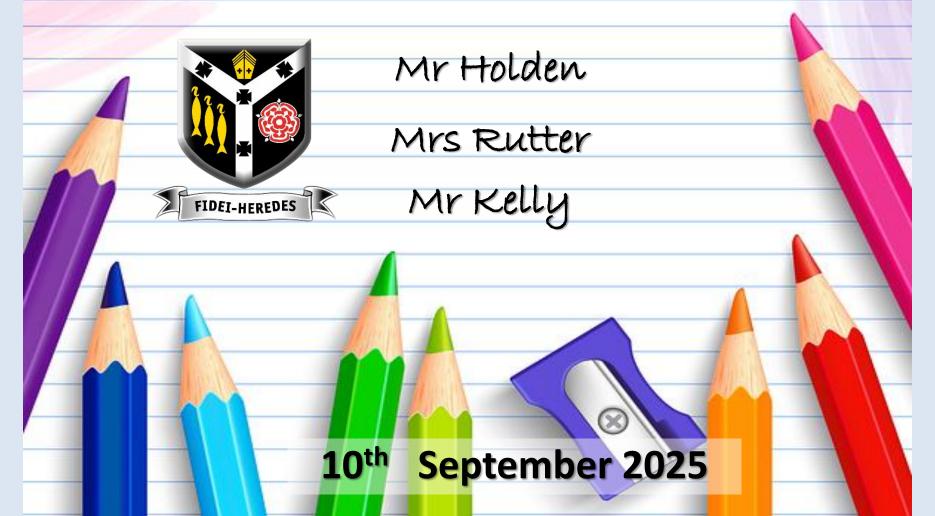
Year 10 Parents, Carers & Pupils Welcome Back Evening



How Can Families Help?

Ensure excellent attendance

Attendance Yr 11 2023 -24	2024 Pupils	Average Progress Grade
97.1 – 100%	102	+0.84
95.1 – 97%	41	+0.44
90.1 – 95%	38	-0.28
80.1 – 90%	31	-0.4
50.1 – 80%	7	-1.6
0 – 50%	4	-3.4

Opportunities to become Senior Pupils and Prefects in Year 11

Mentoring younger pupils

School Council

Chaplaincy

Sport Teams / Extra Curricular Activities

Safeguarding Ambassadors

Well Being Ambassadors

Blackpool Trip and Rewards

House Rewards / Events

Positive Monitoring and Progress

How Can Families Help?

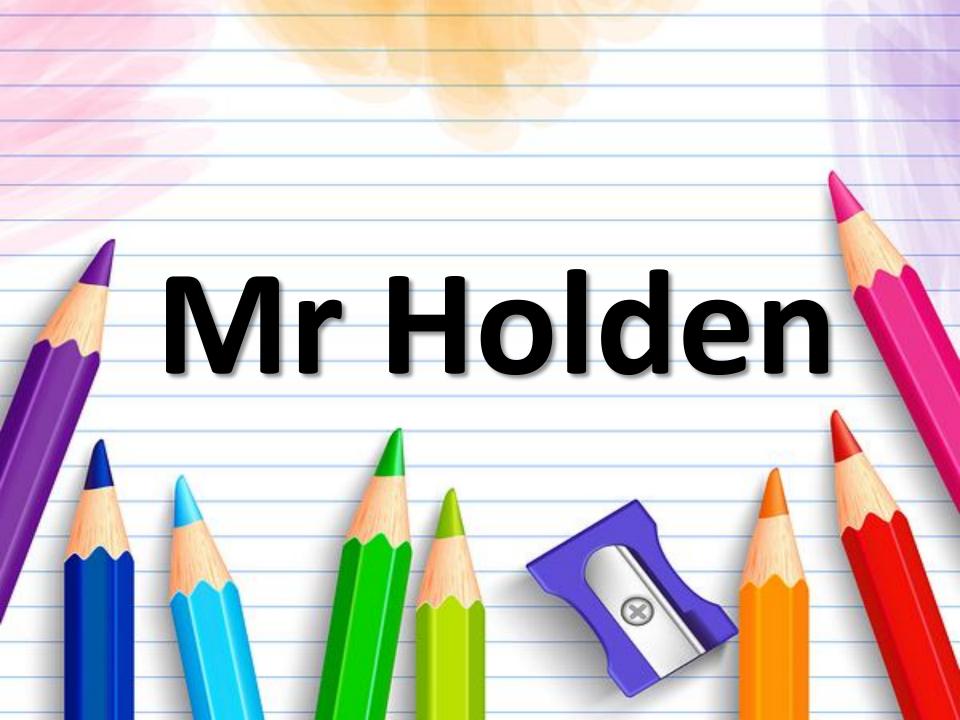
Ensure excellent attendance

Monitor home learning

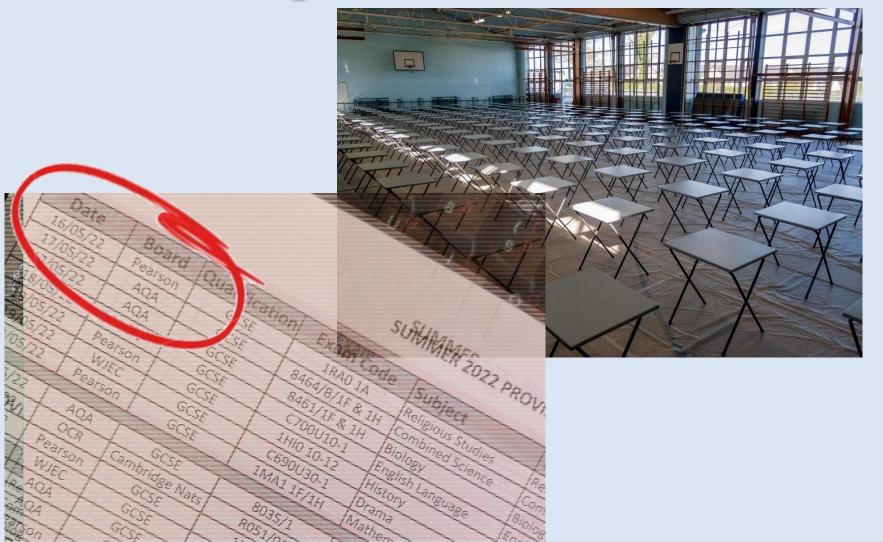
Check and engage with revision throughout the year

Monitor behaviour points

Keep in touch! If there's a problem or a concern, let us know.



May 2026 / 27



Supporting Together

Routines at home Healthy balanced choices

Study Club / Revision / Home Learning

Assessment and Monitoring

December Year 10 Monitoring + Progress

Report 1

March Year 10 Monitoring and Progress 2

Report 2

May Year 10 Exams

*Prov 27th April – 8th May

July Year 10 Written Report

Common Concerns

- There is too much to learn
- I don't know what to revise
- I don't know how to revise
- I don't know where to start
- I don't have enough time
- My notes are too messy/disorganised
- I don't know how to memorise things
- I feel too anxious about exams.

Reducing Concerns

- I know when/where to start
- I have enough time
- I know what to revise
- I know how to remember more revision skills
- My notes are organised
- There is a lot to learn
- I feel less anxious about exams

Long Term Memory

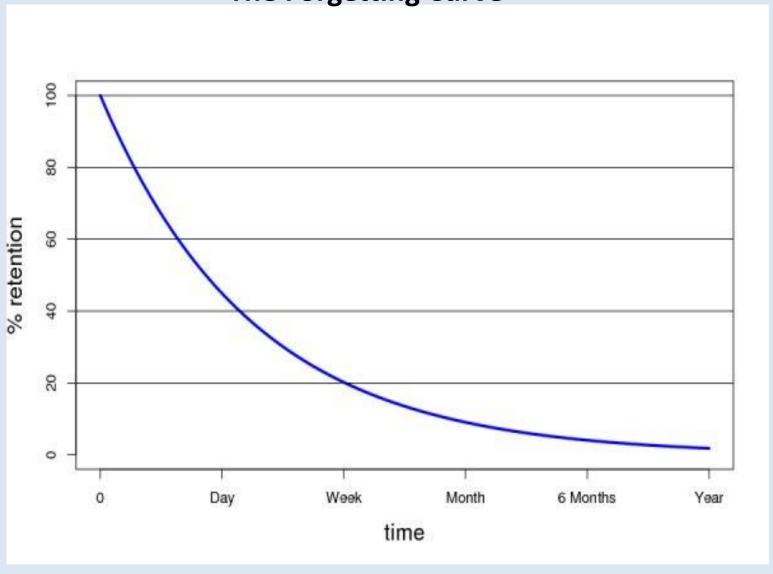
If information in the short term memory is rehearsed long enough, it eventually ends up in the long-term memory.

- Transfer the information from short term to long term through repetition.
- Deepen understanding of the content so that it is committed to long term memory and can be recalled effectively.

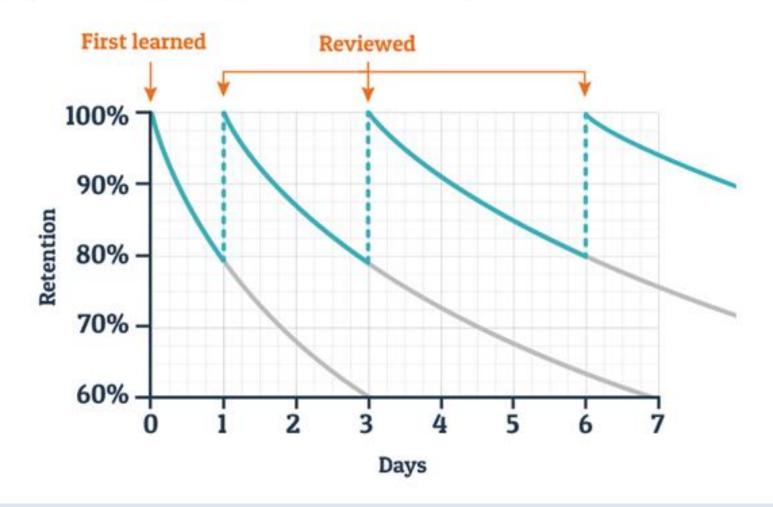


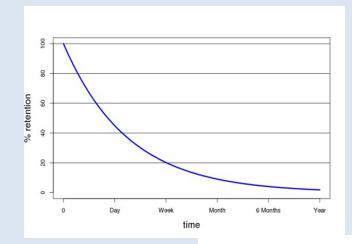


The Forgetting Curve



Typical Forgetting Curve for Newly Learned Information





Typical Forgetting Curve for Newly Learned Information



Effective Revision Sessions

- Focussed time with no distractions
- Appropriate resources Teams / SharePoint
- Regular short breaks (10min)
- Mix subjects and topics within longer sessions interleaving
- Follow the plan / tick off work done.
- Build in rewards and other activities.
- Eat appropriately and stay hydrated.
- Avoid background music and ensure phone is in another room / switched off.

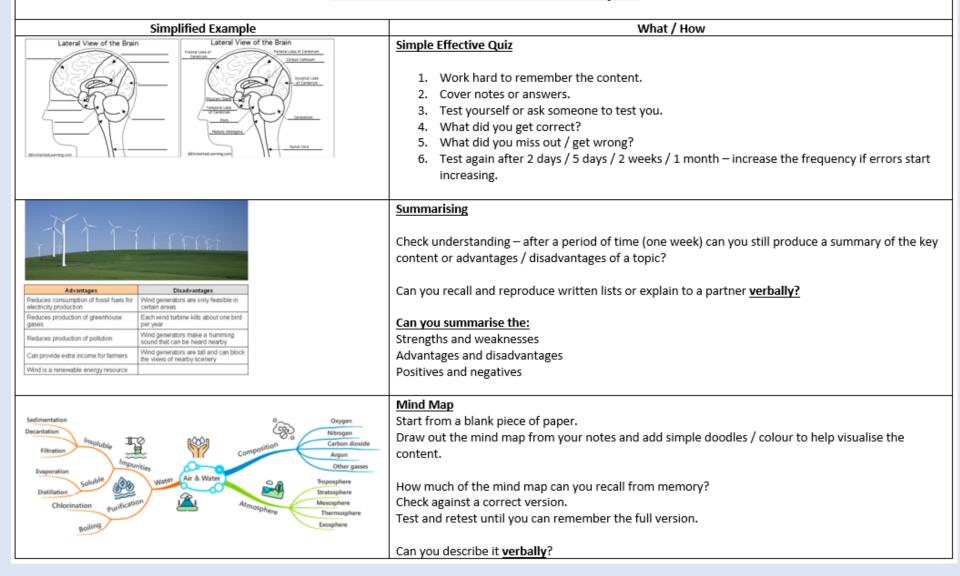
DAY	4pm	5pm	6pm	7pm	8pm	Эрт	10pm
MON							
TUE							
WED							
THUR							
FRI							

	Morning	Morning	Afternoon	Afternoon	Afternoon	Evening	Evening
SAT							
SUN							

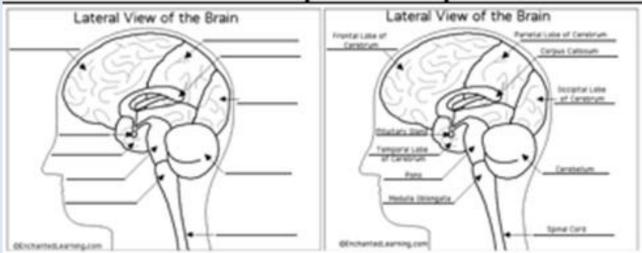
What the research says

Technique	Description
Practice testing	Self-testing or taking practice tests
Distributed practice	Using a schedule of practice over a period of time
Elaborative interrogation	Coming up with an explanation to explain why a fact is true
Self –explanation	Explain how new information relates Explaining steps in problem solving
Interleaved practice	Schedule that mixed different kinds of problems in a single study session
Summarisation	Writing summaries of to-be learned materials
Highlighting/underlining	Marking important information
Keyword Mnemonic	Using key words and images to associate verbal materials
Imagery for text	Forming mental images of text while reading or listening
Rereading	Rereading test material

Retrieval Practice Revision Techniques



Simplified Example



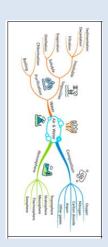
What / How

Simple Effective Quiz

- Work hard to remember the content.
- Cover notes or answers.
- Test yourself or ask someone to test you.
- 4. What did you get correct?
- What did you miss out / get wrong?
- Test again after 2 days / 5 days / 2 weeks / 1 month increase the frequency if errors start increasing.



Advantages	Disadvantages
Reduces consumption of foesil fuels for electricity production	Wind generators are only feasible in certain areas
Reduces production of greenhouse gases	Each wind turbine kills about one bird per year
Reduces production of pollution	Wind generators make a humming sound that can be heard nearby
Can provide extra income for farmers	Wind generators are tall and can block the views of nearby scenary
Wind is a renewable energy resource	



Summarising __

Check understanding – after a period of time (one week) can you still produce a summary of the key content or advantages / disadvantages of a topic?

Can you recall and reproduce written lists or explain to a partner verbally?

Can you summarise the:

Strengths and weaknesses Advantages and disadvantages Positives and negatives

Mind Map

Start from a blank piece of paper.

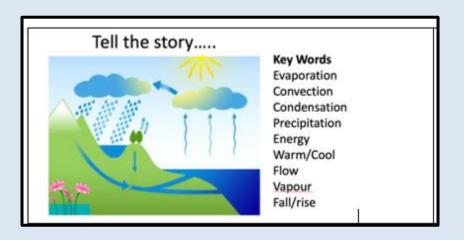
Draw out the mind map from your notes and add simple doodles / colour to help visualise the content.

How much of the mind map can you recall from memory?

Check against a correct version.

Test and retest until you can remember the full version.

Can you describe it verbally?



Tell the story

After learning the key content try to create a story that can be written or spoken to include the key concepts.

The story can then be rehearsed and improved with greater detail and accuracy.



Brain Dump

Set a time limit (5min or 10min)
Write everything you know about a topic or theme.

For best practice start each sentence on a new line.

Check what areas you missed out and add these at the bottom in CAPITALS or a different colour.



Flash Cards

Spend more time testing yourself with them than making them!

Add the title to the reverse.

Read the title

Before turning over write or speak the key content.

Shuffle the pack to get a different sequence.

Flash Cards - Leitner System

As above

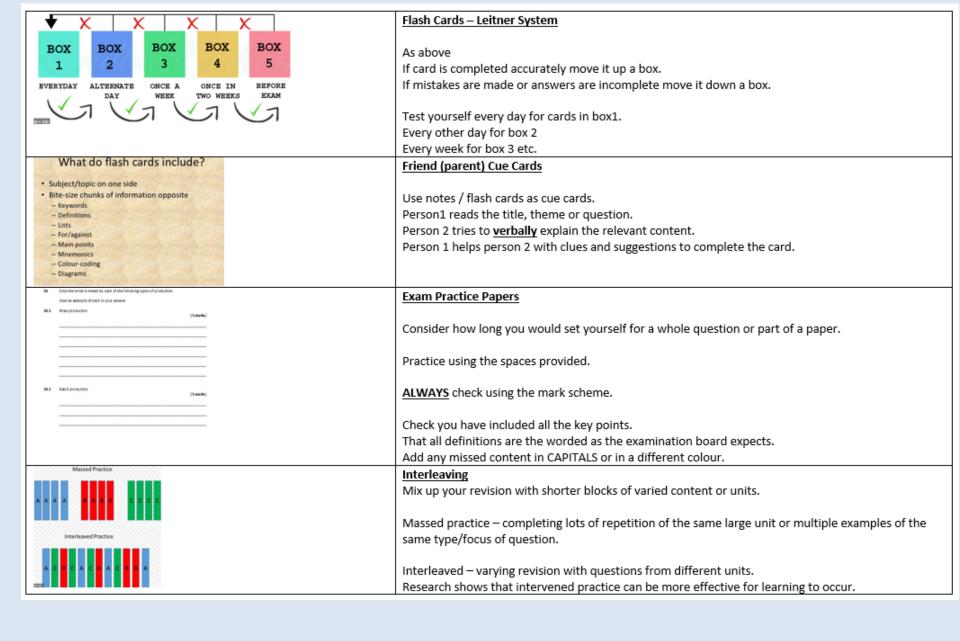
If card is completed accurately move it up a box.

If mistakes are made or answers are incomplete move it down a box.

Test yourself every day for cards in box1.

Every other day for box 2

Every week for box 3 etc.



Put your phone away during revision.
Start revision early enough to allow retesting.
Have an organised revision planner to set out revision sessions and other activities.
Revise in a quiet environment – no background music
Sleep 8+ hours a night – with regular bedtimes!
Exercise regularly / fresh air.
Take regular breaks (5/10 min)
Eat a sensible breakfast.
Highlight command words on the question paper. Jot ideas and a plan on the paper before answering the questions.
Focus on activities that force you to retrieve information and test yourself rather than simply rereading or highlighting notes.



Options Post 16

- Full time education
- Apprenticeship
- Work or volunteer [at least 20 hours per week] whilst in part-time education or training – job and apprenticeship alerts via school email to all Yr11 pupils





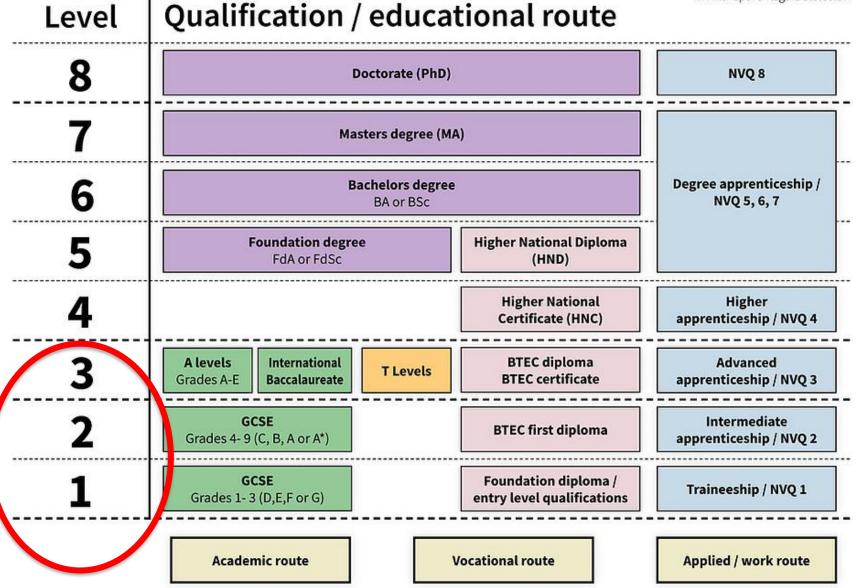


Options Post 16

- A- Levels (Level 3)
- T- Levels (Level 3)
- Vocational (Level 1 -3)
- Apprenticeship (Level 2-3)



The Parents' Guide to www.theparentsguideto.co.uk



2025 Leavers' Destinations

Provider	Numbers
Burnley College	78
CRGS	26
Cardinal Newman College	21
Blackburn College	24
Nelson and Colne/ ACCROSS	10
Myerscough College	7
St.Christopher's Sixth Form	14

Post-16 Support

Careers Week 19th -23rd January

Ribble Valley Careers Fair Holmes Mill 3rd February

Careers lunchtime drop-ins

Work Experience 22nd-26th June

Taster Sessions

Open Events – Sheet provided

Early careers appointments – Summer 2026

unifrog

Introduction to Unifrog: Welcome Back Evening



What is Unifrog?

- Unifrog believe that destinations where students end up after school is extremely important. They partner with schools to support students to progress into the best opportunity for them.
- Unifrog do this by providing a one-stop-shop where students can explore their interests, then find and successfully apply for their best next-step after school.



The Unifrog tools

Access all tools on Unifrog to learn what options are available, access good quality information, and search for opportunities to support your child.

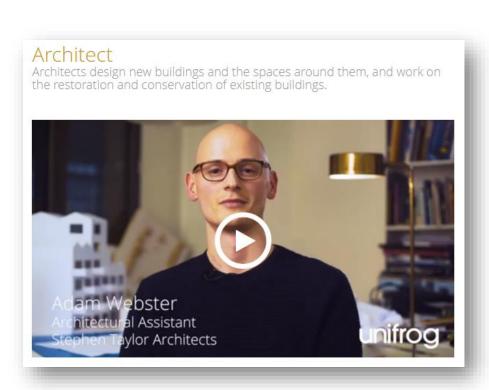
Quizze s	Exploring pathways	Recording what you've done	Searching for	application materials	Making applications
Interests profile	Careers library	Activities	UK universities	UK Personal Statement	Post 18 Intentions
Personality profile	Subjects library	Skills	US universities	Classes	Locker
Work environments	Know-how library	Interactions	European universities	Subject References	Applications list
profile	MOOC		Oxbridge	CV / Resumé	
Skills profile	Webinars		Canadian universities	Writing tool	
	Read, Watch, Listen		Asian universities	Common App Essay	
			Australasian universities	US recommenders	
			MidEast and Africa unis	Notes for Reference	
			Irish universities	writers	
			Special Opportunities		
			Events		



Drafting

Careers library

- Over 1000 career profiles
- Presents information from a range of sources, including local and national LMI
- Includes qualifications and skills needed, interviews with industry professionals and labour market information
- Explores progression opportunities and what a working week really looks like





Work experience – self placement 22nd-26th June

- Work experience is a self placement
- Pupils add employer details to Unifrog, once placement is confirmed
- Record of work experience agreement and log of activity
- Parent/ carer notified of placement details
- Employer uploads their employee liability insurance
- Check in record whilst on placement, employer feedback post placement
- Advised to think about this now will be launched in February with all placements added for in house check by Easter deadline. Support available at progress evening 18/3/26



Apprenticeships

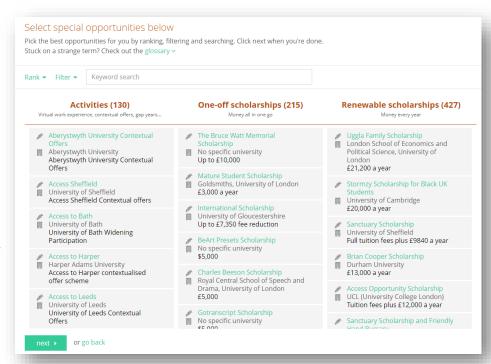


- Students can find live apprenticeship vacancies
- Vacancies are updated daily
- Rank and filter opportunities by factors like distance from home, weekly wage and application deadlines
- Direct link to the 'apply' page
- Each apprenticeship vacancy includes practical information about the opportunity, employer and training
- Save unlimited shortlists to refer back to later



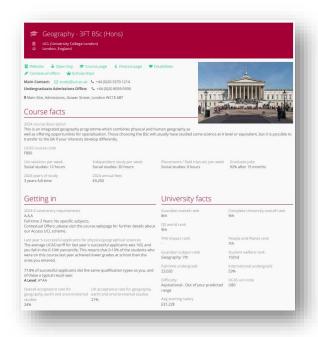
Special Opportunities

- Includes £5 million-worth of grants, bursaries, scholarships, contextual offers and extracurricular activities
- These can be filtered by circumstances or characteristics, depending on the access requirements of the opportunity
- Includes direct links for applying
- Unlimited shortlists can be created and referred back to





UK Universities



- Students can enter subject of interest and projected grades to see all relevant university courses available in the UK
- Rank and filter opportunities by factors like hours of lectures, price of accommodation and graduate job rates
- Get direct links to university information pages, with impartial information on courses and institutions
- Save unlimited shortlists to refer back to later



Parents & guardians, get signed up!





Scan this QR code or go to

www.unifrog.org/student and click 'Sign in for the first time'

You'll be asked for some details and a Sign up Code. This is what you need:

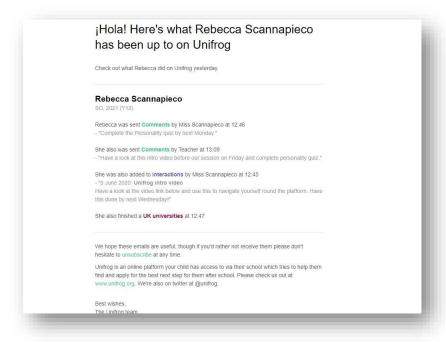
AUGSparents

After signing up, log into Unifrog using your email address and password via the student sign-in page!

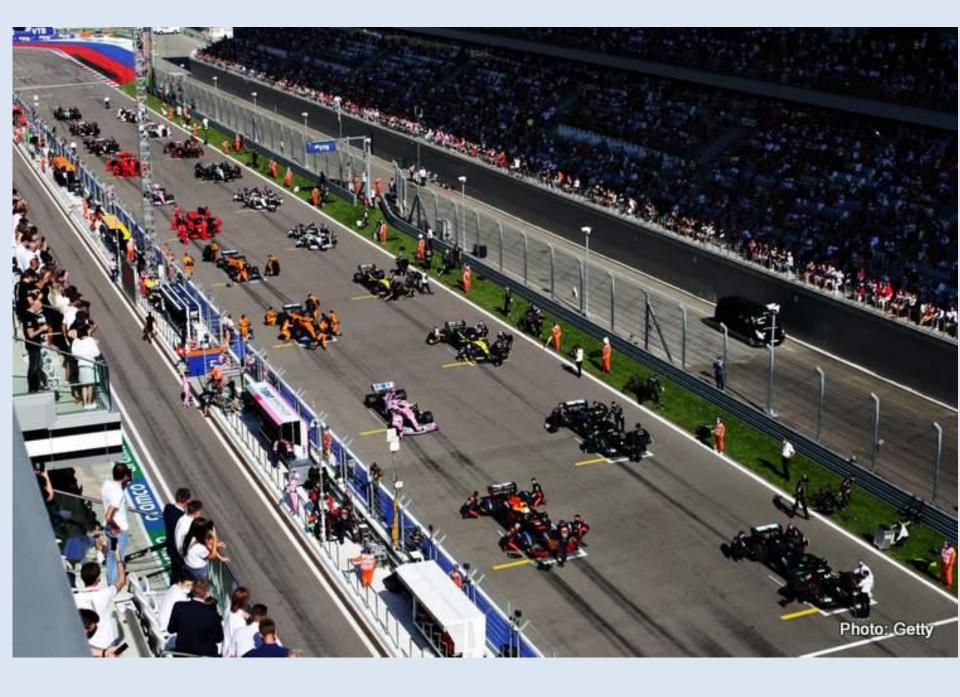


Weekly summary emails

- Parents can sign up to receive weekly summary emails
- This summary will show you any shortlists your child may have made on the Unifrog platform
- It will also detail any interactions logged against your child, such as Careers Fairs taking place or careers interviews coming up







Thank you for Attending

Attendance Behaviour Effort Revision

Working Together

Accrington & Rossendale College https://www.accross.ac.uk/ T: 01282 440209	T Level Vocational Apprenticeship	Tuesday 30/09/25 Wednesday 22/10/25	5.30–7.30pm 5.30–7.30pm
Blackburn College https://www.blackburn.ac.uk/ <u>T: 01254 292929</u>	A Levels T Level Vocational Apprenticeship	Tuesday 23/9/25 Wednesday 1/10/25	4.30-7.30pm
Burnley College https://www.burnley.ac.uk/ T: 01282 733373	A Levels T Level Vocational Apprenticeship	Wednesday 17/09/25 Thursday 02/10/25	5.30-8.30pm 5.30-8.30pm
Cardinal Newman College https://www.cardinalnewman.ac.uk/ T: 01772 460181	A Levels T Level Vocational Apprenticeship	Saturday: 11/10/25 15/11/25 07/02/26	10am-1pm
Craven College www.craven-college.ac.uk/events <u>T: 01756 791 411</u>	A Levels T Level Vocational Apprenticeship	Monday 06/10/25 Wednesday 19/11/25 - (Aviation Academy)	5.30-7.30pm
Manchester College https://www.tmc.ac.uk/events/ T: 0333 322 2444	Vocational Apprenticeship T Level	Tuesday 07/10/25	5–7pm
Myerscough College (Multiple sites) https://www.myerscough.ac.uk/ T: 01995 642222.	Technical Apprenticeship	Saturday: 04/10/25 15/10/25 07/02/26 18/04/26	10-1pm 10-1pm 10-1pm 10-1pm
Nelson & Coine College https://www.nelson.ac.uk/ T: 01282 440 200	A Levels T Level Vocational Apprenticeship	Saturday 20/09/25 Wednesday 15/10/25 Tuesday 11/11/25	10/2pm (A levels) 5.30–7.30pm 5.30–7.30pm
Preston College https://www.preston.ac.uk/ T: 01772 225000	Vocational Apprenticeship T-Level	Wednesday 01/10/25 Saturday 08/11/25 Thursday 05/03/25	4–7pm 10–2pm 4–7pm
Runshaw College https://www.runshaw.ac.uk/ <u>T: 01772 622677</u>	A Levels T Level Vocational Courses	Saturday 20/09/25 Saturday 15/11/25	10-2pm 10-2pm

,			
QEGS Sixth Form www.qegsblackburn.com T: 01254 686300	A Levels only	Thursday 20/11/25	5-7pm
St Christopher's Sixth Form https://www.st-christophers.org/sixth T: 01254 232992	A Levels Foundation course	Tuesday 30/09/25	
St Wilfred's Sixth Form https://www.sixthform.saintwilfrids.co.uk/ T: 01254 604000	A levels	Thursday 06/11/25	5–7pm
Accrington Stanley Football College https://www.stanleytrust.co.uk/sport-and- health/football-college/ T: 01254 475013 E: info@stanleytrust.co.uk	BTEC Level 2 and 3 in Sport	tbc	
Blackburn Rovers Football College https://www.rovers.co.uk/community/what-we- do/education-and-skills/ T: 01254 508256	BTEC Level 1, BTEC Level 2 and BTEC Level 3 in sport.	tbc	
Clitheroe Football College https://www.clitheroefootballcollege.co.uk/ T: 01254 366316	VLUK Level 3 National Extended Diploma in Sports Coaching and Development	tbc	
Training 2000 https://www.training2000.co.uk/ T: 01254 54659	Apprenticeship only	Saturday 29/01/26???tbc	
North Lancs Training Group <u>https://www.nltg.co.uk/</u> <u>T: 01254 395355</u>	Apprenticeship only	Please contact NLTG individually as they do not typically hold a general open event.	
Ribble Valley Careers Event Holmes Mill, Clitheroe		Tuesday 07/10/25 Tuesday 03/02/26	2.45-6.30pm 2.45-6.30pm