



Welcome

Mr Layzell, Headteacher

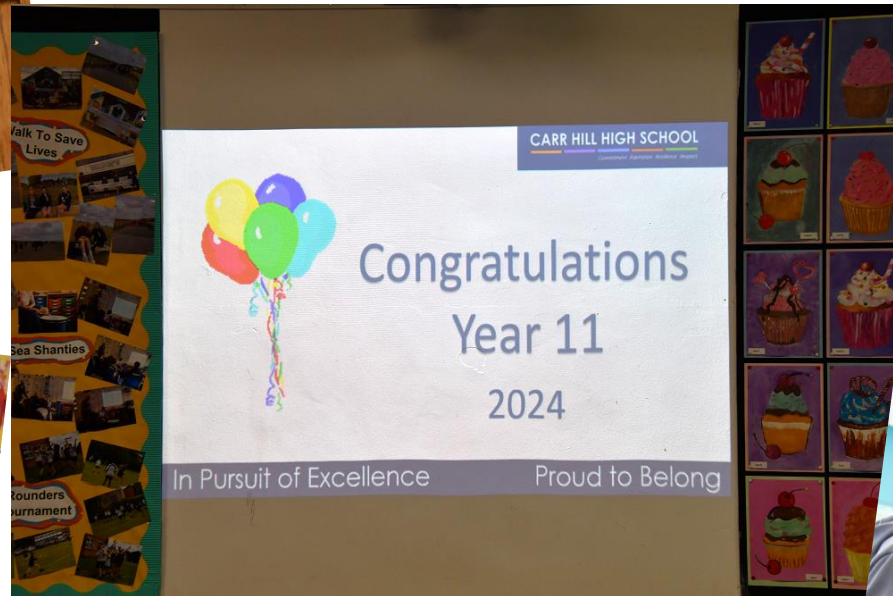


In Pursuit of Excellence

Proud to Belong

CARR HILL HIGH SCHOOL

Commitment Aspiration Resilience Respect



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Role Models



- Look smart – appropriate length skirt, no makeup or fake tan, ties on etc.
- Work hard
- Focus on your future
- Be respectful
- Try your best
- Behave sensibly around school

Parents – We need your help!

- All students need a desk and a quiet space to revise.
- Revision needs to start now. The new specifications are large and students need to read over notes every night.
- Effective learning involves self-testing – can you test your son/daughter on what they have learnt in class to make sure that it has gone in?
- Take an active interest in their learning and ask them to tell you what they have learnt each day.
- Students should be working up to spending at least 10 hours per week on homework and revision.

Attendance

- Present - Being both physically present in the class and mentally in the room, ready to learn.
- Punctual – Five minutes lateness to every lesson in a day costs 25 minutes of learning. Over a week, that's over 2 hours. Over a term, almost 30 hours lost.

Commitment



- Teachers – committed to supporting our students to fulfil their potential, to giving them as much support and guidance as possible to help them achieve their goals.
- Students – the real effort and commitment must come from you. Maximum effort in all classwork and homework. No excuses – these are **your** results and **you** have to work hard for them.
- Parents – we need you to make sure the extra work at home is happening. All students need a quiet space to study, free from all distractions (especially electronic devices).

Resilience



- This year will be hard; there will be ups and downs.
- It is how we respond to challenges and set-backs that determines how successful we will be.
- Those who continue to work hard despite challenges will do well. Those who give up and stop trying will not. A growth mind set is essential.
- Parents, we need you to keep encouraging your son/daughter to keep going and never give up!

Aspiration



- We want our students to set high targets for themselves.
- A clear vision of where they want to go in the future and what they need to get there will help with motivation.
- Visit many colleges and find out about other opportunities such as apprenticeships.
- We have a careers advisor in school to help.

Vision for the future

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Blackpool Sixth Form Open Events

Wednesday 16th October 2024,
5:30 – 8pm

Thursday 30th January 2025,
5:30 – 8pm

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Cardinal Newman Open Events

Saturday 9th November 2024,
10:00 – 13:00

Saturday 1st February 2025,
10:00 – 13:00

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Myerscough Open Events – 10am – 1pm

Saturday 5th October 2024

Saturday 16th November 2024

Saturday 8th February 2025

Saturday 29th March 2025

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Preston's College Open Events

Tuesday 2nd October 2024,
4 – 7pm

Saturday 2nd November 2024,
10am – 2pm

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Blackpool and the Fylde College

Bispham Campus:

Wednesday 9th October 2024

4:30 – 7pm

Fleetwood Nautical Campus:

Thursday 21st November

1:30 – 5:30pm

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PARENTS GUIDE TO GCSE REVISION

This useful guide lets you know exactly how and when your child should be revising.



“

The highest achieving students each watched on average

102 PODS

so there is a clear correlation between GCSEPod and results.

Principal

”

 **73%**

of videos are watched out of school

“

It's the best thing you can have to revise and make sure you are ready for the exam.

Student

”

WATCH 10 PODS PER WEEK

During exam time aim to watch 3 Pods per day



“

I cannot emphasise enough how important it is that GCSEPod be used all year round, not just for revision, for maximum impact.

Parent

”



CREATE A PLAYLIST

Identify the areas which are most challenging and create a playlist to focus learning.

“

Our top users exceeded their target grades in many areas.

Principal

”



20 MINUTES

Little and often is best, so try to keep sessions around 20 minutes to get the best results.

“

GCSEPod played an important role in helping me achieve A*. I would definitely recommend it.

Student

”

SENECA

Learn better, faster, free.

sparx

Maths. Reimagined.

www.sparx.co.uk

BBC

primary
secondary
post-16

DAILY
LESSONS

Bitesize

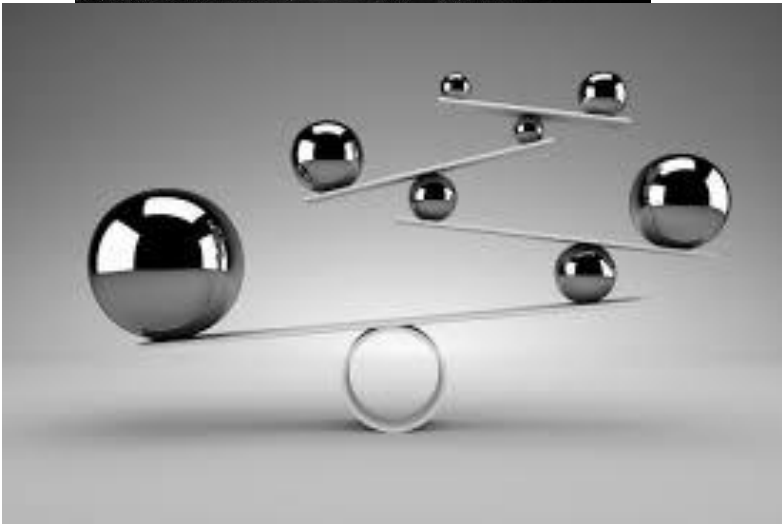


Respect



- Students:
- Respect your teachers – listen carefully in class, follow advice given in feedback, stick to deadlines, be polite, acknowledge how hard teachers are working to support you.
- Respect your parents – they are going to nag you this year because they want the best for you!
- Respect yourselves – try your best, behave sensibly, give it your best shot.

Balance



- This is going to be a difficult year.
- There will be ups and downs, tears, frustration, panic, self-doubt etc. etc.
- Working hard is essential, but so is self-care
- Revision must be a priority, but this should be balanced with exercise, healthy eating and time for hobbies, friends and family.
- Please let us know if you are concerned .

Where to get help!

- There are lots of people to talk to and places to go in school to get help;
- Your mentor
- Head of Year
- Prefect Team
- Any member of staff



Where to get help!

- On line resources such as;
- Kooth.com
- Videos
- Tips
- Communities
- counsellors

Home - Kooth x +

h.com

Need urgent support? Get help from a crisis service →

kooth

Log in

Your online mental wellbeing community

Free, safe and anonymous support

▶ Watch our Kooth video [Join Kooth](#)

Just some of the things you'll find on Kooth

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Where to get help in school ?

In school support is available from your Mentor, Year Leader and the Pastoral Team.

Most importantly speak to a member of staff you feel the most confident to talk to. They could support you to get help from other services within school.




School Nurses promote the health and well-being of school age children. The school nurse team will also facilitate 'drop in' sessions for high school pupils.

Children and young people across Lancashire can also contact our Chat Health service by texting 07507 330 510. The service is available Monday to Friday, 9 am to 5 pm (except bank holidays). During these times we aim to respond to all messages within 24 hours. Find out more about Chat Health here.

Parents and carers will receive information about the School Nursing Service via your child's school or you can contact us on the telephone number below:

Contact number: 0300 247 0040
Email: VCL.O19.SinglePointOfAccess2@nhs.net



The Butterfly & Phoenix Project

A team of experienced and qualified counsellors who specialise in working with young people have specialist training in working with issues around self-harm.

What do they do? The aim is to equip young people (11-18) to cope better with difficult circumstances, preventing them from escalating into more serious issues.

• provide early support for young people experiencing issues impacting their emotional health and wellbeing.

• provide 1-2-1 sessions and group work to help young people to identify their triggers, build their resilience and use alternative coping strategies.

• work creatively with art and play to help young people express themselves.

• provide a service for teachers and staff to refer into when they feel unable to help.

They can assess and refer a young person if this is needed.



SHINE

Support and Help IN Education
A Mental Health Support Team



NHS Blackpool Teaching Hospitals
NHS Foundation Trust

These are a new service designed to support mental health in schools and colleges. They are largely comprised of Education Mental Health Practitioner (EMHPs). We are based across education settings to promote resilience and wellbeing, support individual intervention, enable appropriate signposting and deliver evidence-based support, care and interventions.

They offer individual face to face work in education settings: for example, effective, brief, low-intensity interventions for young people experiencing anxiety, low mood, friendship issues, based on up to date evidence.

New Start

They work in schools specifically designed to complement the school's ethos, values and context. They work closely with families, schools and services to ensure the best possible outcome. Skilled counsellors work with the many issues that children, young people, adults and families deal with: significant Anxiety, Trauma, self-harm, significant loss (including divorce and separation), bereavement, Breakdown in family relationships, Low self-esteem, Non-School Attendees, Specialist support for Looked After Children, Domestic violence, Vulnerable children and young people, Anger, Physical and sexual abuse.



HCF.T

• Holistic • Child & Family • Therapy •

Assessments • Strategies • Training

Home learning

Why is home learning important?

- Home learning is an important part of school work as it provides an opportunity for students to consolidate on their learning and review new concepts and ideas.
- Progress in home learning tasks informs the teacher of how well students are grasping new learning and it helps to embed the good study habits that students need to be successful in their qualifications at the end of year 11 and beyond.
- Students who regularly complete their home learning tasks can gain up to 5 months progress in their learning.
- Over time lack of home learning can have a huge impact on student progress and ultimately lead to underachievement at the end of year 11 which narrows their choices for post16 study.

Home learning

What do I do if I have planned study time left and no home learning?

REVISE

BTECS

- For each component, learners are entered for the series in which they will sit the assessment. December or May
- Assessments are completed in supervised sessions and are marked by centres.
- A resubmission is available and can be authorised by the teacher.
- A resubmission must be completed within 15 working day, in supervised conditions and within the same allocated hours for the original assessment.
- All marks are then submitted to BTEC for external moderation
- The external unit is sat at the end of the course

Cambridge Nationals

- OCR sets the assignments
- They are completed over 10-12 hours of controlled conditions
- Teacher marked and then submitted to the exam board for moderation
- Moderation available January and June
- Students can resubmit an assignment with improvements once – but only if the assignment is still live. If the assignment is no longer live then they would have to complete a new assignment.
- Final unit (40%) is externally assessed at the end of the course.

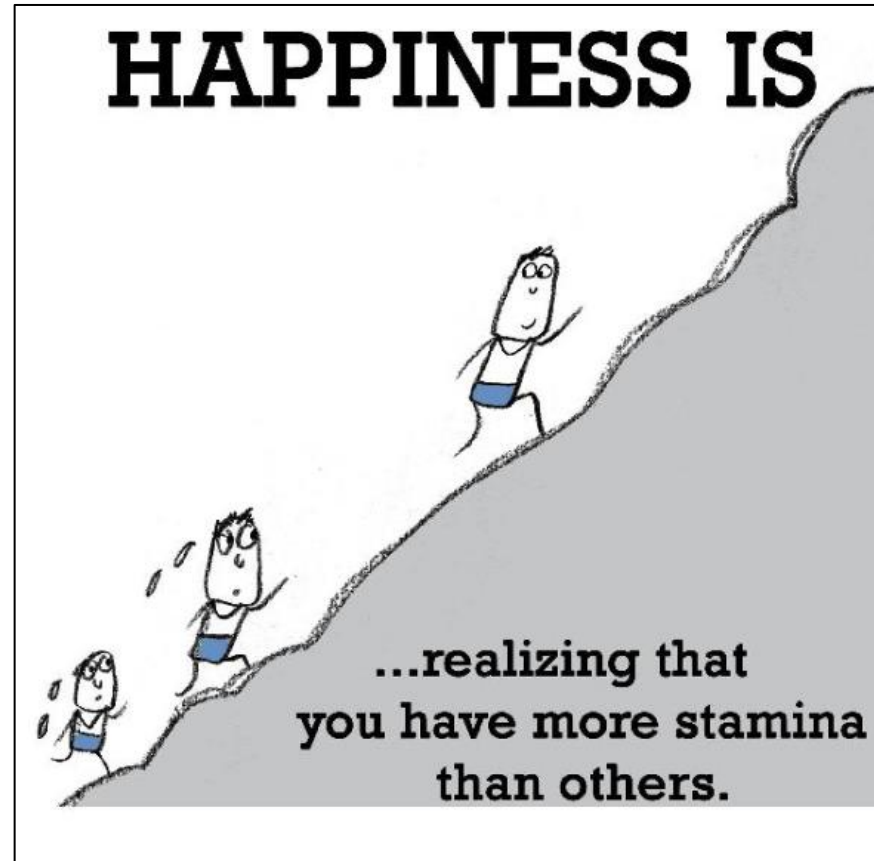
Vocational qualifications

- A RETAKE IS ONLY POSSIBLE IF YOU REDO THE ENTIRE UNIT
- DEADLINES MATTER – YOU MUST MEET THEM!

PPEs – provisional dates

- Core exams – English Language. Maths and Sciences paper 1 – week beginning 4th November
- Other subjects including English Literature - Week beginning 13th January
- Core exams – Week beginning 24th February with triple science paper 2 only in the week beginning 10th March

GOAL





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