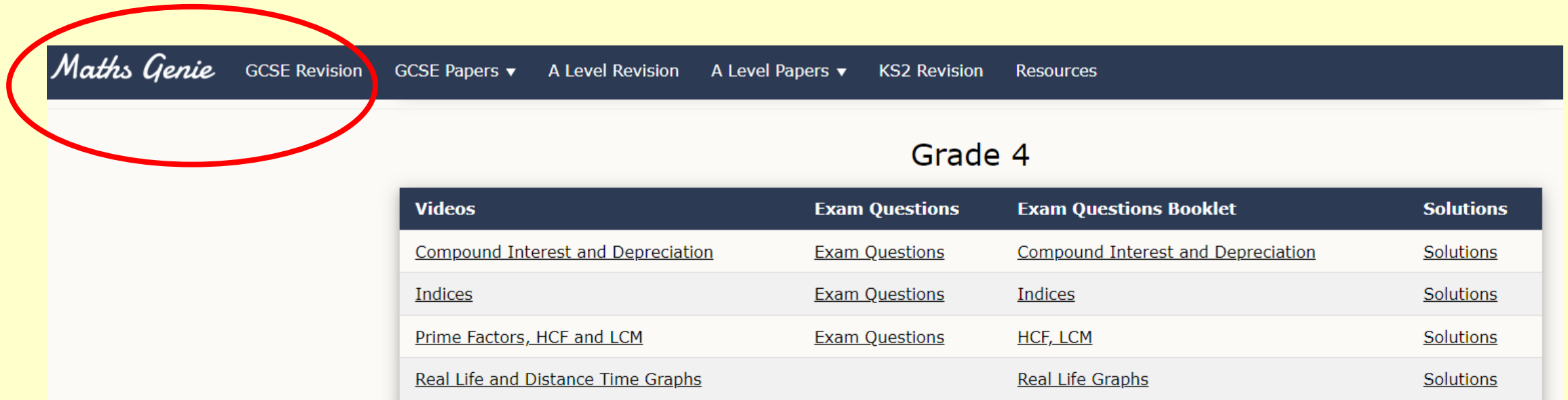


Section 4- Orders of Magnitude

Unit Prefix	Size in Metres	
Centimetre (cm)	0.01m	100 cm= 1m
Millimetre (mm)	0.001m	1000 mm= 1m
Micrometre (µm)	0.000001m	1000000 µm = 1m
Nanometre (nm)	0.000000001m	1000000000 nm = 1m

Method 7 - Past papers

- ✓ It is best to revise a topic THEN attempt an exam question!
- ✓ Make sure you find out the correct exam board first
- ✓ Use the mark schemes to mark your answer
- ✓ Lots of websites have worked examples including help videos



The screenshot shows the Maths Genie website. The navigation bar is dark blue with the logo 'Maths Genie' circled in red. The navigation menu includes: GCSE Revision, GCSE Papers ▾, A Level Revision, A Level Papers ▾, KS2 Revision, and Resources. Below the navigation bar, the page is titled 'Grade 4'. A table lists resources for various topics, with columns for Videos, Exam Questions, Exam Questions Booklet, and Solutions.

Videos	Exam Questions	Exam Questions Booklet	Solutions
Compound Interest and Depreciation	Exam Questions	Compound Interest and Depreciation	Solutions
Indices	Exam Questions	Indices	Solutions
Prime Factors, HCF and LCM	Exam Questions	HCF, LCM	Solutions
Real Life and Distance Time Graphs		Real Life Graphs	Solutions