

NORTHGATE

High School

Year 10 Information Evening

27th September 2023

GCSE Structure

- Linear (not modular)
- Less non-exam assessment
- Removal of tiered papers in most subjects
- Grades 9 to 1 (9 highest and 1 lowest)



Tiers of Entry

- Tiered papers are only offered in Maths, Sciences and Languages.
- Each tier is aimed at a specific range of grades:
 - **Foundation** tier: grades **1-5**
 - **Higher** tier: grades **4-9**
- Final decisions: Spring term of Year 11



GCSE Grading

New Grades	Old Grades
9	
8	A*
7	A
6	B
5	Good Pass
4	Standard Pass
3	D
2	E
1	F
	G
U	U

Sixth Form Entry

For Northgate's two-year A-Level programme, you need:

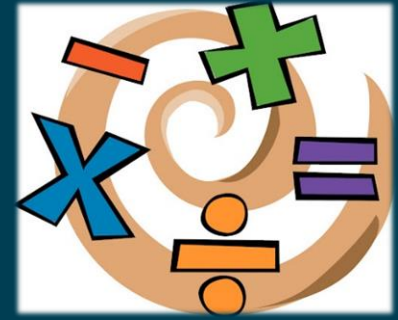
- At least 5 GCSEs, or equivalent qualifications, at grade 4 or above
- Including at least one of English Language and Mathematics
- Subject-specific requirements



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English and Maths



After Year 11...

- Students without grade 4 English/Maths **must** study either/both of these subjects as part of their programme.
- This requirement is a condition of funding for **all students** on 16 to 19 study programmes.



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N.E.A. + A.I.

- **Non-Examined Assessment**

- Still a small part of many GCSE subjects
- A large proportion of:
 - **Child Development**
 - **Creative iMedia**
 - **Health and Social Care**

- Big implications for attendance – esp. in Year 10

- **Artificial Intelligence** usage has very strict boundaries

- Parents must not help with NEA

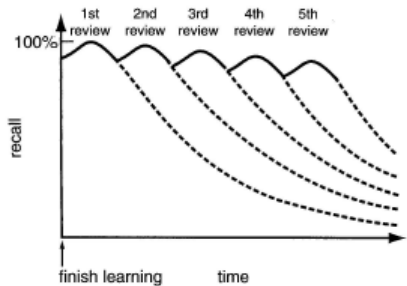


Study Skills

The 5 Rs



Review curve



Are you taking responsibility for your own learning?

Review: Revise, test, re-test

- Are you using **criteria sheets/check lists** to focus your revision?
- Are you regularly **revisiting** older material and **testing** yourself on it?
- Are you regularly applying what you know to **exam style questions**?
- Are you clear about how to use **effective revision strategies?** e.g. Mind maps, flashcards?
- Are you taking **pride in your work** and **checking your work** before you hand it in?

Minimum Expectations

Pride | Presentation | Proof Read

What does your work say about you?

Check your work for:

sp - spelling

p - punctuation

c - capital letters

// - paragraphs

~~~~~ - clarity

A mistake is only a mistake if you don't learn from it!

Don't forget to use subject specific key words



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## Research: Prepare for the lesson

- Are you using **relevant resources** so that your revision is focused?
- Are your **note-making and research strategies** effective?
- Are you able to **solve problems** and carry out your own enquiries?
- Are you able to **generate relevant enquiry questions**?

## Read Around: Find out more

- Are you **reading around key topics** and **making links** to what you are studying?
- Are you using resources such as **GCSEPod** and **Bitesize** to help you study?
- Are you **reading fiction and non fiction** for pleasure?
- Are you **sharing** what you are reading, watching and listening to, **in relation to a particular topic**?

## Respond to Feedback: Act on advice

- Are you using tests and quizzes to **diagnose** the areas that you are struggling with?
- Are you regularly **using teacher feedback** to improve your work?
- Are you **learning from your mistakes** and seeking help from your teacher when you need it?
- Are you **re-attempting questions** that you have struggled with?

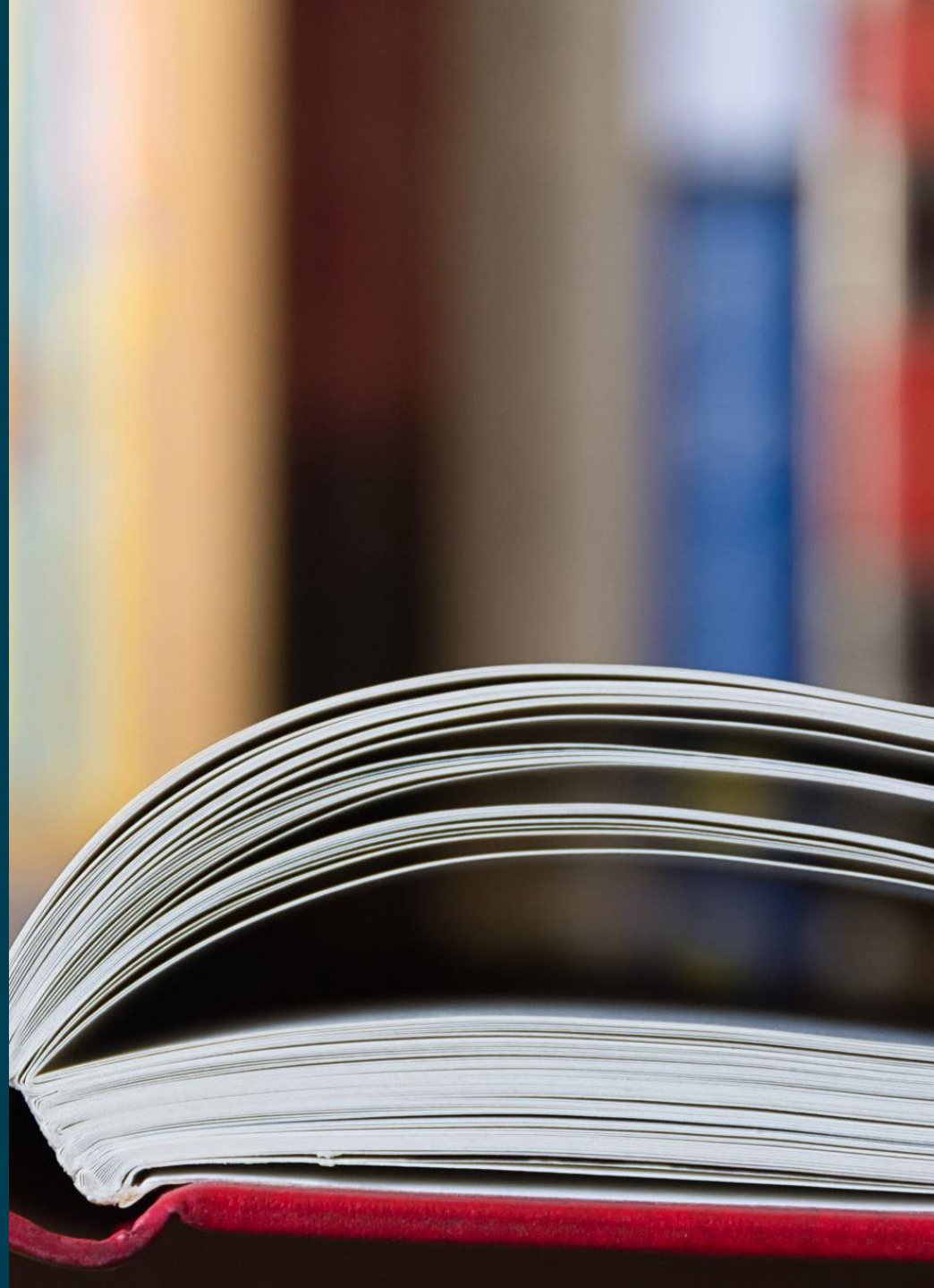
## Reflect: What is working?

- Are you able to **identify your own** strengths and weaknesses?
- Do you **feed back to the teacher** on areas that you find difficult?
- Are you able to **identify** clear targets to improve?
- Are you able to **transfer what you have learned** in one lesson to future lessons?



# The Benefits of Reading

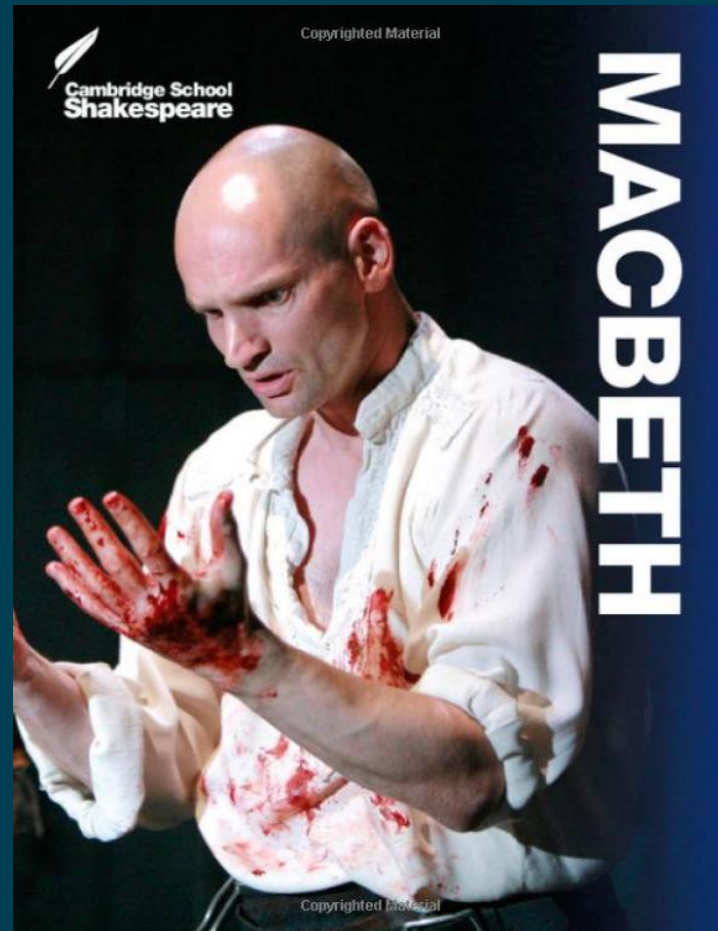
- Research shows that children that **read for pleasure** do better in all their GCSEs.
- The benefits of reading are wide reaching, from academic progress to better mental health and enhanced empathy with others.
- Pick up a book and start reading – any reading is good reading!
- For book recommendations: see our school library; ask any teachers for their recommended reads; look around the school for the many reading displays; keep an eye on social media for Northgate's recommended reads.



# Core subjects resources

# English Literature (AQA)

- Macbeth - Cambridge School Shakespeare version



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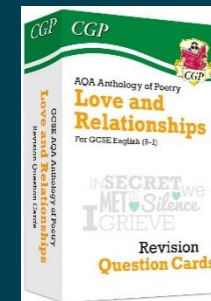
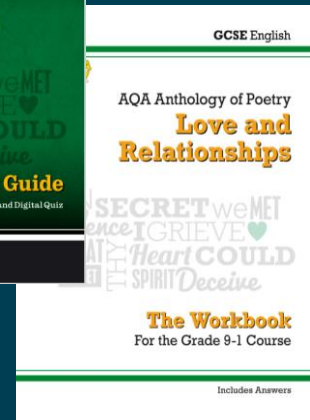
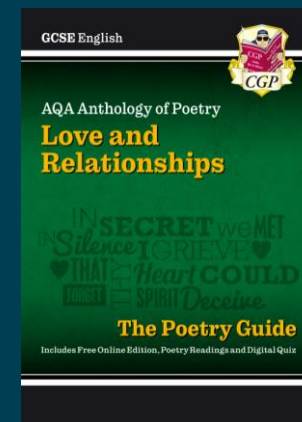
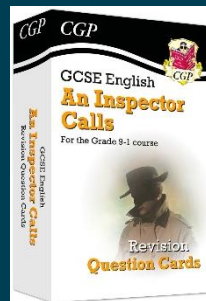
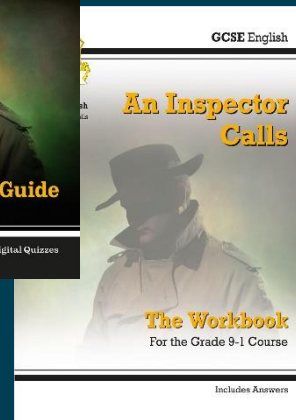
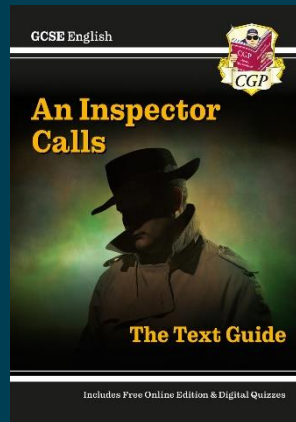
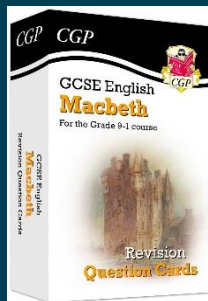
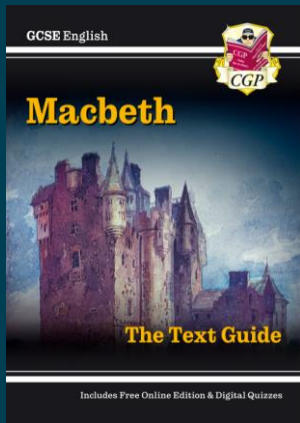
# English Literature (AQA)

## CGP revision Guides

Macbeth

An Inspector  
Calls

Love and  
Relationships



# English Literature (AQA)

- **Digital Theatre**

- <https://www.digitaltheatreplus.com/>
- Username = Northgate Student
- Password = northgate121



- **GCSE pod**

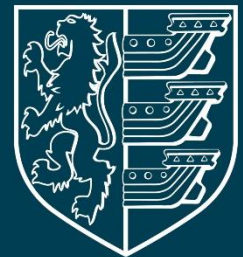
- <https://members.gcsepod.com/login>



- **BBC Bitesize**

- <https://www.bbc.co.uk/bitesize/>

**Bitesize**



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# English Literature (AQA)

- **Mr Bruff**

- <https://www.youtube.com/channel/UCM2vdqz-7e4HAuzhpFuRY8w>

- **Miss Dye**

- <https://www.youtube.com/channel/UCzPbeNb4OPKDJ2eCnKMw8EA>

- **Miss Hanna Loves Grammar**

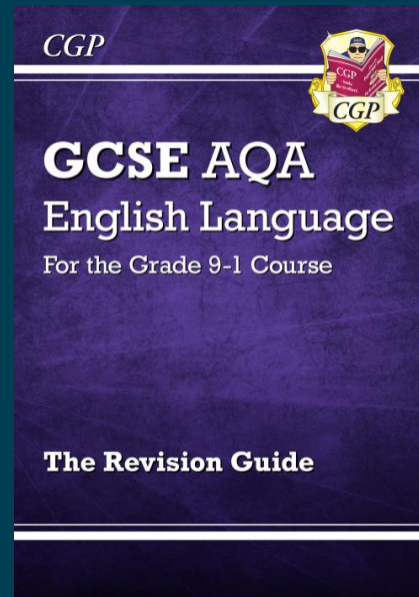
- <https://www.youtube.com/c/MissHannaLovesGrammar>





# English Language (AQA)

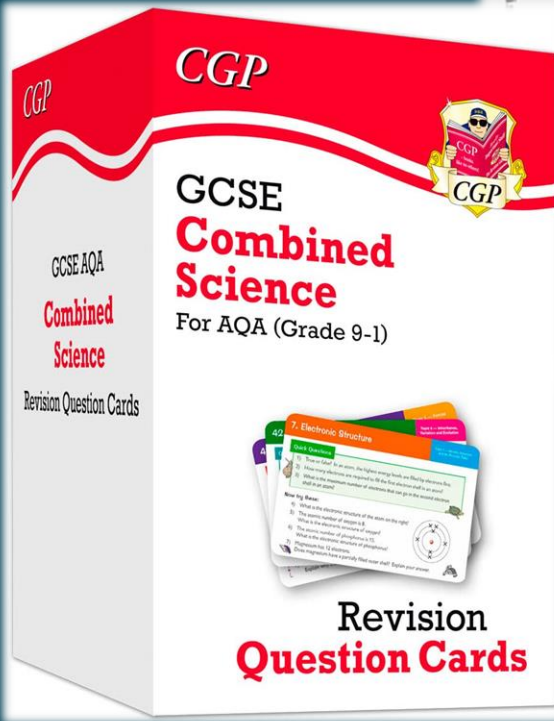
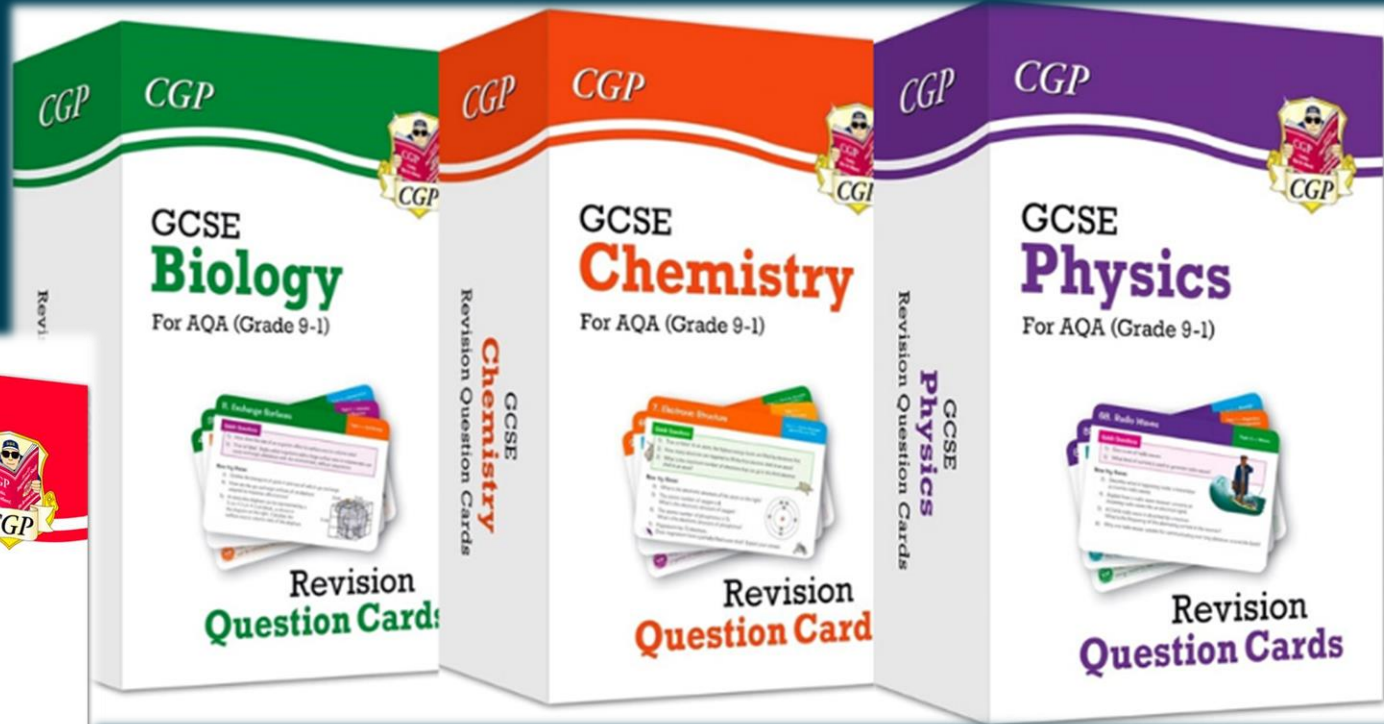
- **CGP Revision Guide**



- Plus, lots in the English folder on the **Learning Portal**



# Science (AQA)



# Science (AQA)

- **BBC Bitesize**

- <https://www.bbc.co.uk/bitesize/>

- For Combined Science, it's the 'Trilogy' course

**Bitesize**

- **Free Science Lessons**

- <https://www.freesciencelessons.co.uk/videos>

freesciencelessons

- Plus, lots in the Science folder on the **Learning Portal**



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# Maths (OCR)

Northgate Maths website

[www.northgatemaths.co.uk](http://www.northgatemaths.co.uk)



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# Northgate High School Maths Revision Portal

Tips and Tools to prepare for your exams



**You can still make a difference!**

Contact us

Home

How to Revise

Papers & Screencasts

Skills checks

Topic Practice

Other Resources

A Level

Welcome to the maths revision portal for Northgate High School students.

**Papers and Screencasts**

**How to revise**

Click a button or use the menu above to navigate

**Assessment Information**

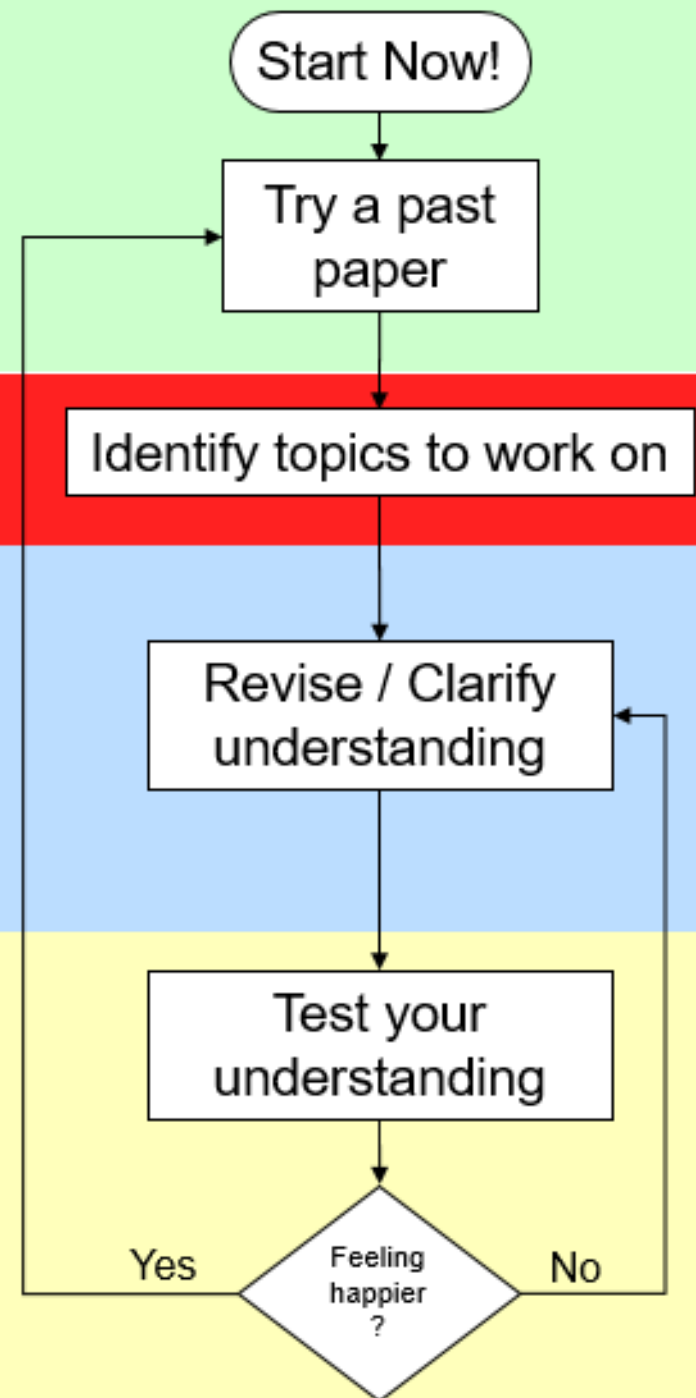
**Topic Practice**

All Visitors

**024167**

# Maths (OCR)

- How to revise for success



# Maths (OCR)

**Northgate Maths website**

[www.northgatemaths.co.uk](http://www.northgatemaths.co.uk)

**Sparx Maths**



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# Sparx – Student View

Compulsory  
1 started

XP Boost  
1 started

Target  
1 started

Sparx  
Practice

This is your personalised Compulsory homework. You need to answer every question correctly to complete it.

| ▼ Homework due Monday 4th July 3pm |                                                                  | 19%       |
|------------------------------------|------------------------------------------------------------------|-----------|
| Homework Task 1                    | <div style="width: 100%;"><div style="width: 100%;"></div></div> | Completed |
| Homework Task 2                    | <div style="width: 25%;"><div style="width: 25%;"></div></div>   | 25%       |
| Homework Task 3                    | <div style="width: 0%;"><div style="width: 0%;"></div></div>     | New       |
| Homework Task 4                    | <div style="width: 0%;"><div style="width: 0%;"></div></div>     | New       |
| Homework Task 5                    | <div style="width: 0%;"><div style="width: 0%;"></div></div>     | New       |
| Homework Task 6                    | <div style="width: 0%;"><div style="width: 0%;"></div></div>     | New       |

< sparx Homework Task 2

Item A

✓

Answer

Item B

✓

Correct

Item C

✓

Answer

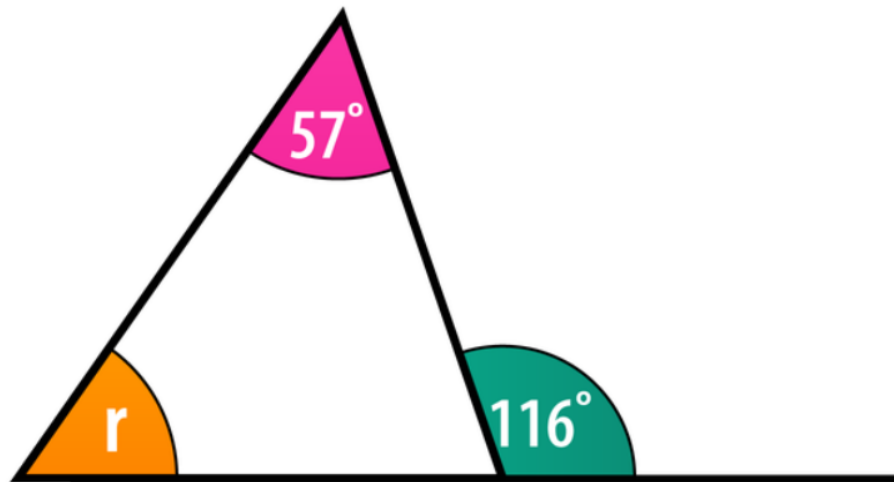
Item D

✓

Answer



Find the size of angle  $r$ .



Not drawn accurately

# Sparx – Teacher View

| Student | Compulsory Homework |                |                |        |                           | Optional Homework |        | IL ⓘ   | Prev |
|---------|---------------------|----------------|----------------|--------|---------------------------|-------------------|--------|--------|------|
|         | Completion          | Working time ⓘ | Completion day | Alerts | Answers                   | XP Boost          | Target | Time   | W3   |
|         | 0%                  | -              | Not opened     |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | 0%   |
|         | 0%                  | -              | Not opened     |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | ✓    |
|         | 0%                  | -              | Not opened     |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | ✓    |
|         | 0%                  | -              | Not opened     |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | ✓    |
|         | 0%                  | -              | Not opened     |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | 0%   |
|         | 12%                 | 0h 19m         | Incomplete     |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | 0%   |
|         | 68%                 | 0h 37m         | Incomplete     |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | ✓    |
|         | 90%                 | 0h 44m         | Incomplete     |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | ✓    |
|         | 91%                 | 0h 32m         | Incomplete     |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | ✓    |
|         | 93%                 | 0h 29m         | Incomplete     |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | 16%  |
|         | ✓                   | 1h 14m         | 1 day early    |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | ✓    |
|         | ✓                   | 1h 15m         | 3 days early   |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | ✓    |
|         | ✓                   | 0h 56m         | 1 day early    |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | ✓    |
|         | ✓                   | 0h 45m         | 1 day early    |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | ✓    |
|         | ✓                   | 0h 42m         | 2 days early   |        | <a href="#">View &gt;</a> | -                 | -      | 0h 00m | ✓    |

# Sparx – Teacher View

Week 4 Due a day ago

Homework type: Compulsory

Overall completion



Time taken  
0h 44m

Video time  
0h 2m

Status  
Incomplete

Attempted  
42/42

Unattempted  
0/42

Homework.Task.1

A B C D E F G

Green squares for A, B, C, D, F, G. Square E is highlighted with a blue border and contains the number 4.

Homework.Task.2

A B C D E F G

Green squares for A, B, C, D, E, F, G.

Homework.Task.3

A B C D E F G

Green squares for A, B, C, D, F, G. Square E is highlighted with a red border and contains the number 4.

Homework.Task.4

A B C D E F G

Green squares for A, B, C, D, E, F, G.

Previous

Compulsory Homework Task 1 - Item E

Next

Time on Item E: 6 mins

Watch video

+1

Attempt 4

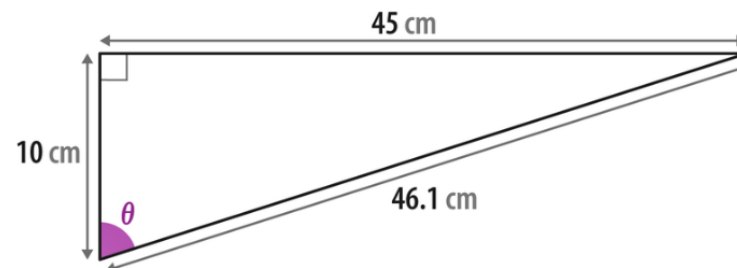
Bookwork code: D03

3 mins 2 days ago

Leave us feedback

A right-angled triangle is shown below.

Write  $\tan \theta$  as a decimal.



Not drawn accurately  
Values given are approximate

Correct answer: 4.5

Student's answer: 4.5

Attempt 3

Bookwork code: D03

**How are students doing?**

# Plus Points

- **9040** positive points so far in Year 10.
- **95 %** of all behaviour points logged for Year 10 are positive points.



# Any Negatives?

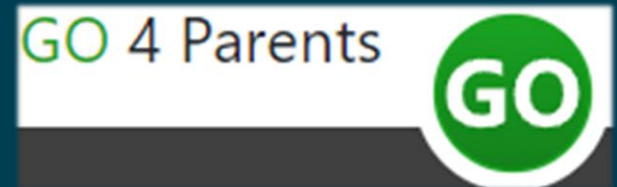
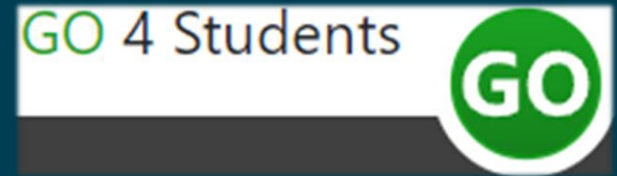
- 431 negative points in Year 10.
- Biggest category = “**Homework not handed in**”.



# Go4schools Homework

- Students and parents have separate log-ins.

[Student Guide](#)



- Homework is uploaded by teachers.
- Links to resources are included, where necessary.



# Student Overview Page

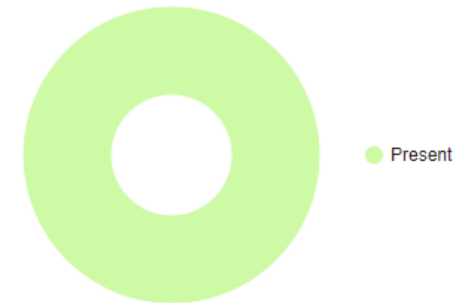
## Overview

### 🕒 Timetable

|       |       |   |                             |                   |     |     |
|-------|-------|---|-----------------------------|-------------------|-----|-----|
| 08:45 | 09:00 | / | Rg, 10R/Rg2                 | Mrs S Faliveno    | M41 | ... |
| 09:00 | 10:15 | / | Health & Soc Care, 10S4/Hs1 | Ms J Huggins      | T50 | ... |
| 10:35 | 11:50 | / | English, 10A/En3            | Miss R Macfarlane | L23 | ... |
| 11:55 | 13:10 | / | Mathematics, 10A/Ma1        | Mrs S Lemantovic  | M20 | ... |
| 13:55 | 15:10 | \ | Chemistry, 10A5/Ch          | Mr D Asher        | T38 | ... |

### 👤 Attendance

100%



### 📝 Homework (9)

Due within the next 7 days or the last

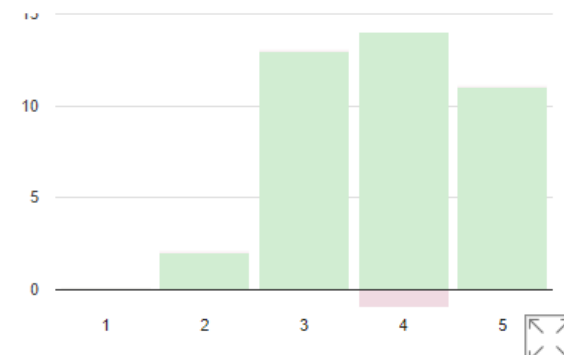
### 👤 Behaviour

+40 | -1



| Due         | Subject               | Task                                                                         | Done |
|-------------|-----------------------|------------------------------------------------------------------------------|------|
| Today       | English<br>10A/En3    | Macbeth revision: quotations from Act 1<br>Guidance time: 30-45 min.         | ☑    |
| Today       | Chemistry<br>10A5/Ch  | 4.1 Rates of reaction quiz<br>Guidance time: 30 min.                         | ☑    |
| 28 Sep 2023 | Geography<br>10S3/Ge1 | Urban Issues Homework 2 - India Atlas Challenge<br>Guidance time: 20-30 min. | ☑    |

● Points ○ Count





# Student Overview Page

- Overview
- Attendance
- Behaviour
- Homework**
- Progress
- Reports
- Timetable
- Documents

## Overview

### Timetable

| Start | End   | Status | Subject                     | Teacher           | Room | More |
|-------|-------|--------|-----------------------------|-------------------|------|------|
| 08:45 | 09:00 | /      | Rg, 10R/Rg2                 | Mrs S Faliveno    | M41  | ...  |
| 09:00 | 10:15 | /      | Health & Soc Care, 10S4/Hs1 | Ms J Huggins      | T50  | ...  |
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| 13:55 | 15:10 | \      | Chemistry, 10A5/Ch          | Mr D Asher        | T38  | ...  |

### Attendance

100%

● Present

### Homework (9)

Due within the next 7 days or the last

| Due         | Subject               | Task                                                                         | Done                                |
|-------------|-----------------------|------------------------------------------------------------------------------|-------------------------------------|
| Today       |                       | Macbeth revision: quotations from Act 1<br>Guidance time: 30-45 min.         | <input checked="" type="checkbox"/> |
| Today       | Chemistry<br>10A5/Ch  | 4.1 Rates of reaction quiz<br>Guidance time: 30 min.                         | <input checked="" type="checkbox"/> |
| 28 Sep 2023 | Geography<br>10S3/Ge1 | Urban Issues Homework 2 - India Atlas Challenge<br>Guidance time: 20-30 min. | <input checked="" type="checkbox"/> |

### Behaviour

+40 | -1

● Points ○ Count

Click the 'Homework' title to see the full list

Ongoing (14)

Extended (5)

Due at least 1 days ago (0)

History (9)

Set today (1)

## Ongoing

Depending on the nature of the homework task, items will stay on the list between 1 (not being tracked) - 1 (tracked) days.

| Due         | Subject                    | Task                                                                         | Status    | Grade / Mark | Set                         | Done                                |
|-------------|----------------------------|------------------------------------------------------------------------------|-----------|--------------|-----------------------------|-------------------------------------|
| Today       | English<br>10A/En3         | Macbeth revision: quotations from Act 1<br>Guidance time: 30-45 min.         | No Status | n/a          | 21 Sep 2023<br>R Macfarlane | <input checked="" type="checkbox"/> |
| Today       | Chemistry<br>10A5/Ch       | 4.1 Rates of reaction quiz<br>Guidance time: 30 min.                         | No Status | n/a          | 19 Sep 2023<br>D Asher      | <input checked="" type="checkbox"/> |
| 28 Sep 2023 | Geography<br>10S3/Ge1      | Urban Issues Homework 2 - India Atlas Challenge<br>Guidance time: 20-30 min. | No Status | n/a          | 21 Sep 2023<br>R Graver     | <input checked="" type="checkbox"/> |
| 29 Sep 2023 | English<br>10A/En3         | Walking Away<br>Guidance time: 30-40 min.                                    | No Status | n/a          | 22 Sep 2023<br>N Hopkins    | <input type="checkbox"/>            |
| 29 Sep 2023 | Psychology<br>10S2/Pz1     | Praxis Stage Development Theory<br>Guidance time: 30-40 min.                 | No Status | n/a          | 22 Sep 2023<br>S Riahi      | <input checked="" type="checkbox"/> |
| 29 Sep 2023 | Physics<br>10A5/Ph         | Ultrasound pictures<br>Guidance time: 20 min.                                | No Status | n/a          | 22 Sep 2023<br>A Pettitt    | <input checked="" type="checkbox"/> |
| 2 Oct 2023  | Mathematics<br>10A/Ma1     | Weekly Sparx homework<br>Guidance time: 60 min.                              | No Status | n/a          | Yesterday<br>S Lemantovic   | <input type="checkbox"/>            |
| 2 Oct 2023  | Child Develop.<br>10S1/Cd1 | Posters and 1 revision card<br>Guidance time: 30-45 min.                     | No Status | n/a          | Yesterday<br>J Huggins      | <input type="checkbox"/>            |

**Click the task title for instructions, links and attached files**

# Walking Away



|                  |             |                  |             |
|------------------|-------------|------------------|-------------|
| <b>Subject:</b>  | English     | <b>Status:</b>   | No Status   |
| <b>Due Date:</b> | 29 Sep 2023 | <b>Set Date:</b> | 22 Sep 2023 |
| <b>Set By:</b>   | N Hopkins   |                  |             |

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## Description

Use the link below and watch the 5 Pods. Make notes on each one please.

*Recommended Time Spent On Task: 30-40 mins*

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## Resources



<https://members.gcsepod.com/pupils/assignments/assignment/1117892>

[Go To Resource](https://members.gcsepod.com/pupils/assignments/assignment/1117892)

Ongoing (14)

Extended (5)

Due at least 1 days ago (0)

History (9)

Set today (1)

## Ongoing

Depending on the nature of the homework task, items will stay on the list between 1 (not being tracked) - 1 (tracked) days.

| Due ↕       | Subject ↕                  | Task ↕                                                                       | Status ↕  | Grade / Mark ↕ | Set ↕                       | Done ↕                              |
|-------------|----------------------------|------------------------------------------------------------------------------|-----------|----------------|-----------------------------|-------------------------------------|
| Today       | English<br>10A/En3         | Macbeth revision: quotations from Act 1<br>Guidance time: 30-45 min.         | No Status | n/a            | 21 Sep 2023<br>R Macfarlane | <input checked="" type="checkbox"/> |
| Today       | Chemistry<br>10A5/Ch       | 4.1 Rates of reaction quiz<br>Guidance time: 30 min.                         | No Status | n/a            | 19 Sep 2023<br>D Asher      | <input checked="" type="checkbox"/> |
| 28 Sep 2023 | Geography<br>10S3/Ge1      | Urban Issues Homework 2 - India Atlas Challenge<br>Guidance time: 20-30 min. | No Status | n/a            | 21 Sep 2023<br>R Gr...      | <input checked="" type="checkbox"/> |
| 29 Sep 2023 | English<br>10A/En3         | Walking Away<br>Guidance time: 30-40 min.                                    | No Status | n/a            | 22 Sep 2023<br>N Hopkins    | <input type="checkbox"/>            |
| 29 Sep 2023 | Psychology<br>10S2/Pz1     | Piaget's Stage Development Theory<br>Guidance time: 30-40 min.               | No Status | n/a            | 22 Sep 2023<br>S Riahi      | <input checked="" type="checkbox"/> |
| 29 Sep 2023 | Physics<br>10A5/Ph         | Ultrasound pictures<br>Guidance time: 20 min.                                | No Status | n/a            | 22 Sep 2023<br>A Pettitt    | <input checked="" type="checkbox"/> |
| 2 Oct 2023  | Mathematics<br>10A/Ma1     | Weekly Sparx homework<br>Guidance time: 60 min.                              | No Status | n/a            | Yesterday<br>S Lemantovic   | <input type="checkbox"/>            |
| 2 Oct 2023  | Child Develop.<br>10S1/Cd1 | Posters and 1 revision card<br>Guidance time: 30-45 min.                     | No Status | n/a            | Yesterday<br>J Huggins      | <input type="checkbox"/>            |

Students can click  
**'Done'** to help with  
organisation

Ongoing (14)

Extended (5)

Due at least 1 days ago (0)

History (9)

Set today (1)

# Ongoing

Depending on the nature of the homework task, items will stay on the list between 1 (not being tracked) - 1 (tracked) days.

| Due         | Subject                    | Task                                                                         | Status    | Grade / Mark | Set                         | Done                                |
|-------------|----------------------------|------------------------------------------------------------------------------|-----------|--------------|-----------------------------|-------------------------------------|
| Today       | English<br>10A/En3         | Macbeth revision: quotations from Act 1<br>Guidance time: 30-45 min.         | No Status | n/a          | 21 Sep 2023<br>R Macfarlane | <input checked="" type="checkbox"/> |
| Today       | Chemistry<br>10A5/Ch       | 4.1 Rates of reaction quiz<br>Guidance time: 30 min.                         | No Status | n/a          | 19 Sep 2023<br>D Asher      | <input checked="" type="checkbox"/> |
| 28 Sep 2023 | Geography<br>10S3/Ge1      | Urban Issues Homework 2 - India Atlas Challenge<br>Guidance time: 20-30 min. | No Status | n/a          | 21 Sep 2023<br>R Graver     | <input checked="" type="checkbox"/> |
| 29 Sep 2023 | English<br>10A/En3         | Walking Away<br>Guidance time: 30-40 min.                                    | No Status | n/a          | 22 Sep 2023<br>N Hopkins    | <input type="checkbox"/>            |
| 29 Sep 2023 | Psychology<br>10S2/Pz1     | Piaget's Stage Development Theory<br>Guidance time: 30-40 min.               | No Status | n/a          | 22 Sep 2023<br>S Riahi      | <input checked="" type="checkbox"/> |
| 29 Sep 2023 | Physics<br>10A5/Ph         | Ultrasound pictures<br>Guidance time: 20 min.                                | No Status | n/a          | 22 Sep 2023<br>A Pettitt    | <input checked="" type="checkbox"/> |
| 2 Oct 2023  | Mathematics<br>10A/Ma1     | Weekly Sparx homework<br>Guidance time: 60 min.                              | No Status | n/a          | Yesterday<br>S Lemantovic   | <input type="checkbox"/>            |
| 2 Oct 2023  | Child Develop.<br>10S1/Cd1 | Posters and 1 revision card<br>Guidance time: 30-45 min.                     | No Status | n/a          | Yesterday<br>J Huggins      | <input type="checkbox"/>            |



After the due date,  
tasks move to the  
**'History'** tab

# Homework

- Please continue to encourage and praise.
- Many homework tasks are building essential exam skills and revision resources.
- Good habits now will pay off later.
- Aim for 45 mins per subject, per week.



**What else do students need  
access to?**

# Webmail



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## Welcome to Northgate High School

Northgate High School embraces the three core values of Respect, Determination and Teamwork. These values are fundamental to the calm and positive learning environment that we strive to achieve at all levels across the school. Northgate has high expectations – not only around securing academic success and appropriate onward pathways for our students, but in maintaining good discipline and behaviour.

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# OneDrive



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# OneDrive

## My files

|  Name ↑ ▾                      | Modified ▾  | Modified By ▾  | File Size ▾ | Sharing |
|-----------------------------------------------------------------------------------------------------------------|-------------|----------------|-------------|---------|
|  1. Classes                    | July 10     | R Grainger     | 7 items     | Private |
|  2. Year 7                     | July 10     | R Grainger     | 11 items    | Private |
|  3. Year 8                     | July 10     | R Grainger     | 9 items     | Private |
|  4. Year 9                     | July 10     | R Grainger     | 3 items     | Private |
|  5. Year 10                    | July 10     | R Grainger     | 6 items     | Private |
|  6. Year 11                    | July 10     | R Grainger     | 9 items     | Private |
|  7. Year 12                   | July 10     | R Grainger     | 9 items     | Private |
|  8. Year 13                  | July 10     | R Grainger     | 14 items    | Private |
|  Activity Days - Really Wild | July 10     | R Grainger     | 6 items     | Private |
|  Attachments                 | July 24     | R Grainger     | 0 items     | Private |
|  Class Notebooks             | September 7 | SharePoint App | 1 item      | Private |

# The Learning Portal



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## \_Learning Portal

|  Name  | Modified  | Modified By  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
|  Art                                                                                    | November 9, 2018                                                                             | D Elmer                                                                                         |
|  Business Studies                                                                       | September 9, 2021                                                                            | N Daghish                                                                                       |
|  Careers                                                                                | February 2, 2021                                                                             | S Cullum                                                                                        |
|  Challenges                                                                             | January 7, 2021                                                                              | R Grainger                                                                                      |
|  Child Development                                                                      | January 10, 2020                                                                             | R Grainger                                                                                      |
|  Computer Science                                                                       | October 19, 2018                                                                             | NHS\Administrator                                                                               |
|  D&T                                                                                    | October 18, 2018                                                                             | NHS\Administrator                                                                               |
|  Dance                                                                                | October 18, 2018                                                                             | NHS\Administrator                                                                               |
|  Drama                                                                                | January 7, 2021                                                                              | R Grainger                                                                                      |
|  Economics                                                                            | October 18, 2018                                                                             | NHS\Administrator                                                                               |
|  English                                                                              | October 18, 2018                                                                             | NHS\Administrator                                                                               |

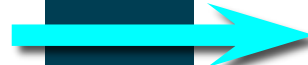
# Science example

\_Learning Portal > Science

| Name                          |
|-------------------------------|
| 1. Lower School               |
| 2. GCSE Revision              |
| 3. Biology                    |
| 4. Chemistry                  |
| 5. Physics                    |
| Archive                       |
| Home working - Extension work |

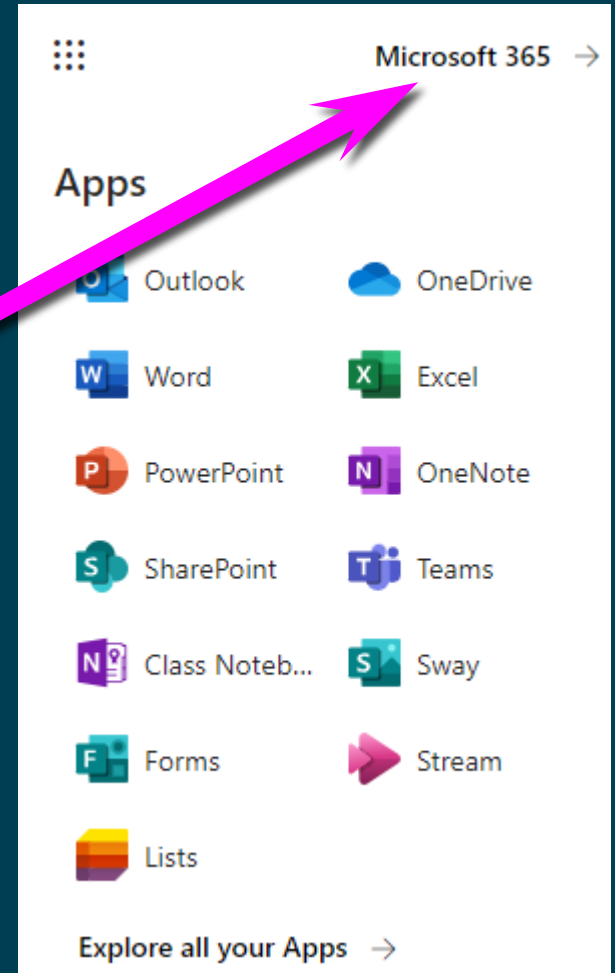
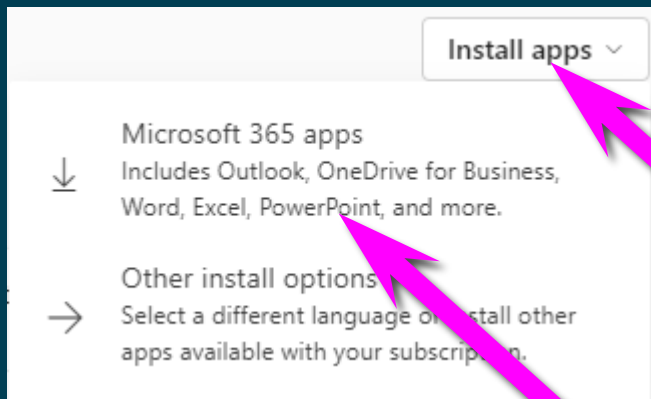
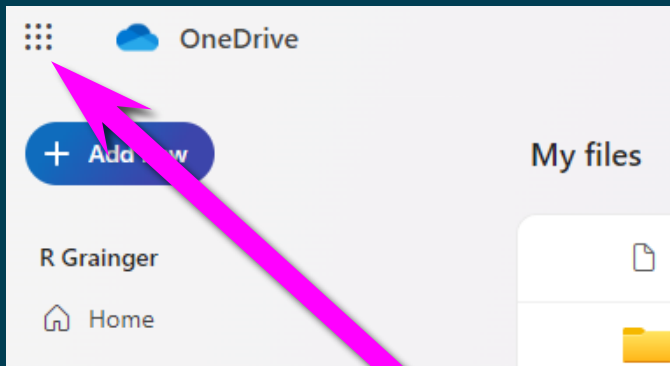
\_Learning Portal > Science > 2. GCSE Revision

| Name                       |
|----------------------------|
| 1. Criteria Sheets         |
| 10. Biology Revision       |
| 2. Exam Questions by Topic |
| 3. Exam Papers - Whole     |
| 4. Required Practicals     |
| 5. Revision Planners       |
| 6. Specifications          |
| 7. Maths in Science        |
| 8. Independence Tasks      |
| 9. Revision by Topic       |



# Office 365

- Installing at home, for free:



# Office 365 Apps



- Available on Android and Apple.
- Sign in using Northgate e-mail address and password.



# Modern Times!

Office 365 can be used on...

- Xbox
- PlayStation
- Smart TV



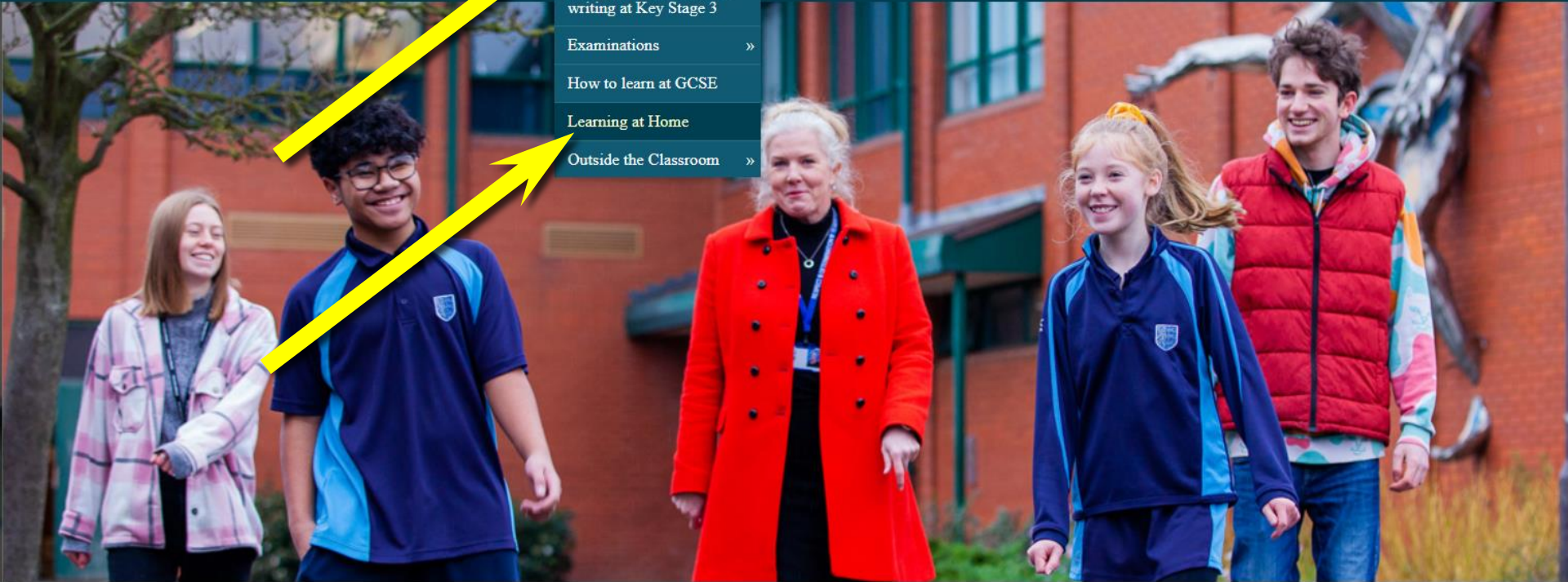


# Learning at Home



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- [Developing reading and writing at Key Stage 3](#)
- [Examinations](#) »
- [How to learn at GCSE](#)
- [Learning at Home](#)
- [Outside the Classroom](#) »



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# Learning At Home

- Go4schools
- Email
- OneDrive
- Learning Portal
- Microsoft 365
  - Inc. games console instructions
- Microsoft Teams
- Microsoft Stream
- Microsoft OneNote Class Notebook
- Camscanner
- GCSE pod
- 'How to be an effective learner' video



**NORTHGATE**  
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**Wellbeing**

Mr Tunaley

# How to get yourself 'match fit'

## Physical Health

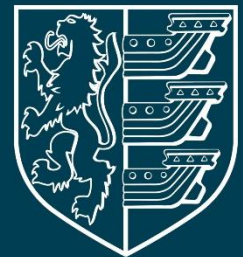
(nutrition and exercise)

## Mental and Emotional Health

(thoughts, feelings, self worth)

## Social Health

(managing relationships)



# Sleep

Which of these is **not** true?

- We spend a third of our lives asleep
- 50% of people dream entirely in black and white
- The record for the longest period of time without sleep is 11 days



# Neuroscience tells us..

- Problem solving is enhanced by sleep, estimated to be three-fold.
- Sleep enables brain processing and memory consolidation – this means memories are laid down, strengthened and recalled.
- If you try to learn something new and then deprive yourself of sleep the ability to learn is significantly reduced.



# When you lack sleep

- You have poor memory
- You have poor creativity
- You have increased impulsivity
- You have overall poor judgement
- The brain has cravings for things to wake it up
- Increased stress levels
- More mood swings



# Good sleep increases

- Ability to concentrate
- Ability to pay attention
- Decision making capacity
- Creativity
- Social skills
- Health





# So how much sleep is needed?

- Somewhere between 8 and 10 hours sleep per night is optimum.
- Many young people only get 5 or 6 hours sleep each night and suffer because of it.



# Conditions for good sleep

- Encourage no screen time for at least 30 minutes before bed: Phones, tablets, TV.
- 21 minutes sleep gained if you put your phone down an hour before going to sleep!
- Cut out the caffeine and don't binge eat before bed.
- Avoid weekend sleep pattern changes: late nights and long lie-ins can disrupt the body clock.
- A dark and slightly cool room.
- Exercise will help you drop off.



# Stress

Stress is not always a bad thing....

- Too little and your child may struggle to meet the challenges of everyday life.
- Too much and your child may feel overwhelmed.
- Your child is not going to be able to avoid stress in life, what is important is they develop the skills to manage it.



# Top sources of stress:

- School work and revision
- Parents/carers
- Relationships



# Helping your child prepare for exam and school-related stress:

- Help them identify what exactly is causing the stress.
- Encourage them to sleep well.
- Encourage them to eat well and drink water.
- Acknowledge difficult times but remind them they can cope.
- Help them build a weekly plan to manage time outside of school.
- Encourage breaks.
- Give them time.



# Attendance

- Having an average attendance of 80% over your time at school will result in 1 year of missed learning.
- Arriving 5 minutes late each day would result in 3 missed days of learning each year.
- Students with no absence are nearly three times more likely to achieve 5+ GCSE grade 4 and above.



# Support in School

- Class teacher, form tutor and keyworkers
- Assistant Head of Year – Miss Spurgeon (via Form Tutors)
- Mr Songhurst (Head of Year)
- Learning Support (Mrs Allsop SENCO & Mr Bluck)
- Community Mentors
- Counselling services
- School Nursing team & Northgate Nurse
- Mental health training



# Support Outside of School

- Suffolk Wellbeing Service
  - [www.wellbeingnands.co.uk/suffolk/](http://www.wellbeingnands.co.uk/suffolk/)



- Kooth
  - [www.kooth.com/](http://www.kooth.com/)

