

Welcome to Year 11 Partnership Evening

September 2024



Outline of the evening

1. Vision for the year
2. The school/parent partnership
3. Lifestyle 1st Dan Newman
4. Pastoral Support and services
5. Brilliant basics and expectations
6. Pastoral Curriculum
7. Online Safety
8. EDI
9. Reading
10. Careers Provision
11. Sixth Form Open Evening and Taster Day
12. Extra-curricular opportunities
13. Key dates

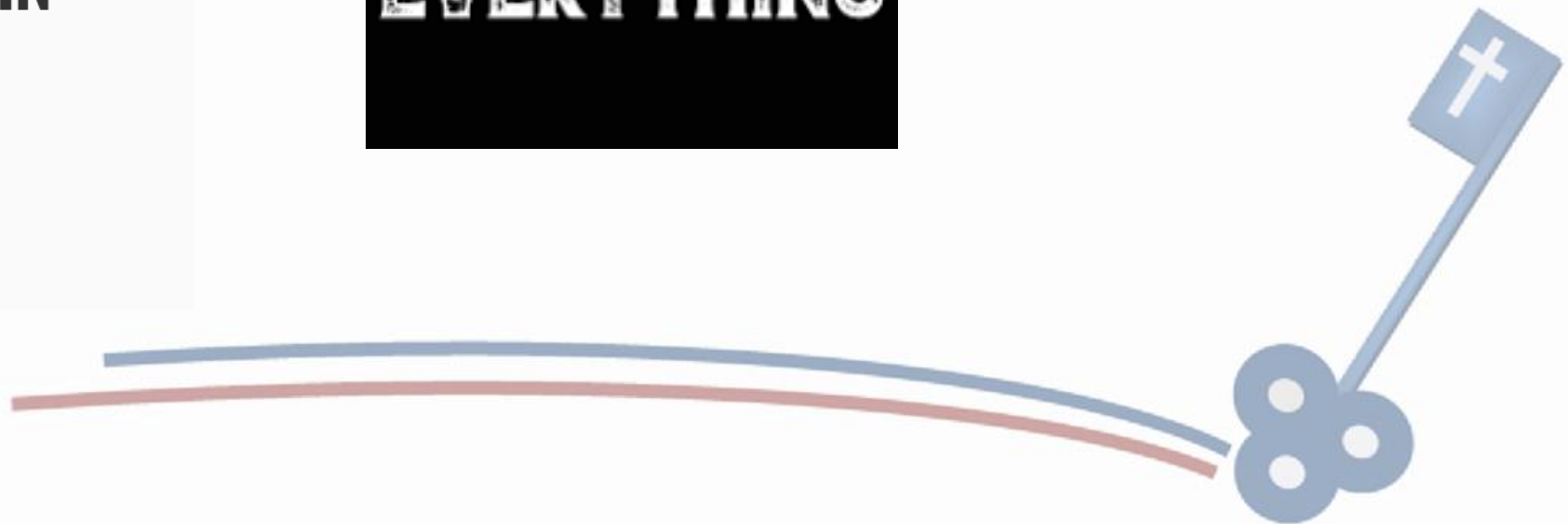


The message – you get out what you put in!

**YOU CAN'T GET OUT
WHAT YOU HAVEN'T
PUT IN. INVEST IN
YOURSELF.**

SLICKWORDS.COM

**EFFORT
IS
EVERYTHING**



POSITIVITY



Positive relationships,
contentness



Planning unstructured
time, sticking to a
revision schedule



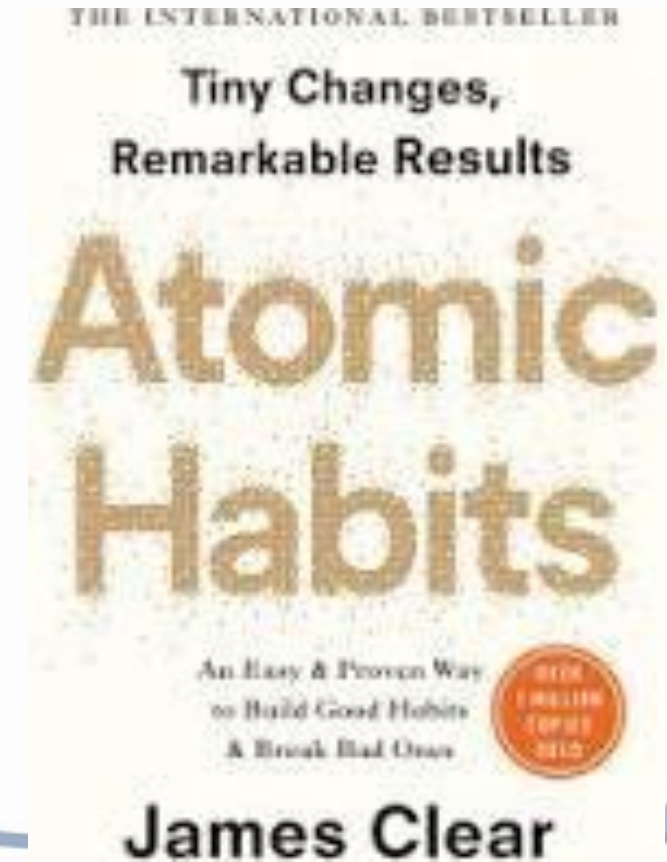
Feeling prepared and
on top of things, likely
to make strong
progress

Trust teacher and
parental advice, use
resources available



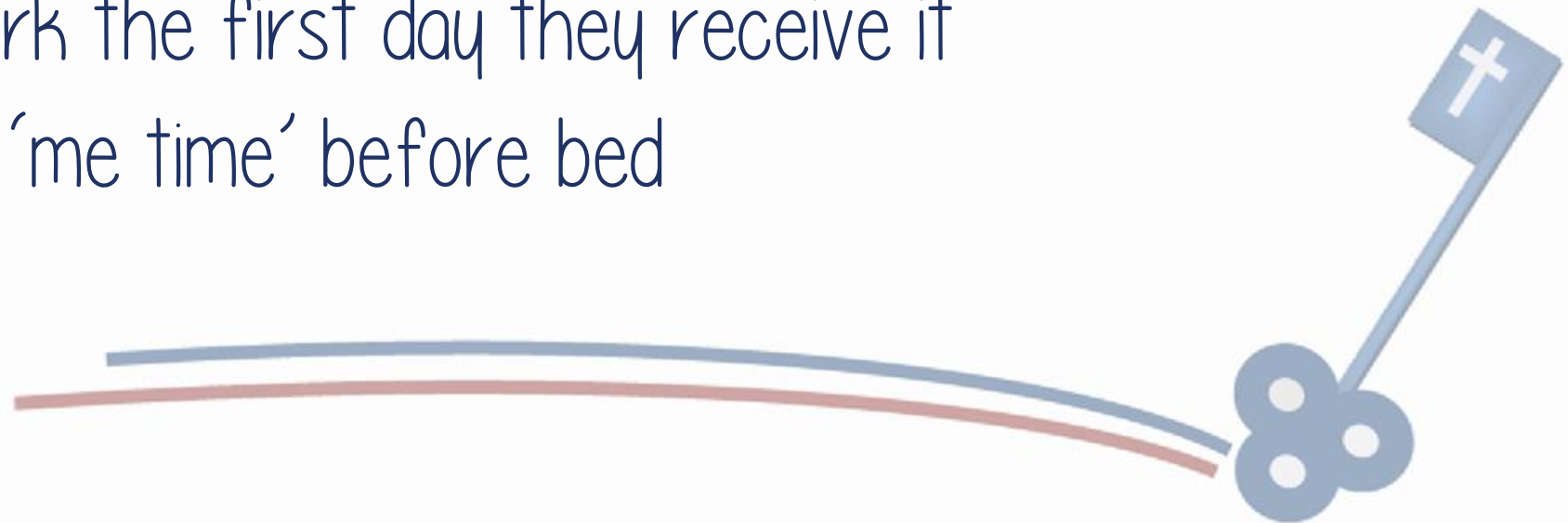
Reach potential on
GCSE results day

How can they change this?
1% improvements

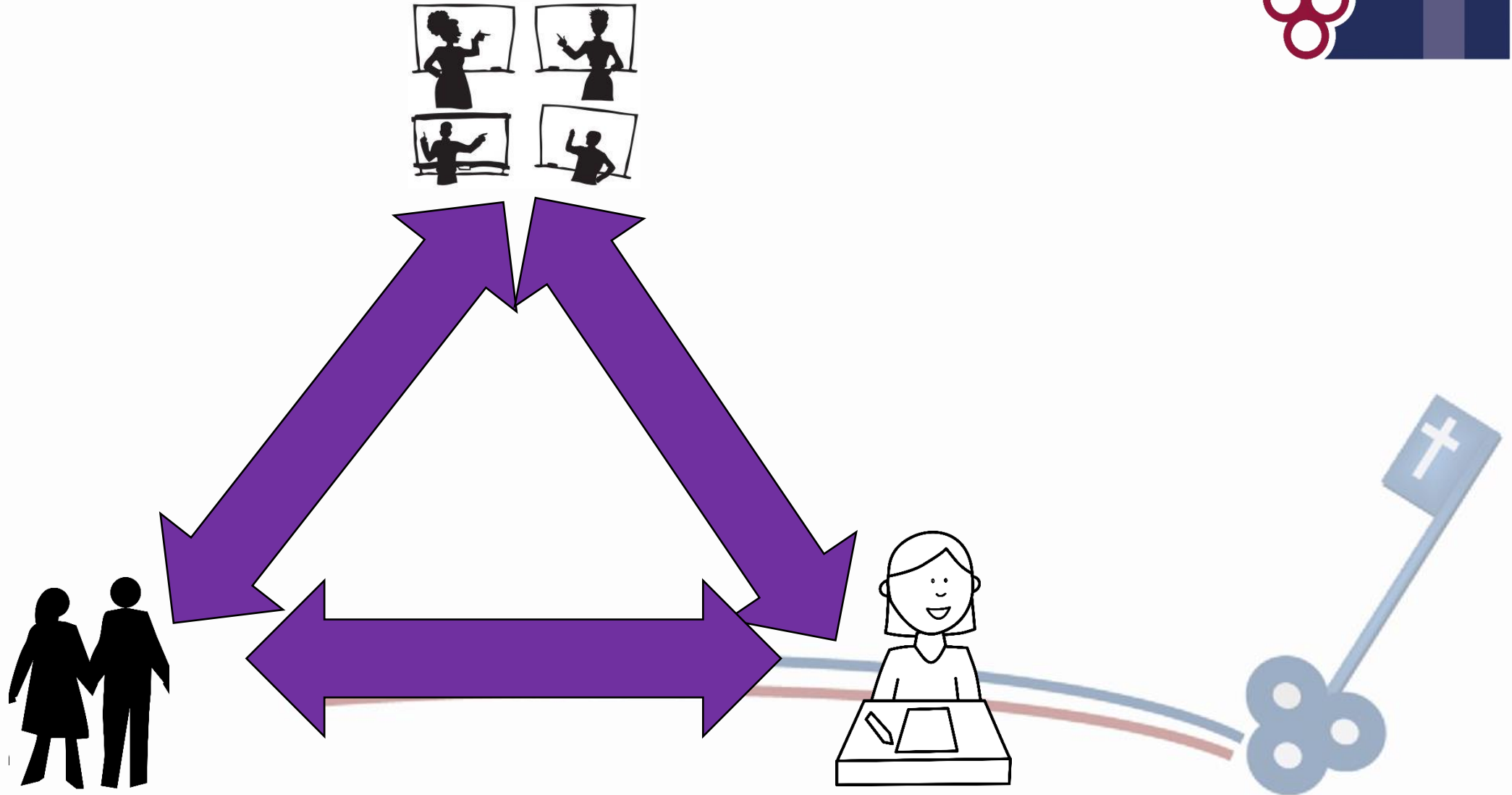


Examples of 1% improvements

- Listen to a revision podcast for 20 minutes every other day
- Create a to do list for each evening
- Pack their school bag the night before
- Complete homework the first day they receive it
- Have half an hour 'me time' before bed



Our Partnership





LIFESTYLEFIRST

Inspiring a health first approach across our school communities

AVIER

CATHOLIC
EDUCATION
TRUST

Optimising Performance

Year 11 Partnership Evening

Optimising Performance...









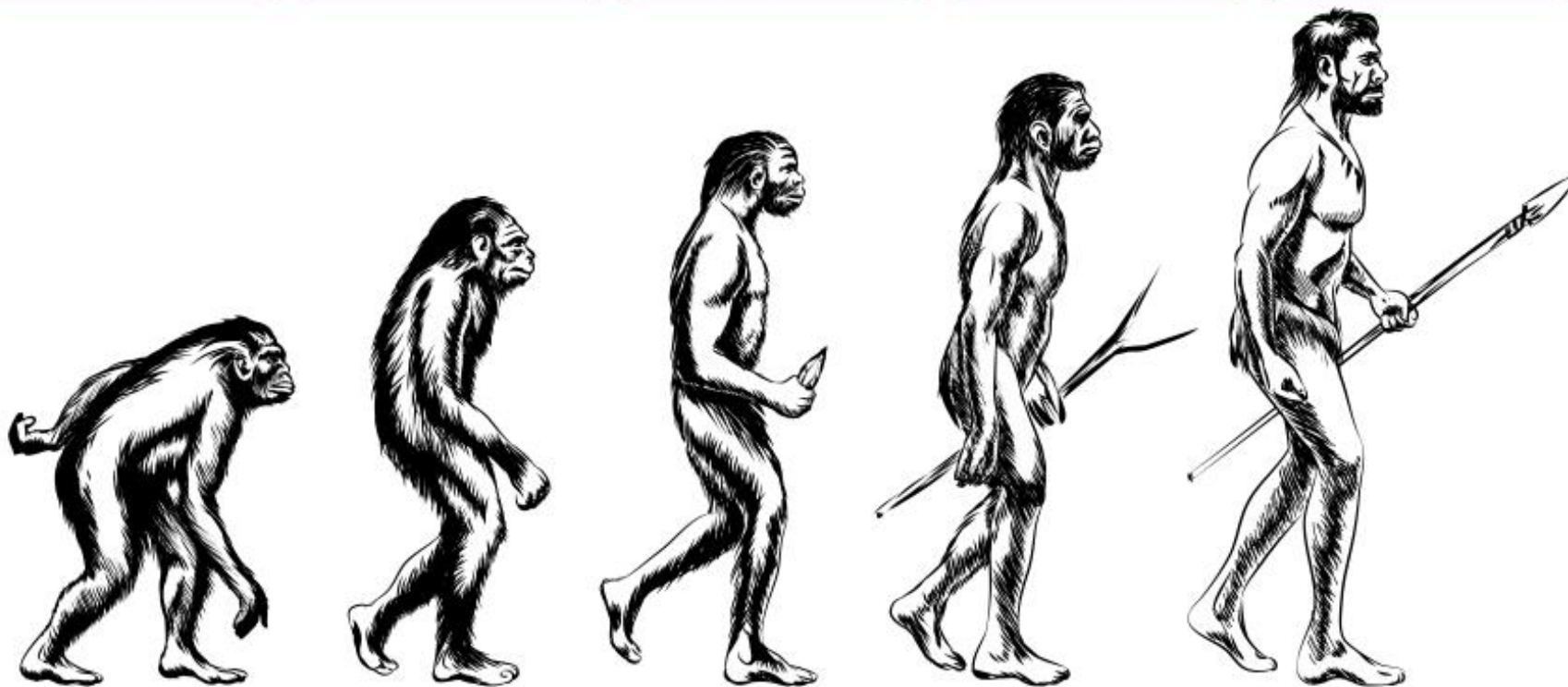
**Australopithecus
afarensis**

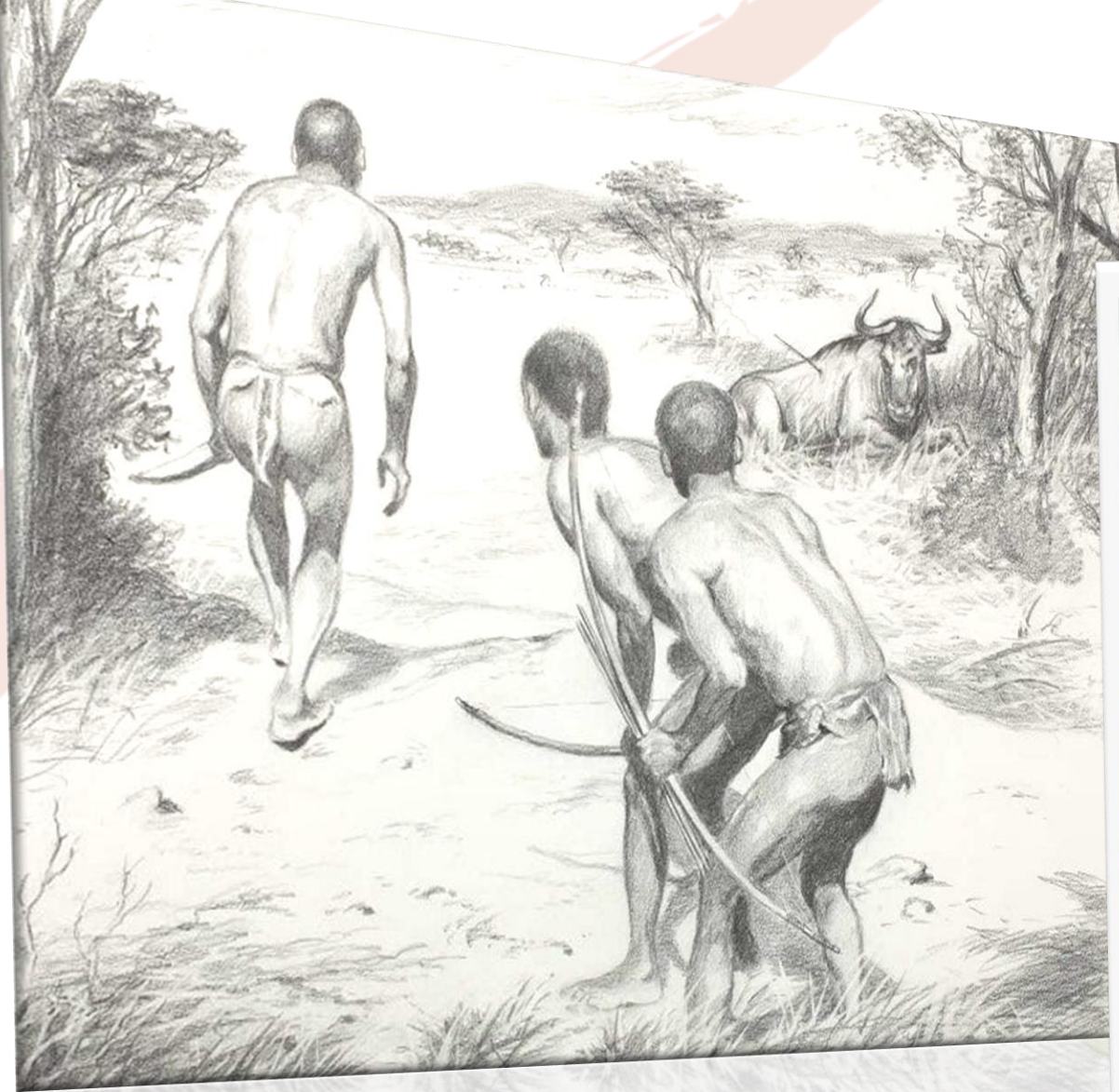
Homo habilis

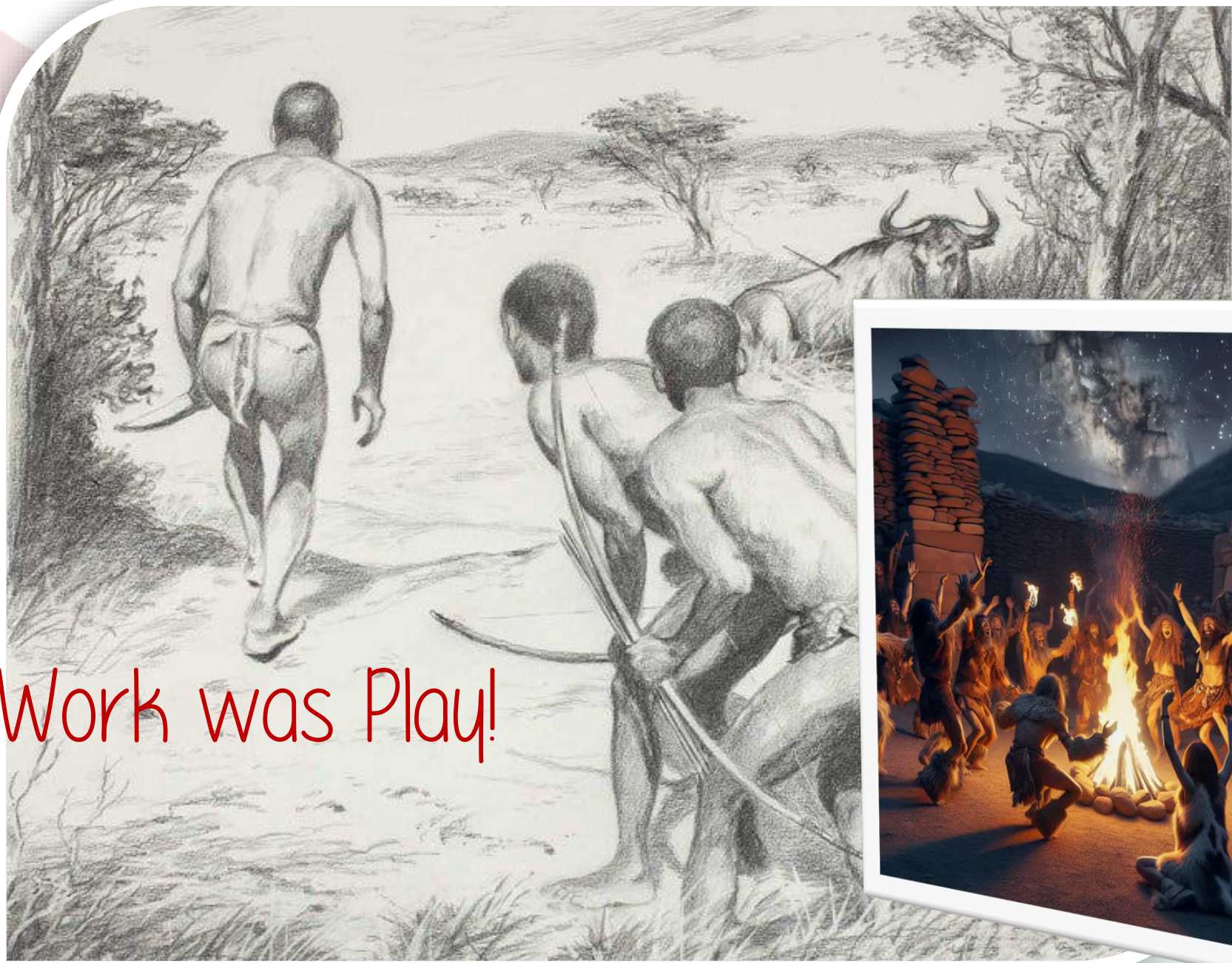
Homo erectus

**Homo
neanderthalensis**

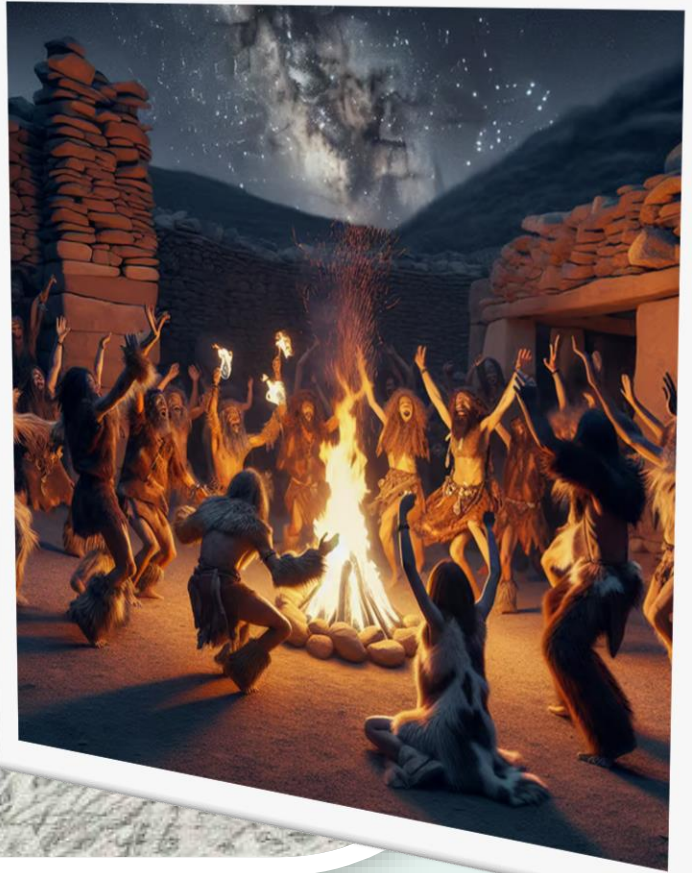
**Homo
sapiens**







Work was Play!





Think Hunter-Gatherer!

- Breath
- Keep phones out of sight
- Move regularly
- Eat real whole foods
- Two or three meals a day – limit snacks
- Try not to drink calories
- 7-9 hours of sleep
- Connect with you friends and family in real life
- Play and have fun!



"Everyone can have a good plan, but to implement it like he has and show up every day to make it happen, that is what he has done."

Tristian Roberts



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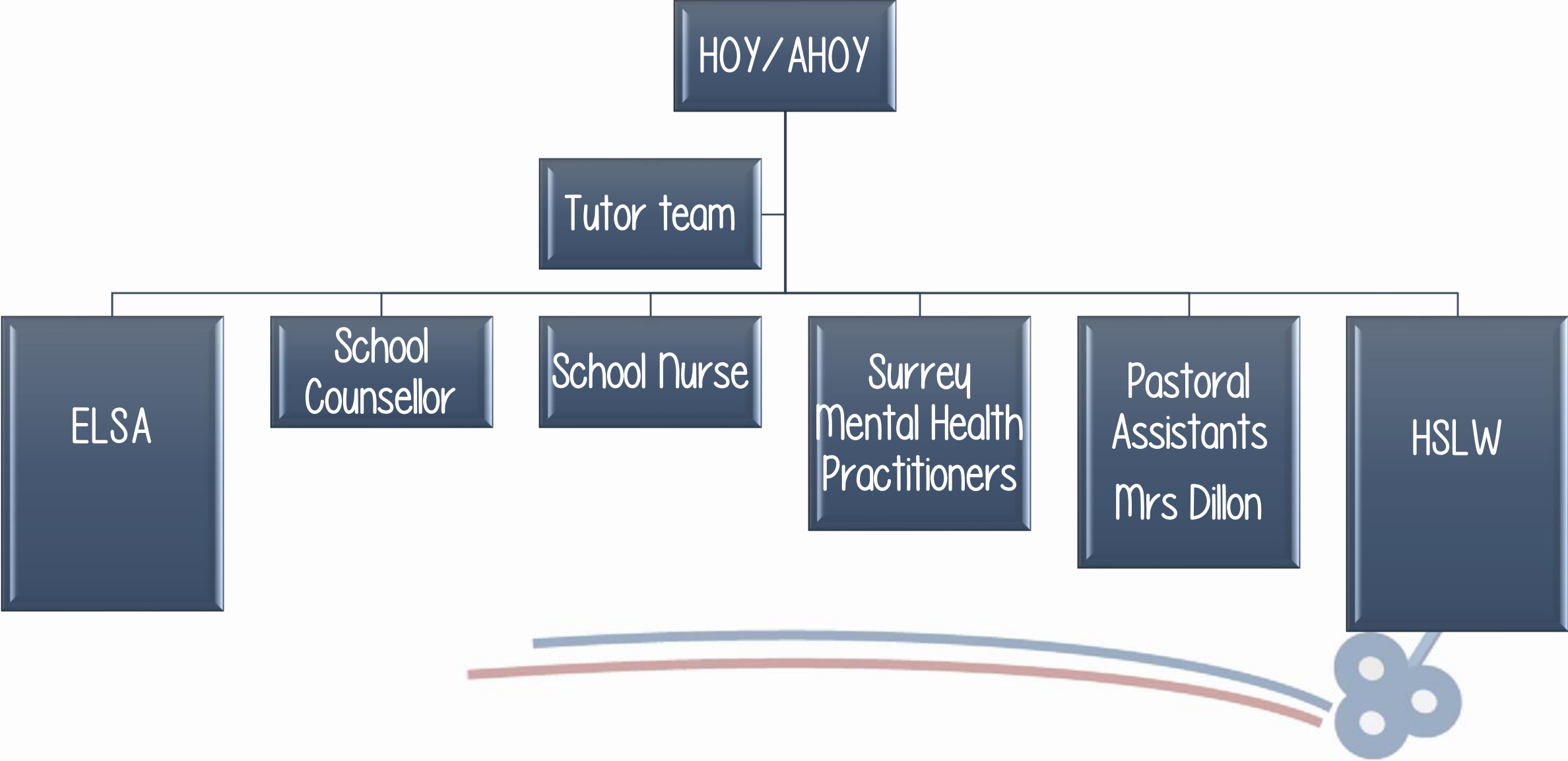
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Pastoral support at St Peter's





Mrs J Ward
Deputy DSL



Mr Evans,
Deputy Headteacher,
Deputy DSL



Mr Ebenezer Assistant
Headteacher, Designated
Safeguarding Lead (DSL)



Mrs McMillan, Deputy DSL



Mrs Rana-Brown Assistant
Headteacher, Head of Sixth
Form, Deputy DSL

Safeguarding

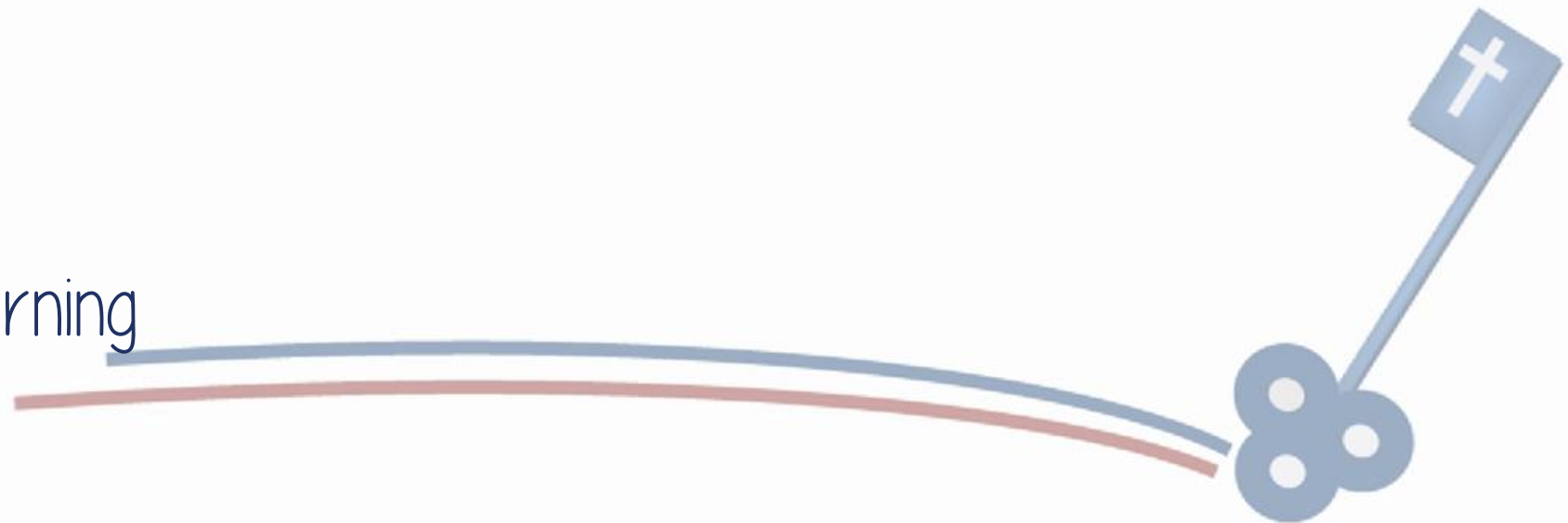
If you have safeguarding concerns about a child, please contact our safeguarding team.



Brilliant basics

EFFORT
— IS —
EVERYTHING

- Uniform
- Punctuality and attendance
- Organisation
- Excellent behaviour
- Attitude to learning
- Homework
- Responsibility for learning



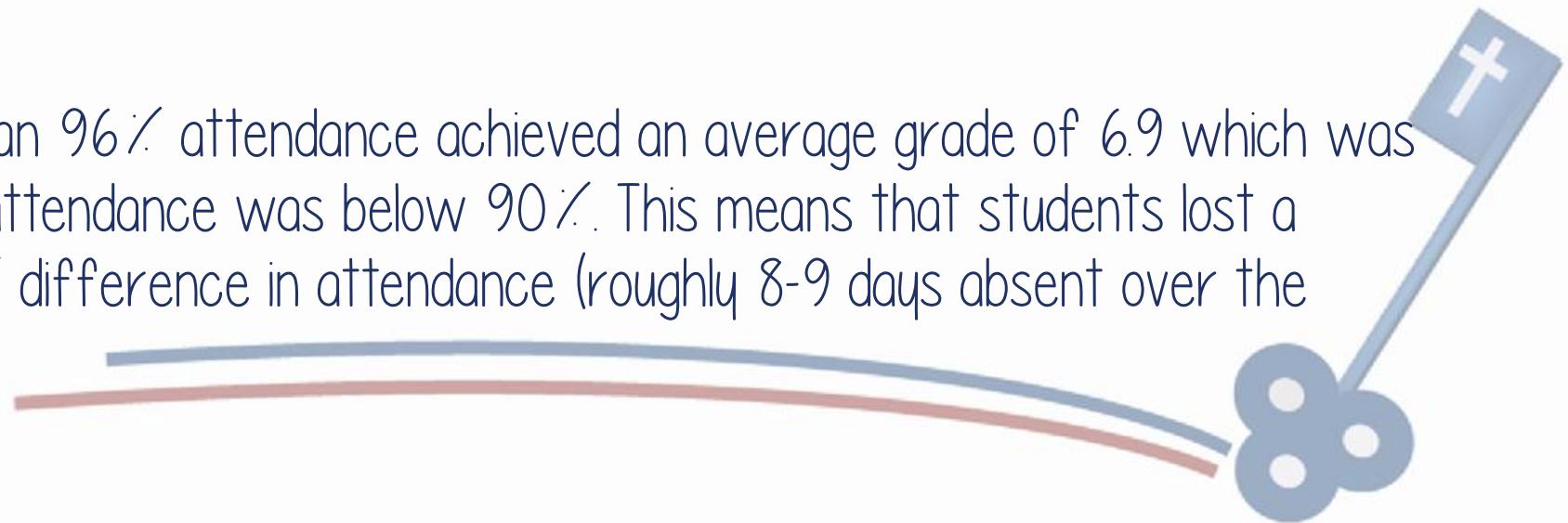
Attendance

**EFFORT
IS
EVERYTHING**

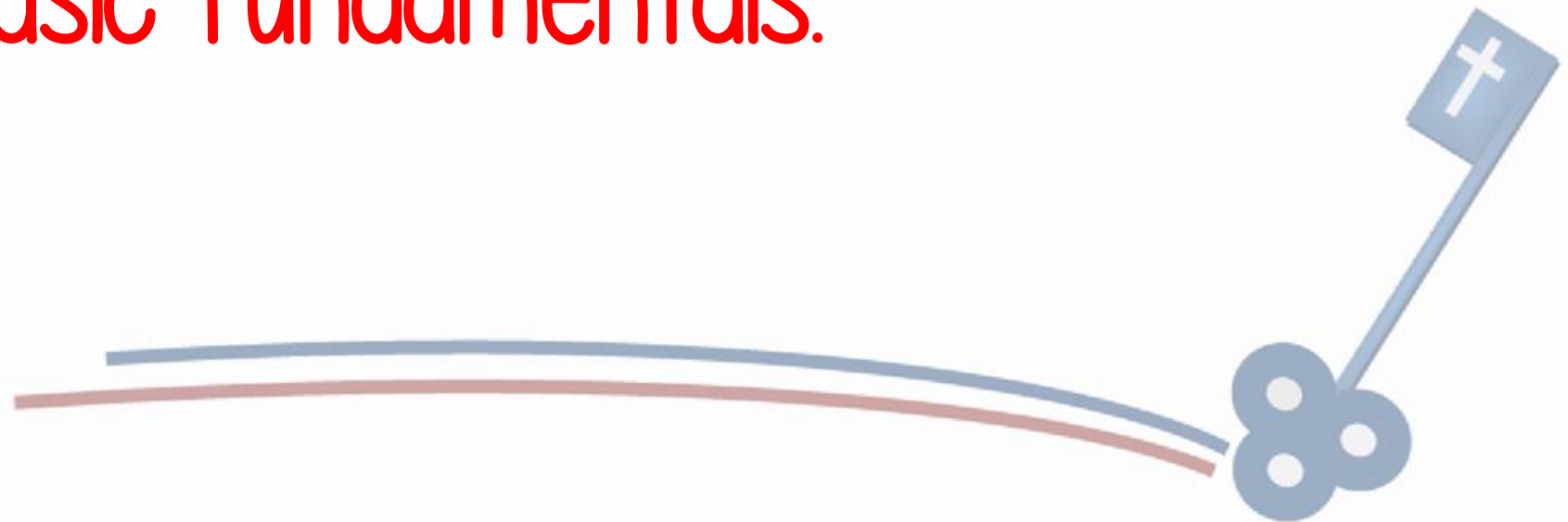
Excellent attendance this year is more important than ever as it has a direct correlation on GCSE results.

We have analysed data from last year and 2019 and there is a direct correlation between attendance and exam performance.

Students who had more than 96% attendance achieved an average grade of 6.9 which was an average of 5.9 if their attendance was below 90%. This means that students lost a grade on average from 6% difference in attendance (roughly 8-9 days absent over the year)



“Success is neither magical nor mysterious. Success is the natural consequence of consistently applying basic fundamentals.”



GCSEs— What can the students control?

1. Attendance
2. Being proactive
3. Managing time
4. Coming to school ready to learn (equipment, uniform, attitude)
5. Completing all work given by teachers and act on feedback following this
6. Use academic language and subject specific terminology
7. Creating revision tools from the beginning of the GCSE
8. Making retrieval practice a daily routine



Safe accountability

Controllables are
in check



Recognising
normal feelings
of anxiety

Reflective of
progress



Everyday Feelings vs. Overwhelming Feelings

Everyday Feelings

- Come and go
- They are a normal reaction to what's going on in our lives
- They are always changing and don't hang around for too long

Overwhelming Feelings

- Hang around for a long time
- Change the way we feel and behave
- May stop us from doing the things we want to in life
- Known as mental health issues/ illness/ disorders

Year 11 Pastoral Curriculum Overview

Autumn 1: Preparing for the year ahead

1. Routines for success at school
2. Routines for success at home
3. Diverse role models
4. Role models — women through time
5. Role models — black history month
6. Half Term 1 Reflection — how has the half term been?

Autumn 2: Teambuilding and wellbeing

1. Team work — problem solving activity
2. Team work — creativity game
3. Wellbeing Advent calendar
4. Exam stress techniques
5. MOCKS
6. MOCKS
7. I am, I can, I have reflection from Young Minds

Spring 1: Stop the world skewing your view

1. The dangers of gambling
2. Gaming without risk
3. Body positivity
4. E-safety today (current apps)
5. Peer pressure — staying true to yourself
6. Safe accountability — reflection on the half term.

Spring 2: Tolerance

1. What are hate crimes?
2. LGBTQ+: Appropriate language
3. Combatting sexism
4. Staying safe in online communities
5. Incorporating the schools values into your community
6. Reflection — how has this half term been?

Keeping
Children
Safe Online

Depression by Level of Social Media Use, U.K.

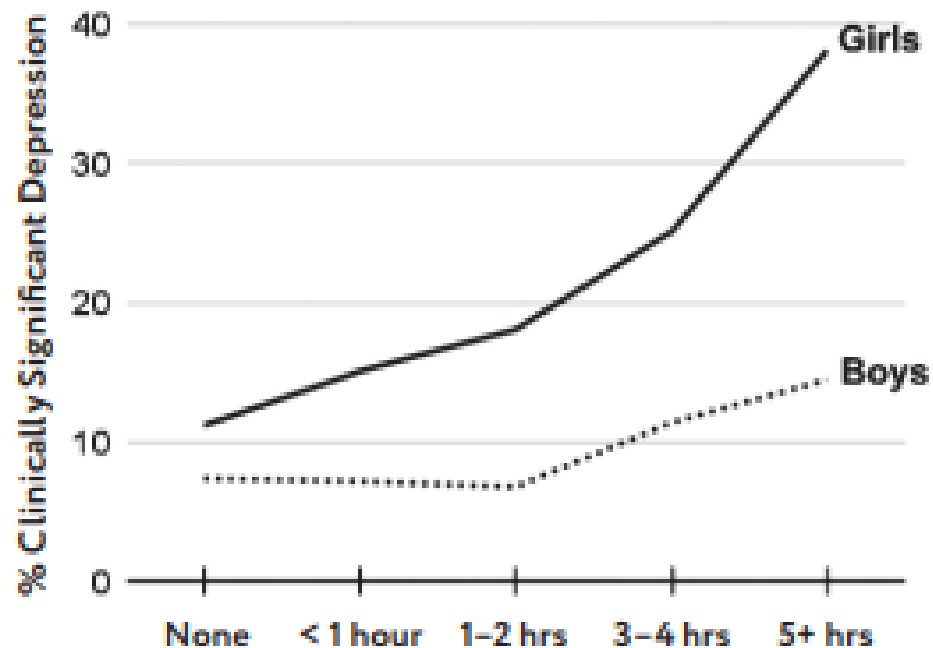
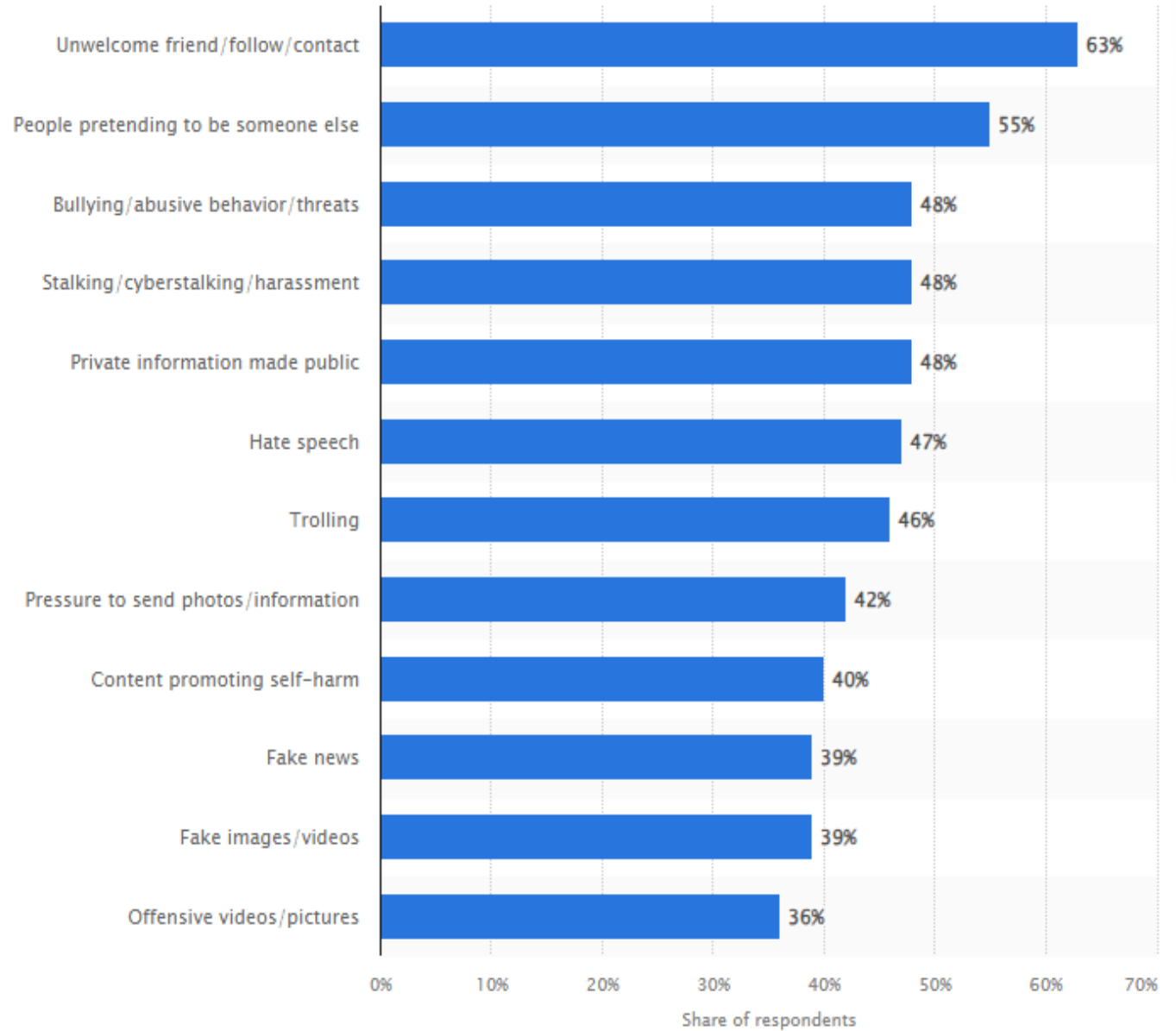


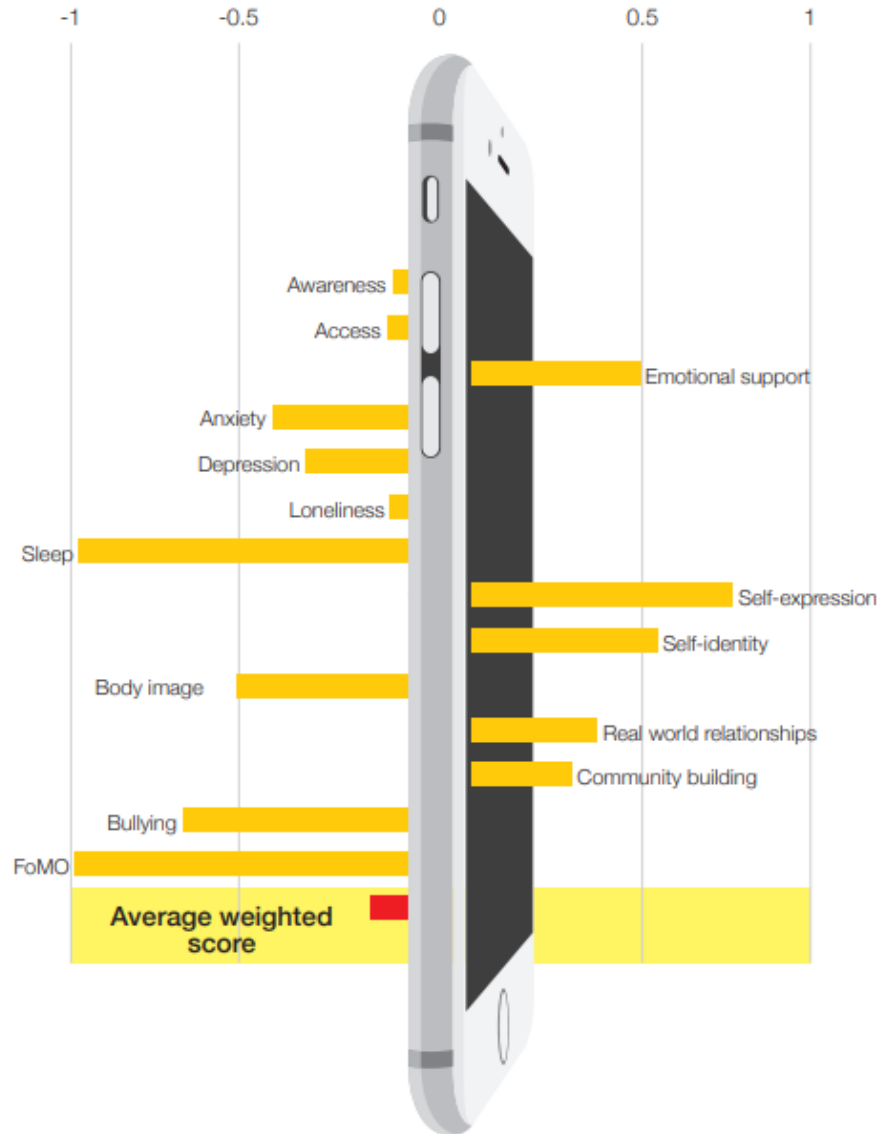
Figure 6.2. Percent of U.K. teens depressed as a function of hours per weekday on social media. Teens who are heavy users of social media are more depressed than light users and nonusers, and this is especially true for girls. (Source: Millennium Cohort Study.)¹¹

Keeping Children Safe Online

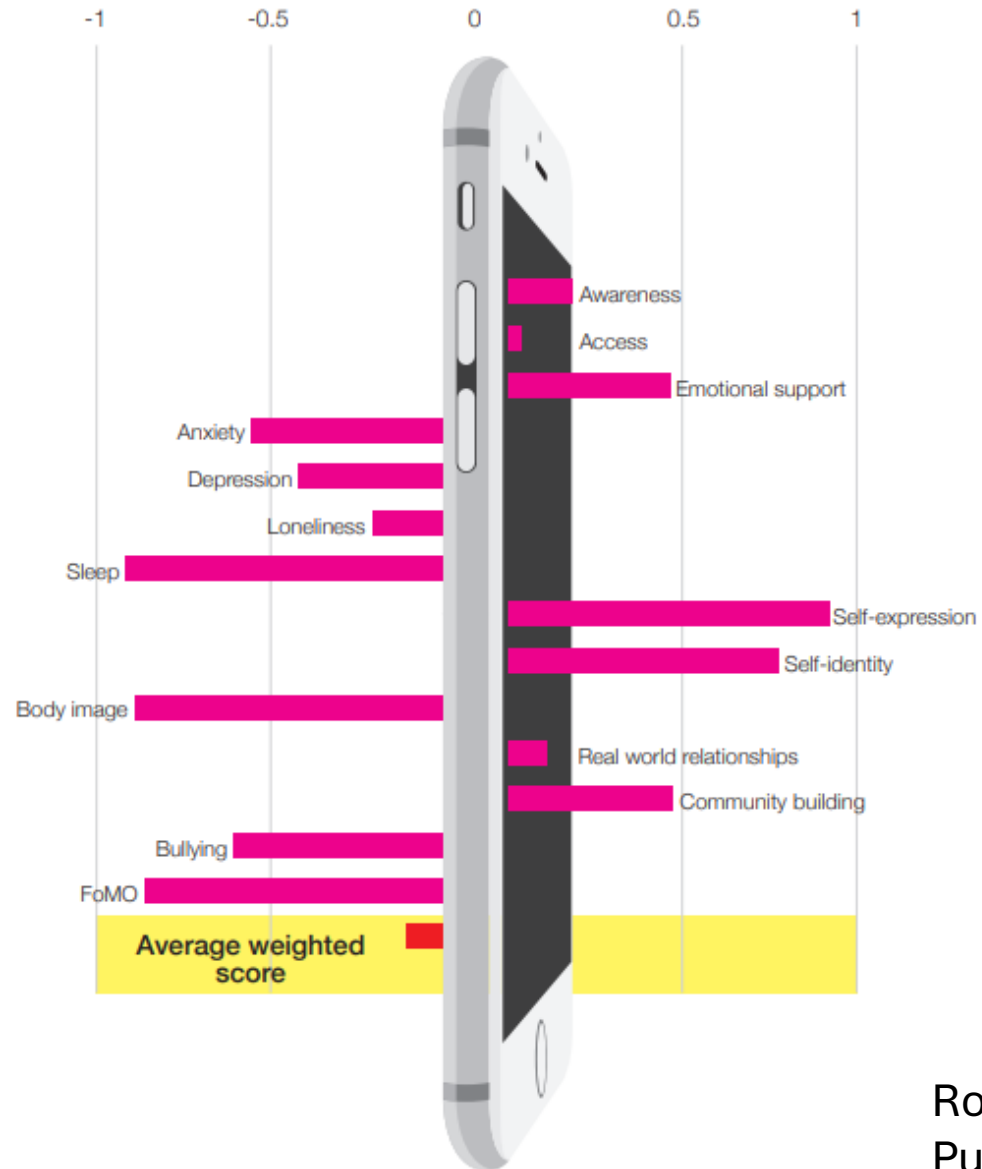
Leading potential harms on social media according to children in the UK, 2023 – Ages 12 -15



Snapchat



Instagram



Sleep – Top Tips

- Wi-fi off at 10pm
- Consoles/plugs out of bedrooms
- Devices out of bedrooms, charging in a communal area
- Use wellbeing settings e.g. Time limits on phones
- Discuss research on sleep

Which age group gets the least amount of sleep?

Teenagers

97%

get less than the recommended amount each night

3%

get the recommended amount each night

Source: National Library of Medicine

Contact

Alert issued to ALL UK children over online 'sextortion epidemic': Police warn foreign gangs are blackmailing hundreds of kids over intimate pics - as mother of victim, 16, who took his own life issues plea to other desperate youngsters

By [REBECCA CAMBER CRIME AND SECURITY EDITOR](#) and [KATHERINE LAWTON](#)
PUBLISHED: 21:49, 29 April 2024 | UPDATED: 22:57, 29 April 2024

County lines gang 'recruited teen in 80 minutes via Snapchat'

© 14 April 2021

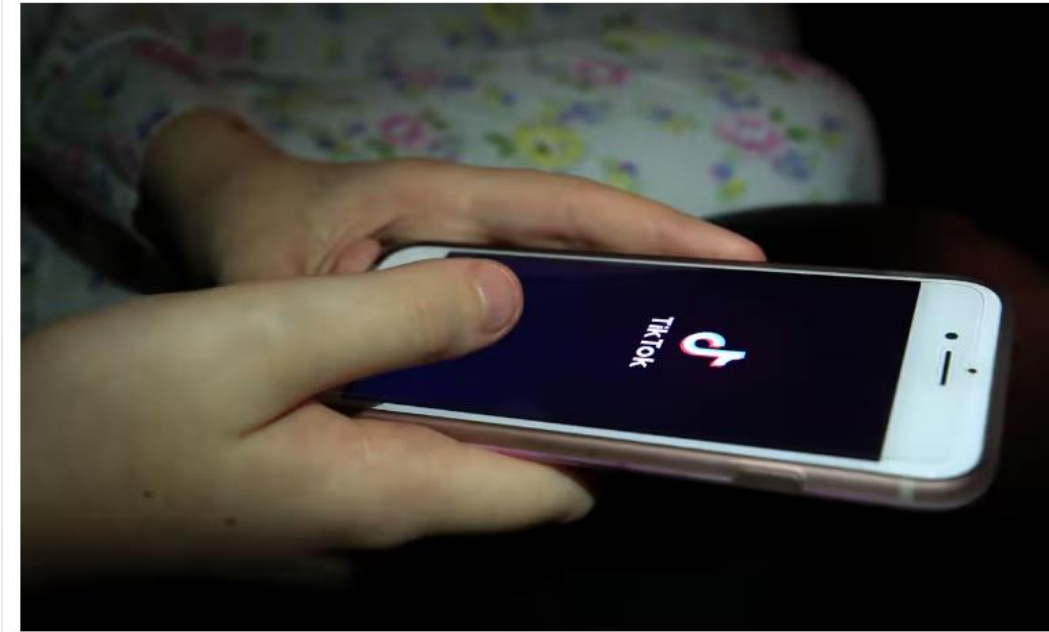


County lines drugs trade



Social media algorithms 'amplifying misogynistic content'

Researchers say extreme content being pushed on young people and becoming normalised



📷 Researchers said they detected a four-fold increase in the level of misogynistic content suggested by TikTok over a five-day period of monitoring. Photograph: Peter Byrne/PA

'I was radicalised by the far right aged 15'

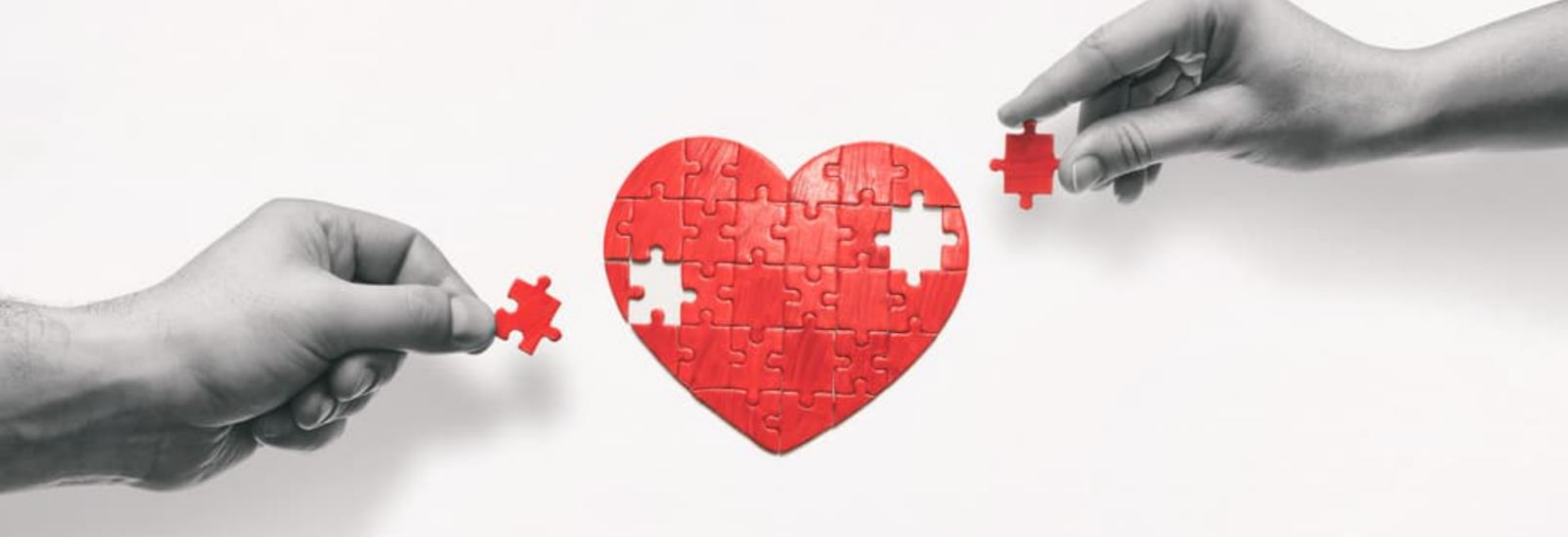
🕒 3 March 2023

Manchester Arena attack



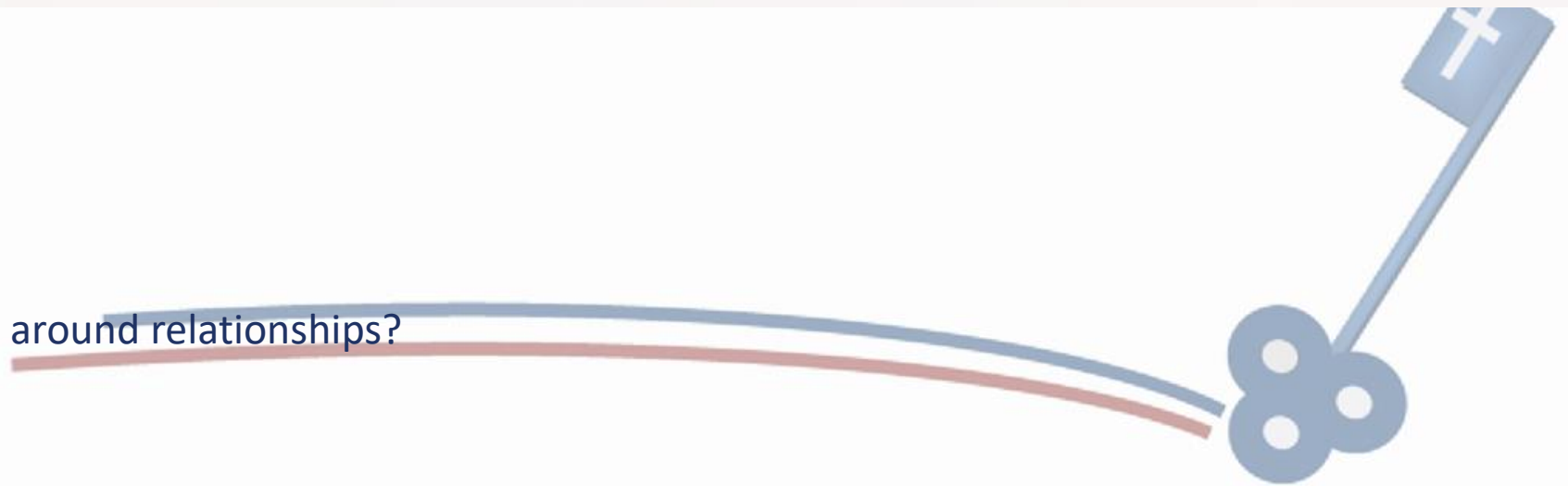
Conduct

What ideas is your child encountering online?



Relationships

What conversations have you had around relationships?



Further Research

1. <https://nationalcollege.com/parents>
2. <https://www.childnet.com/parents-and-carers/>
3. <https://www.internetmatters.org/>
4. <https://saferinternet.org.uk/>

What Parents & Educators Need to Know about TIKTOK

AGE RESTRICTION 13+ (certain features are restricted to over-18s only)

TikTok is a free-to-use social media platform that lets people watch and share short videos of up to ten minutes in length. Its memes, trends, and celebrity cameos have made it enormously popular with an estimated 1 billion users worldwide – but its algorithm that surfaces videos based on users' activity can make the app seriously addictive.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT
While TikTok's "Following" feed only displays videos from users that someone follows, "For You" is a collection based on their previously watched content. Most videos on a child's "For You" feed will probably be light-hearted and amusing, but it could potentially show something unsuitable. What's worse, if they engage with this content, more will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the volume of uploads means that they aren't manually monitored.

DANGEROUS CHALLENGES
Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal, or even deadly acts. One extreme example was the "Iceberg" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS
With over 1.6 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or young people using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

IN-APP SPENDING
TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards to other users for videos they've created, retaining their monetary value. Coin bundles range from £0.99 to an eye-watering £99. TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthday.

ADDICTIVE NATURE
Like all social networking platforms, TikTok can be addictive. Recent figures show that young people are investing increasing amounts of time on it. In 2024, UK children have spent an average of 127 minutes per day on TikTok – twice as much as in 2020 – according to parental controls company Qustodio. This compulsive usage can interfere with children's sleep patterns – leading to irritability.

MISINFORMATION AND RADICALISATION
Although the short-form videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but with Qustodio reporting that nearly a third of children aged 12-15 use TikTok as a news source, you should be wary of extremist material.

Advice for Parents & Educators

ENABLE FAMILY PAIRING
Family Pairing allows parents to link their TikTok accounts with their child's and control their settings remotely. Parents can then turn on restricted mode (reducing the chances of a child seeing inappropriate content), set screen time limits, and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE
Although under-18s will have their TikTok accounts set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers, and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING
If a child is using an iPhone or Android device to access TikTok, you can often restrict settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

DISCUSS THE DANGERS
If a child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure that they understand not to share any identifying personal information, and to talk to a trusted adult if they're exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become more social media savvy.

READ THE SIGNS
If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the possible signs, increased irritability and a lack of concentration are potential red flags, as is failing to complete homework, or skipping meals.

Meet Our Expert
Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The Mirror.

#WakeUpWednesday
The National College

Equality, Diversity and Inclusion at St Peter's



At St Peter's we are committed to all students feeling equally included and loved within our community. We are opposed to all forms of discrimination based on any protected characteristics outlined in the Equality Act of 2010.

We have a team of staff, known as the Identity Team, who work on EDI initiatives at school.

Last year was the first year the team existed, some of their initiatives included:

- We created a logo (above) and badges for students to be clear which members of staff they could approach about identity based conversations.
- We conducted a student survey to understand our community more and find out about incidents of discrimination that are occurring. We followed this up with focus groups and this led to changes in school.
- Organised training for our staff on identifying and responding to incidents of discrimination.



How we investigate incidents to make St Peter's a safe, fair place

- Gather evidence and listen
- Try to understand context
- Apply behaviour policy (if necessary) in a consistent way
- Offer support to any victims and any perpetrators
- Contact parents and log any sanctions on Go4schools
- Follow up with restorative conversations – every child gets a blank slate



Importance of Reading

- Children who read for 1 minute a day encounter 8000 words a year.
- Children who read for 20 minutes a day encounter 2,000,000 words a year.

"The limits of my language means the limits of my world." Wittgenstein



Reading Suggestions

- Aim for 30 minutes of reading per day
- Encourage a wide variety of reading, e.g. Books (fiction and non-fiction), magazines, newspapers
- Ask questions and show an interest in what they are reading
- Model good reading habits
- Help them choose age-appropriate texts
- Check subject reading recommendations
- Emphasise the importance of reading



Year 11 Careers Programme

- 1:1 careers guidance with Mrs Calvert
- Practice interviews with external interviewers to develop employability skills and confidence
- A Level taster day
- Optional visit to Merrist Wood and Guildford College
- Regular careers tutor time sessions

scalvert@st-peters.surrey.sch.uk



St Peter's Sixth Form



St Peter's

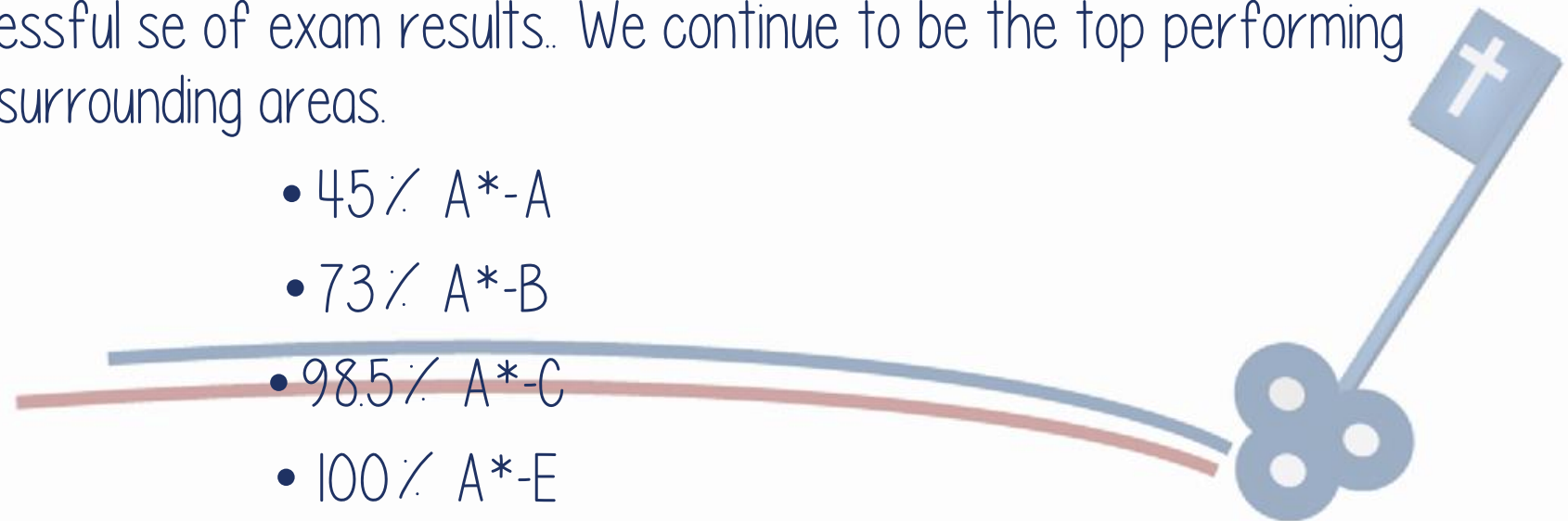
SIXTH FORM

Discover your potential

On **26th September** is Sixth Form Open Evening. Please do look out for communication about this closer to the time. This is a really informative evening where students get to tour our premises, meet subject teachers and ask questions of current students. There is also a talk delivered by Mr Miller and Mrs Rana-Brown (Head of Sixth Form).

This is an exciting time for our sixth form. We have expanded to three buildings and have just had another very successful set of exam results. We continue to be the top performing sixth form in Guildford and surrounding areas.

- 45% A*-A
- 73% A*-B
- 98.5% A*-C
- 100% A*-E



St Peter's Sixth Form



St Peter's

SIXTH FORM

Discover your potential

Please also be aware that the 11th November is Year 11 Sixth Form Taster Day.

We will communicate with students closer to the time but you may want to start having conversations with your child about their interests and aspirations to help inform the subjects they trial on this day.

It can be useful for students to trial subjects they haven't encountered before on this day
e.g. Psychology, Sociology



Year 11

Trips/extra-curricular experiences

All

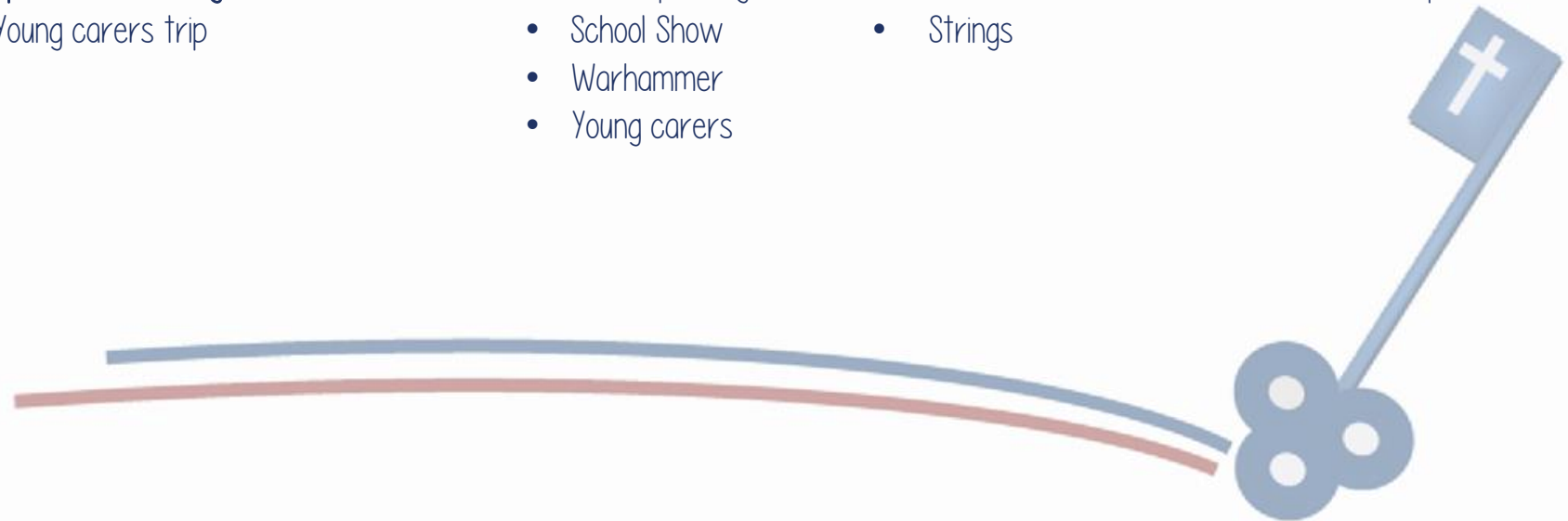
- Art – Gallery visit
- Careers – mock interviews
- Drama – Theatre visit - tbc
- English – Macbeth performance
- Geography – West Wittering
- Maths – Intermediate Maths Challenge
- Revision workshop
- Sixth Form Taster

Opportunity

- Arundel Pilgrimage/ Annual Schools Mass
- Discipleship group
- **European Ski Trip**
- **Lourdes Pilgrimage**
- **Retreat**
- **Silver DofE**
- Student leadership action team (SALT)
- Theatre Trip
- Worth Abbey/Good Shepherd Celebration
- **Spanish – exchange to Granada**
- Young carers trip

Clubs

- Art
- Backstage
- Chess
- Creative writing
- Debate
- Drama
- Homework
- **Lego/Board Games**
- Media
- Photography
- Public speaking
- School Show
- Warhammer
- Young carers
- Acapella choir
- Boys Choir
- Folk band
- Girls Choir
- Guitars and Ukeleles
- Jazz band
- Marimba
- Musical theatre band
- Musical theatre chorus
- Orchestra
- Senior choir
- Strings
- Athletics
- Basketball
- Cheerleading
- Cricket
- Football
- Gym/fitness
- Netball
- Rounders
- Rugby
- **Safe Zone**
- Volleyball



Silver Duke of Edinburgh Award

A letter will be sent to parents regarding registering your child for Silver DofE. Including all information and enrolment. Please note that the St Peter's DofE staff will only communicate directly with parents on issues relating to health, safety, and finances. All other enquires should come directly from the students as it is the students who are participating in the award. Please support the participants by helping them to draft emails or encourage them to speak to the DofE Staff.

The dates you need to know are:

- Saturday 18th January — Silver DofE training day
- Thursday 27th -Saturday 29th March — Practice Expedition
- Sunday 22nd — Wed 25th June — Silver DofE Assessed Expedition



Key dates for Year 11

1. 26th September — Sixth Form Open Evening 7 — 9pm
2. 14th October — Year 11 Revision day including an evening for parents with Mrs Michele Miller
3. 21st October - Year 11 Progress Reports released
4. 11th November — Sixth Form Taster Day
5. 22nd November — Mock interview day
6. 3rd December — 13th December — Year 11 mocks
7. 15th January — Mock Results &
8. 16th January - Year 11 Parents' Evening
9. 4th April — Year 11 Final Progress reports released
10. May — GCSEs begin
11. 18th June — Year 11 Prom



Any further questions?



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