



Saint Cecilia's
Church of England School

Year 11 Parents' Information Meeting

www.saintcecilias.london



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Year 11 Parents' Information Meeting
Mr. Alex Bishop (Year Leader for Year 11)

**“Some people want it to happen,
some wish it would happen, others
make it happen.”**

Welcome to Year 11

- Your child is halfway through the race.
- For many, it's been a great start.
- For one or two, not so, but there is still time to put things right – that must start now.
- It is important to remember that their GCSEs are a stepping stone.
- What do they want to do next and what do they need to do to achieve it?



Priorities this year

- To give your child the best possible opportunity to succeed.
- We will do all we can to maximise their chances.
- This needs to be reciprocated by your child.
- What are we going to ask of them?



Priorities this year

- That they attend school!
- That they are on time!
- That they behave appropriately!
- They do the best they can!



Attendance

Name	Filter Value	Stu Count	Total P8
Attendance	84% or Below	34	-0.34
Attendance	85% - 95%	91	0.17
Attendance	96% or Above	21	0.98



Punctuality

- Aim for 8:30am
- It's pretty good in this year group – 206 minutes was the highest missed last year....3 and a half hours



Health

- Is your child healthy?...
- **Mental**
 - Academically able in line with their targets
- **Social**
 - Do they have a stable, positive social group who they see and speak to... not just on social media
- **Physical**
 - Sport and exercise including play
 - Diet



Getting a Balance

- It is important that your child has a balanced life both inside and outside of school.
- All work and no play is not good for anybody!
- What does your child do that gives them a balanced lifestyle?
- *Screens* 😞



Revision, Revision, Revision...

- Start now
- Break down information
- Take breaks
- Practice

Specifications

- <https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>
- Each subject has their specification link on the school website
- Tutors!

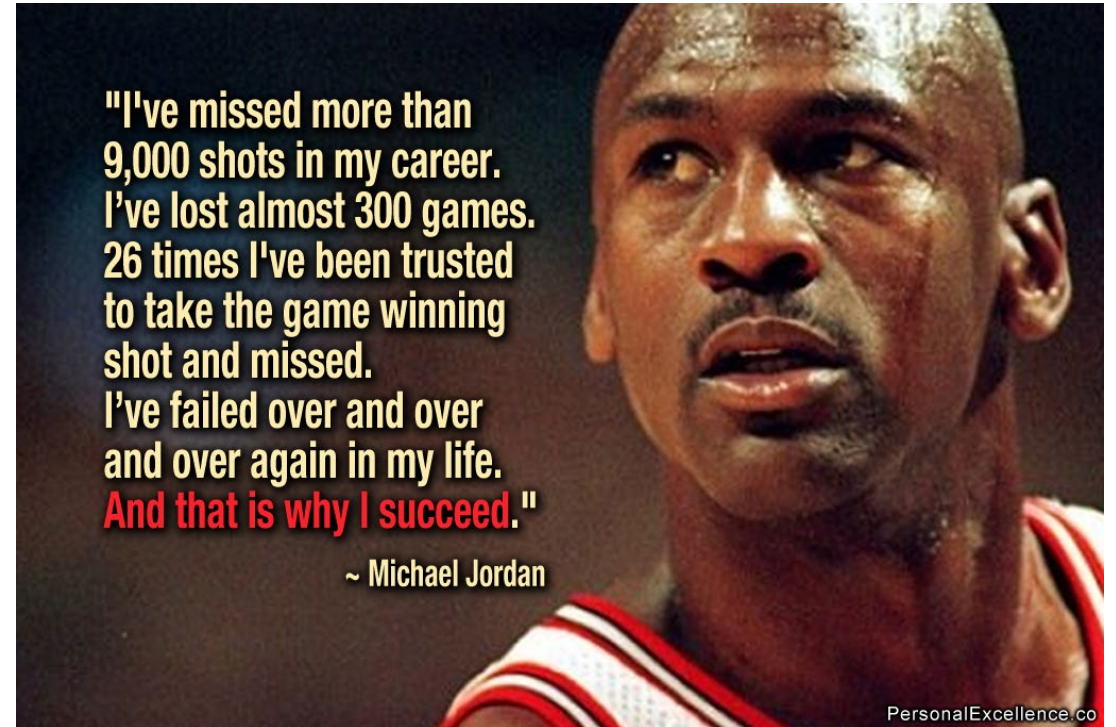
But I don't know how to break it down...

- Decide what you need to know (past papers, key topic list, assessment feedback)
- How much do you know?
- Research
- Recreate (mind map, bullet points, post it notes, story it, powerpoint, sing it, say it)
- Test yourself
- Start again!



Resilience – focus for the year group!

- Show up
- Build your self confidence.
- Learn from your mistakes and failures.
- Choose your response.
- Maintain perspective.
- Set yourself some goals.



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Mrs Anessa Lee (Assistant Headteacher)

Support systems and guidance for mental health

- Home support:

- Boundaries and routines at home around social media and digital use
- Healthy habits around sleep, food and exercise
- Space and time to decompress
- Communication
- Equipped and ready to learn



Support systems and guidance for mental health

- **School support:**

- Mentor is the first port of call
- Year leader
- Safeguarding Team
- SEND team and SENCO
- Chaplain
- iwantotalk@saintcecilias.london
- Thursday 16th November 6.30-8pm: A mind of their own: building children's emotional wellbeing with Alex Shoderu (Chaplain)



Support systems and guidance for mental health

- NHS support

- Lots of information on the school website
- <https://www.saintcecilias.london/well-beingsupport>



Support out of School

We have collated a number of resources for pupils and students or parents/carers, all of which can be accessed below.

Support during school holidays

This is a list of organisations that can help during school holidays. It includes numbers to call in an emergency or crisis and many are open to you 24/7.

Resources for pupils and students

- [Kooth.com](#) is an South-West London NHS online counselling service for young people if you prefer to text rather than talk
- You may have heard about 'Everyone's Invited', a site where young people can anonymously post incidences of sexual assault. If you need to report a crime but want to do this in confidence, [Fearless](#), is a service you can use. It allows young people to pass on information about crime 100% anonymously. This means you don't have to give them any personal details. You can also contact the new NSPCC's helpline (0800 136 663) for people who have experienced sexual harassment or abuse in education. If you would rather email them, [their address is here](#).
- This excellent leaflet for young people from [Catch 22](#) is full of information about organisations that can help you. There are email addresses, phone numbers and apps for you to use.

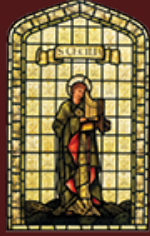


Resources for parents and carers

- If your child has a mental health emergency, contact the Crisis Duty Hotline for help. If you are concerned about an immediate risk of physical harm, call 999 or go to A&E.
- Out of school, at weekends and holidays there are various organisations you can contact if you need help or support. Access a full list here provided by CAMHS. The NHS has also supplied us with two additional lists of support for children, young people and their families. One is a list of useful contact numbers and the second is a map of all support available across the borough.
- If you are concerned about a child please email safeguarding@saintcecilias.london during term time or contact MASH (Multi-Agency Safeguarding Hub) for immediate year-round concerns: mash@wandsworth.gov.uk or 020 8871 6622.
- For supporting your child with general mental health information and self-care, here is a series of leaflets on stress, depression and anxiety.
- Supporting your teenager with anxiety - video from Children's and Young People's Wellbeing
- Parenting teens in times of uncertainty - video from Children's and Young People's Wellbeing
- If you are concerned or have seen risky or inappropriate images or content posted or shared online, contact NSPCC, UK Safer Internet Centre, ThinkUKnow or Internet Matters. You can also contact TALK at the Internet Watch Foundation if you are concerned your child is a victim of online sexual abuse.
- Other organisations you can reach out to for support are YoungMinds, Mind and WhereToTalk, the UK guide to talking therapies.
- This excellent leaflet for parents and carers from Catch 22 is full of information about organisations that can help you. There are email addresses, phone numbers and apps for you to use.

Really useful videos for parent, created by SWL CCG NHS – they were workshops that have been recorded





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"Glorifying God through outstanding, enjoyable education"

Thank you for your time this evening.