

STARTING YOUR JOURNEY TO EXCELLENCE

YEAR 10 | PARENT & CARER GUIDE

JOURNEY TO EXCELLENCE EVENING

THURSDAY 1ST OCTOBER 2026
HELLEDON HIGH SCHOOL

“ With the right support, the right habits and a belief in themselves, every Year 11 pupil can **achieve excellence** and **go further** than they ever thought possible. ”

EXCELLENCE
OPPORTUNITY
CONFIDENCE
SUCCESS

YOUR NEXT CHAPTER STARTS HERE

DON'T JUST REVISE MORE, REVISE BETTER

	→		→		→		→		→	
REMEMBER		UNDERSTAND		TEST		APPLY		FIX		REPEAT
RETRIEVE KEY INFORMATION		MAKE SENSE OF IT		CHECK YOUR KNOWLEDGE		PRACTISE EXAM QUESTIONS		IDENTIFY AND IMPROVE GAPS		BUILD FOR LONG-TERM SUCCESS

ENJOY • ACHIEVE • SUCCEED

HIGHER AMBITIONS
A BRIGHTER FUTURE

THE BIG MESSAGE

Success at GCSE isn't built in Year 11. It is built in Year 10 - day by day, habit by habit.

High ambitions | Great opportunities | A bright future

1. The Year 10 journey starts now

Year 10 is the point at which GCSE success begins to be built.

- Knowledge taught now forms part of GCSE courses and will be needed again in assessments and final examinations.
- A strong start creates confidence and reduces the pressure of having to 'catch up' in Year 11.
- Good habits around attendance, lessons, homework and independent study become increasingly important as courses become more demanding.
- For subjects with practical, coursework or vocational components, deadlines and the quality of work completed now can directly influence final outcomes.
- Educational and career ambitions matter: knowing what pupils may want to do next gives purpose to the work they are doing now.

WHAT IS JOURNEY TO EXCELLENCE?

Our Raising Achievement offer for Years 10 and 11 brings together information evenings, intervention, rewards, academic tutoring, PPEs (mocks), reports, parents' evenings and study support around one central aim: helping pupils move on to their next steps with the strongest outcomes possible.

TOOLS

The right resources and guidance.

ENVIRONMENT

High expectations and purposeful learning.

SUPPORT

School and home working together.

What pupils do now will have an impact later.



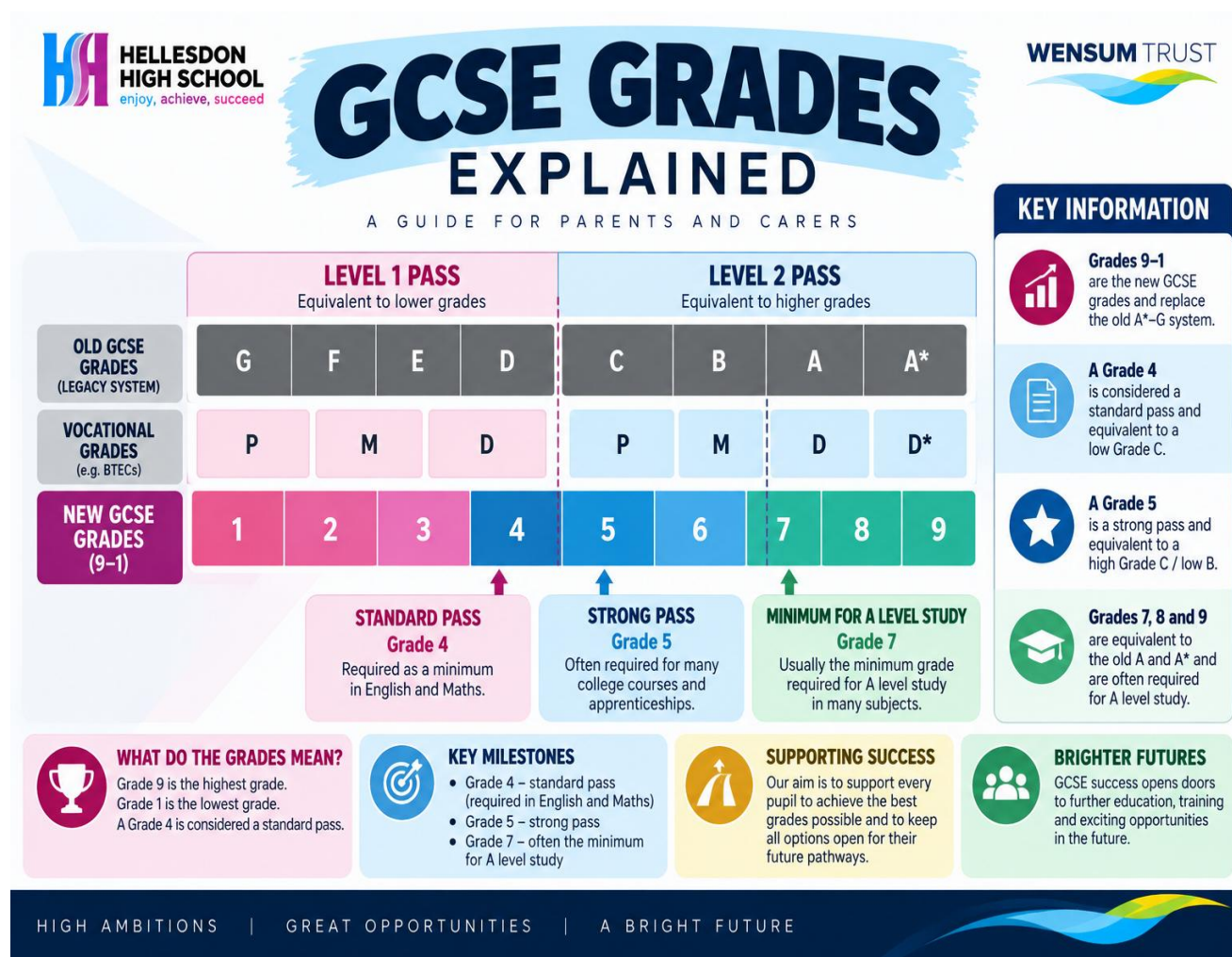
2. GCSEs: results create choices

The aim is not simply to 'pass' - it is to achieve a personal best and keep future pathways open.

- GCSEs are graded 9-1. Grade 4 is the standard pass benchmark; Grade 5 is a stronger benchmark; Grades 7-9 are the highest grades.
- English and Maths are particularly important. Pupils who do not achieve Grade 4 normally have to continue studying these subjects post-16.
- Sixth forms, colleges, apprenticeships and future employers may consider a pupil's overall GCSE profile as well as individual subject grades.
- Every subject contributes to that overall profile, so pupils should avoid thinking that some GCSEs 'do not matter'.

THE PRINCIPLE

The stronger the overall GCSE profile, the more choices a young person is likely to have when they leave Year 11.



3. Attendance and punctuality

Being in school, on time and ready to learn is the foundation on which everything else is built.

- Our expectation is excellent attendance. The presentation highlights that 90% attendance is classed as persistent absence and can equate to around four weeks of missed learning across a year.
- Absence does not just mean missed lesson time: pupils also miss explanations, modelling, practice, feedback and opportunities to ask questions.
- Punctuality matters too. Arriving late interrupts learning and can mean missing the key explanation at the start of a lesson.
- Term-time holidays are not permitted.

EVERY DAY COUNTS

Attendance is not separate from achievement. It determines how much access a pupil has to the teaching, knowledge and support that will prepare them for GCSE success.



4. Lessons, home learning and independent study

The work completed every week is what pupils will eventually revise from.

GET LESSONS RIGHT

- Adopt a positive attitude to every lesson.
- Make the most of every minute, including cover lessons.
- Ask for help when something is not understood.
- Act on feedback and practise exam-style questions.
- Keep notes and classwork organised.

BUILD INDEPENDENCE

- Complete home learning consistently.
- Review learning rather than waiting for tests.
- Break larger tasks into manageable steps.
- Use online resources and revision guides early.
- Set weekly goals and check progress.

- Home learning is set through ClassCharts, giving parents/carers visibility of what has been set.
- Regular independent learning develops self-management, problem-solving and the ability to recognise gaps in understanding.
- The presentation recommends developing a consistent home-learning routine now so that increased revision later does not feel like a sudden change.

A USEFUL PARENT QUESTION

Instead of only asking 'Have you done your homework?', try: 'What are you learning at the moment, what are you finding difficult, and what do you need to do next?'



GETTING THINGS RIGHT
IN LESSONS • HOME LEARNING • INDEPENDENT STUDY
THREE PARTS. ONE GOAL. GREATER PROGRESS.

1 IN LESSONS
BE PRESENT. BE FOCUSED. GET INVOLVED.

- ✓ The knowledge you learn today is the foundation for your GCSE success.
- ✓ Arrive on time with the right equipment
- ✓ Be ready to learn and remove distractions
- ✓ Engage fully – listen, think, ask questions
- ✓ Take high-quality notes
- ✓ Attempt all questions and class activities
- ✓ Respond to feedback and act on it
- ✓ Take pride in your work

EVERY LESSON COUNTS
Small steps make a big difference.

2 HOME LEARNING
RETRIEVE. PRACTISE. BE PREPARED.

- ✓ Complete all home learning on time
- ✓ Use GCSEPod and other resources set by your teachers
- ✓ Check Classcharts for tasks and deadlines
- ✓ Make a quiet space and remove distractions
- ✓ Produce your best work – quality matters
- ✓ Use home learning to identify and fill gaps
- ✓ Be ready for upcoming lessons and assessments

BUILDING KNOWLEDGE AND IMPORTANT HABITS.

3 INDEPENDENT STUDY
TAKE OWNERSHIP. GO FURTHER.

- ✓ Independent study helps you deeper understand, remember more and achieve higher grades.
- ✓ Revisit and summarise what you've learnt
- ✓ Use effective revision methods (e.g. retrieval, flashcards, past papers)
- ✓ Be proactive – don't just wait for exams
- ✓ Use free time wisely (even 20–30 minutes helps)
- ✓ Set your own goals and track your progress
- ✓ Use resources like GCSEPod, Seneca and revision guides
- ✓ Challenge yourself – aim high!

DEEPER UNDERSTANDING. GREATER CONFIDENCE.

THE RESULT? YOU WILL BE...

- ✓ Better prepared for assessments and mock exams
- ✓ More confident in your knowledge and skills
- ✓ In a stronger position for your GCSE exams in Year 11
- ✓ Keeping your options open for Sixth Form, apprenticeships, college and future careers
- ✓ Proud of your progress and ready for the next stage of your journey

USE THE RESOURCES AVAILABLE TO YOU

- GCSEPod**: Short, high-quality video, audio guides and practice questions
- Seneca**: Courses, lessons and exam practice across subjects
- Revision Guides**: Clear explanations and practice questions
- Past Papers**: Learn the exam style and practice your answers
- Flashcards**: Great for retrieval and active recall

EFFECTIVE REVISION METHODS

- Retrieval practice** (topic yourself)
- Flashcards** (Leitner method)
- Past papers** (practice and apply)
- Mind maps** (from memory)
- Interleaving** (mix topics)
- Check and fix** (identify gaps)

TOP TIPS FOR SUCCESS

- ✓ Be organised and plan your time
- ✓ Remove distractions (especially phones)
- ✓ Keep a consistent routine
- ✓ Take regular breaks
- ✓ Get enough sleep and look after your wellbeing
- ✓ Ask for help if you're stuck
- ✓ Be proactive and take responsibility

RIGHT WORK. RIGHT HABITS. A BRIGHTER FUTURE.
High ambitions. Great opportunities. A bright future.

5. Revise better: make revision active

Effective revision should involve remembering, testing and applying - not simply looking at information.

MORE POWERFUL

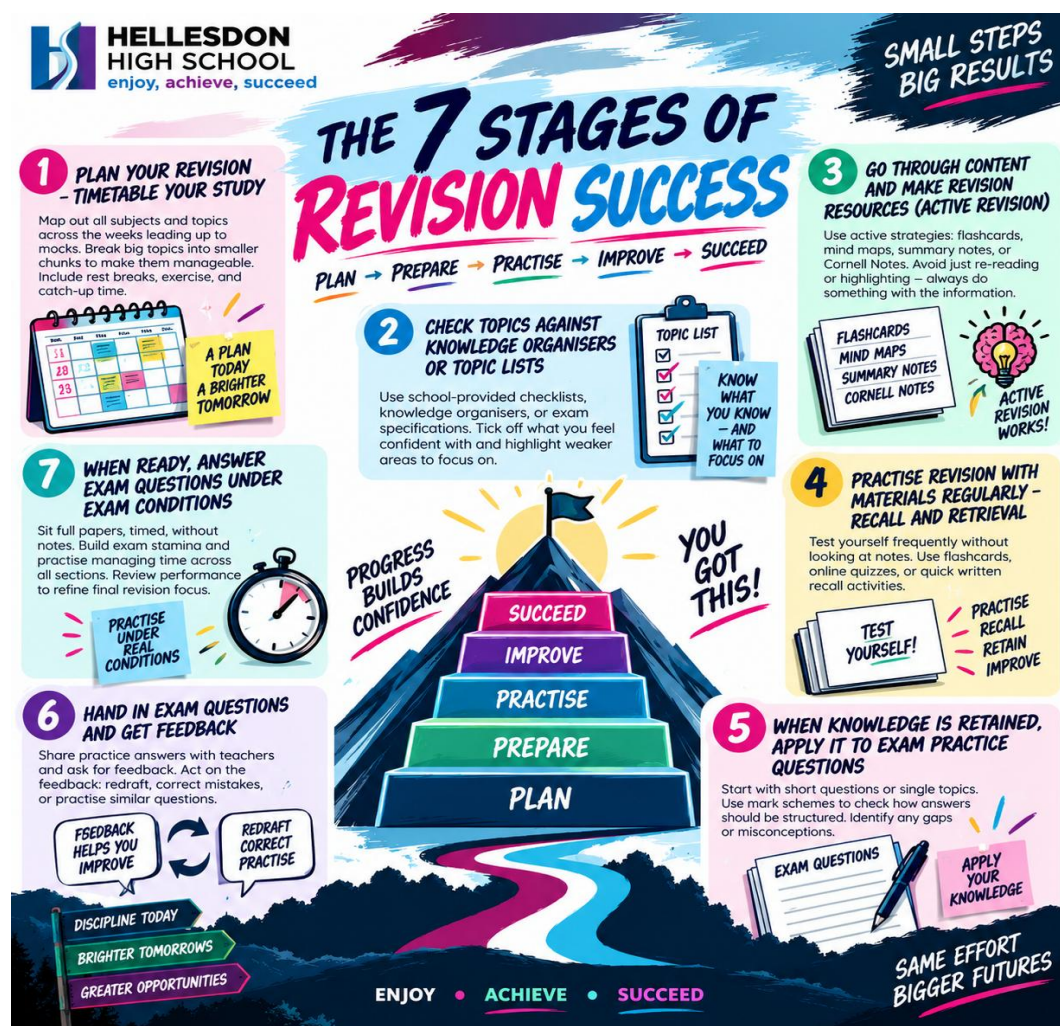
- Practice exam questions
- Quizzing and self-testing
- Flashcards used for retrieval
- Brain dumps / blurting
- Mind maps from memory
- Spacing revision over time

LESS POWERFUL ON THEIR OWN

- Repeated re-reading
- Copying notes
- Highlighting large sections
- Passive watching
- Cramming at the last minute

REVISE BETTER

REMEMBER -> UNDERSTAND -> TEST -> APPLY -> FIX -> REPEAT. The aim is to make pupils think hard, identify gaps and then return to them.



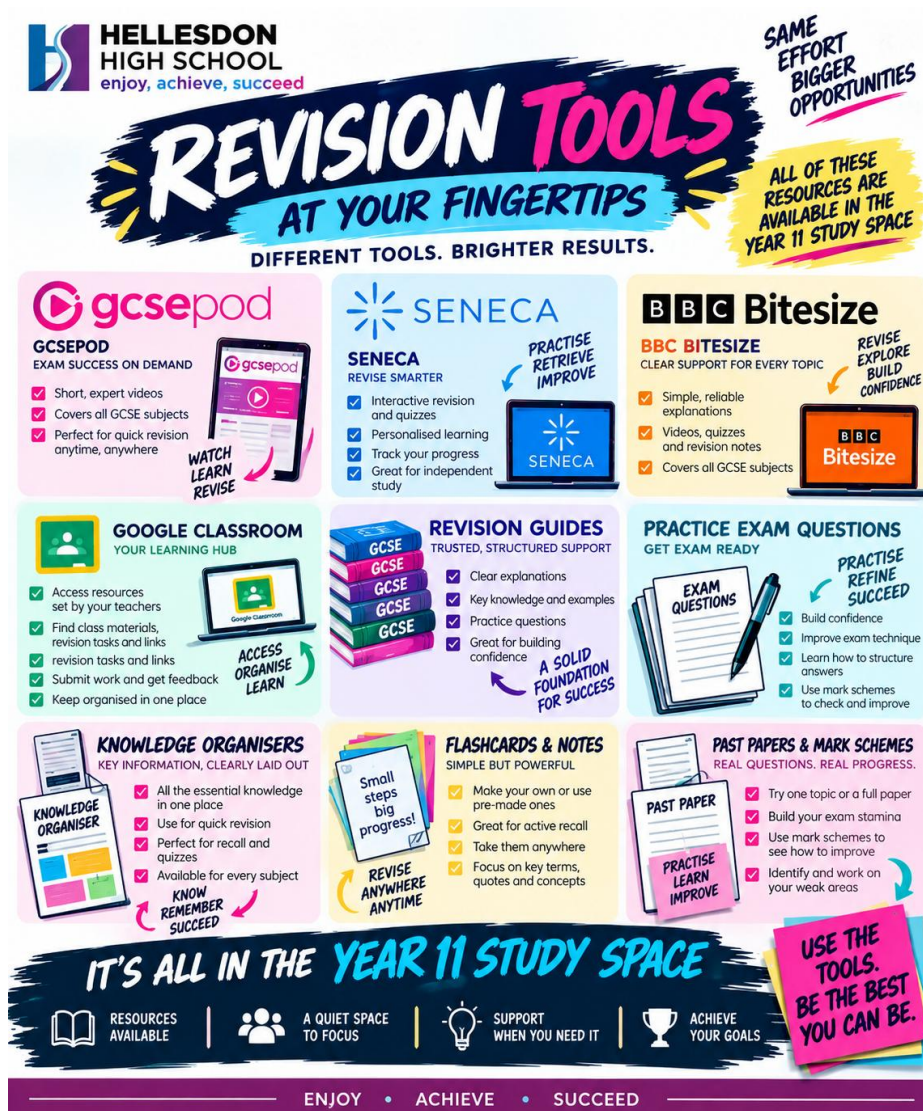
6. Revision methods pupils can actually use

Different methods suit different tasks - the important thing is that pupils use them actively.

- Retrieval practice: close the book and bring information back from memory before checking what was missed.
- Flashcards: put a question or cue on one side and the answer on the other; answer before turning the card over.
- Blurting / brain dumps: write everything remembered about a topic, check against notes, then identify gaps.
- Spaced practice: revisit topics repeatedly over time rather than trying to relearn everything at once.
- Power Hour: combine retrieval, exam practice, self-marking and acting on feedback in a focused study block.
- Exam questions: pupils need to practise applying knowledge in the form in which it will be assessed.

START SMALL

A sustainable routine completed regularly is more valuable than an ambitious timetable that lasts three days.



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REVISION TOOLS
AT YOUR FINGERTIPS

DIFFERENT TOOLS. BRIGHTER RESULTS.

SAME EFFORT BIGGER OPPORTUNITIES

ALL OF THESE RESOURCES ARE AVAILABLE IN THE YEAR 11 STUDY SPACE

gcsepod
EXAM SUCCESS ON DEMAND

- ✓ Short, expert videos
- ✓ Covers all GCSE subjects
- ✓ Perfect for quick revision anytime, anywhere

WATCH LEARN REVISE

SENECA
REVISE SMARTER

- ✓ Interactive revision and quizzes
- ✓ Personalised learning
- ✓ Track your progress
- ✓ Great for independent study

PRACTISE RETRIEVE IMPROVE

BBC Bitesize
CLEAR SUPPORT FOR EVERY TOPIC

- ✓ Simple, reliable explanations
- ✓ Videos, quizzes and revision notes
- ✓ Covers all GCSE subjects

REVISE EXPLORE BUILD CONFIDENCE

GOOGLE CLASSROOM
YOUR LEARNING HUB

- ✓ Access resources set by your teachers
- ✓ Find class materials, revision tasks and links
- ✓ Submit work and get feedback
- ✓ Keep organised in one place

ACCESS ORGANISE LEARN

REVISION GUIDES
TRUSTED, STRUCTURED SUPPORT

- ✓ Clear explanations
- ✓ Key knowledge and examples
- ✓ Practice questions
- ✓ Great for building confidence

A SOLID FOUNDATION FOR SUCCESS

PRACTICE EXAM QUESTIONS
GET EXAM READY

- ✓ Build confidence
- ✓ Improve exam technique
- ✓ Learn how to structure answers
- ✓ Use mark schemes to check and improve

PRACTISE REFINE SUCCEED

KNOWLEDGE ORGANISERS
KEY INFORMATION, CLEARLY LAID OUT

- ✓ All the essential knowledge in one place
- ✓ Use for quick revision
- ✓ Perfect for recall and quizzes
- ✓ Available for every subject

KNOW REMEMBER SUCCEED

FLASHCARDS & NOTES
SIMPLE BUT POWERFUL

- ✓ Make your own or use pre-made ones
- ✓ Great for active recall
- ✓ Take them anywhere
- ✓ Focus on key terms, quotes and concepts

REVISE ANYWHERE ANYTIME

PAST PAPERS & MARK SCHEMES
REAL QUESTIONS. REAL PROGRESS.

- ✓ Try one topic or a full paper
- ✓ Build your exam stamina
- ✓ Use mark schemes to see how to improve
- ✓ Identify and work on your weak areas

PRACTISE LEARN IMPROVE

IT'S ALL IN THE YEAR 11 STUDY SPACE

USE THE TOOLS. BE THE BEST YOU CAN BE.

RESOURCES AVAILABLE | A QUIET SPACE TO FOCUS | SUPPORT WHEN YOU NEED IT | ACHIEVE YOUR GOALS

ENJOY • ACHIEVE • SUCCEED

7. Make the most of the resources available

Hellesdon pupils have access to a wide range of support - using it proactively is the important part.

- GCSEPod provides short 3-5 minute Pods across a broad range of subjects, matched to pupils' courses and exam boards.
- It can be used for homework, assessment preparation, revision, independent learning and preparation for future lessons.
- Pupils should use it actively: watch, pause, recall, test themselves and return to gaps rather than simply letting videos play.
- Pupils can log in using their school Google/Gmail account, so there is no additional username or password to remember.
- Other useful resources include Seneca, PiXL resources, Oak National Academy, Google Classroom, knowledge organisers, revision guides, flashcards and exam questions.

OUR EXPECTATION

Do not wait for a teacher to set every piece of revision. Independent learners use the resources available to strengthen the areas they know need work.



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gcsepod
education on demand

GCSEPOD USE IT EFFECTIVELY

Short videos. Big impact.

Use GCSEPod's Pods, Check & Challenge and core skills to build your knowledge, strengthen your skills and improve your memory.



PODS
LEARN & UNDERSTAND

Short, engaging videos that explain key topics in bite-sized chunks.

- ✓ Watch a Pod (5–10 minutes).
- ✓ Focus on the key points and visuals.
- ✓ Pause and make notes if needed.

Build your knowledge one Pod at a time.



CHECK & CHALLENGE
TEST & IMPROVE

Quick questions to check what you know and push yourself further.

- ✓ Do the questions after each Pod.
- ✓ Check your answers and read the explanations.
- ✓ Revisit any you get wrong and try again.

Find the gaps. Turn them into progress.



MEMORY & CORE SKILLS
REMEMBER & APPLY

GCSEPod helps you remember more and build the skills you need for exam success.

- ✓ Use the spaced repetition for long-term memory.
- ✓ Make use of the memory techniques built in (e.g. key facts, mnemonics, visuals).
- ✓ Develop key core skills like analysis, evaluation and problem solving.

Better memory. Stronger skills. Higher grades.

HOW TO USE GCSEPOD EFFECTIVELY

1



CHOOSE

Find the right topic and select the Pod(s) you need.

2



WATCH

Watch the Pod, focus on key points and take notes if needed.

3



DO CHECK & CHALLENGE

Complete the questions, check your answers and learn from any mistakes.

4



REVIEW

Revisit difficult topics, use the memory techniques and re-watch if needed.

5



TRACK

Monitor your progress and keep building your knowledge, skills and confidence.



TRY THIS TODAY

- ✓ Pick 2–3 Pods for your next revision session.
- ✓ Do the Check & Challenge questions.
- ✓ Focus on the memory techniques and core skills.
- ✓ Repeat regularly and track your progress.

SEE MR SAYCE OR MR REID FOR MORE HELP AND SUPPORT.

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8. Routines, sleep and the climate for success

Achievement is easier when pupils feel organised, rested and in control.

- Create a calm, dedicated study space where possible and keep basic stationery and resources readily available.
- Agree a realistic weekly routine that includes study, breaks, exercise and activities pupils enjoy.
- Protect sleep. The presentation stresses the importance of a regular bedtime, a wind-down routine and reducing screen use before bed.
- Keep phones and other distractions away during focused study periods.
- Encourage exercise and time away from revision: movement can help clear the mind and relieve stress.
- Food, hydration and regular routines all contribute to pupils being alert and ready to learn.

ROUTINE

Consistency reduces last-minute stress.

SLEEP

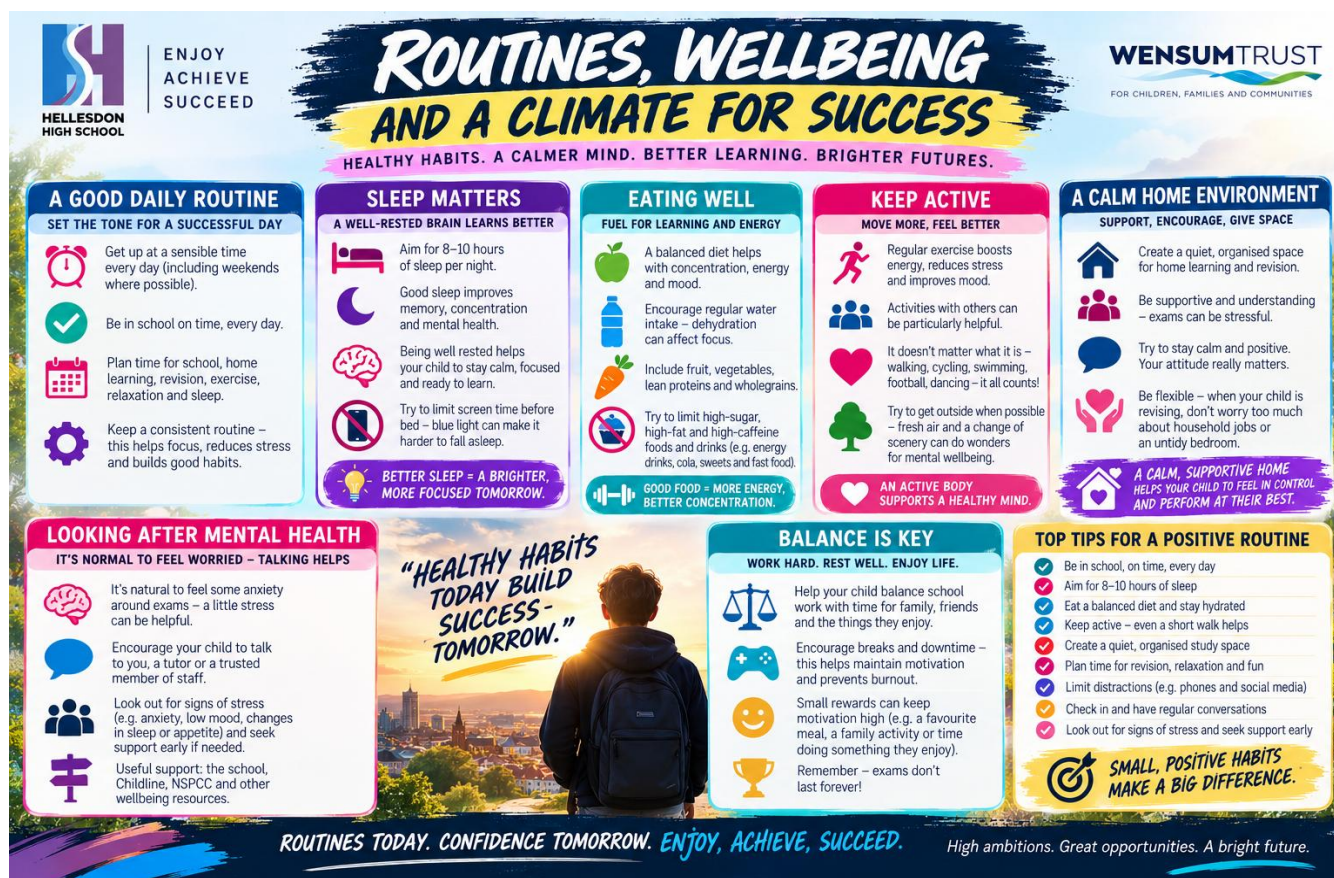
Rest supports concentration and memory.

BALANCE

Work and recovery both matter.

FEELING IN CONTROL

One of the most helpful things families can do is make the workload visible: map out the week, include breaks and commitments, and tick off completed sessions.



ROUTINES, WELLBEING AND A CLIMATE FOR SUCCESS
HEALTHY HABITS. A CALMER MIND. BETTER LEARNING. BRIGHTER FUTURES.

A GOOD DAILY ROUTINE
SET THE TONE FOR A SUCCESSFUL DAY

- Get up at a sensible time every day (including weekends where possible).
- Be in school on time, every day.
- Plan time for school, home learning, revision, exercise, relaxation and sleep.
- Keep a consistent routine – this helps focus, reduces stress and builds good habits.

SLEEP MATTERS
A WELL-RESTED BRAIN LEARNS BETTER

- Aim for 8–10 hours of sleep per night.
- Good sleep improves memory, concentration and mental health.
- Being well rested helps your child to stay calm, focused and ready to learn.
- Try to limit screen time before bed – blue light can make it harder to fall asleep.
- BETTER SLEEP = A BRIGHTER, MORE FOCUSED TOMORROW.**

EATING WELL
FUEL FOR LEARNING AND ENERGY

- A balanced diet helps with concentration, energy and mood.
- Encourage regular water intake – dehydration can affect focus.
- Include fruit, vegetables, lean proteins and wholegrains.
- Try to limit high-sugar, high-fat and high-caffeine foods and drinks (e.g. energy drinks, cola, sweets and fast food).
- GOOD FOOD = MORE ENERGY, BETTER CONCENTRATION.**

KEEP ACTIVE
MOVE MORE, FEEL BETTER

- Regular exercise boosts energy, reduces stress and improves mood.
- Activities with others can be particularly helpful.
- It doesn't matter what it is – walking, cycling, swimming, football, dancing – it all counts!
- Try to get outside when possible – fresh air and a change of scenery can do wonders for mental wellbeing.
- AN ACTIVE BODY SUPPORTS A HEALTHY MIND.**

A CALM HOME ENVIRONMENT
SUPPORT, ENCOURAGE, GIVE SPACE

- Create a quiet, organised space for home learning and revision.
- Be supportive and understanding – exams can be stressful.
- Try to stay calm and positive. Your attitude really matters.
- Be flexible – when your child is revising, don't worry too much about household jobs or an untidy bedroom.
- A CALM, SUPPORTIVE HOME HELPS YOUR CHILD TO FEEL IN CONTROL AND PERFORM AT THEIR BEST.**

LOOKING AFTER MENTAL HEALTH
IT'S NORMAL TO FEEL WORRIED – TALKING HELPS

- It's natural to feel some anxiety around exams – a little stress can be helpful.
- Encourage your child to talk to you, a tutor or a trusted member of staff.
- Look out for signs of stress (e.g. anxiety, low mood, changes in sleep or appetite) and seek support early if needed.
- Useful support: the school, Childline, NSPCC and other wellbeing resources.

BALANCE IS KEY
WORK HARD. REST WELL. ENJOY LIFE.

- Help your child balance school work with time for family, friends and the things they enjoy.
- Encourage breaks and downtime – this helps maintain motivation and prevents burnout.
- Small rewards can keep motivation high (e.g. a favourite meal, a family activity or time doing something they enjoy).
- Remember – exams don't last forever!

TOP TIPS FOR A POSITIVE ROUTINE

- Be in school, on time, every day
- Aim for 8–10 hours of sleep
- Eat a balanced diet and stay hydrated
- Keep active – even a short walk helps
- Create a quiet, organised study space
- Plan time for revision, relaxation and fun
- Limit distractions (e.g. phones and social media)
- Check in and have regular conversations
- Look out for signs of stress and seek support early

“HEALTHY HABITS TODAY BUILD SUCCESS TOMORROW.”

ROUTINES TODAY. CONFIDENCE TOMORROW. ENJOY, ACHIEVE, SUCCEED.

High ambitions. Great opportunities. A bright future.

9. Being your child's coach

Parents and carers do not need to be subject experts to have a major influence.

- Be organised: know what your child is working on and what they are trying to achieve.
- Be focused: help reduce distractions such as phones, television and interruptions.
- Be prepared: make sure basic stationery and revision materials are available.
- Be interested: ask about what they have learned, what they found difficult and what they will do next.
- Be encouraging: recognise effort, consistency and improvement rather than only final grades.
- Be calm: difficult conversations are more productive when the focus is on the next action rather than blame.

WHEN YOU HEAR...

- "I've got no homework."
- "I tried and failed."
- "I'll work hard at the end."
- "I'm just not smart enough."
- "It's boring."

COACH TOWARDS...

- What could you independently review?
- What did you learn and what changes next time?
- What small action can you take today?
- Focus on progress and personal best.
- Important things are not always exciting.

MARGINAL GAINS

Success rarely comes from one dramatic change. It comes from small, positive choices repeated consistently over time.

BEING YOUR CHILD'S COACH

GUIDE. SUPPORT. ENCOURAGE. BELIEVE.

You don't need to be a subject expert to make a huge difference. The most powerful support you can give is encouragement, structure and belief. Small, consistent actions at home help your child stay focused, motivated and in control of their learning.

"PARENTAL SUPPORT IS 8 TIMES MORE IMPORTANT IN DETERMINING A CHILD'S ACADEMIC SUCCESS THAN SOCIAL CLASS."

YOUR ROLE AS A COACH

SUPPORT THE JOURNEY, NOT JUST THE DESTINATION.

-  **Be interested** Ask what they are learning and how it is going.
-  **Be supportive** Encourage effort, progress and resilience, not just results.
-  **Be guiding** Help them set goals and keep them on track.
-  **Be positive** Celebrate small wins and good habits.
-  **Be there** Listen, reassure and remind them you believe in them.

"YOUR ENCOURAGEMENT FUELS THEIR CONFIDENCE."

USEFUL CONVERSATIONS

ASK QUESTIONS THAT OPEN UP THINKING.

-  What did you learn in that lesson today?
-  What are you finding challenging at the moment?
-  What support do you need from me?
-  How is your revision going?
-  What's your next step?
-  How are you feeling about your exams?
-  What are you proud of this week?

"LISTEN MORE THAN YOU SOLVE. IT HELPS THEM THINK THINGS THROUGH."

CREATE THE RIGHT ENVIRONMENT

HELP THEM FOCUS AND SUCCEED.

-  A quiet, organised space for home learning and revision.
-  Fewer distractions – limit phones, TV and social media.
-  A consistent routine with time for school, home learning, revision, breaks, exercise and sleep.
-  Keep a good supply of resources (pens, paper, highlighters, flashcards).
-  Be flexible – during busy periods, don't worry about untidy bedrooms or household jobs.

"A CALM, SUPPORTIVE ENVIRONMENT HELPS YOUR CHILD FEEL IN CONTROL."

ENCOURAGE GOOD HABITS

SMALL ACTIONS LEAD TO BIG RESULTS.

-  Help them plan their time and stick to a routine.
-  Encourage regular home learning and independent study.
-  Make sure they take regular breaks (around every 30 minutes).
-  Support them to keep active.
-  Help them eat well and stay hydrated.
-  Encourage good sleep – aim for 8–10 hours per night.

"GOOD HABITS TODAY BUILD A BRIGHTER TOMORROW."

PROVIDE PERSPECTIVE

HELP THEM MANAGE PRESSURE.

-  Remind them that feeling a bit nervous is normal and can be helpful.
-  Keep things in perspective – exams are important, but they don't define their worth.
-  Focus on effort, progress and personal best, not just grades.
-  Celebrate what they have achieved so far and the steps they are taking.

"PROGRESS OVER PERFECTION."

GUIDE
THEM TODAY
FOR A BRIGHTER
TOMORROW.

SAME TEAM.
SAME GOAL.
A BRIGHT
FUTURE.

KNOW WHEN TO SEEK SUPPORT

YOU ARE NOT ALONE.

-  Talk to your child's form tutor, subject teacher or Head of Year if needed.
-  Look out for signs of stress, anxiety or low mood and seek support early.
-  Useful support: school website, Childline, NSPCC and other wellbeing resources.
-  If you are concerned, contact the school – we are here to help.

"EARLY CONVERSATIONS CAN MAKE A BIG DIFFERENCE."



HEALTHY
HABITS



CONFIDENCE
AND RESILIENCE



BETTER
LEARNING



GREATER
SUCCESS

High ambitions. Great opportunities. A bright future.

10. Wellbeing, stress and avoiding unnecessary pressure

Challenge is normal. The aim is to help pupils manage it rather than feel overwhelmed by it.

- Some stress can motivate and focus us, but watch for signs that stress is becoming difficult to manage: persistent worry, tension, poor sleep, irritability, changes in appetite, low mood or losing interest in usual activities.
- Give your child opportunities to talk. A parent, tutor, teacher or trusted adult can help them keep worries in perspective.
- Listen and support before jumping straight to solutions or criticism.
- During busy assessment periods, flexibility at home can help reduce unnecessary pressure.
- After an assessment, focus on what went well, what can be learned and what comes next rather than dwelling on questions that cannot be changed.
- If you are worried that your child is not coping, contact school so that we can work with you.

KEEP PERSPECTIVE

We want pupils to care about their achievement, but success is supported by calm routines, realistic expectations, good communication and a willingness to ask for help.

TALK

Keep communication open.

PRAISE

Notice effort and progress.

SUPPORT

Seek help early when needed.



WELLBEING, STRESS AND A POSITIVE MINDSET
SUPPORTING SUCCESS IN YEAR 10 AND BEYOND

WENSUM TRUST
FOR CHILDREN, FAMILIES AND COMMUNITIES

IT'S NORMAL TO FEEL PRESSURE
FEELING A LITTLE NERVOUS CAN BE HELPFUL, BUT TOO MUCH STRESS CAN GET IN THE WAY.
Exams and assessments can feel worrying – this is a normal reaction.
Many young people feel more irritable, tense or worried at times.
It's important to remember that challenges are part of learning and growth – you're not alone.

SIGNS OF STRESS
LOOK OUT FOR CHANGES IN MOOD OR BEHAVIOUR, SUCH AS:
Worrying a lot
Feeling tense or irritable
Headaches or stomach pains
Not sleeping well
Loss of interest in food (or eating more than usual)
Not enjoying activities you used to like
Feeling low or negative

WAYS TO MANAGE STRESS
SIMPLE STRATEGIES CAN MAKE A BIG DIFFERENCE.
Take slow, deep breaths.
Go for a walk or do some exercise.
Talk to someone you trust.
Do something you enjoy and switch off.
Break tasks into smaller steps.
Focus on what you can control.
Keep a positive routine.

AVOIDING UNNECESSARY PRESSURE
HELP YOUR CHILD STAY POSITIVE AND REALISTIC.
Focus on effort, progress and personal bests – not just grades.
Celebrate small wins.
Encourage balance – there's more to life than exams.
Avoid comparisons with others.
Help them set realistic goals.
Remind them that mistakes are part of learning.

TALKING HELPS
ENCOURAGE OPEN AND REGULAR CONVERSATIONS.
Listen without judgement.
Let them share their worries and keep things in perspective.
Encourage them to speak to a trusted member of school staff (e.g. tutor, subject teacher or Head of Year).
If you are concerned, contact the school – we are here to help.

KEEPING ACTIVE
MOVEMENT BOOSTS YOUR MOOD AND ENERGY.
Try walking, cycling, swimming, football or dancing.
Activities with friends or family can be particularly helpful.
Regular exercise reduces stress, clears the mind and helps you sleep better.

EATING WELL
GOOD FOOD FUELS A HEALTHY MIND.
A balanced diet helps with concentration, energy and mood.
Drink regular water throughout the day.
Try to limit high-sugar, high-fat and high-caffeine foods (e.g. energy drinks, sweets, chocolate, burgers and chips).
Include fruit, vegetables, lean proteins and wholegrains.

A GOOD NIGHT'S SLEEP
RESTED MINDS LEARN BETTER.
Aim for 8–10 hours of sleep per night.
Good sleep improves memory, concentration and mental health.
Try to limit screen time before bed.
Keep a consistent bedtime and wake-up time.

BE KIND TO YOURSELF
FOCUS ON PROGRESS
DO WHAT YOU ENJOY
TALK ABOUT IT
YOU'VE GOT THIS

WHERE TO FIND SUPPORT
YOU ARE NOT ALONE.
School – your tutor, Head of Year or any trusted member of staff.
Childline – childline.org.uk
NSPCC – nspcc.org.uk
Tips and advice – search 'exam stress' for helpful resources and 13 stressbusting tips.

HEALTHY HABITS + CALMER MIND + BETTER LEARNING + GREATER SUCCESS

HEALTHY MINDS. BRIGHTER FUTURES.
High ambitions. Great opportunities. A bright future.

11. The partnership that makes the difference

School, home and pupil each have an important part to play.

SCHOOL	HOME	PUPIL
High-quality lessons, clear expectations, intervention, resources and opportunities.	Routines, encouragement, communication, attendance support and a calm place to work.	Effort, engagement, resilience, independence and ownership of the next step.

Six priorities to keep coming back to

- Excellent attendance and punctuality.
- Positive engagement in every lesson.
- Consistent completion of home learning.
- Regular, active independent revision.
- Using available support and asking for help early.
- Building habits now rather than waiting for Year 11.

THE QUESTION TO ASK

What change can we make today that improves the chances of success tomorrow?

Your support network

- Mr Sayce and the Leadership Team
- Head of Year 10
- Mr Reid - Head of KS4
- Form tutors
- Subject teachers and Heads of Subject
- Intervention and pastoral staff

We believe our pupils are capable of excellence. The journey starts now.



THANK YOU
FOR BEING PART OF OUR JOURNEY

YOUR SUPPORT MAKES A REAL DIFFERENCE.
TOGETHER WE CAN HELP EVERY YEAR 10 PUPIL BUILD TODAY,
FOR A BRIGHTER TOMORROW.

YOUR CHILD'S SUPPORT NETWORK

- YOU**
PARENTS AND CARERS
Your encouragement and support at home makes a huge difference.
- FORM TUTOR**
A FIRST POINT OF CONTACT
Monitors progress and wellbeing and provides guidance and support.
- SUBJECT TEACHERS**
EXPERT SUPPORT IN EVERY SUBJECT
High quality teaching and clear feedback to help your child make progress.
- ADDITIONAL SUPPORT**
WHEN IT'S NEEDED
Pastoral team, SEND support, careers guidance and wellbeing support.

NEXT STEPS

- 1 REFLECT**
Take away the ideas and resources from tonight.
- 2 PUT INTO PRACTICE**
Start building positive habits at home and in lessons.
- 3 TALK**
Keep in touch with your child's form tutor or subject teachers if you have any questions.

SAME TEAM. SAME GOAL. A BRIGHTER FUTURE.

HIGH AMBITIONS. GREAT OPPORTUNITIES. A BRIGHT FUTURE.

ENJOY, ACHIEVE, SUCCEED.