



Information for Year 10 Parents

School Contact: School's main switchboard by telephoning 01296 623348 between 8.15am and 4.30pm Monday to Friday or by emailing the school on office@johncolet.co.uk and putting it for the attention of the teacher concerned.

How can parents help?

Parental support is 8 times more important in determining a child's academic success than social class (*Campaign for Learning, 2008*). The good news is that you don't need to be an expert in any of the subjects your child chooses to make a real difference. You also don't need to give up your life and other responsibilities – you just need to know how best to spend the time you do have.

Why is homework a good idea?



- ❖ To be successful in the 21st century, people will have to commit themselves to life-long learning. Working at home is one way in which students can develop the skills of independent, self-motivated study.
- ❖ It helps to reinforce the learning that has taken place during lessons.
- ❖ A regular commitment to homework leads to better results at every level of ability and every level of achievement.
- ❖ It provides a useful communication between parents and students about school.
- ❖ It gives a student time to investigate an area of study and carry out detailed research.

How does school help?

- ❖ All students have a diary/planner to help them record the work that needs to be done and the completion date.
- ❖ Homework is logged on 'Show my Homework' for students and parents to access. This can be accessed by following the link on the school website.
- ❖ Students will be set homework on a regular basis. If this does not appear to be happening, please contact the form tutor or Head of House.
- ❖ The school library and ICT facilities are available from Monday to Thursday for an hour after the school finishes.
- ❖ Homework clubs are run every day and the IL department provides specific support with classwork and homework as required.
- ❖ The diary/planner also provides a quick and easy way for teachers, tutors and parents to communicate.
- ❖ The school will email parents concerning events that are particularly relevant to your son/daughter and all reports will be sent electronically.

As a student, how can I help myself?

- ❖ Write your homework down in detail so that you can understand the task clearly. Do not simply rely on 'Show my Homework'.
- ❖ Use the diary/planner so that the homework load is spread evenly throughout the week. Homework should be ticked off as it is completed.
- ❖ Try to find somewhere quiet to work.
- ❖ Do not get distracted by social media/internet/TV. This means that the work takes longer as you are not focused on it and it will not be completed to the best of your ability.
- ❖ Make sure that you keep your supply of pens, pencils and paper at home topped up. Add to them a ruler, rubber, protractor and compasses. Scissors, glue and a calculator are often useful.

- ❖ If there is an unmissable T.V programme it is a good idea to record it and watch it after you have completed your homework.
- ❖ Parents and carers can be useful sources of information and good for discussing ideas. If your parents/carers are unable to answer your questions then ask a friend or grandparents if they can help.
- ❖ Always complete the work to the best of your ability, including extension tasks. If you do not understand or cannot do a task, see the teacher the next day at school to ask for help so that you can still complete the homework by the deadline.

Revision

The secret to doing well in exams lies in planning. You can help your child to create a clear revision plan and method of studying that will make them feel in control of their work.



Tips for revision planning:

- ❖ work out a revision timetable for each subject
- ❖ break revision time into small chunks - hour-long sessions with short breaks at the end of each session often work well
- ❖ make sure your child has all the essential books and materials
- ❖ condense notes onto postcards to act as revision prompts
- ❖ buy new stationery, highlighters and pens to make revision more interesting
- ❖ go through school notes with your child or listen while they revise a topic
- ❖ time your child's attempts at practice papers
- ❖ Take away phones and other social media distractions until the revision time is up

Other support

The best way to support your child during the stress of revision and exams is to make home life as calm and pleasant as possible. It helps if other members of the household are aware that your child may be under pressure and that allowances should be made for this.

Make sure there are plenty of healthy snacks in the fridge and try to provide good, nutritious food at regular intervals. Encourage your child to join family meals, even if it's a busy revision day - it's important to have a change of scene and get away from the books and computer for a while. Also encourage your child to take regular exercise. A brisk walk around the block can help clear the mind before the next revision session.

Try not to nag or make too many demands on your child during exam time. Arguments are counter-productive and will only add unnecessary stress and distract from revision. Speak to their form tutor or Head of Year if you have specific concerns that you think the school can help with.

It's important to get a good night's sleep before an exam, so discourage your child from staying up late to cram. And make sure he or she eats a good breakfast on the morning of the exam.

Overall, make sure your child knows you're interested in their work and that you'll be proud if they do well. Although bribery isn't advisable, it's fine to provide small treats by way of encouragement - perhaps a piece of cake or some biscuits after a chunk of revision has been completed. The end of exams can be celebrated with a treat that everyone can look forward to, such as a meal out or a trip to the cinema.

Useful Websites

General support for teenagers

- www.projecteducation.co.uk/gcse offers links to GCSE chat forums.
- www.bbc.co.uk
- www.childline.org.uk/explore/Pages/Explore.aspx
- www.youthaccess.org.uk/

General parent support

- www.parentlineplus.org.uk confidential helpline for parents on 0808 800 2222
- www.projecteducation.co.uk

Exam boards

- www.aqa.org.uk the Assessment and Qualifications Alliance (AQA)
- www.edexcel.org.uk Edexcel
- www.ocr.org.uk Oxford, Cambridge and RSA Examinations (OCR)
- www.wjec.co.uk the Welsh Joint Education Committee (WJEC)

Coursework and revision

(Please read notes on the use of essay banks in 'revision').

- www.coursework.info
- www.sparknotes.com
- www.gcseguide.co.uk – Use the 'bookshop' option to see what revision guides are available in each subject area.
- www.bbc.co.uk/schools/gcsebitesize
- www.gcse.com

Careers

- <https://direct.gov.uk> The governments' official careers information site. Visit the Education and Learning pages and choose 'Which way now? Years 10-11' followed by 'Your Choices in Year 9' to find out more about your options.
- <http://www.bbc.co.uk/schools/studentlife/careersandchoices/>
- Visit <http://nextstep.direct.gov.uk> and select Planning your career then Job profiles for free information on hundreds of different careers.
- <http://connexions-berkshire.org.uk/careers>
- www.Careersbox.co.uk - Careers films/videos – real people in real jobs
- www.icould.com - Career advice, HE choices
- www.opendoorsmedia.co.uk - Regional training prospectus – everything you need to know about college, apprenticeships, careers, training schemes and jobs in local area
- www.apprenticeships.org.uk - National Apprenticeship Service
- www.futuremorph.org - STEM careers