



WHITLEY BAY HIGH SCHOOL

Year 10
Information booklet

Information For
Parents/Carers

2023/24

SUPPORTING SUCCESS

Dear Parent/Carer,

Welcome to an exciting time in your child's life, as they embark on their two-year GCSE courses. As I told them in their first assembly of the year, they are no longer now just 'going to school', they are taking qualifications, four of which they have selected themselves because they are subjects they love and are interested in. It is in this new, more mature spirit, that they have started the year and we are excited to see them grow and progress. They are a talented year group who have started the year well and made up ground on the Covid-affected years during middle school. It is also a really exciting time settling into the new school building and all of the new opportunities ahead.

The transition between Key Stage 3 and 4 is one that students sometimes find hard, with the learning habits and greater independence needed, but one that they often adapt to by the end of the first half-term. It is important that they know what they are aiming for and use the advice of yourselves and our staff to help them on their journey. One part of this is this booklet and the Year 10 Information Evening, in both of which we will be guiding you through the courses and structure of the next few years.

Your child will be well-supported by a tutor, teachers, pastoral staff and many more who will help them along their route. If it is not always smooth, we have staff there to help, and we always let students know how they can access the help and support available. Teaching and learning is at the heart of everything we do, and the positive relationships students form with their classes and teachers are the pathway to success.

We feel confident that we have the support and educational measures in place to ensure that each student achieves their personal best and is safe and happy. We want to continue to work closely with you throughout the next two years. This booklet is designed to give you vital information to understand what your child is learning in all subjects and the skills they will need for success.

Ankita Lawson

Key Dates

- Monday 11th September - Yr 10 Induction Day
- Tuesday 10th October - Yr 10 Parents Information Evening
- Wednesday 15th November - Progress Check 1 home
- Tuesday 28th November - X Band Parents Evening
- Wednesday 29th November - Work Experience Assembly Launch
- Thursday 7th December - Y Band Parents Evening
- Wednesday 14th February - Progress Check 2 home
- Thursday 23rd May to Friday 7th June - Yr 10 Assessments
- Week Beginning 24th June - Work Experience Week
- Monday 1st July - Yr 10 Assessments Results Day and Final Report



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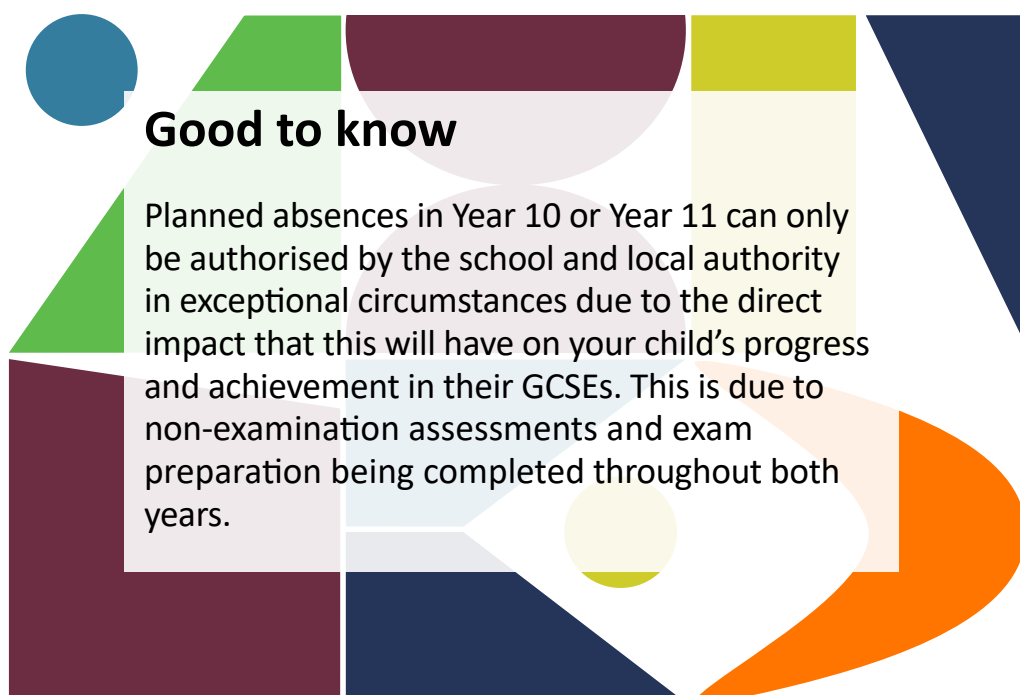
THE SCHOOL-HOME RELATIONSHIP

Some ways in which we can help:

- Each student sees their tutor everyday who will support them as a learning coach helping to prepare them for learning each day.
- We will regularly monitor each child's achievement and attendance and contact you to express our delight or inform you of any concerns.
- We celebrate students' success whenever possible. When students receive a praise/achievement merit from a subject teacher, we will recognise this with a postcard home.
- We will work with you to support your child's emotional wellbeing and offer support if needed.

Some ways in which you can help:

- Ensure your child is prepared with the right equipment and uniform, including their ID card, for the school day.
- Ensure that your child is maintaining excellent attendance (above 95%) and punctuality.
- Encourage your child to get involved in activities and opportunities around school.
- Regularly talk to your child about their work and check what they are doing.
- Checking their online calendar and Teams to help them keep to homework deadlines.



Good to know

Planned absences in Year 10 or Year 11 can only be authorised by the school and local authority in exceptional circumstances due to the direct impact that this will have on your child's progress and achievement in their GCSEs. This is due to non-examination assessments and exam preparation being completed throughout both years.

NON-EXAMINATION ASSESSMENT

An Overview:

The way GCSEs are assessed has changed significantly over recent years. GCSE used to include modules which were tested at several points across the two years; now students will sit all their examined units at the end of the course in Year 11.

In our option guidance meetings with students we made a point of highlighting the potential revision and examination 'hot spots' in Years 10 & 11, so that students were able to select the curriculum pathway best suited to their skills, interests and preferred methods of assessment.

You will see from the information in this booklet that technology, arts and practical subjects continue to have a significant coursework element (up to 60% in some cases). In addition other subjects retain a coursework component called Controlled Assessment Tasks (CATs) which can account for between 20 and 40% of the final mark. CATs are carefully integrated into programmes of study.

Controlled Assessment is different from Coursework because it has controls which determine how and where students can complete their assessments and what resources they may use. The key difference is that only research and preparation of certain tasks may be completed at home.

Teachers will prepare students for their Controlled Assessments and give any advice and support that they need such as how and where to research information. Teachers will explain to students what reference materials and resources may be used and how assessments have to be completed. It is important that students follow teacher guidance and:

- hand in work that is their own.
- attend all lessons.

GCSE GRADING STRUCTURE

How it affects Year 10 Students:

The grading system has changed significantly over the last few years. When your child receives their GCSE results in Summer 2025, grades will be given as a number 9-1 (see the table below for letter/number equivalents). The only exceptions to this grading structure are Cambridge National and BTEC qualifications in Child Development, Health & Social Care, Sport Studies and Digital Information Technology, as outlined in the table below.

Across all subjects, all students will sit the same paper where all grades are accessible. The only exceptions to this are MFL, Maths and Science where students will sit tiered papers, which will either be for the Foundation tier (Grades 5-1 will be awarded) or the Higher tier (Grades 9-3 will be awarded).

Current GCSE grading	Approximate Cambridge National & BTEC equivalent grade <small>Cambridge National - Child Development, Health & Social Care, Sports Studies BTEC - Digital Information Technology (Tech Award)</small>	Old GCSE grading
9	Level 2 Distinction *	A*
8		A
7		
6	Level 2 Merit	B
5		C
4		
3	Level 1 Distinction	D
2		E
1		F
		G
U		U

CONTROLLED ASSESSMENT

There are three levels of Controlled Assessments

High Control

Students write up their work in a supervised, classroom environment and have a number of hours to complete the task similar to an examination.

Medium Control

Students do their research under informal supervision.

Low Control

Students are allowed to work unsupervised outside of the classroom on research.

Subject	Controlled Assessment	Exams
English Language (AQA)	-	100%
English Literature (AQA)	-	100%
Maths (AQA)	-	100%
Combined Science - Trilogy (AQA)	-	100%
Separate Sciences (AQA)	-	100%
Art (AQA)	60%	40%
Art and Design Textiles (AQA)	60%	40%
Art and Design Photography (AQA)	60%	40%
Business (AQA)	-	100%
Child Development (OCR Cambridge National)	60%	40%
Computer Science (Edexcel)	-	100%
Design Technology (Edexcel)	50%	50%
Drama (Edexcel)	60%	40%
Food and Nutrition (EDUQAS)	50%	50%
French (AQA)	-	100%
Geography (AQA)	-	100%
German (AQA)	-	100%
Health and Social Care (OCR Cambridge National)	60%	40%
History (AQA)	-	100%
Digital IT (Edexcel)	60%	40%
Music (Edexcel)	60%	40%
Occupational Studies (NCFE)	100%	
Philosophy (AQA)	-	100%
Physical Education GCSE (AQA)	40%	60%
Physical Education (OCR Cambridge National)	75%	25%
Spanish (AQA)	-	100%

WHAT IF MY CHILD NEEDS HELP?

Key people who can help:

Students can check in with their tutor or



Ankita Lawson
Head of Year 10
Bottom Floor A Block



Michael Yarde
Assistant Head of Year 10
Bottom Floor A Block



Sarah Lackenby
Assistant Headteacher/
Pastoral & Mental Health Lead
Bottom Floor A Block



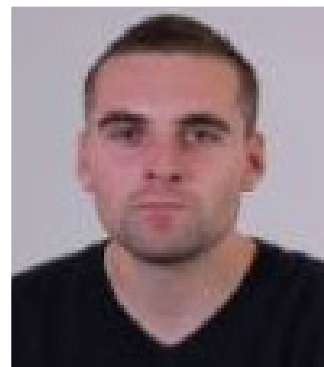
James Mackenzie
SENCO/Assistant Headteacher
Bottom Floor A Block



Carl Cockburn
Assistant Head of Year 10
Bottom Floor A Block



Sarah Fitzpatrick
Assistant Headteacher
Top Floor A Block



David Lee
Alternative Education Provision
Bottom Floor A Block



Emma Crow
School Counsellor
Middle Floor A Block



Helen Daglish
Student Support
Coordinator
Bottom Floor A Block



Marni Thomas
Lead Learning Mentor
Middle Floor A Block



Nina Livings
Attendance Officer
Middle Floor A Block



Nicolle Foulger
Social, Emotional and Mental
Health (SEMH) Practitioner
Bottom Floor A Block



Steph Towns
Career Manager
Middle Floor A Block

ENGLISH LANGUAGE/LITERATURE

General description of how the course breaks down:

Language	Literature
Paper 1 - Explorations in creative reading and writing (50%) Paper 2 - Writers' viewpoints and perspectives (50%)	Paper 1 - Shakespeare and the 19th century novel (40%) Paper 2 - Modern texts and poetry (60%)

Year 10

Term 1	Term 2	Term 3
<ul style="list-style-type: none">Literature paper 2 – "An Inspector Calls"Language paper 1 – Creative writingSpeaking and listening assessmentLanguage paper 2 – Writers' viewpoints and perspectivesIntroduction to literature paper 2 – Conflict poetry	<ul style="list-style-type: none">Writing skillsLiterature paper 1 – "Macbeth"	<ul style="list-style-type: none">Finishing MacbethSkills for language papers one and twoPoetry anthology

Year 11

Students will study Jekyll and Hyde and prepare for exams.

How can you support and help your child?

- Make sure your child attends all lessons.
- Discuss your child's English work with them.
- Ask them questions.
- Encourage your child to read as widely as possible, including quality newspapers.
- It is really helpful if students have their own copies of the texts.

Key Dates:

- Year 10 Assessment week May/June.
- Trial exams February Year 11.
- Paper 1 and 2 Language exams May/June Year 11.
- Paper 1 and 2 Literature exams May/June Year 11.

Top tips for students and revision strategies:

- Read as widely as possible – including quality newspapers.
- Make lots of notes during lessons.
- Make sure you do all writing tasks set for homework and hand them in so your teacher can mark them and give you feedback to help you prepare.
- Write a lot about a little.
- Always check your work over for spelling and grammar errors.
- When you read good books or watch a great film make a note of great ideas, characters, settings and scenarios - use Magpie strategies.

Useful Websites:

- BBC Bitesize
- www.aqa.org.uk
- www.universalteacher.org.uk (for "An Inspector Calls")
- www.aspirations.english.ca.ac.uk/gcse
- Mr. Bruff's English clips on YouTube for help with your literature texts but students should be encouraged to debate his interpretations not stick rigidly to them.
- @GCSE_Macbeth
- @Aninspectortho2
- @GCSE_Jekyll
- Teacher revision videos on Sharepoint English
- www.audiopi.co.uk, (email ; whitley@audiopi.co.uk password: whitley)
- www.digitaltheatre (login: dtplus.wbhs password: wbhs123)

MATHS

General description of how the course breaks down:

Students will sit either Foundation (Grades 1-5) or Higher (Grades 4-9) tier papers.

All students will sit three equally weighted exams (one is non-calculator) in May/June of Year 11.

Optional extra GCSE: Further Maths will be taught to students predicted a Grade 8/9 at GCSE. This will be taught before, during and after school sessions.

Year 10

Term 1	Term 2	Term 3
<ul style="list-style-type: none">GCSE basics across all topic areasData handling	<ul style="list-style-type: none">NumberBasic shapeBasic probability	<ul style="list-style-type: none">Shape and measuresNumerical methodsProbabilityEnd of year exam

Year 11

Term 1	Term 2	Term 3
<ul style="list-style-type: none">AlgebraProbability	<ul style="list-style-type: none">GeometryFurther algebra	<ul style="list-style-type: none">Revision and exams

How can you support and help your child?

- Encourage your child to try all of the revision strategies.
- Practise mental maths such as times tables, calculations and percentages.
- Ensure they have the correct equipment for lessons and exams – particularly a geometry set and a scientific calculator.

Key Dates:

- Year 10 Assessment Week (May/June).
- Year 11 Trial Exams (February).
- Year 11 Higher & Foundation level exams (May/June).
- Year 11 (Optional Further Maths exams-June).

Top tips for students and revision strategies:

- Use past papers and booklets given out in lessons.
- Use corbettmaths.com referring to checklists used in lessons.
- Use the assorted review tasks set on Mathswatch as well as the support videos.

Useful Websites:

- www.aqa.org.uk
- corbettmaths.com
- vle.mathswatch.co.uk

GCSE COMBINED SCIENCE-TRILOGY (AQA 8464)

General description of how the course breaks down:

- All exams are taken in Summer of Year 11.
- 6 papers, 2 for each Science. Each exam is 75 minutes and contributes 16.7% of the GCSE.

Year 10 (Paper 1)

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Biology topics 1-4• Chemistry topics 1-6• Physics topics 1-11	<ul style="list-style-type: none">• Biology topics 1-4• Chemistry topics 1-6• Physics topics 1-4	<ul style="list-style-type: none">• Biology topics 1-4• Chemistry topics 1-6• Physics topics 1-4

Year 11 (Paper 2)

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Biology topics 5-7• Chemistry topics 7-10• Physics topics 5-7	<ul style="list-style-type: none">• Biology topics 5-7• Chemistry topics 7-10• Physics topics 5-7• Revision	<ul style="list-style-type: none">• Revision• Exam preparation

How can you support and help your child?

- Go over past test questions with your child.
- Make a quiet area for them at home where they can complete homework without distraction.
- Use their revision guide to support understanding and help test if their knowledge is secure by asking questions from it.

Key Dates:

- Year 10 Assessment Week in May/June.
- Internal assessments in each module in each subject - termly.
- Trial Exam February Year 11.
- All 6 exams during May/June in Year 11.

Top tips for students and revision strategies:

- Purchase a revision guide and start to use it – we will inform parents when these are available.
- Practise writing scientific explanations by using extended writing from past papers.
- Bring a calculator to all lessons.
- The following % indicates the proportion of Maths in each subject:
Biology 10%. Chemistry 20%. Physics 30%.

Useful Websites:

- <http://www.aqa.org.uk/subjects/science/gcse/combines-science-trilogy-8464>
- <http://www.bbc.co.uk/education/subjects/zrkw2hv>

GCSE SEPARATE SCIENCES

AQA GCSE Biology 8461, Chemistry 8462, Physics 8463

General description of how the course breaks down:

- Each course has 2 exams worth 50% of the marks. Each exam is 105 minutes.
- There is significantly more content on Separate Science but it is taught in the same time as the dual course, so it requires a great deal of independent study.

Year 10 (Paper 1)

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Biology topics 1-4• Chemistry topics 1-6• Physics topics 1-4	<ul style="list-style-type: none">• Biology topics 1-4• Chemistry topics 1-6• Physics topics 1-4	<ul style="list-style-type: none">• Biology topics 1-4• Chemistry topics 1-6• Physics topics 1-4

Year 11 (Paper 2)

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Biology topics 5-7• Chemistry topics 7-10• Physics topics 5-7	<ul style="list-style-type: none">• Biology topics 5-7• Chemistry topics 7-10• Physics topics 5-7• Revision	<ul style="list-style-type: none">• Revision• Exam preparation

How can you support and help your child?

- Go over past test questions with your child.
- Make a quiet area for them at home where they can complete homework without distraction.
- Use their revision guide to support understanding and help test if their knowledge is secure by asking questions from it.

Key Dates:

- Year 10 Assessment Week in May/June.
- Internal assessments in each module in each subject - termly.
- Trial Exam February Year 11.
- All 6 exams during May/June in Year 11.

Top tips for students and revision strategies:

- Purchase a revision guide and start to use it – we will inform parents when these are available.
- Practise writing scientific explanations by using extended writing from past papers.
- Bring a calculator to all lessons.
- The following % indicates the proportion of Maths in each subject:
Biology 10%. Chemistry 20%. Physics 30%.

Useful Websites:

- <http://www.aqa.org.uk/subjects/science/gcse/biology-8461>
- <http://www.aqa.org.uk/subjects/science/gcse/chemistry-8462>
- <http://www.aqa.org.uk/subjects/science/gcse/physics-8463>
- http://www.bbc.co.uk/schools/gcsebitesize/science/triple_aqa/

AEP - VOCATIONAL PATHWAY

General description of how the course breaks down:

Our Alternative Provision offer consists of a range of vocational subjects that allows students to develop a range of personal skills creatively. Students benefit from a variety of activities that will provide experiences to prepare for Post-16. Students who have opted for the AEP Intervention option will receive additional literacy and numeracy support through the completion of Functional Skills English and/or Functional Skills Maths, alongside Occupational Studies. Class sizes are deliberately kept small so students are able to receive a large amount of support during lessons which allows for flexibility in lesson content and practical opportunities. There is an additional opportunity for some students to access the Work Based Learning offer from the Local Authority to develop knowledge and skills within a chosen vocation.

Year 10

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Photography• Food and Nutrition• Sports Studies• Occupational Studies• Functional Skills English• Functional Skills Maths• Work Based Learning	<ul style="list-style-type: none">• Photography• Food and Nutrition• Sports Studies• Occupational Studies• Functional Skills English• Functional Skills Maths• Work Based Learning	<ul style="list-style-type: none">• Photography• Food and Nutrition• Sports Studies• Occupational Studies• Functional Skills English• Functional Skills Maths• Work Based Learning

Year 11

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Photography• Food and Nutrition• Sports Studies• Occupational Studies• Functional Skills English• Functional Skills Maths• Work Based Learning	<ul style="list-style-type: none">• Photography• Food and Nutrition• Sports Studies• Occupational Studies• Functional Skills English• Functional Skills Maths• Work Based Learning	<ul style="list-style-type: none">• Photography• Food and Nutrition• Sports Studies• Occupational Studies• Functional Skills English• Functional Skills Maths• Work Based Learning

How can you support and help your child?

- Encourage your child to take part in all opportunities that are open to them even if it takes them out of their comfort zone.
- Ensure attendance and punctuality is close to 100%.
- GCSE Photography is 100% coursework and students will be expected to complete some work at home. Your child may be grateful for support with their time management and organisational skills.

Key Dates:

- December Year 10: Functional Skills English External Exam.
- January Year 11: Functional Skills Maths External Exam.
- July Year 10 : GCSE Photography Exhibition.
- March/April Year 11: GCSE Photography External Exam.
- April Year 11: Individualised Core Support Timetable.

Top tips for students and revision strategies:

- GCSE Photography: take as many photos outside of school as possible and experiment with techniques that you have learnt during lessons.
- Keep an open mind as you will be trying out a range of vocational environments. Remember that every experience is a positive experience.
- GCSE Photography: Book out a camera for when you are out and about over a weekend or holiday for your assessed projects.

Useful Websites:

- National Apprenticeship website: www.gov.uk/apply-apprenticeship. This will allow students to access and register for the latest apprenticeship opportunities.
- Connexions, Newcastle College, Gateshead College and Tyne Met College websites. These will make students aware of all options available to them after the completion of their GCSEs.

ART

General description of how the course breaks down:

- 60% Coursework – Two projects in Year 10 and the Trial Exam in Year 11.
- 40% Exam preparation in the 2nd term in Year 11 with a timed exam after Easter.
- Portfolio Unit is made up from three projects. Two projects in Year 10 and one in Year 11. Students then select their best work to present as the portfolio unit.
- The Externally Set Task begins in January of Year 11 and continues until Easter. Development work is completed in class and at home and the final outcome created in a timed exam after Easter.

Year 10

Term 1	Term 2	Term 3
Skill & knowledge building project – focus on the formal elements. Making links with artists.	Identity development – an extended project exploring a range of media and techniques, making links with artists and developing personal outcomes.	Last half term – complete identity development project and final piece.

Year 11

Term 1	Term 2
Trial Exam – making links with artists, creating personal responses resulting in a timed test before Christmas.	Externally Set Task – 40% of final grade resulting in a timed exam before Easter.

How can you support and help your child?

- Have art equipment at home (most students have art packs).
- Understand that artwork does take a long time to complete to a high level.
- Get in touch if you have any questions or concerns.
- Be aware that your child will always have work to do outside of lesson time. This could either be finishing class work or completing homework tasks.

Key Dates:

- Skill building project – deadline end of Autumn Term Year 10.
- Identity project – deadline end of September Year 11.
- Trial exam – deadline December Year 11
- Externally Set Project. January to Easter Year 11.

Top tips for students and revision strategies:

- Meet deadlines – use the timetable provided at the start of the projects.
- Ask for help.
- Quality not quantity.
- Quality work takes time. Don't rush your work.

Useful Websites:

- Visit local galleries e.g. The Biscuit Factory and search for artists in libraries and on the internet.
- www.art2day.co.uk
- www.dailypainters.com

ART AND DESIGN TEXTILES

General description of how the course breaks down:

60% Coursework – Two skill based projects in Year 10 and an extended project in Year 10/11. 40% Exam preparation in the 2nd term in Year 11 with a timed exam after Easter.

The Externally Set Task begins in January of Year 11 and continues until Easter. Development work is completed in class and at home and the final outcome created in a timed exam after Easter of Year 11.

Year 10

Term 1	Term 2	Term 3
<ul style="list-style-type: none">Skill & knowledge building project (Growth and Decay)Free machine embroideryTrip to London	<ul style="list-style-type: none">The Coastline – a project exploring a range of media and fabric manipulation techniquesFashion Design	<ul style="list-style-type: none">Extended Project. Exploring artists linked to topic of personal choice and production of a range of key textile piecesNorthern print Workshop / trip to Newcastle

Year 11

Term 1	Term 2
<ul style="list-style-type: none">Extended project continued. Development and planning and making of final outcomeTrial Exam before Christmas	<ul style="list-style-type: none">Externally Set Task – 40% of final grade resulting in a timed exam after Easter

How can you support and help your child?

- Have textile equipment at home
- Understand that textile work does take a long time to complete to a high level.
- Get in touch if you have any questions or concerns.
- Be aware that your child will always have work to do outside of lesson time. This could either be finishing class work or completing homework tasks.

Key Dates:

- Skill building project – deadline end of Autumn half term Year 10.
- Messages project – deadline end of Autumn term Year 10.
- Trial exam – deadline December Year 11.
- Externally Set Project. January to Easter Year 11.

Top tips for students and revision strategies:

- Meet deadlines – use the timetable provided at the start of the projects.
- Ask for help.
- Quality not quantity.
- Quality work takes time. Don't rush your work.
- Attend Textiles club each week.

Useful Websites:

- Visit local galleries e.g. V&A museum and search for textiles artists in libraries and on the internet.
- V&A · Fashion (vam.ac.uk)
- www.pinterest.co.uk

BUSINESS

General description of how the course breaks down:

The Business Department follows the AQA specification where students will be studying different business contexts ranging from small enterprises to large multinationals and how they operate in the dynamic world of business. Students will be working towards sitting two exams at the end of the two-year course.

- Unit 1 – Business Operations & Human Resources (50%)
- Unit 2 – Marketing & Finance (50%)

Year 10

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Business in the real world• The purpose of business activity	<ul style="list-style-type: none">• Influences on business• How businesses adapt to change	<ul style="list-style-type: none">• Human Resources• How employees are managed

Year 11

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Business Operations & Marketing• Production & Promotion of Goods	<ul style="list-style-type: none">• Marketing & Finance• Purpose of Finance in Business	<ul style="list-style-type: none">• Revision & Exam preparation• Review of topics

How can you support and help your child?

- Bring up and discuss any business stories that are in the news.
- Test them on their key terminology using Quizlet.
- Encourage them to complete homework tasks on time and to the best of their abilities.
- Revision guides are available to help their revision.
- Support and encourage a plan for revision toward exams.

Key Dates:

- Year 10 Assessment Week (May/June).
- Year 11 Trial Exam (February).
- GCSE Exams (May/June Year 11) consists of 2 x 1.45 hour papers. Each is worth 50%.

Top tips for students and revision strategies:

- Use Quizlet to help learn and practise the key vocabulary.
- Practise exam techniques through using past papers - apply your knowledge to the case studies.
- Complete the knowledge maps and create flash cards of important information.
- Watch relevant TV programmes about business.
- Attend revision sessions held by the Business Department.

Useful Websites:

- Quizlet - helpful for learning and revising key terms.
- BBC Bitesize Business - Revision material and quizzes.
- AQA GCSE Business - Past papers and course materials.
- businessatthebay.blogspot.co.uk (school-run blog).
- SENECA Learning - Course Revision Platform.
- YouTube (Bizconsesh) - Topic revision videos.

CHILD DEVELOPMENT

General description of how the course breaks down:

The first controlled assessment will focus on understanding the benefits of play. This involves planning an activity for children under 5 years. (30% of grade).

The last controlled assessment will focus on understanding the nutritional needs of children and feeding children and equipment. (30% of grade).

One exam contributes to 40% of the overall grade. This is taken in Year 11.

Year 10

Term 1 - NEA	Term 2 - NEA	Term 3 - NEA
Understand the development of a child from one to five years – planning an activity NEA – 30%	Understand the development of a child from one to five years – planning an activity NEA – 30%	Nutrition and feeding children up to 5 years – NEA 30%

Year 11

Term 1 - NEA	Term 2 - Exam Theory	Term 3 - Exam Theory
Understanding key factors for choosing equipment from birth to 5 years – 30%	Health and well-being for child development	Health and well-being for child development – Summer exam

How can you support and help your child?

- Proof read your child's homework.
- Check their learning regularly with little quizzes.
- Check with your child for any homework and deadlines.
- Your child should be spending at least 1 hour per week completing homework, coursework and research or consolidating learning by producing revision aids to help with their final exam.

Key Dates:

- Dates will vary for the short tasks depending on tasks set by the exam board but students will be notified in advance by their teacher.
- Play Controlled Assessment deadline - July of Year 10.
- Final Exam - June Year 11.

Top tips for students and revision strategies:

- Purchase a reduced cost revision booklet which will support you with your exam and coursework from the Finance Office.
- Use some form of planner to stay organised.
- Complete past exam papers.
- Learn key vocabulary including command words.

Useful Websites:

- www.channel4.com/health/microsites/F/family/parenting/childcare.html
- www.babycentre.co.uk/pregnancy
- www.nhs.co.uk

COMPUTER SCIENCE

General description of how the course breaks down:

Students will develop knowledge of how technology is created and the appreciation they have for solving problems. Students will be part of one of the most innovative industries, gain skills and develop understanding of how to create and develop programs and software to build a career potential.

Year 10

Term 1	Term 2	Term 3
<ul style="list-style-type: none">Fundamentals of algorithmsLearning to program using Python	<ul style="list-style-type: none">Learning to program using Python 3.5Computational ThinkingLogic and logic gates	<ul style="list-style-type: none">Data representationMastering Python

Year 11

Term 1	Term 2
<ul style="list-style-type: none">Search and sort algorithms and how to implement themData RepresentationComputer systemsMemory and storage	<ul style="list-style-type: none">Social engineering and cyber securityComputer NetworksDatabases and SQL

How can you support and help your child?

- Look at and ask questions about your child's Challenge Book, Programming Guide and Notes Folder.
- Encourage your child to test and push themselves with their programming challenge book.
- Encourage your child to attempt past examination papers.

Key Dates:

- February Trial Examination (of Year 11).
- May (Year 11) NEA submission.
- May/June (Year 11) 2 exam papers (worth 50% each).

Top tips for students and revision strategies:

- Practise your programming techniques, regularly updating your 'Programming Guide'.
- Revisit challenges in your 'Challenge Book' extending functionality where possible.
- Use Magenta Principles to produce revision cards from your notes file (reduce, rearrange, connect, compare).

Useful Websites:

- <http://www.aqa.org.uk/subjects/computer-science-and-it/gcse/computer-science-8520>
- <https://docs.python.org/3/tutorial/index/html>

DESIGN AND TECHNOLOGY

General description of how the course breaks down:

This course is split into Non-Examined Assessment (NEA) and written exam. Each is worth 50% of the final grade. All students study the core theory and then a specialist area which is assessed through both the written exam and NEA. The core theory covers 17 topic areas that range from new and emerging technologies to sustainable design. All students will study the material areas of timbers, metals, polymers, textiles, paper and boards and systems.

The written exam at the end of Year 11 will include questions based on the core theory knowledge, specialist area and practical application of maths skills. The exam is 1 hour and 45 minutes.

Year 10

Term 1	Term 2	Term 3
<ul style="list-style-type: none">Core Theory –All GCSE Design andTechnology students	<ul style="list-style-type: none">Specialist area – Timbers /Product Design Papers & Boards (Graphics) / Product Design Systems & Electronics / Product Design	<ul style="list-style-type: none">Core and Specialist area –Focus on Design processNEA section 1 - investigation

Year 11

Term 1	Term 2	Term 3
<ul style="list-style-type: none">NEA section 2 – Designing and design development	<ul style="list-style-type: none">NEA section 3 – ManufacturingNEA section 4 – Evaluation	<ul style="list-style-type: none">Revision and preparation for the written examination

How can you support and help your child?

- Ask them what they are learning at the moment.
- Access to a computer at home, whilst not essential, will be very useful. The NEA is completed electronically using TEAMS.
- We will provide students with CAD software and other specific specialist software they require and this can be used at home.
- Ask them about their homework deadlines, all homework will be set via TEAMS. We also use TEAMS to send through support and revision aids throughout Y10 and 11.

Key Dates:

- Y10 1st June NEA contexts release and NEA starts.
- Y11 Easter final NEA deadline.
- Y 11 May /June written examination.

Top tips for students and revision strategies:

- Keep up to date with you TEAMS assignments and deadlines.
- Use the online homework to revise from.
- Keep track of your exercise books, these will be your revision aid in Y11.
- The NEA will be split into smaller deadlines and set using TEAMS, keep up with these as it will keep you on track for the final NEA deadline at Easter Y11.
- Use all the resources provided for you reading lists, the library, weblinks, the TEAMS folders and your teacher.

Useful Websites:

- Edexcel Design and Technology (9-1) from 2017 | Pearson qualifications
- <https://www.bbc.co.uk/bitesize/examspecs/zb6h92p>
- https://technologystudent.com/despro_flash/NEW_GCSE3.html
- <https://www.focuselearning.co.uk/u/4461/yugCpCDh-bEeuusDgqewadnakhgvyofmgA>
- We have a large amount of resources to support through Y10 and 11 in TEAMS
- There are revision, text books and wider reading for Design and Technology available in the school library.

DRAMA

General description of how the course breaks down:

- The GCSE course consists of two coursework components and one externally examined paper.
- Component 1: Devising (40% of GCSE). In groups students create, develop, and perform their own play. They write a 2000 word portfolio to analyse and evaluate the process.
- Component 2: Either in groups, or on their own, students perform two extracts from a published play (20% of GCSE).
- Component 3: Students practically explore a performance text and analyse and evaluate a piece of live theatre that they have seen. There is a 1 hour 45 minute written exam on this component (40% of GCSE).

Year 10

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• "An Inspector Calls" by J. B. Priestley.• Explore the set text from the perspective of a performer, a director, and designer.	<ul style="list-style-type: none">• Devise an original piece of theatre.• 2000 word written portfolio. Internally examined and externally moderated.	<ul style="list-style-type: none">• Students will perform their devised piece of theatre and complete their written portfolio.

Year 11

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Revise 'An Inspector Calls' and practise exam questions.• Theatre visit in preparation for a written exam.	<ul style="list-style-type: none">• Read a contrasting play and rehearse two extracts for acting exam performance. This is externally assessed by a visiting examiner.	<ul style="list-style-type: none">• Revise the set text and practise exam questions.

How can you support and help your child?

- Encourage wider reading of plays.
- Ask your child about their work in Drama.
- Check progress on the written portfolio.
- When possible, take your child to see live theatre and discuss it with them.

Key Dates:

- Practical exam trials - March Year 10.
- Practical exam - March Year 11.
- Written exam - May/June Year 11.

Top tips for students and revision strategies:

- Read the GCSE Drama "An Inspector Calls" Play Guide.
- Use the GCSE Drama CGP Revision Guide.
- Take an interest in theatre.
- Read theatre reviews.
- Keep up to date with your portfolio.

Useful Websites:

- BBC Bitesize GCSE Drama Edexcel - <https://www.bbc.co.uk/bitesize/examspecs/zkvm2sg>
- BBC Bitesize An Inspector Calls The world of the Play - <https://www.bbc.co.uk/bitesize/guides/z2pc2hv/revision/7>

FOOD AND NUTRITION

General description of how the course breaks down:

- Year 10: Food Science theory and practical work to support learning and build core practical skills.
- Year 11: Food Investigation (15%) - Food practical exam (35%) - theory in preparation for written examination (50%).

Year 10

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Introduction to food & nutrition• Principles of nutrition• Diet and good health• Food spoilage	<ul style="list-style-type: none">• The science of food• Food commodities	<ul style="list-style-type: none">• Science of food and commodities• Food preparation• Trial GCSE Practical Exam end of summer term

Year 11

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Role of ingredients• Food investigation task -15%• Controlled assessment• Practical Investigation - October	<ul style="list-style-type: none">• Controlled assessment on a topic set by exam board - 35%• 3 hr practical exam X 2 lessons• Food Theory X 1 lesson	<ul style="list-style-type: none">• Food provenance• Food manufacturing• Revision and preparation for theory exam

How can you support and help your child?

- Encourage your child to practise cooking skills as much as possible, as well as the washing up!
- Checking homework folders for homework and deadlines.
- Your child should be spending at least 1 hour per week completing homework, coursework research or consolidating learning by producing revision aids to help with their final exam.

Key Dates:

- Food Investigation controlled assessment first term of Year 11.
- Controlled assessment Task 2 Practical Exam January/February Year 11.
- Final written exam (50%) May/June Year 11.

Top tips for students and revision strategies:

- Purchase a reduced cost revision booklet which will support you with your exam and coursework from the Finance Office.
- Past exam papers. EDUCAS examboard.
- Learn key vocabulary including command words.

Useful Websites:

- www.bbc.co.uk/schools/gcsebitesize/design/foodtech
- www.nutrition.org.uk
- www.foodforum.org.uk
- www.bbcgoodfood.com
- www.channel4.com/food/recipes
- www.eduqa.co.uk/home/past-papers/

GEOGRAPHY

General description of how the course breaks down:

The Geography department follows the AQA syllabus A. This involves studying:

- Living with the physical environment
- Challenges in the human environment
- Geographical applications (fieldwork, issue evaluation and skills)

At the end of each module students will undertake a test to assess their knowledge and understanding of the topic. Geographical skills will be taught throughout the course and not as a discrete topic.

Year 10

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Urban issues & challenges• The challenges of natural hazards	<ul style="list-style-type: none">• Physical landscapes in the UK• Coastal & river landscapes	<ul style="list-style-type: none">• Physical fieldwork• The changing economic world

Year 11

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Human fieldwork• The living world ecosystems - tropical rainforest & cold environments	<ul style="list-style-type: none">• The challenge of resource management – water supply	<ul style="list-style-type: none">• Revision• Issue evaluation preparation before revision

How can you support and help your child?

- Test their knowledge – understanding (for example: the key words for each module).
- Help them to learn their case study facts/figures.
- Planning revision with your child – ask your child what level they are at and how they can reach the next level.
- Check progress during one to one conversations at home.
- Ask your child to explain to you how physical landforms are formed (for example: sea stacks and waterfalls).

Key Dates:

- June Year 10 – Fieldwork in the local area (Holywell Dene).
- September Year 11 – Human geography fieldwork in Whitley Bay.
- March Year 11 – Issue of Paper 3 Advanced Information Booklet from the Exam Board.

Top tips for students and revision strategies:

- Produce mind maps of the content of each module.
- Make index/post cards to summarise case studies and named examples.
- Practise past paper questions – AQA website.
- Create a glossary of the key terms for each topic.
- Practise developing your points – use phrases such as ‘This means that’.
- Practise using GSE and PEEL within answers.

Useful Websites:

- www.aqa.org.uk
- www.bbc.co.uk/education/subjects
- www.s-cool.co.uk/gcse/geography
- <https://senecalearning.com/en-GB/>

HEALTH AND SOCIAL CARE

General description of how the course breaks down:

This is a level 2 course worth the equivalent of one GCSE.

This qualification will assess a student's ability to apply their knowledge to Health and Social Care through practical use. The course will provide students with essential knowledge, transferable skills and tools to improve their learning both in this subject and enhance their employability when they leave education. The course is a mixture of 1 examination unit and 2 NEA modules completed over the 2 years. Students will also undertake workshops and talks by professionals from within Health and Social Care settings to help secure their knowledge and deepen their understanding of the different care settings and job roles.

Year 10

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Introduction to life stages and Supporting individuals through life events• (NEA 1 – 30% of final grade)	<ul style="list-style-type: none">• Supporting individuals through life events• (NEA 1 – 30% of final Grade)	<ul style="list-style-type: none">• Health Promotion• (NEA 2 – 30% of final grade)

Year 11

Term 1	Term 2 and 3
<ul style="list-style-type: none">• Health Promotion• (NEA 2 – 30% of final grade)	<ul style="list-style-type: none">• Principles of care in health and social care settings• (Examination unit – Summer entry)

How can you support and help your child?

- Proof read your child's coursework.
- Check your child's homework regularly.
- Test your child on the revision activities they bring home for the external exam at the end of Year 10.

Key Dates:

- Supporting individuals through life events: deadline March of Y10.
- Health Promotion: Deadline December of Y11.
- Principles of care in HSC exam: Summer of Y11.

Top tips for students and revision strategies:

- Use an online planner or Teams to help manage coursework deadlines and homework.
- Attend any catch-up, revision and one to one support sessions.

Useful Websites:

- www.nhs.co.uk
- www.channel4learning.com/sites/gcsease/health_social

HISTORY

General description of how the course breaks down:

- Paper 1 – Conflict and Tension and America 1920-1973.
- Paper 2 – Thematic Study of Power and the People and British depth study – Normans.
- Each exam is 2 hours and is worth 50% of GCSE.

Year 10

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Conflict & tension• 1918-1939	<ul style="list-style-type: none">• America 1920-1973	<ul style="list-style-type: none">• America 1920-1973

Year 11

Term 1	Term 2	Term 3
<ul style="list-style-type: none">• Norman England 1066-1100	<ul style="list-style-type: none">• Power and the people• 1170-present day	<ul style="list-style-type: none">• Power and the people• 1170-present day

How can you support and help your child?

- Encourage your child to attend revision sessions in the Summer term.
- Let your child explain what they are learning to you – this is a really good revision aid.
- Watch historical films/TV programmes with your child and discuss – again brilliant for deeper thinking.
- Encourage your child to meet deadlines for homework and complete it to their best ability.

Key Dates:

- June (Year 10 Assessment Week).
- February Year 11 – Trial exam.
- Final Exams May-June end of Year 11.

Top tips for students and revision strategies:

- Attend revision sessions held by the department in the Summer term.
- In Sharepoint, History, use booklets provided to practise as many questions as possible.
- Use Magenta Principles to help with your revision - reduce, rearrange, connect, compare, etc.
- Use graphic organisers like Venn diagrams, mind maps, and concept maps to help you to make sense of content.

Useful Websites:

- BBC History.
- Youtube for “Crash Courses” in American History or others.
- iPlayer for TV programmes on the Normans, 20th century USA, the rise of Hitler, etc.

DIGITAL IT

General description of how the course breaks down:

The course consists of 3 components:

- Component 1 - Exploring User Interface Design Principles and Project Planning Technique. This is internally assessed and externally verified in a supervised 6 hour window.
- Component 2 - Collecting, Presenting and Interpreting Data. This is an assignment.

This is internally assessed and externally verified in a supervised 6 hour window.

- Component 3 - Effective Digital Working Practices. This is a written exam.

Learners who successfully achieve this certificate at Level 2 will be awarded grades Pass to Distinction.

Year 10

Term 1	Term 2	Term 3
Component 1	Component 1 and 2	Component 2

Year 11

Term 1	Term 2	Term 3
Component 3	Component 3	Component 3

How can you support and help your child?

- Discuss what your child has been doing in ICT so they can reflect on their new skills and knowledge.
- Support and encourage homework.
- Ask them questions based on key words in students booklets.

Key Dates:

- Exam Attempt 1 - February Year 11.
- Exam Attempt 2 - May Year 11.

Top tips for students and revision strategies:

- Use your handy hints and tips sheets to practise your ICT skills in your own time.
- Attend at least one lunch hour a week to improve your ICT skills.
- Familiarise yourself with buzz words/commands.
- Read through past papers.

Useful Websites:

- www.bbc.co.uk/schools/gcsebitesize/ict/
- www.teach-ict.com/gcsehome.html

MODERN FOREIGN LANGUAGES

(French/German/Spanish)

General description of how the course breaks down:

The GCSEs in French, German and Spanish are linear and all papers are sat at the end of Year 11. Linguistic skills, grammar, cultural awareness and vocabulary are all developed in lessons and independent work. There will be four formal examinations; listening, speaking, reading and writing.

Year 10

	Term 1	Term 2	Term 3
French & German	<ul style="list-style-type: none">Marriage / RelationshipsFree time activities	<ul style="list-style-type: none">Travel and tourism	<ul style="list-style-type: none">Technology in everyday life
Spanish	<ul style="list-style-type: none">Me, my family & friendsTechnologyFree time activities	<ul style="list-style-type: none">Customs and festivalsHome, town, neighbourhood and religion	<ul style="list-style-type: none">Social issues

Year 11

	Term 1	Term 2	Term 3
French & German	<ul style="list-style-type: none">Global issuesSocial issues	<ul style="list-style-type: none">Education Post 16Career choices	<ul style="list-style-type: none">Revision and all exam papers
Spanish	<ul style="list-style-type: none">Global issuesTravel and tourism	<ul style="list-style-type: none">Everything revised	<ul style="list-style-type: none">Revision

How can you support and help your child?

- Give your email address to the MFL dept to receive updates.
- Go through book polishing with your child.
- Help with weekly vocabulary tests.
- Help monitor the completion of speaking preparation questions.
- Follow the department on Twitter - @WBHSMFL

Key Dates:

- Speaking trial exams at the beginning of December in Year 11.
- All papers sat at the end of Year 11 (exam board to confirm dates).

Top tips for students and revision strategies:

- Use booklets supplied by class teachers and attend revision classes and grammar sessions after school.
- Revise tenses (past, present, future).
- Start to revise speaking and writing before the exam (i.e. as soon as preparation work is completed and exam date is set).
- Pictures, flash cards, labelling, stick words and phrases up around the house.
- Use websites and resources given by MFL department for revision. Details available in MFL area on TV screen in corridor.
- Buy a revision guide and work book.
- Duolingo, Quizlet, Memrise, Seneca and Languagenut apps are very useful.
- Using Kerboodle for class work and revision.
- Exampro.

Useful Websites:

- Slow German/ Slow French/Slow Spanish (all free)
- BBC Languages/ Bitesize
- VLE
- Duolingo – app or website (easy whole family language reinforcement & learning)
- Memrise (free vocabulary revision site)
- Quizlet (free vocabulary revision site)
- Languagenut
- Kerboodle
- Exampro

MUSIC

General description of how the course breaks down:

- Performance 30% - Solo performance (minimum 1 minute) & ensemble performance (minimum 1 minute). Total minimum of 4 minutes across the solo and ensemble pieces.
- Composition 30% - 2 compositions, 1 set to a brief (minimum 1 minute) & 1 free composition (minimum 1 minute). Total minimum of 3 minutes across both compositions.
- Written and Listening Examination 40% - 4 areas of study (Instrumental Music 1700-1820, Vocal Music, Music for Stage and Screen, Fusions) with 2 set works in each.

Year 10

Term 1	Term 2	Term 3
Music theory, start studying set works, first solo performance.	Continue study of set works, start first composition, more solo performances.	Complete first composition, start ensemble performance, more set works.

Year 11

Term 1	Term 2	Term 3
Finish studying the set works, start second composition, final recording of solo performance.	Complete all compositions, final recordings of ensemble performances. Start revision.	Revision of set works.

How can you support and help your child?

- Find time to listen to your child practise. Encourage them to repeat short sections where they make mistakes rather than keep playing through the whole piece and making the same mistakes.
- Listen to their composition ideas and encourage them to improvise with those ideas to develop them further.
- Encourage them to listen analytically to a wide variety of styles of music and pick out the main elements. Discuss how the different elements of music are used – melody, harmony, tonality, rhythm/metre, structure, texture, instrumentation, tempo & dynamics.

Key Dates:

- Composition 1 completed by the end of Year 10.
- Final recording of solo performance to be completed during Autumn term Year 11.
- Compositions 2 & 3 completed during the spring term of Year 11.
- Final recordings of ensemble performances to be completed during spring term of Year 11.
- Written/Listening examination May/June Year 11.

Top tips for students and revision strategies:

- Practise often on your musical instrument! Half an hour a day is far better than a couple of hours once a week. Remember: solo performing is worth 15% of the GCSE. Practise scales and arpeggios; they will help you with key signatures and chords.
- Join one of the school ensembles (choir, jazz band, string orchestra). You could even start your own ensemble (eg. clarinet trio, percussion ensemble). Remember: ensemble performance is worth another 15% of the GCSE.
- Listen to a piece of music (eg. A TV theme tune or a pop song) and see if you can work out how to play it on your instrument. This will help to develop your aural skills.
- Learn the degrees of the scale and the chords built on them, learn the major and minor key signatures (remember the circle of fifths).

Useful Websites:

- www.dsokids.com (click on Listen & Watch)
- www.bbc.com/bitesize/examspecs/z6chkmn
- www.youtube.com
- tonedear.com
- www.teoria.com/index.php
- www.trainer.thetamusic.com
- www.musictheory.net

There are many theory and aural training apps, many of which are free, e.g. Music Tutor and Aural Wiz.

PHYSICAL EDUCATION

GCSE/Cambridge National

General description of how the course breaks down:

AQA GCSE:

Written paper 1—Anatomy and physiology, movement analysis, physical training and use of data. 1h15min —30%

Written paper 2—Sports psychology, socio-cultural influences, health, fitness and wellbeing and use of data. 1h15 min —30%

Non-exam assessment— 40%:

- 3 practical assessments (one in a team activity, one in an individual activity and a third in either a team or individual activity).
- Analysis of performance to bring about improvement in one activity.

OCR Cambridge:

- R187 - Outdoor and adventurous activities.
- R184 - Contemporary issues (exam).
- R185 - Performance and leadership.

Year 10	Term 1	Term 2	Term 3
AQA	<ul style="list-style-type: none">• Paper 1—Applied anatomy & physiology	<ul style="list-style-type: none">• Paper 1—Movement analysis & applied anatomy & physiology	<ul style="list-style-type: none">• Paper 1—Physical training
OCR	<ul style="list-style-type: none">• R187 —Outdoor & adventurous activities	<ul style="list-style-type: none">• R187 —Outdoor & adventurous activities• R185 - Performance & Leadership	<ul style="list-style-type: none">• R185 - Performance & Leadership

Year 11	Term 1	Term 2	Term 3
AQA	<ul style="list-style-type: none">• Paper 2—Health, fitness & well-being & sports psychology	<ul style="list-style-type: none">• Paper 2— Sport psychology & socio-cultural influences	<ul style="list-style-type: none">• Paper 2—Socio-cultural influences
OCR	<ul style="list-style-type: none">• R184 - Contemporary issues (exam)• R185 - Leadership	<ul style="list-style-type: none">• R184 - Contemporary issues (exam)	<ul style="list-style-type: none">• R184 - Contemporary issues (exam)

AQA Key Dates:

- October Year 11 - First practical exam.
- February Year 11 - Trial exam.
- Easter Year 11 - Second practical exam.

OCR Key Dates:

- May Year 10 - R187 completed.
- May Year 11 - R185 completed.
- May Year 11 - R184 exam.

Top tips for students and revision strategies:

- Attend a range of extra-curricular clubs.
- Ideally participate in at least one sport at club level.
- Be organised and ask lots of questions.
- Meet deadlines for assignments.
- Attend all support sessions that are available.
- Purchase a revision guide.

Useful Websites:

- GCSE Bitesize— AQA exam board
- <http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>

RELIGION AND ETHICS

General description of how the course breaks down:

The course gives students a grounding in two key religious philosophies, Christianity and Buddhism, in order to examine how they affect both everyday life of their followers, and their ethical views. The course goes on to cover a range of philosophical and ethical questions about which students are encouraged to have their own opinions, as well as being able to reference the ethical views of the two religions studied in Year 10. The course contains 2 exams from the AQA exam board (Religious Studies A), they each last 1 hr 45 mins.

Year 10

Term 1	Term 2	Term 3
Christian philosophy and beliefs and how they affect everyday life	Christian and Buddhist philosophy, and beliefs and how they affect everyday life including ethical questions	Buddhist philosophy, and beliefs and how they affect everyday life including ethical questions

Year 11

Term 1	Term 2
Ethical questions: Relationships and families: Human rights and Social Justice	Ethical questions: Religion and Life: Crime and Punishment

How can you support and help your child?

- Encourage your child to attend revision sessions.
- Let your child explain what they are learning to you – this is a really good revision aid.
- Watch films or documentaries to do with ethical and moral issues, particularly related to the ethical issues we are studying, but also including environmental issues, human rights.
- Encourage your child to meet deadlines for homework and complete it to their best ability.

Key Dates:

- May/June (Year 10 Assessment Week).
- February Year 11 – Trial exam.
- Exams May-June end of Year 11.

Top tips for students and revision strategies:

- Attend revision sessions held by the department.
- In Sharepoint, Philosophy, use booklets provided to practise as many questions as possible.
- Use Magenta Principles to help with your revision - reduce, rearrange, connect, compare, etc.
- Use graphic organisers like Venn diagrams, mind maps, and concept maps to help you to make sense of content.

Useful Websites:

- <https://www.bbc.com/bitesize/>
- <https://www.bbc.co.uk/religion/religions/buddhism/>
- <http://www.bbc.co.uk/religion/religions/christianity/>
- <https://revisionworld.com/gcse-revision/rs-religious-studies/>
- <http://www.rsrevision.com/>
- <https://www.iep.utm.edu/>

HEALTHY BODY AND HEALTHY MIND

We know Year 10 can be a challenging and stressful time for your child, and although we will do all we can to support them in school, there are some things that we can all do to make sure they are getting things right. A healthy mind and body is as important for success as a revision booklet, and some healthy choices out of school can make a real difference.

Self Help:

SLEEP



A good rest each night is important to recover from the busy day and is paramount for overall health and brain function.

SCREEN TIME



Reducing screen time regularly and before bed allows the mind to relax and prepare for sleep.

BREAKFAST AND DIET



In times of stress it is easy to fall into a trap of grabbing comfort food, but it is important to ensure a healthy balanced diet is followed.

EXERCISE



Regular exercise has been proven to reduce stress levels by taking your mind off your worries and pumping feel good endorphins to improve your mood.

KEEPING ORGANISED



Students need to be prepared with the correct equipment each day. When exams approach encourage your child to make a revision timetable.

DOWNTIME



Whether watching a film, reading, listening to music or doing exercise... it is really important that your child has some down time.

WATER



Staying hydrated and taking in enough water helps levels of concentration and combats tiredness.

TALKING



It may sound simple but talking to your child is really important to try and understand how they are feeling.

USEFUL LINKS AND APPS

Click on the links below to take you directly to the websites.

For Parents:

<https://www.youngminds.org.uk/parent/>

<https://www.annafreud.org/parents-and-carers/>

www.weheartcbt.com/for-parents

<https://www.whitleybayhighschool.org/wellbeing>

Every Mind Matters - NHS (www.nhs.uk)

<https://hiveconnect.padlet.org/>

For Students:

www.youngminds.org.uk

<https://www.childline.org.uk/>

<https://www.kooth.com/>

<https://www.annafreud.org/on-my-mind/>

www.stopbreathethink.com

<https://www.whitleybayhighschool.org/wellbeing>

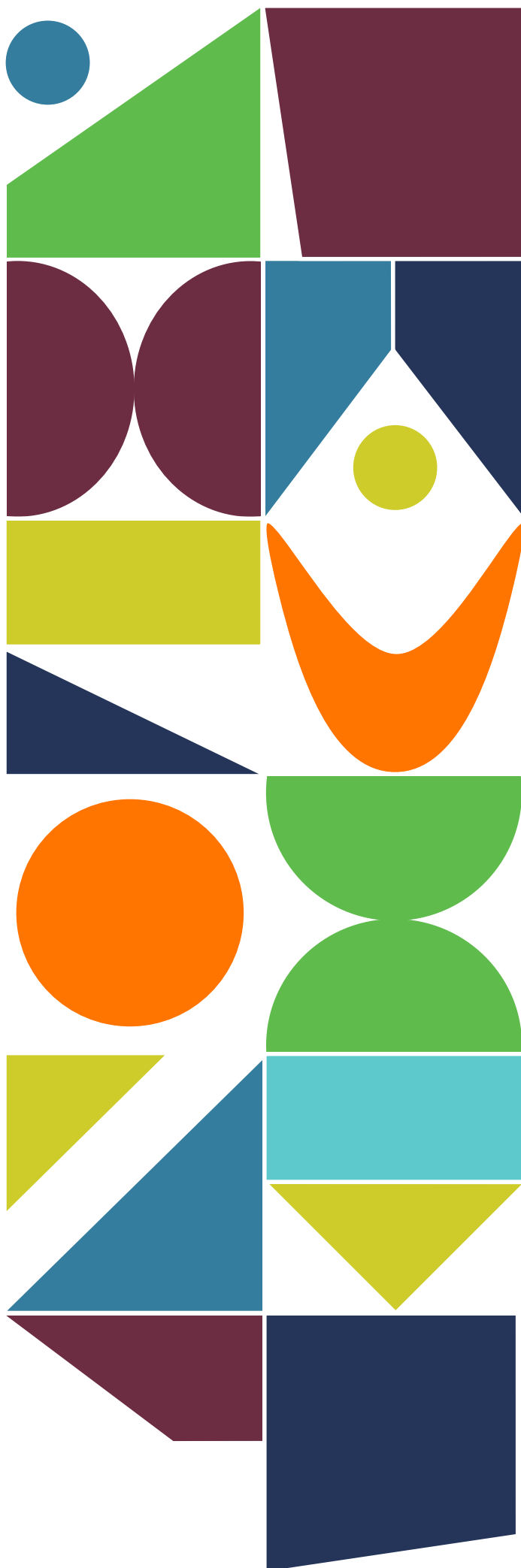
Every Mind Matters - NHS (www.nhs.uk)

<https://hiveconnect.padlet.org/>

Apps



happify™



Follow us on X
@whitleybayhigh

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www.whitleybayhighschool.org

Please note: The information in this booklet is up to date at time of printing (September 2023).

