

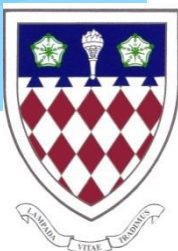
Year 10 Curriculum Evening

Thursday 27th September 2018



Healthy Minds

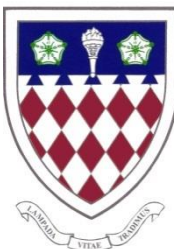
Stuart and Zoe



Pastoral Support

- ❖ 10C – Miss Dixon
- ❖ 10J – Mr Wright
- ❖ 10N – Mrs Lord
- ❖ 10P – Mrs Webb
- ❖ 10S – Miss Pascoe

- ❖ Mrs French – Pupil Support Coordinator
- ❖ Mrs Haunch – Head of Year
- ❖ Mrs Schwarz – Head of Main School
- ❖ Mr Love – Assistant Headteacher



Emotional Wellbeing Website



Family Services Directory
& Local Offer



Accessibility Help

Home Categories ▾ SEND Local Offer ▾ What's On Contact Us Log in Register



My shortlist 0

[Home](#) / [Categories](#) / [Local Offer for SEN and Disability](#) / [Health](#) / Emotional Wellbeing and Mental Health

Emotional Wellbeing and Mental Health

We want to make sure that young people have access to information and advice in one place, and are aware of local services, that can help support them when experiencing emotional wellbeing, mental health or behavioural concerns. The information provided within this pathway is also designed to help families of children and young people experiencing emotional wellbeing, mental health or behaviour concerns and the professionals working with them.

The pathway aims to provide children and young people, and their families, with better access to the right support at the right time.

I don't know what's wrong, but I need to talk ▾

Alcohol and Drugs

Anger, Fighting and Aggression

Anxiety and Stress

Attachment

Body Image

Bullying

See all results for this section

▶ Actions

➕ Add to My shortlist

NHS Choices

GP

Dentist

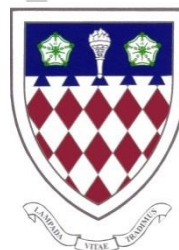
Pharmacy

Prescription



Search

Reset



Pride

Spalding High School

Anxiety and Stress

It can be hard to tell the difference between anxiety and stress and the symptoms of both can be the same, you may find it difficult to sleep, eat or concentrate. You may suffer from headaches, stomach cramps breathlessness. Figuring out whether you have Anxiety or stress is one of the first steps to making yourself feel better.

When you are feeling stressed it can be because of big life events like planning a wedding or due to heavy workloads at school or work or parents and friends expectations. Stress is defined as being under too much mental or emotional pressure and can be relieved by removing the event causing the pressure e.g. finishing a school project or talking to your parents about how you are feeling.

If you say "I am worried that I am going to fail my exams" this is a stress related thought, when you add " I am worried that I am going to fail my exams, I will never get a job, my parents secretly hate me and will kick me out" is more an anxious thought. The difference between the two is that one is in the present and is a result of the stressor e.g. exams, the fear or worry about the future and worry about situations that may never happen is anxiety.

Anxiety is when you have feelings of unease, being worried or fearful. Everyone at some point in their life will experience levels of anxiety and it is common to feel tense, or nervous at the thought of a stressful event or decision you might have to make.

What can I do for myself? >

There are some things you can do to help yourself to manage your anxiety.

- **Talk to someone you can trust:** Sometimes just talking to a friend or family member about your worries can help. They may have experienced the situation before and can help talk you through it. Talking to someone and having someone listen in itself can help relieve some of the tension you are feeling.
- **Breathing exercise:** Learning to breath and taking big breaths can help you feel calmer.
- **Reassuring yourself:** You may find it helpful to tell yourself that what your feeling is caused by anxiety, it is not dangerous and soon the feeling will pass. By accepting you are anxious and understanding that soon the feeling will go can make you feel calmer.
- **Physical exercise:** Taking yourself of for a walk or run gives you the opportunity for alone time where you can focus on your thoughts and feelings. Physical exercise is also shown to improve people mood and make them feel happier.
- **Eating a healthy diet:** By removing some stimulants in your diets such as coffee, cigarettes and alcohol has shown to help improve people's moods and help manage the feeling of anxiety.

I've tried this, I need more help v

I've tried Self Referral Services, I need more help v

See all results for this section

▶ Actions

➕ Add to My shortlist

NHS Choices

GP	 www.nhs.uk	
Dentist		
Pharmacy		postcode
Prescription		Search
		Reset



Thinking about Suicide

Worried about someone else

Online Counselling



Free, safe and anonymous
online support for young people

Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

● online

LOGIN

IN CRISIS?



Need to talk?
We're **online** now to help until
10pm

CHAT TO US NOW

On Kooth you can



Chat to our friendly
counsellors



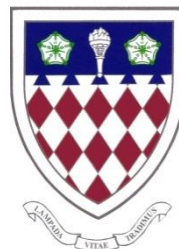
Read articles
written by young
people



Get support from
the Kooth
community



Write in a daily
journal



Helpful information

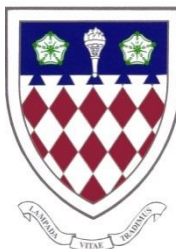
Childline.org.uk –
Kooth.com -

Lincolnshire.gov.uk/ewb -

Healthy minds -
Youngminds.org.uk -
Youthaccess.org.uk -

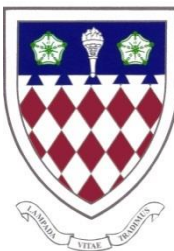
Cwmt.org.uk -

0800 1111 (free 24hr)
free, safe and anonymous online
support for young people
Support for Emotional
Wellbeing and Mental Health
01522309777 Advice Line
Mental Health info and guidance
young people info, advice and
counselling
advice and help for young
people



Academic support

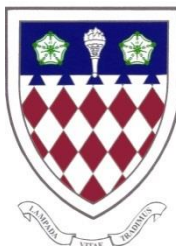
- * Be responsible for your learning
- * Use support available
- * Planning and organisation
- * Complete your work independently
- * Understand the exam structure for the subject and practise exam style questions to develop your approach



Academic support

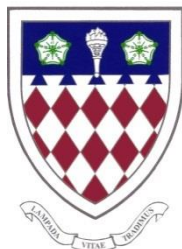
■ Homework schedule

Subject	No. of homeworks per fortnight
ENGLISH	3
MATHS	3
BIOLOGY	2
CHEMISTRY	2
PHYSICS	2
RELIGIOUS STUDIES	2
OPTION A	3
OPTION B	3
OPTION C	3
OPTION D	3
CAREERS	1



Academic support

- Encourage your daughter to speak to her subject teacher if she is stuck
- **Lunchtime Support Sessions:**
 - English - Wednesday**
 - Maths - Thursday**
 - Science - Monday**
 - Geography - Thursday**
 - German – Tuesday and Thursday**
 - Spanish - Wednesday**
 - Art – Wednesday or Thursday (Monday after school)**



Key Stage 4 Maths



[A/A* Masterclass Timetable](#)

[Key Stage 3 Maths](#)

[Key Stage 5 Maths](#)

[Maths homepage](#)

KS4 Curriculum from September 2015 to July 2016

Year 9 and 10

At GCSE, pupils will follow the Edexcel **GCSE (9-1) in Mathematics Higher (1MA1)**, with the possible exception of one or two students who benefit from studying at Foundation level. Set 1 students have the opportunity to study an additional **AQA GCSE course in Further Mathematics (8360)**. The majority of students are expected to gain the new GCSE grades 7 to 9 (old A/A*), with grade 5 being the expected minimum.

All students use the **Collins GCSE Higher Mathematics text (4th Edition)** in class, with extension and additional problem solving material provided primarily with the Higher Skills book. All students are issued with a with the **Higher Practice book**.

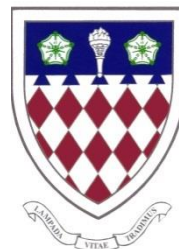
More information on the new **GCSE Curriculum 2017**

Year 11

At GCSE, pupils will follow the **Edexcel Mathematics A Linear Higher Syllabus (1MOAH)**, with the possible exception of one or two students who benefit from studying at Foundation level (1MOAF). Set 1 students have the opportunity to study an additional **AQA GCSE course in Further Mathematics (8360)**. The majority of students are expected to gain A/A* grades, with grade C being the expected minimum.

At KS4, the main text and homework book for 'Edexcel Linear GCSE Mathematics' is used with all students.

All Year 11 students will be given the opportunity to purchase the MathsWatch DVD and Edexcel GCSE past papers at cost price.



Inspirational

Pearson Edexcel GCSEs Mathematics (9-1) from 2015



- Specification**
- Course materials
- Published resources
- News
- Teaching support
- Switch to Pearson

Specification

First teaching: **2015**
First assessment: **2017**



Here you'll find everything you need to prepare for teaching GCSE (9-1) Mathematics including our specification and free qualifications support materials.

Latest updates

- > Accessible assessments for all

DOWNLOAD

PDF | 1.0 MB

Switch to Pearson

We provide full support to help you with switching.

Learn more

Course materials

- > Specification and sample assessments (3)
- > Exam materials (13)
- > Teaching and learning materials (82)



Teaching support and training


- > Learn more about our training and events
- > Read our GCSE Mathematics case studies
- > See our full range of published resources



Useful documents



GCSE (9-1) Practice tests Sets 1-6

ZIP | 11.2 MB | 

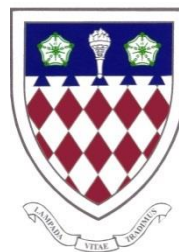
DOWNLOAD



GCSE 9-1 Mathematics need to know formulae A4 colour poster

PDF | 3.2 MB

DOWNLOAD



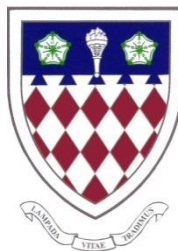
Academic support

- Speak to the subject teacher if you have concerns about your daughter's progress

15th November - Progress report

28th February - Progress report

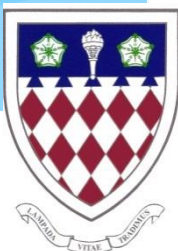
7th March – Parents Evening

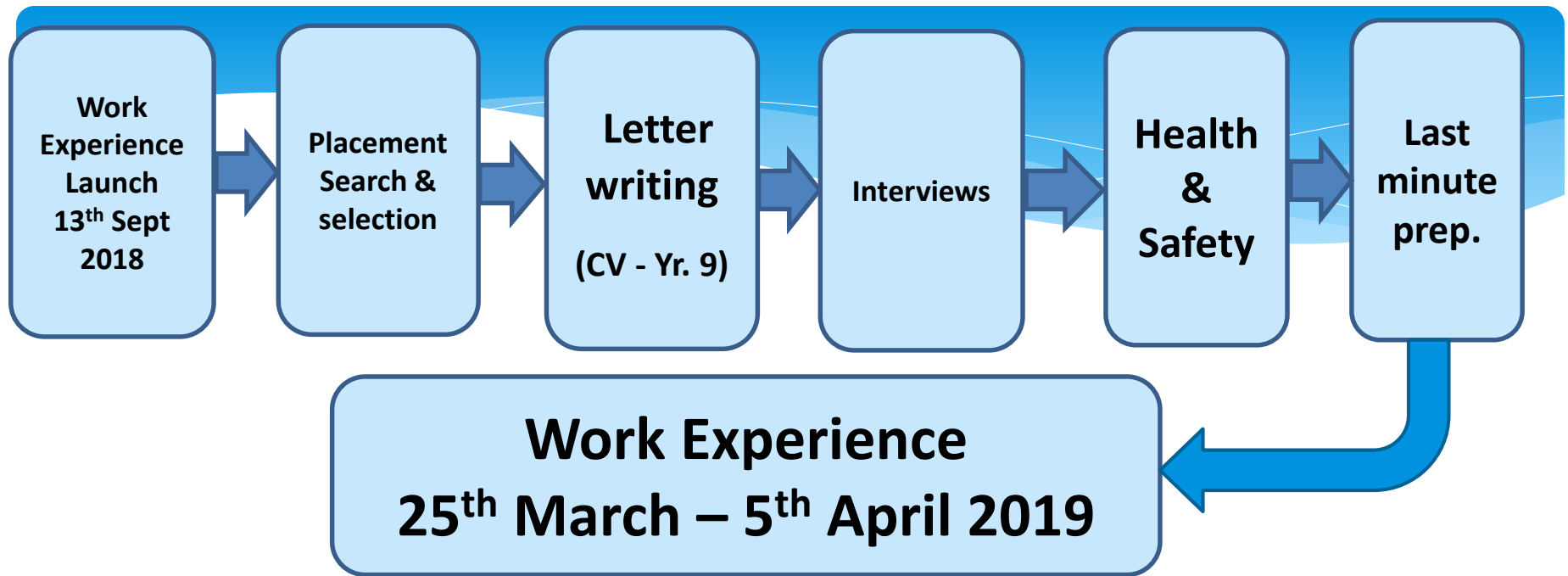


Successful

Work Experience

Mrs Waldron





Methods:

Choose from the **School's database**

(Pick three options, may be allocated any one of these three)

Deadline = 19th October 2018

O
R

Organise **own placement**

(Must meet criteria & not already appear on the database)

Deadline = 17th October 2018

Speak to Mrs O'Brien if you have any queries or require any help.

Do you think Y10 students should take part in Work Experience?	Yes	No	Unsure
	100%	0%	0%

Did you enjoy your Work Experience?	Yes	No	Unsure
	93%	7%	0%

How do you think you have benefitted/changed as a person as a result of your Work Experience?	Increased Confidence	Improved knowledge about future career	Improved Communication skills	Other new skills
	88%	82%	83%	83%