



YEAR 11 KEEPING CONNECTED



Dear Parent

Thank you once again for the fantastic support you and your children have provided during these difficult times. The year group remains very calm and resilient in coping with the challenges they face. I feel heartily sorry for them that their last year in Secondary school is being blighted by this awful situation. We are trying to minimise the disruption as best we can and also trying to make the experience as positive and enjoyable as we can. It is just so frustrating that many of our normal ways of working are not possible.



Students having to self isolate are being provided with work. Where Bubbles have had to self isolate in other Year Groups students are logging on live to lessons. Where teachers are having to self isolate at home they are teaching live into their classrooms from home, whilst someone else covers the class for health and safety purposes. This protects the continuity of education as best we can and students I have spoken to very much appreciate this. We have bought in extra hours of Counselling to support students if they do have anxieties about the current situation and employed one- to one intervention staff in Science and English to support with catch up, Intervention and Homework sessions are now up and running despite the logistical issues around cleaning.

In terms of the upcoming GCSE examinations you will be aware that Wales have cancelled their examinations for next summer. I could be very wrong but I still believe England will either follow suit or will have to take into account some form of Centre Assessed Grade. This means it is very important that your child is aware this is a possibility. They need to take all assessments very seriously, particularly the mock examinations.

If we have to put in a Centre Assessed Grade then we have to have evidence that this grade has been achieved and sustained. For example we would have to be able to say this student achieved a particular grade on Paper 1 and this grade on Paper 2, their attitude to learning throughout has been excellent, they have regularly attended the interventions sessions, homework has been completed to a good standard and I know they are revising. Attendance to lessons has been very good at 96%. Therefore we believe we have the evidence to substantiate awarding a particular Grade. No teacher does this process in isolation- it would be in conjunction with members of the Leadership Team, Heads of Department and Faculty.

Please discuss this with your child and emphasise the importance of the above in the coming weeks and months. If you have any concerns or queries please contact the relevant individuals and I. The best way I can be reached is via email at office@seahamhighschool.com

Take care

Mr G. Lumsdon



FOCUS ON EXAMS & REVISION



Exams

Year 11 Parent and Carer Focus Group

Mr Parker is currently in the process of organising the February mock exam window. Given that there is still a large amount of uncertainty around the summer exam series, it is fair to say that this will be the most important mock exam series we have run as a school. It is therefore essential that we work with parents and carers to get your feedback before we finalise details.

We are looking to recruit a small number of parents and carers to take part in a focus group on **Tuesday 24th November**, between **5pm and 6pm**. The focus group will be hosted virtually using Google Meet. Please contact Mr Parker if you would be willing to get involved.

Email: SCP@seahamhighschool.com



Ofqual Parent Consultation

The exams regulator Ofqual is holding online focus groups in November. They want to hear from parents of year 11 students for their views on arrangements for grading exams in 2021.

Email OfqualFocusGroups@ofqual.gov.uk for details or to take part.



Revision

On Monday 2nd November, year 11 students took part in a drop down afternoon focused on revision techniques and mindfulness. We have included a focus on *The Revision Power Hour* in this newsletter in order to give parents and carers a taste of what was explored.

Learn how to learn – with GCSEPod

Our partners at GCSEPod have developed a series of *Study Smart* videos which are perfect for parents and pupils in the lead up to mock exams. They explain the different aspects of metacognition and how students can ensure information sticks.



Interleaving

Strengthening memory association to help students remember more.



Retrieval Practice

Getting students to practise bringing information to mind for better results.



Spaced Practice

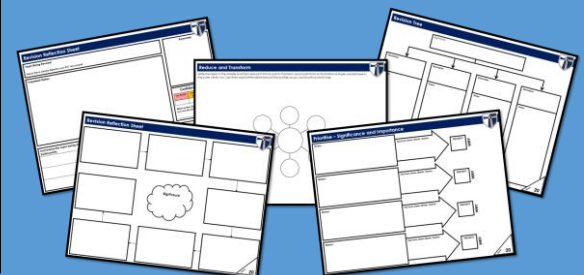
Revise, rest, repeat... space out revision for better results.

Link: <https://www.gcsepod.com/how-to-learn-gcse-learning-revision/>



One Per Day Challenge

Following the drop down event, all students have been challenged to complete at least one revision sheet per day. We would encourage parents and carers to support this challenge from home.





Revision Power Hour

Why use the Revision Power Hour?

- Students **will not** be asked to write long lists of knowledge in their exams! They will be asked to **apply their learning** to a series of questions.
- Many of the exam questions on the new specification papers require students to **apply their learning out of context**.
- It is **not good enough simply to know your stuff**. Students must be able to apply their learning.
- Students **MUST** build time into your revision to look at **HOW TO ANSWER QUESTIONS**.

Where can students find the resources needed to engage in the Power Hour?

- Revision sheets can be found in the room used for the year 11 homework club. Students can drop in before tutor time or after school to collect resources.
- Students will need a number of resources to support their revision. They can use:
 - Revision guides
 - GCSEPod
 - Seneca
 - Work books
 - Exercise books



PRODUCTIVE PEOPLE WORK SMARTER, NOT HARDER.

Seaham High School Revision Power Hour



Get the most out of your revision with a power hour. Here's a step-by-step guide of how to do it.

STEP
01

IDENTIFY AN AREA OF FOCUS USING YOUR PLC
Remember to choose a topic you are less confident with.



STEP
02

CHOOSE A PAST PAPER QUESTION
Ask your teacher to provide you with a question if needed.



STEP
03

REVISE AND TRANSFORM
Use one of the Seaham High School revision sheets in order to reduce and transform the information needed to answer the question.



STEP
04

DO THE QUESTION
Complete the exam question in the amount of time that you would expect to take in the exam.



SEEK FEEDBACK FROM YOUR TEACHER



Local & National Support for Students



Mental Health & Emotional Support

for children, young people & families in County Durham

This is a **great starting point** to help you **access support**



Local Support



One Point

Advice and practical support across all aspects of family life



03000 261 111



Education & SEND Support

Support for children with special educational needs or disabilities



Humankind

Health and wellbeing support for LGBT young people (15-24yrs)



01325 731 160



Investing in Children

A children's rights organisation, creating spaces to be heard



Rollercoaster Parent Support

Helping parents to support children with mental health issues



07415 380 040



DurhamWorks

Supporting 16-24 year olds not in education, employment or training



03000 262 930



Recovery College Online

Educational resources for people experiencing mental illness



County Durham Together Hub

Help when self-isolating/how to volunteer



03000 260 260



Children's Social Care First Contact

Report a concern about a child's welfare



03000 267 979



CAMHS - Single Point of Access

Community mental health teams for children



03001 239 296



CAMHS Crisis Team

24/7 service for young people experiencing a mental health crisis

0191 441 5733



National Support



KOOTH

Free, safe, anonymous online support for young people aged 11+



Anna Freud Centre for Children and Families

Self-care to look after our own mental health



Charlie Waller Memorial Trust

Resources for schools and families



Childline

A free, private and confidential service where children can talk about anything



Headspace

Free tools around mindfulness and meditation



Public Health England

Guidance on health and wellbeing aspects of coronavirus



MindEd

Safe and reliable advice about young people's mental health



Young Minds

Support for mental health during the pandemic



NHS

Get medical help near you



111

Remember your **local school** and **GPs** are **available to help**.

You are not alone, we can get through this **together**.

County Durham
Care Partnership



NHS
County Durham
Clinical Commissioning Group

Tees, Esk and Wear Valleys
NHS Foundation Trust

