



Croeso

PARENTS, GUARDIANS & CARERS

Year 11 Information Evening



Craig Reeves

Learning Leader Year 11

Presentation Overview



1. Introduction & lines of communication

2. Reporting

3. Yr11 Roadmap

4. Extra Curricular opportunities

5. Revision

6. Wellbeing support

7. Pathways

8. Prom

9. SEREN Academy – GSQ

Year 11 Pastoral & Support Team

Team Structure



Craig Reeves
Learning Leader



Hannah Vincent
Pastoral Guidance Worker



Josh Gallagher
Learning Leader Support

YEAR 11 FORM TUTORS

11HM	Mrs Morris	11OH	Mr Howells
11CH	Mrs Husband	11AR	Mr Thomas
11AS	Mrs Shankland / Mrs Davey	11TP	Mr Powell
11CS	Mrs Stephens	11ZB	Mrs Beynon
11CN	Mrs Nelson	11RS	Mrs Salmon

Communication Channels



Single Central Contact Point for All Enquiries

y11support@olchfa.org.uk

1

Centralised Triage

Messages logged directly with the Year 11 Leadership Team.

2

Specialist Routing

Assigned to tutors, pastoral, or subject leaders immediately.

3

Timely Resolution

Guarantees response from the appropriate individual.

Reporting Schedule 2026–2027



Winter Term



Data Capture 1: Personal ATL and Progress grades provided.

Parents' Evening: October 22nd 2026.

Focus: Baseline & ATL Review

Spring Term



Data Capture 2: Post-mock analysis and tracking.

Subject Reports: Issued January 2027.

Focus: Detailed Subject Feedback

Summer Term



Form Tutor Reports: Issued April 2027.

Final Prep: Exam readiness.

Focus: Final Exam Profile

2026–2027 Year 11 Roadmap



Phase 1: Winter Term

Nov – Dec 2026

Unit 2/3 assessments, English/Welsh NEAs, and main subject Mocks.

Phase 2: Spring Term

Jan – Mar 2027

Science practical window, Welsh orals, and Post-16 pathway interviews.

Phase 3: Summer Term

Apr – Jun 2027

Art/Music NEAs, official GCSE exam series, and Year 11 Prom celebration.



Winter Term Exam Schedule



Sept/Oct	Geography NEA 1	NEA
Fri Nov 6th	Maths Unit 2 Exam (All Pupils) Duration: 1h 30m Foundation 1h 45m Higher	Core Exam
Wed Nov 11th	Maths Unit 3 Exam Target Cohorts: Sets 1, 5 & 6	Core Exam
Nov 2026	English Macbeth & Oral Discussion NEA & Unit 1 Resits (Nov 2nd) English Literature & Language Unit 1 Resit	NEA/Resit Exam
Dec 1st–4th	Welsh Oral Examinations Scheduled individual examination slots	Oral Assessment
Dec 7th–18th	Winter Mock Examinations Full mock series across all remaining subjects	Full Series

KEY MILESTONES

Spring Term Exam Schedule



Unit 1 Additional Mathematics

Friday January 8th 2027 (50 Minutes)

External Exam

Geography NEA 2

January/February 2027

NEA



Science Practical Examinations

January 2027 (5-Week Window)

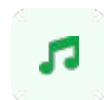
Practical Exam



Welsh Oral Examinations

February 22nd–25th 2027

Oral NEA



Music Unit 1 & PE Unit 2

Music Performing: March 19th | PE Moderation: March 2027

Practical NEA

Summer Term & Main GCSE Series



APRIL 2027

Practical NEA

Music Unit 2 (Composing)

Deadline: Friday April 9th 2027

MAY 10TH – JUNE 23RD 2027



Official GCSE Exam Series

External written examinations across all subjects as scheduled by examination boards.

Main Exam Window



Year 11 Prom (Provisional Booking)

Celebration event scheduled immediately following the exam series.

June 25th 2027

Extra-Curricular Opportunities



Tuesday



OLCHFA

Lunchtime

Graphics 'Catch-up' club	Year 10, 11, 12, 13	12.20 - 2.00	T9	Mr Francis
GCSE Computer Science/Digital Technology Catch-up	Year 10, 11	12.20 - 1.00pm & 3.00 - 3.45	37A	Mr Joslin

Afterschool

English GCSE / A Level 'drop in' support	Year 10, 11, 12, 13	3.00 - 4.00 pm	11	Mrs Lent - Thomas
Health and Social Care - Support	Year 10, 11, 12, 13	3.00-4.00pm	T11	Mrs Donald and Mrs Tucker
Art & Textiles Club	Year 10, 11	3.00 - 4.15pm	S13	Mrs Morris
GCSE Computer Science/Digital Technology Catch-up	Year 10, 11	3.00 - 3.45	37A	Mr Joslin

Wednesday



OLCHFA



Lunchtime

Graphics Support	Year 10, 11, 12, 13	12.20 - 2.00	T9	Mr Francis
GCSE Computer Science/Digital Technology Catch-up	Year 10, 11	12.20 - 1.00 pm	37A	Mr Joslin

Afterschool

Seren Scholars	Year 10,11,12,13	3.00 - 4.30pm WEEK B ONLY	Drama Hall	Mrs Quick
Welsh GCSE / A Level 'drop in' support	10, 11, 12, 13	3.00 - 4.00 WEEK A ONLY	27	Mr Howells

Art & Textiles Club	Year 10, 11	3.00 - 4.15 pm	S13	Mrs Morris
Drama GCSE Group	11	3.00-5.00 pm	S16/South Hall	Mrs Beynon

Public Services - Support	Year 10, 11	3.00 - 4.00 pm	PE3	Miss Lewis
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Thursday



OLCHFA



Afterschool

GCSE Computer Science/Digital Technology Catch-up	Year 10, 11	3.00 - 3.45 pm	37A	Mr Joslin
Humanities Support	KS4/5	3.00 - 4.30pm	49	Humanities Staff

Revision – Sources of information



BBC Bitesize

BBC Bitesize is a free online study resource. There are lots of interactive resources on BBC Bitesize, including mock tests to aid revision.



Quizlet

Quizlet is a popular free website providing learning tools for students, including flashcards and games.



WJEC Past Papers

Access a range of past papers and marking schemes on official examination board websites, such as the WJEC.



Seneca Learning

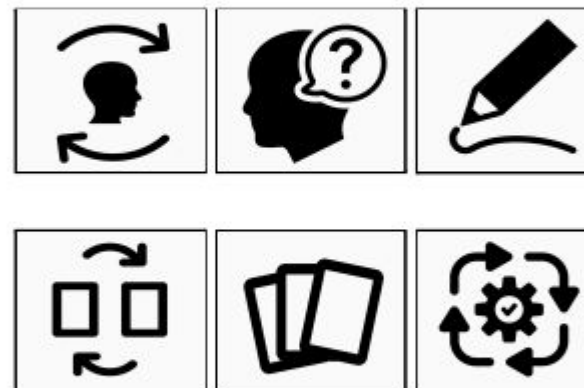
Seneca Learning is a homework and revision platform for KS4 and KS5 students; it is designed to make learning more efficient and enjoyable.



YouTube

Check YouTube for videos that have been uploaded by educators that may aid your revision. For example, Sean Donnelley's free science lessons are excellent.

Six Strategies for Effective Studying



Olchfa School's Guide to Revision



Strategy 1

Retrieval Practice

Shift from passive re-reading to active recall. Pulling knowledge out strengthens neural pathways.

3 Proven Retrieval Techniques



01. Brain Dump

Blank Page Test

Write everything remembered from memory. Check text for missed gaps.

02. Cover & Tell

Cover, Write, Check

Hide notes completely. Recite definitions or key formulas aloud.

03. Past Papers

Timed Practice

Answer exam questions under timed conditions without revision books.



Why Retrieval Beats Passive Reading



Passive Revision

Highlighting text: Illusion of competence.

Re-reading notes: Minimal cognitive effort.

Copying pages: Low long-term retention.



Active Retrieval

Self-quizzing: Forces memory extraction.

Desirable difficulty: Hard effort builds retention.

Gap identification: Pinpoints exact weaknesses.



Strategy 2

Dual Coding

Combining verbal words with visual representations creates double memory pathways in the brain.

Connecting Words and Graphics



Simple Diagrams: Cut clutter

Avoid complex art. Stick to clean, simple stick figures and labeled shapes.

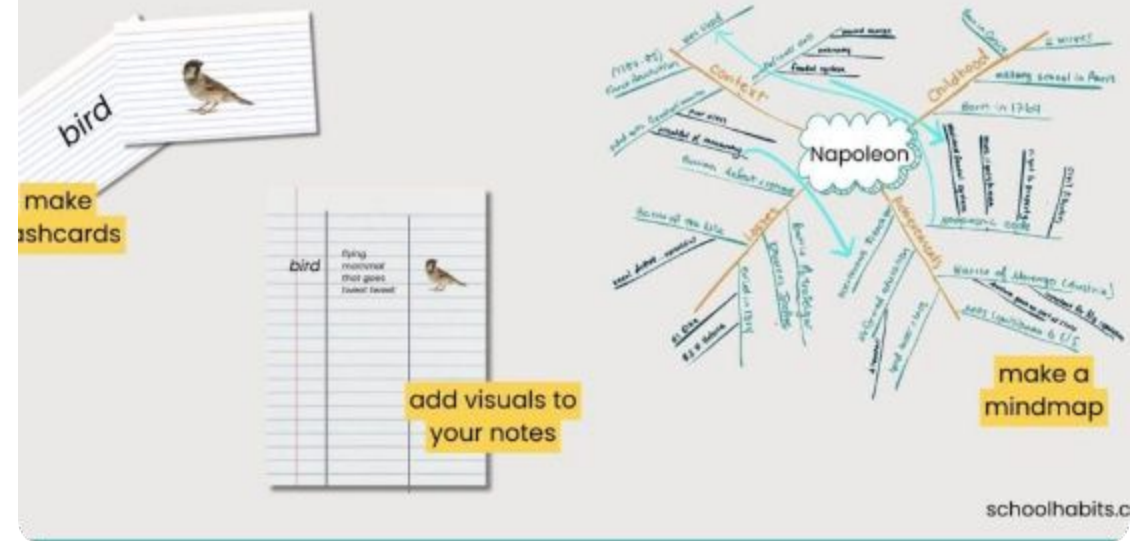
Graphic Organisers: Map relationships

Convert text paragraphs into flowcharts, Venn diagrams, or timelines.

Integrated Layouts: Link visuals

Place labels directly on graphics rather than separating them into keys.

How to Use Dual Coding to Study



3 Powerful Dual-Coding Formats



Process Map

Sequential steps for science cycles or historical events.



Timeline

Chronological milestones with icon anchors.



Venn Grid

Comparing similarities and differences across topics.



Strategy 3

Flashcards

Flashcards are testing tools, not study notes. Avoid the "essay card" trap.

Gold Standards for Flashcard Creation



Atomic Knowledge

One question/key term per card.
Single clear focus.

Dual-Coded Prompts

Combine keywords with quick
sketches.

Verbalize Answers

Say or write answers before flipping.

The 3-Box Spaced Repetition System



Box 1: Daily Practice

Hard / New Cards

Test every day. Mistakes stay here until answered correctly.

Box 2: Every 3 Days

Developing Memory

Test twice a week. Move to Box 3 when correct twice.

Box 3: Weekly Review

Mastered Content

Test once weekly. If missed, drop back to Box 1 immediately.



How Parents Can Effectively Support Revision



Hold the Flashcards: Low-stakes quizzing

Read questions aloud. Give immediate feedback without grading performance.

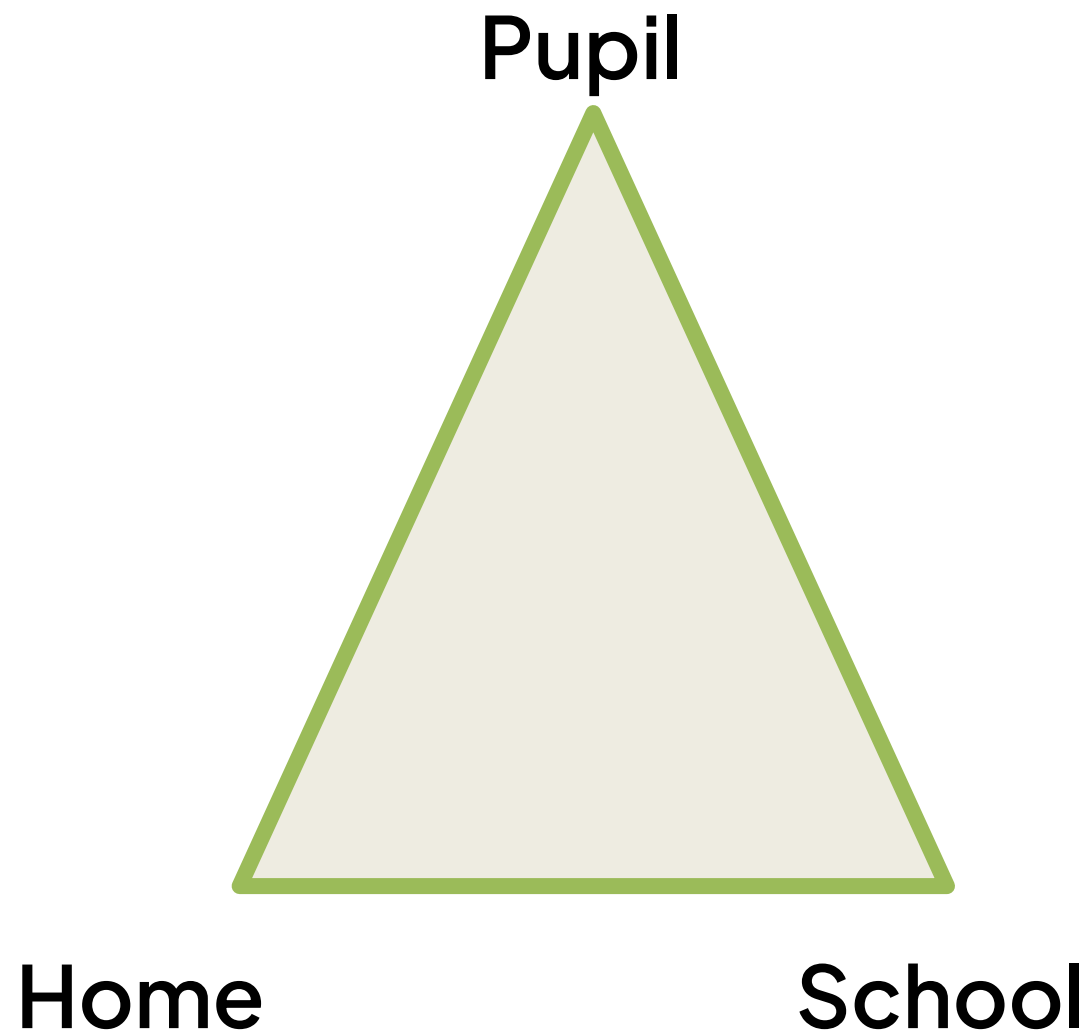
Enforce the Pause: Prevent cheating

Ensure they state the answer fully before flipping card to check.

Celebrate Hard Effort: Growth mindset

Praise struggle during retrieval as a sign memory is actively strengthening.

Supporting Your Year 11 Child Through Exam Pressure

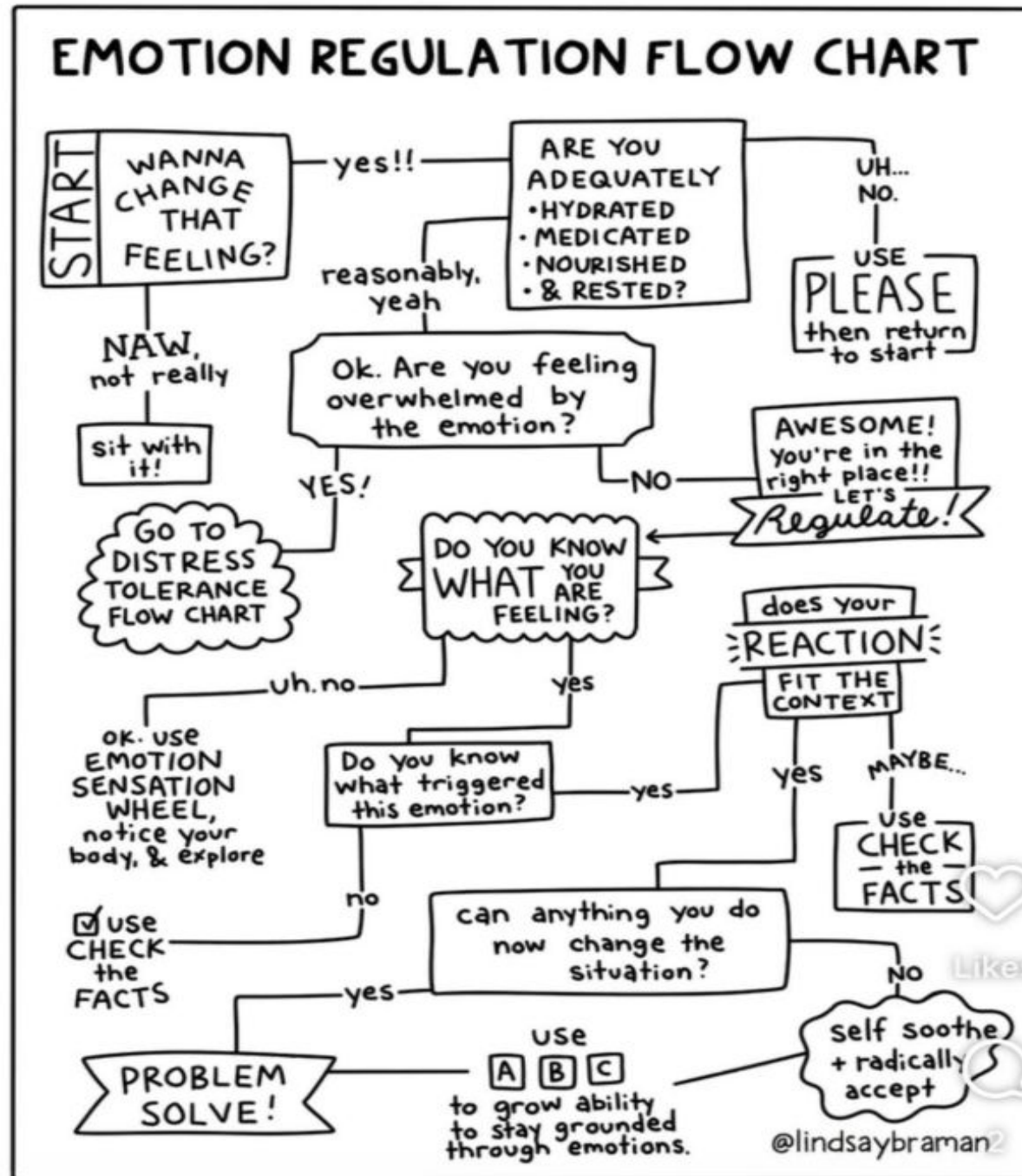


Understanding Exam Stress Signals



Emotional Turbulence

Heightened anxiety, sudden irritability, or fear of disappointing family and teachers.



Understanding Exam Stress Signals

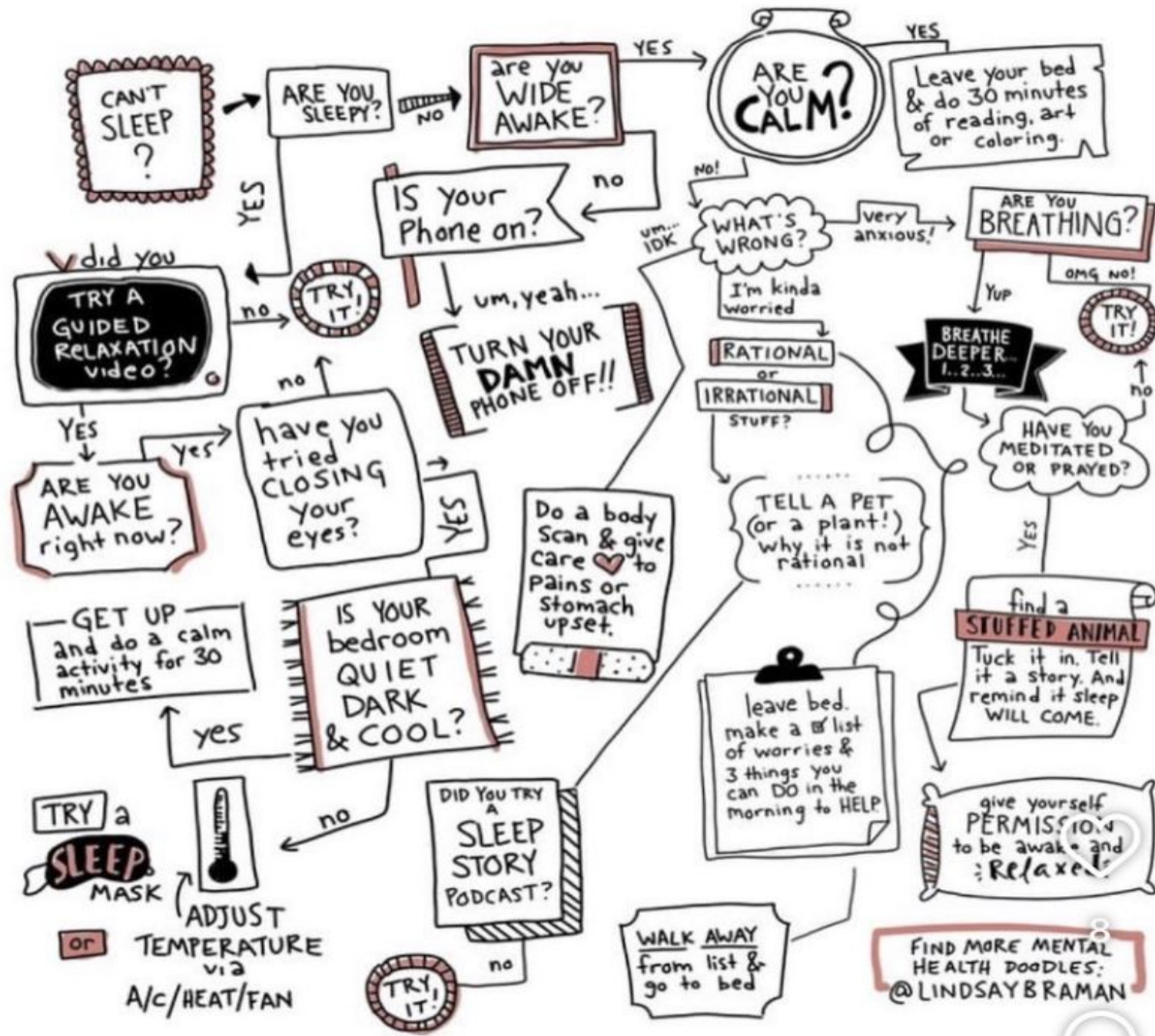


Emotional Turbulence

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Cognitive & Physical Fatigue

Sustained focus leads to brain fog, altered sleep patterns, and tension headaches.



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The Parent as an Anchor

Your calm presence counteracts exam pressure and provides emotional stability.

Three Anchors for Daily Wellbeing



Protected Sleep Routines

Target 8–10 hours nightly. Establish a non-negotiable screen-free window 30 minutes before sleep.



Balanced Nutrition & Hydration

Provide protein-rich brain snacks and constant water access.



De-escalation & Listening

Listen without immediately giving advice. Reassure them that grades do not define their overall worth.

Creating a Sanctuary, Not a Pressure Cooker



Dedicated Study Area

Set up a quiet, well-lit desk separated from bedroom relaxation spaces whenever possible.

- ✓ Keep essential revision guides visible
- ✓ Minimize noisy household distractions



Guilt-Free Downtime

Encourage planned breaks. Studying without interruption for hours leads to diminishing returns.

- ✓ 25–45 minute study blocks with breaks
- ✓ Preserve weekly sports or hobbies

Our Dedicated Pastoral Infrastructure



Dedicated Pastoral Worker

Full-time specialist providing 1-on-1 emotional check-ins, anxiety management, and daily support.



Form Tutors

Daily pastoral contact point, structured start to the day



Learning Leader

Year group intervention, timetable support, logistical exam support

Exam Stress Interventions



1

Stress Workshops

Small-group sessions teaching grounding techniques, breath control, and reframing negative self-talk.

2

Exam check-in

Pre- arranged exam morning check-ins offering positive encouragement aa calm start to the day, support with entry into the venue, friendly face.

3

Post-Exam Reset

Structured end-of-day debriefs to prevent dwell on past papers and reset focus for the next exam.

When & How to Reach Out to Us



Key Warning Signs to Share

Please contact us if you notice persistent refusal to attend school, severe sleep disruption lasting over a week, extreme emotional withdrawal, or panic attacks at home.

Early intervention prevents burnout.

How to Request Support

Contact us directly via email. We can arrange discrete school-day check-ins without adding stress to your child

Ongoing support if needed.

y1support@olchfa.org.uk

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.

NEWID
changes : chances

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 - Mental health and well-being support. Sign up for 1-1 sessions or join an online group for peer support. Speak to your PGW to refer you or visit the website.

PLATFORM

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".

kooth

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

barod

MIND (website & helpline) - Advice and support to empower anyone experiencing issues related to mental health. Call 01792 642999



Beat (website, online chat & helpline) - Help and advice if you are struggling with an eating disorder, or know someone who is. Call 0808 801 0433



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

hopeagain
and the bereavement support team

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



Calm Harm (app) - Support 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) - Online access to a counsellor to talk about anything that may be worrying you. Call 0800 1111



Samaritans (website & helpline) - Phoneline and email service supporting those who are struggling with mental health. Call 116 123



Hafal - Charity supporting people with mental health problems and their carers and families - with a special emphasis on those with a serious mental illness. Call 01792 816600

hafal

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

shout

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



EXTERNAL AGENCIES

Where else can I find support?

Year 11 Post-16 Pathways



Health & Wellbeing

Dedicated lessons to explore and research post-16 opportunities and choices.

Curriculum Embedded



Careers Wales

Personalised 1-to-1 meetings for all pupils, prioritised by level of need.

External Expertise



Pathway Interviews

Middle & senior leader interviews guiding pupil educational steps.

Jan 25th–29th 2027

Year 11 Post-16 Pathways

6th Form Open Evening - November 12th



CLASS OF 2027 CELEBRATION

Year 11 Prom

June 25th 2027

Provisional Date



Swansea.com Stadium

Official event venue



Dedicated Transport

Transport provided to/from school



Hot Buffet & Entertainment

Full hot dinner, DJ & Disco



Staffing & Security

Full professional security staff provided



Ticket Information & Details to follow in Spring Term

Approx. £40 per ticket

The Seren Academy

The Seren Academy is a national network supporting ambitious learners across Wales.

- Develop academic potential.
- Support applications to top universities.
- Access unique opportunities.
- Partnerships with leading universities.

Eligibility Criteria:
Learners with the potential to achieve 6A* at GCSE



My role is to connect you with opportunities that raise aspirations, help you explore your interests and support you to find an ambitious pathway that suits you – whether that is a traditional university route or something less conventional.

Gareth Collier, Seren Delivery Manager.
South West Wales

Your Stage Two programme: 2026–27

A hybrid mix of online challenges and in-person experiences

AUTUMN

Study Skills
Half-term Puzzles
Welcome Meeting
Year 10 Oracy Challenge

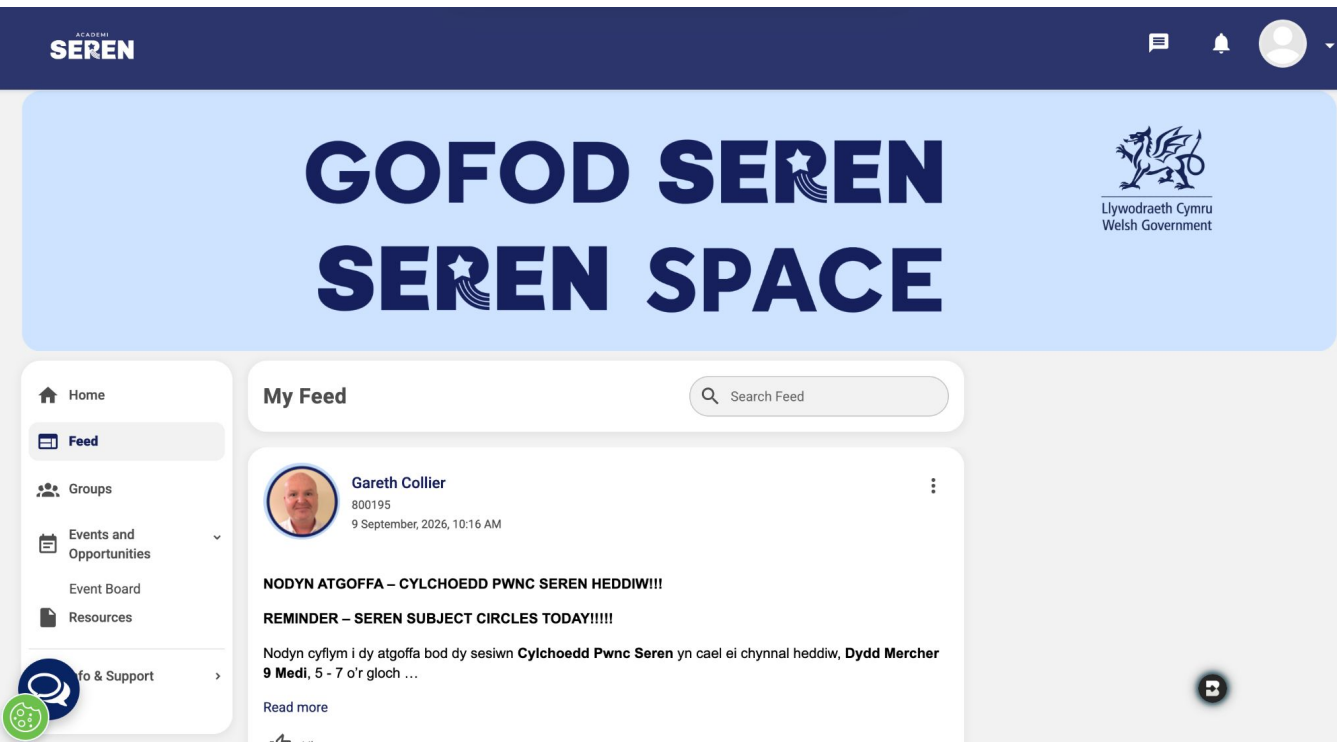
AUTUMN 2026	SPRING 2027	SUMMER 2027
Year 11 Study Skills Sessions W/C 5th, 12th and 19th October	Year 10 and 11 Stage Two Academic Challenge 11th January - 5th March	Year 10 and 11 May Half Term Puzzles 31 May - 4 June
Year 10 and 11 October Half Term Puzzles 26 - 30 October	Year 10 and 11 February Half Term Puzzles 8th - 12th February	Year 10 Discovery Days W/C 14th June
Year 10 Welcome Meeting W/C 2nd, 9th and 16th November	Year 11 Regional Balloon Debate 8th March	Year 11 New College Residential August
Year 10 Launch of Year 10 Oracy Challenge December		

SPRING

Academic Challenge
Half-term Puzzles
Regional Balloon Debate

SUMMER

May Puzzles
Discovery Days
New College Residential



This is accessed through an online portal. In **Years 10–11**, support focuses on laying the foundations for academic success, including guidance on **GCSE preparation**, **transition to A-levels**, and early exploration of **higher education pathways**.

Seren also supports Super-Curriculum opportunities for students, allowing them to explore their academic interests beyond the classroom.



Cyflwyniad i'r TARA | Introduction to TARA 2026
 Link · Created: 27 March, 2026 · Last updated: 27 March, 2026
 I'r sawl sydd â diddordeb mewn astudio pynciau fel mathemateg a chyfrifiadureg, athroniaeth, gwleidyddiaeth ac economeg, gwyddorau cy. For those interested in studying subjects like maths and computer science, PPE, social sciences or human sciences.
 Link from **Paratoi at Brofion Mynediad | Admissions Tests Preparation**

Cyflwyniad i'r TMUA | Introduction to TMUA 2026
 Link · Created: 27 March, 2026 · Last updated: 27 March, 2026
 I'r sawl sydd â diddordeb mewn astudio pynciau fel mathemateg neu gyfrifiadureg. For those interested in studying subjects like maths or computer science.
 Link from **Paratoi at Brofion Mynediad | Admissions Tests Preparation**

Cyflwyniad i'r ESAT | Introduction to ESAT 2026
 Link · Created: 27 March, 2026 · Last updated: 27 March, 2026
 I'r sawl sydd â diddordeb mewn astudio pynciau fel peirianeg neu wyddorau biofeddygol. For those interested in studying subjects like engineering or biomedical sciences.
 Link from **Paratoi at Brofion Mynediad | Admissions Tests Preparation**

<https://serenspace.wales/>

Enquiries to gsq@olchfa.org.uk

Our Seren Scholars

AMBITION • CURIOSITY • EXCELLENCE • OPPORTUNITY



ASPIRE

Aim high and believe in what's possible. We inspire ambition and help you set your sights on the future you want.



EXPLORE

Be curious. Go beyond the classroom and discover ideas, subjects and experiences that broaden your mind.



PREPARE

Develop the skills, knowledge and confidence to succeed in competitive applications and future opportunities.



INFORM

Make informed decisions. We provide clear guidance and up-to-date information to help you choose your best path.



SUPPORTED BY SEREN. | DELIVERED AT OLCHFA.
AIM HIGH • BE CURIOUS • SHAPE YOUR FUTURE

Our Seren Scholars

AMBITION • CURIOSITY • EXCELLENCE • OPPORTUNITY



When: Every Wednesday **WEEK B** 3 - 4.30pm

Where: Drama Hall

Wednesday 30th September

3.00 - 4.30 pm

Dr Lauren Blake, Swansea University
NEW Undergraduate Pathway into Medicine

