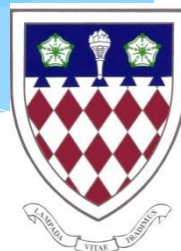


Year 8 Curriculum Evening

Thursday 27th February 2020

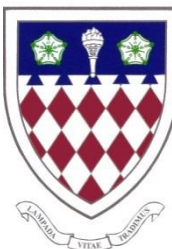


Pastoral Leads

Mrs Spinks
Head of Year

Mrs Schwarz
Head of Main
School (7-10),
Deputy
Safeguarding Lead

Mr Love
Assistant
Head
Teacher

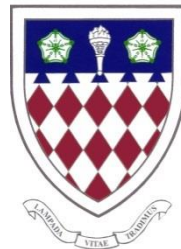


Pastoral Support Coordinator – Mrs Jarvis

“As pastoral support I am often the first point of contact for parents with pastoral concerns. I work closely with Heads of Year and SLT.

I offer advice and support to parents with signposting to relevant agencies and support pupils with an open door policy and through regular meetings. “

“ Part of this support is with a pupil selected group development programme called the ‘My Friends Programme’. This helps students resist peer pressure and increase positivity, which is crucial for their development. The programme builds positive relationships with others through confidence, self-esteem and positive communication using eye contact, brave body language and a speaking voice. “



Teamwork

Form Tutors

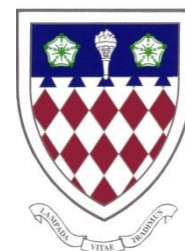
8C – Mrs Busfield/Mrs Hebblewhite

8J – Mrs Aurikko/Miss Goulding

8N – Miss White

8P – Mr Hempsall

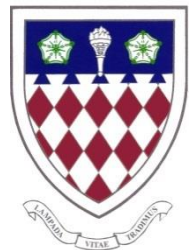
8S – Miss Parker



Year 8 Mentors

Pupil mentors:

- * Mrs J Walker
- * Mrs D Williams
- * Mrs C Chandler

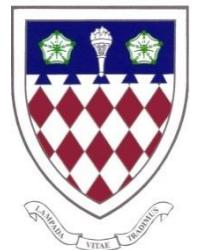


Attendance Officer – Mrs Earl

“Attendance is the key for a student to be successful in their education and future career.

My aim is to inspire perfect attendance in all our students as well as providing any necessary support if students and/or parents/carers have any worries or concerns.

Teamwork is paramount – working together to maintain excellent attendance will ensure that you get the very best out of your educational experience here.”



Attendance

Pupils at Spalding High School really enjoy coming to school and absence is below the national average

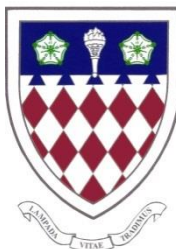
Overall absence was 4.8% in 2018-19

The national average was 5.2% (reported Autumn 2018/Spring 2019)

The % of persistent absentees (10% absence measures) was 7.91%

The national average was 12.7% (reported Autumn 2018/Spring 2019)

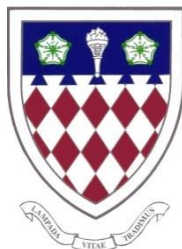
Our absence and persistent absence can be seen to be below the national average



Attendance Matters

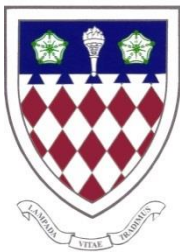
90% attendance =

- **½ day missed every week**
- **4 whole weeks missed in a year**
- **100 lessons missed**
- **Over 5 years = ½ a school year missed**



What Impact Could This Have?

- Research shows that for every 10% non-attendance over a school year a grade at GCSE could be lost
- The greater the attendance the greater the achievement
- There could also be an impact on friendships
- Whilst absent, friendship groups may change

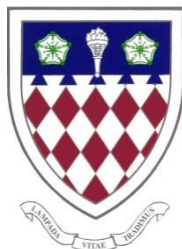


Disciplined

What Students Can Do

- Keep in touch with school work by speaking to a friend who may be able to collect work, photocopy notes or send information about work missed
- Ask for books to be sent home or collected
- Carry out private reading or extended project/course work
- Talk to staff on return to school and seek help and support for catching up on missed work

When absence is for a prolonged period, it may be possible for the school to provide work in some subjects at parental request.



Support in School Following Absence

Have you just returned to school?

Feeling as if you are not coping?

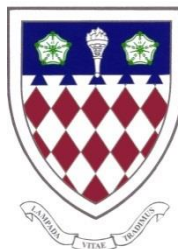


Tell someone....a friend, form tutor, parent or carer, head of year, subject teacher or a member of the support staff

If we know how you are feeling we can help...

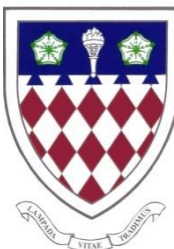


- Form Tutor
- Subject Teachers
- Head of Year
- Pastoral Staff
- Pupil mentors
- Subject – lunchtime sessions
- Homework Club
- Friends
- School Attendance Plans
- Pastoral Support Plans



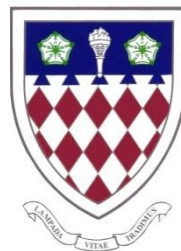
Attendance Reward Scheme

- Excellent attendance is rewarded each year with certificates and a reward scheme is in place
- Pupils with above 97% attendance at the end of each main term (Christmas, Spring, Summer) will be entered into the attendance raffle draw
- If attendance is 100% for the school year pupils will be entered into a prize draw at the end of the Summer term, the prize being a more substantial reward.



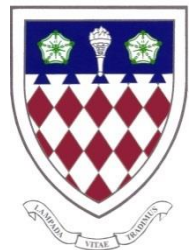
Emotional Wellbeing and Mental Health

- **What is mental health?**
 - How we feel, think and behave
 - How we cope with ups and downs in everyday situations
 - How we cope with ourselves and our lives
 - How we perceive ourselves and our future
 - How stress affects us
 - How we deal with negativity and negative situations that occur in our lives
 - Our self-esteem and our confidence levels



Talking about Mental Health

- ‘11.2% of young people aged 5-16 suffer from a diagnosable mental health disorder.’
- ‘1 in 6 young people will experience an anxiety problem at some point in their lives, so 5 pupils in a class.’
- ‘Over half of all mental ill health starts by the age of 15 and 75% develops by the age of 18.’
- ‘I had a black dog – his name was depression’ (A short film about living with depression)



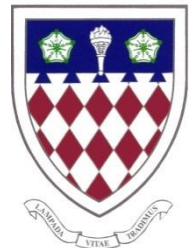
Mental Health and Social Media

The results of a study published in September 2019 suggest that:

‘Teenagers who spend more than three hours a day on social media may have double the risk of mental health problems’

Factors affected are:

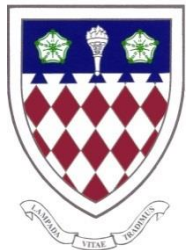
- * Self-esteem
- * Human interaction
- * Sleep
- * Attention span
- * Mental health



Talking to your child about the internet and social media

(YoungMinds' Guide for parents)

- * Have conversations from a young age
- * Lead by example
- * Ask your child about the apps and websites they want to use
- * Set boundaries – but be realistic
- * Reassure them that they can always talk to you
- * Talk about personal information
- * Talk about social media
- * Talk about gaming
- * Talk about cyberbullying
- * Act on warning signs



Emotional Wellbeing Website



Family Services Directory
& Local Offer



Accessibility Help

Home Categories ▾ SEND Local Offer ▾ What's On Contact Us Log in Register

Keyword(s)



Place name or postcode

Categories



My shortlist **0**

[Home](#) / [Categories](#) / [Local Offer for SEN and Disability](#) / [Health](#) / Emotional Wellbeing and Mental Health

Emotional Wellbeing and Mental Health

We want to make sure that young people have access to information and advice in one place, and are aware of local services, that can help support them when experiencing emotional wellbeing, mental health or behavioural concerns. The information provided within this pathway is also designed to help families of children and young people experiencing emotional wellbeing, mental health or behaviour concerns and the professionals working with them.

The pathway aims to provide children and young people, and their families, with better access to the right support at the right time.

I don't know what's wrong, but I need to talk

Alcohol and Drugs

Anger, Fighting and Aggression

Anxiety and Stress

Attachment

Body Image

Bullying

See all results for this section

Actions

NHS Choices

GP

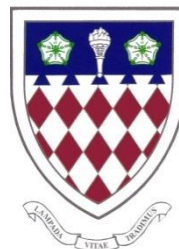
Dentist

Pharmacy

Prescription



postcode



Pride

Spalding High School

Anxiety and Stress

It can be hard to tell the difference between anxiety and stress and the symptoms of both can be the same, you may find it difficult to sleep, eat or concentrate. You may suffer from headaches, stomach cramps breathlessness. Figuring out whether you have Anxiety or stress is one of the first steps to making yourself feel better.

When you are feeling stressed it can be because of big life events like planning a wedding or due to heavy workloads at school or work or parents and friends expectations. Stress is defined as being under too much mental or emotional pressure and can be relieved by removing the event causing the pressure e.g. finishing a school project or talking to your parents about how you are feeling.

If you say "I am worried that I am going to fail my exams" this is a stress related thought, when you add " I am worried that I am going to fail my exams, I will never get a job, my parents secretly hate me and will kick me out" is more an anxious thought. The difference between the two is that one is in the present and is a result of the stressor e.g. exams, the fear or worry about the future and worry about situations that may never happen is anxiety.

Anxiety is when you have feelings of unease, being worried or fearful. Everyone at some point in their life will experience levels of anxiety and it is common to feel tense, or nervous at the thought of a stressful event or decision you might have to make.

What can I do for myself? >

There are some things you can do to help yourself to manage your anxiety.

- **Talk to someone you can trust:** Sometimes just talking to a friend or family member about your worries can help. They may have experienced the situation before and can help talk you through it. Talking to someone and having someone listen in itself can help relieve some of the tension you are feeling.
- **Breathing exercise:** Learning to breath and taking big breaths can help you feel calmer.
- **Reassuring yourself:** You may find it helpful to tell yourself that what your feeling is caused by anxiety, it is not dangerous and soon the feeling will pass. By accepting you are anxious and understanding that soon the feeling will go can make you feel calmer.
- **Physical exercise:** Taking yourself of for a walk or run gives you the opportunity for alone time where you can focus on your thoughts and feelings. Physical exercise is also shown to improve people mood and make them feel happier.
- **Eating a healthy diet:** By removing some stimulants in your diets such as coffee, cigarettes and alcohol has shown to help improve people's moods and help manage the feeling of anxiety.

I've tried this, I need more help >

I've tried Self Referral Services, I need more help >

See all results for this section

▶ Actions

➕ Add to My shortlist

NHS Choices

GP



Dentist

Pharmacy

postcode

Prescription

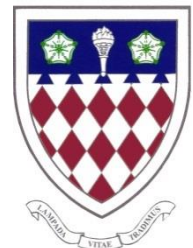
Search

Reset



Thinking about Suicide

Worried about someone else



Healthy Minds Service

[Home](#) | [Our services](#) | [Specialist services](#) | [Healthy Minds Lincolnshire](#)

Healthy Minds Lincolnshire



Healthy Minds Lincolnshire provides emotional wellbeing support to children and young people up to 19 years old (25 if special educational needs/disability or leaving care).

Everyone at some point finds it hard to cope with how they are feeling or what is happening in their life. Healthy Minds Lincolnshire provides early support when you start to feel that life is getting out of control and you need some help to cope.

Emotional wellbeing is about being happy, confident and having good relationships and evidence tells us that early help when issues arise prevents mental health problems arising in the future.

We can help young people with a range of emotional wellbeing concerns e.g. exam stress, worries, low mood, low body image, self-harm, relationship difficulties, low self-confidence.

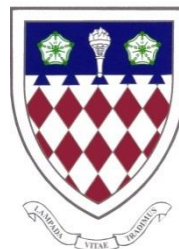
What do we offer?

- Cognitive behavioural therapy (CBT) techniques, which are designed to help young people think about things differently and learn to cope in a more positive way.
- Support and advice to parents and carers.
- Bespoke training to education and children's services professionals designed to build confidence in dealing with emotional wellbeing issues and providing a toolkit to support children and young people's needs.

How to get help

In the first instance please speak to your teacher or another professional who will be able to refer you to the service. If you do not feel you are able to speak to your teacher or another professional you can contact the service directly.

Healthy Minds also offers advice to professionals, young people and parents. Please contact the advice line on 01522 309777. Available Monday to Friday 9:30-4:30



Creative

Online Counselling



Free, safe and anonymous
online support for young people

Monday - Friday 12pm - 10pm
Saturday - Sunday 6pm - 10pm

● online

LOGIN

IN CRISIS?



Need to talk?
We're **online** now to help until
10pm

CHAT TO US NOW

On Kooth you can



Chat to our friendly
counsellors



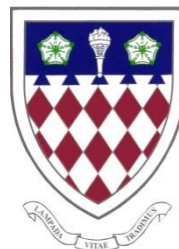
Read articles
written by young
people



Get support from
the Kooth
community

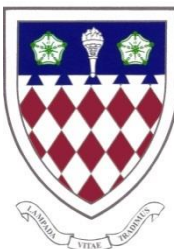


Write in a daily
journal



Support in school

- My Friends programme
- One to one support
- Form tutor
- Pupil Mentor support
- Head of Year
- Pupil support coordinator
- Wellbeing booklet
- Regular meetings
- Mood/emotion journals
- Creating a safety net to meet the students individual needs
- Good communication with parents/carers and school



Helpful information

Childline.org.uk –

Kooth.com -

Lincolnshire.gov.uk/ewb -

Healthy minds -

Youngminds.org.uk -

Youthaccess.org.uk -

Cwmt.org.uk -

0800 1111 (free 24hr)

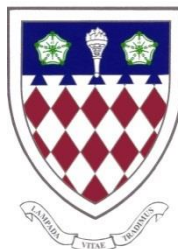
free, safe and anonymous online
support for young people

Support for Emotional
Wellbeing and Mental Health

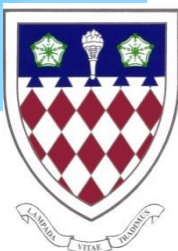
01522309777 Advice Line

Mental Health info and guidance
young people info, advice and
counselling

advice and help for young
people



SHS Assessment & Monitoring



New	Old
9	A*
8	
7	
6	B
5	
4	
3	D
2	
1	

New

Old

9

A*

8

A

7

6

B

5

C

4

3

D

2

E

1

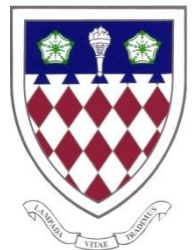
F

G

Autumn	Spring	Summer	
Effort Grade only	4-5 band	4-5	4-5+
	6-7 band	6-7	6-7+
	8-9 band	8-9	8-9+
	Effort Grade	Effort Grade + Full Report	

Projected Grade

- * *“Based on the work you have produced that I have seen and marked, assessments and tests, the effort you make, the extra work you put into this course and from what I know about you, **if you continue as you are**, the most likely grade band you will achieve at the end of the course, at this point in time, is....”*



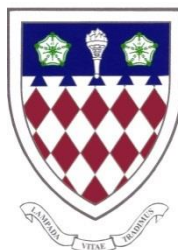
Subject	GCSE Grade Bands	Effort
Art & Design	4-5	E
Computing	6-7	AE
Design Technology	4-5	E
Drama	4-5	E
English	4-5	AE
French	4-5	E
Geography	8-9	O
History	4-5	E
Latin	4-5	E
Mathematics	6-7	AE
Music	4-5	E
Physical Education	8-9	O
Religious Education	4-5	E
Science	4-5	E

Year 8 Curriculum Choices for Year 9 September 2020

Subjects that start teaching GCSE in Year 9:

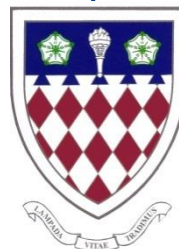
- English Language and Literature
- Maths
- Biology
- Chemistry
- Physics
- Religious Studies
- French

All other subjects start to introduce GCSE work as the year progresses



Reasons for the Curriculum Change

- Growing content of new GCSE specifications
- Challenge of starting GCSE work in many subjects
- Need to allocate more curriculum time to English and Mathematics
- To address pupil, parent and staff concerns over pupils' workload, including homework
- To teach pupils in a mix of groupings rather than having most lessons in their form groups
- Pupils often know in Year 8 which subjects they definitely do not want to continue with to GCSE

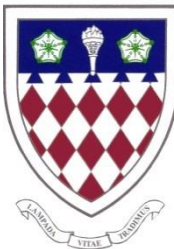


The Choices

- The arts block
- The technology block

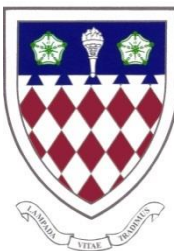
Remember –

You are **NOT** making your GCSE choices



Arts Block Choice

- From Art, Drama and Music rank the top two subjects you wish to study in Year 9:
- **First Choice:** _____
- **Second Choice:** _____



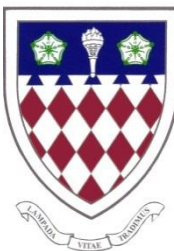
Technology choice

TECHNOLOGY BLOCK CHOICE:

From Food & Nutrition, Design & Technology and Textiles, select your choices:

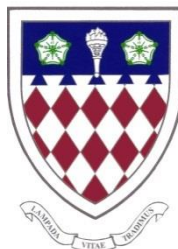
	Food & Nutrition	Design & Technology	Textiles	
1 st choice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2 nd choice*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Don't mind*

***I understand this might not be guaranteed.**



Key Dates

- Year 8 Parents' evening – **Wednesday 18th March**
- Deadline for choices forms – **Tuesday 21st April**



Study Skills

- **Communication**
- Listen carefully and ask if you are unsure
- Write your homework down so that you know what to do
- **Organisation**
- Arrange your work in order of priority
- Check off assignments/tasks when they have been completed
- Hand in work on time
- Divide lengthy or difficult assignments/ tasks into manageable chunks
- **Independent learning**
- Go over your day's work at home to help
- Take time to review your work returned by your teacher
- Commit yourself to a revision schedule and stick to it

