



Year 12 Information Evening

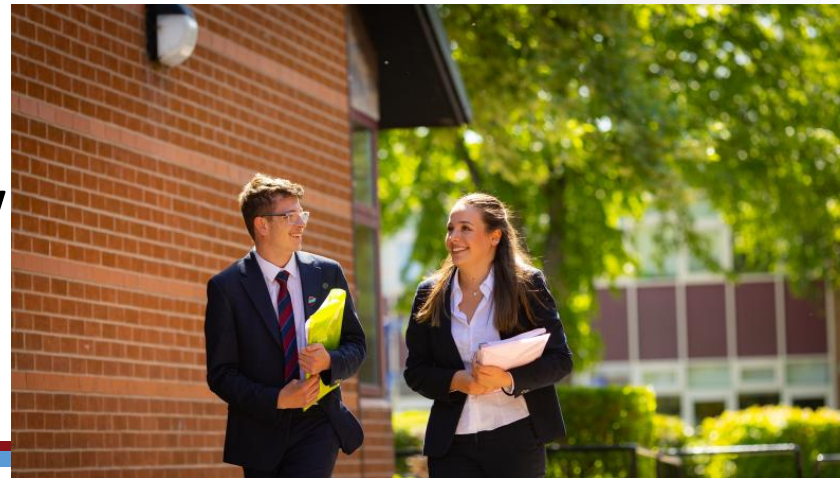
Sixth Form team
The Ecclesbourne School
23rd September 2025





This evening:

- Vision and Aims
- School Performance
- Key Year 12 dates, expectations and opportunities.
- Post-18 preparation.
- Wellbeing.
- Keeping safe online.
- Independent learning and how to support your children.





A broad and balanced curriculum that develops the knowledge and skills pupils need to thrive now and for a fulfilling future



Develop pupils' resilience and confidence in themselves and their capacity for growth



Ensure pupils feel valued, value others and learn to work together to make a positive contribution



Ensure pupils stay safe and healthy in mind and body



Develop creativity in an innovative learning environment



*Appreciate the spiritual, moral, social and cultural richness
of the world at large*



The Ecclesbourne School strives to be a successful and caring learning community that inspires individuals to meet the challenges of the future



Academic Performance


THE SUNDAY TIMES

**SCHOOLS GUIDE
2025**

**TOP 10
STATE SCHOOL FOR
ACADEMIC EXCELLENCE
EAST MIDLANDS**

**THE ECCLESBOURNE SCHOOL
TOP 10 STATE SCHOOLS FOR
ACADEMIC EXCELLENCE
AWARD**

A-Level Performance



A Level Success - Congratulations Year 13





Results - Year 13

	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Students	164	153	170	168	158	151	167	154	165	194	191	205	172
A*- C	82	83	81	82	83	86	81	89	90.6	89	80	81	85
A*- B	61	62	60	62	61	63	60	69	74	72	60	59	65
A*-A	32	36	29	32	31	32	32	38	53	39	30	30	35
A*	11	14	8	11	10	12	9	13	26.6	13	11	10	11



Sixth form Pastoral Team



Mrs Weller
Head of Sixth Form



Mrs Hadwin
Head of Year 12



Mrs Bamber
Head of Year 13



Mrs Cox
Administration/
Admissions Lead

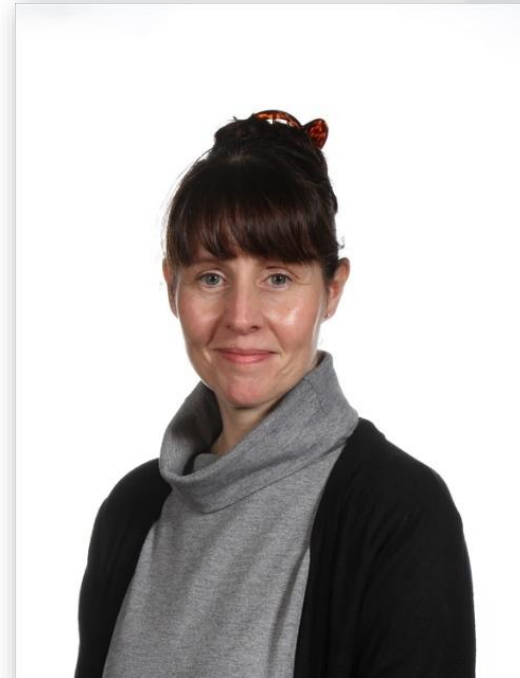




Pastoral Support Team



Mrs Monk
Pastoral Support
and Attendance
Officer



Mrs Tanser
Pastoral Support
and School Nurse



Year 12 Tutors

- 12C Dr Gregory
- 12D Mrs Rafferty/Mr Dickson
- 12G Mrs Daly
- 12H Mrs Wilden/Ms Rankin
- 12J Mrs Smith
- 12P Dr Page
- 12S Miss Short/Ms Boden
- 12W Mr Walton





Form time and Pastoral Education

- PDC on Tuesdays; students learn about a range of areas including finance, health, drugs, online safety and healthy relationships. This is in PDC groups of mixed forms (carousel).
- 2 assemblies a week; on a range of issues, e.g. consent, diversity, wellbeing, kindness, climate change and global issues.
- Homework is set via Show My Homework/Satchel One.
- Uniform-help us to help your child.





- Money for food - £5 limit on thumbs. Can use card or cash for other purchases or as parents you can increase your child's daily limit by emailing TinaSpencerKeyse@ecclesbourne.derbyshire.sch.uk
- Forms for driving – no lessons in registrations, PDC or lessons. Other forms explained in welcome pack on the school website.
- Cars- must be registered with SFO and a badge be collected to help identify cars and support students with any issues.



Key dates

- Prize Day - 26th September
- 6th form open evening – 2nd October
volunteers needed and spread the word
- Community Tea party – 8th October
- Year 12 Parents' Evening - 23rd October 2025
- House play evening performance – Wed 26th November 2025
- Driver awareness day – 12th February 2026
- Year 12 careers trip – 10th March
- Post 18 Day and Parents information evening 19th March 2026
- Year 12 reports 12th March 2026
- Year 12 work experience week 27th April 2026
- Year 12 mock exams 22nd June 2026



Enrichment Opportunities

In Sixth Form there are many exciting enrichment opportunities to get involved with

- Duke Of Edinburgh
- Debate
- Sixth Form Sport events/teams
- Shine media
- School Gym



- Community Ambassador events
- Choir
- Mock Trial
- Book club
- Drama productions
- Music concerts
- Sports teams
- House plays





Posts of Responsibility

- Co-Heads
- House captains
- Student Council member
- Anti-Bullying Ambassadors
- Well-Being Ambassadors
- Diversity Leaders
- Peer Mentors
- Subject Mentor
- Buddy Readers
- Lesson Support
- Community Ambassadors

Everyone is also a **prefect**: This involves monitoring an area of the school for half a lunch time each week and is a way of giving back to the school. Remember as a Sixth Former, you are a role model to all other students in our school.





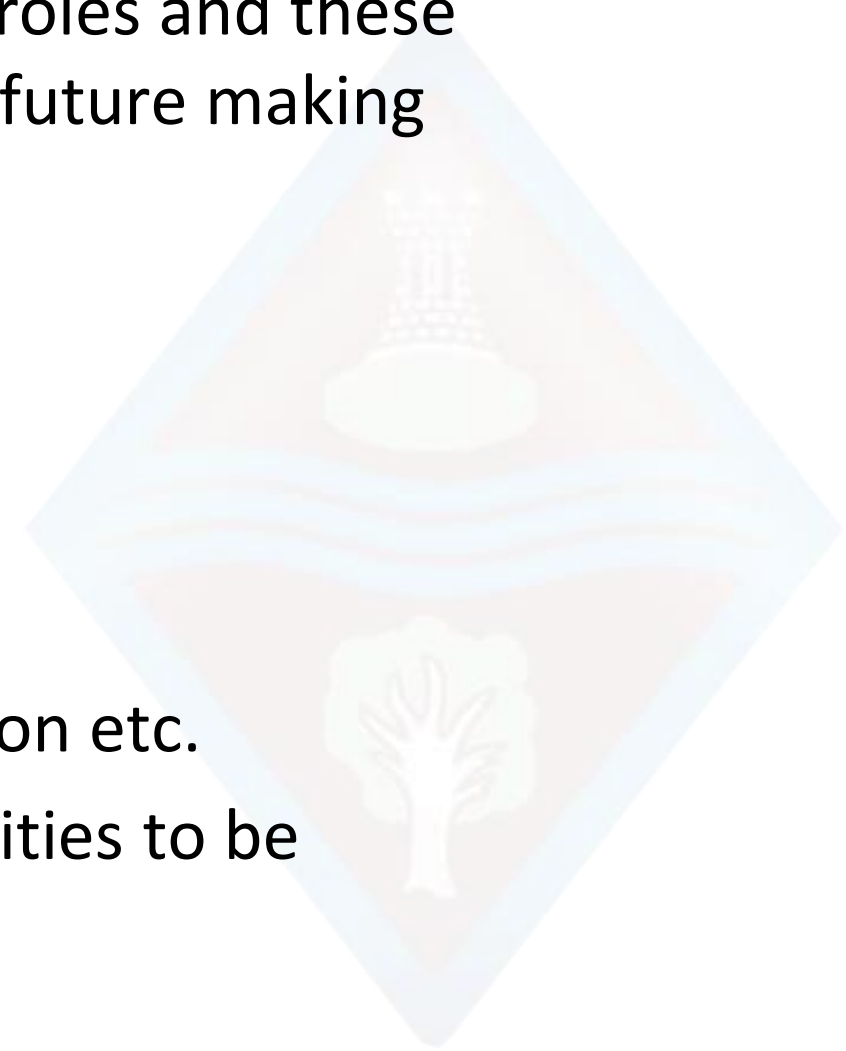
Roles in Sixth Form

Most students in Sixth Form have 1 or more extra roles and these provide extra talking points for applications in the future making them important for:

- University applications
- Apprenticeship applications
- Part-time job applications
- Development of important life skills

Leadership, communication, teamwork, organisation etc.

- They are also great fun and rewarding opportunities to be involved in!





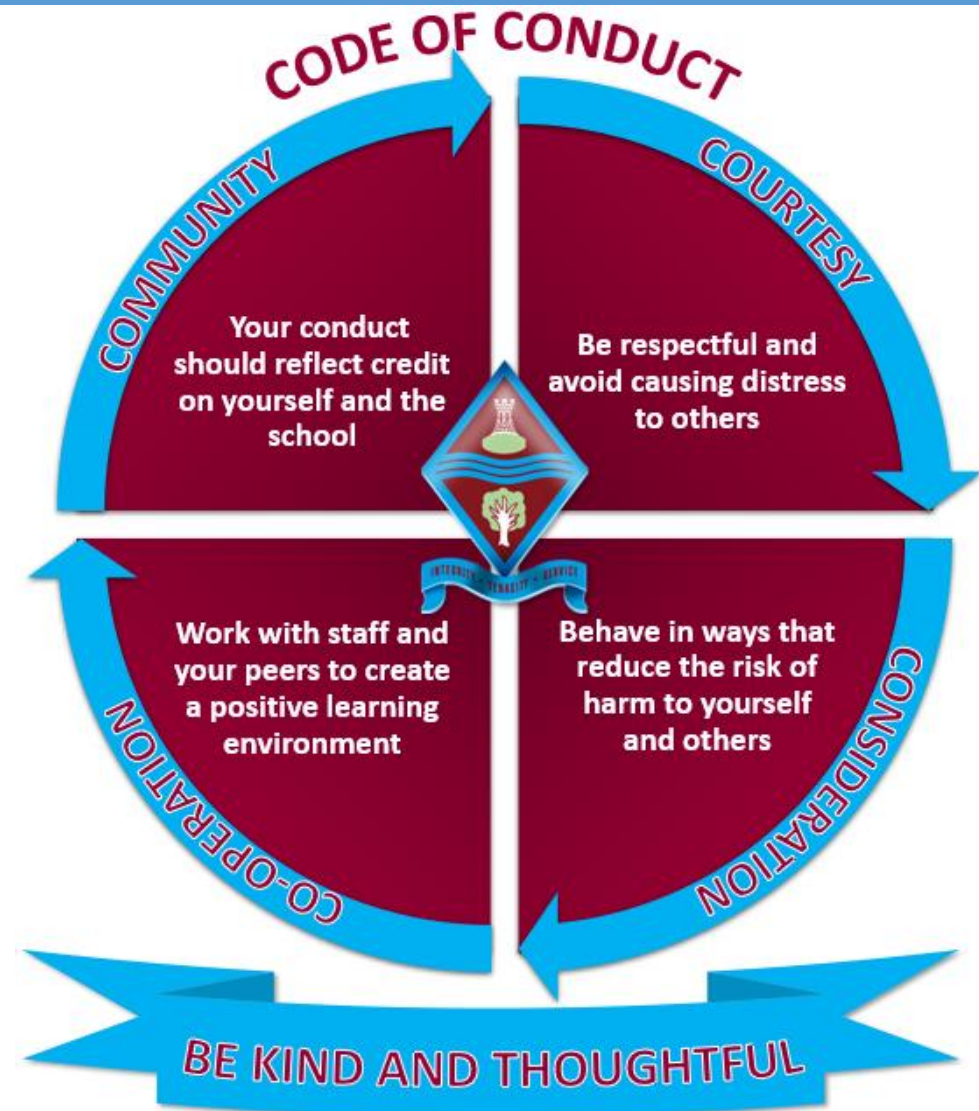
- With the expense that can sometimes come with Level 3 study, such as trips and equipment and materials families can struggle.
- If you have any concerns, please do look at the bursary section on the website as we have a budget each year which is used to help those who need it.



Behaviour and the Four Cs

From the School's Policy:

"If we are to create a community in which high quality learning can take place and all of its members can work happily together, an atmosphere of good order is vital. School rules and procedures exist to foster this ethos but students are also encouraged to develop self-discipline and consideration for others."





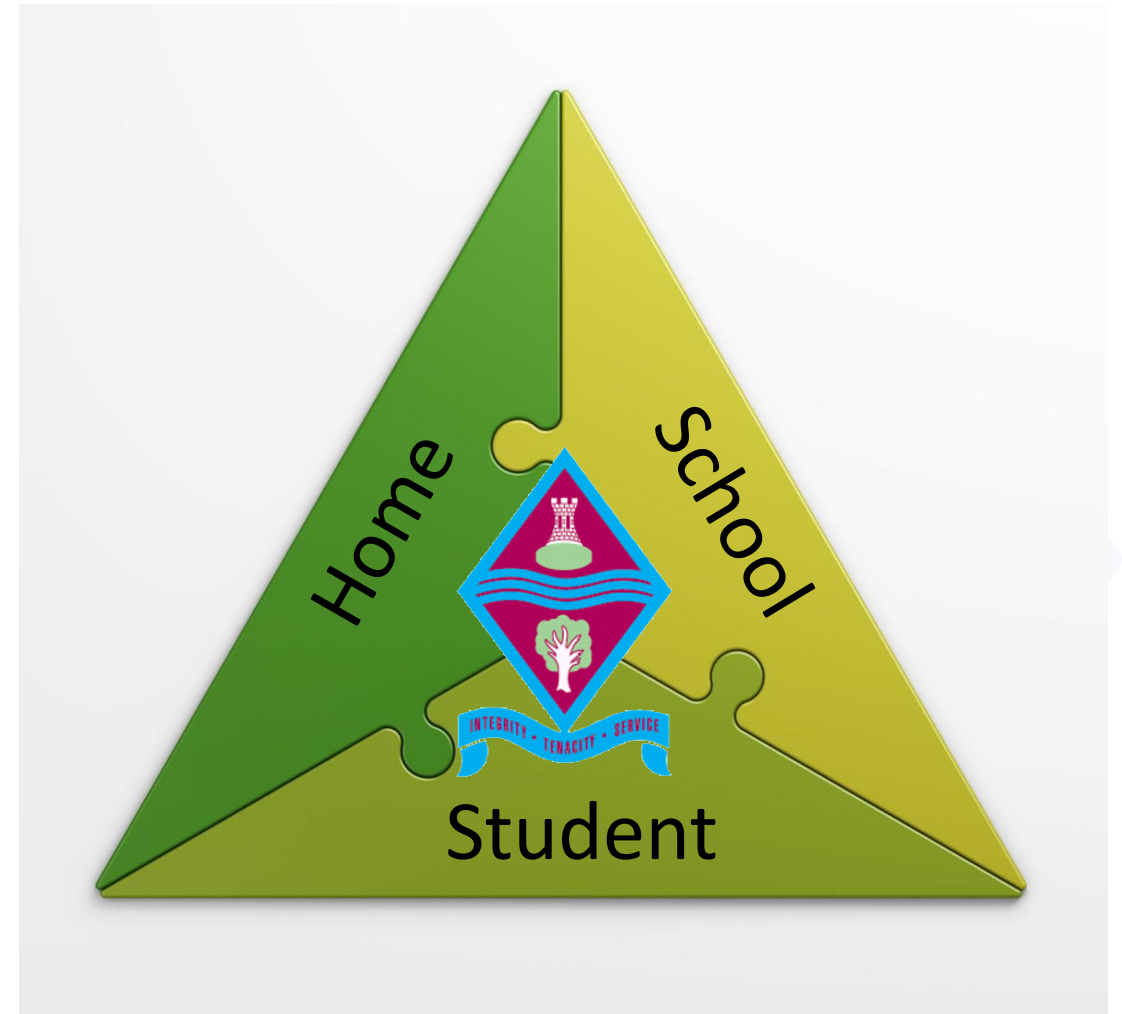
VAPING

- If any Year12/13 is caught vaping on the school site or in uniform in our local community, they will be suspended. Please talk to your son/daughter regarding this.
- All students have been reminded of this.



Behaviour-We owe it to students to have high expectations

- Need to avoid low-level distractions:
 - Uniform issues.
 - Missing equipment.
 - Late to lesson.
- Use of offensive language.
- Social media related issues.
- This doesn't work without all of us working together.
- Thanks for your support so far.





Merits-recognising excellence in all of its forms

- Awarded for:
 - Outstanding work
 - Consistently high standards of work
 - Consistent effort in lessons
 - Improvements in standards of work/behaviour/attendance
 - Attendance to sports and other clubs
 - Community support
 - Involvement in School activities





Rewards

- Form breakfasts
- Golden ticket early lunch pass
- Prize Giving
- Reward trips
- Roll of Honour
- Merit/Colour Ties
- Governors Awards Evening
- Great personal references for jobs, apprenticeships and UCAS





What does a 6th form students study plan look like?

- 5 hours a week per subject outside of lesson.
- They have between 5-7 study periods in school that they need to use effectively.
- We will encourage them to get started well and use time efficiently.
- Home study will be vital for them to be able to meet our expectations and therefore cope with the transition to Level 3 qualifications.



ATTENDANCE

WHY IS IT IMPORTANT?

ABSENCE FROM SCHOOL

Children are required by law to attend school 190 days per year. The Government states that every pupil's attendance should be at least 95%.

How do YOU measure up?

Attendance	Days Absent	Weeks Absent	Lessons Missed
95%	9 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	11.5 Weeks	290 Lessons
65%	67 Days	13.5 Weeks	340 Lessons

89% & Below
Drastic effect on
academic achievement

95%-90%
Cause for
concern

100%-96%
Excellent





New government expectations and our policy

- The government's expectations have been raised and more powers are being given to schools to enforce attendance.
- Anything less than 90% is considered persistent absence and more than 10 sessions in 10 weeks allows the school to fine.
- We are a full-time establishment, which allows us to give students the best possible experience and opportunities.
- If attendance in 6th form is lower than expected, a student will enter our support programme.
- We know there are exceptional circumstances and we will always work with you to support your child.



Post 18 Support programme

	Current Year 12	Current Year 13	Year round
September	Access to Oxbridge event with former students. Med Society Introduction	UCAS application support.	Careers advisor appointments.
October	Super curricular launch: MOOCS Online work experience Super curricular reading	Early Entry deadline October	
November		UCAS application support.	
December			
January	Using Unifrog for Post 18	Final UCAS deadline January 2025	Reference writing for jobs.
February		Financial survival skills, student loans, budgeting, keeping finances safe. Study skills	
March	Investigating all Post-18 options Personality and skills profiling What career/What Uni visit Post 18 Day 2025	Apprenticeship application support.	CV support
April	Work experience preparation Work experience	Support for late UCAS applications.	Access to Unifrog
May	Employability skills – Interviews, CVs, common questions for online applications, LinkedIn, Networking and online reputation Assessment day activity		
June	Examinations	Examinations	Speakers from: Sheffield University Sheffield Hallam University. Nottingham University. Ask apprenticeships / EMA Training.
July	Early Entry application process begins.	A level results Support available from SFO	Bristol University Medicine Alumni talks (apprenticeships and university)
August	Personal statement writing support.		Virtual work experience



Year 12 Work Experience

- Aim for every student to attend
- Aim is to be more “work ready” and to bridge the gap between academic studies and the world of work.
- **Monday 27th April to Friday 1st May 2026**
- Can begin to look now
- Once a placement is found the student registers the application for work experience on Unifrog (further details to follow in a Parent letter which will be sent shortly with your own log in so you can support your child.)





**This will, hopefully,
be closely linked to
your A level
choices.**

What career
area are you
most
interested in?



What skills do
you need to
work in this
career area?



Write to /call
places requesting
a placement



Research
appropriate
placements



When you get a
confirmation,
reply. And thank
them!



Electronic form +
parental consent.

**If you have no
specific career area
in mind, think of a
job area
where you could
best develop
useful,
transferrable skills.
Speak to Mrs
Parker or Mrs
Earp for help
sourcing
placements.**



Unifrog brings into one place every undergraduate university course, apprenticeship, and college course in the UK, as well as other opportunities, such as School Leaver Programmes, MOOCs and every college at Oxford and Cambridge. This makes it easy for students to compare and choose the best university courses, apprenticeships or further education courses for them.

They can also explore exciting opportunities further afield by looking at English taught undergraduate programmes available in Europe and the USA.

Additionally, the platform helps students successfully apply for these opportunities when writing their UCAS personal statement, applications and CVs and guiding them through the process, allowing teachers to give live feedback.



Parent login reminders and guidance for parents of students new to Ecclesbourne will be emailed out before half term.

Exploring pathways

Interests profile

✓ Quiz last taken 13 Jun 21: S and I and E

Start >

Personality profile

✓ Quiz last taken 4 May 20: ISTJ

Start >

Work environments profile

✗ Quiz not taken

Start >

Careers library

✓ Careers favourited

Go to tool >

Subjects library

✓ Subjects favourited

Go to tool >

Know-how library

✓ Guides favourited

Go to tool >

MOOC

Make your first shortlist

Start >

Webinars

Hear directly from the experts

Go to tool >

Read, Watch, Listen

✓ Profiles favourited

Start >

Searching for opportunities

UK universities

You have [1 shortlist](#)

Start >

US universities

Make your first shortlist

Start >

European universities

Make your first shortlist

Start >

Oxbridge

You have [1 shortlist](#)

Start >

Apprenticeships

Make your first shortlist

Start >

College / Sixth Form

Make your first shortlist

Start >

Canadian universities

Make your first shortlist

Start >

Asian universities

Make your first shortlist

Start >

Australasian universities

Make your first shortlist

Start >

ME and African unis

Make your first shortlist

Start >

Irish universities

Make your first shortlist

Start >

Special opportunities

Make your first shortlist

Start >



Super curricular exploration

MOOCs

MOOCs are massive , open, online courses. Unifrog brings together lots of courses at universities around that world that you can search by subject. Most are free but you may need to pay for a certificate at the end of the course, if you want one.

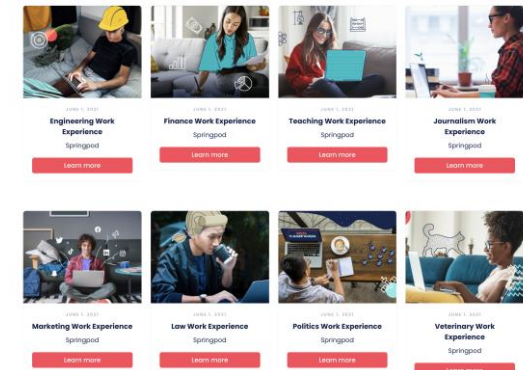
www.mooc.org/courses

Virtual work experience

<https://www.springpod.com/virtual-work-experience/search>

<https://www.speakersforschools.org/vwex/>

Sites offering excellent Insight days and virtual work experience.





Super curricular exploration

Each subject has books, magazines and journals they can recommend to students.

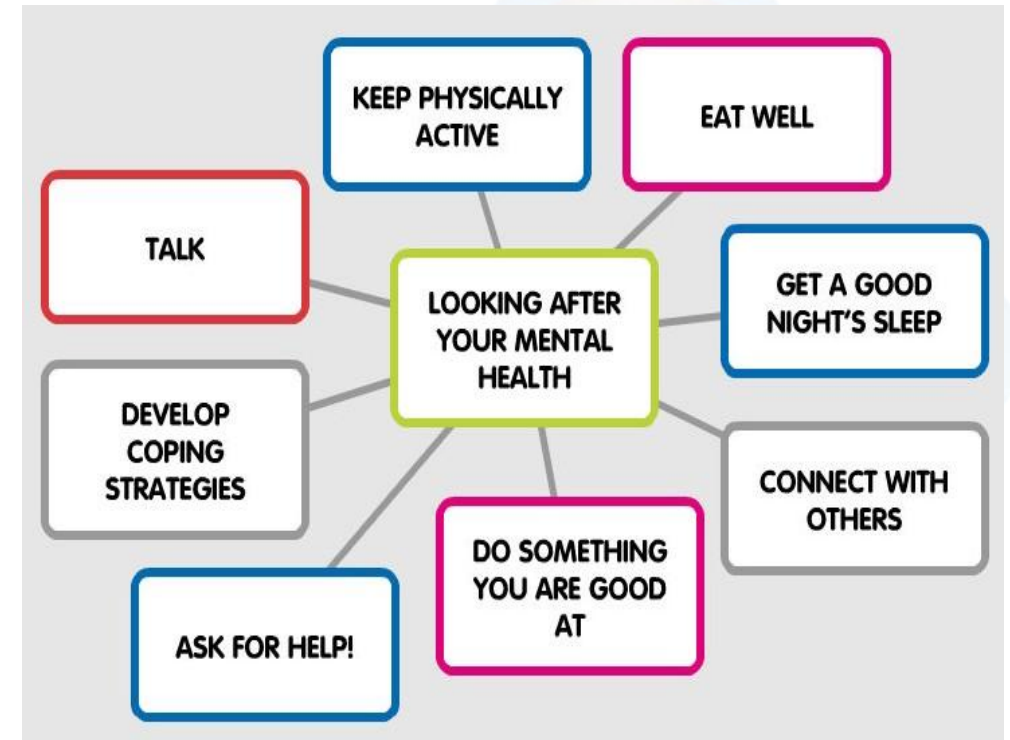
The subject library in unifrog has a 'geek out' section.

The School librarian can offer support with recommendations.





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WHERE TO FIND ADVICE AND SUPPORT

Speak to:

Form teachers

Heads of Year

Welfare Hub

#HelloYellow

Peer support

Trusted adult

Well-being
ambassadors

Pastoral staff

Toot toot

How you feel matters and you deserve to feel supported. If you're worried about how you're feeling, speak to an adult you trust. You are not alone and support is available.

If you want to understand more about looking after your mental health, YoungMinds has practical tips from young people, advice on feeling and conditions, as well as information on getting the support you need.

For help and advice, visit
youngminds.org.uk

YOUNGMiNDS



This leaflet contains some basic information you may find useful.

Please ensure that should you continue to feel as you do, you must talk to someone who you feel close to and seek the correct medical advice ☺

Please also refer to The Ecclesbourne School website under the heading 'Pastoral' then 'Student Wellbeing Centre' where you will find lots of helpful information.

Useful Websites:-

Childline www.childline.org.uk

Young Minds www.youngminds.org.uk

Kooth www.kooth.com

Samaritans www.samaritans.org

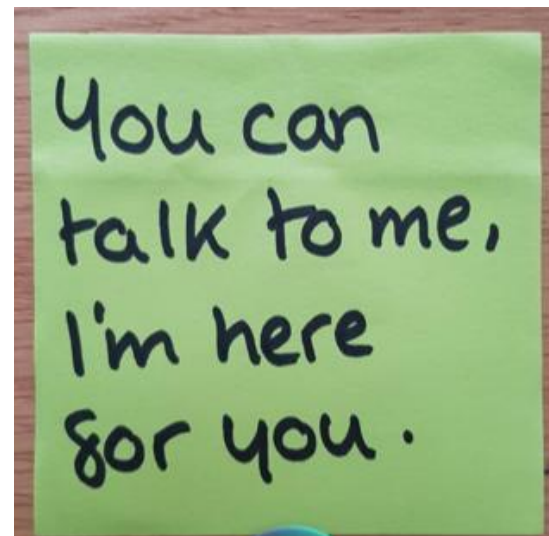


Derbyshire has launched **ChatHealth**, a secure and confidential NHS-approved text messaging service that is now offered by the School Nursing Service for young people aged 11-19 years

tel: 07507 330025
<https://chathealth.nhs.uk>



The Ecclesbourne School



Ask to speak to:-

Mrs Louise Monk - Pastoral Support Worker

lmonk@ecclesbourne.derbyshire.sch.uk

Tel: 01332 840645 Ext 271

- Ask for HELP!





Your GP
Cares

Derbyshire 24/7 mental
health support line on
0800 028 0077





External Support



Get in touch with our Parents Helpline

- Our Parents Helpline offers vital advice and guidance to parents/carers who are concerned about their child's mental health.

We can give you advice on:

- how to access support
- navigating services for your child
- practical techniques that can help you and your child
- signposting to other organisations
- If you are a parent/carer in need of some help, please get in touch.



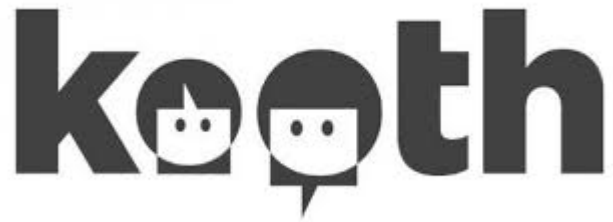
Derbyshire Mental Health Support Line

[Derbyshire Mental Health Support](#)

[Line](#) tel: 0800 028 0077. Mental health support line for Derbyshire people of all ages. Open 24 hours per day, 7 days per week.



More external resources



provides free, safe and anonymous mental health and emotional well-being online support for young people aged 11 to 25.



offers free online counselling and emotional wellbeing support for parents and carers of young people.



Reach out to an adult or someone you trust. This could be a relative, a teacher or a friend.
Or contact your local GP, school nurse or other health/social care professional.

There are also lots of other people who want to listen. You could contact:

- [ChildLine](http://www.childline.org.uk): www.childline.org.uk 0800 1111 (call, email, text chat, message boards)
- [Samaritans](http://www.samaritans.org): www.samaritans.org 116 123 (call, email, letters)
- [Visit Kooth](http://www.kooth.com): www.kooth.com for anonymous online counselling support
- Text SHOUT to 85258 for 24/7 text support.
- [Young Minds](http://www.youngminds.org.uk): www.youngminds.org.uk text YM to 85258 for 24/7 text support.
- [Papyrus](http://www.papyrus-uk.org): www.papyrus-uk.org / HOPELINEUK 0800 0684141 (9am to midnight, including weekends and bank holidays) a confidential support and advice service for:
 - Children and Young People under the age of 35 who are experiencing thoughts of suicide
 - Anyone concerned that a young person could be thinking about suicide
 - You can also text 07860 039 967 or email pat@papyrus-uk.org
 - You can also ring the Derby 24/7 mental health [support line](http://www.derby247.org) on 0800 028 0077

**HOW YOU
FEEL MATTERS**



<https://www.barnardos.org.uk/support-hub/emotional-wellbeing> – a dedicated service to help children, young people and their families or carers with problems caused by the coronavirus outbreak.

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat>

- If you're concerned about a child or young person's mental health, you can get free, confidential advice via phone, email or webchat

<https://www.actionforchildren.org.uk/our-work-and-impact/children-and-families/good-mental-health/>

- has lots of tips to help you spot signs of mental health issues in children and advice on the action you can take to help.



<https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs/>

Children and young people's mental health services (CYPMHS) is used as a term for all services that work with children and young people who have difficulties with their mental health or wellbeing.

<https://www.trentpts.co.uk/>

Provide a range of evidence-based treatment, to support different mental health challenges. These include Counselling, Cognitive Behavioural Therapy

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

Support for a child or young person with an eating disorder.



Safeguarding

- Mrs C Ourabi- Senior Deputy Head and DSL
- Three Deputy DSL's; Mr Quail, Mr Duncker-Brown, Mrs Weller
- Have a statutory duty to implement and follow KCSIE 2025
- Situations happen school are on hand to support; we are not here to pry
- Work closely with external agencies
- Receive DV notifications within 24 hours





Online Safety

The Ecclesbourne School





Global Context:

- Population = 7.91 billion, 8 billion by 2023. 67.1% of the population use mobile phones – 5.31 billion.
- Global internet users has grown 192 million in the last year.





Statistics for Young People

- 99% of children went online in 2021.
- Most popular activities are Video Sharing Platforms (TikTok etc) – 95% of children.
- 22% of 12-17 year olds said they were unable to detect a fake online social media profile.
- 53% of 13-17 year olds said being online was good for mental health.
- 36% of 8-17's said they saw something 'worrying or nasty' in the last 12 months online. 59% said they would report something like this.
- 84% of 8-17's said they had been bullied online.



Cyberbullying

- Cyberbullying or online bullying is any form of bullying that is carried out through the use of electronic media devices such as computers, laptops, smartphones, tablets or gaming devices and apps or social networking sites that use the internet.





Types of Cyberbullying

- Negative comments on a post; dislikes
- Replica videos or videos mimicking someone else's post
- Gaming: making negative comments via a game; killing/attacking someone's avatar
- Setting up fake profiles
- Sharing offensive / unflattering photos of someone
- Cyberstalking
- Catfishing
- Prank calls
- Outing
- Spreading rumours via apps / websites / texts / messaging services
- Setting up dedicated 'group chats' to victimise someone
- Threats to harm
- Retribution



What will the school do for cyberbullying?

- Seek students' views on bullying.
- Ensure that all students know who to speak to about bullying.
- Ensure that all students are aware of the range of sanctions for those engaging in bullying.
- Involve students in anti-bullying campaigns in school through the assemblies, PDC and the wider school curriculum.
- Offer support to students who have been bullied and to those who are bullying in order to address the problems they have.
- Raise awareness of the types of bullying and what to do through posters, and projects led by the anti-bullying ambassadors.
- Please contact the pastoral team if you have any worries.



Keeping your child safe online.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#guides>

Online safety guides to help you navigate online risks – whether your kids are gaming, chatting, posting or streaming.

<https://www.internetmatters.org/advice/14plus/>

Lots of excellent information and links to other online safety sites.



PDC and Assembly Programme

Staff and pupils will be made aware of online safety issues and concerns through training and the curriculum, this will be delivered via ICT lessons, assemblies, the PDC program and external providers when needed. This covers a range of online safety issues, including;

- online fraud and scams,
- copycat websites,
- phishing e-mails,
- identity theft,
- cyberbullying/trolling,
- cyberstalking,
- online grooming,
- online radicalisation,
- offensive/illegal content,
- child sexual exploitation and young produced sexual imagery (sexting),
- using social media platforms.

VACANCIES | STAFF | STUDENTS | PARENTS

HOME

SCHOOL INFORMATION

ADMISSIONS

CURRICULUM

PASTORAL

COMMUNITY

SIXTH FORM

CONTACT US

Search...

THE ECCLESBOURNE SCHOOL
LEARNING TOGETHER FOR THE FUTURE



UK Youth Parliament

Alex McDermott wows the UK Youth Parliament



OUR SCHOOL



WELLBEING AND SAFEGUARDING

LATEST NEWS



CALENDAR



HEADTEACHER'S WELCOME

PROSPECTUS

EXAMINATIONS

LETTERS

OFSTED REPORT

TERM DATES



CLICK CEOP
Internet Safety

HIGH VISIBILITY
STANDARD VIEW



Child Exploitation and Online Protection Command

If you need to hide this site quickly, just click here



CEOP is a law enforcement agency and is here to keep children and young people safe from sexual exploitation and abuse. Please complete the below to start your report to one of CEOP's Child Protection Advisors.

I am

Under 18 years old

A parent / guardian

A professional working with children or young people





Things parents and carers can report to CEOPs:

- I am worried my child is being groomed online
- My child has shared a nude picture online and is now being threatened
- Someone is asking my child to communicate with them on a live-streaming platform
- My child is meeting up with someone they met online
- I've noticed changes in my child's behaviour which I think may be due to someone they met online
- My child has SEND and I am worried about the people they are talking to online
- I am a foster carer/adoptive parent and I am worried that my child's abusive birth father/mother is trying to contact them online



- ◆ SCHOOL HOUSES
- ◆ SCHOOL OFFICES
- ◆ EXTERNAL EXAMINATIONS
- ◆ TIMES OF THE DAY
- ◆ UNIFORM AND DRESS
- ◆ HOMEWORK
- ◆ SPORT
- ◆ STUDENT LEADERSHIP
- ◆ CAREERS
- ◆ STUDENT WELLBEING CENTRE

SAFEGUARDING POLICIES
TRAUMA INFORMATION
SHEET

MENTAL HEALTH &
WELLBEING

CHILD ABUSE
SIGNS AND BEHAVIOUR

BULLYING
WHAT SHOULD I DO

E-SAFETY

With the constant changes with technology it is very difficult to keep up-to-date with what your child might be doing online and what you can do to best support them.

The information below is not an exhaustive guide but it is a starting point as to what you can do to support your child whilst at the same time having open lines of communication so that they are able to talk to you if something is worrying them.

🔗 [PARENTS AND CARERS - UK SAFER INTERNET CENTRE](#)

🔗 [TOP TIPS - UK SAFER INTERNET CENTRE](#)

CHILD SAFETY CHECKLIST:

CHECK AND ADJUST THE CONTROLS;

Adjust the parental controls on your broadband and internet-enabled devices, depending on your child's age. Your broadband provider can tell you how. Find out how to setup safe search in Google by going to <https://support.google.com/websearch/answer/510?co=GENIE.Platform%3DDesktop&hl=en>

TALK TO YOUR CHILD

Stay interested in what they're doing online and discuss what they might have come across. Don't be afraid to tackle difficult subjects like cyberbullying and sexting. They will be discussing these topics with their teachers in their PDC lessons and we will let you know when we discuss a certain topic so that you can follow this up with your child.

PRIVACY MATTERS

Children feel that if they have lots of likes online or many friends then this can make them seem more popular. It is actually just putting them at more risks as many people will now have their details. To support them make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school.

HELP THEM TO THINK ABOUT WHAT THEY POST

Once you post something online it is there forever and cannot be deleted and can have an impact on our wider life. Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing. This is particularly the case at the moment with lots of political agendas going back and forth and they can quickly fall into a trap that might be seen as inflammatory.

STAY SAFE ON THE MOVE

Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information. Be aware that using public WiFi might not filter inappropriate content, so look for friendly WiFi symbols when you're out and about.



- TALK TO YOUR CHILD
- PRIVACY MATTERS
- HELP THEM TO THINK ABOUT WHAT THEY POST

Tips for Parents



STAY JUST FINE ONLINE...

quick tips for parents for keeping kids safe online

1. Chat about it

Talking openly about why keeping safe online is important as well as talking about any risks. It can help to show an interest in what your child or teenager does with their time online. Are they talented at TikToks or Insta influencers? Finding out will help you know what they're using online and help you protect them from any dangers and create an open conversation.



2. Set up parental controls

Internet providers should offer you the option of setting some parental controls over what your child can access online. It can help to prevent age inappropriate content from being shown. The **UK Safer Internet Centre** has advice on how to set these up plus plenty of other advice too www.saferinternet.org.uk

3. Stay in the know

We know digital and online platforms change all the time especially social media, it can be difficult to keep up with the latest social trends and apps. By staying ahead of any social media trends you can talk to your child about any possible dangers to look out for. Check out www.net-aware.org.uk for information on the latest apps, social networks and online games.



4. Digital detox

Children (and even adults!) are now spending even more time online as part of doing their school work at home plus using social media or online games. Too much screen time isn't always best. One way to help limit screen time is to agree times with your kids when they won't be going online and encourage them to do other activities instead.

5. Report concerns

If you're concerned about something you've seen or your child has seen online, know where and how to report it. You can report it to the police via the **Child Exploitation and Online Protection Centre** www.ceop.police.uk





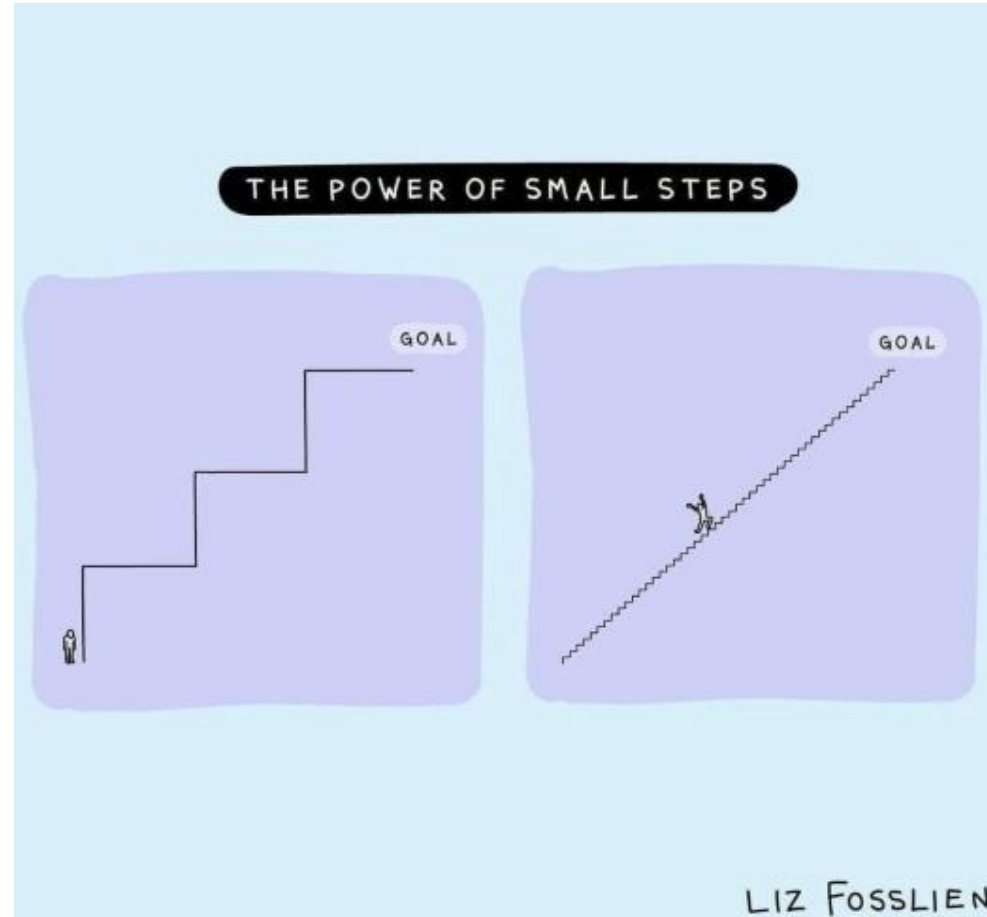
Support with work

- Students should talk to their subject staff.
- Talk to Sixth form office; i.e. their Head of Year
- The library is available at lunchtimes and after school until 4.45pm.
- Study skills will be taught in subject specific settings but a general study session will be run for all to attend to increase their knowledge and skill set on preparing for examinations.
- Subject specific revision sessions are offered by a range of subjects as exams get closer.





Study Advice for Parents and Carers





START EARLY

The more time your child gives themselves to study and revisit work, the more opportunity they have to cover each subject without needing to cram for assessments. They will have more time to practise what they need to learn and consolidate it into their memory.





GET INVOLVED

It is definitely your child's responsibility to revise!
But now and again maybe you could test them on their flashcards. Ask them to explain their mind maps or PowerPoints.





BE ENCOURAGING AND CELEBRATE MINI GOALS

We encourage the students to set themselves a small number of mini goals to achieve at the end of each day.





HELP THEM TO NOT GET DISTRACTED



What distracts your child? Their phone? You Tube? Talk with them to decide the best strategies for avoiding distractions, e.g. phone in a different room when completing homework, preparing for tests, charging phone downstairs.



GET A GOOD BALANCE

Plenty of sleep

Healthy snacks

Going for walks

Exercise





USE HELPFUL APPS

Flipd is an app that stops you procrastinating and keeps you motivated.

[How to use Flipd - YouTube](#)

Quizlet is a way of creating key word flashcards

[Learning tools and flashcards - for free! | Quizlet](#)

Adapt helps you to create your own revision timetable.

[Adapt - free Revision Timetable App for A-level & GCSE \(getadapt.co.uk\)](#)

Seneca has hundreds of tasks linked to specific exam courses

[Free Homework & Revision for A Level, GCSE, KS3 & KS2 \(senecalearning.com\)](#)