

Colchester County High School for Girls

Year 11 Essential Information

2021-2022



Year 11 Essential Information

The Year 11 Tutor Team

Mrs Barber	11C	ebarber@cchsg.com
Mr Summers	11O	msummers@cchsg.com
Mr King	11L	jking@cchsg.com
Mr Nachman	11H	cnachman@cchsg.com
Miss Withers	11E	bwithers@cchsg.com

The first point of contact is the Year 11 Tutor

Contacting us

Mrs Pye	Examinations Officer	exams@cchsg.com
Mrs Ward	Upper School Pastoral Assistant	jward@cchsg.com
Mrs Daniels	Year Leader Y10 & 11, SENCO & Associate to SLT	kdaniels@cchsg.com
Mrs Frost	Vice Principal	dfrost@cchsg.com
Mrs Jackson	Associate to the Principal & CEO	wjackson@cchsg.com

Dates for your diary

September

9	Year 11 GCSE Drama NEA Tech Rehearsal
11	Year 11 GCSE Drama NEA Dress Rehearsal
13	Year 11 GCSE Drama NEA Performance

October

18	Progress Check 1
20	Parent Consultation Evening 16.15 – 19.15 (Virtual Event via school cloud)

November

4	Sixth Form Open Evening
22–03 Dec	Mock Examinations

January

17	Exam results sent home
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February

7	Reports sent home
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March

22	Progress Check 2
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May/June

GCSE Exams begin - dates to be confirmed

June

End of Exam Celebration – date to be confirmed dependent upon examination dates

August

GCSE Results Day (Date to be confirmed)

Safeguarding at CCHSG

CCHSG believes in supporting all aspects of children and young people's development and learning, including keeping children safe. We understand that children and young people can and do experience social, personal and emotional barriers to their learning, over differing periods of time and at different stages of their development, which can have an effect on their academic learning. We recognise that education staff play a crucial role in helping to identify welfare concerns and indicators of possible abuse or neglect at an early stage.

Safeguarding depends on staff being made aware of issues by students. Form Tutors have the role of "First Responders" and work closely with the Pastoral Team to help identify issues and support students. Students are aware of the Pastoral Team and Safeguarding Team with posters around the school to help them identify those members of staff and how to contact them.

The student planner also provides advice and gives details of support organisations and useful contacts; The Student Voice Team work with the Safeguarding Team to help ensure the content and advice is appropriate and updated annually.

We understand that some students may find reporting difficult, especially communicating worries and concerns to members of staff for a variety of reasons and as such CCHSG have introduced an online reporting system in 2021-22 to enable students to report more freely; This can be accessed through the "Never Acceptable" link on the school website.

The Safeguarding Team

Designated Safeguarding Lead (DSL):

Mrs W. Jackson wjackson@cchsg.com (Mrs K. Daniels from January 2022)

Deputy DSL:

Mrs K. Daniels	kdaniels@cchsg.com
Mrs D. Frost	dfrost@cchsg.com
Dr S. Parrott	sparrott@cchsg.com
Mrs S. Hughes	shughes@cchsg.com

Wellbeing Support and Early Help

Pastoral Team – Form Tutor, Year Leader and Pastoral Assistant 1:1 meetings and monitoring.

School Nurse and School Counsellor – Appointments by Year Leader referral and student request

Rev Greenland - offers chaplaincy services on a voluntary basis in school to both staff and students, to those of all faiths and none, to offer support both pastoral and spiritual. Meetings are available on Teams, talk on the phone or correspond by email; please contact Rev Greenland via hgreenland@cchsg.com

E-Safety - Who you can turn to:

All students receive e-safety guidance both in lessons and assemblies; however, we strongly encourage parents to take an active role in monitoring their child's on-line and social media activity to ensure they are safe. You can find more helpful information on the e-safety section of the CCHSG website or alternatively access the websites below. If you have a specific e-safety concern regarding one of our students then please do not hesitate to contact the school safe-guarding lead, Mrs Willa Jackson, or a member of the pastoral team. There is a weekly e-safety update in the parent and student bulletin and there will be e-safety events taking place during the school year.

CEOP – <https://www.ceop.police.uk>

Share Aware - <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>

Common Sense Media - <https://www.commonsensemedia.org/>

Think U Know - <https://www.thinkuknow.co.uk/>

Mobile phones must remain turned off during the school day.

Examinations

If there are any circumstances you feel may affect your child's examination performance or access arrangement requests, please ensure that you have informed Mrs Pye our Examinations Manager. Mrs Pye can be contacted by telephone on 01206 576973 or via email at lpye@cchsg.com. If a student is ill on the day of the examination Mrs Pye must be informed that day and a letter from the GP is required for the school to be able to apply for special considerations. Please see the examinations area of the school website for more information.

Year 11 PSHCE Curriculum

The aims of the PSHCE curriculum are:

- To equip young people with knowledge and skills that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy
- To develop young people's capacity to make sound decisions when facing risks
- To support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

Key Themes:

Health Education	Relationships and Sex Education (RSE)	Living in the Wider World	Careers
<ul style="list-style-type: none"> • Why do we take risks? • Personal Safety • CoppaFeel – Breast health awareness • Mental Health • Stress management 	<ul style="list-style-type: none"> • FGM • Consent, Rape & Sexual Abuse • Bullying & Body Shaming • Types of Relationships • Date rape • Miscarriage and unplanned pregnancy 	<ul style="list-style-type: none"> • Theory of learning • GCSE Revision & Study Skills • Internet Safety • Independent Living • Identity and Diversity • British Values • Where does morality come from? (Religion & Worldviews) 	<ul style="list-style-type: none"> • Options at 16+ • Apprenticeships • How to Choose A Level Subjects & an Introduction to Russell Group • Kudos (ICT Rooms)

Subject Examination Board Specification	Text book	Website
Art & Design Edexcel 1FA0	Not applicable Visiting Art exhibitions is recommended	http://qualifications.pearson.com/en/qualifications/edexcel-gcses.html http://www.bbc.co.uk/schools/gcsebitesize/art/ http://www.studentartguide.com/ http://www.pinterest.com/studentartguide/beautiful-igcse-gcse-art/ https://www.tate.org.uk/art/student-resource/exam-help
Biology Edexcel 1B10	New Biology for You by Gareth Williams Nelson Thornes	Website with full specification and some past papers: http://qualifications.pearson.com/en/qualifications/edexcel-gcses/sciences-2016.html#tab-1 Useful revision sites: http://www.s-cool.co.uk/gcse/biology http://www.docbrown.info/gcsebiology.htm http://www.bbc.co.uk/education/subjects/z9ddmp3 https://www.physicsandmathstutor.com/biology-revision/
Chemistry Edexcel 1CH0	Chemistry for You by Lawrie Ryan	https://qualifications.pearson.com/content/dam/pdf/GCSE/Science/2016/Specification/GCSE_Chemistry_Spec.pdf Useful revision site: http://www.bbc.co.uk/schools/gcsebitesize/science/ https://www.physicsandmathstutor.com/chemistry-revision/gcse-edexcel/
Computer Science OCR J276	PG Online - OCR GCSE (9-1) Computer Science – S Robson and PM Heathcote Online resources Teach-ICT Username: co33us Password: python1 CraignDave	https://www.ocr.org.uk/qualifications/gcse/computer-science-j277-from-2020/ https://teach-ict.com/2016/GCSE_Computing/OCR_J277/OCR_J277_home.html https://student.craigndave.org/
Drama WJECeduqas 601/8420/6 C690QS	Not applicable	http://www.eduqas.co.uk/

Subject Examination Board Specification	Text book	Website
English Language AQA 8700	<p>Book1 – AQA GCSE English Language. Developing the skills for learning and assessment. Helen Backhouse and Beverley Emm.</p> <p>Book 2 – AQA GCSE English Language. Assessment preparation for Paper 1 and Paper 2. Jane Branson and Peter Ellison.</p>	http://www.aqa.org.uk/subjects/english/gcse/english-language-8700
English Literature AQA 8702	<p>Not applicable -a range of texts are used: An Inspector Calls Romeo & Juliet Poetry Anthology Pride And Prejudice</p>	http://www.aqa.org.uk/subjects/english/gcse/english-literature-8702
French AQA 8658	<p>GCSE French Higher (AQA) Students will have access to an electronic copy of the text book and resources using an individual kerboodle login.</p> <p>AQA GCSE French Higher Student Book Publisher: Oxford University Press ISBN 978 019 836583 583 9</p>	<p>https://www.aqa.org.uk/subjects/languages/gcse/french-8658 www.tv5.org http://www.languagesonline.org.uk/</p>
Geography AQA 8035	<p>AQA GCSE (9-1) Geography Publisher: Hodder Education ISBN-13: 9781471859922</p> <p>GCSE Geography AQA Student Book Publisher: Oxford University Press ISBN-13: 9780198366614</p> <p>GCSE Geography for AQA Student Book Publisher: Cambridge University Press ISBN-13: 9781316604632</p> <p>CGP AQA GCSE Revision Guide</p>	https://www.aqa.org.uk/subjects/geography/gcse/geography-8035

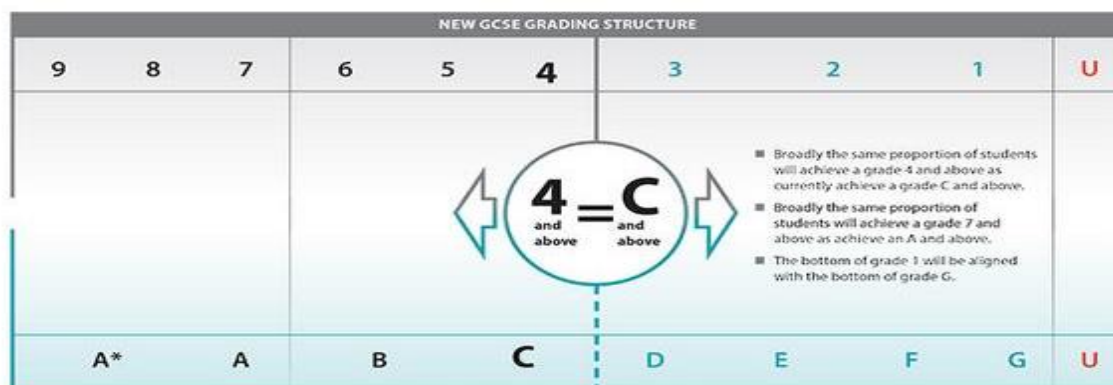
Subject Examination Board Specification	Text book	Website
German AQA 8668	GCSE German Higher (AQA) Students will have access to an electronic copy of the text book and resources using an individual kerboodle login. AQA GCSE German Higher Student Book Publisher: Oxford University Press ISBN 978 019 836587 7	http://www.aqa.org/ https://www.languagesonline.org.uk/ www.memrise.com/
History AQA 8145	Oxford AQA GCSE History; Germany 1890-1945 AQA GCSE History; Understanding the Modern World AQA GCSE History; Health and the People AQA GCSE History; Elizabethan England c1568-1603 Oxford AQA GCSE History; Thematic Studies c.790-Present Day	http://www.aqa.org.uk/subjects/history/gcse/history-8145/assessment-resources
Latin OCR J282	Own 'in house' course and course booklet 'GCSE Latin' : distributed as a booklet and available electronically on SHAREPOINT	http://www.ocr.org.uk/qualifications/type/gcse/classics/latin/
Mathematics Edexcel 1MA1	Edexcel GCSE (9-1) Mathematics: Higher Student Book (for lesson use) and an accompanying Problem Solving and Practice Book for homework.	http://www.edexcel.org.uk/ www.corbettmaths.com www.nrich.maths.org www.bbc.com/education www.mathsgenie.co.uk www.drfrostmaths.com
Music Edexcel 1MU0	Edexcel GCSE (9-1) Music by John Arkell & Jonny Martin (Pearson) Anthology of Music – Edited by Julia Winterson (Pearson)	https://qualifications.pearson.com/en/qualifications/edexcel-gcses/music-2016.html
Physical Education AQA 8582	AQA GCSE (9-1) PE Ross Howitt Mike Murray	www.aqa.org

<p>Physics Edexcel 1PH0</p>	<p>Physics for You by Keith Johnson</p>	<p>http://www.edexcel.com/ https://qualifications.pearson.com/content/dam/pdf/GCSE/Science/2016/Specification/GCSE_Physics_Spec.pdf Useful revision site: http://www.bbc.co.uk/schools/gcsebitesize/science/ https://senecalarning.com/en-GB/ https://www.physicsandmathstutor.com/</p>
<p>Psychology Edexcel 1PS0</p>	<p>Edexcel GCSE (9-1) Psychology Student Book by Christine Brain et al Or Psychology GCSE Revision Guide for Edexcel by Ali Abbas</p>	<p>https://qualifications.pearson.com/en/qualifications/edexcel-gcses/psychology-2017.html</p>

Please contact the Head of Department for subject specific queries

Department	Head of Department	Email address
Art	Mrs Saunders	msaunders@cchsg.com
Biology	Dr Martin	imartin@cchsg.com
Chemistry	Dr van Mierlo	cvanmierlo@cchsg.com
Computer Science	Mr Nachman	cnachman@cchsg.com
Drama	Mrs Cudmore-Rice	mcudmore@cchsg.com
English	Mrs Barber	ebarber@cchsg.com
French	Ms Ollite	kollite@cchsg.com
Geography	Mr King	jking@cchsg.com
German	Mr Page	spage@cchsg.com
History	Mrs Sanderson	ssanderson@cchsg.com
Latin	Miss Hodgkinson	bhodgkinson@cchsg.com
Mathematics	Mrs Roshen	broshen@cchsg.com
Music	Mrs Jefferies	fjefferies@cchsg.com
Physical Education	Miss Wiseman	nwiseman@cchsg.com
Physics	Mrs Swannell	aswannell@cchsg.com
Psychology	Mrs Morley	smorley@cchsg.com

GCSE Grades (9-1) are in line with the reformed examination specifications for GCSE



The chart above shows the link between the reformed GCSE (9-1) grades and the recently used GCSE (A*-G) grades with which parents/carers may be more familiar.

Recording Progress in Year 11 2021-22

Students' attainment and progress will be measured using the GCSE Grades 9 to 1.

In Year 9 each student was issued with a School Target Measure (GCSE Grade) for each subject. GCSE Grades (9-1) are in line with the reformed examination specifications for GCSE and are generated from the FFT Aspire database. This database uses the school context and Key Stage 2 information to provide an indication of the GCSE Grade the student should achieve at the end of Year 11. We take these grades as a starting point, but also took into consideration progress in Years 7 and 8.

Progress Checks and School Reports issued during Year 11 will provide a Working at Measure (GCSE Grade) for each subject that will be generated as a result of the consideration of the classwork, homework, assessment tasks and in-school examinations carried out by the student. It suggests the **GCSE grade** the subject teacher considers the student **will achieve in their GCSE at the end of the GCSE course if they continue to work in the current manner**.

School Examination Results will provide the Progress Measure (GCSE Grade) the student achieved in the assessment set by the subject. All students in the year group studying a subject will sit the same assessment during the Year 11 Examinations later in the autumn term.

Attitude to Learning

After each progress check students will also be issued with an Attitude to Learning Measure (ATL) which indicates the current approach they are taking towards their studies. They will be issued with a measure between 1 and 4; the descriptors of which can be found below:

- 1 – Attitude to learning is outstanding
- 2 – Attitude to learning is good
- 3 – Attitude to learning requires improvement
- 4 – Attitude to learning is unsatisfactory

Year 11 Curriculum Outline 2021/22

The table below provides an outline of which topics/modules are planned to be taught in each of the three terms across the year. The topics/modules may not be taught in the order listed, but should be taught during the term outlined.

Subject	Autumn Term	Spring Term	Summer Term
Art and Design (GCSE) Pearson Edexcel 1FA0	TOPIC: THEMATIC COMPONENT THE HUMAN CONDITION (continued) Reconnection with Key Skills: painting/ drawing/ sculpture/ mixed media/ composition Development of supporting sketchbooks and making clear contextual links Extending ideas to fully meet all four assessment objectives Exploring new media and techniques reviewing and refining ideas final outcome(s)	TOPIC: FINAL EXAM PREPARATION (ESA) Key Skills: painting/ drawing/ mixed media/ composition Preparatory planning sheets ideas generation examination development/ controlled assessment sketchbook/portfolio presentation preparation studies for examination gallery visit / contextual links	TOPIC: FINAL PORTFOLIO PREPARATION/ HANGING EXHIBITION Key Skills: critical review and reflection/ selection/ contextual/ cultural development/ assessment portfolio completion and selection for marking planning for exhibition preparing for moderation, maximising potential to meet assessment objectives
Biology (GCSE) Pearson Edexcel 1BI0	DNA, variation and inheritance (cont'd) Cell division and genetic modification Health, disease and development of medicines	Health, disease and development of medicines (cont'd) Classification and evolution	Revision of all topics
Chemistry (GCSE) Pearson Edexcel 1CH0	Quantitative Analysis (Titrations) Organic chemistry 3 (polymers) Organic chemistry 4 (alcohols and carboxylic acids)	Energy Changes Rates of Reaction Reversible reactions and dynamic equilibria Nanoparticles and New Materials	Revision programme
Computer Science (GCSE) OCR J276	1.1 – Revision – (4 lessons) 1.2 – Revision – (11 lessons) Exam preparation – (4 lessons) Year 11 Mocks – (7 lessons) 2.5 – Revision – (3 lessons)	1.3 – Revision – (5 lessons) 2.4 – Revision – (2 lessons) 2.1 – Revision – (5 lessons) 1.4 – Revision – (3 lessons) 1.5 – Revision – (3 lessons) 2.2 – Revision – (4 lessons)	1.6 – Revision – (4 lessons) Personalised/targeted revision Exam practice Open revision sessions

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Subject	Autumn Term	Spring Term	Summer Term
Drama (GCSE) WJEC 3690QS	Final preparation of devised unit Public performance and written evaluation under controlled conditions Revision of set text and launch of performance from a text unit Mock Examination	Preparation and rehearsal of performance from a text practical unit Practical examination of performance from a text unit with visiting examiner	Revision and examination preparation
English (GCSE) Language AQA 8700 Literature AQA 8702	'Romeo and Juliet' – preparation for Literature Paper 1 Revisiting 'An Inspector Calls' Revisiting English Language Paper 1 Poetry comparison and unseen skills Revisiting 'Romeo and Juliet' Revisiting English Language Paper 2	Mock exams Revisiting 'An Inspector Calls' Revisiting English Language Paper 1 Poetry comparison and unseen skills Revisiting 'Romeo and Juliet' Revisiting English Language Paper 2	Revision for all units
French (GCSE) AQA French Higher Textbook OUP	Theme 2: Local, national, international and global areas of interest Unit 8: Travel and Tourism Theme 3: Current and future study and employment Unit 9 : My studies Unit 10: Life at school and college Exam Pro Practice : Listening and Reading on Units taught in Year 9 and Year 10 Translation, Writing, Role Play and Photo card practice for each topic along with weekly vocabulary tests Speaking Practice with FLA	Theme 3: Current and future study and employment Unit 11: Education post-16 Unit 12: Jobs, careers and ambitions Exam Pro Practice : Listening and Reading on Units taught in Year 9 and Year 10 Oral Examination Preparation Translation, Writing, Role Play and Photo card practice for each topic along with weekly vocabulary tests Speaking Practice with FLA	Exams Preparation Translation, Writing, Role Play and Photo card practice for each topic along with weekly vocabulary tests Speaking Practice with FLA

Subject	Autumn Term	Spring Term	Summer Term
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<p>Geography (GCSE) AQA 8035</p>	<p>Geographical Applications Geographical Fieldwork</p>	<p>The Changing Economic World Globalisation Development Gap Economic futures in the UK</p>	<p>Geographical Issue Evaluation Exam Pre-release study Exam revision and preparation</p>
<p>German GCSE AQA German Higher text book OUP Higher pages for all topics</p>	<p>Writing tasks and Translation Weekly vocabulary tests Development of examination skills Fortnightly preparation of the remaining conversation topic questions for the GCSE Speaking test</p> <p>Theme 1: Identity and Culture Topic 1: Me, my family and friends Topic 2: Technology in everyday life Topic 3: Free-time activities Topic 4: Customs and festivals</p> <p>Theme 2: Local, national, international and global areas of interest. Topic 5: Home town, neighbourhood and region Topic 6: Social issues. Charity / voluntary work, healthy living Topic 7: Environment, poverty / homelessness</p> <p>GCSE Mock Examinations (Listening, Reading and Writing)</p>	<p>Theme 2: Local, national, international and global areas of interest Topic 6: Social issues. Charity / voluntary work, healthy living (finish) Topic 7: Environment, poverty / homelessness (finish) Topic 8: Holidays and travel, regions of Germany</p> <p>GCSE Mock Speaking Examination (just before February half term)</p> <p>Theme 3: Current and future study and employment Topic 9: Life at school/college Topic 10: Jobs, career choices and ambitions</p> <p>continuation of advanced grammar essay writing and translation practice for each topic role play and photo card practice for each topic</p>	<p>GCSE German Speaking exam. Second week after the Easter holidays.</p> <p>Practice for GCSE Examinations (Listening, Reading and Writing)</p>

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Subject	Autumn Term	Spring Term	Summer Term
History (GCSE) AQA 8145	Britain: Health and the People (Paper 3) Modern medicine Modern treatment of disease The impact of war and technology on surgery Modern public health Elizabethan England, 1568-1603 (Paper 3) Elizabeth's court and parliament Elizabeth I and her court The difficulties of a female ruler	Elizabethan England, 1568-1603 (Paper 3) Troubles at home and abroad Religious matters Mary, Queen of Scots Conflict with Spain Life in Elizabethan times A 'Golden Age' The poor English sailors Historic Environment	Revision
Latin (GCSE) OCR J282	Grammar revision Translations using GCSE style and level Second literature set text	Complete grammar revision with focus on translation work	Intensive revision of all Units
Mathematics GCSE Pearson Edexcel 1MA1	15) Equations and graphs 15.1 Solving simultaneous equations graphically 15.2 Representing inequalities graphically 15.3 Graphs of quadratic functions 15.4 Solving quadratic equations graphically 15.5 Graphs of cubic functions 17) More algebra 17.1 Rearranging formulae 17.2 Algebraic fractions 17.3 Simplifying algebraic fractions 17.4 More algebraic fractions 17.5 Surds 17.6 Solving algebraic fraction equations 17.7 Functions 17.8 Proof 18) Vectors and geometric proof 18.1 Vectors and vector notation	19) Proportion and graphs 19.1 Direct proportion 19.2 More direct proportion 19.3 Inverse proportion 19.4 Exponential functions 19.5 Non-linear graphs 19.6 Translating graphs of functions 19.7 Reflecting and stretching graphs of functions REVISION NOTE: As well as the above, sets 1 and 2 will study elements of the OCR FSMQ Additional Mathematics course (6993) with a view to entering for the qualification in year 11 (on a voluntary basis and with the agreement of teaching staff/SLT)	REVISION EXTERNAL GCSE EXAMINATIONS (+ ADDITIONAL MATHEMATICS for some set 1/2 students)

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	18.2 Vector arithmetic 18.3 More vector arithmetic 18.4 Parallel vectors and collinear points 18.5 Solving geometric problems		
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Subject	Autumn Term		Spring Term		Summer Term	
Music (GCSE) Edexcel 1MU0	Component 1 – Performing Performance of Final Ensemble Piece (Oct) Component 2 – Composition Brief-based composition work Component 3 – Appraising Set work study and related listening: J. Williams: Soundtrack to <i>Star Wars Episode IV: A New Hope</i> Afro Celt Sound System: <i>Release</i> Esperanza Spalding: <i>Samba Em Preludio</i>		Component 1 – Performing Final Solo Performance (Feb) Component 2 – Composition Completion of Free Composition and Brief Composition Component 3 – Appraising Development of wider listening for set works Melodic and Rhythmic dictation practise		Component 3 – Appraising Continued focus on Appraising exam practise Unrelated listening Wider knowledge and musical context Final question evaluative response.	
PE (GCSE) AQA 8582	Theory	Practical	Theory	Practical	Theory	Practical
	Health and Fitness Obesity Somatotypes Diet	Netball Trampolining Dance Cross County Table Tennis	Revision and exam prep	Moderation preparation	Revision and exams	Moderation
Physics (GCSE) Pearson Edexcel 1PH0	Static Electricity Atomic Structure and Nuclear Radiation		Uses and Dangers of Nuclear Radiation More Forces and Motion		Solids, Liquids and Gases Revision and past papers	

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Subject	Autumn Term	Spring Term	Summer Term
PSHCE	Theory of Learning Careers 11.1 – Options at 16+ Apprenticeships Talk Careers 11.2 & 11.6 Choosing A Levels GCSE Revision/Study Skills Careers 11.3 – KUDOS Progress Check 1 SLT Discussions Identity & Diversity Internet Safety The Dark Web British Values Independent Living Mock Examinations	RSE 1 - FGM Mock Exam Results RSE 2 - Consent, Rape & Sexual Abuse RSE 3 - Bullying Body Shaming RSE 4 - Relationship types and sexuality Report Reading RSE 5 – Date rape RSE 6 – Miscarriage and unplanned pregnancy Celebrating differences through religion, philosophy & ethics Religion, Philosophy & ethics in the news: why is this important to study in the modern world? Progress Check 2	Why do we take risks? Personal Safety CoppaFeel Lesson 1 CoppaFeel Lesson 2 Revision GCSE Examinations
Psychology (GCSE) Edexcel 1PS0	Core Topic 3: Psychological problems – How do they effect on the individual? Two mental health problems unipolar depression and addiction - symptoms and features according to the International Classification of Diseases (ICD) of How the incidence of mental health problems changes over time How mental health problems affect individuals and society The influence of genes as an explanation The use of cognitive theory as an explanation of depression The use of learning theory as an explanation of addiction MOCK EXAM - preparation and exams	Core Topic 3: Psychological problems – How do they effect on the individual? The use of cognitive behavioural therapy (CBT) and drugs as a treatment The key Studies of Caspi et al. (2003) Influence of Life Stress on Depression: Moderation by a Polymorphism in the 5-HTT Gene Addiction and Young (2007) Cognitive Behaviour Therapy with Internet Addicts The nature and nurture debate in relation to Mental health problems Revision of Year 9 Content – Moral development, Reductionism & 9 mark answers Revision of Year 10 Content Psychology over Time and Social & Cultural issues & 9 mark answers Revision of Year 11 Content Nature vs Nurture & 9 mark answers Paper 1 – Practice and Mock	Revision of Paper 2 Content Sleep and Dreaming, Perception - 9 mark answers Research methods – 12 mark answers Exam Preparation and practice exams EXAMS

Year 11 Core PE Curriculum Outline 2021-22

YEAR 11			
3 Weeks	Rounders World Cup		
Choices	LINE 1	LINE 2	LINE 3
3 Weeks	Netball	Ultimate Frisbee/ Outdoor Games	Fitness (gym)
Half Term			
3 Weeks	Fitness (sports hall)	Football/ Tag Rugby	Table Tennis (gym)
2 Weeks	Year 11 Examinations		
2 Weeks	Badminton (sports hall)	Handball (outside)	Yoga (gym)
Christmas Break			
Choices	LINE 1	LINE 2	LINE 3
3 Weeks	Dance	Netball	Badminton (hall)
3 Weeks	Table Tennis	Basketball/ Handball/ Volleyball	Outdoor Fitness/ Games
Half Term			
3 Weeks	Fitness (sports hall)	Outdoor Games	Table Tennis (gym)
3 Weeks	Indoor/ Outdoor Games	Indoor/ Outdoor Games	Indoor/ Outdoor Games
Easter Break			
7 Weeks	Options: Rounders or Tennis		

You get to choose the sports you want to do in PE.

You will select a line, and follow it up until the end of term. Then get to choose a new line for the new term.

Outdoor games include: variations of football/ rugby, wingate ball etc.

Fitness includes: Bootcamp, Zumba, HIIT training, aerobics and circuits

Year 11 Homework Timetable 2021-22

Week A	Monday	Tuesday	Wednesday	Thursday	Friday
	English (ALL)	Mathematics (ALL)	English (ALL)	Mathematics (ALL)	
	Block B Art (MSA), French (KOL), Geography (MHO), Geography (NKE), History (SSA), Latin (BHO), Psychology (KPH)	Block A Computing (MWH), German (SPG), German (ADA), Drama (MCU), Geography (NKE), Geography (JKI), History (SPI)			Block C Art (MSA), Computing (CAN), German (SPG), French (SSN), History (KKI), Latin (MDO), Music (JJE), PE (NWI), Psychology (SMR)
AA			Biology (IMA)	Chemistry (CVA)	Physics (ASW)
BB			Biology (MSE)	Physics (ASW)	Chemistry (AMO)
CC			Chemistry (ANE)	Biology (CBR)	Physics (TAD)
DD			Biology (BYE)	Chemistry (JGA)	Physics (TAD)
EE			Biology (MUK)	Physics (IMI)	Chemistry (JGA)
FF	Chemistry (ANE)		Biology (JCL)		Physics (IMI)

Week B	Monday	Tuesday	Wednesday	Thursday	Friday
	Mathematics (ALL)		English (ALL)	Mathematics (ALL)	English (ALL)
	Block C Art (MSA), Computing (CAN), German (SPG), French (SSN), History (KKI), Latin (MDO), Music (JJE), PE (KDA), Psychology (SMR)	Block A Computing (MWH), German (SPG), German (ADA), Drama (MCU), Geography (NKE), Geography (JKI), History (SPI)		Block B Art (MSA), French (KOL), Geography (MHO), Geography (NKE), History (SSA), Latin (BHO), Psychology (KPH)	
AA		Biology (IMA)	Chemistry (CVA)		Physics (ASW)
BB		Biology (MSE)	Chemistry (AMO)		Physics (ASW)
CC		Chemistry (ANE)	Physics TAD)		Biology (CBR)
DD		Biology (BYE)	Physics (TAD)		Chemistry (JGA)
EE		Biology (MUK)	Physics (IMI)	Chemistry (JGA)	
FF		Physics (IMI)	Biology (JCL)		Chemistry (ANE)

ATTENDANCE & PUNCTUALITY

Expectations

- ▶ It is the responsibility of everyone to ensure good attendance.
- ▶ We expect students to attend every day that the school is open.
- ▶ Attendance for most students is actually between 98% -100%
- ▶ We monitor and review the attendance of all students constantly and will involve parents when attendance falls below expectations.

Supporting Good Attendance

- ▶ **Phone** us as soon as possible to tell us why your daughter is absent, and when you expect her to return.
- ▶ Only grant days at home for **genuine** illness (please see the guide overleaf)
- ▶ If you notice a problem, contact us so that we can work together to resolve the issue. Pursuing the reason for non-attendance is important.
- ▶ Help your daughter to catch up with missed work

Please note that holidays taken in term time cannot be authorised.

Punctuality

Daily lateness adds up:

- ▶ 5 minutes late 3 days lost per school year
- ▶ 10 minutes late 6.5 days lost per school year
- ▶ 15 minutes late 10 days lost per school year
- ▶ 20 minutes late 13 days lost per school year
- ▶ 30 minutes late 19 days lost per school year

Good punctuality is as important as good attendance.

A student who is late disrupts the tutor group at an important part of the day; morning tutor time is filled with timetabled activities. In addition students might also miss any announcements of importance to them.



What it's called	What it's like	Going to school	Getting treatment	More advice
Chicken Pox	Rash begins as small, red, flat spots; develop into itchy fluid-filled blisters	Yellow	Pharmacy	Back to school 5 days after onset of rash
Common Cold	Runny nose, sneezing, sore throat	Green	Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)	Green	Pharmacy	Try not to touch eye to avoid spreading
Flu	Fever, cough, sneezing, runny nose, headache, body aches & pain, exhaustion, sore throat	Yellow	Pharmacy	Ensure good hand hygiene
German Measles	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards	Red	GP	Back to school 6 days from onset of rash
Glandular Fever	High temperature, sore throat; usually more painful than any before, swollen glands	Green	GP	Child needs to be able to concentrate
Hand, Foot & Mouth Disease	Fever, sore throat, headache, small painful blisters inside the mouth on the tongue and gums (may appear on hands and feet)	Green	GP	Only need to stay off school if feeling too ill
Head Lice	Itchy scalp (may be worse at night)	Green	Pharmacy	No need to be off school, but please tell the school
Impetigo	Clusters of red bumps or blisters surrounded by area of redness.	Red	GP	Back to school when lesions crust or 48 hours after start of antibiotics
Measles	Fever, cough, runny nose and watery, inflamed eyes. Small red spots with white or bluish white centres in the mouth. Red, blotchy rash.	Red	GP	Back to school 4 days from onset of rash.
Ringworm	Red ring-shaped rash; may be itchy. May be dry and scaly or wet and crusty.	Green	GP	Back to school once treatment started
Scabies	Intense itching; pimple-like rash – all over body or, more commonly, between the fingers, wrists, elbows and arms.	Green	GP	Back to school after first treatment
Shingles	Pain, itching or tingling along the affected nerve pathway. Blister-type rash	Yellow	GP	Only stay off school if rash is weeping and cannot be covered
Sickness Bug/Diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea.	Yellow	Pharmacy	See GP if symptoms persist after 48 hours.
Threadworms	Intense itchiness around anus.	Green	Pharmacy	Ensure good hand hygiene.
Tonsillitis	Intense sore throat	Green	Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow.
Whooping Cough	Violent cough, over and over, until child inhales with 'whooping' sound to get air into lungs.	Red	GP	Back to school after 5 days of antibiotics or 21 days from onset of illness.

See www.patient.co.uk for further information on each of these conditions.



This information is a guide and has been checked by health professionals, however, if you are unsure about your child's wellbeing we recommend you contact your Pharmacy or GP.

PRACTICAL STRESS BUSTERS FOR TEENAGERS

DIET	<p>Eat healthily – make sure you have a balanced diet. Remember your 5 a day (full of antioxidants which can help reduce stress-driven unstable free radicals). Complex carbohydrates sustain long term energy levels and brain power. Eat breakfast. If you eat late, then eat light – no heavy meals before bed. You get out of your body what you put into it – junk in/junk out!</p>
WATER	<p>Keep hydrated; drinking plenty of fluid keeps your digestion healthy and moving. Carry a small bottle of water with you and refill when empty.</p>
SLEEP	<p>Your body needs rest. Have a good bedtime routine:</p> <ul style="list-style-type: none"> • Avoid TV, games, Facebook, Instagram, phones, tablets etc., half an hour before bed as they are too stimulating. • TURN OFF PHONES – don't get distracted just before trying to get to sleep. • Read a book for 10 minutes or listen to quiet music. • Keep bedroom dark and quiet • Don't go to bed too late; you won't sleep if you are overtired.
EXERCISE	<p>Do what you enjoy – running, cycling, aerobics, football, walking, swimming, yoga, pilates, playing drums(!) – use physical exercise to work off pent up feelings of irritation, annoyance, anger, frustration, aggression, etc.</p>
BAD HABITS/PROPS	<p>Recognise when you are tempted to use bad coping strategies, such as controlling your eating; they are not answers for dealing with stress – they just cause more anxiety: Your body is your best friend, treat it well – treat it with respect.</p>
SHARE	<p>Talk. Talk to someone about your problems - don't bottle up your feelings.</p>
PRACTICAL	<p>Use small exercises to ease physical tension – for instance stretch your shoulders front and back to loosen tense neck muscles. Take time for yourself – reading, seeing friends, hobbies, etc. Watch a funny show or crack a joke with a friend and notice how a little laughter can improve your entire mood. Sit or lie quietly with eyes closed:</p> <ul style="list-style-type: none"> • Concentrate on your breathing • Breathe deeply but without force • Visualise yourself somewhere peaceful/safe/happy • Allow positive feelings to fill you from within • Use positive affirmation: 'I can' 'I am' • Open your eyes slowly, listening to external sounds, and get up gently. • YOU CAN USE THIS ANYWHERE, ANYTIME.

VALUE YOURSELF AND DON'T BE A VICTIM OF STRESS

Sources of Support

- EWMHS: <https://www.nelft.nhs.uk/services-ewmhs>
- Website for young people: <https://kooth.com/>
- Young Minds also have a parent helpline: <https://youngminds.org.uk/>
- Parent advice: <http://www.theministryofparenting.com/>
- Self- help CBT approaches www.getselfhelp.co.uk
- Childline www.childline.org.uk Tel: 0800 1111
- Samaritans www.samaritans.org/how-we-can-help-you/contact-us Tel: 116 123
- Youth Enquiry Service <https://www.yesyouthenquiry.service.org/>

What to do?

- Talk to the young person and let them talk – they need you to listen and to understand
- Refer to your GP who may make a referral to EWMHS
- Young people can also self-refer to EWMHS if 14 or over

Student Pastoral Support

Kooth and Mental Health Essex

Kooth is a free, anonymous, confidential, safe online counselling and wellbeing commissioned by the CCG to support young people in Essex from aged 11 to 19. Counsellors are available 365 days a year, Monday – Friday 12.00 – 22.00 and Saturday and Sunday 18.00 – 22.00, assessable on mobile phone, laptop and tablet via www.kooth.com

Their website also includes discussion boards, Kooth Magazine with help articles, journal and self-help tools.

Inspire Suffolk - Wellbeing Service Supporting Young People aged 16-25 living in Suffolk and Essex

Their wellbeing service can offer weekly 30-minute distance counselling sessions with a BACP Accredited Counsellor; to explore choices within mental health, resilience and confidence within mental health. These sessions will aim to provide young people with the knowledge, tools and coping strategies to deal with their own mental health in a positive way during the coronavirus outbreak, lockdown and life in general. Full details are available on their website:

<https://inspiresuffolk.org.uk/courses/wellbeing-service/>

All information correct at the time of publication. Some information may be subject to change depending on changes to current restrictions and Government guidance.