



**Year 10**

**Parents' Information Booklet  
2022-2023**

## Headteacher - Miss Rebecca Collins



It is my pleasure to introduce our Year 10 Information Booklet for 2022/2023. The purpose of this is to answer some of the questions you may have about Key Stage 4, GCSEs and other qualifications here at St Cenydd - questions about courses, pastoral care, guidance, expectations etc.

No doubt your child will have been told a number of times that their GCSEs 'are the most important years of their life so far'. In terms of education, there is, of course, much truth in that statement. By the time they start in sixth form, they will each have completed 11 years of compulsory state education. The qualifications at the end of that time are the measurement of how successful that education has been.

Your child may be worried about the challenges of the months ahead. This is a time for resilience, a time for self-belief and confidence regarding the challenges and hard work that lay ahead this year, but also being mindful of the rewards of that hard work and determination. No doubt many students have gained huge confidence from the progress that they have already made this half term, as we return to a more regular school day and rhythm.

One of the key purposes of this booklet is to share some of our experience with you, to share our expectations of students, and to give some shape to the coming year so that you can help your child plan for their own success. One of my key pieces of advice for KS4 students is not to simply aim to keep up with their studies – it is to 'stay ahead' as much as they can. The volume of work at KS4 can seem a little overwhelming at times – and assessments and exams will be upon them before they realise. With regard to your child, they need to plan ahead and make the most of their time at school, make the most of the facilities and extra help they will have, and use their work time at home purposefully.

There are a lot of staff here at St Cenydd involved in the education and care of your child. You will have opportunities during the year to have direct communications with their subject teachers, and we will report to you on their effort and progress. In the meantime, if you have any questions, please do not hesitate to contact Mr Corke or one of our Pupil Support Officers.

I hope that you find this information booklet useful, and we very much hope to be able to welcome you to the school later in this academic year.

## Assistant Headteacher (KS4/5) - Mr Andy Harrison



Welcome to the KS4 Information Booklet. I am the Assistant Headteacher who oversees Key Stage 4 and Key Stage 5 and I am also the safeguarding lead for the school, supported by the deputy safeguarding lead, Mr Lee Dickinson.

My role is to ensure that your child has the best opportunity to thrive academically, whilst supporting their social and emotional wellbeing. This involves leading and working alongside their Head of Year, Heads of Department and subject teachers to enable all pupils to aspire and achieve their potential.

Academic performance will be monitored closely, with early intervention and support being provided where necessary to ensure that your child has the opportunity to thrive in their subject areas.

We at St Cenydd, pride ourselves in the ever-expanding support network that is available to the pupils. Whether that be targeted intervention through our Team of Pupil Support Officers, Learning Coach, School Counselor, or some of our external providers, such as the school nurse or our targeted mentoring programme.

We know that the current cost of living situation we all find ourselves in is a potentially challenging one and with the prospect of winter approaching the strain on finances will increase. The school is committed to providing as much support as we can, to ensure that all pupils have the opportunity to flourish and make the academic progress that they deserve. We will ensure that your child is well supported and cared for. If you have any questions or concerns regarding this or anything else, please do not hesitate to contact either myself or Mr Corke.

In summary we will do our utmost to ensure that your child is safe, happy and has everything in place to allow them to aspire to achieve their potential.

## Head of Year - Mr Nathan Corke



Further to Miss Collins and Mr Harrison's introductions, I am Mr Corke, the new Head of Year 10. I am your first point of contact with regards to any concerns or issues that you may need to raise in terms of the education and wellbeing of your child or children.

I am looking forward to building on the excellent work which Mrs Croll performed at KS3 with the year group and to provide the leadership, support and monitoring of pupils which I trust you have become familiar with over the last few years. I am excited by the potential which our pupils possess and have been very impressed by the start which pupils have made to their GCSE studies. I have worked closely with Mr Harrison and share his sentiments in terms of the wellbeing and monitoring of our pupils.

Obviously, high levels of attendance are crucial in allowing pupils to achieve their full potential and I would like to take this opportunity to stress the importance of communicating to us any absences which your child may encounter through reporting to the school as quickly as you can. I can be contacted through both telephone and e-mail and despite my considerable teaching commitments, will endeavour to contact you to address your concern as quickly as possible. Please be aware that individual teachers can also be contacted in terms of subject queries.

As parents and guardians, I urge you to take an active role in how your children are progressing in this crucial year and obviously to support them as widely as you possibly can. Please get in touch with me if you have any concerns as the sooner I develop positive relationships with you, the better. Most parents are very familiar with the Classcharts recording system which we follow as a school to praise and reward pupils and to identify any potential areas of concern. Furthermore, the Google Classroom provision has become even more significant in allowing pupils to take responsibility for their learning and to ensure that, whatever the circumstances, they should not fall far behind in their studies at this vital time. Please see the links provided in this booklet or contact me if you require further assistance in this respect.

To conclude, this is both an exciting and challenging time for Year 10 and with our shared efforts, effective communication and collective goals, I envisage a very successful future for this year group. Please do not hesitate to contact me if you have any further questions or queries arising from this booklet.

## Subject information

Please click on the information links below.

<b>Subject</b>	<b>Subject Specific Information</b>
<b>Art</b>	<a href="#">PDF Link</a>
<b>Asdan</b>	<a href="#">PDF Link</a>
<b>BTEC Home Cooking skills</b>	<a href="#">PDF Link</a>
<b>Computer Science</b>	<a href="#">PDF Link</a>
<b>Cymraeg</b>	<a href="#">PDF Link</a>
<b>Design Technology</b>	<a href="#">PDF Link</a>
<b>English</b>	<a href="#">PDF Link</a>
<b>Food and Nutrition</b>	<a href="#">PDF Link</a>
<b>French</b>	<a href="#">PDF Link</a>
<b>Geography</b>	<a href="#">PDF Link</a>
<b>Health and Social Care</b>	<a href="#">PDF Link</a>
<b>History</b>	<a href="#">PDF Link</a>
<b>ICT</b>	<a href="#">PDF Link</a>
<b>Mathematics</b>	<a href="#">PDF Link</a>
<b>Media Studies</b>	<a href="#">PDF Link</a>
<b>Physical Education (GCSE)</b>	<a href="#">PDF Link</a>
<b>Religious Education</b>	<a href="#">PDF Link</a>
<b>Science (GCSE Double Award)</b>	<a href="#">PDF Link</a>
<b>Science (Single Applied/Entry Level)</b>	<a href="#">PDF Link</a>
<b>Science (Double Award Applied)</b>	<a href="#">PDF Link</a>
<b>Science (GCSE Triple)</b>	<a href="#">PDF Link</a>
<b>Spanish</b>	<a href="#">PDF Link</a>
<b>Welsh Bacc/Skills</b>	<a href="#">PDF Link</a>

## **Exam Information**

The expectations we have of all students sitting examinations and controlled / non-examination assessments are set by the Joint Council for Qualifications and cover all qualifications.

Mrs Lippiett is the school's examinations officer and is responsible for the administration of all qualifications. If you have a query which your child's teacher cannot answer, then please ask to speak to her.

Preparing properly for exams is important. There are many sources of support for pupils within the school. Pupils should approach their teacher, form tutor, head of year or learning coach if they have any questions or concerns about the way your course is assessed, or how to prepare for exams. There is also lots of good advice on coping with exams in the Childline booklet on the school website.

Other useful advice is available from:

<http://www.wjec.co.uk/students/exam-preparation-and-revision/>

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

If a pupil is ill or late on the day of an exam please telephone the school at the earliest opportunity. In the event of snow or severe weather which closes the school we will always do our best to open for exams. We will post any instructions on the school website and on the Caerphilly Council website at:

<http://www.caerphilly.gov.uk/Services/Schools-and-learning/Schools,-term-dates-and-closures/Check-if-your-school-is-closed.aspx>

Updated information is available on the school's website under Curriculum - Exam timetables.

All exam dates will be confirmed in an individual exam timetable for each pupil closer to the exam season.

## How can I help my child with revision?

You can't do the revision, but there is plenty you can do to help your child to get organised, stay motivated and keep calm!

### **Getting organised**

Help your child to draw up a revision timetable. This should list dates, details of the subject and topics to revise and what they'd like to finish by when. The timeline can have a checklist, so tasks can be ticked off as your child goes along.

Make sure that their social life/job is not interfering with their studying. They need rest and sleep to make sure that their brains are active and open to learning.

Work with your child. Set goals you both think are realistic by a particular time. Ticks on the timetable will show success. Do try to keep up to date with how they are getting on.

If certain goals are not met, don't be negative with your child - try to figure out together what went wrong and help them to get back on track.

### **Getting motivated**

Getting started on revision is tough for many people, but you can help your child get motivated. Praise and rewards work well. Use the revision timetable to plan out small rewards when a certain number of targets have been met. These might include watching a favourite TV programme, calling a friend or having an afternoon off.

Help your child to see beyond the revision. Remind them how rewarding it will be to know that they did their best. A bigger final reward, such as a pair of trainers, a holiday or a local visit somewhere exciting will give them something to look forward to when it's all over.

### **Staying calm**

Staying calm as far as possible, try to make sure that revision time is a quiet time in the house. A healthy diet and regular exercise are also especially important when your child is under pressure.

If your child is highly motivated, it's important to make sure that they don't overwork. Breaks are essential. Remind your child that even a short 15-20 minute break every 90 minutes will refresh their minds. Making a drink, playing some sport, listening to some music or watching a TV programme are all good ways to help relax before the next revision.

## **Communication/Talking**

Talk to your child about what the subjects and exams are about, what they will have to expect, what they feel confident/less confident about... Talking to you about their learning will help them to think about their learning needs. If they have any worries, encourage them to see their teacher, or you can contact the teacher concerned. Studying in a group can be helpful, too, although sometimes more chatting gets done than work! Children can pick up new ideas, talk about exam stress and help each other with areas they're finding difficult.

If your child is completely stuck on a topic, remember you can always contact the school. It is usually possible for your child to arrange a meeting with their teacher, who can offer a little extra help and advice.

## **Websites**

All students are given a personal log in to various websites. These include:

- BBC Bitesize GCSE All subjects
- PiXL app Mathematics and English
- Mymaths Mathematics
- Mathswatch Mathematics

Your child should know their login details for these sites and can get them from their subject teacher, if you would like them, please let us know. These websites provide them with materials to support their learning.



## **Help your child to reduce stress**

### **Stress - what is it?**

Stress is the body's normal response to a challenge, threat or excitement. During revision and exams, anxiety and stress are common problems for pupils, even for those who appear confident and calm. While small stress levels can make pupils alert and focused, too much can reduce concentration and confidence.

Just being present is a great start to help your child reduce stress during revisions and exams. Here are some tips for managing stress:

1. Encourage your son or daughter to get enough sleep. Tiredness promotes anxiety.
2. Remind them to avoid large doses of caffeine, especially from energy drinks - it can cause tension and anxiety.
3. Help them not to dwell on previous exams. This can also increase anxiety about later papers.
4. Encourage them to try relaxation exercises. They can reduce anxiety levels and cope with feelings of panic.

Useful websites for pupil wellbeing are available on the school website:

<https://www.bbc.co.uk/bitesize/collections/exams-and-revision/1>

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

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