

Year 11 Parent Notes

Dealing with Stress and Anxiety: How can we help?

I met with a small group of year 11 students on Monday and heard that students feel **exhausted**, **overwhelmed**, and **stressed**. I was disheartened that on the first day back after a break, they reported feeling even more stressed than they were a week earlier.

We do support at school, with your child's tutor being the first port of call in all instances. Further to this, we encourage all students to reach out to kooth.com. This is a

- Free
- Online
- Anonymous
- Confidential counselling service

Students can engage in forums moderated by professionals and also 1-to-1 chats with qualified counsellors. Please encourage them to access this free service if they feel that they need that little extra support.

Mindfulness Course

Mindfulness has continued this week at Oxted for selected Year 11 students. All sessions occur during Core PE lesson slots. If your child is interested in joining the course, please contact Alexis Bergamo directly at abergamo@oxtedschool.co.uk

Sixth Form College Interviews

This is the time of year when students are invited to attend college interviews. Please contact your child's tutor, Mrs Mullen (attendance@oxtedschool.co.uk), and Mrs Evans and/or myself to inform us of upcoming interviews.

How to Revise Sessions and East Surrey College Visit

An evening on how to revise will take place on Wednesday 7 March in the **Main Hall from 6.00pm-7.00pm**. Please join us with your child to pick up tips on how to organise time, how to best revise for certain subjects, and how to establish habits that will ensure success.

Information about East Surrey College

On Wednesday 7 March 5.30pm-7.00pm, we will be joined by Tom Barnes, the School Liaison Manager at East Surrey College. He will be here to answer any questions you may have about applications, apprenticeships, and programmes offered at ESC.

Spring Exams w/c Monday 26 February

These are the dates of the exams:

Tuesday 27 February

9.00am-10.30am Maths Paper 1 (Higher and Foundation)

11.30am-1.15pm English Language Paper 2

Wednesday 28 February

9.00am-10.30am Maths Paper 2 (Higher and Foundation)

Thursday 1 March

9.00am-10.30am Maths Paper 3 (Higher and Foundation)

Passport to Prom

Attendance at the prom is a privilege we hope will be awarded to all our students. Here are the FIVE requirements for students to attend the prom:

1. Students must attend at least one Parents' Information Evening, Raising Achievement Evening, Progress Review Evening, or one-to-one meeting with tutor, Head of House, Mrs Evans, or myself. Since we know that not all of you can attend these evening sessions, your child must attend at least one. So far, nearly 90% of the year group has met this criteria
2. Attendance at 20 sessions of Period 6 or equivalent (Separate Scientists have already met this criteria)
3. Attendance at 95% from February half term (unless there are extenuating circumstances which prevent a student from attending)
4. Behaviour points will be taken into consideration. We are looking for students to be making positive contributions to their school life and making a conscious effort to get more achievement than behaviour points
5. Students must also **settle their accounts with the library**. This can be done in one of four ways:
 - a) bring the overdue book back to the Library
 - b) provide a second-hand but in good condition copy of the book (we suggest purchasing on Amazon)
 - c) bring in a second-hand book in good condition suitable for the Library stock (this needs to be checked with Librarians, but can even be a different book than the one they checked out)
 - d) Bring replacement cost of book money **to the Library desk** (cheque or cash)

English Workshop Event - English Literature for all students

Monday 26 February 2018, 6.00pm-7.30pm (Meridian Dinging Hall)

The English Faculty would like to encourage students to attend the English workshop event that is running this term as an excellent opportunity to demonstrate to students how they can achieve high marks in each part of their exams in English Literature.

The workshop sessions will be held in the Meridian Hall and Year 11 students and their parents or carers are welcome.

Period 6 – Spring B

Spring B	Subject	Room	Staff
Monday	Maths	M1	DGC
Tuesday	Humanities	F26 / G7	WID / DNW
Wednesday	MFL	F16	MJS
Thursday	English	H1	CPR
Friday	Science	S1	GMG

Geography period 6 starts next Tuesday after school for certain students who have been invited to attend this session. This session will be run in their normal Geography classroom by their teacher. Parents will have received an email inviting their son/daughter in to this particular session.

An 'open' Geography period 6 will also be run on Wednesday after school by Mr Henk in F27. Any student can attend this session, they do not have to have been invited. Sessions will run until the Easter holidays.

We look forward to seeing your son/daughter next Tuesday after school or next Wednesday if they have not been formally invited.

If you would like to buy revision aids, below are a list of some that we would recommend:

GCSE 9-1 Geography AQA Revision Guide:

Amazon.co.uk: Tim Bayliss, Rebecca Tudor, Catherine Hurst, Bob Digby: 9780198423461:

Books

- New Grade 9-1 GCSE Geography AQA Revision Guide
(CGP GCSE Geography 9-1 Revision) Paperback - 9 May 2016
ISBN-10: 1782946101 ISBN-13: 978-1782946106
- New Grade 9-1 GCSE Geography AQA Exam Practice Workbook
(CGP GCSE Geography 9-1 Revision) Paperback - 5 Dec 2017
ISBN-10: 178294611X ISBN-13: 978-1782946113

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