



Blackfen School for Girls

Raising aspirations - releasing potential

Year 10 Information Evening

11th October 2023



Helping your child achieve in KS4

Year 10 Information Evening

Introduction

Miss F Minnis - Deputy Headteacher

Work Experience

Mrs K Smith, Work Experience and Business/Community Links Coordinator

Transition to Sixth Form

Mrs K Brewer - Assistant Headteacher

Growth Mindset

Mr S Neil – Assistant Headteacher

Wellbeing

Mrs H Magrowski – Assistant Headteacher

Raising Attainment

Miss N Hoad – Assistant Headteacher

Mr R Shaw – KS4 Raising Attainment Co-Ordinator

Introduction:

We believe that your involvement during these crucial years can make a huge difference.

Parental support is eight times more important in determining a child's academic success than social class, according to a study.

We hope the information we share tonight will help you enable your child to make the right choices over the next two years and provide you with some useful tips about how to support your child.

“It is our choices, Harry, that show what we truly are, far more than our abilities.”

J.K. Rowling, Harry Potter and the Chamber of Secrets

Year 10- Key Dates

Events marked with an asterisk - * - are particularly recommended for family intervention.

AUTUMN TERM

September - October

- 11.10.2023 Year 10 GCSE and Btec information evening
- Autumn term Action Plan* in Learning Journals agreed, completed and signed off

November - December

- 14.03.24*: Year 10 Parents Evening
- 11.12.23*. Autumn Progress updates Published this week
- 21.12.23 Work Experience. A CV must be completed by Christmas. Students should have (or be close to) securing a placement
- 22.11.2023 - Year 10 D of E students information session @ 3.00pm – 3.30pm

SPRING TERM

January - February

- Spring term Action Plan* in Learning Journals agreed, completed and signed off
- 19.02.24. Work Experience. Deadline for placements to be found. Details to be returned to Mrs Smith, Work Experience and Business/Community Links Coordinator in Room 106
- 10.01.2024 - Year 10 D of E parents information evening @ 5.00pm – 5.30pm

March - April

- 05.03.24*: Careers Forum
- 18.03.24. Spring Progress updates published this week

SUMMER TERM

May – June

- 17.06.24. Pre-Public Examinations run*: the opportunity for families and students to practise managing examinations: revising and checking equipment; turning up at the right time and in the right place; coping with examination pressure
- 08.07.24. Summer Progress updates published this week
- 08.07.24. Y10 Work Experience commences for two weeks

“If you don't give anything, don't expect anything. Success is not coming to you; you must come to it.”

Marva Collins.



Key Expectations

There will be many new expectations of your child in years 10 and 11 – expectations which for many are hard to meet. However, you do not need to know anything about maths, science or textiles to help them with these things – you’ve been doing it all of their lives!

New demands on your child are likely to include:

- Being more self-motivated and taking more responsibility for their own learning
- Asking when they do not understand.
- Developing their abilities to overcome frustrations, and strategies for persisting when they are learning material that they find challenging.
- Organising themselves, notes, handouts and information for different subjects, and different topics within subjects.
- Completing more work at home, independently.
- Organising and planning their time over longer periods.
- Understanding the exam structure and the relative importance of each piece of work to their final grade.
- Planning and carrying out their revision.
- Perfecting “exam technique”

Key staff in school guide students and families through the Year 10 journey. Ms. Hoad is the Assistant Headteacher/Raising Attainment Leader who directs the Year 10 *Raising Attainment* programme. Do not hesitate to get professional input and support as soon as it is needed. The school email is admin@blackfen.bexley.sch.uk.

<p>Faculty Leaders English – Mr N Love Mathematics – Mrs I Owolabi Science – Ms M Gough Expressive Arts – Mrs S Linaker Humanities – Mrs N Doyle Politics, Philosophy & Enterprise – Mrs G Laryea Daniels Vocational - Ms I Terry</p> <p>SENCO - Ms S McCauley Head of Sixth Form – Miss K Brewer Student Support Officers - Behaviour or attendance queries Form tutors – Day-to-day enquiries Careers Advisor – Ms Jody Phillips</p>	<p>Subject Leaders Art and Design – Mrs K Russell Business – Mr B Kirby Design Technology – Ms V Knight Drama – Mrs N Jarman Economics – Mr B Kirby Modern Foreign Languages – Miss J Carter Geography – Mr R Shaw Health and Social Care – Miss K Morris History – Mrs A Allam ICT – Ms I Auvinet Citizenship – Mrs G Laryea Daniels Music – Mrs S Linaker Physical Education – Mr R Momodu Religious Education – Mrs N Doyle</p>
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Work Experience

Key Information

- **Dates** – Mon 8th to Fri 19th July 2024
- **Provider** – Bromley Education Business Partnership (BEBP)
- **Info Letters/ Guidance/ Placement Forms** emailed home 10th October and all information will also be available on Year 10 TEAMS
- **In 2023 over 249 placements were arranged.** Only about **10%** were found by the school
- **Meaning that 90% (over 4 in every 5)** were found by students, their parent/carers, their wider family and their family friends
- **Most Bexley & Bromley Schools** have their WEx at the same time **so places are limited.**

Key Actions

To get the most out of these two weeks

- **Start straight away** – write letters and prepare a CV to send out to employers. Try to get a placement organised by **Christmas 2023**. This will make the experience less stressful for you.
- **Deadline Monday 19th February 2024** - for placements to be found and the details to be returned to Mrs Smith in Room 106 to be forwarded to BEBP.

NB - The longer students leave it, the less chance they will have of finding a suitable placement

What you need to know

- **2 x 1 week placements** – there maybe a charge of **£50** if the **2nd placement does not have a visit in place by BEBP.**
- **Insurance** – placements must have the appropriate Employer's Liability Insurance, **PLEASE CHECK THIS** otherwise it will not be authorised by either the School or our provider
- **Hours worked** – varies but NOT school hours
- **This is not a holiday** – You cannot use these two weeks to organise a family holiday or it will be an unauthorised absence. This will be mentioned in any Post 16 references.
- **Liz Wyn-Owen** is your Independent Careers Advisor
- She is in school every Wednesday, for the whole day
- All KS4 students are invited to a 1-to-5 group careers interview before the end of Year 10
- You can request a 1-2-1 careers interview with Liz at any time - See Mrs Smith, Tue, Wed or Thurs in Room 106
- Careers and WEx drop-in and help with CV's every Tue, Wed, & Thurs before school, break and after school in Room 106
- **You must remain in education or training until 18**



Raising Attainment

At Blackfen School for Girls we actively seek to raise student attainment and raise student's life chances. We believe that students getting the most out of their lessons is key to students raising their attainment. We aim to build a relationship with your child to direct and support them to realise their potential.

Top Tips for lessons

- Ensure your child packs their bags before school and is prepared and ready with books and equipment for lessons
- Stay focussed in lessons
- Take notes
- Actively listen
- Ask questions
- Positively engage with peers
- Write down any home work

Top Tips for Home Learning

- If possible, your child will need a designated area where they can work
- We recommend that students don't have access to phones or iPads during home learning
- No music or music without lyrics is usually to learn to
- We recommend that students complete 1 hr of homework per night and 1 hr of revisit and review. There will be a lot of information that students need to retain in their long term memory so regular active revision is key

Top Tips for revision

- Students should ask their teacher of the exam board and then access the curriculum. This is usually known as the Specification
- Students should work through their notes and fill any gaps caused by non – attendance
- Students should reduce and convert their notes through revision mind maps, infographics, flashcards and pictures
- Students should review these repeatedly
- Students should quick test their knowledge and then test their knowledge on past exam questions

Growth Mindset

Blackfen is a Growth Mindset School.

Carol Dweck, world-renowned Stanford University psychologist, talks about the power of our mindset or our beliefs (especially around challenge). We can either have a Fixed Mindset where we let failure (or even success) define who we are, or a Growth Mindset where we see setbacks as opportunities to grow and improve ourselves. Just like how we learned how to walk, there are many stumbles along the way, but to reach our potential and live the life we desire, it takes practice and perseverance. We always have a choice about which view to adopt for ourselves...and it's never too late to change.

A person with a growth mindset will grow and thrive in their various dimensions of development because they embrace the fact that failure can make them stronger. They are determined and don't give up in the face of setbacks.

People with a fixed mindset, in contrast, avoid challenges – especially ones they perceive that might not make them look “clever.” Further, those with a fixed mindset believe they are either good at something or they're not – practice won't make a difference.

Do you have a Growth Mind-set?



- **I respond positively to feedback**
- **I understand that failure is part of learning and nothing to fear**
- **I realise that effort is the key to success**
- **I know there is a limit to how far talent can take you**
- **I believe that practice makes perfect**
- **I recognise there is no secret formula for academic achievement**

Top Tips to support your child

- 1. Teach Them It's Okay to Be Wrong.**
- 2. Teach Them to Try New Ideas.**
- 3. Teach Them to Keep Trying.**
- 4. Teach Them to Learn From Mistakes.**
- 5. Teach Them to Problem-Solving Skills.**
- 6. Teach Them to Talk About Mistakes.**
- 7. Don't Expect Perfection.**



Mental Health & Wellbeing

At Blackfen, we appreciate that KS4 can be a stressful and worrying time for students. Therefore, we have a range of provisions in place to reduce this stress and reactive provision in the school. Students can talk to their SSO at any time and can be referred to our inhouse counsellor if they need to talk to anyone about how they are feeling. We will also be holding an exam stress workshop that students can sign up to and this will take place in November. We will also continue to post resources on the KS4 teams pages to signpost students for information and wider support. We also signpost students to a range of resources both in CT time and on our Wellbeing board.

Here are some Top Tips for Promoting balanced Wellbeing:

- Please encourage your child to go to bed at a decent time. Students need at least 8 hours deep sleep per night to be effective learners*
- Please ensure that your child eats a balanced diet and exercises to promote well being.*
- Communicate with your child and encourage them to speak freely about what is on their mind*
- Please encourage your child to ask for help if they are feeling overwhelmed*
- Encourage your child to take a break and reflect*
- Feeling overwhelmed and stressed particularly around exam time is very common. Please encourage your child to give themselves plenty of time to prepare for these challenges*



Below are some useful websites that provide resources, in particular dealing with pressure and exam stress. There are dedicated resources for both young people and also specifically for parents.



Improving
children's mental
health

Useful Websites & Apps

English (AQA)

Website address and App suggestions	Key notes
<p>BBC Bitesize https://www.youtube.com/user/mrbruff</p> <p>https://www.gcsepod.com/ Class TEAMS page Revision texts that can be purchased through wisePAY</p> <div style="display: flex; justify-content: center; align-items: center; gap: 20px;">   </div>	<p>Excellent resource for vocabulary extension</p> <p>Wider reading either of fiction or non-fiction is a whole school expectation and is further support through the community programme</p>

Maths (Edexcel)

Subject	Website address	Key notes
Maths	https://www.dr frostmaths.com/ https://www.mathsgenie.co.uk/ https://www.piximaths.co.uk/ http://corbettmaths.com/ http://www.mathsisfun.com/ http://mathsrevision.com/ http://www.bbc.co.uk/education http://studymaths.co.uk/ https://connect.collins.co.uk	<p>Dr Frost Maths : Student login and password given by teachers and in students panner.</p> <p>Collins Connect: https://connectcollins.co.uk Student log in: BSGstudent Password: blackfen</p>
Statistics (Edexcel)	The above maths websites can be used for GCSE Statistics as well	

Science – (Edexcel)

Subject	Website address	Key notes
Combined Science	https://www.pearsonactivelearn.com/app/Home	This website will provide students with access to the course textbook. They receive a login to access this.
	https://cognitoresources.org/resources/gcse/qsbytopic/chemistry/edexcel	A useful website to access exam questions.
	https://my.educake.co.uk/	This is an excellent website for quizzing.
	https://senecalearning.com/en-GB/	This is a useful website for

		quizzing.
	www.bbc.co.uk/bitesize/gcse/science/	A good general site for extra information and support
	http://www.s-cool.co.uk/	A good general site for extra information and support
	http://www.gcse-science.com/	Useful site for chemistry and physics science courses
	https://qualifications.pearson.com/en/qualification/s/edexcel-gcse/sciences-2016.html	This website will provide information about the Combined Science, Biology, Chemistry and Physics GCSE.
	https://kahoot.it/	This is a useful website for quizzing.
	http://www.physicsandmathstutor.com/	Useful website for accessing exam questions.
	https://www.primrosekitten.com	Useful for videos.
	https://www.youtube.com/channel/UCaGEe4KXZrjou9kQx6ezG2w	A Youtube channel with short clips on different topics.
	https://www.youtube.com/c/freesciencelessons	A Youtube channel with short clips on different topics.

Citizenship (Edexcel)

Subject	Website Address
Edexcel GCSE Citizenship Studies Specification	https://qualifications.pearson.com/en/qualifications/edexcel-gcse/citizenship-studies-2016.html
Edexcel Citizenship Revision Theme A	https://www.youtube.com/watch?v=DcX30Wp0Byc&list=PL2qRqbAYCgSRf17-ixaSC_V1XzfW5i3IK
Edexcel Citizenship Revision Theme B	https://www.youtube.com/watch?v=fCMfjxmA1z4&list=PL2qRqbAYCgSTlEfos5B4ohp7K6f5IPop
Edexcel Citizenship Revision Theme C	https://www.youtube.com/watch?v=7H5rz8OQrCE&list=PL2qRqbAYCgSSA6ikOAwijmo-HoayDz9c8
Edexcel Citizenship Revision Theme D	https://www.youtube.com/watch?v=OBphcZ4FGOo&list=PL2qRqbAYCgSQv0AmslqPobRARkd6C_h8V
BBC Newsround	https://www.bbc.co.uk/newsround
Revision Guide on Amazon:	https://www.amazon.co.uk/Pearson-Edexcel-Citizenship-Revision-Workbook/dp/1292268166

Art and Photography (AQA)

Subject	Website address	Key notes
Art	http://www.bbc.co.uk/education/subjects http://www.aqa.org.uk/subjects/art/gcse https://www.youtube.com/user/ntdiscoverart https://en.wikipedia.org/wiki/Main_Page Galleries http://www.tate.org.uk/home/default.htm Tate Gallery http://www.nationalgallery.org.uk/ The National Gallery http://www.npg.org.uk/live/index.asp The National Portrait Gallery tp://www.royalacademy.org.uk/ The Royal Academy of Arts http://www.hayward.org.uk/ The Hayward Gallery	Click on the Art icon to select the exact pages you require. These websites provide a wide range of resources that will cover several different components on the course.

	<p>http://www.ica.org.uk/ The Institute of Contemporary Arts http://www.lisson.co.uk/ The Lisson Gallery http://www.vam.ac.uk/ The Victoria and Albert Museum http://www.courtauld.ac.uk/ The Courtauld Institute of Art</p> <p>   </p>	GCSE course.	
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Drama (WJEC/EDUQAS)

Subject	Website address	Key notes
	<p>http://www.bbc.co.uk/education/subjects https://www.nationaltheatre.org.uk/learning https://www.youtube.com/user/ntdiscovertheatre</p>	<p>Click on the Drama icon to select the exact pages you require. These websites provides a wide range of resources that will work for several different components on the GCSE course.</p>

Dance (AQA)

Website address and App suggestions	Key notes
<p>AQA GCSE Dance- Teaching Resources https://www.aqa.org.uk/subjects/dance/gcse/dance-8236</p> <p>Quizlet https://quizlet.com/83282957/gcse-dance-flash-cards/</p> <p>Rambert Contemporary Dance Company https://www.rambert.org.uk/</p> <p>Sadlers Wells Theatre https://www.sadlerswells.com/whats-on/message-in-a-bottle/?gclid=EAlaIqobChMIpNi05-6X8wIVysLtCh3Gqw2aEAAYASAAEgKVJ_D_BwE</p> <p>James Cousins Company https://www.jamescousinscompany.com/</p> <p>Boy Blue Entertainment https://boy-blue-2.webflow.io/</p> <p>English National Ballet https://www.ballet.org.uk/</p>	<p>Excellent resources for Component 2 Written Paper</p>

Food (AQA)

Subject	Website address
Nutrition Principles	http://www.aqa.org.uk/subjects/food/gcse/food-preparation-and-nutrition-8585/assessment-resources
	https://resources.wjec.co.uk/pages/ResourceSingle.aspx?rlid=2716
Investigating Raising Agents	
	https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/raising_agents/investigation/screen_1.html
Investigating Eggs	
	https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/eggs/index.html
Investigating Meat & Fish	
	https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/meat/ACTIVITY%205/activity.html
Investigating Flours	
	https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/flour_investigations/index.html
Investigating Fruits & Veg	
(Enzymic Browning)	https://resource.download.wjec.co.uk/vtc/2015-16/15-16_09/eng/fruit_and_veg/enzyme%20browning/index.html
Skills Videos	
	https://resources.wjec.co.uk/pages/ResourceSingle.aspx?rlid=813
Knowledge Organisers (General Food & Nutrition)	
	https://resources.wjec.co.uk/pages/ResourceSingle.aspx?rlid=3453

Geography (AQA)

https://www.cia.gov/library/publications/the-world-factbook/	Range of statistics and figures about different countries
http://www.aqa.org.uk/subjects/geography/gcse/geography-a-9030	GCSE Exam Board
http://www.teachitgeography.co.uk/home	Range of resources
http://www.coolgeography.co.uk/	Range of resources

https://www.bbc.com/education/examspecs/zy3ptyc	Range of past papers and mark schemes
https://members.gcsepod.com/login	Revision notes and content tests
	Revision and embedding videos

History (Edexcel)

https://qualifications.pearson.com/en/qualifications/edexcel-gcse/history-2016.html http://www.bbc.co.uk/schools/gcsebitesize/history/ http://www.johndclare.net/ http://medicinethroughtime.co.uk/history/#.Wa7JFWf2a1s	Exam information Good range of information, knowledge tests and useful revision videos A good range of information on all topics and links to other sites. Excellent revision for the 'Medicine through Time' unit
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Music (OCR)

Exam style questions and revision. All areas of study: https://www.bbc.co.uk/bitesize/examspecs/zv7gxyc https://www.youtube.com/playlist?list=PLtycXRMAfBjmCB7xZHsvD5C7fbxbRLd3L https://www.youtube.com/watch?v=XacNZ5fRBul https://www.youtube.com/watch?v=XacNZ5fRBul https://www.youtube.com/watch?v=YfT0irsgB3Q https://www.youtube.com/watch?v=WZq8q79MAYw https://www.youtube.com/watch?v=vzkoFS_71Qc The long answer question number 3: https://www.youtube.com/watch?v=heMIZRa52Pw The comparison question number 6: https://www.youtube.com/watch?v=AsIEbCXKSVs Cadences: https://www.youtube.com/watch?v=saw50A8vWSg Intervals: https://www.youtube.com/watch?v=E3kiU71ydSo	
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Modern Foreign Languages French and Spanish (éduqas)

Website address	Key notes
Vocabulary learning websites: 1/ http://linguscope.com/ intermediate * 2/ https://www.memrise.com/ 3/ https://quizlet.com/en-gb 4/ http://www.zut.org.uk/ French only ** 5/ http://oye.languageskills.co.uk Spanish only ** 6/ http://www.languagesonline.org.uk *** 7/ https://www.duolingo.com/ ***	* login available from your teacher ** free access outside school hours *** free access
KS4 Exam techniques/revision:	

http://www.bbc.co.uk/schools/gcsebitesize/ *** http://www.s-cool.co.uk/gcse/french French only *** Online interactive verb conjugator and practice http://www.verbix.com/languages/french.html http://www.verbix.com/languages/spanish.html	
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Health and Social Care Btec Tech Award L2

Website address and App suggestions	Key notes
1. Health and social care revision guide Pearsons 2. BBC website health section 3. Watch TV programmes involving healthcare professional – ie – ambulance, one born every minute, 24 hours in A&E.	1. Essential for Unit 3 Exam – bought easily from Amazon. 2. Watching a variety of programmes to show the jobs and skills needed to work with a variety of patients.

ICT (OCR Cambridge Nationals in Information Technologies)

Website address and App suggestions
1. https://www.ocr.org.uk/Images/610951-specification-cambridge-nationals-it-j836.pdf Note: Exam board website link to the specifications for the course 2. https://erevision.uk/ Note: This is a revision website to memorise the key concepts of the R050 written examination at the end of Y11. Students will be set up on this website by their teacher 3. https://www.youtube.com/watch?v=wbJcJcKbcMg Note: Video tutorial Excel for beginners - the complete course (55 min) 4. <div data-bbox="124 1406 608 1765" data-label="Image"> </div>
5. <div data-bbox="703 1413 1394 1832" data-label="Text"> <p>Excel for Beginners - The Complete Course This is the beginning Excel course that you've been waiting for! Learn everything you need to effectively use Excel by watching just one video. You'll learn spreadsheet terminology and the modern Excel layout, how to create and save workbooks, entering values into Excel, Excel formulas and functions, formatting, creating and editing Excel ... www.youtube.com</p> </div>

eRevision

Powered by ZigZag Education

Fast and effective online interactive Learning and eRevision

Motivate students with varied, engaging activities & exam-style questions, based on the new GCSE, BTEC, OCR Nationals and A Level specifications
erevision.uk

Physical Education

Website address and App suggestions	Key notes
https://www.edofe.org/ https://www.sportsleaders.org/ https://www.sportengland.org/our-work/national-governing-bodies/sports-that-we-recognise/ https://network.streetgames.org/our-work-changing-sport/national-governing-bodies https://www.btecpe.com/unit-2	Good general sites for support

Photography (AQA)

Website address	Key notes
Museums and Galleries https://www.atlasgallery.com/about Atlas Gallery https://thephotographersgallery.org.uk/ The Photographers Gallery https://huxleyparlour.com/about-us/ Huxley Parlour Gallery https://www.hamiltonsgallery.com/artists/ Hamiltons Gallery http://www.tate.org.uk/home/default.htm Tate Gallery http://www.nationalgallery.org.uk/ The National Gallery http://www.npg.org.uk/live/index.asp The National Portrait Gallery tp://www.royalacademy.org.uk/ The Royal Academy of Arts http://www.hayward.org.uk/ The Hayward Gallery http://www.ica.org.uk/ The Institute of Contemporary Arts http://www.lisson.co.uk/ The Lisson Gallery http://www.vam.ac.uk/ The Victoria and Albert Museum http://www.courtauld.ac.uk/ The Courtauld Institute of Art http://www.thebritishmuseum.ac.uk/ The British Museum	Click on the icon to select the exact pages you require. These websites provides a wide range of resources that will work for your GCSE course.
Technical Advice https://expertphotography.com/ https://iphonphotographyschool.com/ https://camerajabber.com/tutorials/ https://petapixel.com/ https://fstoppers.com/	

<https://photographylife.com/>
<https://www.cambridgeincolour.com/>
<https://www.digitalcameraworld.com/uk>

Other useful Photography websites

<https://www.contemporaryartdaily.com/>
<https://www.youtube.com/>
<https://artsandculture.google.com/explore>
<https://artuk.org/>
<https://www.tate.org.uk/art/art-terms>
<https://rps.org/>
<https://www.1854.photography/>
<https://www.the-aop.org/>
<https://www.magnumphotos.com/photographers/>
<https://1x.com/photos>
<https://www.lensculture.com/about>
<https://www.icp.org/about>
<https://www.creativeboom.com/>
<https://www.lensculture.com/>

Textiles (Art & Design AQA)

Subject	Website address
	https://www.aqa.org.uk/subjects/art-and-design/gcse/art-and-design-8201-8206/subject-content/textile-design
	https://www.vam.ac.uk/
	https://www.fashiontextilemuseum.org/
	https://www.pinterest.co.uk/
	https://designmuseum.org/
	https://www.instagram.com/
	https://studyrocket.co.uk/revision/gcse-design-and-technology-aqa/design-and-technology-aqa/textiles-fabrics-and-fibres
	https://revisetextiles.wordpress.com/