



# Year 10 Parents' Information Evening

Monday 19 February  
Dydd Llun 19 Chwefror



# The Team

Learning Leader - **Mr Thomas**

PGWs - **Mr Robbins**

SLT Link - **Mrs Wall**

Key Stage Manager - **Mrs Wagstaff**

## Form Tutors

Ms Toulcher

Mr Eynon

Ms Page

Mr Clement

Ms Steers

Mrs Brett-Harris

Mrs Stone

Mr Elcock

Mr Protheroe

Mr Gallagher

Mr Humphris



# Courses

**Mathematics**

**Mathematics (Numeracy)**

**English Language**

**English Literature**

**Double or Triple Science**

**Welsh**

**R.E**

**Welsh Baccalaureate**

**Games**

**Option 1**

**Option 2**

**Option 3**

WJEC





# Vocational Courses

**BTEC Sport**

Pearson Edexcel

**BTEC Public Services**



# Key Dates

## Dyddiadau Allweddol

# Key Dates



## March 2024

7 March	Disneyland Paris Trip
25 March	Easter Break

## April 2024

22 - 24 April	Welsh Oral Exams
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## May 2024

Week beginning 6 May - Written reports

## May 2024

13 May	English Literature - Unit 1
20 May	Health and Social Care and Childcare - Unit 1

## June 2024

4 June	History - The USA: A Nation of Contrasts
10 June	Biology (Double and Triple Science)
12 June	Construction - Unit 1
13 June	Chemistry (Double and Triple Science)
17 June	Physics (Double and Triple Science)





# Key Dates

## June 2024

28 June	Mathematics mock 1 (in class)
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## July 2024

1 July	Mathematics mock 2 (in class)
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18 July	INSET
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19 July	INSET
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# School Life

## Bywyd Ysgol



# Uniform

The school's uniform policy can be found on our website.

Normal School Day	Day with PE / Games
School Jumper Black Trousers / Skirt White Shirt with School Tie Black leather shoes	Olchfa PE T-Shirt / Jumper Olchfa PE Leggings Olchfa PE Shorts Olchfa PE Tracksuit Bottoms Trainers allowed.

Jewellery - Only one small sleeper or stud per ear. No other piercings / jewellery.

Makeup - Discreet and neutral in colour and natural in appearance.



# Punctuality

We are focusing on punctuality to school and lessons in Year 10.

All students should be in their form room by **8:35am each morning**.

Students who are late more than once in a week without a valid reason will be sanctioned the following week with an after school callback.

Information on your child's attendance and punctuality can be found in the School Gateway app.



# Attendance

There is a strong link between good school attendance and achieving good results.

For example, only 12% of students with below 80% school attendance achieve five or more GCSEs at grades A\*-C including Maths and English, compared to 68% for students with attendance greater than 95%.

**Poor attendance can become a habit but it can be broken!**



# Attendance

When commenting on attendance at Olchfa we use the following thresholds:

- 98%+ **Excellent**
- 96%-97.99% **Good**
- 94%-95.99% **Requires improvement**
- <94% **Poor**



# Emotional Health & Wellbeing Support

Students first point of contact for any concerns that they have about their wellbeing or otherwise is their Form Tutor.

Students are also able to access the Pastoral Guidance Worker.

There are a range of services and support that are available to help students develop positive emotional health and wellbeing.

[studentsupport@olchfa.org.uk](mailto:studentsupport@olchfa.org.uk)



# Emotional Health & Wellbeing Support

Our school website has a section dedicated to Pupil Wellbeing along with Family Wellbeing.

What Every Parent Needs to Know - Young People and Mental Health (Webinar)



What Every Parent Needs to Know - Anxiety (Webinar)



# Support and advice is always available in school

- Please speak to a member of staff if you need help -

*Alternatively check out some of these apps and websites...*



**Pastoral Guidance Worker** - Based in NEWID and the Sixth Form Block, PGWs are available to offer support and guidance whenever you need it.



**Exchange Counselling** - Available for all students at Olchfa. 1-1, face to face sessions. Call 03302 02 0283 or ask your PGW to refer you.



**Platform** (website) - Mental Health and well-being support. Sign up for 1-1 sessions or join an online group for peer support!



**Kooth** (website) - Online counselling service that uses CBT techniques to support young people experiencing any problem. Users can chat anonymously to counsellors during "online sessions".



**Barod** - (Drop-in & 1-1 sessions) Support around all aspects of substance use. Speak to your PGW to refer you or call 01792 472002.



**MIND** (website & helpline) - Advice and support to empower anyone experiencing a mental health problem. 01792 642999



**Beat** (website, online chat & helpline) - Help and advice if you or someone you love is struggling with an eating disorder.





**Hope Again** (website & helpline) - Youth website of Cruse Bereavement Service - It is a safe place where you can learn from other young people how to cope with grief and feel less alone. Call 0808 808 1677



**Headspace** (app) - Popular wellbeing app that uses meditation and mindfulness techniques to help with stress, anxiety and depression.



**Calm Harm** (app) - Supporting for those who are thinking about or who are currently self harming by equipping them with helpful tools and strategies to use instead.



**Childline** (website & helpline) - Access online to a counsellor to talk about anything that may worrying you. Call 0800 1111



**Samaritans** (website) - Long standing charity supporting people in mental health crisis. Now provide an email service alongside the phone-line as many prefer this method of communicating.. Call 116 123



**Hafal** - Charity supporting people with mental health problems – with a special emphasis on those with a serious mental illness – and their carers and families. 01702 466990



**Shout** (website) - Free 24/7 text service for anyone in a crisis, anytime, anywhere. Text :85258



**Stay Alive** (app) - For anyone who is struggling with suicidal thoughts or for those supporting someone who is.





# Pastoral Guidance Workers

**Mr Robbins is located in Newid.**

He is available throughout the day. However, due to the very busy nature of the job, he will normally operate an appointment system to meet with students.

The pastoral team work with a range of external support services who offer frequent sessions within school.



# iDevelop / iDdatblygu

iDevelop is our curriculum that runs through form sessions and individual Taith sessions throughout the year. It brings together a number of important curriculum areas and experiences.

## Examples

- Resilience
- Relationships
- Impact of Social Media
- Careers
- Healthy Choices
- Religious Celebrations
- Discrimination
- Pathways
- Financial Management
- Revision Strategies



# Progress Cynnydd



# Progress Reports

A full progress report will be emailed to you the week beginning 6 May 2024.

This will include comments from subject teachers and an updated predicted grade for each subject.



Post 16

Ôl 16



# Careers Wales / Gyrfa Cymru

Our school based Careers Advisor is **Debbie Warlow**

Throughout Year 11, she will be arranging meetings with each student to discuss their future plans and pathways that are available to them.

Students can also request a meeting with the Careers Advisor at any time, either by emailing her or contacting a member of the pastoral team.

**Careers Wales can be contacted on 0800 028 4844**



Gyrfa Cymru  
Careers Wales



# Sixth Form Open Evening

Our Sixth Form Open Evening will be held in the autumn term 2024.

This will include:

- information from each subject area;
- talks about the Sixth Form at Olchfa;
- experiences / enrichment;
- a chance to ask questions



**OLCHFA**





# What can I do to help?

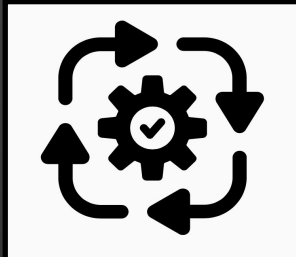
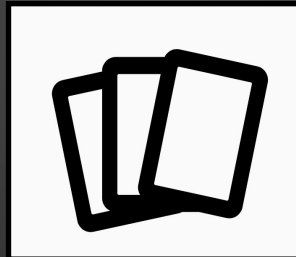
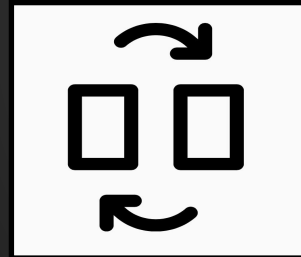
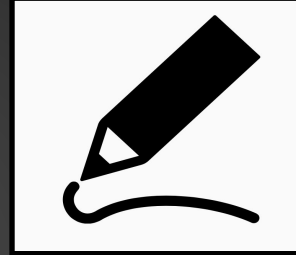
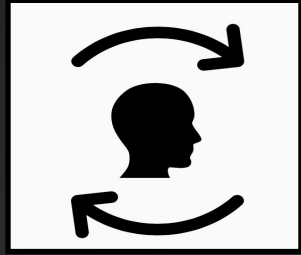
Beth alla i ei wneud i helpu?



## Tips for parents

- Create a suitable study space at home
- Ensure that pupils are studying for 30 minutes a day, even if there is not specific homework set
- Offer expertise and help if needed but don't feel pressure to do this
- Ensure that your child is appropriately equipped for school and that they arrive on time, wearing the correct uniform
- Talk with your child about their mental health and how school is going
- Make sure they are getting enough rest and not becoming unduly stressed

# Six Strategies for Effective Studying



*Olchfa's Research-informed Guide to Revision*

# *What do we know?*



Highlighting



Re-reading

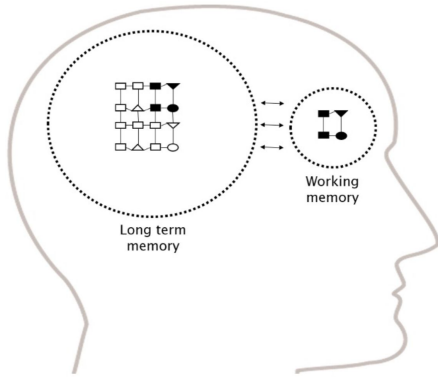


Cramming

Revision MYTHS



Retrieval involves bringing information to mind from memory



- There must be an element of difficulty / challenge / struggle as this strengthens retrieval
- There are multiple ways to achieve this, not just through quizzing
- Students need to check their work carefully afterwards to ensure the correct information has been recalled

# Retrieval Practice



Questioning and Elaborating involves asking questions of what has been learned and then finding connections between new ideas and concepts.

**Why**



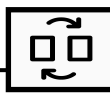
**What**



**How**

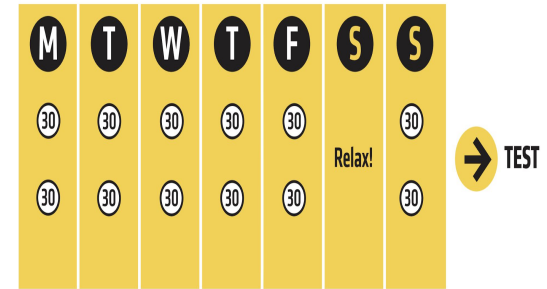


# Questioning and Elaborating



## Breaking up revision or switching between topics will make studying more effective

- By spacing out revision into smaller chunks over a period of time, a pupil will remember that material far better and will also be a lot less stressed
- Putting off the work is a lot harder than doing the work
- If you are studying multiple topics within a subject, then mixing it up and not studying all the material at once can be effective



# Switching Between Topics



Dual coding is combining words with pictures / diagrams



- You do not need to be an amazing artist to benefit from dual coding!
- Having multiple representations of the same idea will help you to understand it better
- Having multiple representations of the same idea also provides you with two ways of recalling the information at a later point, strengthening retrieval
- Consider: infographics, timelines, cartoon strips, diagrams, charts, graphs, and graphic organisers

# Dual Coding

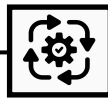




Flashcards are used to revise key concepts and details, they are useful for connecting the relationship between two pieces of information

- Using flashcards to self-test helps you learn information, and also helps you to identify any weak spots you may have with the material
- Flashcards should be used to practice retrieval
- Flashcards can be used for quick recall, as well as to deepen knowledge of a concept, through using why, what and how words

# Flashcards



The quality of practice is just as important as the quantity



- Regular practice might include repeating the same task over and over again, more purposeful practice requires focused attention and is conducted with the specific goal of improving performance
- To get better at essay writing, for example, you don't need to write essay after essay. It is better focus on improving weak spots identified
- Set goals, monitor progress against set goals, chunk practice and aim to improve overall performance

# Purposeful Practice

# Wellbeing



Eat well

Sleep well

Exercise

Relax

Seek  
support