

# Ysgol Penrhyn Dewi 2019 – 2020

## The Fulfilment Phase



Years 9, 10 and 11

The fulfilment phase is a very exciting time in your child's education but it is also a very important phase too. I am extremely proud to be Head of Phase for years 9-11 as it brings huge successes and pupils mature and grow too.

In this phase they finish their Key Stage 3 levels and begin their journey in gaining as many GCSE results as possible. It can be a very stressful time for the child but also the family.

There are fantastic opportunities for our pupils in Ysgol Penrhyn Dewi. The senior members of our school have the opportunity to become Head boy or girl and senior prefects. They also have the opportunities to become Senedd members and be the voices for their peers.

There are a number of events put on for our pupils to help them make the best option post Ysgol Penrhyn Dewi. For example, year 9 pupils go to Pembrokeshire College for a careers day and in year 10 they get to go and participate in some of the courses. They will each see the careers advisor too.

We hope that at the end of the fulfilment phase your child has become ambitious, capable learners who are ethical and informed citizens. Also, they are enterprising, creative contributors as well as healthy, confident individuals.

As part of a church school our faith and values are extremely important to us, below is an overview of our school values and when these are taught and focused upon.

**Courses:**

There a number of different subjects in the fulfilment phase. An exciting opportunity that all pupils look forward to is choosing their GCSE Options. However this can also be a daunting time for some. To help your child make their decision you can access all subject syllabuses on either the EDUQAS or WJEC websites – please ask the subject teachers which courses they are running. Once they have chosen their subjects you can also help them by accessing the websites to find out course specification and exam dates.

Coursework dates are generally set by the class teacher and closer to their exams they will receive an exam timetable so they can prepare themselves effectively.

Autumn 1 – Local - Caring	Autumn 2- Local - Faith	Spring 1- National Mindful	Spring 2- National - Belief	Summer 1 – Global - Openness	Summer 2- Global - Respectful
Friendship Generosity Compassion	Hope Thankfulness Humility	Creativity Wisdom Perseverance	Trust Peace Courage	Truthful Justice Forgiveness	Respect and Reverence Service Justice

## How Parents can Support:

### Day to Day

- Ensure they eat 3 healthy meals a day and drink plenty of water
- Dressed and equipped correctly for the day
- Don't allow them to bring their mobile phone to school – it is a huge distraction!!!
- Make sure their attendance is above 96%
- Ensure they copy up any missed work
- Help them manage their homework/coursework deadlines
- Ensure they have a break from social media
- Insist on early nights – sleep is very important
- Follow your child on Classcharts
- Liaise with school regularly if you have any concerns
- Attend parents' evening

### Revision:

- Put a printed copy of your child's exam timetable up so the whole family is aware. They have this. Ask school if lost.
- Help them plan out a revision schedule. Plan realistically and prioritize topics linked to the timetable of exams. There are limits to how much work can effectively be done in a day. Relaxation and leisure activities are important for keeping students healthy and well-balanced. An electronic planner template is available at the Student Room online. Help with this at first. Use it to monitor progress every so often.
- Timing revision sessions. Take their phone away for these times to avoid distraction. They are useful but time and mindspace consuming.
- Plan for breaks. Return the phone then. Get it back at the end of the break.
- Boundaries. Don't nag – be proactive. Help revise with flashcards and note taking – See Cornell notes and Leitner flash card revision techniques for lots of recall practice. Guides are online.
- Establishing specific location to revise. Having a study place is important as having specific locations where your child can sit down and focus solely on their revision is essential to their concentration and thus productivity.
- There is good evidence about what works and many sites to share resources – start with this presentation - <https://www.youtube.com/watch?v=ukLnPblffxE> - (Ali Abdal - How to study) The short version is keep it active and about recall and testing.
- Be the positive one – keep saying “YET” to avoid negative spiraling.

### Useful websites

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

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

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

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

[www.classcharts.com](http://www.classcharts.com)

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

I hope you have found this information sheet useful. If you have any concerns please don't hesitate to contact the school.



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