



*To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be **renewed in the spirit of your minds, and to put on the new self**, created after the likeness of God in true righteousness and holiness*

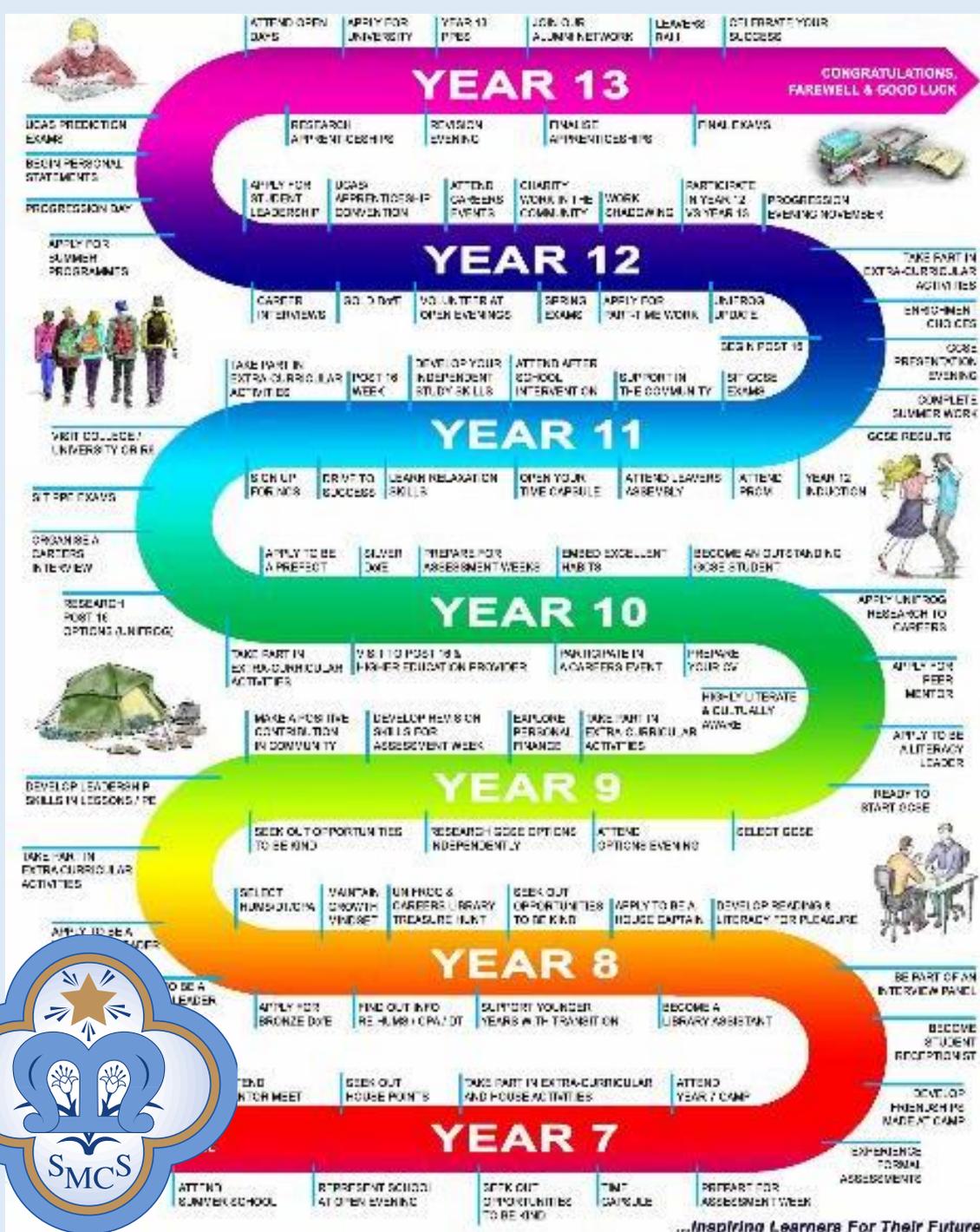
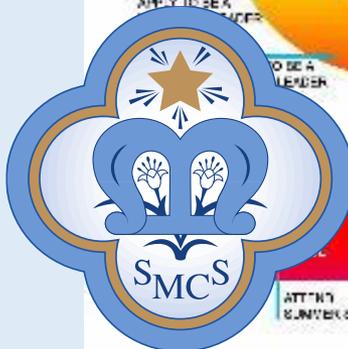
Ephesians, 4: 22-24



Year 11

Parent Information Evening

The St. Mary's Journey



A reminder about our expectations

- Uniform should be worn correctly at all times
- This means no false nails, eyelashes, make-up and Jewellery (only a cross is allowed)
- Mobile phones
- Only students with a medical letter are allowed to wear trainers
- If your child has a medical appointment – please email info mail 48hrs before the appointment – please provide proof of appointment

The impact of attendance on your child's achievement

In 2019 government research revealed the following statistics:

- Pupils who did not achieve grade 9 to 4 in English and maths GCSEs in 2019 had an overall absence rate of 8.8% over KS4 (i.e. 91% attendance)
- Pupils with an average absence rate of 5.2% (i.e. 95% attendance) achieved a grade 4
- Pupils with the lowest absence rate of 3.7% (i.e. 96% attendance) achieved grade 9 to 5 in both English and maths
- Among pupils 100% attendance at KS4, 83.7% achieved grades 9 to 4 in English and maths compared to 35.6% of pupils who were persistently absent.

Please contact attendance@stmarys.net to report a child absent for the day

0 days of school	100%	Perfection
Equates to 2 days off school each year	99%	Excellent
Equates to 5 days off school each year	97%	Good
Equates to 10 days off school each year	95%	Slight Concern
Equates to 20 days off school each year	90%	Concerned
Equates to 30 days off school each year	85%	Very Concerned

Getting your child to school on time really matters

If in a school year your child is late everyday

.....

Your child would have lost approximately

.....

Or they would have missed approximately

.....

5 Minutes

3 days from school

16 lessons lost

10 Minutes

5 days from school

32 lessons lost

15 Minutes

8 days from school

48 lessons lost

20 Minutes

11 days from school

63 lessons lost

30 Minutes

16 days from school

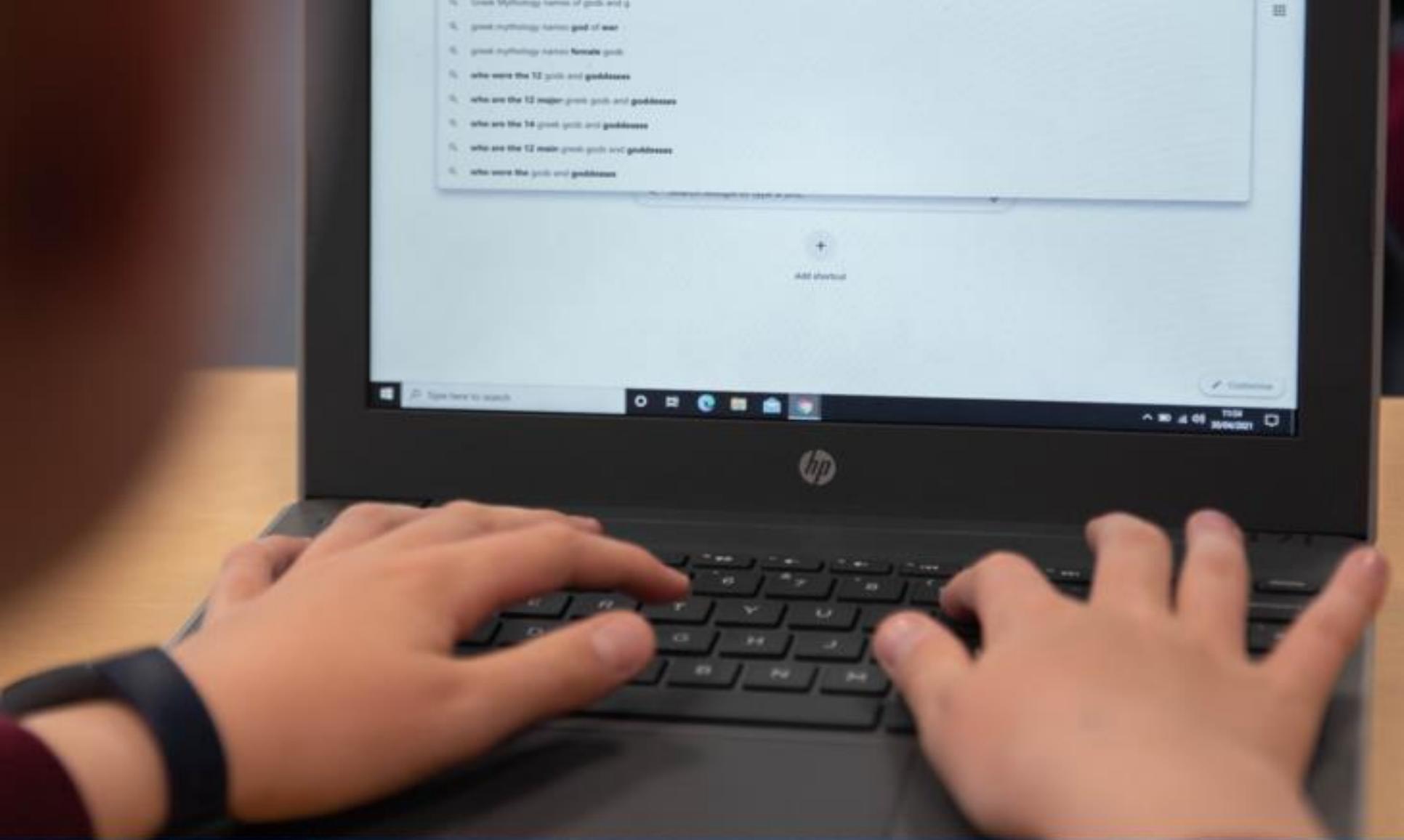
95 lessons lost

Safeguarding



Love *Respect* *Flourish*





Love Respect Flourish



The breadth of issues classified within online safety is considerable and ever evolving, but can be categorised into four areas:



CONTENT

being exposed to illegal, inappropriate or harmful content, for example: pornography, fake news, racism, misogyny, self-harm, suicide, anti-Semitism, radicalisation and extremism.



CONTACT

being subjected to harmful online interaction with other users; for example: peer to peer pressure, commercial advertising and adults posing as children or young adults with the intention to groom or exploit them for sexual, criminal, financial or other purposes.



CONDUCT

personal online behaviour that increases the likelihood of, or causes, harm; for example, making, sending and receiving explicit images (e.g consensual and non-consensual sharing of nudes and semi-nudes and/or pornography, sharing other explicit images and online bullying.



COMMERCE

risks such as online gambling, inappropriate advertising, phishing and or financial scams.

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Social Media



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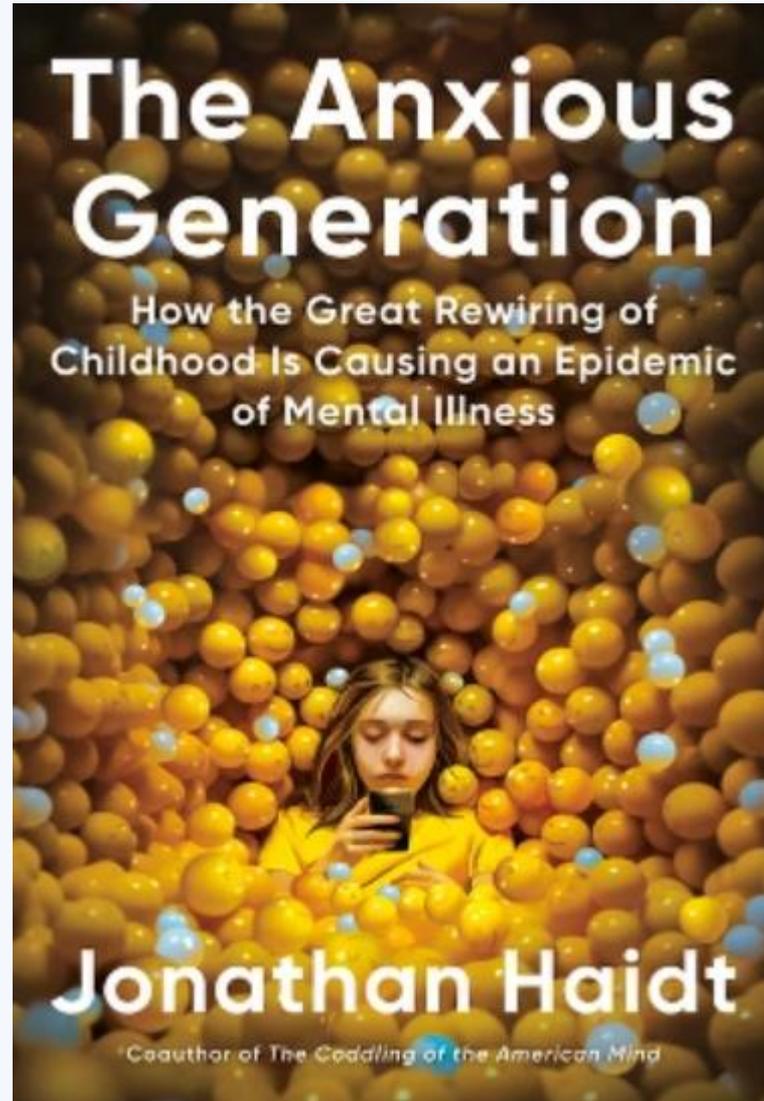


Social Media and Advice to Parents

1. Communicate with your children about their online behaviour.
2. Support your child in ensuring that they only add contacts that they also know and trust off-line.
3. Underline the importance of not publishing or forwarding images and videos which jeopardise their safety or integrity.
4. Emphasise the importance of thinking before they post something online.
5. Limit the time your children spends online and check what they are doing.

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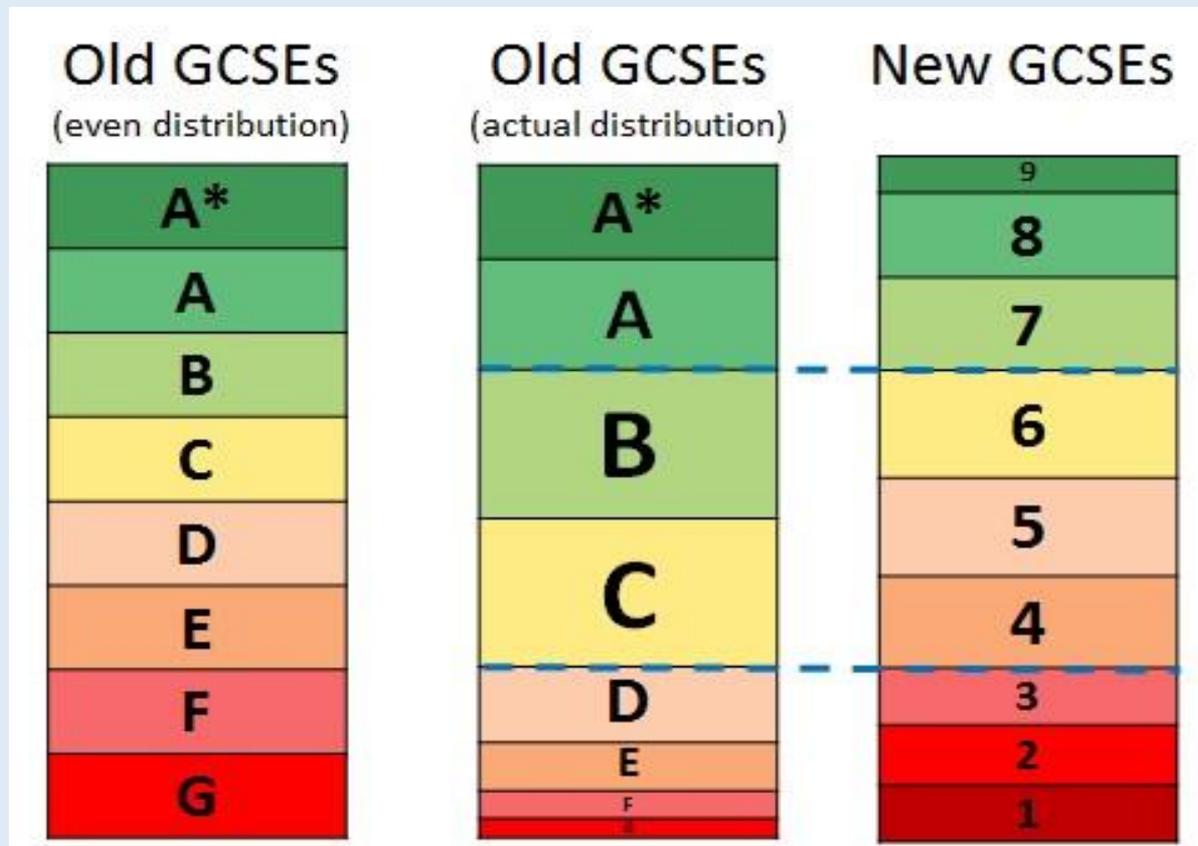




<https://www.instagram.com/reel/C-tPOYkS2Zr/?igsh=MWtheWF0eXY5aGx3dg%3D%3D>

GCSE Grading

The 9-1 grading scheme was brought in alongside a new GCSE curriculum in England. **The highest grade is now 9, while 1 is the lowest.** The U grade, meaning "ungraded", remains the same. The number scale is not directly equivalent to the old letter one.





How to Revise – The Parental Support Guide



Effective Revision at St. Mary's

What is it?

***Proper Preparation Prevents Poor
Performance***



Exams are coming....



- Have they started to revise?
- How are they revising?
- What barriers are there for succeeding?
- Are they being Smart with their time?



What are we going to look



- Memory – How it works
- St. Mary's 10 of Effective revision
- Ways to revise Time Smart
- How parents can support



Memory Test – 5 secs



OECRCAOWHST



Memory Test



- How many letters were there?
- What letters can you remember?
- What were the first 4 letters in order?
- What were the last 4 letters in order?
- What order were all the letters in?



Memory Test – 10 secs



OECRCAOWHST



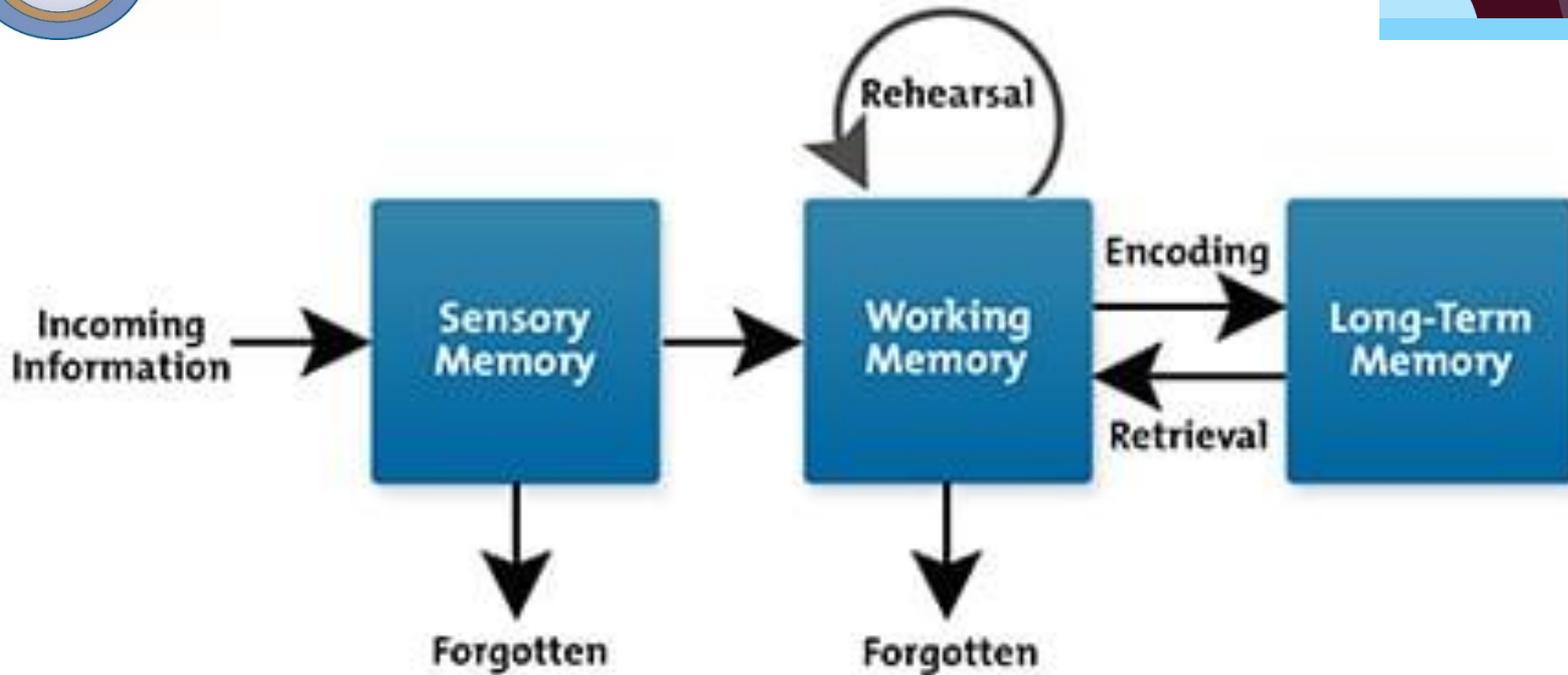
Memory Test



- How many letters were there?
- What letters can you remember?
- What were the first 4 letters in order?
- What were the last 4 letters in order?
- What order were all the letters in?



Working & Long term memory





Memory Test – 3 secs



COW HORSE CAT



Memory Test



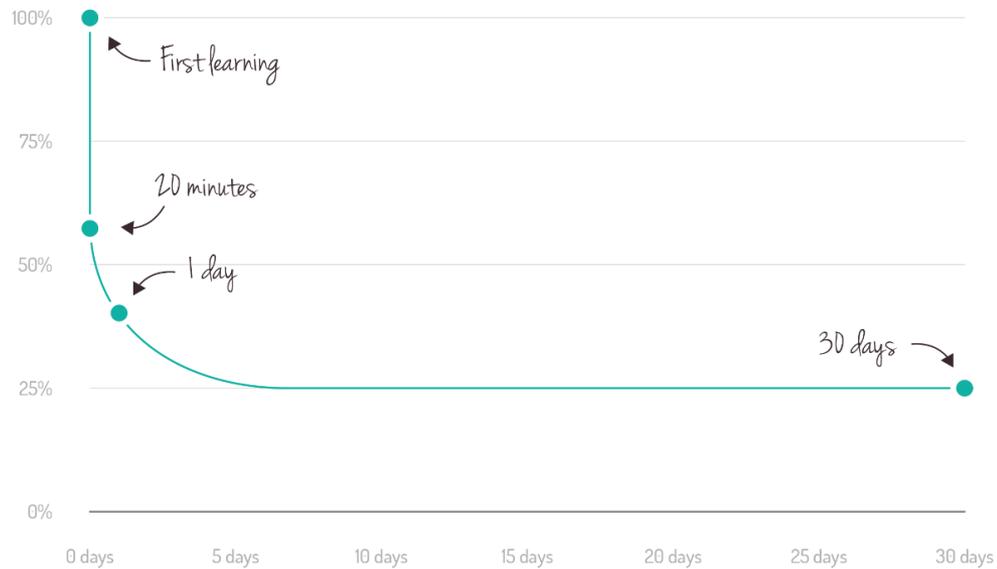
- How many letters were there?
- What letters can you remember?
- What were the first 4 letters in order?
- What were the last 4 letters in order?
- What order were all the letters in?



Ebbinghaus forgetting curve



% information retained

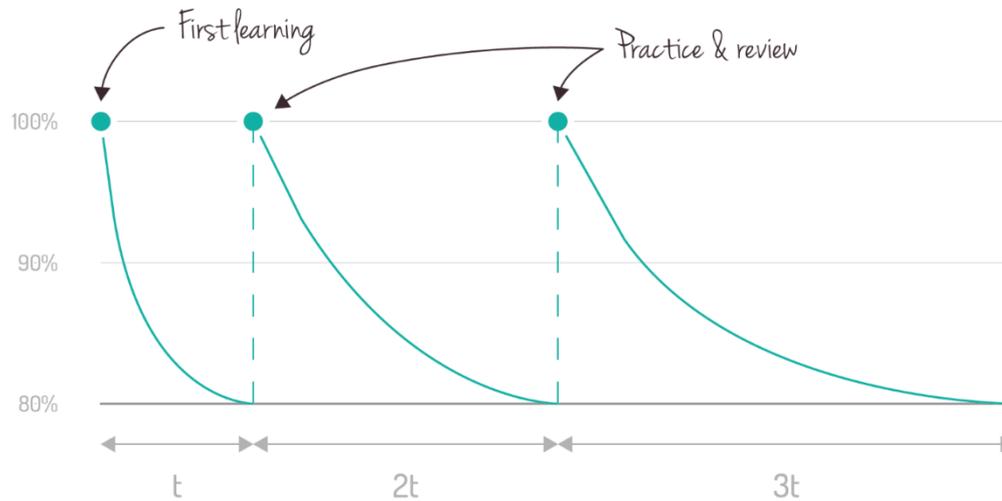




How can you help?

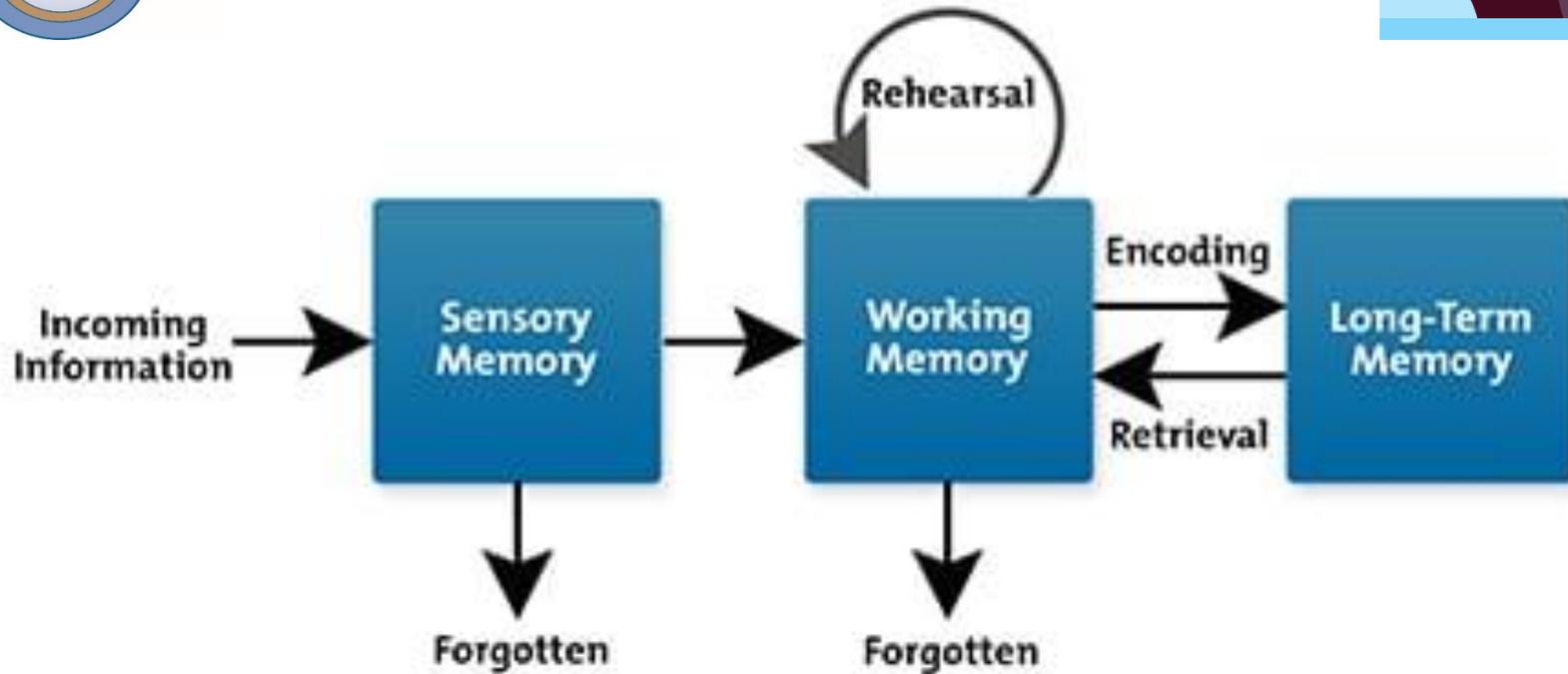


The Forgetting Cycle





Working & Long term memory v2



High Tariff / Most effective Revision

Table 1: Effectiveness of ten learning techniques, from Dunlosky et al (2013) ³⁹

High utility

Practice testing

Self-testing or taking practice tests on material to be learned.

Distributed ('spaced') practice

Implementing a schedule of practice that spreads out activities over time.

Elaborative interrogation

Generating an explanation for why an explicitly stated fact or concept is true.

Self-explanation

Explaining how new information is related to known information, or explaining steps taken during problem solving.

rate utility

Interleaved practice

Implementing a schedule of practice that mixes different kinds of problems, or a schedule of study that mixes different kinds of material, within a single study session.

Low Tariff / Less effective Revision

Low utility

Highlighting

Marking potentially important portions of to-be-learned materials while reading.

Keyword mnemonic

Using keywords and mental imagery to associate verbal materials.

Imagery use for text learning

Attempting to form mental images of text materials while reading or listening.

Rereading

Restudying text material again after an initial reading.



1. ***Be prepared*** – Create a Revision Timetable, know what resources you need/have available to you – “Fail to Prepare, Prepare to Fail” – Put the plan somewhere visible for all to see.
2. ***Find a Space*** – Ideally quiet, uncluttered, a space that has everything you need to succeed.
3. ***Limit Technology*** – Get app/social media blockers, turn on “focus time”, and avoid Procrastination – A plan will help you
4. ***Self-Care*** – Make sure you are eating healthily, drinking water, exercising, sleeping, & having time for rewards
5. ***Be Time Smart*** – Memory Clock technique – Recap/Review topic, Test knowledge, Review/Mark answers – Ensure your time is effectively used. 1 hour revising, 20 minute break, or 30 min revising, 10 minute break, little and often.

2. *Find a Space* – Ideally quiet, uncluttered, a space that has everything you need to succeed.

- Creating the right environment
- The ideal space needs to:
 - Clear work surface
 - Good lighting
 - Quiet and free from interruptions.

Avoid Distractions

3. *Limit Technology* – Get app/social media blockers, turn on “focus time”, and avoid Procrastination – A plan will help you

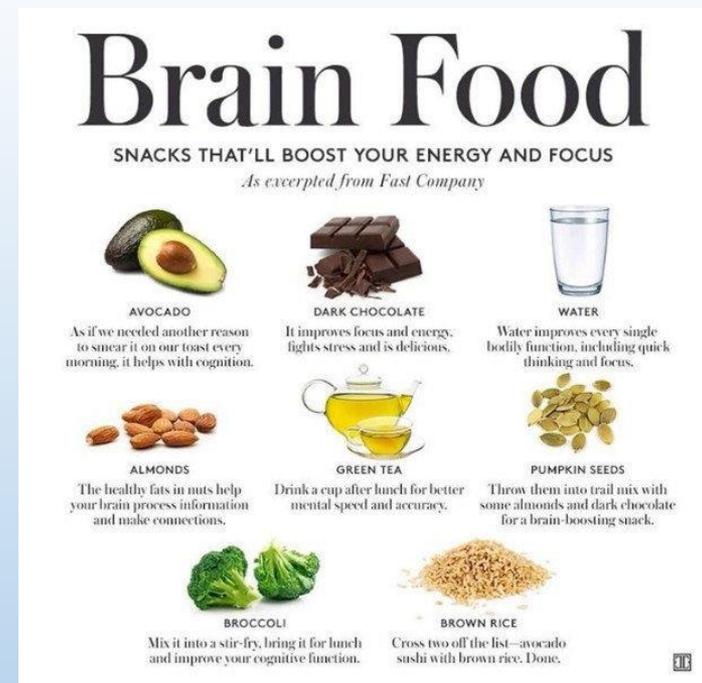
- Only set for very limited periods
- Have the conversation as part of the revision plan
- Consider what technology children will need to complete revision.



4. **Self-Care** – Make sure you are eating healthily, drinking water, exercising, sleeping, & having time for rewards

Brain Food

SNACKS THAT'LL BOOST YOUR ENERGY AND FOCUS
As excerpted from Fast Company



AVOCADO
As if we needed another reason to smear it on our toast every morning, it helps with cognition.

DARK CHOCOLATE
It improves focus and energy, fights stress and is delicious.

WATER
Water improves every single bodily function, including quick thinking and focus.

ALMONDS
The healthy fats in nuts help your brain process information and make connections.

GREEN TEA
Drink a cup after lunch for better mental speed and accuracy.

PUMPKIN SEEDS
Throw them into trail mix with some almonds and dark chocolate for a brain-boosting snack.

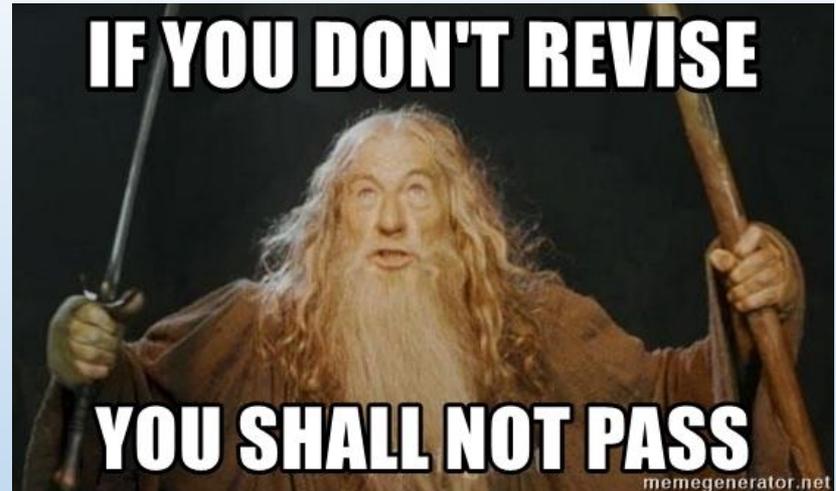
BROCCOLI
Mix it into a stir-fry, bring it for lunch and improve your cognitive function.

BROWN RICE
Cross two off the list—avocado sushi with brown rice. Done.



5. *Be Time Smart* – Memory Clock technique – Recap/Review topic, Test knowledge, Review/Mark answers – Ensure your time is effectively used. 1 hour revising, 20 minute break, or 30 min revising, 10 minute break, little and often.

- Setting a routine and managing homework Your child needs to learn how to manage their homework. Supporting them in this will help them to take responsibility for their own work, while learning valuable planning and time management skills.
- Routines are important to children, so it may be worth helping your child to find one that suits them. For example, some children prefer to do their homework straight after school, while others like to ‘unwind’ first and do their homework later.

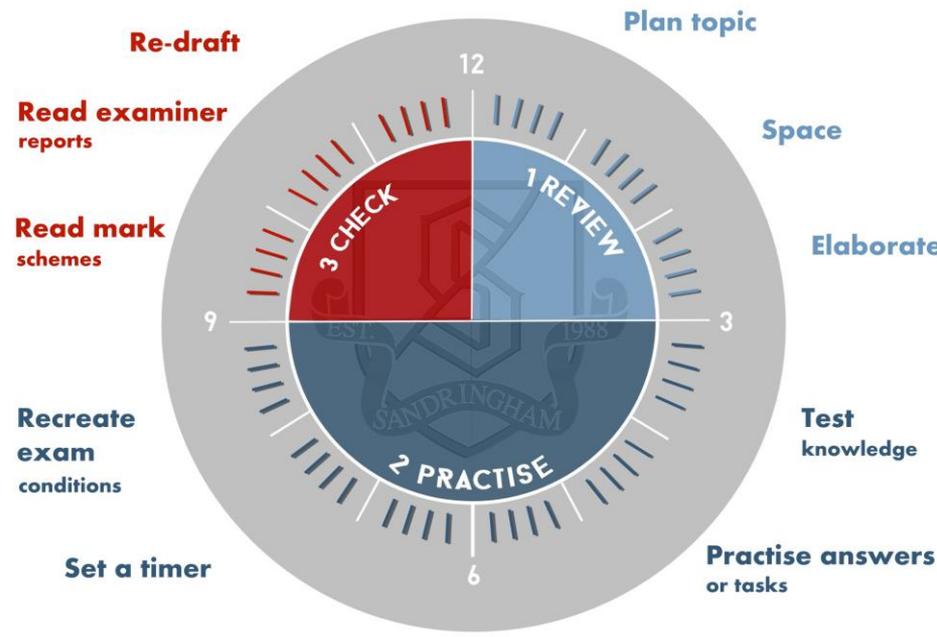




Memory Clock



THE MEMORY CLOCK



Stage 1 – Review – $\frac{1}{4}$ Time – 15 Mins

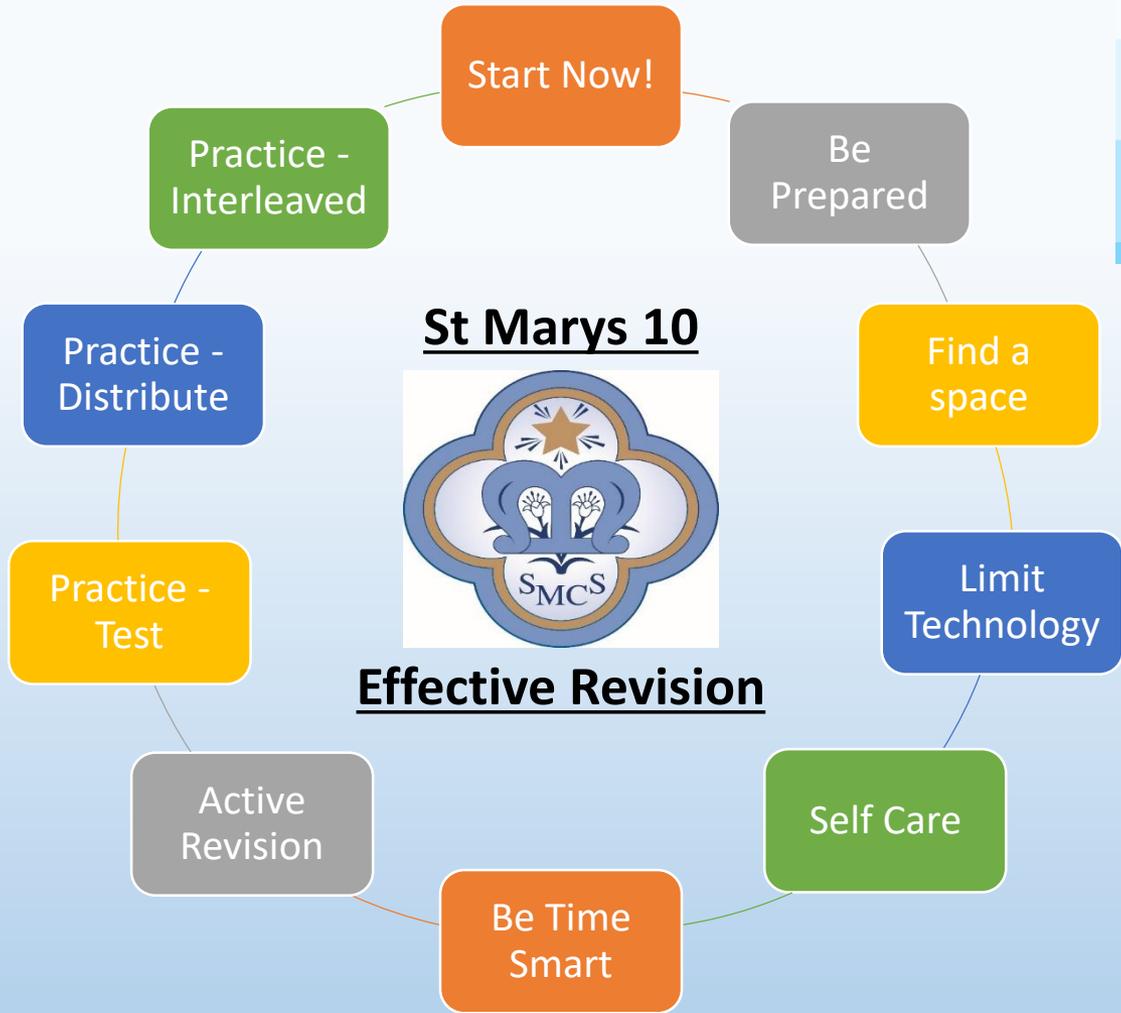
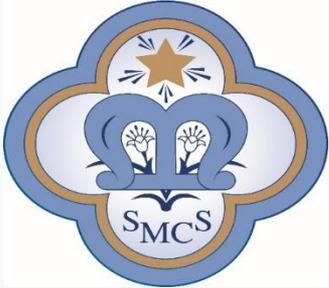
Use flashcards, Blur, Recap Content

Stage 2 – Practice – $\frac{1}{2}$ Time – 30 Mins

Test yourself/ Friends – Exam Questions – “No notes” under time pressure

Stage 3 – Check / Reflect – $\frac{1}{4}$ Time – 15 Mins

Self Mark using mark scheme, Correct mistakes in green, Highlight topics still to be understood, redraft your answer



Effective Revision



4 Schools

How is my child doing at school?

Last year, feedback received suggested that parents wanted more information from the school on how their child was progressing.

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How is my child doing at school?

St. Mary's has invested in an online platform called **Go 4 Schools.**

This will store and present “live” information about your child's academic performance

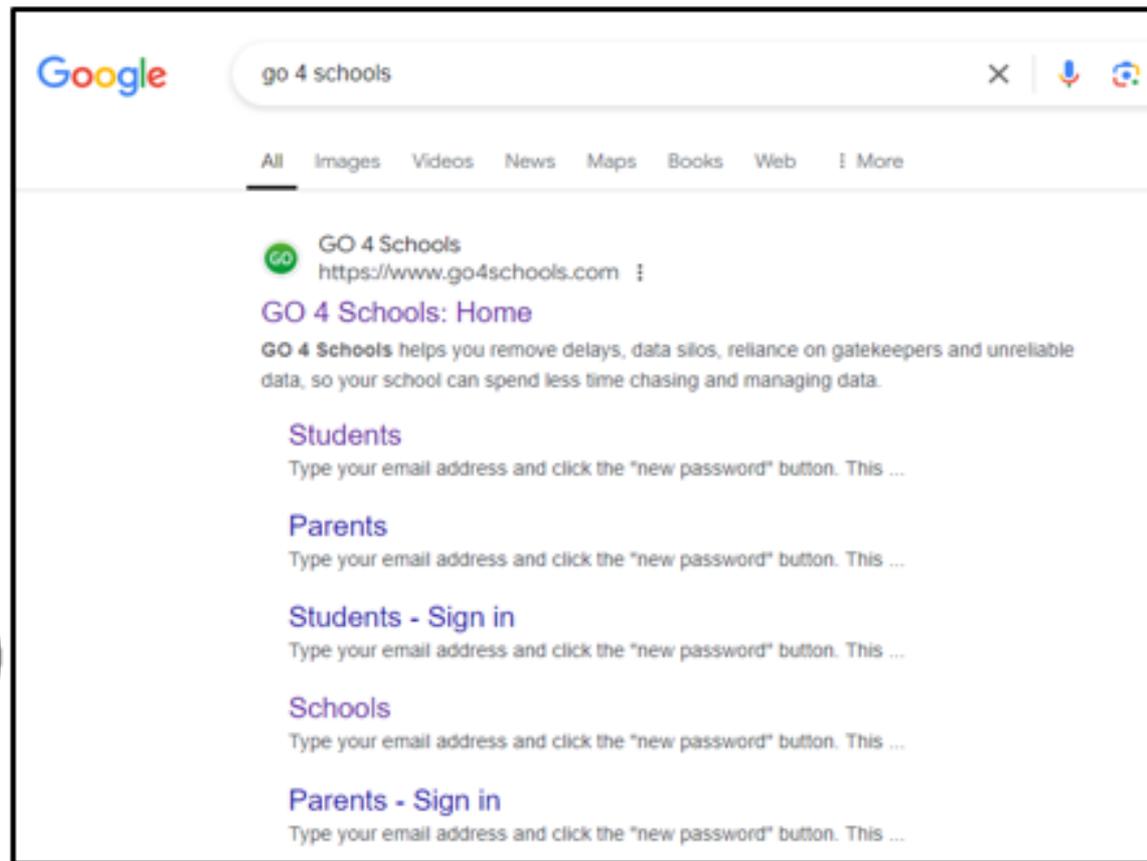
This information includes their homework. No other platform should be used to set homework.

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Accessing Go 4 Schools

Search for Go 4 Schools

Pick the appropriate link (student/parent)



The screenshot shows a Google search for "go 4 schools". The search bar contains "go 4 schools" and the Google logo is visible. Below the search bar, there are tabs for "All", "Images", "Videos", "News", "Maps", "Books", "Web", and "More". The search results show a single result for "GO 4 Schools" with the URL "https://www.go4schools.com". Below the URL, there are several links: "GO 4 Schools: Home", "Students", "Parents", "Students - Sign in", "Schools", and "Parents - Sign in". Each link is followed by a brief description: "Type your email address and click the 'new password' button. This ...".

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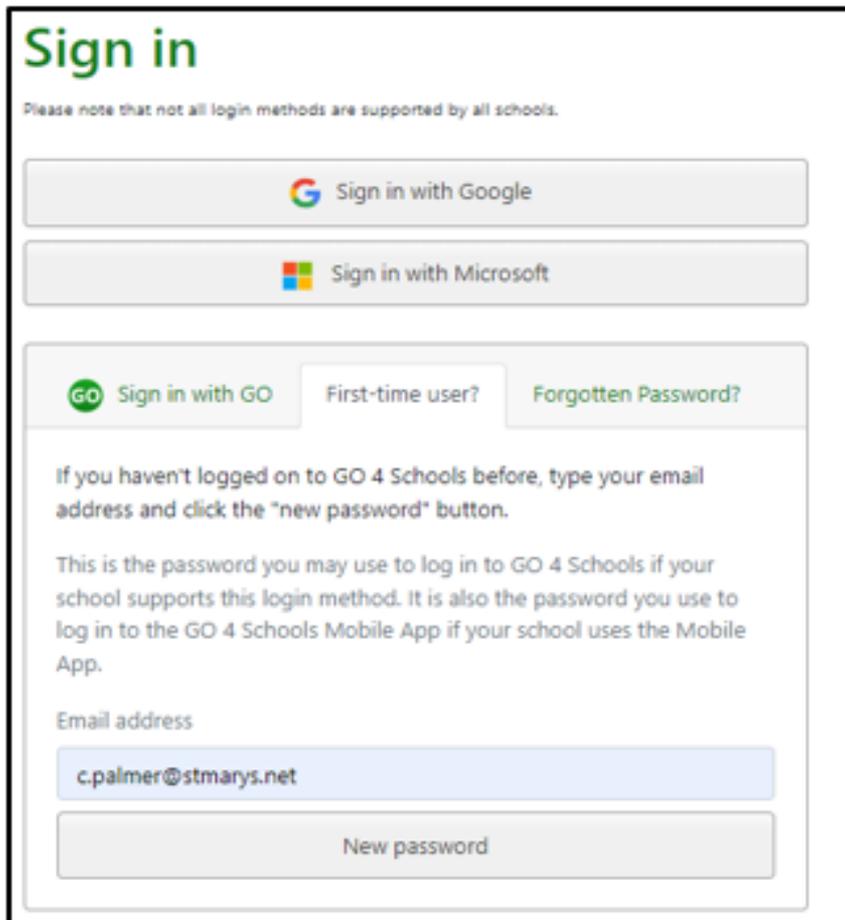


Accessing Go 4 Schools

The login page will become visible

Choose “first time user”

Ensure you use your St. Mary’s email address (students) or the email address the school has on file (parents)



The screenshot shows the 'Sign in' page for Go 4 Schools. At the top, it says 'Sign in' in green. Below that is a note: 'Please note that not all login methods are supported by all schools.' There are three main login options: 'Sign in with Google', 'Sign in with Microsoft', and 'Sign in with GO'. The 'Sign in with GO' option is selected, and it has two sub-options: 'First-time user?' and 'Forgotten Password?'. Below these options, there is a paragraph of text: 'If you haven't logged on to GO 4 Schools before, type your email address and click the "new password" button. This is the password you may use to log in to GO 4 Schools if your school supports this login method. It is also the password you use to log in to the GO 4 Schools Mobile App if your school uses the Mobile App.' There are two input fields: 'Email address' with the value 'c.palmer@stmarys.net' and 'New password'.

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Live Information



STUDENT DETAILS [Close]

[Redacted]

Overview

Homework (1) Due within the next 7 days or the last 7 days

Due	Subject	Task	Done
12 Sep 2024	Economics 12A/Ect	Key Terms Guidance time: 20-30 min.	<input type="checkbox"/>

Attendance 83%

- Present
- Unauthorised absence

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Live Progress Information

STUDENT DETAILS



Progress summary

View subject in detail ▾

Progress

Summary - Current Working Grade

Subject name Grade value

Biology	DT Joint	Economics	Enrichment	General RE	Mathematic	PSHE	Registration	Supervised Study
-	-	-	-	-	-	-	-	-

Residual legend

GO 4 School - Current model Above target On target Below target Well below target

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Live Progress Information

Subject	Year 7 Baseline	External target	CWG	Sheet summary
Biology, Mrs A Acheson, Mr D Neesam	-	-	-	A2L 1 A2L 2 A2L 3 Assessments
DT Joint, Mrs A Crowhurst, Mr M Hunt	-	-	-	Year 12 Key Assessments Year 13 Key Assessments
Economics, Mr C Palmer, Mr J Gitau	-	-	-	Micro Theme 1 Macro Theme 2 Micro Theme 3 Macro Theme 4 Progress Examination A2L 1 A2L 2 A2L 3

Love Respect Flourish





Our Community Supporting Our School to Deliver Excellence for All

The Friends of St Mary's

Our Community Supporting Our School to Deliver Excellence for All

The Friends of St Mary's Summer 2022

It is undoubtedly an exciting time to be joining St Mary's. We are in the midst of completion of major investments project having secured over £7million pounds in grants over the last four years.

Underpinning all of this exciting news is the work of the Friends of St Mary's. The Friends have been supporting the school for 20+ years, making a huge difference to the education, spiritual welfare and opportunities for the thousands of pupils who have passed through our school. We are proud of our past, grateful for the present and extremely excited about our future. This year saw us as a school community celebrate our 125th Anniversary. Now it's your turn to experience the St Mary's community and we hope that you will wish to become a Friend of St Mary's too.

Friends of St Mary's official role is to assist the school in raising funds and much of that comes from the generosity of parents who make a monthly contribution by standing order. The vast majority of families choose to do that, some even continue after their child has left the school! That speaks of community and reflects the culture and values so important to us all. We do not take that generosity lightly and prayerfully consider how best to invest those funds.

We are thankful to our contributors because we absolutely could not have delivered so many enhancements without the support. There is an incredible opportunity available to us and we wish for everyone to catch the vision, to feel part of our journey and to share our enthusiasm. Everyone is welcome to join in.

In the past twelve months we have worked on the refurbishment of our new Refectory dining facilities, with a wonderful bright and airy catering facility and dining hall, our students are reaping the benefits of. The 'A' block currently is home to many of the school's admin functions. As these functions have now moved over to the newly refurbished Georgian block this will create further space for development. Fortunately, this year we have been blessed to have another successful bid for finance to help with further development of the school. With support from the diocese we have spent just over £700,000 to convert the A Block into a new 'Design and Technology' Block. This redevelopment includes new bespoke classrooms for 'Resistant Materials' (e.g. wood-work, metal-work) and 'Textiles'. A new ICT design studio to help with some of the computer related aspects of Design and Technology as well as being available for other departments to use. This redevelopment is also home to new first-aid room, student reception and student toilet facilities and meetings rooms as the new "Student hub" centre of the school.

The Friends of St Mary's work hand in hand with the Parent Governors to move the school forward and we are looking to accelerate and expand our ambitions. Results, pupils and teachers are outstanding. There have been some amazing improvements in recent years but there is much, much more to be done if we really want to have a first class environment for our pupils and teachers.

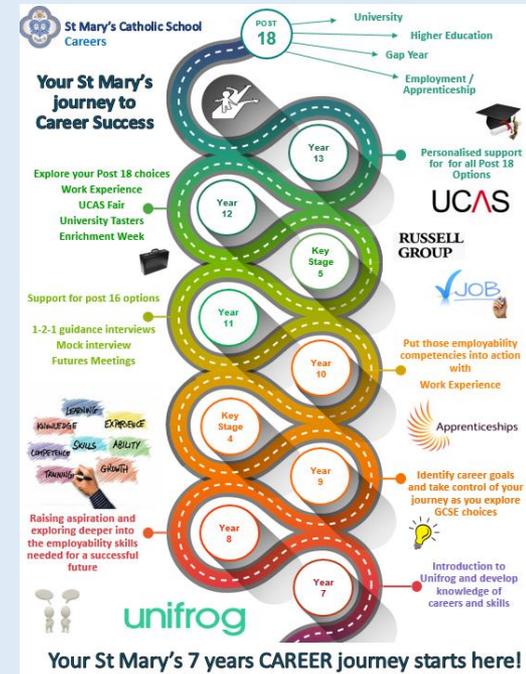
[Can you help?](#)



Careers Support in Year 11

Aim: To reflect on the skills and competencies learned and put these into action with a mock interview. To explore POST 16 Options.

- Our Careers Leader, Mrs Knight is based Sixth Form.
- Students will use Unifrog during Form / PSHEE Lessons, we encourage students to use the platform at home. Students will write their CV and have interview practice.
- Mock Interviews will take place on 5th December 2024.
- All students will have a 1:1 careers guidance interview with an external qualified careers adviser. You can see what was discussed – the Action Plan will be saved in the student locked on Unifrog.
- We encourage parents to talk about career choices and options post 16 at home, e.g. Sixth Form, college courses, apprenticeships etc.
- Futures Meetings with SLT will take place in the Spring Term.



unifrog

Science Revision sessions

Tuesday 3.15-
4.15 (triple)
Wednesday
3.15-4.15

Key Dates

First set of mock orals French and Spanish – w/c 7th October
Art mock exams 27th November

Mock examinations
w/c 21st October
3rd – 14th February

6th Form Open evening
Thursday 7th November

Parents Evening
5th December

A group of eleven young people, one male and ten females, are posed outdoors in formal attire. The male on the far left is wearing a black tuxedo with a red bow tie. The females are wearing various styles of formal dresses in colors including green, black, light blue, red, dark blue, and white. They are standing on a grassy area with a wooden trellis structure and dense green foliage in the background. The text 'Year 11 Prom 25th June 2025' is overlaid in the center of the image.

Year 11 Prom
25th June 2025

Meeting the Year Team

11A - Mrs Lewer

11B – Mr Juliff

11J – Mrs Diamond

11K – Mrs Correa

11M – Ms Rose

11T – Mrs Velani

Key responsibilities:

- Monitor the behaviour of learners in Year 11
- Monitor attendance and punctuality
- Monitor uniform and equipment
- Form tutor report system (fortnightly reviewed)
- Praise and achievement – through AP assemblies & St. Mary's award
- Form time activities & AP reviews with learners during form time
- Delivery of the PSHE Programme