

# Meadowhead School

Academy Trust



## Year 11 Parents' Evening 2020

Prepared for the parents/carers of:

..... 11.....

## Mental well-being

It is important to remember that all people, especially young people, experience stress, anxiety and low mood and it is important to continue with everyday activities in order to build resilience. There are some simple things to put in place to support your child's emotional wellbeing that should mean it is not necessary to seek extra support. Encourage them to do the following;

**Do regular Exercise – An activity that is enjoyable and make it part of life.**

**Have a healthy and balanced diet.**

**Connect – spend time developing relationships with friends, family, peers.**

**Take part in positive social activities.**

**Limit time on social media – no electronics up to an hour before going to sleep.**

**Engage in open and honest communication.**

### Benefits of a good night's sleep

**57%**

improvement in  
memory recall

**44%**

increase in  
focus & attention

**61%**

increase in  
problem solving ability

### **DID YOU KNOW?**

Losing an hour of sleep on  
three consecutive nights sees a  
child's academic performance  
drop by two school years

The body naturally produces melatonin when the sun goes down to aid a good night's sleep. However the blue light on phones and tablets tricks the body into thinking it's still daytime. It is therefore important that young people **do not have their phones and tablets up to one hour before bedtime.** This is called a digital dusk and is proven to aid sleep.

### Strategies for building Resilience

- Accept that change is a part of living
- Move towards your goals
- Take decisive actions
- Look for opportunities for self-discovery
- Nurture a positive view of yourself
- Keep things in perspective
- Maintain a hopeful outlook

### Support in school

**Form Tutors**

**Subject Teachers**

**Year team HOY/PM**

**Peers**

**Sixth Form Team  
Mentoring**

**Cerys Evans (Careers)  
Door 43 Well-being café**

### Signposting

**Golddigger** – 0114 327 1191

[www.golddiggertrust.co.uk](http://www.golddiggertrust.co.uk)

**Samaritans** – 111 123

[www.samaritans.org](http://www.samaritans.org)

**Epic friends**

[www.epicfriends.co.uk](http://www.epicfriends.co.uk)

**Kooth.com**

An online counselling service for young people

**Sheffield Mental Health** – 0114 273 7009

[www.sheffieldmentalhealth.co.uk](http://www.sheffieldmentalhealth.co.uk)

[www.sheffieldflourish.co.uk](http://www.sheffieldflourish.co.uk)

**IAPT Sheffield** – 0114 226 4380

**Interchange** – 0114 276 8922

**Mind** – [www.mind.org.uk](http://www.mind.org.uk)

**Door 43** – 0114 201 2774

[www.sheffieldutures.org.uk](http://www.sheffieldutures.org.uk)

# Welcome,

Parents' Evening is a great opportunity for parents, students and subject teachers to have a conversation about the progress of an individual student. A successful Parents' Evening will leave students and parents clear about the progress students have made and will outline the steps which need to be taken in order to make further progress.

This is a very important time in your child's secondary school career. This booklet should help you to liaise between subject teachers and pupils so that you have an understanding of what is expected at Meadowhead.

We also recommend that you purchase this new book (only £2 - see image below) to help with your child's GCSE success in their most important year to date in their education.

Please feel free to ask subject teachers about coursework, exams and course requirements in Y11. There are also additional questions which you may wish to ask; these are given on page three.

Should you wish to discuss any issues further, please do not hesitate to contact one of us.

## Key Dates

**3-5pm Wednesday 17<sup>th</sup> June - Record of Achievement Presentation**

**7pm Friday 26<sup>th</sup> June - Prom**

Yours faithfully,

A handwritten signature in blue ink, appearing to read 'A Evans', with a large, stylized initial 'A'.

Mrs A Evans  
(Head of Year 11)

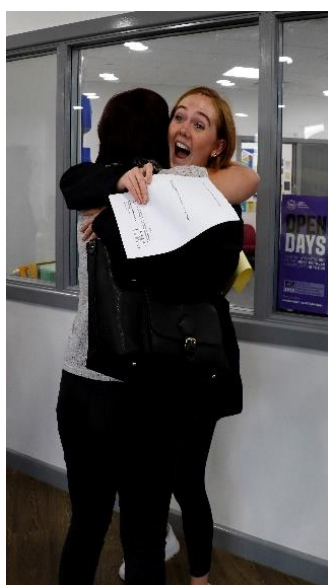
## Meadowhead Sixth Form Top 3 in South Yorkshire!

Y11 students at Meadowhead are in a fantastic position – they are following in the footsteps of peers who have achieved record-breaking results not only at GCSE but also A level.

Meadowhead Sixth Form's 2019 results place us in the top three schools in South Yorkshire, and second in Sheffield, in progress terms. Students staying on at our sixth form experience the best of both worlds – a different experience at school, using our outstanding facilities and enjoying the privileges and responsibilities of being a sixth-former, whilst also working with the excellent teachers and familiar faces who helped them achieve such success at GCSE.

2019 success stories such as Emily Kemp (A\*A\*A – Medicine at Leicester) and Olivia Smith (A\*A\*A, A\* in EPQ, Sociology at Manchester) provide inspiration for our students, and an outstanding 100% pass rate underlines the standard of teaching and learning at our sixth form.

Please talk to a member of the sixth form team, or contact the office, if you would like to discuss our wide range of subjects, comprehensive pastoral care and careers guidance, or any other matter.



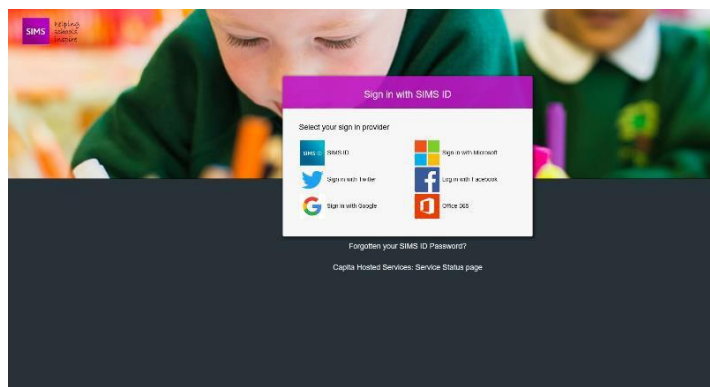
Email: [Sixthform@meadowhead.sheffield.sch.uk](mailto:Sixthform@meadowhead.sheffield.sch.uk)

Tel: 0114 2372723 extension 713

## Keep track of your child's progress

At Meadowhead School we endeavour to give our parents as much information as possible to assist them in supporting their children. We believe it is important to work closely with parents/carers and we are pleased to offer parents the opportunity to view online information about their child's progress, homework, achievements and behaviour via our new 'Parent App'

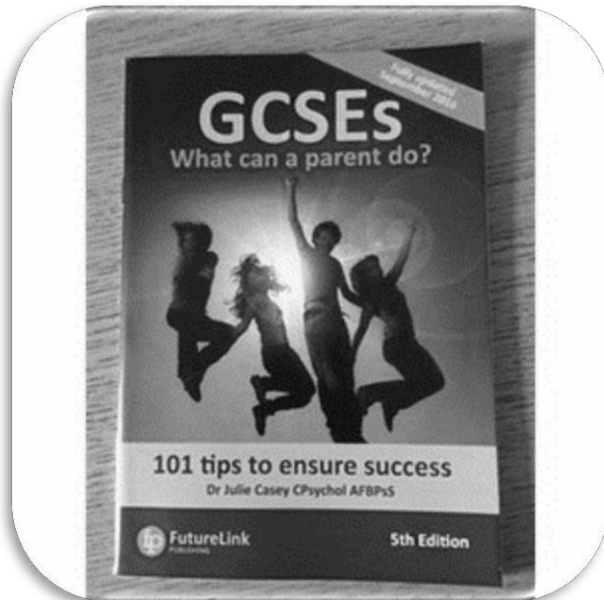
If you have not yet signed up for the Parent App, please email [parentapp@meadowhead.sheffield.sch.uk](mailto:parentapp@meadowhead.sheffield.sch.uk) providing your name and child's name/form. You will then get an activation email (from 'noreply@sims.co.uk') with a hyperlink saying '*click this link*' which will take you to a page that looks like this:



Here you will be able to view:

- **Detailed attendance information**
- **Attainment and grade/ performance information**
- **Positive Behaviour incidents**
- **C3 and isolation incidents**
- **Timetables & Homework**
- **Reports**

We hope that you will take the opportunity to register for this free App and explore the information available. Parents and carers who have already done this have commented on how valuable it is to have this information at their fingertips.



You can buy this comprehensive pocket-sized guide for parents: ***‘GCSEs: What can a parent do?’*** from our stall this evening for just £2.00.

“This invaluable guide offers parents and their children a comprehensive, accessible and practical guide to each stage of the GCSE process:

- Choosing options
- Homework, coursework and controlled assessments
- Revision planning and strategies that work!
- Exam technique

For parents it offers additional tips on setting up a work corner, establishing routines and expectations, dealing with excuses, handling a lack of motivation, dealing with stress and much more. Useful appendices list the best websites, clearly explain the GCSE system and offer a ‘what to do if...’ guide.

Written by an Educational Psychologist with four children who have all undertaken GCSEs (with varying degrees of motivation!), the book includes a wealth of tried, practical and ‘do-able’ tips and ideas to support parents in supporting their children through the GCSE years.”  
([www.futurelinkpublishing.co.uk](http://www.futurelinkpublishing.co.uk))

## Questions to Ask Information to Find Out

- Do you know the examination dates and coursework completion dates?
- What level is your son/daughter working at?
- What progress has your son/daughter made?
- What do they now need to focus on to improve further?
- How much homework should your son/daughter be getting each week?
- What work can be done if no homework has been set?
- What can you do as a parent to help your son/daughter with their studies?
- Are there any books/support materials you can buy to help your son/daughter?
- What is the behaviour of your son/daughter like in the classroom?
- How well does your son/daughter concentrate in lessons?
- Should my child be revising yet and how much should they be doing each night?

# Academic Facts about your Child

Does your child know the following?

	Most likely Grade	National Minimum Expectation (NME)
Maths		
English		
Science		
Core Language Choice		
Ethics		
Option Choices		

Post 16 choices:	
Attendance (%)	
Number of C3 Detentions	
Number of Competency Awards	



## ***Top Tips for Revision***

- Create a revision timetable with sensible work slots and breaks and then show it to your parents to get their agreement. Keep to this timetable! Then when your parent finds you 'not working', provided you are following your
- agreed timetable, no-one is going to hassle you. Parents only hassle and worry when they are not sure what you are doing, or if you do not seem to have a plan. Organise yourself well and it will help you to fulfil your potential. If you have not prepared a revision planner yet, it is not too late to start.
- Download a Free Revision Planner and incorporate your exam dates into it ([www.examzone.co.uk](http://www.examzone.co.uk)).
- Know where your exams are and when they start, how long they are, what equipment you are allowed to take in (for example calculators) and what you are not allowed to take in (mobiles, notes, etc.)
- Make sure you have one weekend when you don't do revision or think about exams – you'll come back to it refreshed.
- Tell your family about your revision time and ask them for help if you need it – it may help them feel useful to you!
- Keep bullet points on crib cards highlighting main subject theories. Use these for quick revision and for reading during 'dead' times – e.g. when you're waiting for a bus. Use mnemonics – using initials of a word helps your memory.
- Ensure you eat and sleep properly. Now is not the time to diet or stay up all night. Have an early night before each exam.

- Prepare items needed for the exam the evening before. Make sure you have the correct equipment need for your exam (calculators, rulers, etc.). Your exam invigilator should remind you of what you are and aren't allowed to have before the exam starts. Taking unauthorised equipment in can get you disqualified from the exam.
- Look after yourself during the exam period (a good routine and healthy eating!). Be sure to cut down on your weekend/evening job; most employers know that you need to commit extra time to the exams and revision, but often try to get you to do extra hours anyway!
- On the morning of the exam, have a good breakfast, stay calm and allow plenty of time to get to the exam.

Remember that you can only do your best and even if you don't do as well as you'd hoped, your parents will still love you just as much!

# Useful Websites

Subject	Website
General	<a href="http://www.bbc.co.uk/schools/gcsebitesize">www.bbc.co.uk/schools/gcsebitesize</a>
Maths	<a href="http://vle.mathswatch.co.uk">http://vle.mathswatch.co.uk</a> <a href="http://www.corbettmaths.com">www.corbettmaths.com</a>
Technology	<a href="http://www.technologystudent.com">www.technologystudent.com</a>
Languages	<a href="http://www.linguascope.com">www.linguascope.com</a> <a href="http://www.quizlet.com">www.quizlet.com</a> <a href="https://lyricstraining.com/">https://lyricstraining.com/</a> <a href="http://www.languagesonline.org.uk">www.languagesonline.org.uk</a> <a href="http://www.senecalearning.com">www.senecalearning.com</a> <a href="http://www.memrise.com">www.memrise.com</a>
P.E.	<a href="http://www.teachpe.co.uk">www.teachpe.co.uk</a>
Art	<a href="http://www.studentartguide.com">www.studentartguide.com</a>
Geography	<a href="https://revisionworld.com/gcse-revision/geography">https://revisionworld.com/gcse-revision/geography</a> <a href="http://www.senecalearning.com">www.senecalearning.com</a> <a href="https://s-cool.co.uk/gcse/geography">https://s-cool.co.uk/gcse/geography</a> <a href="https://getrevising.co.uk/resources/level/gcse/subjects/geography">https://getrevising.co.uk/resources/level/gcse/subjects/geography</a> <a href="https://www.bbc.com/education/examspecs/zy3ptyc">https://www.bbc.com/education/examspecs/zy3ptyc</a> <a href="https://teamgeographygcse.weebly.com/">https://teamgeographygcse.weebly.com/</a>
Food	<a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a> <a href="http://www.food.gov.uk">www.food.gov.uk</a> <a href="https://www.foodafactoflife.org.uk/14-16-years/">https://www.foodafactoflife.org.uk/14-16-years/</a>
ICT	<a href="http://www.teach-ict.com">www.teach-ict.com</a> <a href="http://www.computerscienceuk.com">www.computerscienceuk.com</a>

# Extended Services

The table below contains the latest list of all of our extended services activities on offer to Y11 pupils.

Many of these support the Y11 with revision and coursework tasks at this crucial time.

After School Activities - Year 11 Spring 2020									
ACTIVITY	MON	TUES	WED	THURS	FRI	TIME	LOCATION	MEMBER OF STAFF	
Anti Bullying Ambassadors	✓					3.00-4.00pm	Bridge	Miss Miller	
ART Open Studio	✓	✓		✓	✓	3.00-4.00pm	D11	Ms Bellingham	
BUJO Bullet Journaling			✓			2.45-3.30pm	Bridge	Mrs Barker	
Careers Drop In		✓				3.00-4.00pm	Mezz	Mrs C Evans	
CHOIR	✓				✓	8.00-8.25am	PA1	Mr Watts	
Club Nintendo		✓				3.00-4.00pm	PA1	Mr Hebblethwaite	
Computer Science revision	✓					3.00-4.00pm	H10	Mr Benton	
Computing Club	✓					3.00-4.00pm	L09	Miss Deal	
Couch to 5K				✓		3.00-4.00pm	Yard	Miss Di'lasio	
Dance		✓				3.00-4.00pm	Activity Suite	Mrs Tym	
Debate Club	✓					3.00-4.00pm	E04	Miss Di'lasio	
Door 43 Wellbeing Café				✓		3.00-4.00pm	PA4	Door 43	
DRAMA BTEC support		✓			✓	3.00-4.00pm	PA4 & PA5	Pollard & Mrs M-W	
ENGLISH GCSE revision		✓		✓		2.50-3.30pm	E08 & E05	Holtby & Jackson	
Fitness Suite	✓	✓		✓		3.00-4.00pm	Fitness Suite	PE Dept	
Food Tech controlled assessment catch up	✓	✓		✓		3.00-4.00pm	D08	Miss Booth/Mrs Oates/Mrs Shipston	
Football 5 aside	✓					3.00-4.00pm	Astro	Mr Mycroft	
FRENCH GCSE reading & listening		✓				3.00-4.00pm	L02	Ms Cruikshanks	
FRENCH GCSE speaking & revision		✓				3.00-4.00pm	L13	Mrs Steele	
Geography support	✓	✓				2.45-3.30pm	H12	Geog dept	
GERMAN GCSE revision						3.00-4.00pm	L01	Mr Merritt	
HISTORY support		✓				2.45-3.45pm	H12	Miss Howard	
ICT catch up		✓				2.45-3.45pm	L09	Miss Deal	
Jazz Band		✓				3.00-3.30pm	PR5	Mr Johnson	
Knitting		✓				2.45-3.45pm	LS02	Miss Lowe	
LANGUAGES homework support				✓		3.00-4.00pm	L12	Mrs Kelly	
MATHS revision	✓					3.00-4.00pm	M12 / M06	Maths dept	
MUSIC BTEC support						3.00-4.00pm	PA3	Watts & Johnson	
MUSIC GCSE support	✓					3.00-4.00pm	PA3	Mrs Weale	
Netball	✓					3.00-4.00pm	MUGA / Sports Hall	Ackrill & Fantom	
Orchestra - Tues/Thurs alternating weeks		✓		✓		3.00-3.30pm	Hall	Mrs Weale	
PE BTEC Quals/ GCSE PE catch up			✓			3.00-4.00pm	Mez	PE dept	
Rugby boys				✓		3.00-4.00pm	Field	Sturman / Hill	
Rugby girls				✓		3.00-4.00pm	Field	RFU	
Science Homework Club				✓		2.45-3.45pm	S11	Mr O'Brien	
Science revision				✓		2.45-3.45pm	S11	Mr O'Brien	
SPANISH support		✓				2.45-3.45pm	L11	Mr Church	
Table Tennis		✓				3.00-4.00pm	Activity Suite	Leesley & Whitaker	
Technology				✓	✓	3.00-4.00pm	D07	Mrs Evans	
Textiles				✓		2.45-3.45	D09	Mrs Childs	
Warhammer	✓					3.00-4.00pm	PA1	Mr Watts	
Yarn & Craft Club	✓					3.00-4.00pm	LS05	Miss Lowe	
Youth Club - invite only				✓		2.45-3.45pm	Bridge	Miss Lowe	

# Year 11 Examination Preparation Support

**All sessions 3-4pm unless otherwise stated**

**Year 11 After School Sessions – Spring / Summer Term**

Monday	Maths (Higher) Maths (Foundation) German Art Photography Food Preparation Computer Science Music (GCSE) ICT	M06 M12 L01 D11 D12 D08 H10 PA3 E10
Tuesday	English History French Spanish Religious Studies Art Art Textiles Photography Food Preparation	E05 H06 L02 L11 L04 D11 D09 D12 D08
Wednesday	Sports Studies Health and Social Care BTEC Sport	Mezz Mezz Mezz
Thursday	Science Geography Product Design Art Art 3D Art Textiles Photography French French Speaking Food Preparation	S11 H01 D08 D11 D02 D09 D12 L02 L01 D08
Friday	Product Design Art Music (BTEC)	D08 D11 PA3

BTEC Performing Arts – Any night PA4/5

## **The Final Chapter**

We hope that during tonight's discussions with teachers, you will be able to discuss what is still to come in year 11 for your child in each of their courses.

Some departments may provide a hand-out to assist you in supporting your child during the next few months.

If you do not have the opportunity to discuss the assessment regime for a particular course tonight, please feel free to contact us at the school and we will endeavour to provide you with the required details.

### **Applying & Attending Meadowhead Sixth Form**

Students who have not yet applied to our Sixth Form but wish to do so should apply through [www.sheffieldprogress.co.uk](http://www.sheffieldprogress.co.uk).

Most applicants have now had their advice and guidance meeting; any changes to subject choices can be made by contacting the Sixth Form office or Careers Office

The transition event will take place on Monday 6<sup>th</sup> and Tuesday 7<sup>th</sup> July. Students should do their best to ensure they can attend on both of these days.

If you have any questions or concerns, please do not hesitate to contact the Sixth Form team directly.

## Post 16 – Looking To The Future

If your child is considering a particular subject or course as part of their post-16 studies, we strongly recommend that you speak to the relevant subject teachers during tonight's appointments. Subject teachers can discuss entry requirements and suitability for the different pathways.

For impartial advice on subject or qualification choice, along with wider career and educational decision-making, you can speak to the school's Careers Adviser this evening or contact her after the event at [evansc@meadowhead.sheffield.sch.uk](mailto:evansc@meadowhead.sheffield.sch.uk).

### **Post-16 applications**

By the end of January, we expect that all students should have submitted Sheffield Progress applications. A small number of students may have applied direct to their chosen provider outside the Sheffield Progress online system, if the provider has requested this. We ask that students who apply outside the Sheffield Progress system notify staff in the Careers Office or their form tutor.

For full details of processes for applying to Sixth Form schools, including Meadowhead, see [www.sheffield.gov.uk/sixthformadmission](http://www.sheffield.gov.uk/sixthformadmission).

For students applying for apprenticeships, there will be more work to do, and more support on offer, later in the year.

### **After students apply**

Once pupils have applied, they should check their application status regularly by logging-in to [www.sheffieldprogress.co.uk](http://www.sheffieldprogress.co.uk)

If they have misplaced their log-in details, they should speak to their form tutor or staff in the Careers Office.

After they apply, the vast majority of students will be asked to attend interviews or information sessions with their post-16 provider. They should be notified as to what to expect at these events. In some cases, they will need to take a school progress report, portfolio of artwork or CV. Students will need to notify the year office if an interview is due to take place during school time. Students with any questions or concerns can contact staff in the Careers Office at school.

In late June or early July, most Sixth Forms and colleges will offer transition days where students can experience a day or two of student life and make sure they are happy with their post-16 choices. Students wanting to explore alternatives at this point can still contact the Careers Team at school.

### **School leaving age**

All young people are now required to take part in some form of learning or training until the age of 18. See <https://www.gov.uk/know-when-you-can-leave-school> for details. Certain benefits (including Child Benefit) will only continue to be paid after 31 August 2020 if your child stays in education or training ([www.gov.uk](http://www.gov.uk)).

# Notes from Parents' Evening

Subject	Comments/Notes



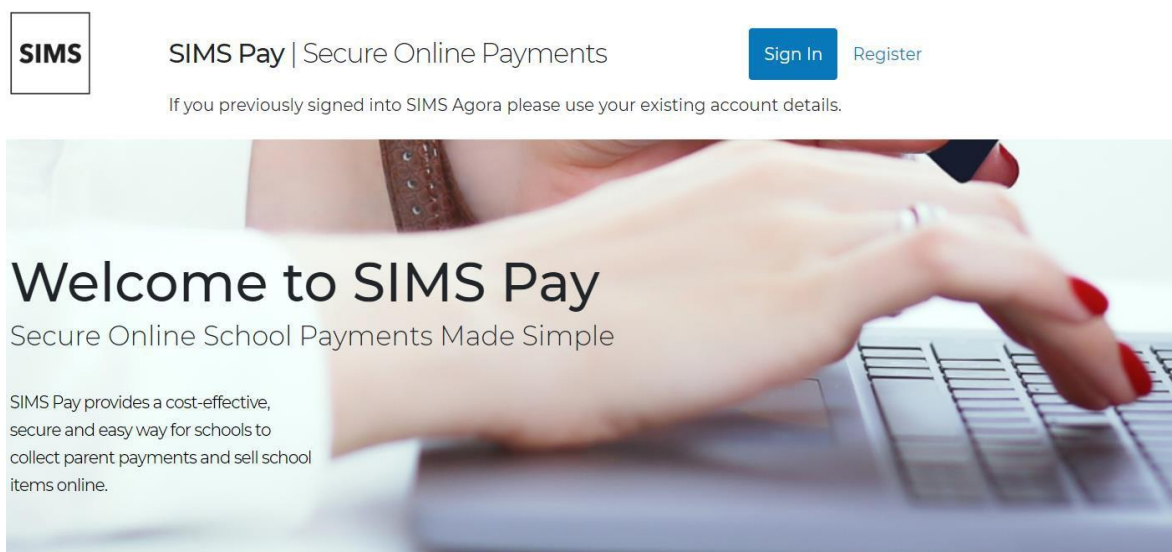
Notes from Parents' Evening

Subject	Comments/Notes

# Parent Online Payment System

We now have an online payment system for parents, using SIMS Pay. Parents can use this to pay for trips, revision guides and equipment. Parents can also top-up school meal balances.

Please go to; <https://www.sims-pay.co.uk>



In order to register for Sims Pay please request an invitation code from the school's finance office. You will then be sent an email from Capita Sims which will include the invitation code and provide you with the step-by-step instructions in order to register.

Follow the on screen instructions to complete your registration.

For further help please email:

[finance@meadowhead.sheffield.sch.uk](mailto:finance@meadowhead.sheffield.sch.uk)

**Please also follow us on Twitter and/or like us on Facebook to receive news and events as they happen:**



<https://twitter.com/MeadowheadSch>



[www.facebook.com/MeadowheadSchool](http://www.facebook.com/MeadowheadSchool)

# Notes

# Who's where?

SPORTS HALL			
SLT support - Mrs Grewal-Joy, Mr Lawrenson			
<b>Maths</b>	<b>English</b>	<b>HFWB</b>	<b>Humanities</b>
Mrs Ali	Ms Aitken	Mrs Ackrill	Mr Chambers
Mr Float	Mr Beigel	Mr Whitaker	Ms Cook
Mrs Gutierrez	Miss Cox	Mr Hill	Mrs Cousins
Mr Heggs	Ms Dale	Mr Perry	Mr Needham
Mr Ludlam	Mrs Gallacher	Mrs Stubbs	Miss Richardson
Mr Nunn	Mrs Hills	Mr Sturman	Miss Thomas
Mrs O'Brien	Miss Holtby	Mrs Tym	Mr Cooper
Mr Weale	Mrs Jackson		Mr Cutts
	Ms Lewin		Miss Dennis
	Ms Perrett		Miss Hodson
	Mr Sheppard		Miss Howard
	Miss Woodward		Mr Quibell
			Mr Sampson

CAFÉ OLÉ	
SLT support - Mrs Weeks	
<b>Science</b>	<b>ICT</b>
Dr Ames	Mrs Ali
Mrs Rallowal	Mr Benton
Mr Bates	Miss Deal
Mrs Dix	Mr Green
Miss Gomes	Mr Healey
Mr Hill	
Miss Inglis-Mellor	
Mrs Markham	
Mr Mason	
Mrs Mason	
Miss Moore	
Dr Morton	
Mr Stephenson	
Mr Ridley	

MAIN HALL	
SLT support – Mr Bacon, Miss Miller	
<b>ADT</b>	<b>Languages</b>
Mr Bagshawe	Mr Church
Miss Booth	Miss Cruikshanks
Ms Evans	Mr Jones
Mrs Oates	Mr Merritt
Mrs Shipston	Mrs Smith
	Mrs Steele
Miss Akbary	
Ms Bellingham	<b>Ethics</b>
Mrs Childs	Mrs Kocinski
Ms Crump	Mrs Markham
Mr Metcalfe	Ms Morrell
Ms Robinson	Ms Parra
	Miss Shea
	<b>PA / Music</b>
Miss Brownnett	Mr Johnson
Ms Pollard	Mrs Weale

ROSLING			
Mrs Burdekin	Sixth Form Stall	Miss McCarthy	Attendance
Miss Hunter	Pastoral Manager	Mrs Newman	Attendance
Mrs C Evans	Careers Stall		Sheffield College
Student Mentors	GCSE Revision guide sales		NCS