

Year 11 Information Evening



Netherthorpe School
Learn Enjoy Succeed



Year 11 at a glance

- 14th September Parent Information Evening
- w/b 25th Sept – Revision Conference
- 27th September – Parent Check-in (selected students)
- 9th October – Mini-mocks begin
- 8th November – Post-16 Next Steps and Parent Workshop Evening
- 14th November – Parents' evening



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Year 11 at a glance

- 8th January – Formal Mocks
- w/b 12th February – data report sent home
- 12th March – Invest to Achieve begins
- w/b 6th May – Final exams begin (27 school weeks away!)



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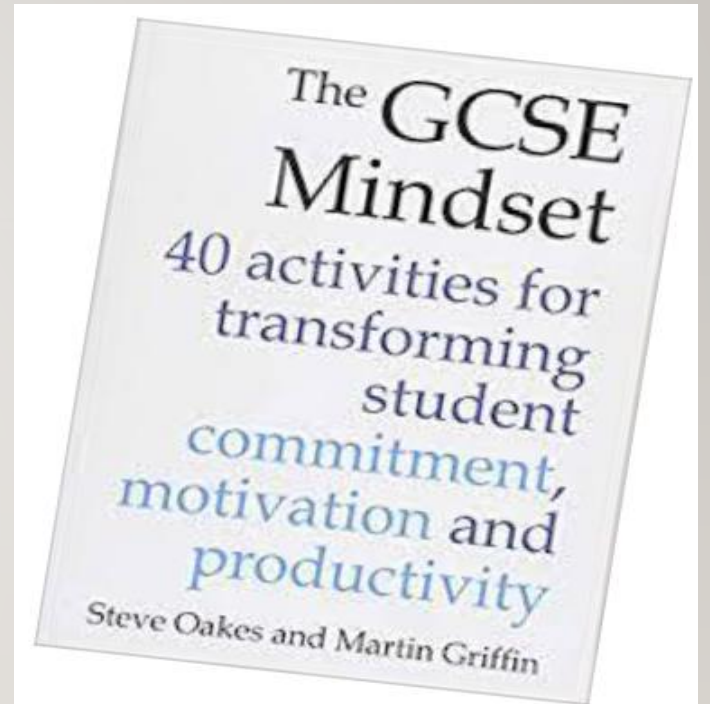


HOW ARE WE SUPPORTING IN SCHOOL

- **PDT – Motivational Mondays**
- **Study Sessions**
- **Bulletin**

MOTIVATIONAL MONDAYS

- A series of short activities to keep you focused on the 'WHY?' of year 11. Quite often you will find yourself swamped with a lot of WHAT needs to be done and by WHEN it should be finished. All too often students fail to step back and remind themselves of WHY? They are going through these feelings of stress, anxiety, highs and lows, successes and failures, hope and hopelessness.
- Every Monday between now and the start of GCSE exams in May 2024 students will complete a short task that focuses on what they want out of their future, not just the exams, but their life beyond school, college and university.
- By remembering the WHY? it should help them to refocus.



EACH TASK IS BASED ON THE BOOK ABOVE.

PRACTICAL TIPS TO SUPPORT YOUR CHILD

Do

- **Start the conversation!** Ask them questions about how they're feeling. If they're not comfortable sharing, try opening up about any struggles you've faced in the past. Vulnerability is contagious!
- **Act early!** If you think they are struggling, don't sweep it under the rug. Even if you're not sure of the best way to help, it's always better to address any underlying issues or unhappiness as soon as it arises,
- **Educate yourself** on mental health and the best ways to support your child if they are struggling. [Young Minds](#) has great resources for parents and carers who want to feel a bit more informed.
- Work with your child to try and set up a sustainable routine around GCSE preparation, even if it's initially 15 minutes each day. The confidence-building power of daily routine is transformative and can **prevent performance stress** before it starts.

Don't

- Stop them from seeing friends during revision time, its good to break up the work with healthy social situations and **everyone needs some downtime.**
- **Try to take everything on yourself** – its really important to remind yourself that you are not a professional and there may come a time when your child needs more than just your personal support. This is very hard, especially for parents, as our natural instinct is always to try and ‘rescue’ someone we care about from situation that are hurting them, but we can't do everything ourselves, nor are we qualified to.
- **All stress to become sickness.** Intervene before your child has a chance to get overwhelmed – its all too easy for everyday stress over GCSEs to tip into something more serious, so don't let a fixable situation get worse than it needs to.
- Let your child mistake a single test score for a **final assessment of their potential.** Instead encourage them to focus on how their work is developing, what they want to improve next, and on the positive incremental changes over time.

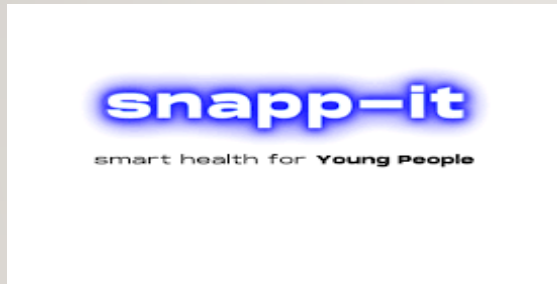


MENTAL HEALTH SUPPORT AT NETHERTHORPE SCHOOL



SUPPORTING YOUR CHILD

- Be mindful of changes in mood and motivation – have the conversation with your child about what is going on for them
 - *Remember you cannot fix everything for them but by listening you are being supportive*
- Encourage your child to get some support in school they can access:



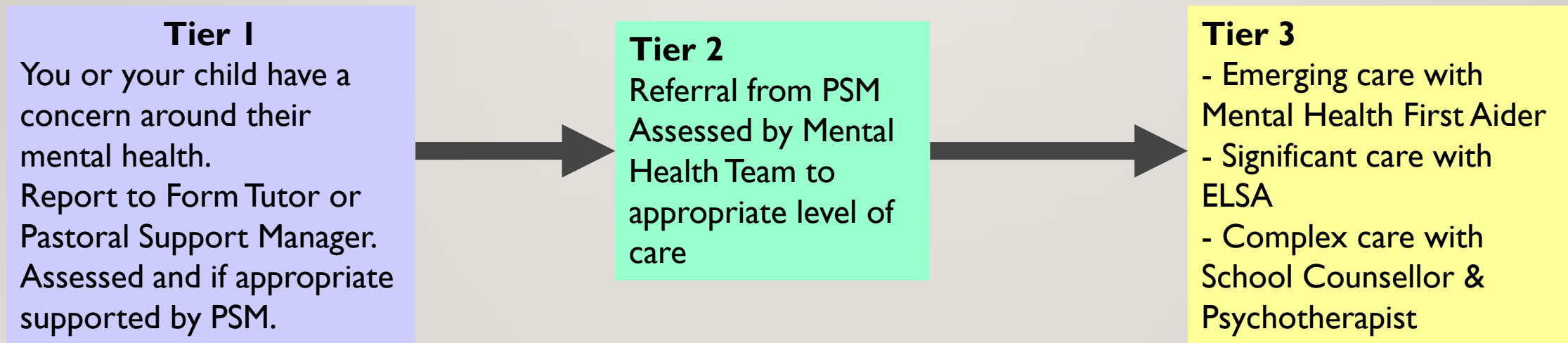
QR codes in toilets direct students to support for Social, Emotional & Mental Health



**Meet on Wednesday in room 102
Come and speak to them for support**

HOW DOES FURTHER SUPPORT WORK?

We have developed a 'stepped' programme of care that mirrors the NHS offer



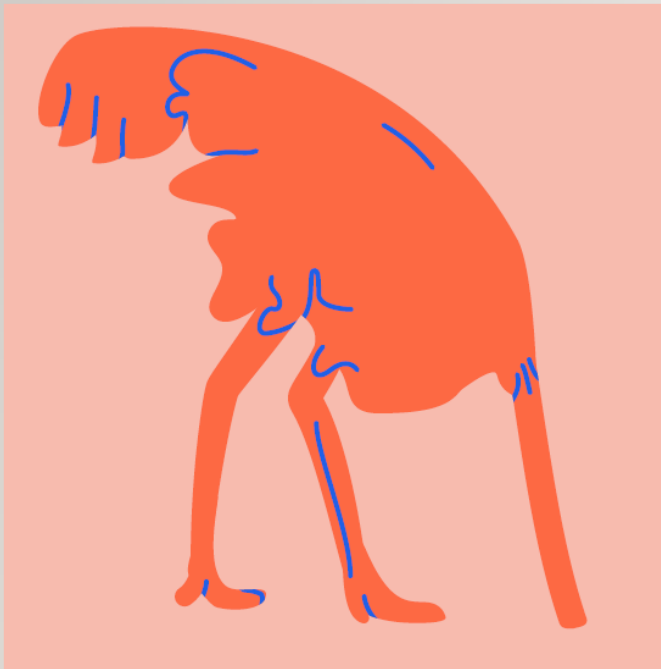
WHAT ARE THE BENEFITS OF SUPPORT FOR MENTAL HEALTH?

- Support is an opportunity to talk to someone who isn't directly involved in our lives, this support helps us to understand our worries or concerns in order to remove some of the power that they have over us.
- Support helps us understand that our lives can be affected by events from our past, that we carry with us and can impact how we live our lives now.
- Support allows us to express our thoughts and feelings in a safe environment with no judgement and so validating our whole self.



IS YOUR CHILD SUFFERING FROM EXAM STRESS? HOW TO SPOT THE SIGNS

Students preparing for exams often display very similar characteristics and it is good for parents to be aware of a few classic archetypes of exam-stress children. Be sure to look out for the signs.



The Ostrich

The ostrich is that student who, at the mere mention of their exams – or their revision – buries their head in the sand. They could be quite obvious in this behaviour – “I don’t want to talk about it” – or it might be subtler, finding an excuse to get out of the room and avoid the topic. Waste no time in confronting this behaviour and making a plan together, because the very act of avoidance means that revision work will pile up and the stress will increase.

The Meerkat

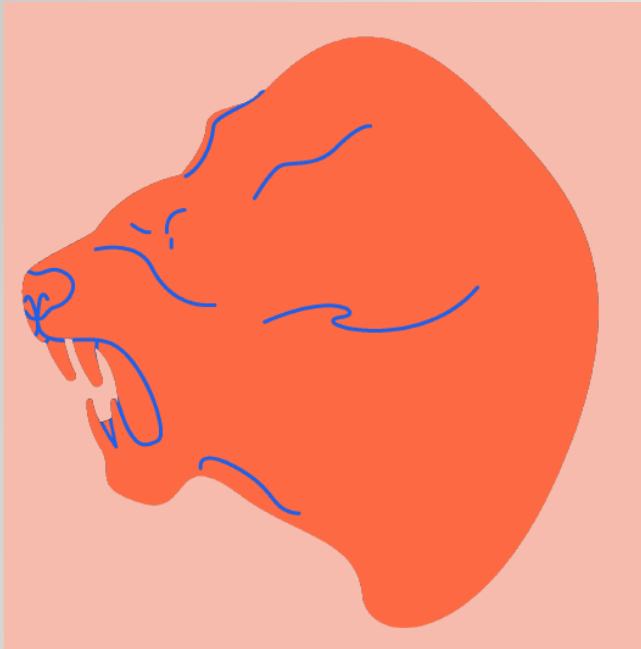
You might think you've been fortunate if your child is the Meerkat: super busy, extremely diligent, revising late and requesting extra practice papers from the teacher. But this behaviour may indicate a lack of confidence and a tendency to worry. Talk to your child to make sure they're keeping things in perspective and limit the revision schedule in order to allow time for R&R



The Porcupine

Similar to the ostrich in many respects, but rather than avoid the conversation, the porcupine might become rather spikey and start shaking their quills. The reasons are quite similar, and the approach, likewise requires a calm, careful conversation and a structured plan to work together to remove the fear of the exams

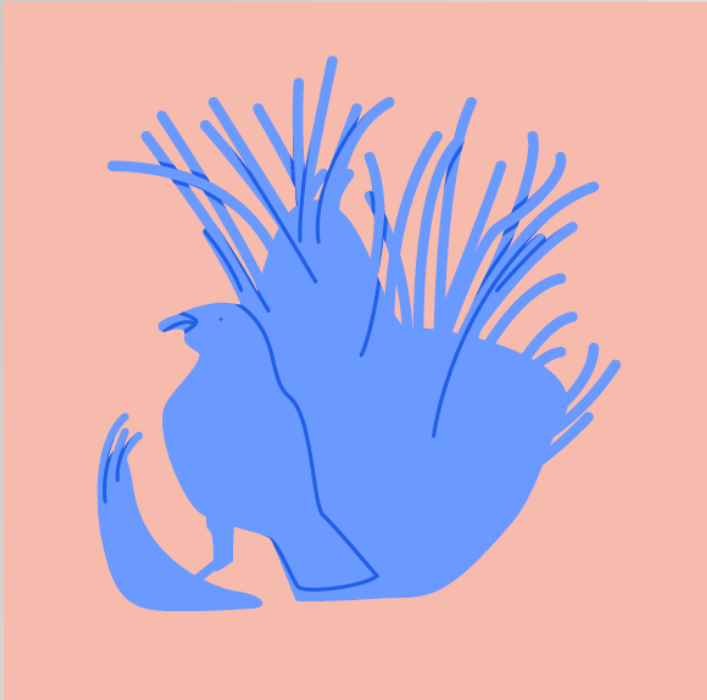




The Lion

A tendency of Higher –achievers - the Lion is that child who seems to have it all under control, but spending an inordinate amount of time lying around. If they're behaving as though the exams present no problems – to the point perhaps of arrogance or laziness – then it's time for a conversation. Are they hiding any anxiety and feeling like they can't ask for help, or don't know how to?

The Bower Bird



A classic behaviour, not unlike the Meerkat. The Bower Bird (who spends large parts of its life decorating its nest) lends its name nicely to the type of student who keeps themselves terribly busy focusing on superficial tasks like colouring in notes or organising files and revision plans. If you are the parent of a Bower Bird, then talk to them, constructively, about their aims for each revision session, and check in with them regularly to see how much they have achieved

Where Can Year 11 Lead?



There are 7 most common routes available to students after they leave school in year 11?
What do you think they are?

PERSONAL DEVELOPMENT

LEARN ENJOY SUCCEED



What Is Available After Year 11?

- **Sixth Form (2 years)** – most commonly leads to university or higher level apprenticeships after studying A-levels or equivalent qualifications.
- **College (1-3 years)** – most commonly leads to employment or university after completing apprenticeships or level 3 qualifications.
- **Independent Training Providers (1-3 years)** - most commonly leads to full time employment after completing a training programme such as an apprenticeship or traineeship.
- **Apprenticeships (1-3 years)** – some businesses offer their own apprenticeships which most commonly lead to employment in that business.



What Is Available After Year 11?

- Careers with their own training programme (1-3 years) – often leads to working in the public sector such as the ARMY, NAVY or RAF.
- Part Time Education and Volunteering – most commonly leads to an apprenticeship or employment.
- Part Time Employment and Training - most commonly leads to employment



Post 16 Destination - How Do I Decide?

What would you prefer to be doing next year? Studying or working? Does that influence your Post 16 destination?

- Think about your impression of work. Can you imagine starting work and training in a professional workplace next year?
- Would you prefer to continue studying for two years and develop your knowledge around specific subjects you love?

Do you have a career goal in mind? Does that influence your Post 16 destination?

- Does the career/job you want to pursue require a degree? Do you therefore need to go to sixth form/college?
- Do you want to become specialised in a specific trade or sector and work your way up in that industry? If so, would an apprenticeship be better for you?
- Are you unsure about your future career path and are achieving good grades at school? If so, do you want to keep your options open and study at a college/sixth form for a few years?



Post 16 Destination - How Do I Decide?

How do you like to learn? Does that influence your Post 16 destination?

- Think about how you like to learn. Do you enjoy learning in groups and with a teacher where you can share/discuss ideas? Do you prefer practical hands-on sessions where you work on a project and develop skills that can be used in real life workplace?



What Grades Do I Need For College/Sixth Form?

- The entry requirements for each college or sixth form differ but the current entry requirements for Netherthorpe Sixth Form are: 5 higher grade passes (4-9) in traditional GCSE subjects including either English Language or Maths. These are the minimum requirements if a student is to have a reasonable chance of gaining pass grades at Sixth Form study. At Netherthorpe we strongly recommend that students have at least a Grade 5 in the subjects they wish to study.
- If you plan to study/train elsewhere please ensure you check the entry requirements required to study on that course, at that institution. All entry requirements are different.



What To Do If You (Or Your Child) Needs Careers Support Or Guidance?

- Feel free to book a careers appointment with the school's careers advisor at any point. This is a one to one careers interview in which the careers advisor will provide bespoke careers guidance and support that is tailored directly to the student/parent. To request a careers appointment, all students/parents need to do is email the school: info@netherthorpe.academy

Wednesday 8th November

Netherthorpe Post-16 Next
Steps and Parent Workshop
Evening

Please feel free to stay and
ask questions.