

Year 11 Information Evening 2



Scan to raise a query or concern with a specific subject



Year 11

Parents' Information Evening

Head of Year 11: Mrs Cotton

Deputy Headteacher/SLT Year 11: Mr D Hood

Not paid for Prom?

Friday 4th July, 7.00 – 11.00pm

Please ensure cash payments are in named envelopes, to Reception
by Friday 28th March.

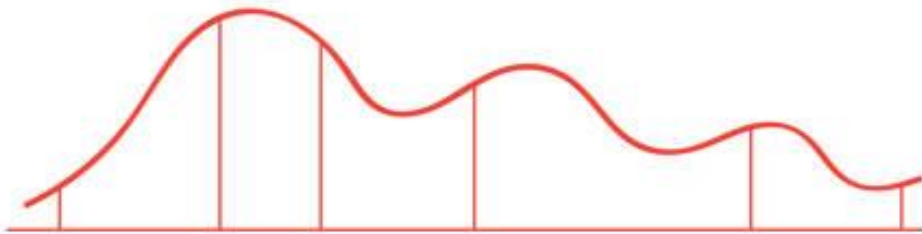
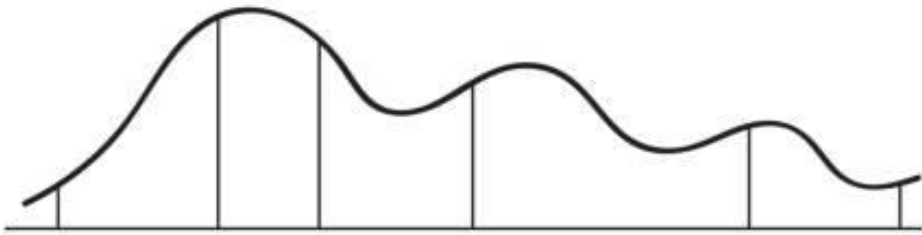
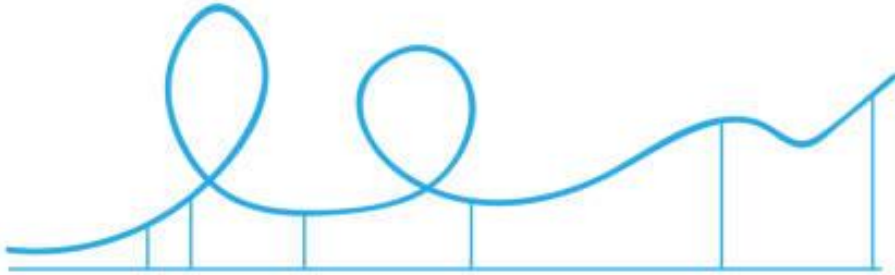
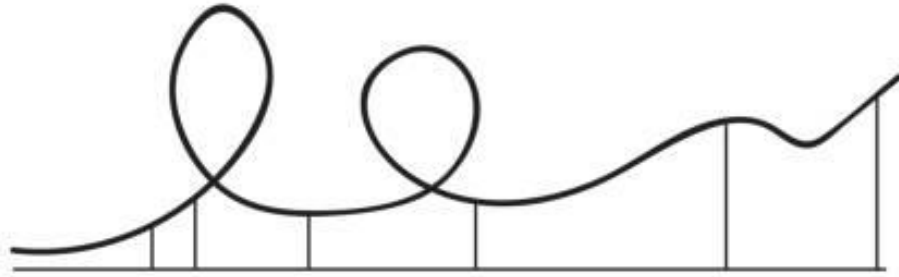


Mr Hood

Deputy Headteacher/SLT Year 11

Mrs Cotton

Head of Year 11



We are almost there, but the steepest climb is yet to come...



Examination Anxiety

How might my child's behaviour be signalling worry they aren't sharing?

- Feel irritable and angry; frustrated
- Tiredness; difficulty sleeping
- Low self-esteem; negative responses and mindsets
- Post 16 avoidance; reluctance with applications and decision making, changes in pathways
- Avoidance of hobbies and socialisation
- Avoidance of revision
- Difficulty sustaining focus and concentration; conversations, revision
- Nausea, headaches, stomach aches, dizziness

Examination Anxiety

How can I support my child?

- **Communication**
- Encouragement: focus on the positives
- Consistency
- **Time: to talk, to take an active role in revision, to reflect and advise**
- Revision expectations and routines
- Calm learning environments
- Monitoring and removal of devices
- Sleeping routines

Student Strategy Support

Student advice and coping strategy
assembly with Educational
Psychologists from Berkshire Mental
Health Support Team

***'Exam Stress and Managing
Anxiety'***



Parent Support Evening

Parent advice evening with Educational
Psychologists from Berkshire Mental
Health Support Team

'Exam Stress and Managing Anxiety'

MER Main Hall

Thursday 24th April

4.00pm – 5.00pm



Parent Support Workshops

Mental Health Support Team Workshop




RAISING YOUR CHILD'S SELF-ESTEEM



Is your child struggling with feelings of low self-worth? **DO THEY:**

- not recognise their strengths?
- compare themselves to others?
- lack self-confidence?

Parents/carers/professionals, join us for advice on how to support your child, or children you work with.

 **Tuesday, 17 June 2025**

 **9.30-11am**

 **Online via MS Teams**

Scan the QR code to book or register your interest for future dates.

Or, email MHST@brighterfuturesforchildren.org



Visit our site for more information about the service
www.brighterfuturesforchildren.org/YPMHST




Mental Health coffee mornings in READING SCHOOLS 2024/25

Come and learn about mental health in a relaxed and informal setting. Understand how mental health might affect your child and learn practical tools to help you support your child through any mental health difficulties they may experience, whether short or long-term.

These informal coffee mornings are run by Amanda Mavunga, Reading MHST CAMHS Senior Clinician at BFfC. Amanda will deliver a presentation followed by an opportunity to ask questions. You can attend any session, even if your child does not attend the hosting school.



*** YOU MAY ATTEND ANY OF THESE SESSIONS AT ANY SCHOOL SPRING TERM**

DATE/TIME	SUBJECT	SCHOOL
13 Jan 2025, 9.15-11.15am	ADHD	Whitley Park Primary and Nursery School
17 Jan 2025, 9.15-11.15am	Managing behaviour (limited to 20 spaces)	E P Collier Primary School (no parking)
22 Jan 2025, 1-3pm	Anxiety	Churchend Primary Academy
30 Jan 2025, 1-3pm	Self-harm and suicidality (limited to 15 spaces)	Geoffrey Field Junior School
3 Feb 2025, 9.15-11.15am	Low mood and depression	St Anne's Catholic Primary School
7 Feb 2025, 9.15-11.15am	Understanding Berkshire CAMHS and neurodiversity service processes (limited to 20 spaces)	Wilson Primary School
12 Feb 2025, 1.15-3pm	Anxiety	Caversham Park Primary School
24 Feb 2025, 1-3pm	Sleep	Whitley Park Primary and Nursery School
6 March 2025, 9.15-11.15am	Autism and anxiety (limited to 15 spaces)	Oxford Road Community School
12 March 2025, 1-3pm	Body image and eating disorders	New Town Primary School
17 March 2025, 1-3pm	Anxiety (limited to 20 spaces)	Wilson Primary School
28 March 2025, 9.15-11.15am	Low mood and depression	Churchend Primary Academy
2 April 2025, 1-3pm	The impact of social media on mental health	Caversham Park Primary School
4 April 2025, 9.15-11.15am	Managing behaviour (limited to 15 spaces)	Geoffrey Field Junior School

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Supporting the mental health of children and young people in Reading schools

WORLD OF EMOTIONS



Parents/carers in Reading are invited to join Brighter Futures for Children's Mental Health Support Team for an 3.5 hour online workshop, helping you understand how to support your child or young person with their wellbeing and mental health development.

The session covers a range of emotions and difficulties including low mood/depression, anxiety, self-harm, disordered eating, challenging behaviour towards others and more.

Other adults closely involved in your child's life, e.g. grandparents/close family friend, are also welcome to attend.

AUTUMN & SPRING TERM 2024-25

- ★ Monday 18 November at 9.30am-1pm
- ★ Monday 27 January at 9.30am-1pm
- ★ Thursday 13 March at 1-4.30pm
- ★ Friday 9 May at 9.30am-1pm

TO BOOK:
Please complete the **MHST referral form** and write 'WoE' in the reason for referral field.



For more information or if you have any queries, email MHST@brighterfuturesforchildren.org

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Examination Anxiety

Avoidance isn't the answer. The anxieties may not *go*, but we can help.

IF YOU CAN...

Support attendance
Communicate with us

THEN WE CAN...

Offer academic intervention
Offer mental health support
Offer wellbeing support
Offer careers advice
Study support
Instil belief
Help them. Help you.

Support

We are here to support you and your child.





GROWTH MINDSET



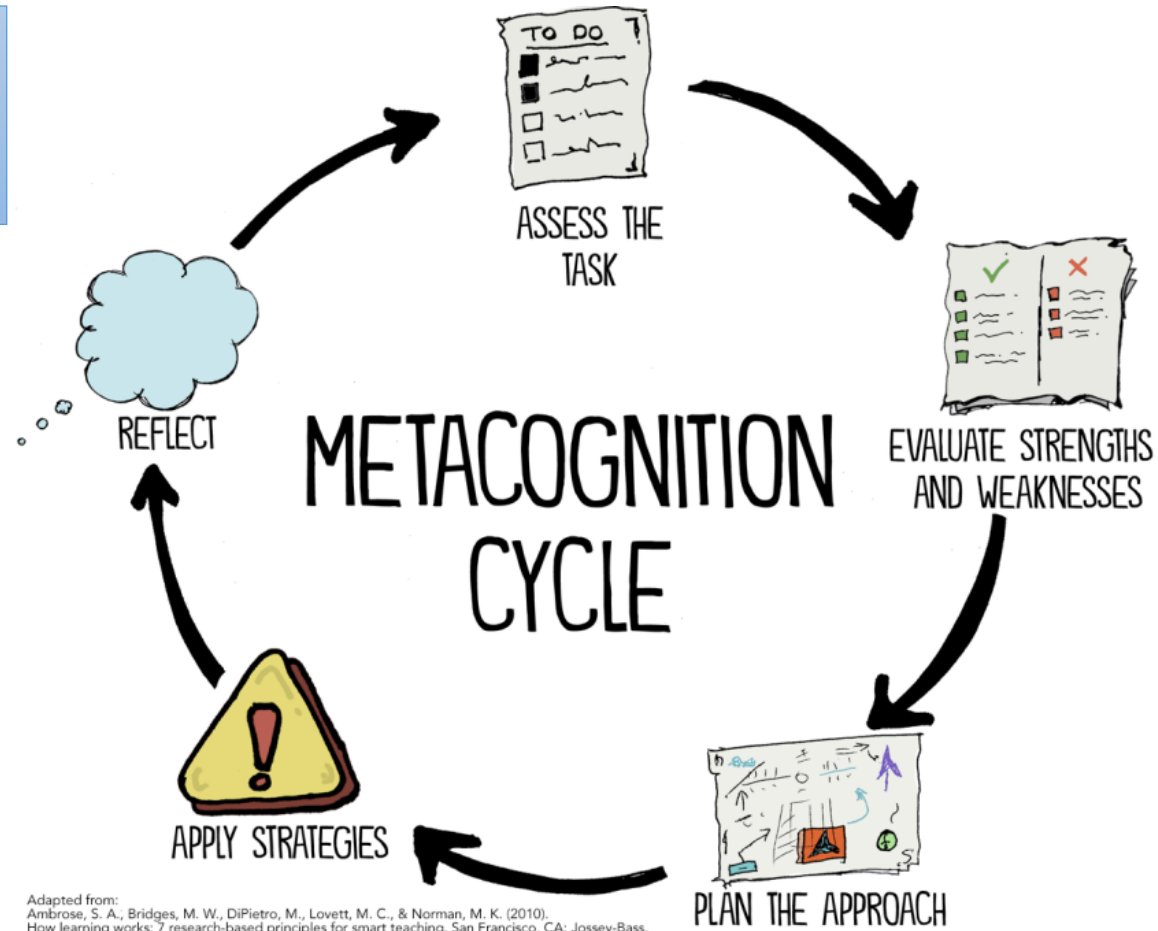
FIXED MINDSET





Revision: Consistency and Commitment

Students are currently in a metacognition workshop



Adapted from:
Ambrose, S. A., Bridges, M. W., DiPietro, M., Lovett, M. C., & Norman, M. K. (2010).
How learning works: 7 research-based principles for smart teaching. San Francisco, CA: Jossey-Bass.

Revision at home

Is it happening? The three phases you should be seeing - and supporting.



Revise

Flashcards
Posters
Summary notes
Sample answers

Short bursts
Little and often
Address the challenges

Rehearse

Practice questions
Practice papers

Timed attempts
Adult supervision

Reflect

PLCs
Teacher feedback
Mark schemes

Communicating concerns
Intervention attendance

PPE 2 Results

Wednesday 12th March

Results received will be a clear indication of:

- Where your child is at
- What they are likely to achieve in their GCSE examinations
- Where their revision and attention should be focused on

Discuss your child's results with them.

- Where did they do well?
- Where are they struggling and why is this?
- What are their next steps?
 - Can you support them?
 - Do they need to take responsibility?

Praise the successes!

Where there is disappointment: is this because they *tried and struggled*, or *didn't apply themselves*?

Post 16

Current attainment *could* influence Post 16 choices and options.

Conversations to be hosting at home:

- Interests
- Career aspirations
- Types of institutions
- Types of courses
- Applications
- Visits and tours

Post 16

All students should have now:

- **Made a minimum of three applications**
- Considered **more than one type of institution** in their applications
 - College, Sixth Form and/or apprenticeship
- Attended an open event for their desired course

All students will now have had, from us:

- At least one dedicated careers meeting
- A bespoke careers plan and advice package
- Application intervention workshops, if no applications were made prior to March

Destinations

Your child needs you now, more than ever.

The 'next step' is scary.

Help them make **the right choice, for them.**

- Hear their views
- Appreciate their preference of learning
- Support tough decisions
- Encourage courses that inspire
- Support skills and interests
- Take an interest and be present



Destinations

Where you can help them with organisation:

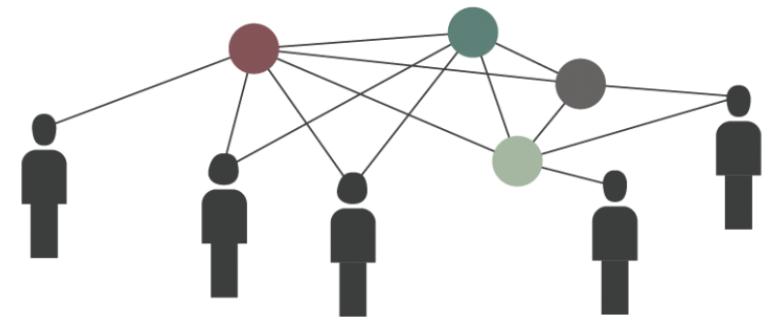
1. Ensure they have applied for:

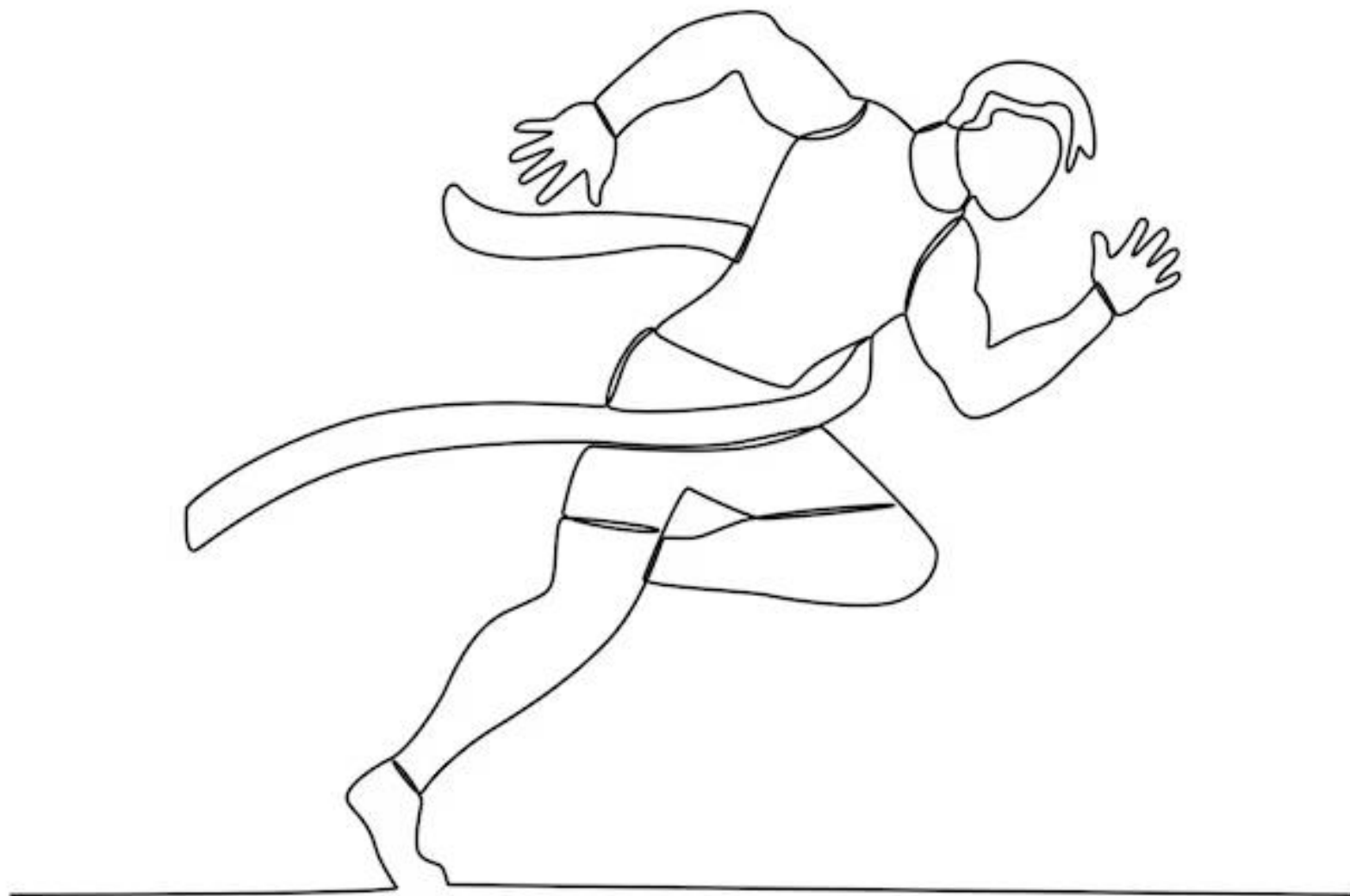
1. Different types of institutions

2. Different entry requirement courses

2. Ensure they are monitoring and responding to correspondence:

- Actions required
- Forms to complete
- Arranging interviews - by phone/in person
- Book and attend 'Meet the Teacher' events
- Sending further or other information required





Exams

The first exam will take place on **Tuesday 6th May**.

Students **will** be given study leave. This date will be confirmed in due course.

Students will be issued with examination timetables on **Bromcom**. Please ensure you support with preparations by being aware of what they have, and when.

Readiness for the exams

Is your child **ready** for the exam?

- Preparation
- Punctuality
- Lockers
- Equipment

All students must be on site by 8.30am for morning exams.

Preparation classes begin at 8.00am and 11.35pm.

Failure to arrive on time for an examination, morning or afternoon, could result in denial of entry.



Attendance

- All students to be in Tutor at 8.40am
 - Latest arrival expected at 8.30am
 - **8.38am is late.** Your child will be given a breaktime detention in 114, that day.
- Absences **must** be reported **by** 9am
 - Email on meroffice@maidenerleghtrust.org
 - Call the Attendance Officer on 0118 966 8065
- Medical appointments **must** be organised out of school hours
 - Evidence **must** be emailed at least 24 hours in advance if in school hours
- Post 16 interviews **must** be communicated
 - Evidence **must** be emailed at least 24 hours in advance if in school hours
 - Students should **not** be off school all day for an interview

The more they are here, the more we can support.

Do you ask this question?

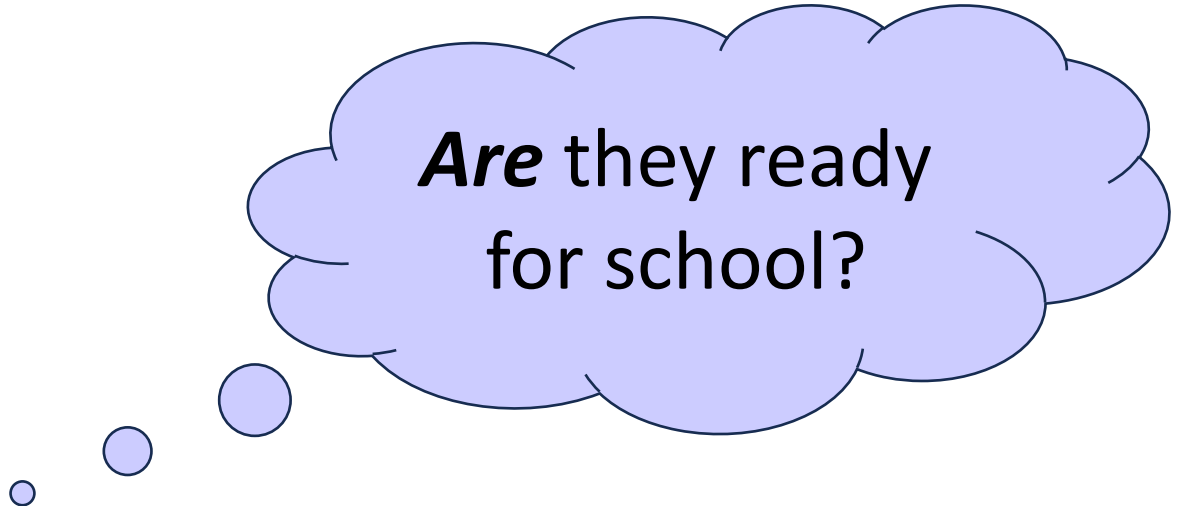


Are you ready
for school?

What do we, as a school, expect a ready student to look like?

Readiness

- Punctual
- Growth mindset
- Dressed in full school uniform
- Bag packed:
 - Lesson equipment
 - PE kit
 - Water



***Are they ready
for school?***

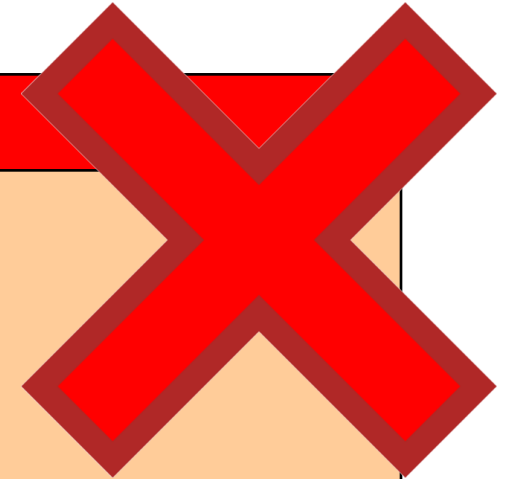
**We expect them to be able to organise themselves, but can they?
Just because they should be ready, doesn't mean that they are.**

When they arrive ready, success awaits.

Uniform

We are checking daily: on the gates, in Tutor and in lessons.
Please support us with how they are leaving for school.

ALL students must wear	The NON-NEGOTIABLES
<ul style="list-style-type: none"> • Blazer • Tie • School shoes • A single pair of plain studs • One nose stud only • Smart and tidy hair in a natural colour • Trousers or knee-length skirt • Watch only • Natural and minimal make-up 	<ul style="list-style-type: none"> • Trainers • Leggings • Jeans • Tracksuit bottoms • Hoodies • Nail extensions • False eyelashes • Heavy makeup • Bracelets, necklaces, hoop earrings
<p>OPTIONAL items</p>	
<p>School jumper</p>	



Organisation

Lockers	Equipment
<ul style="list-style-type: none">• Required for exams• No charge• Locks are required to be purchased by students	<ul style="list-style-type: none">• Pen• Pencil• Ruler• Rubber• Sharpener• Green Pen• Highlighter • PE kit• Calculator• Ingredients• Instrument

Communication

- Letters, weekly
- Phone
- Emails
- Text messages
- Meetings and Progress Evenings
- Google Classroom
- **Class Charts**
- Twitter
- School website
- Bromcom



Bromcom



Thank you

The Heads of Science, Maths and English are in the Foyer to give core subject guidance to you.

To raise a pastoral concern, please speak with your child's Form Tutor* or with Mrs Cotton directly.

All other queries or those we cannot address today can be raised by completing the form via the QR code

Tutor Group	Form Tutor/s*
11G1	Mr Bish
11G2	Mrs McCarthy and Dr Diriyai
11P1	Ms Trafford and Mr Toole
11P2	Mr Hetherington
11T1	Miss Baxter
11T2	Miss Murphy and Mr Davison

Year 11 Information Evening 2

