

Helena Romanes School

Welcome

Class of 2025

Ambition



Kindness



Respect



Resilience



Broad
Mindedness

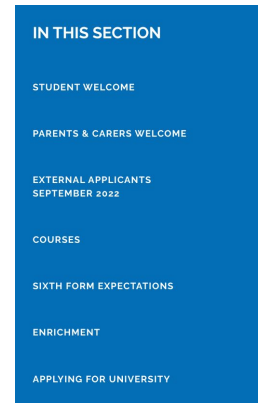


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- I will be providing more information in future assemblies and relevant information is available on the school website
- **Sixth Form 'Information evening' Wednesday 13th November and applications go live that evening**
- Application deadline: **Wednesday 18th December**
- For now, go on the website and view the current prospectus
- Narrow your course choices down to 5 or 6 options
- Grades do matter: a minimum of 5 GCSEs at a grade 4 pass, subject minimum entry requirements AND 4 in Maths AND English

What next...



HOME > SIXTH FORM > SIXTH FORM PROSPECTUS

SIXTH FORM PROSPECTUS

MAKING THE STUDENTS OF TODAY
THE FUTURE OF TOMORROW



To find out more about Helena Romanes Sixth Form, including details of our subject options and entry requirements, please follow the link below:

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What next... Our Olympic year



Together we can achieve:
personal best
season's best

How?

- training (lessons, homework, independent study, IMPACT)
- motivation (attendance, behaviours for learning)
- resilience (taking risks, learning for 'what next' not 'what if')
- setting goals (PROM, results day Aug 21, Sixth Form, apprenticeships, college)

Faster
Higher
Stronger
Together

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What next... Our Olympic year



Your support team at HRS are:

Head of Year- Mrs Snelling

Senior Pastoral leader- Mrs Moverley

Raising Standards leader- Mr Mills, Assistant Headteacher

SLT link- Mrs Hazle, Deputy Headteacher

Form tutors- D McGrath, C Pollard & L Withers, C Allom, D Allum, C Humphreys, P Livanou, D Rowley, P Ambrose with support from Ms Gillard, Ms Just, Dr Evans, Mr Birss and Ms Edwards (IMPACT & pastoral care)

Subject teachers, Ms Smith, Attendance Officer and all staff

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The Importance of Attendance

| | | |
|------------------|---|--|
| 100% | | |
| 96% | 4 days lost 22+ hours lost of learning | |
| 95% | 9.5 days lost 49+ hours lost of learning | |
| Below 95% | 11+ days lost | 1 to 2 grades below their peers |

National and school level data is clear- the single biggest difference to achieving your personal best is **attendance** to school

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The Importance of Attendance and punctuality



daily phone calls



daily/weekly home visits



school based meeting



team around the family



Essex County Council

involvement of county specialists and sanctions

Our school based triggers will be:

5 days/10 sessions over a period for referrals to county

95% or below attendance

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Working Together- Classcharts

Behaviour

Homework

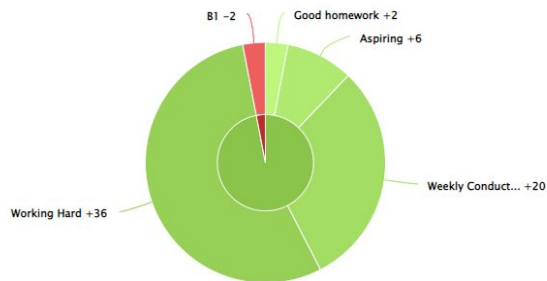
Detentions

Classes

Timetable

Attendance

Behaviour score breakdown



Weekly Behaviour Breakdown



- Attendance (to school and all sessions)
- Punctuality
- Rewards
- Behaviour/detentions
- Homework
- Other key information

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Working Together- being informed

- HRS Success newsletters with key information, tips and dates

Some key dates:

- GCSE exams start from 5th May (provisional)
- Practical exams, coursework and language speaking will be earlier
- 4 Nov- Mocks 1, in 6 weeks
- 9 Jan- Parent's evening
- 27 Jan- Mocks 2, in 16 weeks (*9 weeks from end of mocks to start of GCSE's*)
- 5 May- 27 school weeks to go (about $\frac{1}{2}$ a year)

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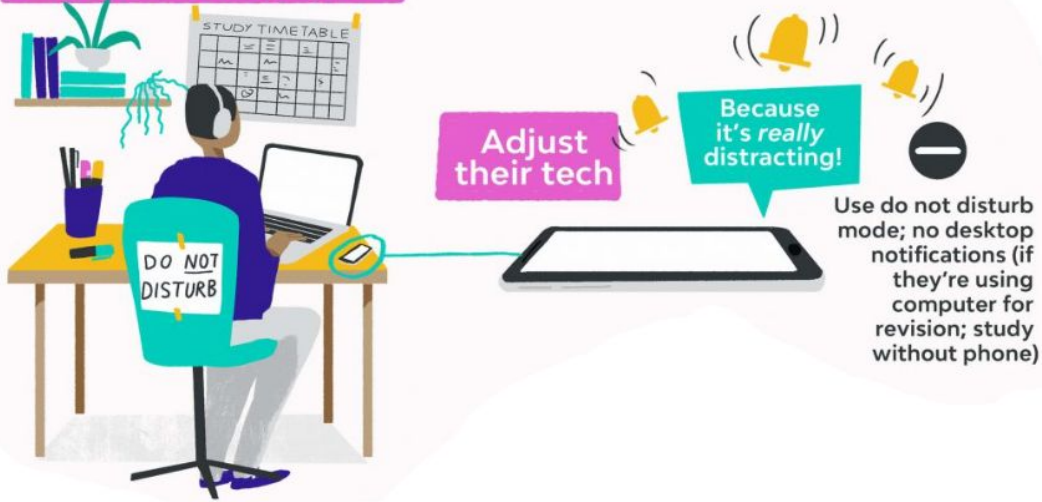


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How to support from home

Their own study space



- ❑ Environment
- ❑ Allocated time
- ❑ Access to resources
- ❑ Remove distractions



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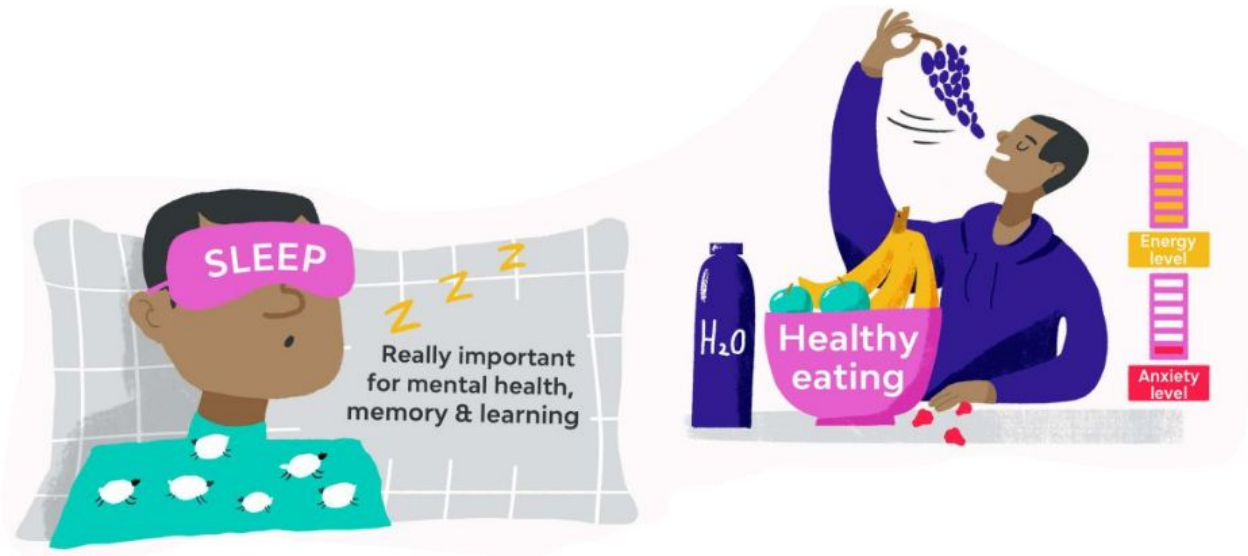


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How to support from home

- ❑ Support a healthy sleep pattern
- ❑ Supply and encourage a healthy diet and regular meal times



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How to support from home

Encourage breaks

10-15 mins off every hour helps concentration

HELLO WORLD!

Keep talking

Teen & parents - so teen can voice their feelings & worries about anything & you, the parent, can help & comfort them

- ❑ Be interested in your child's learning
- ❑ Praise and encourage good habits
- ❑ Help them plan their time effectively

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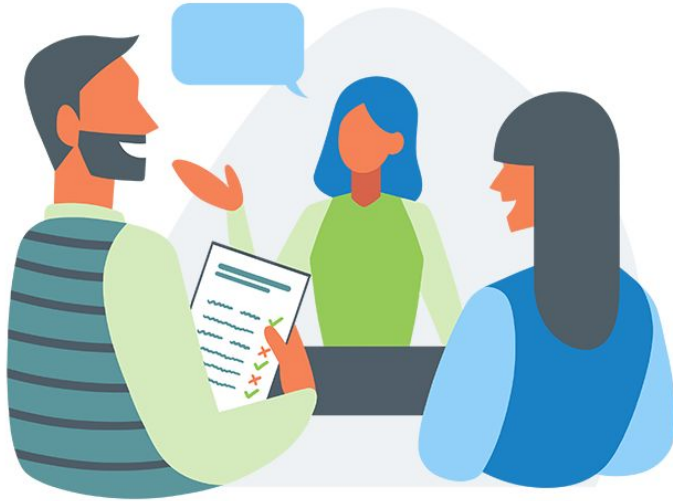
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How to support from home



- ❑ Support your child to achieve
- ❑ Help them cope with setbacks
- ❑ Monitor homework
- ❑ Seek support from teachers



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What should students be doing?



Best Student

- ❑ Be aspirational
- ❑ Be resilient
- ❑ Positive behaviour for learning
- ❑ Take responsibility for learning

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What should students be doing?

TIME MANAGEMENT TIPS ON HOW TO BE EFFICIENT

STAY ORGANISED
CREATE A REVISION TIMETABLE AND A TO DO LIST TO KEEP YOU ON TRACK WITH SCHOOL WORK AND REVISION.

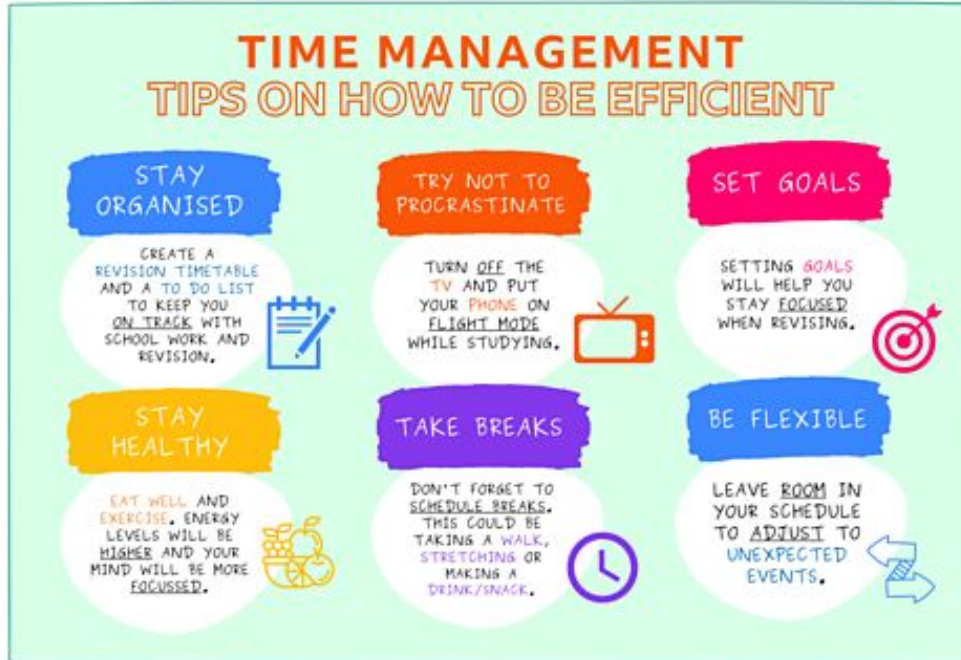
TRY NOT TO PROCRASTINATE
TURN OFF THE TV AND PUT YOUR PHONE ON FLIGHT MODE WHILE STUDYING.

SET GOALS
SETTING GOALS WILL HELP YOU STAY FOCUSED WHEN REVISING.

STAY HEALTHY
EAT WELL AND EXERCISE. ENERGY LEVELS WILL BE HIGHER AND YOUR MIND WILL BE MORE FOCUSED.

TAKE BREAKS
DON'T FORGET TO SCHEDULE BREAKS. THIS COULD BE TAKING A WALK, STRETCHING OR MAKING A DRINK/SNACK.

BE FLEXIBLE
LEAVE ROOM IN YOUR SCHEDULE TO ADJUST TO UNEXPECTED EVENTS.



- ❑ Use the school holidays wisely
- ❑ Plan in any coursework deadlines
- ❑ Plan regular revision time
- ❑ Celebrate milestones
- ❑ Turn your phone off!

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What is the school doing?



- ❑ High quality teaching
- ❑ High expectations of behaviour for learning and equipment
- ❑ Targeted tutor time revision
- ❑ Exam practice - Two formal Mocks
- ❑ Impact sessions
- ❑ Careers support
- ❑ Prom celebrations dependant on attendance to school, impact sessions and behaviour

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School day IMPACT sessions

| | | | | |
|-----------|-------------|------------------|-----------|---------|
| Monday | Maths | Drama | | |
| Tuesday | Science | Timber | RS | |
| Wednesday | Art (lunch) | Computing | | |
| Thursday | English | Timber | Computing | |
| Friday | Business | French & Spanish | PE | History |

- ☐ Subjects delivering at least one night per week
- ☐ Targeted
- ☐ Topics based on assessment data



Additional IMPACT sessions

| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----|--------|---------|-----------|----------|--------|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

- ❑ Planned holiday revision sessions
- ❑ Key points before exams



Mrs Snelling - year 11 support

- Pastoral support and care - Day to day support
- Clear expectations
- 'Open door' policy
- HRS success - key information shared

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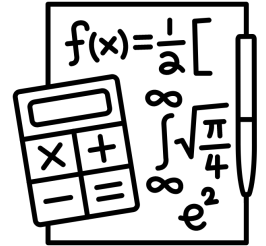


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Mathematics

BBirss@hrs.education
dallum@hrs.education



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What can you do to support?

- Homework - Sparxmaths.com - due every Monday.
- Revision - little and often
- Practice, practice, practice

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SPARX Maths

- Not only a homework platform
- Endless amounts of revision and booster materials
- Intuitive system will focus revision on areas to improve

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Equipment

- Ruler/protractor/compass
- Casio fx-83, 85 or 991 scientific calculators
- Method/revision cards

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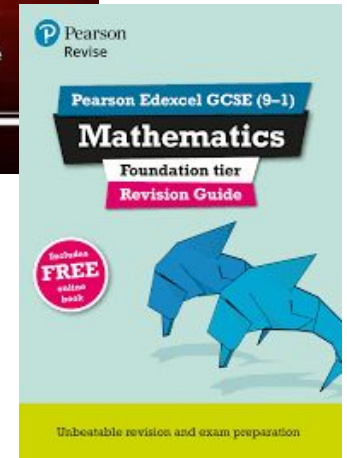
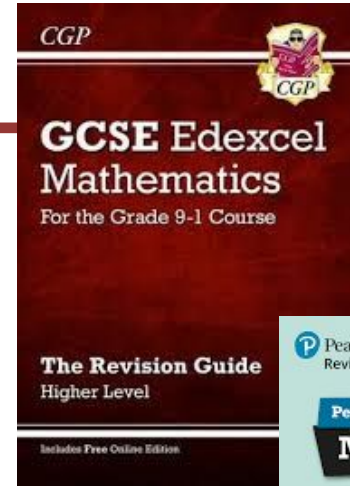


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Revision guides

- Use either the GCP (Edexcel) or Pearson (Edexcel) revision guides
- Check the tier of entry before you buy, either higher or foundation



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Support in HRS

- Ask your teacher
- IMPACT Monday after school
- Mock Fridays
- Sparxmaths.com
- Mathsgenie(past papers)/corbettmaths

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English

- Mrs Gillard - Head of English
egillard@hrs.education
- Mr Bousfield - Second in Charge
tbousfield@hrs.education

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**What Got You Here,
Won't Get You There**



November Mocks

- English Language Paper 2
- English Literature Paper 1
(‘Macbeth’ and ‘A Christmas Carol’)

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What can students do to revise?

- Join our Year 11 Google Classroom
- Engage with our 'Knowledge Checklists'
- Focus on areas that you are less confident on

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What can students do to revise?

- Use your old exercise books to condense information into mind-maps
- Create 'key quote' banks then use 'look-cover-write-check' to test yourself
- Create cue cards with themes/characters on one side and key quotes on the other

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What can students do to revise?

- Create and then answer exam questions- time yourself!
- Use the example papers on the Google Classroom to practise technique for Language Paper 2
- Seek the help of your teachers

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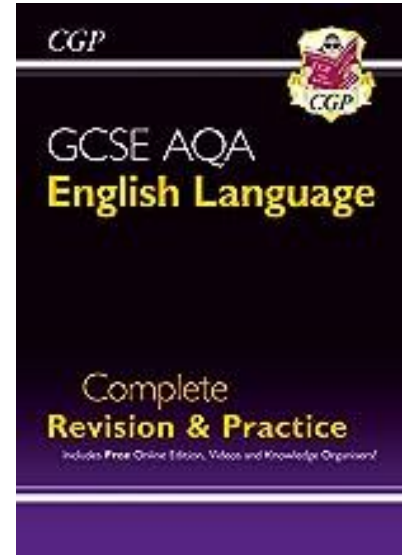
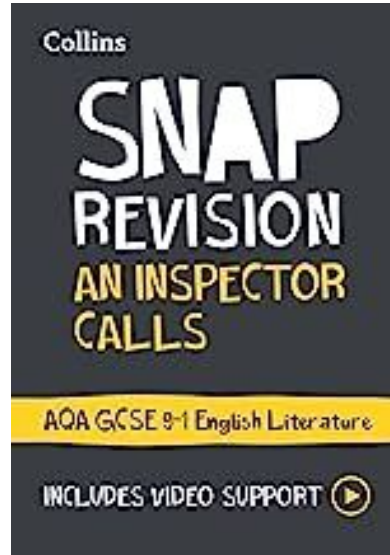


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Revision Guides

- CGP
- Snap
- Look for 'AQA'



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How can parents/carers support students?

- Equipment - pens, highlighters, revision guides
- Check in with revision plans
- Use our 'Revision Discussion Prompts' on the Google Classroom to engage in subject related conversation
- Encourage healthy eating and sleeping habits

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What about after the mocks?

- Targeted intervention will run on Thursdays after school
- Parents/carers will be made aware of any concerns at parents' evening
- Resources for all exam parts will be made available on the Google Classroom

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The Google Classroom Code:

qqsmg2z

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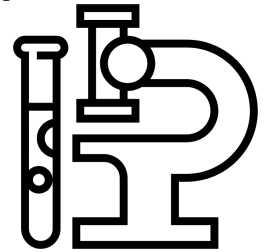


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Science

Dr P Evans: pevans@hrs.education



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Which exam am I sitting?



| | |
|----------------------------------|------------------|
| Separate sciences | 11L1, 11W1 |
| Combined science / Foundation | 11L2, 11W2 |
| Combined science / Higher | 11L3, 11L4, 11W3 |

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Triple Science

Working towards separate GCSEs in:

- **Biology** (Paper 1 and Paper 2 each being 1 hour & 45 mins)
- **Chemistry** (Paper 1 and Paper 2 each being 1 hour & 45 mins)
- **Physics** (Paper 1 and Paper 2 each being 1 hour & 45 mins)
- Six exams in the summer.

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Combined Science

Working towards 2 GCSEs in:

- **Biology** (Paper 1 and Paper 2 each being 1 hour & 10 mins)
- **Chemistry** (Paper 1 and Paper 2 each being 1 hour & 10 mins)
- **Physics** (Paper 1 and Paper 2 each being 1 hour & 10 mins)
- Six exams in the summer.

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Foundation or higher?

Entry level decisions are informed by class assessments, mock performance and judgements by experienced members of staff

| Target | Tier |
|---------------|-------------------------|
| 5/4 and below | Foundation |
| 5/5 | Discussion with teacher |
| 5/6 and above | Higher |

- Final decisions on tiering to be made after the **Nov mock**
- **Separate sciences** entered for higher tier, except in exceptional circumstances

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How should I revise science?

Step 1

Check your understanding

- Checklists
- Educake

Step 2

Brush up your knowledge

- Mind maps
- Revision notes
- Watch videos
- Knowledge organisers
- Topic booklets
- Revision guides

Step 3

Retention

- Revisit
- Repeat
- Test yourself
- Educake
- Revision mats

Step 4

Exam question practice

- Past papers
- Use mark schemes

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Revision: Science revision website

HRS Science revision

Home How to revise science KS3 GCSE

HRS Science revision

Welcome to the revision website for HRS Science. Take a look around- we hope you can find lots of useful ways to revise towards your tests & exams 📖✍️🏆

How to revise science

KS3 Revision GCSE Revision



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Paper 1 in 10 minutes a day



Paper 1 in 10 minutes a day

Topics in Paper 1

| Biology | Chemistry | Physics |
|---|---|--|
| <ol style="list-style-type: none">1. Cell biology2. Organisation3. Infections & response4. Bioenergetics | <ol style="list-style-type: none">1. Atomic structure & the periodic table2. Bonding, structure and the properties of matter3. Quantitative chemistry4. Chemical changes5. Energy changes | <ol style="list-style-type: none">1. Energy2. Electricity3. Particle model of matter4. Atomic structure |

Revision tasks for paper 1

| Day | Biology | Chemistry | Physics |
|-----|--|---|--|
| 1 | Topic 1- Eukaryotic cells DO IT: Draw a picture of an animal and plant cell, label the parts and describe the function of each https://www.bbc.co.uk/bitesize/guides/zpqp4hv/revision/7 | Topic 1- Atomic structure DO IT: Draw atomic structure of Na What is atomic mass ? Atomic number ? How do you calculate the number of | Topic 1- Energy stores DO IT: Use the video on this page: https://www.bbc.co.uk/bitesize/guides/zskp7p3/revision/1 to write a list of the energy stores, a description of each one and an example |

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Other revision resources



Primrose Kitten



@Freesciencelessons

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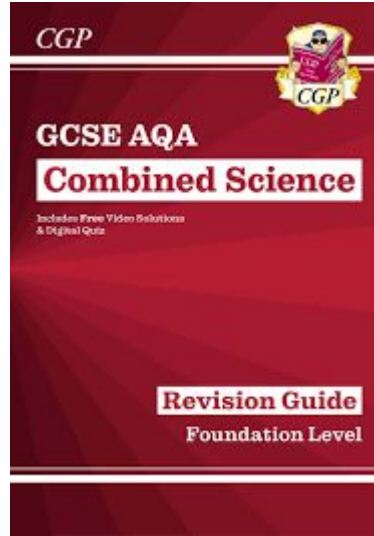
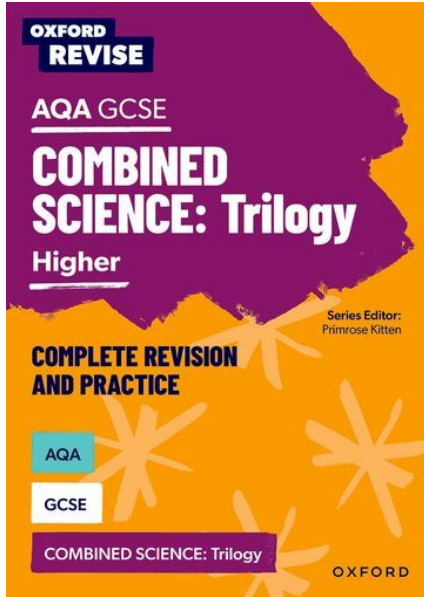
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Revision guides



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Areas of focus

- 20% of the exam questions = **core practicals**
 - Students have completed or will complete all core practicals in class, attendance is so important, doing it is better than watching a video.
- 25% of the exam questions = **mathematical skills**
 - Have a calculator!

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Science intervention

- o Tuesdays after school
- o A corridor
- o This half term = **science revision skills bootcamp**

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Key contacts

| | | |
|--------------|---|-------------------------|
| Mrs Snelling | Head of Year 11 | asnelling@hrs.education |
| Mrs Moverley | Senior Pastoral Leader, Year 11 | hmoverley@hrs.education |
| Mrs Hazle | SLT link for Year 11, Deputy Headteacher | mhazle@hrs.education |
| Mr Mills | Raising Standards leader, Assistant Headteacher | bmills@hrs.education |
| Mrs Ward | SENDCO | fward@hrs.education |
| Mr Ellis | Exam officer | tellis@hrs.education |
| Mr Milne | Director of Sixth form | rmilne@hrs.education |



Key contacts - Form Tutors

| | | |
|--------|-----------------------------|--|
| 11 CH | Miss Humphreys | chumphreys@hrs.education |
| 11 CP | Mrs Pollard and Mrs Withers | cpollard@hrs.education lwithers@hrs.education |
| 11 CA | Mr Allom | callom@hrs.education |
| 11 DA | Mr Allum | dallum@hrs.education |
| 11 DRM | Mr McGrath | dmcgrath@hrs.education |
| 11 DMR | Mr Rowley | drowley@hrs.education |
| 11 PA | Mr Ambrose | pambrose@hrs.education |
| 11PL | Mr Livanou | plivanou@hrs.education |

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