



# Parent/Carer Handbook

## *What to Expect in Year 11*

### 2023-2024





## Contents

A word from the Director of Learning.....	4
Introduction .....	4
Key Dates for Y11 .....	5
GCSE Examination Timetable May/June 2023 .....	6
Mock Exams .....	7
Intervention .....	8
Tutor Time.....	8
Post-16 Information .....	9
Attendance and Punctuality.....	12
Attendance and Punctuality Continued.....	13
Virtual Learning.....	14
FAQS:.....	15
Revision Resources.....	15
Wellbeing .....	17

## A word from the Director of Learning

It is my absolute pleasure to be the Director of Learning for this cohort of Year 11 pupils. Your children have overcome so much during their time at SMA and you should be very proud of them, I know I am! Year 11 will come with its challenges and triumphs, but the thing they will remember most is how you have supported them.

The advice I give to Year 11 is simple yet effective. Stay organised, keep calm and do your best. Nobody will ever ask you to do more than that. Don't be afraid to ask for the help you need during this time.

The below prayer is the one I say for pupils as often as I can.

*I pray that in this time of preparation you will be able to stick to the schedules you make. I pray that you will be able to overcome all distractions both in and out of school. I pray for wisdom and excellence in all you do. I pray for you all to have increased confidence in your academic ability. I pray that you will feel joy and accomplishment at the end of every test. Above all, I pray that you always have a sense of peace that comforts you throughout this year, and beyond.*

I look forward to celebrating with you all. After all, you are the parents of the best year group in the school!

Yours faithfully



**Ms I Ahima**  
**Director of Learning**

## Introduction

Year 11 can be a stressful year for pupils and their families. Not only are your children preparing for the most important examinations of their education so far, they are also preparing for life after St Matthew Academy, at their post-16 destination.

This helpful handbook will provide our Parents and Carers with useful information regarding exam dates, after school and holiday intervention, suggested revision guides and post-16 College and Sixth Form information. We encourage Parents and Carers to use this handbook to help you and your child to get organised for the year ahead.

### How can you support your child this year?

- Ensure your child has a routine and they stick to it. This is from very early on and for the entirety of the year – all of Year 11 is important, not just prior to exams
- Ensure you know when key dates and events are throughout the year including mocks exams, interventions, Post-16 Open Evenings and parents evenings
- Ensure your child is keeping on top of a reasonable workload (no more than two hours a night)
- Ensure your child is getting enough sleep and not taking their phones into their room with them overnight
- Please monitor your child's social time, including online and social media
- Encourage and support your child by asking about their learning and checking through their books and revision material
- Check your child has all the correct resources (more information about this can be found on Page 15)

**As such it is extremely important your child attends school on time every day.**

## Key Dates for Y11

Monday 18 <sup>th</sup> September - Thursday 30 <sup>th</sup> November (10 Weeks)	After School Intervention – targeted pupils only. Sessions are held on Mondays, Wednesdays and Thursdays from 3:05pm to 4:15pm
Thursday 21 <sup>st</sup> September 2023	Year 11 Parents' Information Evening
Tuesday 3 <sup>rd</sup> October – Thursday 5 <sup>th</sup> October	Mock Exams in English, Maths and Science
Monday 2 <sup>nd</sup> November	Year 11 Post-16 Event and Predicted Grades Reports
Tuesday 7 <sup>th</sup> November – Thursday 9 <sup>th</sup> November	Mock Exams in English, Maths and Science
Tuesday 5 <sup>th</sup> December – Monday 18 <sup>th</sup> December (two weeks)	Year 11 December Mock Exams in all subjects
Thursday 25 <sup>th</sup> January	Year 11 Parents' Evening
Tuesday 23 <sup>rd</sup> January – Thursday 25 <sup>th</sup> January	Mock Exams in English, Maths and Science
Monday 29 <sup>th</sup> January – Thursday 29 <sup>th</sup> February (4 weeks)	After School Intervention – targeted pupils only. Sessions are held on Mondays, Wednesdays and Thursdays from 3:05pm to 4:15pm
Tuesday 27 <sup>th</sup> February – Thursday 29 <sup>th</sup> February	Mock Exams in English, Maths and Science
Monday 4 <sup>th</sup> March - Friday 8 <sup>th</sup> March (one week)	Year 11 March Mock Exams in all subjects
Monday 11 <sup>th</sup> March – Thursday 9 <sup>th</sup> May (6 weeks)	After School Revision Classes – all pupils. Sessions are held on Mondays, Wednesdays and Thursdays from 3:05pm to 4:15pm
Thursday 18 <sup>th</sup> April	Year 11 Targeted Parents' Evening
Thursday 9 <sup>th</sup> May	GCSE Examinations begin
Friday 28 <sup>th</sup> June	Year 11 Prom
Thursday 22 <sup>nd</sup> August	GCSE Results Day

## GCSE Examination Timetable May/June 2023

Date	AM Exam	Duration	PM Exam	Duration
Thursday 2 <sup>nd</sup> May			Digital Information Technology Unit 3	1h 30
Friday 10 <sup>th</sup> May	Triple Science Biology Paper 1 Comb. Science Biology Paper 1	1h 45 1h 15		
Monday 13 <sup>th</sup> May	English Literature Paper 1	1h 45	Sports Studies	1h 15
Tuesday 14 <sup>th</sup> May			Business Paper 1 Film Studies Component 1	1h 45 1h 30
Wednesday 15 <sup>th</sup> May	History Component 1 [1B & 1G]	2h	Computer Science Paper 1	1h 30
Thursday 16 <sup>th</sup> May	Mathematics Paper 1	1h 30		
Friday 17 <sup>th</sup> May	Triple Science Chemistry Paper 1 Comb. Science Chemistry Paper 1	1h 45 1h 15	Geography Component 1	1h 45
Monday 20 <sup>th</sup> May	English Literature Paper 2	2h 15		
Tuesday 21 <sup>st</sup> May			Computer Science Paper 2	1h 30
Wednesday 22 <sup>nd</sup> May	Triple Science Physics Paper 1 Comb. Science Physics Paper 1	1h 45 1h 15	Physical Education Paper 1	1h
Thursday 23 <sup>rd</sup> May	English Language Paper 1	1h 45	Film Studies Component 2	1h 30
Monday 3 <sup>rd</sup> June	Mathematics Paper 2	1h 30	Physical Education Paper 2	1h
Tuesday 4 <sup>th</sup> June	Spanish Paper 1 - Listening Spanish Paper 3 - Reading	35/45m 45m/1h	History Component 2 [2A & 2F]	2h
Wednesday 5 <sup>th</sup> June	Geography Component 2	1h 30	Business Paper 2	1h 45
Thursday 6 <sup>th</sup> June	English Language Paper 2	1h 45		
Friday 7 <sup>th</sup> June			Triple Science Biology Paper 2 Comb. Science Biology Paper 2	1h 45 1h 15
Monday 10 <sup>th</sup> June	Mathematics Paper 3	1h 30	Spanish Paper 4 – Writing	1h/1h 15
Tuesday 11 <sup>th</sup> June	Triple Science Chemistry Paper 2 Comb. Science Chemistry Paper 2	1h 45 1h 15	Further Mathematics Paper 1	1h 45
Friday 14 <sup>th</sup> June	Geography Component 3	1h 30	Triple Science Physics Paper 2 Comb. Science Physics Paper 2	1h 45 1h 15
Monday 17 <sup>th</sup> June	Design & Technology	2h		
Wednesday 19 <sup>th</sup> June	Further Mathematics Paper 2 Food preparation & nutrition	1h 45 1h 45		

## Mock Exams

Your child will complete a number of mock exams throughout the course of Y11. These are to assess pupils, support their learning and improve confidence in GCSE exams. In addition to regular exams in English, Maths and Science there are also two exam windows where pupils are assessed in all subjects

- Beginning Tuesday 5th December 2023 (2 weeks of exams in all subjects)
- Beginning Monday 4<sup>th</sup> March (1 week of exams in all subjects)
- Additional Mock exams in English, Maths and Science occurring all year. (Pupils will need to be onsite no later than 8:25am ready for an 8.35am start to exams)

See dates below:

<b>Mock Exam Calendar</b>	
<b>Autumn Term 1</b>	
Tuesday 3 <sup>rd</sup> October	Science Mock
Wednesday 4 <sup>th</sup> October	Maths Mock
Thursday 5 <sup>th</sup> October	English Mock
<b>Autumn Term 2</b>	
Tuesday 31 <sup>st</sup> October	Science Mock
Wednesday 1 <sup>st</sup> November	Maths Mock
Thursday 9 <sup>th</sup> November	English Mock
Tuesday 5 <sup>th</sup> December – Monday 18th December	Mock exams in all exam subjects Hall
<b>Spring Term 1</b>	
Tuesday 23 <sup>rd</sup> January	Science Mock
Wednesday 24 <sup>th</sup> January	Maths Mock
Thursday 25 <sup>th</sup> January	English Mock
<b>Spring Term 2</b>	
Tuesday 27th February	Science Mock
Wednesday 28th February	Maths Mock
Thursday 29 <sup>th</sup> February	English Mock
Monday 4th March – Friday 8 <sup>th</sup> March	Year 11 Mock Week
Tuesday 16 <sup>th</sup> April	Science Mock
Wednesday 17 <sup>th</sup> April	Maths Mock
Thursday 18 <sup>th</sup> April	English Mock
<b>Summer Term 1</b>	
Thursday 9 <sup>th</sup> May	GCSE Exams begin

## Intervention

### After School Intervention:

Starting this half term, your child may be selected to attend intervention in one or more of their subjects from 3.05pm-4.15pm.

- Intervention will be targeted intervention and will **alternate** each week between their **Core subjects in Week A** and **Option subjects in Week B**
- Wave 1 begins Monday 18th September, (10 weeks) ending the week before December Mock Exams
- Wave 2 begins Monday 29th January (4 weeks), ending the week before March Mock Exams
- Wave 3 begins Monday 11th March for (6 weeks), ending the week before GCSE Exams. Note this wave will include **all** pupils.

	Monday	Wednesday	Thursday
Week A	Maths	Science	English
Week B	Geography / History / Spanish	Digital IT / Geography / History / Spanish / Photography / Sports Studies	Art / Business Studies / Computer Science / DT / Drama / Film Studies / Food & Nutrition / Music / GCSE PE

### Holiday intervention:

Teachers may be offering additional revision sessions during school holidays throughout the year and if your child is selected to attend, you will receive an individual timetable with the subjects/dates being offered.

See below for holiday dates that your child will need to be available should they be invited to attend:

- **October Half Term: 23<sup>rd</sup> - 27<sup>th</sup> October**
- **February Half Term: 12<sup>th</sup> - 16<sup>th</sup> February**
- **Easter Holidays: 1<sup>st</sup> - 5<sup>th</sup> April (first week of Easter break)**
- **May Half Term: 27<sup>th</sup> May - 31<sup>st</sup> May**

## Tutor Time

Your child attends tutor time from 8:35am to 9.00am every day unless they are in assembly. This time is spent covering the following important information:

- key events and dates
- Post-16 advice and support to help pupils apply to their sixth form or college of their choice
- Subject specialist intervention i.e. extra maths and English
- Revision and study skills



## Post-16 Information

Your child will need to ensure they secure a post-16 destination at either a sixth form or college for next September. Applications can be submitted directly to the provider any time from Autumn Term 1, and most colleges/sixth forms have a deadline of February for final applications. We recommend making several applications to a variety of colleges/sixth forms to ensure your child has backup options in case they do not meet the minimum academic requirements. The school will support your child by providing an academic reference for them, as well as providing careers guidance to ensure they make the right choices, but applications will need to be completed by the pupils independently. A personal statement will also be required for each child, written by your child. Guidance from the Academy will be available, however, your child will be responsible for editing this for each application to ensure they offer the best representation of themselves to each institution they apply for. It is extremely important to remember that attendance and behaviour logs are shared with any college on application. Predicted grades will be reported in October – your child will use these grades in their Post-16 application.

There are several post-16 options available to pupils. Your child will need to ensure they have researched the different pathways and select the one that is appropriate for them and their future choices. They can choose from:

- **A-Levels** - these are academic qualifications that are valued by employers and universities. A-Levels offer a great route into Higher Education and employment
- **BTEC and OCR Cambridge Technicals** - these are high quality, hands on qualifications grounded in the real world of work. They are offered in schools and colleges and relate to broad employment areas such as Business, Engineering, IT, Health and Social Care. BTEC Extended Diplomas are the equivalent to 3 A-Levels and BTEC Extended Certificates are the equivalent to 1 A-Level. BTECs also offer a good route into Higher Education and Employment.
- **International Baccalaureate** – this is an academic qualification that is highly valued by employers and universities. Pupils who take the IB develop inquiring, knowledgeable minds and are very well prepared for university
- **T-Levels** - Tech levels are level 3 qualifications that provide post-16 students with the knowledge and skills they need for skilled employment or for further technical study and are most likely to be offered in Colleges. Pupils can undertake Tech Levels in a number of areas including, Art Media and Publishing, Sport, Travel and Tourism, Hair and Beauty, Hospitality and Catering, Health and Social Care, Engineering and Construction
- **Apprenticeships** - if pupils have a job sector or career in mind then an apprenticeship can be a great choice, as they will learn about a job area, get paid and have a good chance of getting a job at the end of the training. There are different levels of apprenticeship, depending on the level of GCSE qualifications

You can support your child by attending college/sixth form Open Evenings with them to help them make a decision about where to apply. We have provided the dates of Open Evenings at a range of sixth forms and colleges for you below. Where dates are TBC, please check the provider's website regularly. This list is non-exhaustive so please encourage your child to research institutions in addition.

For further support in school there will be weekly drop in sessions at the careers hub.

Sixth Form Schools' Open Evenings		
Sixth Form	Postcode	Date
Beth's Grammar School	DA5 1NE	TBC
Bexley Grammar School	DA16 2BL	Tuesday 14 <sup>th</sup> November
Chislehurst and Sidcup Grammar School	DA15 9AG	Thursday 2 <sup>nd</sup> November
Dartford Grammar School	DA1 2NT	Thursday 16 <sup>th</sup> November 4:00pm – 8:00pm
Haberdasher's Aske's: Hatcham College	SE14 5SF	Thursday 9 <sup>th</sup> November 5pm – 7.30pm
Haberdasher's Aske's: Knights Academy	BR1 5EB	Thursday 12 <sup>th</sup> October 4pm – 5pm
Harris Academy: Greenwich	SE9 5EQ	Monday 2 <sup>nd</sup> October 6pm – 8:30pm
Prendergast Sixth Form	SE4 1LE	Tuesday 10 <sup>th</sup> October 5:30 – 7:30pm
Sedgehill Sixth Form	SE6 3QN	Thursday 19 <sup>th</sup> October 4pm – 7pm
Sacred Heart Sixth Form	SE5 ORP	TBC
St Thomas Apostle Sixth Form	SE15 2EB	Friday 17 <sup>th</sup> November 5.30pm – 6.30pm
St Olave's Grammar School	BR6 9SH	Thursday 9 <sup>th</sup> November 5pm – 8pm
Sydenham and Forest Hill Sixth Form	SE23 2XN	Tuesday 7 <sup>th</sup> November 6pm – 8pm
Thomas Tallis 6th Form	SE3 9PX	Wednesday 18 <sup>th</sup> October 5pm – 8pm
Townley Grammar School	DA6 7AB	TBC

Sixth Form Colleges' Open Events		
Sixth Form	Postcode	Date
Christ the King: Emmanuel	SE13 5GE	Saturday 14 <sup>th</sup> October 9:30am – 1:30pm
Christ the King: Aquinas	SE4 2NL	Saturday 30 <sup>th</sup> September 9:30am – 1:30pm
Christ the King: St Mary's	DA14 6BE	Saturday 7 <sup>th</sup> October 9:30am – 1:30pm
John Ruskin College	CR2 8JJ	Saturday 7 <sup>th</sup> October 10am – 1pm
Lewisham College	SE4 1UT	Multiple Dates on <a href="https://www.lewisham.ac.uk/open-days">https://www.lewisham.ac.uk/open-days</a>
City of Westminster College	W2 1NB	Saturday 4 <sup>th</sup> November 10am – 1pm
Shooters Hill Sixth Form	SE18 4LD	Wednesday 11 <sup>th</sup> October 4:30pm – 6:30pm
St Francis Xavier Sixth Form College	SW12 8EN	Saturday 11 <sup>th</sup> November 2pm – 4pm
Brit School	SE25 5PL	Thursday 28 <sup>th</sup> September 1pm – 7pm
East London School of Art and Music	E3 3TA	Thursday 9 <sup>th</sup> November 5pm – 7.30pm
South Bank Colleges	SW4 9BL	Tuesday 17 <sup>th</sup> October 5pm - 7pm
Capel Manor College	EN1 4RQ	Thursday 21 <sup>st</sup> September 5:30pm – 7pm
Big Creative Academy	E17 5QJ	Wednesday 11 <sup>th</sup> October / 15 <sup>th</sup> November / 13 <sup>th</sup> December 4:30pm – 7pm
Westminster Kingsway College	WC1X 8RA	Monday 9 <sup>th</sup> October 4:30pm – 7pm

### Scholarships

Merit scholarships and bursaries are offered at both St Dunstons and Colfe's School. Please see their websites for more information.

<b>St Dunstan's College</b>	Saturday 23 <sup>rd</sup> September 9am – 3pm
<b>Colfe's School</b>	Thursday 12 <sup>th</sup> October 6am-9pm

## Post-16 Bursaries

Your child may be eligible for a 16-19 Bursary Fund to receive funding towards the costs of: transport, books, equipment, trips, meals, exam re-sits, etc. Visit: <https://www.gov.uk/1619-bursary-fund> for more information.

If you have any questions about the post-16 application process, or would like any advice, please contact the school's Careers-Coordinator Ms Cefai at [SCE@stmatthewacademy.co.uk](mailto:SCE@stmatthewacademy.co.uk) and Mr Simmons [LSI@stmatthewacademy.co.uk](mailto:LSI@stmatthewacademy.co.uk)

## Study Skills

Study skills are the skills your child needs to enable them to learn and study efficiently. They are an important set of transferable lifelong skills. It is important to help your child develop good study skills to ensure they are equipped for GCSE and beyond. The five key study skills that you can support with at home are:

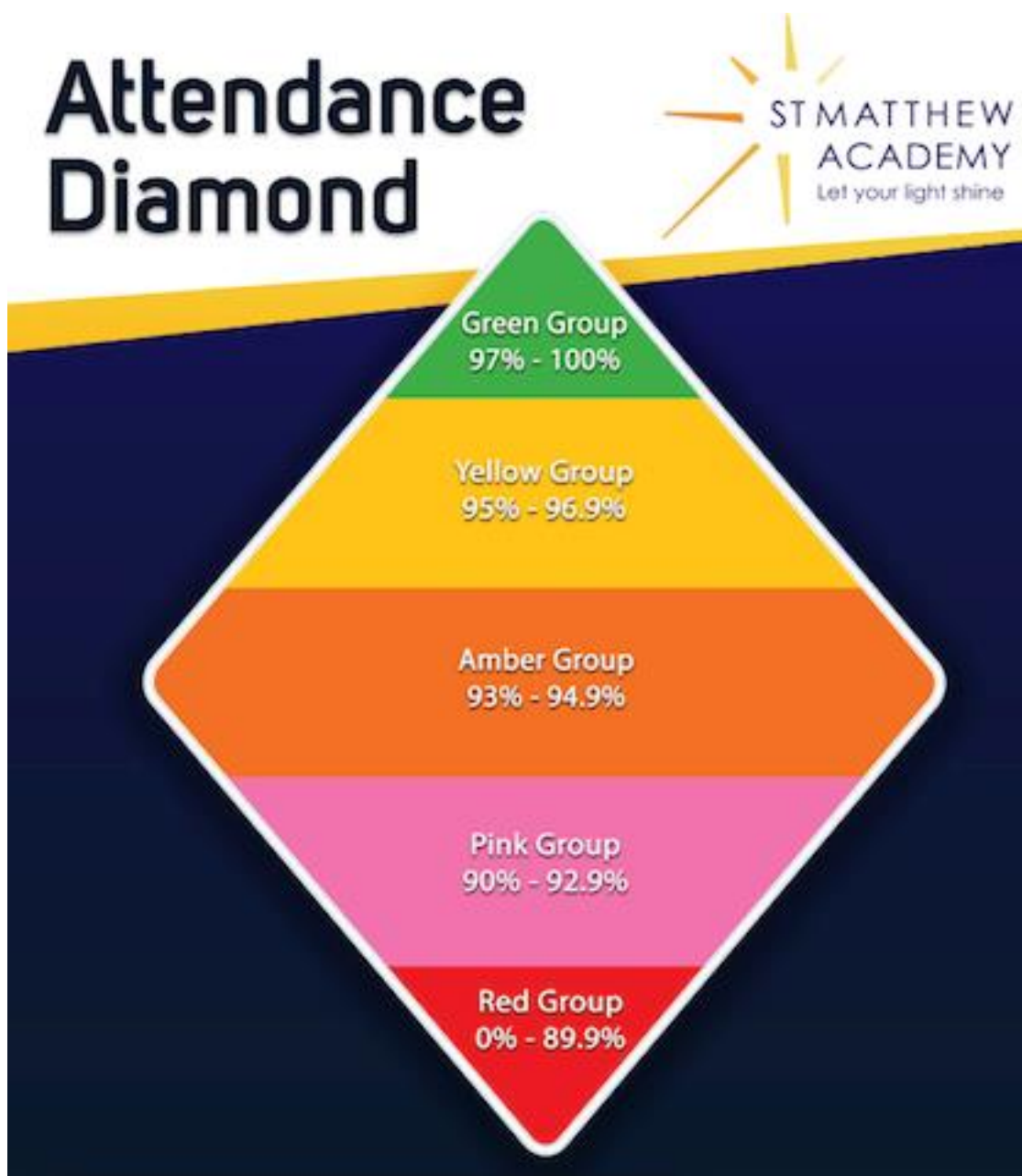
- **Time management and organisation** – *does your child have the correct equipment? Do they have a revision/study timetable?*
- **Effective reading** – *does your child practise reading for different purposes? Can they understand and process the meaning of a text?*
- **Memorisation** – *do they use a range of methods for retaining information? Do they make flashcards/mindmaps at home?*
- **Note taking** – *Are their exercise books in good order to revise from? Can they rework long text into short, note form?*
- **Testing** – *does your child complete practise papers at home? Do they get tested on what they have been revising at home?*

## Attendance and Punctuality

There is a clear link between poor attendance at school and lower academic achievement. For example, research shows that secondary level, three quarters of students who have over 95% attendance achieve five or more GCSEs at grades 9 to 5, which is the benchmark used by the Government. Students whose attendance is less than 50% have almost no chance of achieving those grades. Obviously, there are many other factors in the level of attainment of any particular student, but it is very clear that high attendance is a very important factor in doing well at school.

Punctuality is crucial to ensuring each day starts well. Y11 pupils begin their day with morning intervention with their tutor, or receiving important information in assembly. Throughout the year pupils also have mock exams beginning at 8:35. Ensuring they have consistent routines and are organised and on time to school is vital to their success. Failure to arrive at school on time will result in sanctions, for a full list of sanctions please see page 13 of your child's planner.

***Both attendance and punctuality are important entry criteria for Post-16 Destinations – in some cases pupils have lost their places due to poor punctuality and low attendance in Year 11.***



Approximate Days Absence in a School Year	
Attendance Rate	By End of School Year
100%	0
95%	10
90%	20
85%	30
80%	40

## Virtual Learning

Many subjects are now supported with online learning resources.

Subject	Website	Homework
<b>Maths</b>	<a href="http://www.sparxmaths.uk">www.sparxmaths.uk</a>	Pupils are set weekly tasks on Sparx Maths every week to support their learning in class.
<b>Science</b>	<a href="http://www.educake.co.uk">www.educake.co.uk</a>	<p>Pupils will be set one educake homework every week from Y10 work to help them revise. This is in addition to the homework set by their science teachers.</p> <p>If a student misses or does not fully understand a lesson they should go on to the Oak National Academy <a href="https://classroom.thenational.academy/subjects-by-key-stage/key-stage-4">https://classroom.thenational.academy/subjects-by-key-stage/key-stage-4</a> and select combined science (or chemistry, biology, physics if doing triple science).</p>
<b>English</b>	<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>	<p>Students have been given access to the Pixl App. It includes excellent resources for revision skills and exam practise for both English Literature and English Language.</p> <p>BBC Bitesize have added lots of information for English Literature and Language, including handy podcasts pupils can listen to for on the go revision.</p>
<b>Languages</b>	<a href="http://www.school.all-in.org.uk/">www.school.all-in.org.uk/</a>  <a href="https://www.bbc.co.uk/bitesize/subjects/z4dqxnb">https://www.bbc.co.uk/bitesize/subjects/z4dqxnb</a>  <a href="https://quizlet.com/en-gb">https://quizlet.com/en-gb</a>	<p>Pupils have access to the entire GCSE curriculum for Spanish</p> <p>Pupils use quizlet to revise weekly the vocabulary topics as directed by their classroom teachers on google classroom.</p>
<b>History and Geography</b>	<a href="https://www.bbc.co.uk/bitesize">https://www.bbc.co.uk/bitesize</a>	<p>Students have been given access to the Pixl App. It includes excellent resources for Geography.</p> <p>BBC Bitesize has been updated with lots of excellent information for both History and Geography</p>
<b>All subjects</b>	<a href="https://edu.google.com/workspace-for-education/classroom/">https://edu.google.com/workspace-for-education/classroom/</a>  <a href="http://www.greenshawlearningtrust.co.uk">www.greenshawlearningtrust.co.uk</a>  <a href="http://www.oaknationalacademy.co.uk">www.oaknationalacademy.co.uk</a>	<p>Google classroom is where all staff will post homeworks, revision tasks and key information. Parents are invited to sign up to have regular updates which include when their child has new tasks set, or missed deadlines.</p> <p>Greenshaw Learning Trust has a wealth of content in all subject areas. Excellent revision aids, videos and information for all subjects.</p> <p>Oak National Academy was created by teachers as a rapid response to home learning following the coronavirus outbreak. It has now grown to a website with thousands of excellent resources to cover every subject.</p>

## FAQS:

### **Will my child need their phone/computer to revise?**

Revision tasks will vary between paper/textbook exercises and virtual learning. If your child does not have a computer at home, they can use the Learning Resource Centre between 8am and 6pm every day.

### **Is there an option for my child to study in a quiet space at school?**

Yes: the Learning Resource Centre is open 8am-6pm every day. Y11 students also have a designated supervised study area to use at lunchtimes with access to computers. This will give your child a chance to complete homework and revise in a quiet and structured environment.

### **What support will my child get in school this year?**

Pastorally, your child has a designated Form Tutor, who will be their first point of contact. Academically, there will be after school revision classes, Saturday and holiday intervention sessions that may be available to your child, in addition to the quality first teaching they are receiving from class teachers daily. Your child can also speak to Ms Ahima, Director of Learning and Miss Dunne, Assistant Headteacher or any other member of staff who will be on hand to offer advice and guidance to your child at any point throughout the year. Your child will also receive support applying for their post-16 pathway through the school's career and PSHE programme.

### **How can I support my child at home this year?**

Ensure they have a routine and they stick to it. Ensure they are getting enough sleep and not taking their phones into their room with them overnight. Ensure they are keeping on top of a reasonable workload (no more than two hours a night.) Please monitor their social time, including online and social media. Encourage and support them by asking your child about his/her learning and checking through their books and revision material. Most importantly, encourage your child to be on time to school and attend every day.

## Revision Resources

### **What revision resources could I get for my child to support with their independent revision?**

All GCSE subjects have available revision resources in the school library that your child has access to. Speak with your child's class teacher to ask for their recommendations. Remember that your child's exercise and text book is the first resource for revision in all subjects.

We have also provided some suggestions of revision guides for the core subjects below:

English Language (AQA):

- CGP Revision Guide 'GCSE AQA English Language'  
<https://www.cgpbooks.co.uk/secondary-books/gcse/english/english-litt>
- Mr Salles Guide – AQA English Language  
<https://www.waterstones.com/book/the-mr-salles-guide-to-100-in-aqa-english-language-exam/dominic-salles/97819113822566>

English Literature:

- CGP Revision guides for the core texts:  
<https://www.cgpbooks.co.uk/secondary-books/gcse/english/english-lit>

*'Romeo and Juliet'*

*'An Inspector Calls'*

*'A Christmas Carol'*

## *'AQA Power and Conflict Poetry'*

### Maths

- Edexcel 9-1 Workbook

<https://www.pearsonschoolsandfecolleges.co.uk/fe-vocational/subjects/mathematics-fe-vocational/edexcel-gcse-maths-post-16-resits/pearson-edexcel-gcse-9-1-mathematics-foundation-tier-revision-workbook-1#products>

### Science:

- **Already provided by the academy:** CGP Grade 1-9 Revision Guide and Practice Workbook

### Option Subjects:

#### History:

- WJEC EDuqas GCSE History

[https://www.hoddereducation.co.uk/subjects/history/products/14-16/my-revision-notes-wjec-eduqas-gcse-\(9-1\)-history](https://www.hoddereducation.co.uk/subjects/history/products/14-16/my-revision-notes-wjec-eduqas-gcse-(9-1)-history)

#### Spanish:

- CGP Revision Guide to Spanish

<https://www.cgpbooks.co.uk/secondary-books/gcse/languages/spanish/spas42-gcse-spanish-aqa-complete-revision>

#### Business Studies:

- GCSE Edexcel – CGP

<https://www.cgpbooks.co.uk/secondary-books/gcse/business/buer41-gcse-business-edexcel-revision-guide>

#### PE:

- CPG - GCSE Physical Education OCR Revision Guide for the grade 9-1 course

<https://www.cgpbooks.co.uk/secondary-books/gcse/physical-education/jrr41-gcse-physical-education-ocr-revision>



## Wellbeing

### How can we work together to support my child's wellbeing?

Your child can always talk to their form tutor about anything they are worried or stressed about. They will also take part in PSHCE lessons once a week where they will learn meditation and stress busting techniques. These lessons will also give them revision tools which should help them to balance their workload. At home, please encourage your child to keep up with their usual hobbies (alongside their revision timetable) and get enough sleep. Working together, we can ensure your child feels prepared and ready for their examinations - feeling prepared will be a big part of their positive mental health and wellbeing.

### How do I find out more?

Please contact your child's form tutor via the planner or by email. You can also email Y11 Director of Learning, Ms Ahima, on [IAH@stmatthewacademy.co.uk](mailto:IAH@stmatthewacademy.co.uk) or SLT link for Y11 Miss Dunne, on [vdu@stmatthewacademy.co.uk](mailto:vdu@stmatthewacademy.co.uk), and Ms Bryan on [VEB@stmatthewacademy.co.uk](mailto:VEB@stmatthewacademy.co.uk).

You can also download the parents' SIMS app which will give you real-time updates about your child's attendance, punctuality, behaviour and achievement. Once you have downloaded the app, you will need an activation code which your child's form tutor can provide you with. For anything else, please refer to the St Matthew Academy website [www.stmatthewacademy.co.uk](http://www.stmatthewacademy.co.uk)

**ChildLine:** [www.childline.org.uk](http://www.childline.org.uk)

Tel: 0800 1111

Email: <http://www.childline.org.uk/Talk/Pages/Email.aspx>

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine Counsellor for free, about anything - no problem is too big or too small.

**Young Minds:** [www.youngminds.org.uk](http://www.youngminds.org.uk)

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

**Samaritans:** [www.samaritans.org](http://www.samaritans.org)

Tel: 116 123 (24 hours a day, free to call)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

**Saneline:** [www.sane.org.uk/what we do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

Tel: 0300 304 7000 (4.30pm-10.30pm)

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

### Where to go for information and advice on depression, anxiety, ADHD and self-harm:

**Young Minds:** Young Minds Parents Helpline - Tel: 0808 802 5544 (Monday-Friday 9.30am to 4.00pm)

Offers free, confidential online and telephone support, including information and advice to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.

Where to go for eating disorder advice:

**Beat:** [www.b-eat.co.uk](http://www.b-eat.co.uk)

For adults over 18 including parents, teachers or concerned adults

Tel: 0345 634 1414 (Monday-Wednesday 1.00pm-4.00pm)

Support forums (7 days a week) email: [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

**For the under 25s**

Tel: 0345 634 7650 (Monday-Wednesday, 1.00pm-4.00pm)

Support forums (7 days a week) email: [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)

Beat provides helplines for adults and young people offering support and information about eating disorders and difficulties with food, weight and shape. They also have an email service and an online one to one service.

**FRANK:** [www.talktofrank.com](http://www.talktofrank.com)

Tel: 0300 123 6600 (UK), 24 hours a day

live chat (UK), 2.00pm-6.00pm

SMS: 82111 - Need a quick answer? Text a question and FRANK will text you back.

Where to go for advice on bullying:

**Child Line:** [www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying](http://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying)

Advice and support relating to all forms of bullying including cyberbullying and homophobic/transphobic bullying.

Issues online: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

CEOP gives information about staying safe on the internet and how to report someone who has made you feel uncomfortable on line.

Where to go for sexual exploitation/unhealthy relationships:

**Brook:** [www.brook.org.uk](http://www.brook.org.uk)

Advice and support for under 25s on all aspects of sexuality, gender, sexual health and wellbeing, including issues around abuse and consent.

**How to get help when dealing with bereavement:**

**Winstons Wish:** [www.winstonswish.org](http://www.winstonswish.org)

Tel: 08088 020 021 (Monday-Friday 9.00am-5.00pm)

Providing support for young people following a death, including an online chat service [ask@winstonswish.org](mailto:ask@winstonswish.org) and phone helpline.