



CARR HILL HIGH SCHOOL

Commitment Aspiration Resilience Respect



In Pursuit of Excellence

Proud to Belong

Parents – We need your help!

- All students need a desk and a quiet space to revise.
- Revision needs to start now. The new specifications are large and students need to read over notes every night.
- Effective learning involves self-testing – can you test your son/daughter on what they have learnt in class to make sure that it has gone in?
- Take an active interest in their learning and ask them to tell you what they have learnt each day.
- Students should be working up to spending at least 10 hours per week on homework and revision.

Behaviour

Present	Being both physically present in class and mentally in the room and ready to learn.
Punctual	5 minutes lateness to every lesson in a day costs 25 minutes of learning. Over a week, that's over 2 hours of learning lost. Over a term, almost 30 hours lost.
Positive	This year will be tough with some knocks and set-backs. Resilience and positivity needed.
Polite	Staff at school expect manners and courtesy from students as an absolute minimum. Students should also be polite to each other.
Proud	Proud of our school community and proud of ourselves.
Prepared	All books and equipment. Prepared for all assessments and PPEs.

Role Models



- Look smart – appropriate length skirt, no makeup or fake tan, ties on etc.
- Work hard
- Focus on your future
- Be respectful
- Try your best
- Working up to 10 hours of revision each week
- Behave sensibly around school

Future Prefects



- Later in the year, we will be choosing our prefects, including our senior prefects, and school captains.
- This is a fantastic opportunity to develop leadership and organisational skills and to give back to the school.
- Being a prefect looks great on college and apprenticeship application forms.

Commitment



- Teachers – committed to supporting our students to fulfil their potential, to giving them as much support and guidance as possible to help them achieve their goals.
- Students – the real effort and commitment must come from you. At least 10 hours of work at home each week. Maximum effort in all classwork and homework. No excuses – these are **your** results and **you** have to work hard for them.
- Parents – we need you to make sure the extra work at home is happening. All students need a quiet space to study, free from all distractions (especially electronic devices).

Aspiration



- We want our students to set high targets for themselves.
- A clear vision of where they want to go in the future and what they need to get there will help with motivation.
- Visit many colleges and find out about other opportunities such as apprenticeships.
- We have a careers advisor in school to help.

Resilience



- This year will be hard; there will be ups and downs
- It is how we respond to challenges and set-backs that determines how successful we will be
- Those who continue to work hard despite challenges will do well. Those who give up and stop trying will not.
- Parents, we need you to keep encouraging your son/daughter to keep going and never give up!

"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

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"Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"

"I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"

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Respect



- Students:
- Respect your teachers – listen carefully in class, follow advice given in feedback, stick to deadlines, be polite, acknowledge how hard teachers are working to support you.
- Respect your parents – they are going to nag you this year because they want the best for you!
- Respect yourselves – try your best, behave sensibly, give it your best shot. Attend every day and be present in every lesson.

PARENTS GUIDE TO GCSE REVISION

This useful guide lets you know exactly how and when your child should be revising.



“

The highest achieving students each watched on average

102 PODS

so there is a clear correlation between GCSEPod and results.

Principal

”

WATCH 10 PODS PER WEEK

During exam time aim to watch 3 Pods per day



“

I cannot emphasise enough how important it is that GCSEPod be used all year round, not just for revision, for maximum impact.

Parent

”

“

Our top users exceeded their target grades in many areas.

Principal

”



20 MINUTES

Little and often is best, so try to keep sessions around 20 minutes to get the best results.

73%

of videos are watched out of school

“

It's the best thing you can have to revise and make sure you are ready for the exam.

Student

”



CREATE A PLAYLIST

Identify the areas which are most challenging and create a playlist to focus learning.

“

GCSEPod played an important role in helping me achieve A*. I would definitely recommend it.

Student

”

Respecting yourself also means looking after yourself



- This is going to be a Year of transition from KS3 into KS4.
- Establish new routines at home – School work/free time/extra-curricular clubs.
- Being organised keeps you calm!
- Working hard is essential, but so is self-care.
- Homework and revision must be a priority, but this should be balanced with exercise, healthy eating and time for hobbies, friends and family.
- Please let us know if you are concerned .

Where to get help!

- There are lots of people to talk to and places to go in school to get help;
- **Your mentor**
- **Head of Year**
- **Prefect Team**
- **Any member of staff**

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Where to get help in school ?

In school support is available from your Mentor, Year Leader and the Pastoral Team.

Most importantly speak to a member of staff you feel the most confident to talk to. They could support you to get help from other services within school.



Mental health and well-being support At Carr Hill High School



The Butterfly & Phoenix Project

A team of experienced and qualified counsellors who specialise in working with young people
Have specialist training in working with issues around self-harm
What do they do? The aim is to equip young people (11-18) to cope better with difficult circumstances, preventing them from escalating into more serious issues
We provide early support for Young People experiencing issues impacting their emotional health and wellbeing.
Provide 1-2-1 sessions and group work
Help young people to identify their triggers, build their resilience and use alternative coping strategies
Work creatively with art and play to help the young person express themselves
Provide a service for teachers and parents to refer into when they feel unable to help
They can assess and refer a young person if this is needed.

a.c.e. Achieve Change & Engagement

A.C.E. is a young persons mental health charity delivering solution focused Interventions for young people aged 11-25 years old. Ace delivers solution-focused interventions to suit the needs of individuals or groups.
Trained experienced workers use discussions, games art and craft drama and role play, to increase resilience and improve emotional and mental health and well-being.

New Start

They work in schools specifically designed to complement the school's ethos, values and context. They work closely with families, schools and services to ensure the best possible outcome. Skilled counsellors work with the many issues that children, young people, adults and families deal with; significant Anxiety, trauma, self-harm significant loss (including divorce and separation), bereavement Breakdown in family relationships, Low self-esteem Non-School Attenders, Specialist support for Looked After Children, Domestic violence Vulnerable children and young people, Anger Physical and sexual abuse.



School Nurses promote the health and well-being of school age children The school nurse team will also facilitate 'drop in' sessions for high school pupils.
Children and young people across Lancashire can also contact our Chat Health service by texting 07507 330 510. The service is available Monday to Friday, 9 am to 3 pm (except bank holidays). During these times we aim to respond to all messages within 24 hours. Find out more about Chat Health here.
Parents and carers will receive information about the School Nursing Service via your child's school or you can contact us on the telephone number below:
contact number: 0300 247 0040
Email: VCL.019.SinglePointOfAccess2@nhs.net



MHSTs are a new service designed to support mental health in schools & colleges. They are largely comprised of Education Mental Health Practitioners (EMHPs). We are based across education settings to promote resilience and wellbeing, support earlier intervention, enable appropriate signposting and deliver evidence-based support, care and interventions.
Individual face to face work in education settings: for example, effective, brief, low-intensity interventions young people experiencing anxiety, low mood, friendship, based on up to date evidence.

Where to get help!

- Online resources such as;
- Kooth.com
- Videos
- Tips
- Communities
- Counsellors

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Home - Kooth x +
h.com

Need urgent support? Get help from a crisis service →

kooth Log in

Your online mental wellbeing community

Free, safe and anonymous support

▶ Watch our Kooth video Join Kooth

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Every student in Year 10 is capable of achieving great things!

- Hard work
- Determination
- Team work (Accessing help and advice from key adults)
- Resilience
- Respect (For yourself and others)
- Self belief

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Home learning

What your home learning will look like?

- Knowledge organiser work with a clear task to complete from the knowledge organiser
- An electronic task from GCSEPod, Seneca, Sparx etc. with something produced that can be checked and provide feedback provided
- Reading task
- Writing task
- All home learning to be recorded on Synergy and you are responsible for checking Synergy
- In most cases there will be a week or at least a weekend between homework being set and the deadline



Home learning

Home learning detentions.

- Every Friday morning we will count up the total number of missing pieces for each student.
- Students will get a 20 minute detention for every two pieces of missing work
- Detentions will then be set for the following week.

Home learning

Why is home learning important?

- Home learning is an important part of school work as it provides an opportunity for students to consolidate on their learning and review new concepts and ideas.
- Progress in home learning tasks informs the teacher of how well students are grasping new learning and it helps to embed the good study habits that students need to be successful in their qualifications at the end of year 11 and beyond.
- Students who regularly complete their home learning tasks can gain up to 5 months progress in their learning.
- Over time lack of home learning can have a huge impact on student progress and ultimately lead to underachievement at the end of year 11 which narrows their choices for post16 study.

BTECS

- For each component, learners are entered for the series in which they will sit the assessment. December or May
- Assessments are completed in supervised sessions and are marked by centres.
- A resubmission is available and can be authorised by the teacher.
- A resubmission must be completed within 15 working day, in supervised conditions and within the same allocated hours for the original assessment.
- All marks are then submitted to BTEC for external moderation
- The external unit is sat at the end of the course

Cambridge Nationals

- OCR sets the assignments
- They are completed over 10-12 hours of controlled conditions
- Teacher marked and then submitted to the exam board for moderation
- Moderation available January and June
- Students can resubmit an assignment with improvements once – but only if the assignment is still live. If the assignment is no longer live then they would have to complete a new assignment.
- Final unit (40%) is externally assessed at the end of the course.

Vocational qualifications

- A RETAKE IS ONLY POSSIBLE IF YOU REDO THE ENTIRE UNIT
- DEADLINES MATTER – YOU MUST MEET THEM!
- YOUR WORK IN YEAR TEN WILL HAVE A DIRECT IMPACT ON YOUR FINAL GRADE