

Helena Romanes School Year 9 Options 2026

Ambition



Kindness



Respect



Resilience



Broad
Mindedness



Independence



Year 9 - Choices 2025

- Core curriculum of **English, Maths, Science, PE, Religious Studies, PSHE, Geography and History**
- Students selected **either French or Spanish**, a few studied both
- Students selected **3 further subjects to study**, one creative and two open choices

Ambition



Kindness



Respect



Resilience



Broad
Mindedness



Independence



Year 9 Curriculum

- Building essential **skills** for GCSE
- Gaining foundation **knowledge** for GCSE
- Going beyond the KS3 national curriculum to **stretch, enrich and broaden** students' horizons

Getting students *'match fit'* for the demands of GCSEs



Year 10

Core curriculum:

- **English Literature and Language**
- **Maths**
- **Combined Science**
- Core PE
- Religious Studies
- PSHE

*Bold means students achieve a GCSE

Ambition



Kindness



Respect



Resilience



Broad
Mindedness



Independence



Year 10

Core curriculum:

- **English Literature and Language**
- **Maths**
- **Combined Science**
- Core PE
- Religious Studies
- PSHE



Options:

Of the six subjects they have taken in Year 9 (Geography, History, Languages, Creative choice and two open choices) **students need to select 4 options to continue into Y10 and 11**

- The exceptions are Separate Science (1 option) and RE (1 option) GCSEs as these have been continuously studied this year

*Bold means students achieve a GCSE

Ambition



Kindness



Respect



Resilience



Broad Mindedness



Independence



Things to consider when choosing which **4 options** to continue with...

- Which subjects am I **enjoying and doing well in?**
- What is the balance between **coursework and final exam?**
- Keeping a **broad and balanced curriculum** (the importance of creative/practical options alongside more 'academic' subjects)
- What might I like to study **after GCSEs? Career?**

Ambition



Kindness



Respect



Resilience



Broad
Mindedness



Independence



English Baccalaureate

The Government has now reduced their emphasis on studying the 'EBAC' suite of subjects.

However, we would recommend continuing with **at least one** of Geography, History, French or Spanish as this may still be used by higher education institutions and universities as a means of identifying academic ability.



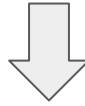
Early next week

In form time:

Students will receive a paper copy of their current Year 9 choices to take home

Parents:

You will be emailed the options booklet to look at with your child



On the form, number the boxes of the subjects that the student wishes to continue with from the six listed (plus Separate Science and/or RE) in order of **preference “1, 2, 3, 4”** and add a reserve subject **“R”**

Ambition



Kindness



Respect



Resilience



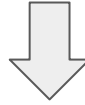
Broad
Mindedness



Independence



Return the form to the Tutor - by Wednesday 4th February



Mr Foster will

- Process the selections to see if they can be accommodated
- Be in contact if alterations need to be made
- Once completed Mr Foster will confirm options for each student

Ambition



Kindness



Respect



Resilience



**Broad
Mindedness**



Independence



OPTIONS BOOKLET

This will be sent to you all, as well as being available to download on the website. It explains the process as well as details of each of the option courses.

GCSE vs Cambridge National

Child Development (Cambridge National)

Health and Social Care (Cambridge National)

Ambition



Kindness



Respect



Resilience



Broad
Mindedness



Independence



Is support/advice available?

- Options Booklet
- Form tutor and subject teachers
- Tuesday Lunchtime Drop In - Learning Zone with the Careers Leads Miss Diss and Mrs Bedocs
- Unifrog
- Head of Department email addresses in choices booklet

Ambition



Kindness



Respect



Resilience



Broad
Mindedness



Independence



Unifrog



- Lessons using Unifrog during PSHE
- Access from home
- Parent Code to set up a parent account to see what your child sees
- **HRSCparents**
- Careers Information
- Electronic file of experiences and skills

Ambition



Kindness



Respect



Resilience



Broad
Mindedness



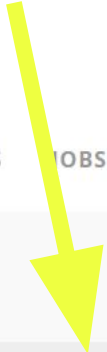
Independence



Sign in

[Sign in](#)

[Reset password / Resend welcome email](#)



Been given a Sign up Code?
[> Use it here](#)

Interests profile

✓ Quiz last taken 1 Mar 23: S and C and E

Start >



Personality profile

✗ Quiz not taken

Start >



Work environments profile

✗ Quiz not taken

Start >

Skills profile

✗ Quiz not taken

Start >

Careers library

✗ Careers favoured

Go to tool >

Subjects library

✗ Subjects favoured

Go to tool >

Know-how library

✗ Guides favoured

Go to tool >

MOOC

Make your first shortlist

Start >

Webinars

Hear directly from the experts

Go to tool >

Read, Watch, Listen

✗ Profiles favoured

Start >

Interests
profile/
personality
profile - take
these quizzes
to find careers
that might suit
you

Interests profile

✓ Quiz last taken 1 Mar 23: S and C and E

Start >

Personality profile

✗ Quiz not taken

Start >

Work environments profile

✗ Quiz not taken

Start >

Skills profile

✗ Quiz not taken



Start >

Careers library

✗ Careers favourited

Go to tool >

Subjects library

✗ Subjects favourited

Go to tool >

Know-how library

✗ Guides favourited

Go to tool >

MOOC

Make your first shortlist

Start >

Webinars

Hear directly from the experts

Go to tool >

Read, Watch, Listen

✗ Profiles favourited

Start >

Skills profile -
start adding to
your skills
profile,
electronic file
of
achievements,
skills and
talents!

Interests profile

✓ Quiz last taken 1 Mar 23: S and C and E

Start >

Personality profile

✗ Quiz not taken

Start >

Work environments profile

✗ Quiz not taken

Start >

Skills profile

✗ Quiz not taken

Start >

Careers library

✗ Careers favoured

Go to tool >



Subjects library

✗ Subjects favoured

Go to tool >



Know-how library

✗ Guides favoured

Go to tool >

MOOC

Make your first shortlist

Start >

Webinars

Hear directly from the experts

Go to tool >

Read, Watch, Listen

✗ Profiles favoured

Start >

Careers Library/ Subjects

Library - allow
you to look at
careers linked
to subjects you
love or career
areas you are
interested in

Interests profile

✓ Quiz last taken 1 Mar 23: S and C and E

[Start >](#)

Personality profile

✗ Quiz not taken

[Start >](#)

Work environments profile

✗ Quiz not taken

[Start >](#)

Skills profile

✗ Quiz not taken

[Start >](#)

Careers library

✗ Careers favoured

[Go to tool >](#)

Subjects library

✗ Subjects favoured

[Go to tool >](#)

Know-how library

✗ Guides favoured

[Go to tool >](#)



MOOC

Make your first shortlist

[Start >](#)

Webinars

Hear directly from the experts

[Go to tool >](#)

Read, Watch, Listen

✗ Profiles favoured

[Start >](#)

Know-how Library - guides on all different aspects of careers and educational options e.g Apprenticeships , Sixth form, A Levels

Unifrog will give you hints about what to do next...

The screenshot displays the Unifrog user interface. At the top, the 'unifrog' logo is on the left, and navigation links for 'HOME', 'FAVOURITES', 'LOCKER', 'APPLY', 'HELP', a search icon, a settings gear, an envelope icon, and a 'SIGN OUT' button are on the right. The main content area features a personalized greeting: 'Hello Ellie, here's a summary of your progress so far...'. Below this is a circular progress indicator showing '40% complete'. To the right of the progress indicator is a star icon labeled '1st in year group'. A yellow arrow points to a recommendation box that says 'Start to record your Activities' with a '9.0%' completion rate. Below the recommendation box is a link 'See all your tasks >'. Further down, there is a section titled 'ACCESS ALL THE TOOLS BELOW' with a search bar containing the text 'Search for tools, guides and your content' and a 'Go' button. At the bottom, the text 'Exploring pathways' is centered above three profile cards: 'Interests profile', 'Personality profile', and 'Work environments profile'.

unifrog

HOME FAVOURITES LOCKER APPLY HELP SIGN OUT

Hello Ellie, here's a summary of your progress so far...

40% complete

1st in year group

Want to move things forward? We recommend you...

Start to record your Activities 9.0%

[See all your tasks >](#)

ACCESS ALL THE TOOLS BELOW

Search for tools, guides and your content Go

Exploring pathways

Interests profile

Personality profile

Work environments profile

Next Steps

- Talk at home about option choices
- Further research using Unifrog if needed
- Options forms will be given to students early next week, an email will be sent home so you are aware that they have received them. The email will also have the options booklet attached
- The deadline for completed options forms is **Wednesday 4th February**, they should be handed to the form tutor

Ambition



Kindness



Respect



Resilience



Broad
Mindedness



Independence

