



MCAS and Student Portal

Just a reminder that you have the MCAS app for parents where you can see lots of information for your child. Homework will be showing on that app next week. There is also a student portal that all students should be using as we will be setting homework through this shortly.

GCSEPod

We have subscribed to a really exciting service that will help take your child's revision to the next level. As a subscriber, your child now has access to GCSEPod's library of over 6,500 'Pods', 3-5 minute videos designed to deliver knowledge in short bursts. GCSEPod makes learning and revision much more manageable: every Pod is mapped to an exam board, and contains all the right facts, quotes, keywords, dates and annotated diagrams that your child needs for GCSE success – all neatly organised into topics and exam playlists.

See more on page 3.

What is my child learning?

We are working hard to provide you more information and you can see the subject overviews on our website under the 'Curriculum' heading. Have a look! More are being added daily.

Coming up:

Wednesday 11th October (Pds 1-2 or Pds 3-4)

Positively You Workshop for students

Monday 6th November (two weeks)

First Year 11 Mock Exams

Thursday 9th November (5.30pm to 7.30pm)

Sixth Form Open Evening

Thursday 30th November (4.00pm to 7.00pm)

Consultation Evening (In school)

Friday 1st December (all day)

Sixth Form Taster Day (details to follow)



Starting Points!

It is hard to believe we are already six weeks into the term. The students have made a great start to Year 11 and their teachers are really positive about the way in which they have gone about their learning so far this year.

The next few weeks will be important as we gear up towards the first set of mocks for the year after half term. These will be a chance for students to put into practice what they have been learning so far and gaining valuable feedback. This will all then be published to you ahead of the Consultation Evening on Thursday 30th November in our new reports (more about this on page 2). This will really focus the conversations with staff on feedback and specific actions following the mock exams.

We have been reviewing our Consultation Evenings and it is fair to say that there are mixed views regarding the use of technology vs in-person evenings. This is mirrored across parents and staff and we want to listen to all stakeholders when making a decision. We do feel though that for specific year groups an in-person event will serve our students better and so the Consultation Evening will be held in school on Thursday 30th November. We will release full details soon to allow you to book appointments.

Last week on Wednesday, Year 11 had a special session delivered by *Positively You* titled 'Exam Busters'. You

can see more information [here](#) and we know the session has impact having used them last year as well. The main focus was to help students understand *how* they can revise and we aim for them to put this into practice before the mock exams. We will follow up through tutor times and subject lessons too.

You will be able to see later in this newsletter the 'journey' for this year. We have put a lot of work into developing this over the past few months so that it is tailored for this year group. As you can imagine, some dates are subject to change but the overall journey will look like this. We hope you find this useful to see what is coming up.

Finally, for this issue, we have the important Sixth Form Open Evening coming up on Thursday 9th November. This is a great chance for you and your child to come and see what our post-16 provision looks like. We have a wide range of courses available including our Level 2 courses, our vocational subjects and our traditional A Level subjects. There is a route for every student and it would be great for you to come and see for yourselves. We also have a Sixth Form taster day on Friday 1st December but we will write to you with more details in due course.

I look forward to seeing all of you there and we are all keen for the students to remember 'the secret of getting ahead is getting started'.

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Mr Peter Cowlin
Deputy Headteacher

The Keys to Success

SLEEP

Young people aged 15/16 need around 10 hours sleep in order to perform at their very best.

Top tips to improve sleep:

- Avoid big changes to sleep routine, such as lengthy lie-ins on weekends.
- Avoid doing work close to bed time so that their brain can 'wind down'.
- Avoid screens and stressful discussions/activities close to bedtime.
- Create a relaxing pre-bed routine, free from over-stimulation from screens, sugar and caffeine.
- Incorporate exercise into their day, but not too close to bedtime.
- Allow enough time in between dinner and sleep so that they aren't too full and their body won't be busy digesting food.
- Write down any thoughts or concerns to help avoid them 'buzzing' around your head.

DIET

Nutrition, quite literally, powers us to perform. Students may feel that they are working their hardest to achieve their goals, but if they are not fuelling their bodies in the best way then they aren't going to perform at our best.

In particular, students should think about:

- **P**reparation (breakfast!)
- **E**nergy levels (eat regularly)
- **R**e-hydrate (drink water)
- **F**ocus fuels (healthy snacks)
- **O**mega 3s (proven to help brain function and immune systems)
- **R**e-think brain blockers (avoiding certain foods e.g. sugar/heavy carbohydrates)
- **M**acro-nutrients (combination of protein, fat and carbohydrates at every meal)

WELLBEING

We will be focussing on students maintaining their wellbeing in our Learning for Life sessions over the coming weeks. This is vitally important for every student and we place it at the top of our priorities. We encourage them to keep up their outside hobbies and commitments, especially exercising, to make sure they keep themselves as stress free as possible.

You can access a wealth of resources using the details below which support all of the above:

Link:

<https://students.pixl.org.uk>

PiXL School Number:

402458

Password:

Indep41

Reporting Changes

Students should always know where they are at in their learning journey, what they are succeeding at and what they need to do to develop further

There are some important updates to how we are reporting to parents and students this year. The information here should explain some of the thinking and what you can do with your children when you receive a report. This year you will get one in November and March after the mock exam windows.

The key to any progress data

Regardless of how students are assessed, the key questions we should all be asking young people are:

1. What are you aiming for in this subject?
2. Where are you currently?
3. What are you doing well? How do you know?
4. What do you need to improve? How do you know?

If students can answer these questions then they will be in a great position to improve their performance.

Owning their own progress

A key part of our reporting process will be the students interacting with these reports in tutor time. We want the students to really reflect on their progress and set themselves targets based on how they are doing. We will be building this into our tutor program. Hopefully they will be able to talk to you about this when you review their report on the MCAS app!

Attitude to Learning

We have made a big change to our Attitude to Learning criteria. We want to ask even more of our students and encourage them to be as ambitious as possible. This will mean you will see less 'A' grades on the reports than previously as these are reserved for students going above and beyond.

The reports will also show an 'ATL Score' which will be out of 100. If a student has a score of 70 or more then this shows they are doing the right things to make progress. Anything below 70 suggests some opportunities for learning and progress are being missed through being passive in lessons or through being distracted. You can see the full criteria here which will help explain them further.

New Look!

You can see the new report below. It will help you see progress over the year and also give you more information about what your child is learning. Key for those conversations and knowing what you can do to support your child at home.

Sackville School – Year 11 Progress Report											
Student: XXXXXXXXXXXX						Tutor: XXXXX					
Subject	MEG	Yr10 Mock Sum	Predicted Grade Aut	Mock Grade Aut	Predicted Grade Spr	Mock Grade Spr	Behaviour for Learning	Effort	Current Topic	Next Topic	Teacher
English Lang											
English Lit											
Maths											
Biology											
Chemistry											
Physics											
Geography											
History											
MFL											
Art											

Attitude to Learning			
	Autumn	Spring	Summer
Overall Attitude to Learning			
Behaviour for Learning Score			
Effort Score			

We have changed our criteria for our Attitude to Learning scores and increased our expectations of students reaching the top grade 'A'. You can view the descriptors in full here.

An ATL score of at least 70 is what all students should be aiming for.

You can use the breakdown above to target specific areas for improvement. There will be specific follow up for students where needed through tutors.

Where are the successes? What needs to be developed before the next report?

Good	Cause for Concern	Serious Concern
70 or above	60 to 70	Below 60

TARGET 70

Attendance this year so far:		
Autumn	Spring	Summer
%	%	%

This figure is based on attendance to school AM and PM sessions. These are measured during tutor time and period 4. If your child does not have a period 4 lesson it does not count within the statistics.

Excellent		
Above 98% attendance		
Good	Caution – needs to improve	Concern
95 – 97.9%	93 – 94.9%	90 – 93%
Serious Concern – Persistently Absent		
Below 90%		

Year 11 Mock Exams - November

Mock exams are a key part of preparing students for their final exams in Year 11. We want the students to be fully prepared so that they can just go into their exams and 'press play'. They should be prepared enough that they know exactly what to expect from each subject, each paper and even each question type.

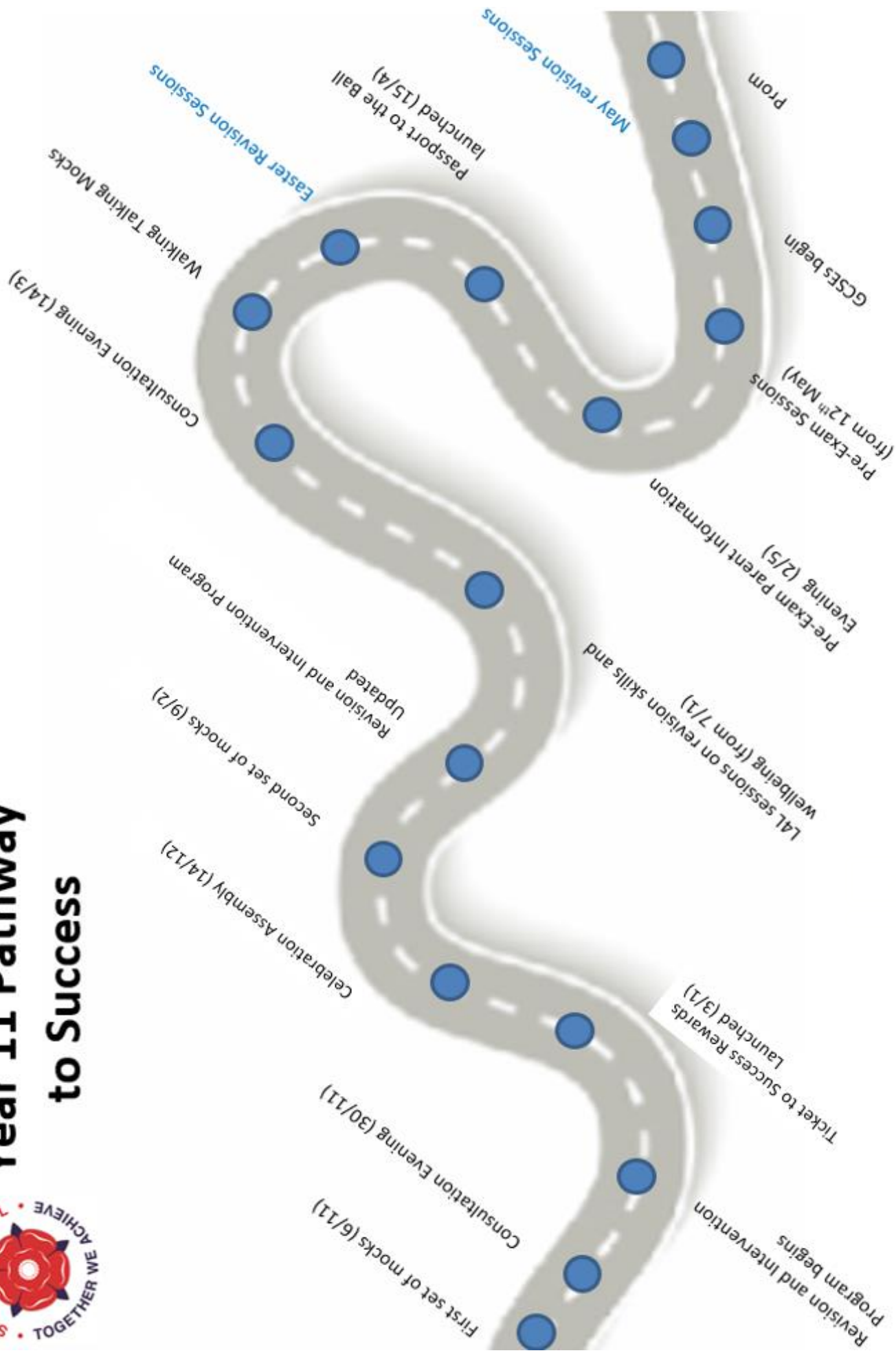
The mock exams for this term are set to begin on Monday 6th November and will last for two weeks. All students will receive a formal timetable before half term and will have allocated seats for the mock exams, just like the real experience. You will then receive the results ready for the Consultation Evening on Thursday 30th November. We look forward to celebrating the hard work of students at this key point.

Year 11 Mock Exams - November 2023

Start time 8:45				Start time 11:20		
Date	P1	P2	Time	P3	P4	Time
6/11/23	English Language mock		1 hr 45min			
7/11/23				Mathematics mock 1		1hr 30min
8/11/23				Mathematics mock 2		1hr 30min
9/11/23	MOCK GCSE French/Spanish/German Reading - Foundation Reading - Higher		45 min 1 hr	Option block D Business Drama Geography History French Writing - Foundation French Writing - Higher		1hr 45min 1hr 45min 1hr 30min 1hr 15min 1hr 10min 1hr 20min
10/11/23				English Literature mock		1hr 45min
13/11/23				Mathematics mock 3		1hr 30min
14/11/23	Science - Biology		1hr 15min 45min			
15/11/23	Science - Chemistry		1hr 15min 45min	Options block A Business Geography PE Sociology History Hospitality Spanish Writing - Foundation Spanish Writing - Higher		1hr 45min 1hr 30min 1hr 15min 1hr 45min 1hr 15min 1hr 30min 1hr 10min 1hr 20min
16/11/23	Options block C Business Geography History Hospitality Computer Science German/Spanish/French writing - Foundation German/Spanish/French writing - Higher Sociology		1hr 45min 1hr 30min 1hr 15min 1hr 30min 1hr 45min 1hr 10min 1hr 20m 1hr 45min			
17/11/23	Science - Physics		1hr 15min/ 45min	Options block B Film Studies Geography History Hospitality Sociology Spanish Writing - Foundation Spanish Writing - Higher		1hr 30min 1hr 30min 1hr 15min 1hr 30min 1hr 45min 1hr 10min 1hr 20min
20/11/23	Year 10 B&V GCSE mock		1hr 45min	Catch up P3/4		



Year 11 Pathway to Success



In Brief:



Every day is now vital to the cause. There are approximately 22 school weeks until the exams start...

LET'S MAKE THEM COUNT!



You can find all the information you need relating to the exams on our website, including timetables.

<https://sackvilleschool.org.uk/students-4/exams-information/>



Remember, you can access information relating to your child on our 'My Child At School' app. It will give you information on attendance and communications rather than relying on email/messages. Let us know if you haven't been able to get this set up yet.



This is an important time for post-16 choices. Obviously, we hope as many of the year group stay with us as possible. For any help in relation to Sackville Sixth Form please see Mrs Valentine. If you want any advice on what options are available please see Mrs Smith, Futures Leader.



Please visit the link [here](#) for some useful information that is designed to support parents in some of the key areas of their child's life. These have been created by PiXL and are designed to be short flyers. If you would like any more help or information please get in contact with us.