



YEAR 10
SUPPORTING SUCCESS 2026

PROGRAMME FOR THE EVENING



Mrs Jenkins - Deputy Headteacher (Curriculum and Progress)
Route through Years 10 and 11; NEA components and how to organise yourself



Mrs Wright, Miss Pankhurst and Mrs Clipsham

English Language and Literature; Mathematics and Science



Mr Sidell – Lead Practitioner

Technical - Google Classroom, Useful websites, After school revision sessions and morning intervention



Mr Flanagan

Attendance and outcomes



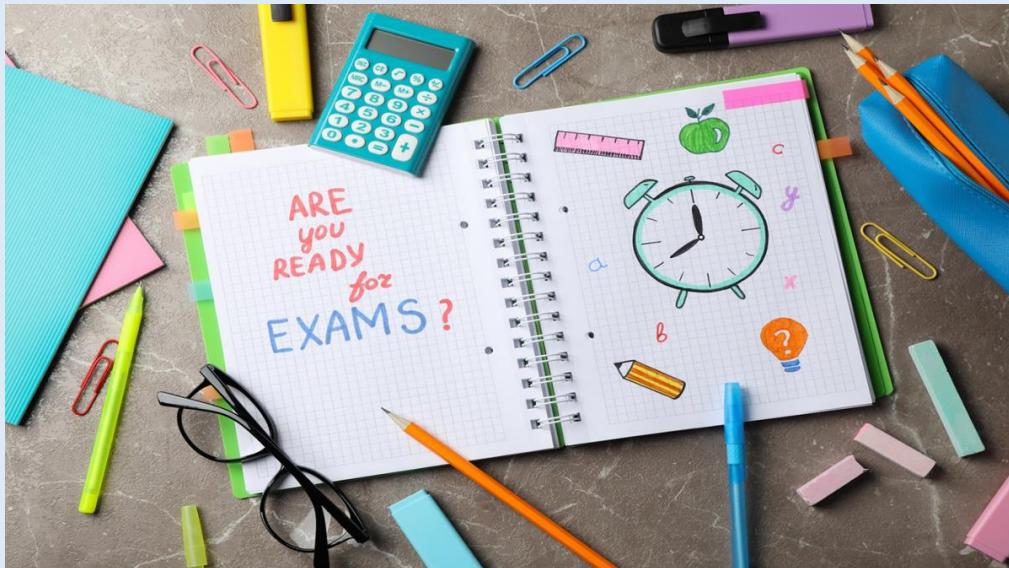
Mrs Adams

Exam anxiety and stress, work experience



Chance to talk to subject teachers - see map

Where you are this time next year?



Examination timeline and guidance regarding mock exam papers

***Ofqual has provided guidance to teachers to save evidence of student performance, this includes Mock exam results.**

Christmas Year 10	Submission on coursework for Sports Studies
Coursework for Easter Year 10	Submission on coursework for Child Development and iMedia
June/July	Written Mocks Practical Mocks
Nov Mocks (All subjects)	Practical Mocks: early November Dance: Actual GCSE Practical (Component 1) Drama: Actual GCSE Devising (Component 1) Written Mocks: mid November – early December*
Coursework for Christmas	Child Development, Sports Studies, iMedia
Early Actual Practical Exams	English Spoken Endorsement: early January 27 Dance Practical Exam: early January 27 Drama window mid - end of March 27 Dance Actual Practical Exam: end of March 27
March Core Mocks	Core (English, Maths, Science and History) February – March Final tweaks on Tiers of Entry MFL Speaking Mock Exams: March
Coursework for Easter Year 11	Hospitality and Catering, Engineering and Business Studies
Formal Practical Exams	Hospitality and Catering April 2027 Art: April 2027 Photography: April 2027 Spanish Speaking: end of April French Speaking: end of April
Written Exams	May – end of June Contingency day (national disruption) Students should not book holidays until after the contingency date.



GCSE ENGLISH LITERATURE



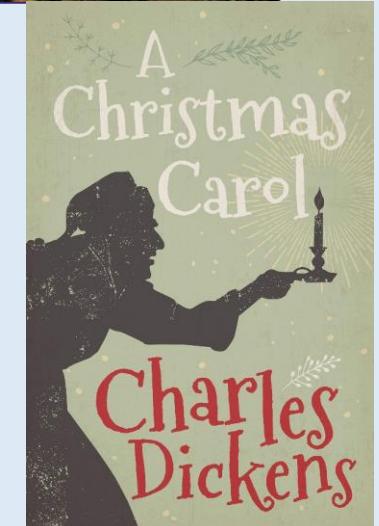
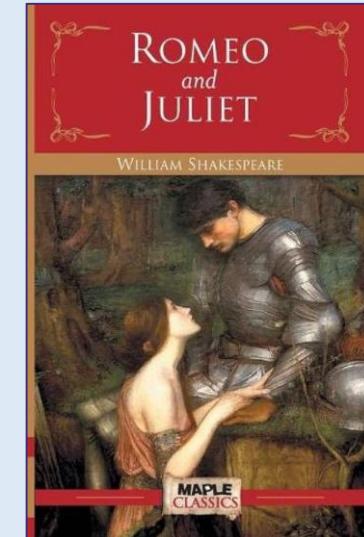
**Afterschool support:
Please check with your teacher**

GCSE ENGLISH LITERATURE



Paper 1

- 1 hour 45 mins (some students get extra time)
- Section A: One question on *Romeo and Juliet*
- Section B: One question on *A Christmas Carol*



CLOSED BOOK

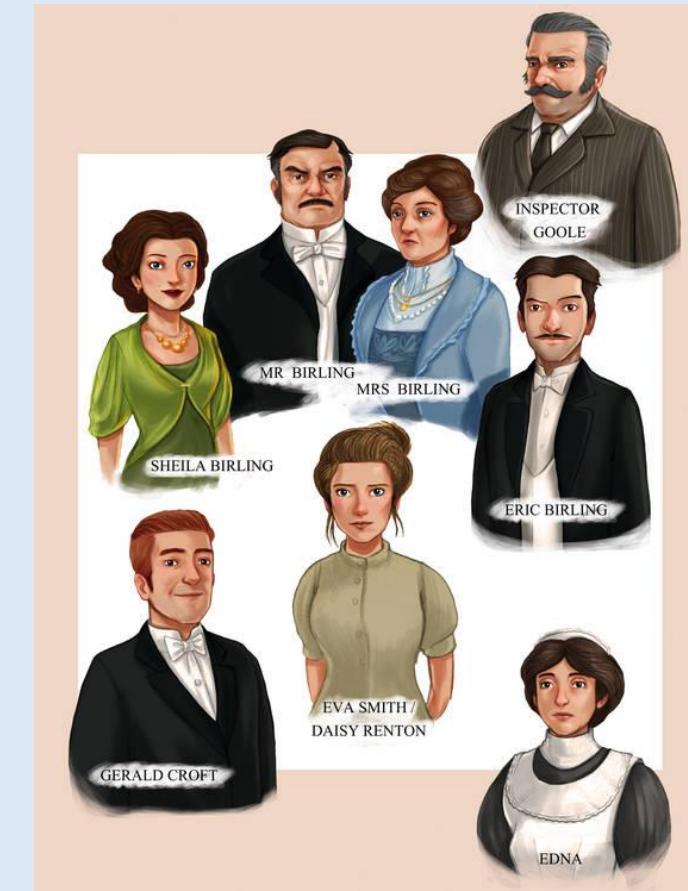
GCSE ENGLISH LITERATURE



Paper 2

- 2 hours 15 mins
- Section A: One question on *An Inspector Calls*
- Section B: One question on *Power and Conflict Poetry*
- Section C: One question on Unseen Poetry
- One comparison of two unseen poems

CLOSED BOOK





Top Tips:

- Reread or watch the core texts
- Memorise key quotations
- Practise analysing those key quotations
- Identify key themes in each text – what quotations, plot points, big ideas and context match those themes?
- Complete past papers and hand to your teacher to mark and feedback.
- Don't just revise the texts that you are most familiar with.
- Identify literary techniques but explore the effects of those techniques.
- Practise unseen poetry questions too.

Useful Links:

[Benji English Revision Website](#)

[Paper One Past Papers](#)

[Paper Two Past Papers](#)

[BBC Bitesize](#)

[Seneca](#)

[SparkNotes](#)

[Mr Bruff Revision Videos](#)

What should I revise?

AQA - 'Romeo and Juliet' – 'A Christmas Carol' – 'An Inspector Calls' – 'Power and Conflict Poetry'

Plot – Big Ideas – Themes – Key Quotations – Literary/Poetic Techniques – Context



GCSE ENGLISH LANGUAGE



Afterschool Support :
Please check with your teacher

GCSE ENGLISH LANGUAGE



Language Paper 1:

- 1 hour 45 mins
- Section A: Reading
 - One fiction extract, answer four questions
- Section B: Writing
 - One creative/descriptive task

GCSE ENGLISH LANGUAGE



Language Paper 2:

- 1 hour 45 mins

- Section A: Reading

Two non - fiction extracts, answer four questions

- Section B: Writing

One persuasive/argumentative task

English Language Homework

Weekly expectation:

Reading Plus – one hour

Booklet – question/vocabulary practice (30-40 mins)

English Literature Homework

Weekly expectation:

Booklet – questions on key quotations (30 mins)



An Introduction to Reading Plus Homework

For parents and guardians

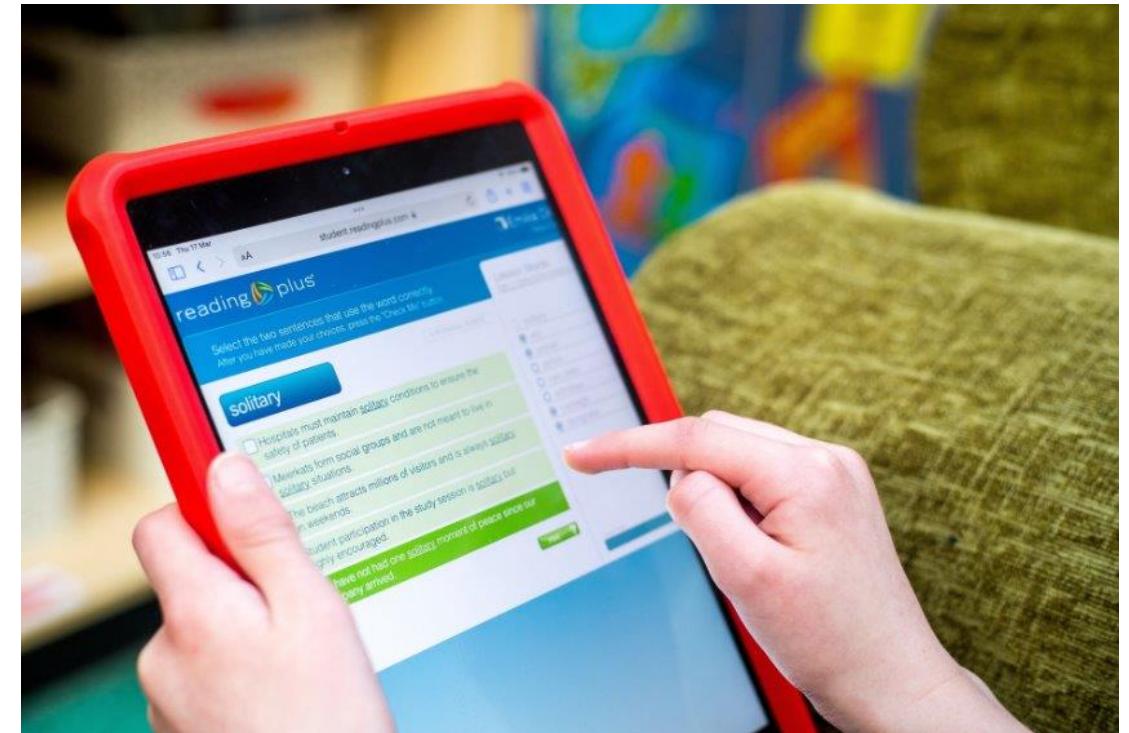


What is Reading Plus?

Reading Plus is an online programme that helps students strengthen the reading skills needed for success in their GCSEs and beyond.

Through Reading Plus, your child will:

- **Build vocabulary** – learning new words that support stronger writing and analysis.
- **Improve comprehension** – developing deeper understanding of texts across all subjects.
- **Increase reading speed and stamina** – enabling them to read exam papers more confidently and manage time effectively.

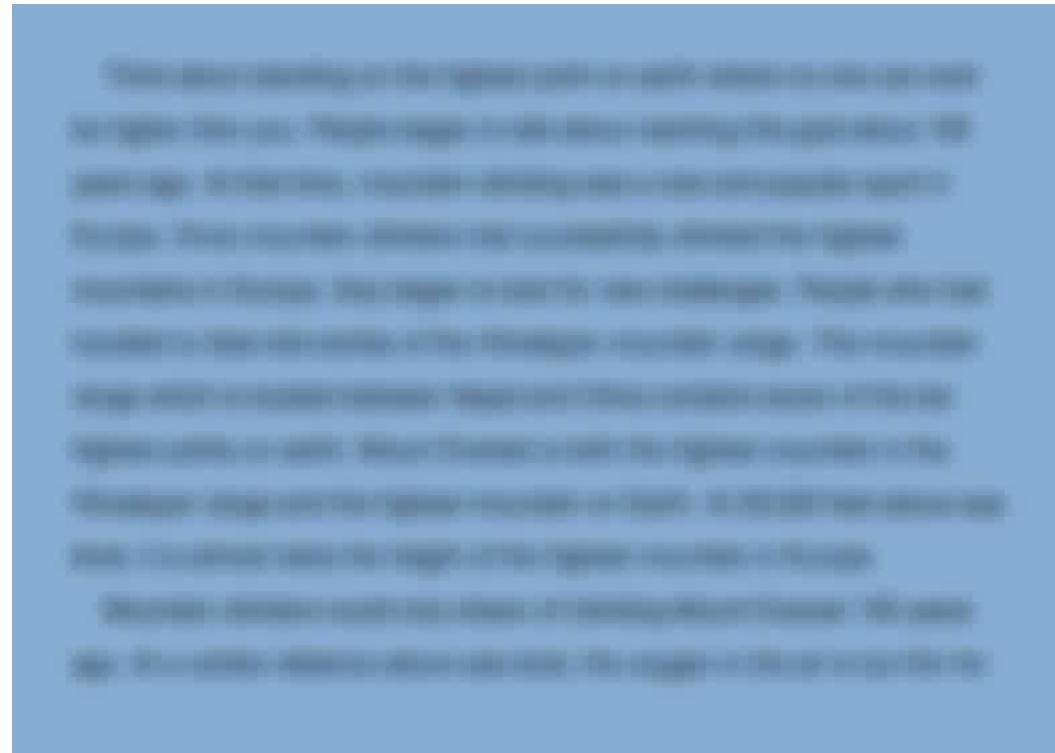


How does Reading Plus work?

- When students first log in, they complete an assessment which sets their starting level.
- They can then **choose from over 1,200 engaging texts** – including fiction, non-fiction, and subject-based reading.
- The programme tracks their progress and recommends texts to **broaden their reading range**.
- Each week, students are expected to:
 - Complete **5 reading tasks** (with 10 comprehension questions each) **AND**
 - Complete **1 vocabulary task** to strengthen word knowledge
 - **OR**, as set individually by their teacher
- The system adapts to each student, ensuring they are always working at the **right level of challenge** to make progress.

The Guided Window

- **The Guided Window** blocks out other lines of text on the page so students can focus on the line they are reading.
- This stops their eyes from getting distracted, jumping ahead, or falling behind.
- The speed of the box is set to each student's needs. **Students may have the option to increase the speed of the window when they score above 80% in the end-of-story tests.**



A video of the Guided Window in action.



GCSE MATHEMATICS



Y10 and Y11 Mathematics After-School Sessions

2025 - 2026

	Monday	Tuesday	Wednesday	Friday
Year 11	Y11 Higher Grades 7-9 MFa in MA4	Y11 Higher Grades 4-7 EPh in MA5	Y11 Higher Grades 4-7 EPh in MA5	Y11 Higher Grades 7-9 ALo in MA7
Year 10	Y11 Foundation Grades 3-5 KJe in MA8	Y11 Foundation Grades 3-5 JPa/ZDo in MA3/MA6	Y11 Foundation Grades 1-3 NWr in MA12	Y11 Higher Grades 4-7 KWa in MA1
	Y11 & 10 Foundation Grades 1-5 JPa in MA3			Y11 Foundation Grades 4-5 APh in MA10
				Y11 & 10 Foundation Grades 1-5 JPa in MA3
Year 10	Y10 Higher Grades 7-9 ALo in MA7	Y10 Higher Grades 4-9 KJe/JCh in MA8	Yr10 Higher Grades 4-9 JCh in MA8	Y10 & 11 Foundation Grades 1-5 JPa in MA3
Year 11	Y10 & 11 Foundation Grades 1-5 JPa in MA3		Yr10 Higher Grades 4-7 ZDo/KWa in MA6/MA1	
			Y10 Foundation Grades 3-5 JPa in MA3	

You are welcome to attend as many of the sessions as you like, with any maths teacher, appropriate to your tier of entry.

The ICT facilities in the maths department are also available every day to support students in their independent study at break, lunch and before/after school.



GCSE MATHEMATICS

Exam board: AQA Specification code: 8300



- **3 written exam papers each **equally weighted****
- **Foundation tier – covering grades **1 to 5****
- **Higher tier – covering grades **4 to 9****
- **Each exam paper consists of a **mix of question styles**, from short, single-mark questions (including multiple choice) to multi-step problems.**
- **The mathematical demand increases as a student progresses through the paper.**
- **Tier of Entry is **NOT** shown on your result sheet**

GCSE MATHEMATICS



Perimeter, area and volume

Where a and b are the lengths of the parallel sides and h is their perpendicular separation:

$$\text{Area of a trapezium} = \frac{1}{2} (a + b) h$$

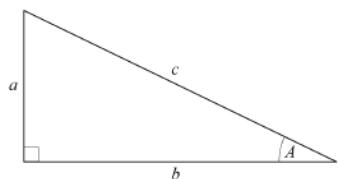
Volume of a prism = area of cross section \times length

Where r is the radius and d is the diameter:

$$\text{Circumference of a circle} = 2\pi r = \pi d$$

$$\text{Area of a circle} = \pi r^2$$

Pythagoras' Theorem and Trigonometry



In any right-angled triangle where a , b and c are the length of the sides and c is the hypotenuse:

$$a^2 + b^2 = c^2$$

In any right-angled triangle ABC where a , b and c are the length of the sides and c is the hypotenuse:

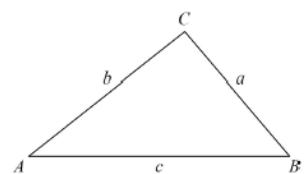
$$\sin A = \frac{a}{c} \quad \cos A = \frac{b}{c} \quad \tan A = \frac{a}{b}$$

In any triangle ABC where a , b and c are the length of the sides:

$$\text{sine rule: } \frac{a}{\sin A} = \frac{b}{\sin B} = \frac{c}{\sin C}$$

$$\text{cosine rule: } a^2 = b^2 + c^2 - 2bc \cos A$$

$$\text{Area of triangle} = \frac{1}{2} ab \sin C$$



Compound Interest

Where P is the principal amount, r is the interest rate over a given period and n is number of times that the interest is compounded:

$$\text{Total accrued} = P \left(1 + \frac{r}{100}\right)^n$$

Where $P(A)$ is the probability of outcome A and $P(B)$ is the probability of outcome B :

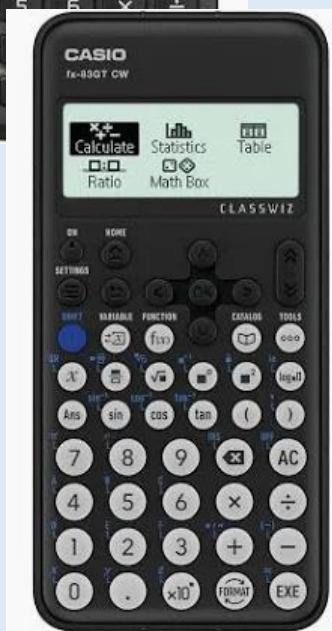
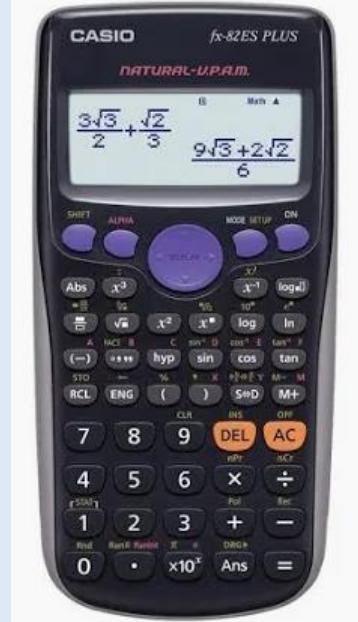
$$\begin{aligned} P(A \text{ or } B) &= P(A) + P(B) - P(A \text{ and } B) \\ P(A \text{ and } B) &= P(A \text{ given } B) P(B) \end{aligned}$$

• In addition to the subject content, children should be able to recall, select and apply mathematical formulae.

• The Department for Education (DfE) and Ofqual has confirmed that students taking exams in 2026 and 2027 will not need to memorise the usual formulae for GCSE Maths.

• This means that full equations and formulae sheets will be provided for these subjects in the 2026 and 2027 exams only.

GCSE MATHEMATICS



- A **scientific calculator** is required for paper 2 and paper 3. This is provided but could be any model. We recommend each child has their own calculator that they know how to use.
- Various models are available, we prefer the older models (pre-2025) but most 'Casio scientific calculator' are fine. Email a picture to your child's maths teacher if you'd like to check a particular model.
- We also recommend that each child has their own **geometry set** consisting of a protractor, pair of compasses and ruler.

GCSE MATHEMATICS



Paper 1

AQA

Please write clearly in block capitals.

Centre number Candidate number

Surname _____
Forename(s) _____
Candidate signature _____

**GCSE
MATHEMATICS**

Foundation Tier Paper 1 Non-Calculator

F

Thursday 24 May 2018 Morning Time allowed: 1 hour 30 minutes

Materials
For this paper you must have:

- mathematical instruments

You must not use a calculator.

Instructions

- Use black ink or black ball-point pen. Draw diagrams in pencil.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- You may ask for graph paper, tracing paper and more answer paper. These must be tagged securely to this answer book.

Advice

- In all calculations, show clearly how you work out your answer.

Barcode
JUN1883001F01

8300/1F

AQA

Please write clearly in block capitals.

Centre number Candidate number

Surname _____
Forename(s) _____
Candidate signature _____

**GCSE
MATHEMATICS**

Higher Tier Paper 1 Non-Calculator

H

Thursday 24 May 2018 Morning Time allowed: 1 hour 30 minutes

Materials
For this paper you must have:

- mathematical instruments

You must not use a calculator.

Instructions

- Use black ink or black ball-point pen. Draw diagrams in pencil.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- You may ask for more answer paper, graph paper and tracing paper. These must be tagged securely to this answer book.

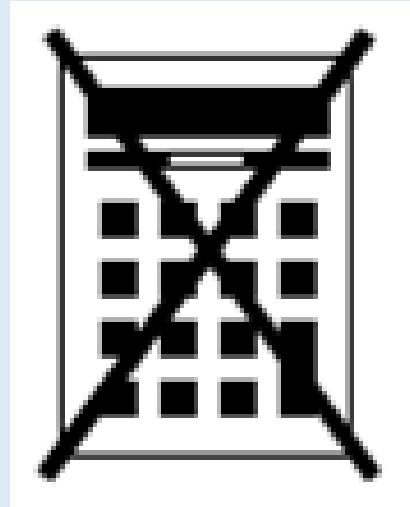
Advice

- In all calculations, show clearly how you work out your answer.

Barcode
JUN1883001H01

8300/1H

- **1 hour 30 minutes**
- **80 marks**



GCSE MATHEMATICS



Paper 2

- 1 hour 30 minutes
- 80 marks

AQA

Please write clearly in block capitals.

Centre number Candidate number

Surname _____
Forename(s) _____
Candidate signature _____

GCSE
MATHEMATICS

Foundation Tier Paper 2 Calculator

F

Thursday 7 June 2018 Morning Time allowed: 1 hour 30 minutes

Materials

For this paper you must have:

- a calculator
- mathematical instruments.

Instructions

- Use black ink or black ball-point pen. Draw diagrams in pencil.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- You may ask for more answer paper, graph paper and tracing paper. These must be tagged securely to this answer book.

Advice

- In all calculations, show clearly how you work out your answer.

JUN18003002F01 8300/2F

AQA

Please write clearly in block capitals.

Centre number Candidate number

Surname _____
Forename(s) _____
Candidate signature _____

GCSE
MATHEMATICS

Higher Tier Paper 2 Calculator

H

Thursday 7 June 2018 Morning Time allowed: 1 hour 30 minutes

Materials

For this paper you must have:

- a calculator
- mathematical instruments.

Instructions

- Use black ink or black ball-point pen. Draw diagrams in pencil.
- Fill in the boxes at the top of this page.
- Answer all questions.
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- Do all rough work in this book. Cross through any work you do not want to be marked.

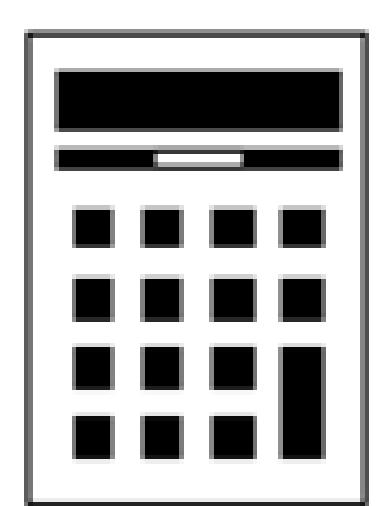
Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- You may ask for more answer paper, graph paper and tracing paper. These must be tagged securely to this answer book.

Advice

- In all calculations, show clearly how you work out your answer.

JUN18003002H01 8300/2H

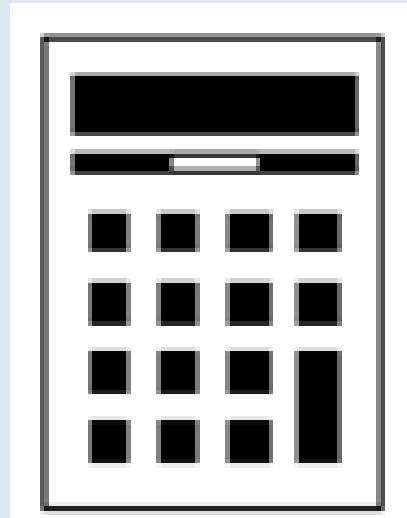


GCSE MATHEMATICS



Paper 3

- 1 hour 30 minutes
- 80 marks



AQA

Please write clearly in block capitals.

Centre number Candidate number

Surname _____
Forename(s) _____
Candidate signature _____

GCSE
MATHEMATICS

Foundation Tier Paper 3 Calculator

Tuesday 12 June 2018 Morning Time allowed: 1 hour 30 minutes

Materials

For this paper you must have:

- a calculator
- mathematical instruments.

Instructions

- Use black ink or black ball-point pen. Draw diagrams in pencil.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 80.
- You may ask for more answer paper, graph paper and tracing paper. These must be tagged securely to this answer book.

Advice

- In all calculations, show clearly how you work out your answer.

For Examiners Use

Pages	Mark
2-3	
4-5	
6-7	
8-9	
10-11	
12-13	
14-15	
16-17	
18-19	
20-21	
22-23	
24-25	
26-27	
TOTAL	

F

JUN1803003F01 8300/3F

AQA

Please write clearly in block capitals.

Centre number Candidate number

Surname _____
Forename(s) _____
Candidate signature _____

GCSE
MATHEMATICS

Higher Tier Paper 3 Calculator

Tuesday 12 June 2018 Morning Time allowed: 1 hour 30 minutes

Materials

For this paper you must have:

- a calculator
- mathematical instruments.

Instructions

- Use black ink or black ball-point pen. Draw diagrams in pencil.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
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Information

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- The maximum mark for this paper is 80.
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Advice

- In all calculations, show clearly how you work out your answer.

For Examiners Use

Pages	Mark
2-3	
4-5	
6-7	
8-9	
10-11	
12-13	
14-15	
16-17	
18-19	
20-21	
22-23	
24-25	
TOTAL	

H

JUN1803003H01 8300/3H



MEAT SHEETS

Name:	Class	Form:	Target:	Grade:
			4-	5-
AQA 8300 June 2017 Paper 1F (non-calculator)				
1 Time - converting hours/mins (KS3 clip N7b)	1	1		
2 Adding fractions and decimals (clip 84, 17, 71)	1	1		
3 Properties of polygons (clip 10)	1	1		
4 Solving 1 step equations (clip 135)	1	1		
5 Multiplying 2 digit numbers (clip 19)	3	3		
6a Frequency trees, fractions and % of an amount (clip 57, 72, 87)	4	4		
6b Writing a fraction, simplest form	2	2		
7 Estimation (clip 91)	2	2		
8 Money calculations (clip 22b)	6	3		
9 Dividing decimals by 2 digits (clip 20, 67)	2	2		
10 Multiplying fractions, mixed numbers (clip 73, KS3 clip N35)	2	0		
11 Perimeter (clip 52)	4	4		
12 Substitution (clip 95)	5	5		
13 BIDMAS (clip 75)	3	0		
14 Sample spaces, probability, primes (KS3 clip P2b, clip 59, 28)	5	5		
15 Sharing in a ratio (clip 38, 106)	3	3		
16a Substituting into an equation	2	2		
16b Plotting straight line graphs ($y=mx+c$) (clip 96)	2	n		
17 Index notation (clip 34, 131)	1	0		
18 Place value, standard form (clip 1, 83)	2	0		
19a Converting units of measure (no clip)	2	2		
19b Writing a formula (clip 137)	2	0		
20 Area of a square & circle (in terms of pi) (clip 53, 117)	3	0		
21 % of an amount, money calculations (clip 87, 22b)	5	5		
22a Compound measures - density (clip 142, KS3 clip R11b)	1	1		
22b Compound measures - speed (clip 142, KS3 clip R11a)	1	1		
23 Exterior angles in polygons (clip 123)	2	1		
24 Understanding fractions and ratio (clip 107)	1	0		
25 Averages from a table (clip 130a, 130b)	4	1		
26 Product of prime factors (clip 78)	3	3		
27 Exact trig values (clip 173)	1	0		
28 Simultaneous equations (clip 162)	3	0		
Total:	80	53		
		66%		
		5-		
AQA 8300 June 2017 Paper 2F (calculator)				
1 Units (clip N7a)	1	1		
2 Multiples (clip 28)	1	1		
3 Converting fractions to decimals (clip 84)	1	1		
4 Inequality sign (A20a)	1	1		
5 use of a calculator (clip 77) rounding (clip 32)	2	2		
6 pictograms (clip 16)	3	3		
7 median (clip 62)	2	2		
8a directions and bearings (clip 124)	1	0		
8b directions and bearings (clip 124)	1	0		
8cd scales/distances from maps (no clip)	4	4		
9 Bank statements (no clip)	2	2		
10 Fractions of an amount (clip 72)	2	2		
11 two step equations (clip 135a)	2	2		
12a scatter graphs (clip 129)	2	1		
12bc range, % amount	6	4		
13 angles around a point (clip 45)	2	2		
14 converting units (no clip)	3	0		
15 sequences (clip 104)	2	2		
16 writing ratio (clip 38)	1	1		
17 converting percentages to fractions. (Place value) (clip 85)	1	1		
18 Money problems including percentages (clip 22b, 86)	6	6		
19 Understanding ratio (clip 38)	2	1		
20 Simple probability (clip 59)	2	1		
21 Volume and rates of changes (clip 115)	6	6		
22 Pythagoras (clip 150b)	3	0		
23 distance time graphs (clip 143)	4	1		
24 pie charts (clip 128a)	3	1		
25 Problem solving, (fractions, probability and expressions) (no clip)	4	0		
26 Plotting a quadratic curve (clip 98)	4	2		
27 ordering numbers/standard form (clip 83)	2	2		
28 rearranging formula (clip 136, 190)	2	0		
29 trig in right angled triangles (clip 168)	2	0		
Total:	80	52		
		65%		
		4+		
AQA 8300 June 2017 Paper 3F (calculator)				
1 ordering negative numbers (clip 23)	1	0		
2 writing expressions (clip A3, A2, A4)	1	1		
3 ordering fractions (clip 70)	1	1		
4 Indices (clip 29)	1	1		
5a simplifying/collecting like terms (Clip A6, A7a)	2	1		
5b expanding a single brackets and collecting like terms (clip A6, 93)	3	3		
6 Methodical organisation (no clip)	4	4		
7 Function machines (clip 36)	2	2		
8a Interpreting a dual bar chart (clip 15)	1	1		
8b calculating mean	2	2		
8cd reading dual bar chart	3	2		
9 factors and simple probability (clip 28, 59)	3	3		
10 area of rectangles and triangles (clip 53, 54)	3	3		
11 Time (clip N7b)	3	3		
12 ordering, fractions, percentages and decimals (clip 85)	2	2		
13a Tangents (clip 116)	1	1		
13b area counting squares (clip 116)	1	1		
14 Plan views and elevations and naming solids (clip 51, 43)	2	2		
15 cube numbers (clip 81)	3	3		
16 similar triangles (clip 144)	3	2		
17 ratio and number lines (scales) (clip 38, 4)	2	0		
18 Best buys (clip 41)	5	1		
19 substitution (clip 95)	4	2		
20 fractions and percentages (clip 72, 86)	3	3		
21 Ratio (clip 106)	3	0		
22a congruent shapes (clip 12b)	1	0		
22b congruent shapes (clip 12b)	1	0		
23 bounds (clip 132, 206)	4	3		
24 angles in parallel lines (clip 120)	7	0		
25 fractions of an amount and probability (clip 72, 59)	5	5		
26 factorising a quadratic (clip 157)	1	1		
27 inequalities (clip 139)	2	0		
Total:	80	53		
		66%		
		5-		



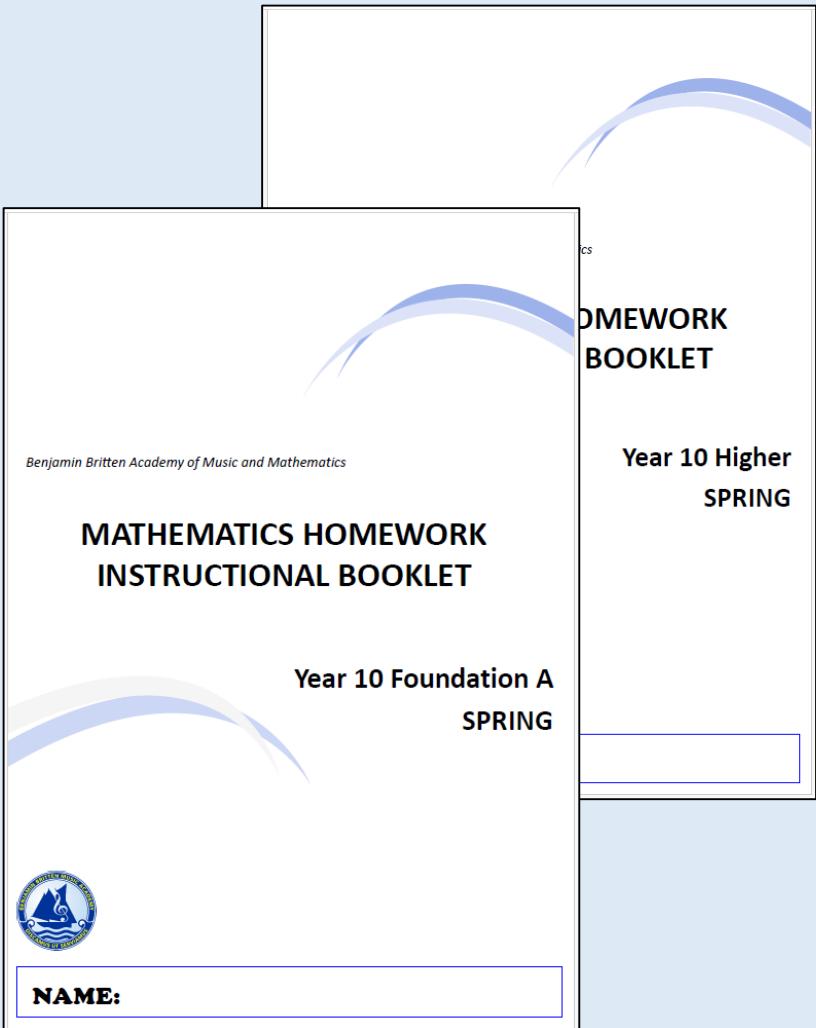
USEFUL MATHEMATICS WEBSITES

Use Single Sign-On to log in.
Click the Google or Microsoft icons then use your **school network** details e.g. 21SmithJ@benjaminbritten.school





Maths homework

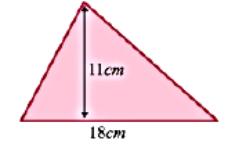
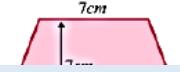


Maths homework is set **weekly** by means of:

- MathsWatch
- Exam papers
- Revision mats
- Drill practice
- Financial tasks

Specific details for each class homework can be found on their **Google Classroom**.

WEEK 2: Geometry Revision Mat

Perimeter and area in rectangles Given the rectangle below, calculate (stating the units): a) The perimeter b) The area  For the given shape, find: a) Its perimeter	Area of simple shapes Find the area of this triangle.  Determine the area of this trapezium. 
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Sign In

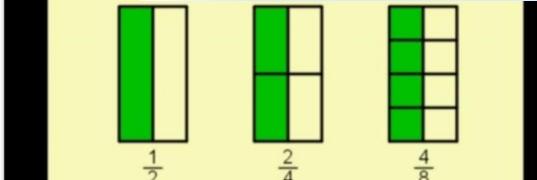
Username [View Demo](#) [Sign In](#)

Or sign in with...

MathsWatch

Clip 25 Equivalent Fractions



$1 \div 2 = 0.5$

Choose Clip (16)

Clip	Title
24	Introduction to Fractions
25	Equivalent Fractions
26	Simplifying Fractions
70	Comparing Fractions
71a	Adding and Subtracting Fractions - A Standard
71b	Adding and Subtracting Fractions - An Alternative
72	Finding a Fraction of an Amount
73	Multiplying Fractions
74	Dividing Fractions

GCSE SCIENCE COMBINED AND SEPARATE



**Afterschool Support:
Check with your Science Teachers
Plus Drop-in available on Wednesday
3:30pm
Biology - Atkins Lab
Chemistry - Haber Lab
Physics - Science Computer Suite**

Course Overview

Paper	Topics
Combined Biology Paper 1	Cell biology Organisation Infection and response Bioenergetics
Combined Chemistry Paper 1	Atomic structure and the periodic table Bonding, structure, and the properties of matter Quantitative chemistry Chemical changes Energy changes
Combined Physics Paper 1	Energy Electricity Particle model of matter Atomic structure
Combined Biology Paper 2	Homeostasis and response Inheritance, variation and evolution Ecology
Combined Chemistry Paper 2	The rate and extent of chemical change Organic chemistry Chemical analysis Chemistry of the atmosphere Using resources
Combined Physics Paper 2	Forces Waves Magnetism and electromagnetism



COMBINED SCIENCE

- The assessment is 1 hour and 15 mins.
- The assessment is out of 70 marks.
- Students must answer all questions.
- The paper will include multiple choice, structured, closed short answer, and open response questions.
- Calculators may be used in the examination.
- Available at foundation tier and higher tier.
- The foundation tier paper target grades 1-1 to 5-5.
- The higher tier paper target grades 5-5 to 9-9.

COURSE OVERVIEW	
Paper	Topics
Biology Paper 1	Cell biology, Organisation Infection and response Bioenergetics.
Chemistry Paper 1	Atomic structure and the periodic table, Bonding, Structure and the properties of matter Quantitative chemistry Chemical changes Energy changes.
Physics Paper 1	Energy Electricity Particle model of matter Atomic structure.
Biology Paper 2	Homeostasis and Response, Inheritance variation and evolution Ecology.
Chemistry Paper 2	The rate and extent of chemical change Organic chemistry Chemical analysis, Chemistry of the atmosphere Using resources.
Physics Paper 2	Forces Waves Magnetism and electromagnetism Space physics.



SEPARATE SCIENCES

- The assessment is 1 hour and 45 mins.
- The assessment is out of 100 marks.
- Students must answer all questions.
- The paper will include multiple choice, structured, closed short answer and open response questions.
- Calculators may be used in the examination.
- Available at foundation tier and higher tier.
- The foundation tier paper with target grades 1–5.
- The higher tier paper with target grades 4–9.

SCIENCE HOMEWORK



- **Science homework in Year 10 varies between the subject areas – Biology, Chemistry and Physics**
- **Improving literacy and exam questions**
- **Seneca Assignments**
- **Lesson review videos – preliminary work by GMU and MSI**

**Top Tips:**

- **Know the topics** that are covered in each exam paper using the specification of the student checklists.
- **Use active recall** by creating flashcards – use them daily in short bursts.
- **Practice past papers** regularly – these will help you get familiar with the question style, command words and exam timing.
- **Focus on required practical's** – learn the method, variables and how to analyse results.
- **Master the maths skills** – practice calculations, using standard form , rearranging equations and interpreting graphs.

Useful Links:

- AQA Specification and past papers and mark schemes
<https://www.aqa.org.uk/subjects/science/gcse/science-8464/specification>
- Library of textbooks
<https://www.kerboodle.com/users/login>
 - Interactive revision guide
<https://senecalearning.com/en-GB/>
 - BBC bitesize
<https://www.bbc.co.uk/bitesize/examspecs/z8r997h>
- Cognito Video clips
<https://www.youtube.com/@Cognitoedu>

What should I revise? **Biology Topics** - Cell Biology, Organisation, Infection and Response, Bioenergetics, Homeostasis and Response, Inheritance, Variation and Evolution, Ecology. **Chemistry Topics**, Atomic Structure and the Periodic Table, Bonding, Structure and the Properties of Matter, Quantitative Chemistry, Chemical Changes, Energy Changes, The Rate and Extent of Chemical Change, Organic Chemistry, Chemical Analysis, Chemistry of the Atmosphere, Using Resources. **Physics Topics** – Energy, Electricity, Particle Model of Matter, Atomic Structure, Forces, Waves, Magnetism and Electromagnetism.

USING GOOGLE CLASSROOM: A GUIDE FOR PARENTS



Google Classroom helps teachers share work, feedback and announcements online. It supports learning in school and at home.

WHAT IS GOOGLE CLASSROOM?



Google Classroom is an online learning platform used by schools.

Teachers use it to:

- **Share classwork and homework**
- **Set deadlines**
- **Give feedback and grades**

Students can access their work anytime using a school account.

HOW STUDENTS ACCESS GOOGLE CLASSROOM

Students sign in using their school Google account.

e.g. 22sidellm@benjaminbritten.school

They can access Google Classroom:

- On a computer or laptop from the school start button**

<https://start.benjaminbritten.school/>

- On a tablet or mobile phone (via the app)**



Google & Microsoft



Google Drive

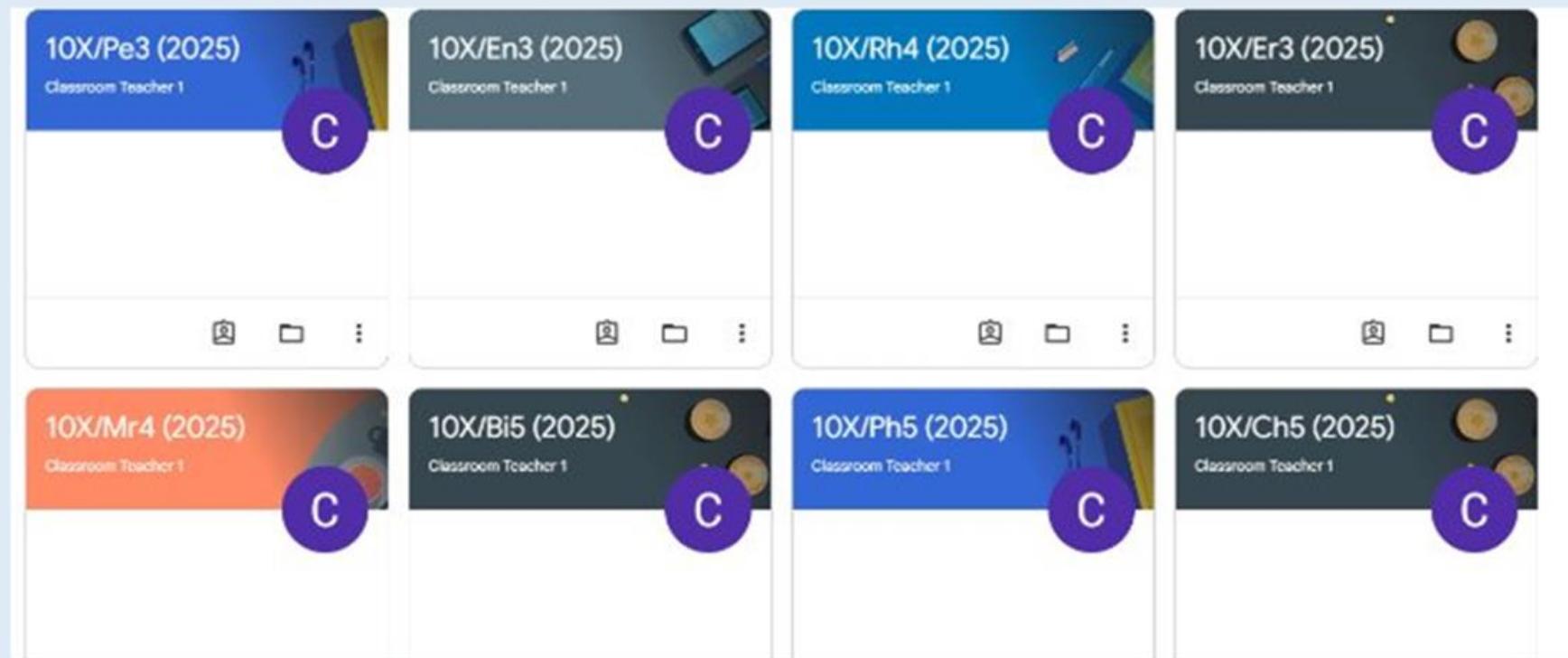


Google Classroom

HOW STUDENTS ACCESS GOOGLE CLASSROOM



Each subject appears as a class tile on the home screen.



CLASSWORK AND ASSIGNMENTS



Teachers post work in the Classwork section.

Assignments may include:

- **Written tasks**
- **Online quizzes**
- **Documents or slides**

Deadlines are clearly shown, and students submit work online.

CLASSWORK AND ASSIGNMENTS



 Christmas shopping for the science d...

Due Jan 15 ⋮

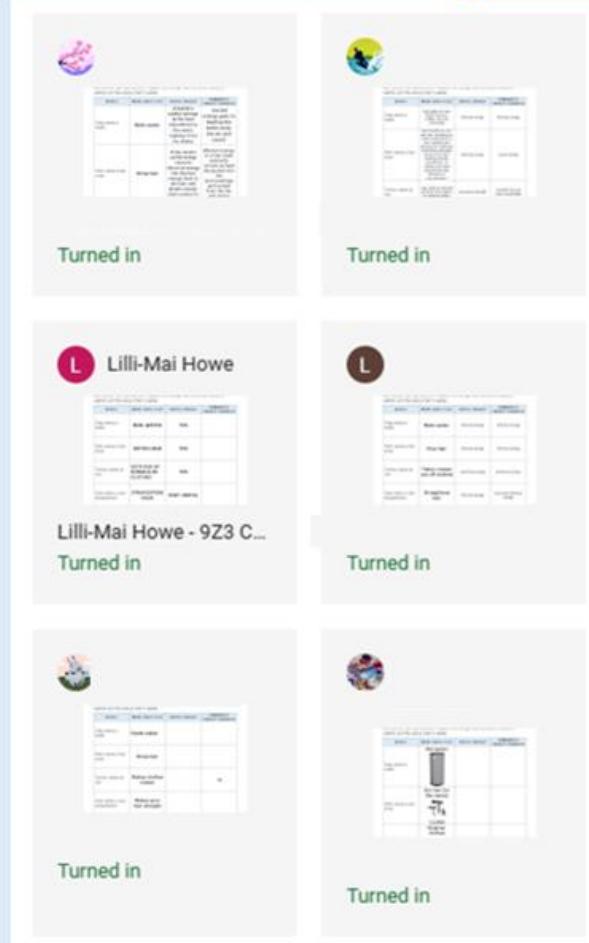
Posted Dec 16, 2025 (Edited 1:25 PM)

6 9
Turned in Assigned

TASK 1: ELECTRICAL DEVICES – POWER AND ENERGY TRANSFERRED
Here is your Christmas shopping list for the science department. What is the job of each device. Can you identify / research the energy that the device transfers usefully and the energy that it wastes

TASK 2: HOW MUCH ENERGY DOES IT TRANSFER
Now you need to go shopping at currys.co.uk or argos.co.uk. Find me the devices on the first page. In the description you should be able to find the power ratings. This needs to be in Watts. If it is in kilowatts (kW) you need to x it by 1000. Now decide how long the device is used for per day. This will need converting to seconds. Now we have the power rating and the time it is used for you can work out how much energy is transferred Extension: if you divide the energy transferred by 3 600 000 and x that number by 25p you will get the cost

9Z3 CHRISTMAS SHOPPI...
Google Docs



Turned in Turned in

L Lilli-Mai Howe
Lilli-Mai Howe - 9Z3 C...
Turned in Turned in

Turned in Turned in

FEEDBACK AND GRADES



Teachers can leave feedback on submitted work.

Feedback may include:

- **Written comments**
- **Suggested improvements**
- **Grades or marks**

Students can view feedback and resubmit work if allowed

FEEDBACK AND GRADES

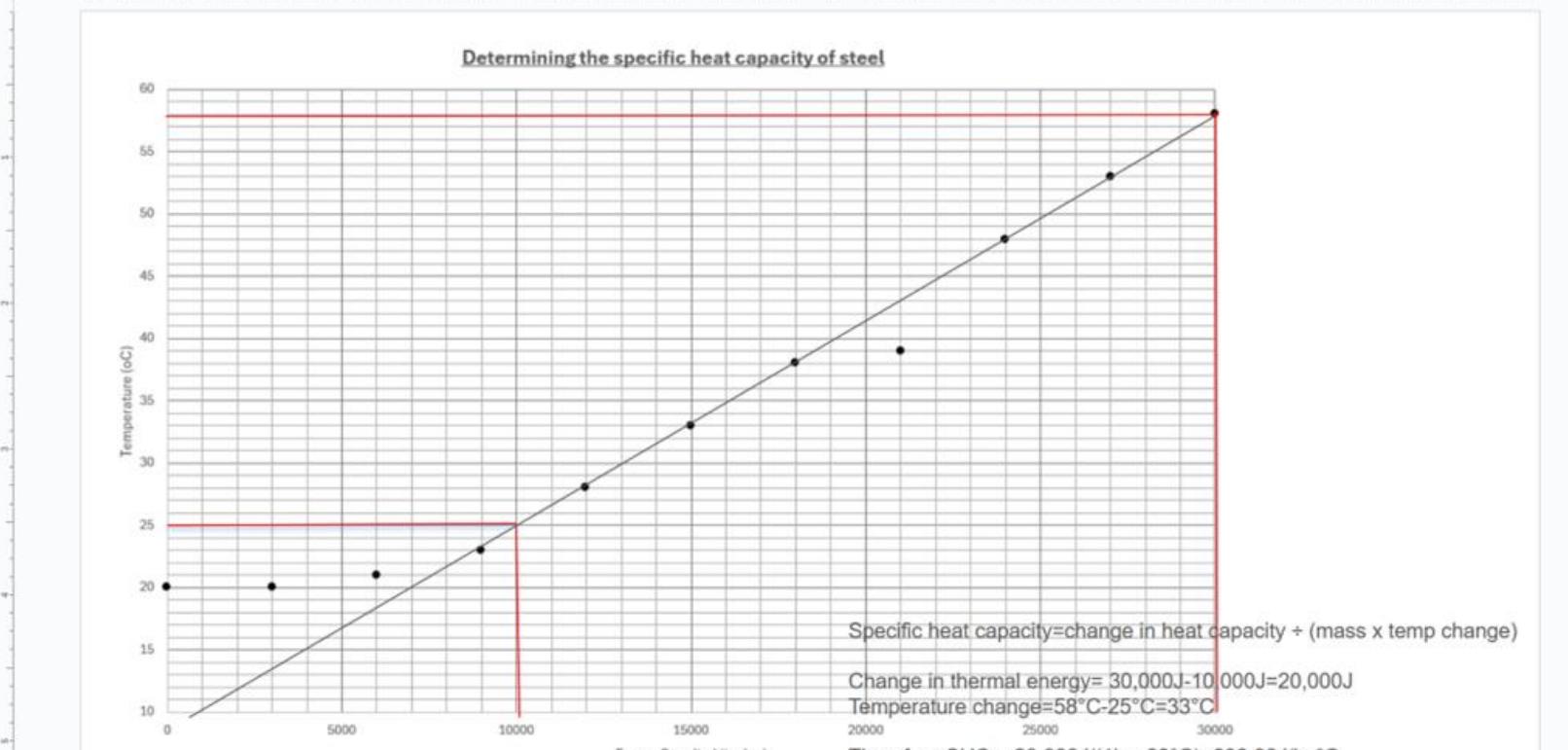


Menus + Fit Background Layout Theme Transition

1 

2 

Determining the specific heat capacity of steel



Energy Supplied (Joules)	Temperature (°C)
0	20
2500	21
5000	22
7500	23
10000	25
15000	33
20000	39
22500	48
25000	53
30000	58

Specific heat capacity = change in heat capacity ÷ (mass x temp change)

Change in thermal energy = 30,000J - 10,000J = 20,000J

Temperature change = 58°C - 25°C = 33°C

Therefore SHC = 20,000J / (1kg x 33°C) = 606.06J/kg°C

Files Turned in on Dec 15, 2025, 4:22 PM See history

Grade /100

Private comments

Dec 15, 2025, 4:22 PM Hope this is alright sir, sorry for not submitting or even doing beforehand, my mistake.

Mark Sidell Dec 15, 2025, 7:39 PM Lovely work [REDACTED] I've checked this and its spot on!

Add private comment... Post

COMMUNICATION AND ANNOUNCEMENTS



Teachers post messages in the Stream.

These may include:

- **Reminders about homework**
- **Upcoming tests or deadlines**
- **Important class updates**

Students should check the Stream regularly.

The screenshot shows a digital communication stream with four posts from a user named Mark Sidell:

- Post 1:** Jun 13, 2024. A link to a YouTube video: <https://www.youtube.com/watch?v=2KK0y2lVsJgt=41s&loop=ygtNw0h5c21cy8v2l0YX1gY3Jhrc2hlow%3D%3D>. The message: "watch this momentum vid".
- Post 2:** Jun 13, 2024. The message: "I will be going live at 1:45pm today until 3pm to cover Terminal Velocity and Momentum. Tonight's revision quiz will be from 6 onwards as a massive kahoot then an open session for any more challenging techniques. Cheers, Sidell".
- Post 3:** Jun 12, 2024. The message: "At home going live in 5".
- Post 4:** Jun 12, 2024. The message: "Predicted papers were quite good for paper 1 so here they are for paper 2." Below the message are four thumbnail images of predicted exam papers for AQA GCSE Science.

COMMUNICATION AND ANNOUNCEMENTS



Teachers post messages in the Stream.

These may include:

- **Reminders about homework**
- **Upcoming tests or deadlines**
- **Important class updates**

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The screenshot displays a digital communication stream with four posts from a user named Mark Sidell:

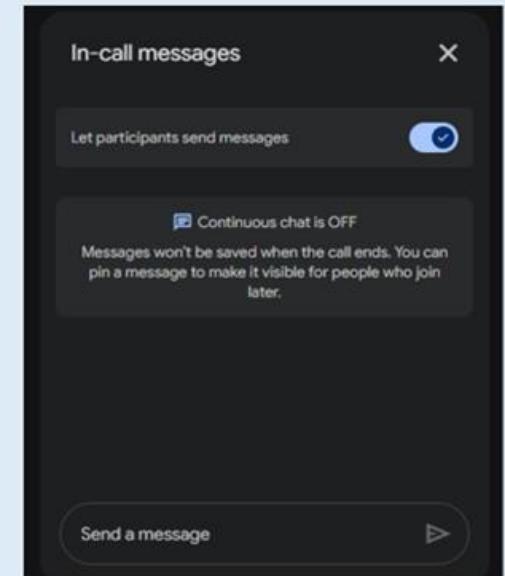
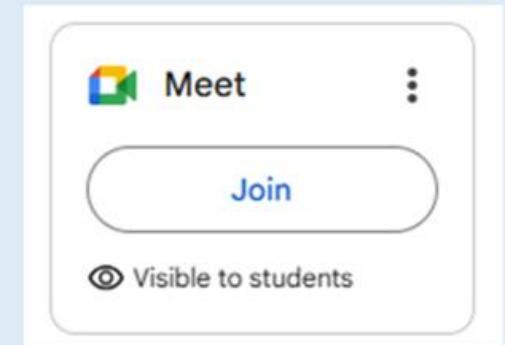
- Post 1:** Jun 13, 2024. A link to a YouTube video: <https://www.youtube.com/watch?v=2KK0y2lVsJgt=41s&loop=ygtNw0h5c21cy8v2l0YX1gY3Jhrc2hlow%3D%3D>. The message: "watch this momentum vid".
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- Post 3:** Jun 12, 2024. "At home going live in 5".
- Post 4:** Jun 12, 2024. "Predicted papers were quite good for paper 1 so here they are for paper 2." Includes four thumbnail links for "AQA - GCSE Separat... PDF", "AQA - GCSE Combine... PDF", "AQA - GCSE Combine... PDF", and "AQA - GCSE Combine... PDF".

ONLINE LESSONS

Students can join online lessons through the Goggle Classroom



- **Links are generated in Google Classrooms**
- **Students join the 'Meetings'**
- **Teachers can present in several ways**
- **Students can interact with the teacher running the meeting**



HOW PARENTS CAN SUPPORT AT HOME



Parents can support students by:

- **Encouraging regular checking of Google Classroom**
- **Helping students manage deadlines**
- **Providing a quiet space to complete work**

Google Classroom works best when students check it daily

FREQUENTLY ASKED QUESTIONS (FAQ)



Do parents need their own Google Classroom account?

No. Students access Google Classroom using their school account.

Can parents see their child's work?

Students can show parents their assignments and feedback.

What if my child forgets their login details?

Contact the school IT support or your child's teacher.

Is Google Classroom used instead of exercise books?

It supports learning but does not replace all classroom work.

USEFUL WEBSITES



Many useful websites can be found from the Benjamin Britten start menu when logged in

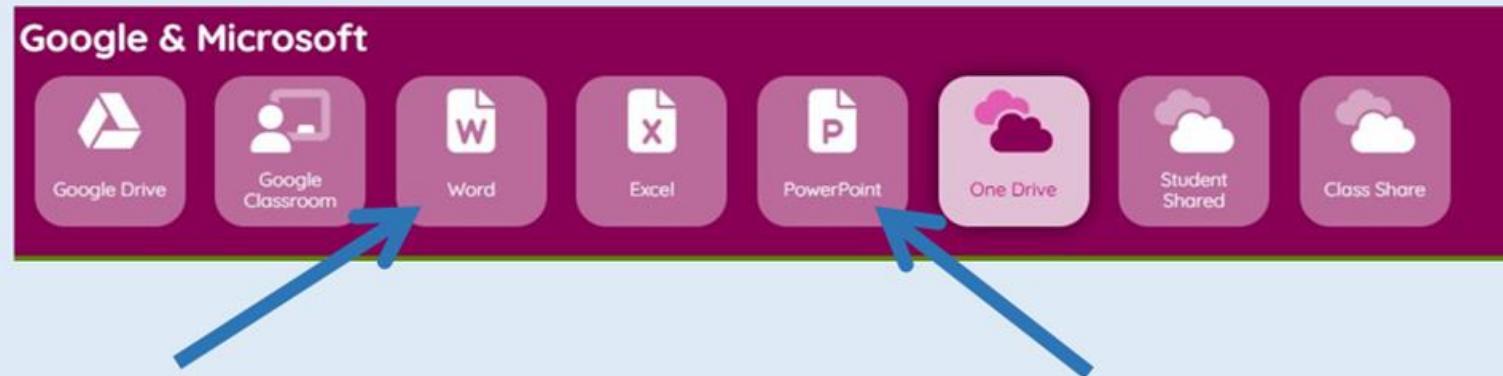
<https://start.benjaminbritten.school/>

The start menu interface is organized into several sections:

- Home:** A row of 12 icons including School Website, Bromcom Student Portal, Email, @Home, My Homework, School Council - our next steps, Student Concern Statement, Registration Activities, BRAK Month, My Profile, My Network Files, and Contact ICT Support.
- Google & Microsoft:** A row of 8 icons for Google Drive, Google Classroom, Word, Excel, PowerPoint, One Drive, Student Shared, and Class Share.
- Websites:** A row of 12 icons for Accelerated Reader, ActiveLearn, BBC Bitesize, BBC Bitesize Oak, Corbett Maths, Digimap, Focus eLearning, Kahoot!, Kerboodle, Mangahigh, Maths Watch, Method Maths, Oak Academy, and Photopedia.
- Quizzes:** A row of 6 icons for Quizziz, Reading Plus, Reading Quest, Seneca Learning, Unfrogs, and Word Shark.
- Applications:** A row of 3 icons for Coding - Python, Hightower Python IDE, and Online Python.

USEFUL WEBSITES

Office 365 and Google online software (in the drive).



Word for writing coursework

PowerPoint for presentations



From the Google Drive students can also access Google's versions of Word, PowerPoint and Excel

USEFUL WEBSITES:



Other websites used by specific departments

Science notes, simulations and required practicals

Competitive quizzes for many subject areas

Online science textbooks and resources

Websites													
Accelerated Reader	ActiveLearn	BBC Bitesize	Continuity Oak	Corbett Maths	Digimap	Focus eLearning	Kahoot	Kerboodle	Manga High	Maths Watch	Method Maths	Oak Academy	Photopea
Quizizz	Reading Plus	Reading Quest	Seneca Learning	Unifrog	Word Shark								

Learning notes and quizzes for all subject areas (often used for homework)

Other subject areas use other websites to support student progress e.g.:

- In languages they use ActiveHub: <https://activehub.pearson.com/#/> for interactive self-marking homework tasks**
- In Art and Photography, you can search pinterest for Clare_Steward in people for images, artists and theme ideas <https://uk.pinterest.com/>**

REVISION TIPS ALL SUBJECTS



BBMA

How to revise for ...



Top Tips:

- Learn vocabulary, little and often.
- Use your vocab book, homework booklet vocabulary pages and sentence builders provided in class.
- Practise reading aloud in French or Spanish.
- Practise describing photos. (People, locations, actions, extend)
- Use the revision guide and workbook for practice of exam style questions.
- Focus on speaking and writing practice.

Useful Links:

- [ActiveHub](#)
- [ActiveLearn](#)
- [Quizlet](#) – make flash cards to practise vocab
- [Memrise](#)
- Watch series on Netflix in French or Spanish with English subtitles.
- Follow some French or Spanish language teaching accounts on TikTok and Instagram.

What should I revise?

Thematic contexts: My personal world. Media and technology. Travel and Tourism. Lifestyle and Wellbeing. Studying and My Future

BBMA

How to revise for ...



Top Tips:

- Use the flash cards provided to break down information.
- Make completing past papers/questions part of your revision.
- Make time for some extended answer questions, especially if you find these more difficult.
- Focus on what you need to revise, not just the topics you are most interested in.
- Have a range of examples from different sports ready to use.

Useful Links:

Google Classroom (all materials will be added here)

What should I revise?

Topic area 1 (Factors that impact participation) Topic area 2 (Sporting values and behaviours) Topic area 3 (Hosting major sporting events) Topic area 4 (National Governing Bodies in sport) Topic area 5 (Technology in sport).

BBMA

How to revise for ...



Top Tips:

- Go through the Unit 1-9 Learning and identify your weak topics – focus revision on these first
- Complete past papers – a useful method is to complete it from memory first, then change colour pen and add in information that you didn't know from a textbook or mark scheme
- Create a set of revision flash cards with key information.

Useful Links:

Past Papers on Google classroom
Units 1-9 PowerPoints on Google classroom

What should I revise?

Unit 1-9 Content focusing on The types of Engineering and practical applications.
Use a revision guide available to purchase to guide you through the content.
Practice descriptions of materials and process.
Know the set materials, categories and uses in engineering.

BBMA

How to revise for ...



Top Tips:

- Use your RAG sheets to identify areas to work on.
- Use past papers and mark schemes to see what the examiner wants.
- Know the exam structure and command words. E.g. explain, describe, evaluate.
- Revise programming by practicing writing algorithms in Python.
- Use active recall such as flashcards and quizzes to test your knowledge.

Useful Links:

- [Seneca Learning](#)
- [Isaac Computer Science](#)
- [Craig n Dave – YouTube](#)
- [BBC Bitesize](#)
- [Google Classroom](#)

What should I revise?

Revise theory topics like computer systems, CPU, memory & storage, networks, cybersecurity, legal/ethical issues, and logic gates. Also practise practical skills: algorithms, pseudocode, programming (Python), sorting/searching, trace tables, and problem-solving.

BBMA

How to revise for ...



Top Tips:

- Go through the Unit 1 Learning List and identify your weak topics – focus revision on these first
- Complete past papers – a useful method is to complete it from memory first, then change colour pen and add in information that you didn't know from a textbook or markscheme
- Make revision resources for your mock exams so they are already made for your final exam ie revision cards, mindmaps

Useful Links:

- [WJEC H&C Past Papers and Markschemes](#)
- [WJEC H&C Knowledge Organisers](#)
- [WJEC H&C Learner Guide \(Command Words\)](#)
- [Unit 1 Learning List](#)

What should I revise?

Unit 1 (Written Exam): 1.1 Hospitality and catering provision; 1.2 How hospitality and catering providers operate; 1.3 Health and safety in hospitality and catering; 1.4 Food safety in hospitality and catering.
Unit 2 (NEA): 2.1.1 Understanding the importance of nutrition; 2.1.2 How cooking methods can impact on nutritional value (Autumn Term 2)

BBMA

How to revise for ...



Top Tips:

Keep up with the coursework deadlines, ready for submission to the Exam Board over the **Christmas** break. This is worth another 30% of the overall grade, meaning that pupils will be going into the final exam in May 2026 with 60% of their grade done (30% from the Year 10 coursework plus 30% from the Year 11 coursework).

Useful Links:

All teaching resources are available on Google Classroom. These books would also be very useful:




What should I revise?

RO59 Topic Areas 1, 2, 3 and 4 in order to enhance pupils' coursework. When the exam content starts being taught after Christmas, revising RO57 Topic Areas 1, 2, 3 and 4 is a must.

REVISION SESSIONS

There is a program of afterschool sessions for Year 10 students. This is updated termly



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Art & Photography with Miss O'Leary 1:25-2:00pm Art Studio 1	Art & Photography with Miss O'Leary 1:25-2:00pm Art Studio 1	Art & Photography with Miss O'Leary 1:25-2:00pm Art Studio 1	Art & Photography with Miss O'Leary 1:25-2:00pm Art Studio 1	Child Development with Mrs Armon Coursework catch-up (Media Suite)
Art & Photography with Miss O'Leary Art Studio 1, 3:15-4:45pm	Art & Photography with Miss O'Leary Art Studio 1, 3:15-4:45pm	Art & Photography with Miss O'Leary Art Studio 1, 3:15-4:45pm	Art & Photography with Miss O'Leary Art Studio 1, 3:15-4:45pm	Mathematics (Foundation) with Miss Pankhurst Maths Room 3
Child Development with Mrs Armon Coursework catch-up (Media Suite)	Child Development with Mrs Armon Coursework catch-up (Media Suite)	Mathematics (Higher) with Miss Dores and Miss Walls Maths Room 1 and Maths Room 6	Child Development with Mrs Armon Coursework catch-up (Media Suite)	Science (Triple Physics) with Mr Sidell Atkins Lab
English Language with Mrs Lever (Paper 1, Section B) English Room 7	Mathematics (Higher) with Mrs Jenkins Maths Room 8	Mathematics (Foundation) with Miss Pankhurst Maths Room 3	English Literature with Mrs Rimmel (A Christmas Carol) English Room 9	English Language with Mrs Swan and Mrs Sweetman (Paper 1, Section A) English Room 5
English Language with Mrs Wright (Paper 2, Section B) English Room 4		Creative iMedia with Mr Cook Coursework Catch-Up, Gates Computing Suite		English Literature with Mrs Wright (An Inspector Calls) Languages Room 4
English Literature with Miss Baumgartner (Romeo & Juliet), English Room 11				
English Literature with Miss Pitchers (Unseen Poetry), English Room 10				
Mathematics (Higher) with Mr Locke Maths Room 7				
Mathematics (Foundation) with Miss Pankhurst, Maths Room 3				
Sports Studies with Mrs Schofield Maths Computing Suite				
English Language with Mrs Snowden (Paper 2, Reading Section) English Room 12				

In addition, online lessons in English, Maths and Science will begin at the end of July.

Where appropriate Year 10 students will be able to access these (timetable to follow)

MORNING INTERVENTION



- **During tutor time on Mondays and Fridays**
- **We run three English, three Maths and one Science set**
- **Student lists are updated termly following data analyses**

ONLINE REVISION LESSONS



Monday	Start Time	Teacher	Tuesday	Start Time	Teacher	Wednesday	Start Time	Teacher
English Language Paper 1	7:30 pm - 8:30 pm	JSN	English: Poetry	7pm - 8pm	MRI	Maths Higher 7+	7pm -8pm	ALO
English Language Paper 2	8:30 pm - 9:30 pm	JSN	English Language: Writing	8pm - 9pm	MRI	Maths Higher 5 -7	6pm - 7pm	KWA
Biology Higher	5pm -6pm	GMU	Chemistry Triple	5pm -6pm	CCL	Maths Foundation Grade 5	7pm - 8pm	KWA
Biology Foundation	6pm -7pm	GMU	Biology Triple	6pm -7pm	ORO	Maths Foundation Grade 4	6pm - 7pm	ZDO/EPH
			Chemistry Foundation	6pm -7pm	GCL	Maths Foundations Grades 1-3	5pm - 6pm	EPH

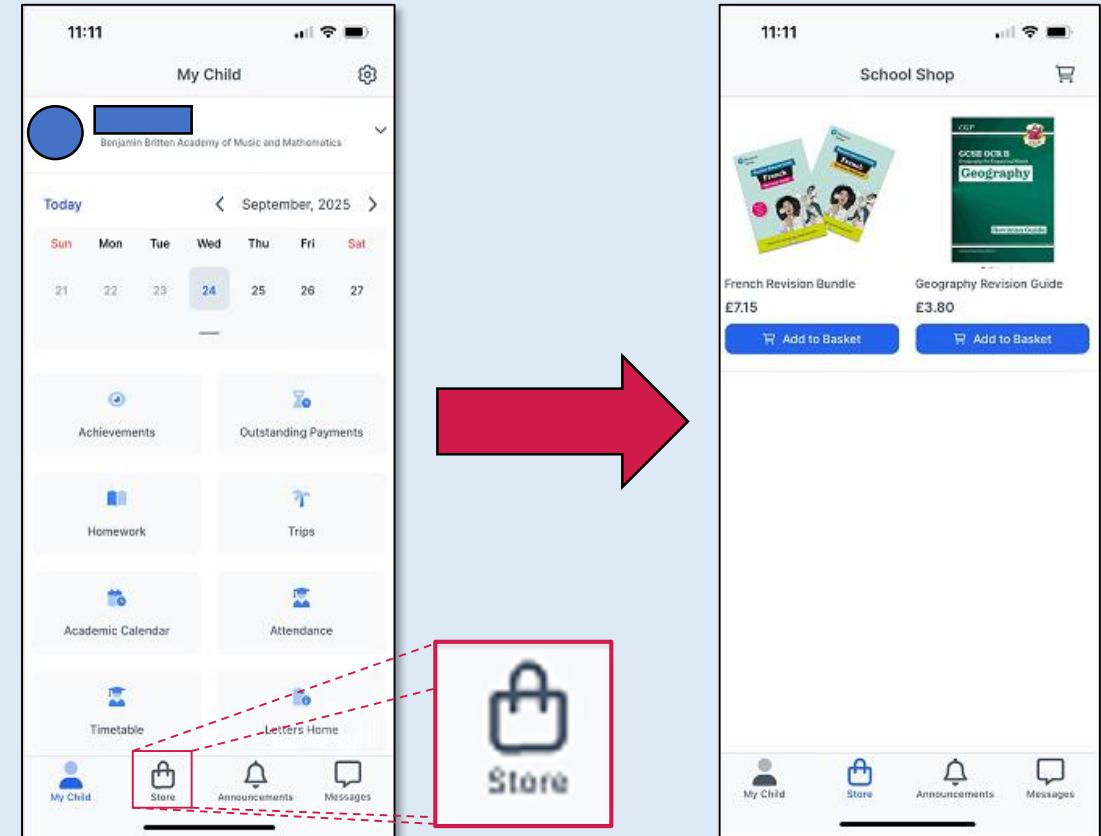
Thursday	Start Time	Teacher	Sunday	Start Time	Teacher
Physics Foundation	5pm -6pm	MSI	Maths Higher 7+	7pm -8pm	ALO
Physics Higher	6pm -7pm	MSI	Maths Higher 5 -7	6pm - 7pm	KWA
Physics Triple	7pm -8pm	MSI	Maths Foundation Grade 5	7pm - 8pm	KWA
			Maths Foundation Grade 4	6pm - 7pm	ZDO/EPH
			Maths Foundations Grades 1-3	5pm - 6pm	EPH
			Chemistry Higher	8pm - 9pm	TFE

- **Beginning on the 26th January for 10 school weeks**
- **Accessed through Google classroom**
- **Access to Google classroom is by invitation**

REVISION GUIDES



- We have managed to negotiate a great deal on certain revision materials when purchased in bulk.
- Any revision materials are available to order on the **MyChildAtSchool App**
- Click on the **Store icon** at the bottom of the main page on the app to see what is available
- Add the ones you would like to order to your basket and then checkout using the shopping trolley icon in the top right using card, **ApplePay** or **GooglePay**.
- As soon as they arrive in school they will be given to your child





**MR FLANAGAN
HEAD OF UPPER SCHOOL**

WHAT IS YOUR ATTITUDE TO LEARNING LIKE?

Attendance

Behaviour

Coursework, class work and of course, homework

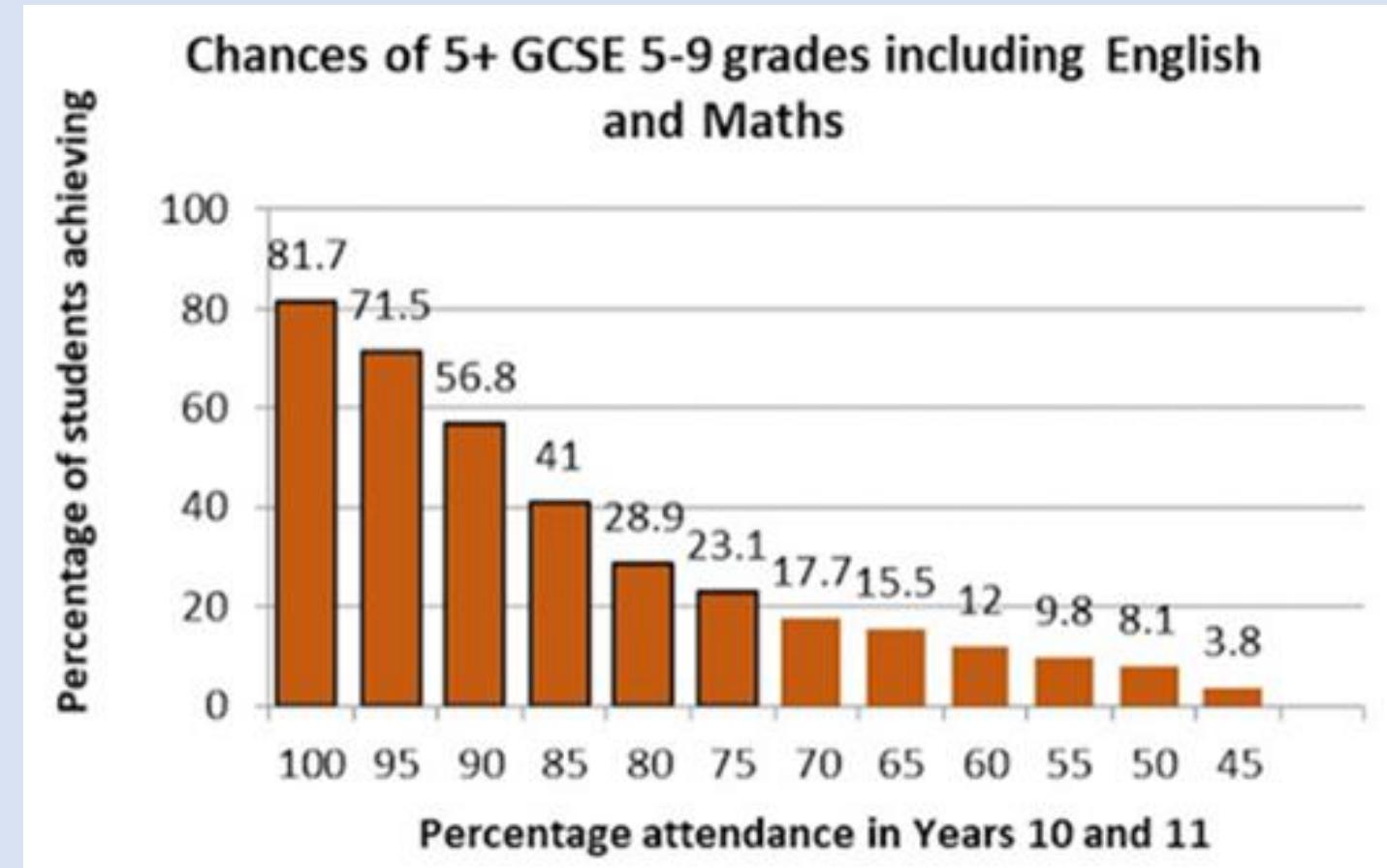


CONCERN	WORKING TOWARDS	GOOD	VERY GOOD	OUTSTANDING
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ATTENDANCE = ATTAINMENT

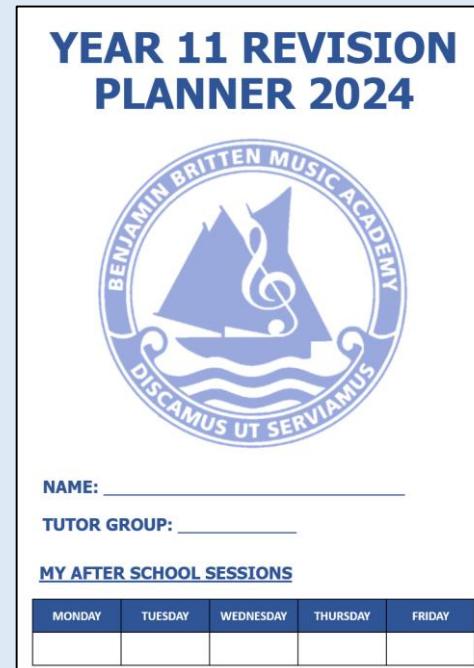


- On average **71.5%** of students who have **95%** attendance and above achieve **5 GCSEs at a grade 5+**.
- Missed lessons = **less understanding and lower confidence**.



KEEP ON TOP OF THINGS

- Check you are up-to-date with your **Non-Examined Assessments (NEA) / coursework.**
- Drawing up a basic **revision timetable** where time is set aside to focus on studies can help to keep you on track and **save a last-minute panic.**



DAY	SUBJECT	TOPICS AND TIME	COMPLETED (Y/N)
MONDAY			
			YOUR TREAT
TUESDAY			
			YOUR TREAT
WEDNESDAY			
			YOUR TREAT
THURSDAY			
			YOUR TREAT
FRIDAY			
			YOUR TREAT

Mr Sidell is updating this – please see him for last year's example

Work Experience Dates

Week 1: Monday 6 July – Friday 10 July

Week 2: Monday 13 July – Friday 17 July



WHY NOT FIND YOUR OWN! WORK EXPERIENCE PLACEMENT

ID	
H&S Date	

Student to get this form completed by the *Employer & Parent/Carer(s)* and return it to:

BENJAMIN BRITTEN MUSIC ACADEMY, Blyford Road, Lowestoft, Suffolk, NR32 4PZ

Julie Waters – 01502 525312 Ext 243 or 07956 327410

Email: j.waters@benjaminbritten.school

Returned by: 2 March 2026

STUDENT NAME	TUTOR GROUP
--------------	-------------

DATES REQUIRED FOR THIS PLACEMENT

Dates agreed for this placement Please tick appropriate boxes <input checked="" type="checkbox"/>	Week 1 <input type="checkbox"/> (5 days) Monday 6 th to Friday 10 th July 2026	Week 2 <input type="checkbox"/> (5 days) Monday 13 th to Friday 17 th July 2026	Both Weeks <input type="checkbox"/> (10 days) Monday 6 th to Friday 17 th July 2026
---	--	---	---

SECTION 1, 2, 3 & 4 TO BE COMPLETED BY THE EMPLOYER

SECTION 1 – Your details	
Organisation	
Address	
Telephone	Mobile
Email Address	
Contact Name	Job Title
Signature of person agreeing placement	

SECTION 2 – Your Insurance Details	
Do you have a Valid Employers Liability Insurance (ELI) Certificate?	YES <input type="checkbox"/> NO <input type="checkbox"/>
During the Work Experience period ELI will be in place? Tick to agree <input type="checkbox"/>	

SECTION 3 – Additional Work Placement Information	
Would you be willing to have additional students?	YES <input type="checkbox"/> NO <input type="checkbox"/>

Job Title	Brief outline of the tasks the student will be doing	Hours of works	Special requirements & any other relevant details

THIS SECTION IS TO BE COMPLETED BY THE PARENT/CARER(S) OF THE STUDENT

Name of Parent/Carer(s)	1.
-------------------------	----

Name of Parent/Carer(s)	2.
-------------------------	----

Contact Telephone Numbers for Parent/Carer(s)		
HOME	1.	2.
WORK	1.	2.
MOBILE	1.	2.

Any other information or requirements:
--

Please give details below of any travel or accommodation arrangements you will make for your child if the placement is outside the immediate local area:
--

We agree to our child participating in Work Experience with the employer named here. We understand that travel costs & safety boots (if required) are our responsibility.		
Signature of Parent/Carer(s)	1.	2.

Signature of Student:		
-----------------------	--	--



Work Experience

The Work Experience Student Application Form needs
to be completed and returned to the Upper School
Office by

Monday 2 March 2026

MAKE SURE YOU'VE GOT EVERYTHING YOU NEED

As simple as it sounds, **new pens** and **notebooks (or flashcards)** can be a real motivator in encouraging teenagers to revise.

Ensuring that they've got the equipment they need is a good starting point.



SLEEP

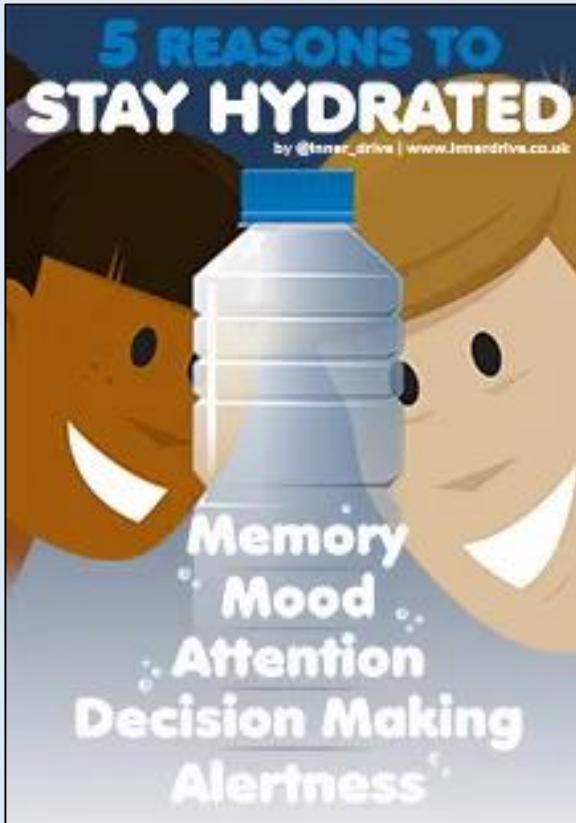


- To revise successfully, teenagers need to **be well rested**.
- Encourage them to get at least **eight hours** of sleep a night.
- They'll benefit from some **wind-down time** before bed with time **away from screens** and **revision**.



Support we can offer:
MHST Better Sleep Programme

EATING WELL



- To revise successfully, it's important to eat a **balanced diet** and drink **plenty of water**.
- Scientists recommend eating a diet rich in **omega 3** to boost brain power.
- It is also imperative to **eat breakfast** before exams.





Mental Health Support Teams

Mental Health Support Teams
Norfolk and Waveney

NHS

Who are we?

Mental Health Support Teams (MHSTs) support children and young people in selected schools and colleges across Norfolk and Waveney. We operate 9am-5pm Monday-Friday and are open during school holidays.

What do we do?

We offer short term (6-10 sessions) interventions based on cognitive behavioural therapy, catered to the current difficulties your child is experiencing. We may also put you in touch with other services for further support.

What do we offer for secondary schools?

Worry Management - Tools to help your child cope in anxious situations. This is delivered directly to young people, with the opportunity for parents/carers to attend sessions where appropriate.

Graded Exposure - Slow, small steps building up to face what makes your child anxious. This is delivered directly to young people, with the opportunity for parents/carers to attend sessions where appropriate.

Mind & Mood - Group work around supporting mental health.

Behavioural Activation - This focuses on finding out what is important and planning this into their day to help them feel better. This is delivered directly to young people, and parents/carers are given the opportunity to attend where appropriate.

UPCOMING EVENT

Year 10 Parents Evening

Thursday 12 February

via SchoolCloud

More information to follow

A large blue circle containing the text "Parents Evening".

Parents
Evening

Thank you for
attending this
evening.

CONTACT DETAILS

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EXTENDED PRESENTATION WILL BE POSTED ON THE SCHOOL'S WEBSITE.

