Year 11 Information Evening



2023

"If you have love for one another, everyone will know that you are my disciples"

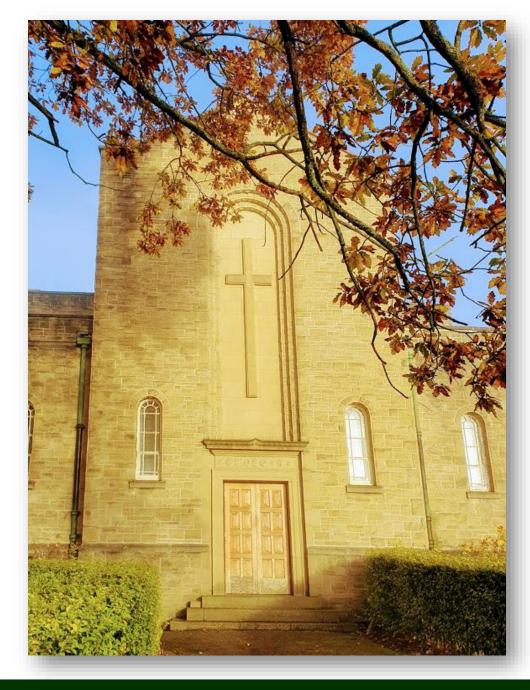








WELCOME



ST JULIE



PRAY FOR US,

PROTECT US,

AND BLESS US.

AMEN.









THE YEAR AHEAD

Y11 Information Evening – SALLE

- 1. Key information (Mrs Brookes)
- 2. Strategies to support your child's revision (Miss Eddy)
- 3. Strategies to support your child's wellbeing (Mrs Cavazza)
- 4. Y11 and beyond (Mr Birch)

Y11 Key Dates

11/10/23 – Y11 Information Evening

11/11/23 – Notre Dame 6th Form Open Morning

24/11/23 – Flu Vaccinations

27/11/23 — Y11 MFL Speaking Tests

27/11/23 - Sheffield Progress - applications open

11/12/23 – 18/12/23 – **Y11 Assessment Week 1**

22/12/23 — Sheffield Progress — deadline for applications

25/01/24 — **Y11 Parents' Evening**

31/01/24 — Sheffield Progress — hard deadline for applications

19/02/24 – 23/02/24 - **Y11 Assessment Week 2**

12/03/2023 — Y11 School Photographs

09/5/23 - **19/6/23 - Y11 GCSEs**

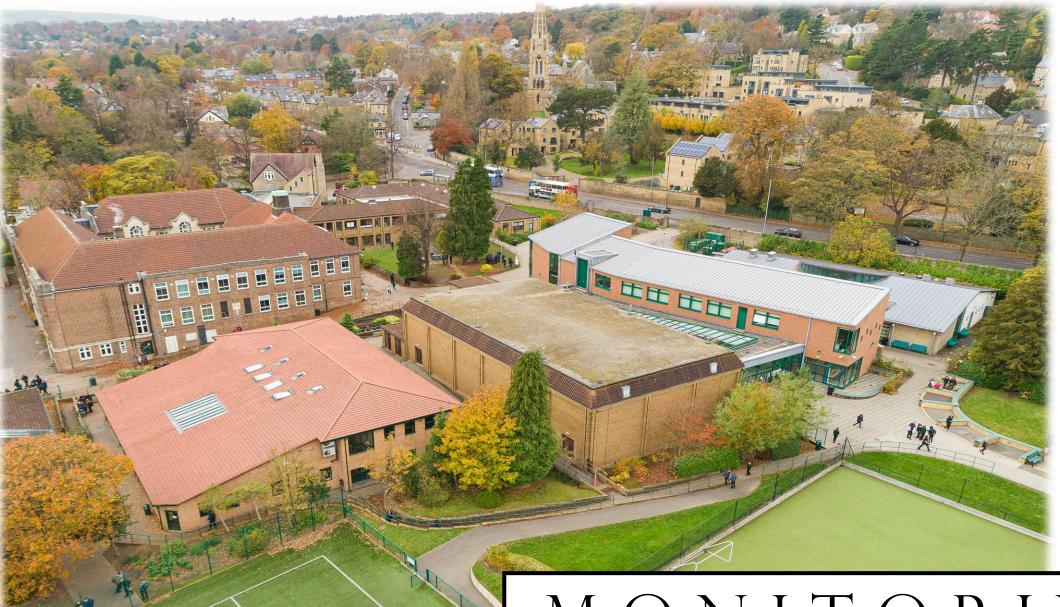
21/06/24 — Y11 Prom — Royal Victoria



THEYEARAHEAD

Before exams:

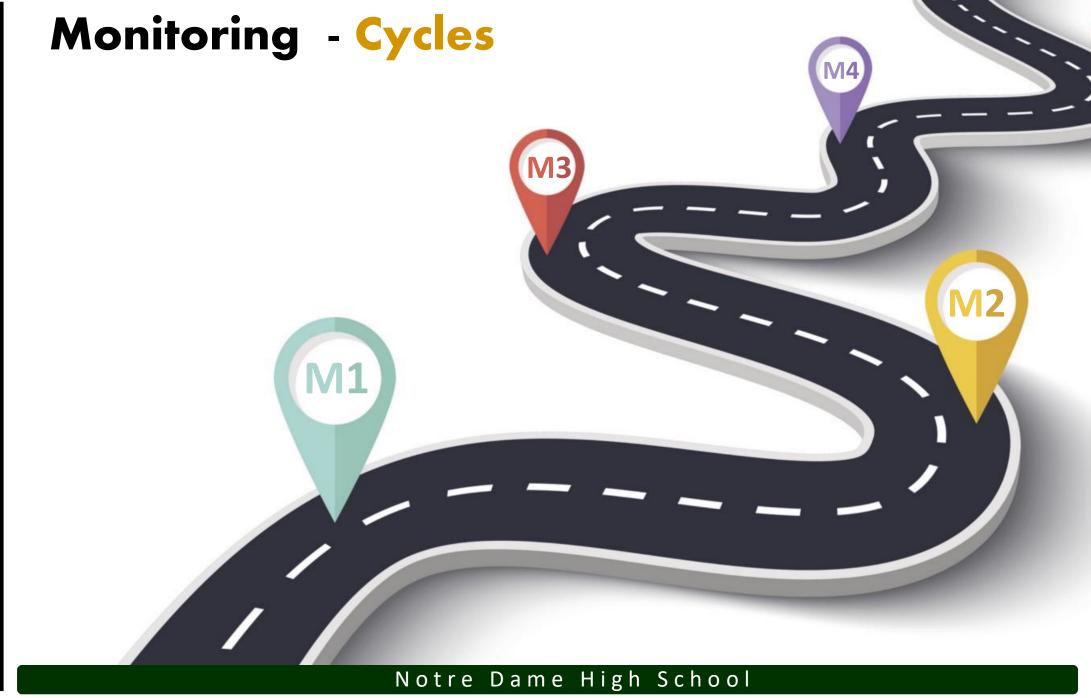
- Students' first priority between now and the exam period [including Assessment Week] should be to make the most of their regular timetabled lessons through excellent attendance, punctuality and active engagement.
- Data shows that last year's Assessment Week saw a spike in absenteeism, we want to be very clear and urge you to send your child in to school. There is a link between missed lessons and progress, therefore we will follow this up rigorously where students are not in school prior to exams.
- First GCSE exam date Thursday 9 May 2024.
- <u>Full</u> attendance is expected until <u>Friday 24 May 2024</u> [we will consider requests for leave of absence for students to study at home during the exam period at times between exams after this date].
- The best place for students to be is in school revising with their teachers.
- Students will have to wear their full school uniform during the exam period.





MONITORING









Monitoring

Each year we will review and report your Approach to Learning and academic progress as part of our monitoring cycles

Progress

Approach to

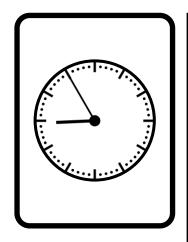
	Learning	riogicss
Sept		
Dec	All year groups	Y8-13
Mar		Y7-13
July		Y7-10 and Y12







ATTENDANCE



In school

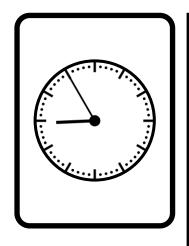
School attendance is really important. Missing time in school has an impact on your academic progress and friendships.



We are very proud of our students' excellent attendance and punctuality, our attendance is always amongst the highest of all secondary schools in Sheffield.



A number of recent studies have shown that there is a clear and direct relationship between pupil attendance and achievement.



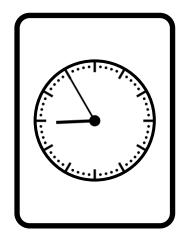
In school

What do attendance figures actually mean?

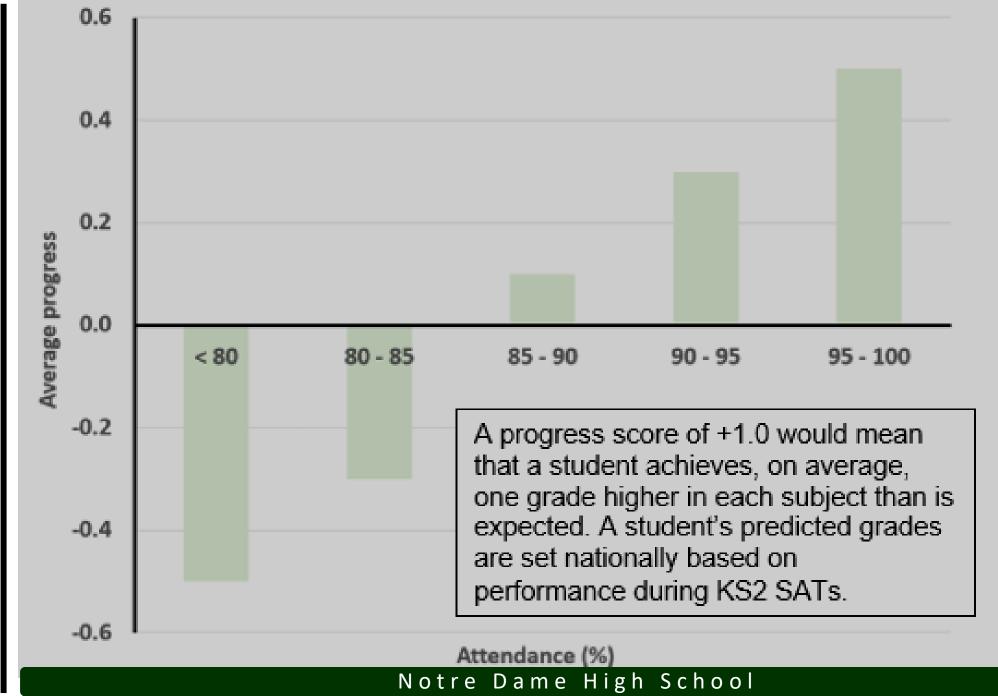
Attendance Level (end of year)	Missed Education	
95%	47 Lessons missed 9 and half days missed	
90%	95 Lessons missed 19 Days missed	
85%	143 Lessons missed 28 and half days missed	
80%	255 Lessons missed 38 Days missed	
Below 80%	Significant impact on long term education	

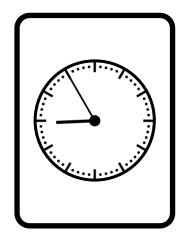






Ready





On Time

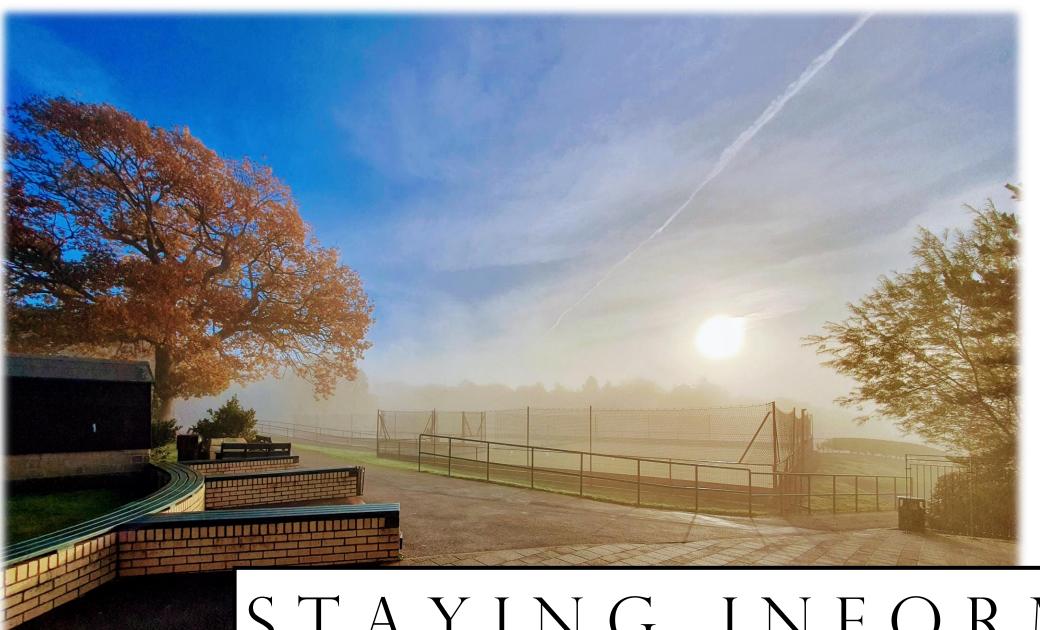
School attendance is really important. Missing time in school has an impact on your academic progress and friendships

So what?
I am only
5 mins late
to lesson!





Notre Dame High School





STAYING INFORMED

How will we keep in touch with you?



Pupil specific

- MCAS App (My Child at School)
- Satchel One App (previously SMHW)
- Monitoring reports via MCAS
- Parents' Evening
- FTs/ subject teachers/ Pastoral managers via MCAS/phone/email

Keep in touch with us:



- Regular checking of MCAS and Satchel One
- Through the journal, email and phone calls
- Make an appointment to speak to relevant staff
- Attend Parents' Evenings
- Join us in community worship and school Masses
- Support the drama, dance and music Productions

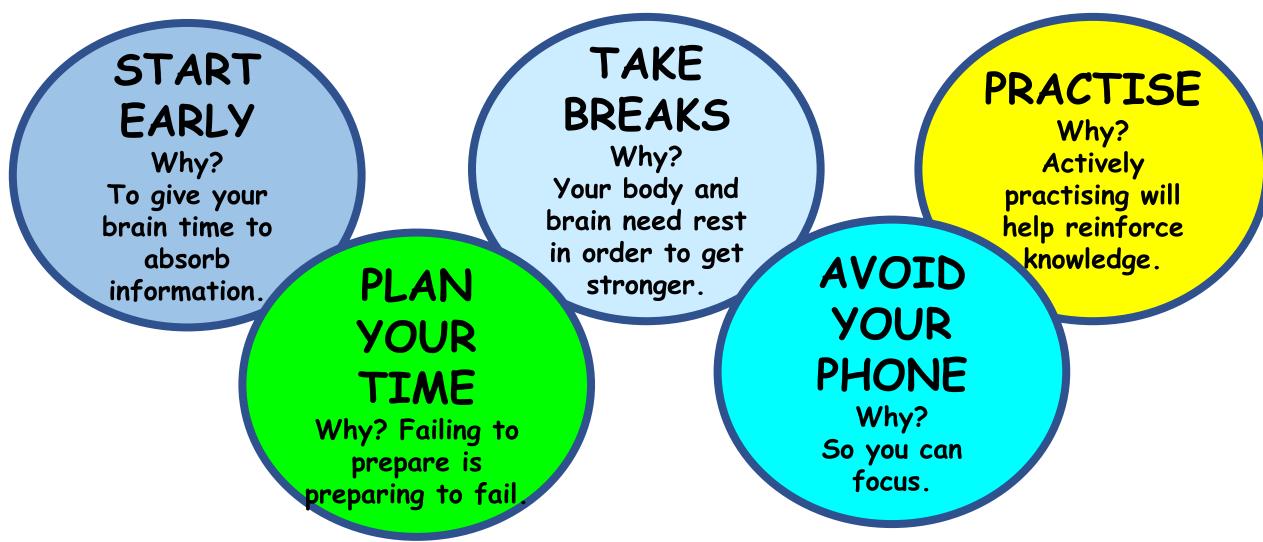
Strategies to support your child's revision

Getting Revision Right

'Goals are good for setting a direction but systems are best for making progress'

(James Clear, Atomic Habits)

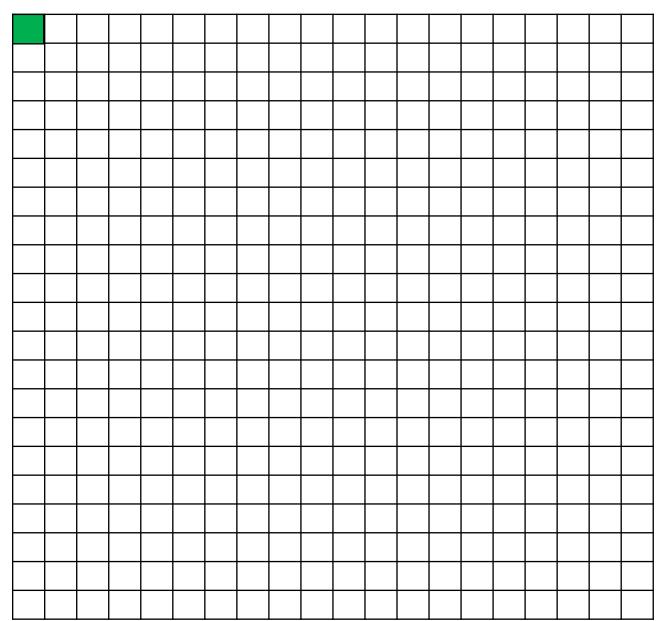
The secret to getting ahead is getting started



'Goals are good for setting a direction but systems are best for making progress' James Clear, Atomic Habits

How long do they have left?

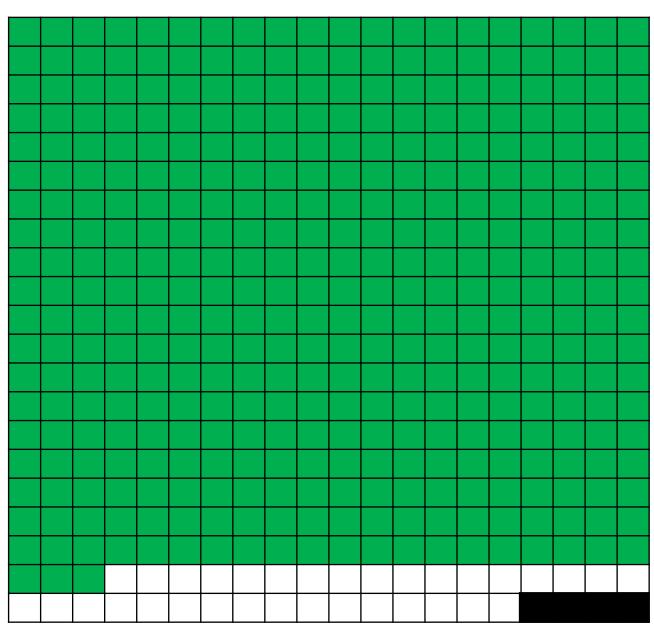
- ✓ Each square represents a school week
- ✓ The first square is the first week in reception
- ✓ The last square is the week Y11 sit their final GCSE examination



How long do we have left?

START
EARLY
Why?
To give your
brain time to
absorb
information.

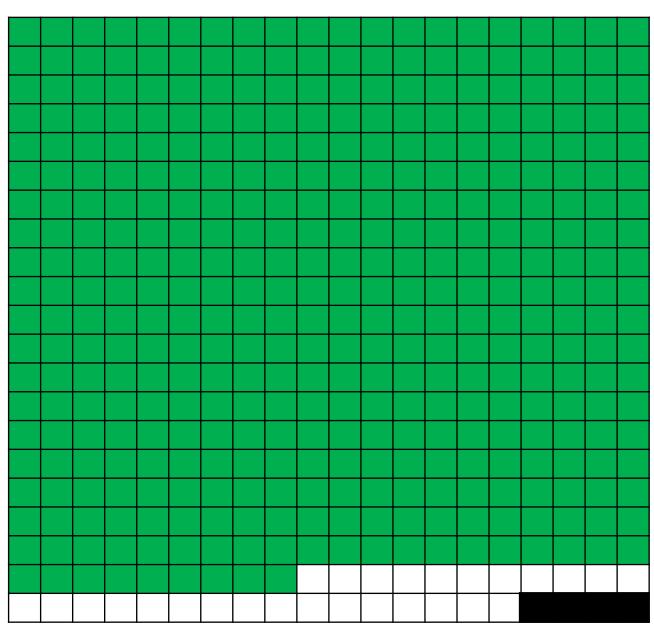
This is how many weeks were left at beginning of the year.



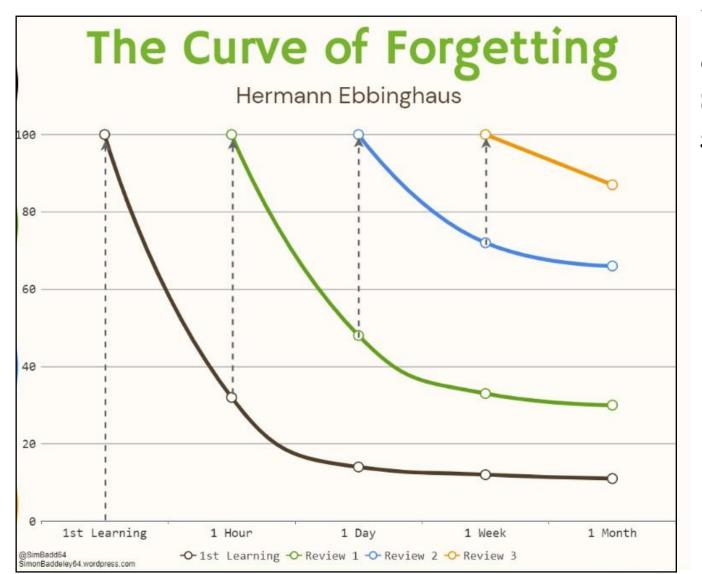
How long do we have left?

START
EARLY
Why?
To give your
brain time to
absorb
information.

This is how many we have left now.



'Memory is the residue of thought' (Daniel Willingham)



Through the act of retrieval, or calling information to mind, our memory for that information is strengthened and forgetting is less likely to occur.



Most effective revision strategies

1. Flashcards

2. Mindmapping

3. Look Cover Write Check



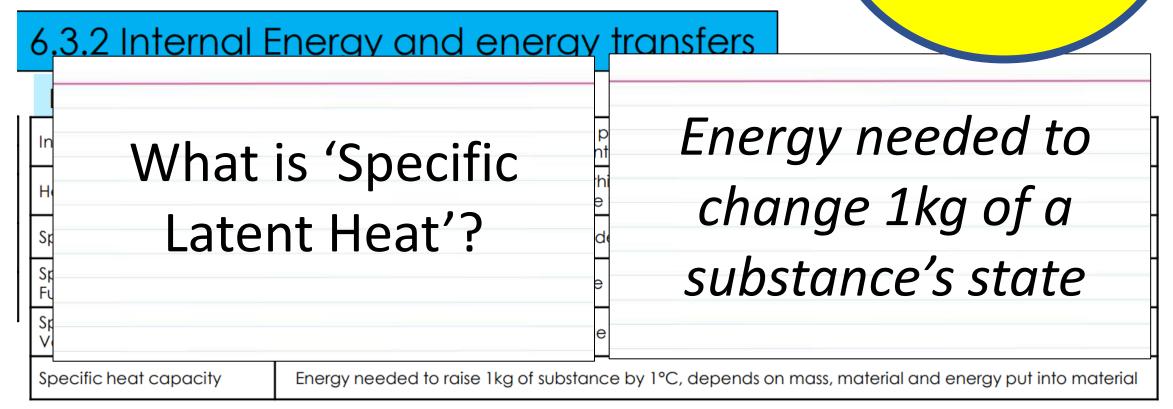
1. Flashcards

Equipment needed - flashcards, pen

Good for - Practice testing, generating an explanation

Subjects - ALL!

PRACTISE
Why?
Actively practising
will help reinforce
knowledge.



2. Mindmapping

Equipment needed - blank paper, coloured pens

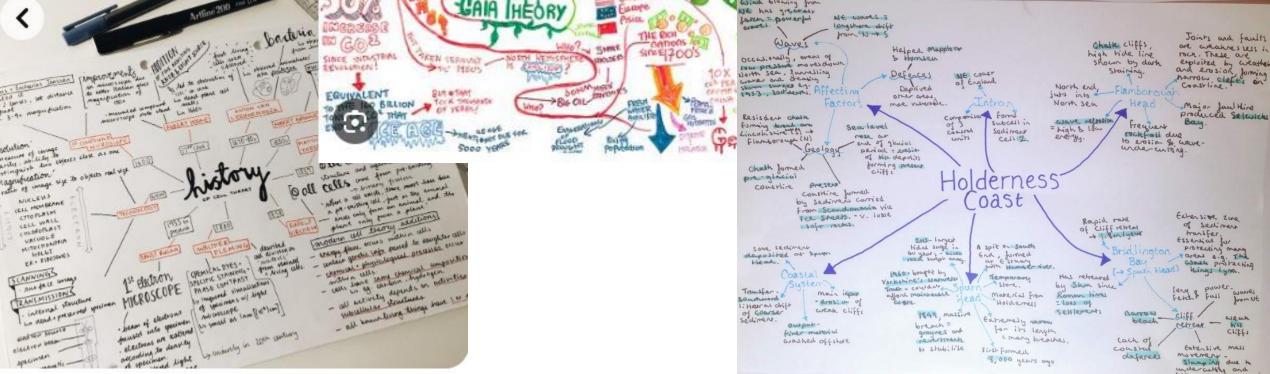
Good for - full themes/ topics / case-studies/ set texts to draw comparisons in extended answers

Subjects - Written subjects (MFL, Geography, History, English)



PRACTISE

Why?
Actively practising will help reinforce knowledge.

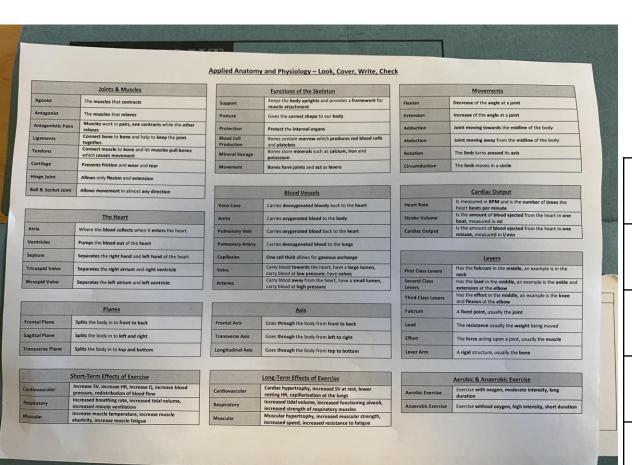


3. Look, Cover, Write, Check

Equipment needed - blank paper, pen, ruler

Good for - snappy quotes/ dates/ figures/ vocabulary/ formulas/ definitions

Subjects - Science, English, MFL, History, Geography



PRACTISE

Why?

Actively practising will help reinforce knowledge.

Vocab	Translation	1	2	3
To eat	comer	Come X	comer	Comer
To drink	beber	beber	beber	Beber
] eat	COMO	Como	Comer X	como

Revision strategies - How?

knowledge.

Revise what you don't know	RAG rate subjects, and then topics against specification to revise what is least well known.	Get comfortable with the uncomfortable. Make revision impactful.	
Realistic timetable	Including planned regular breaks.	Support mental health and long term retrieval	
Varying study topics	Mixing different kinds of problems, or different kinds of material, within a single study session.	Aid retention	
Long-term revising PRACTISE Why? Actively	Implementing a schedule of practice that spreads out study activities over time.	Little and often with regular breaks to aid retention	
practising will help reinforce			

How to support at home

- Ensuring regular opportunities for revision are created throughout the week
- Ensuring your child has the correct equipment needed to complete revision.
- · Check your child's Satchel One for homework deadlines
- Encourage your child to develop good study habits
- Check the quality and presentation of all revision /homework being returned to school
- · Liaise with school should concerns arise

Revision Spaces

Find a quiet, tidy room.

Make the revision timetable and exam timetable visible.

TAKE
BREAKS
Why?
Your body and
brain need rest
in order to get
stronger.

AVOID YOUR PHONE Why? So you can focus.



Make sure you keep hydrated

Put your phone away in another room.

Loud music is a distraction.

Have revision materials and stationary on the desk ready to go.

Y11 information evening-Strategies to support your child's wellbeing

Part I: understanding anxiety

Part II: helping your children

Part III: questions?

Myths about anxiety-True or false?



Anxious children are just worriers and there's nothing you can do to change that.

Anxiety is a natural response to feared situation.

Effective treatment of anxiety must focus on early experiences.

It is good to be scared at times.

Children can pass out from panic.

It is important to avoid situations that cause children to feel 'stressed'.

Children should just distract themselves if they are anxious.

Myths about anxiety-True or false?



It is good to be scared at times. TRUE

Anxious children are just worriers and there's nothing you can do to change that. FALSE

Anxiety is a natural response to feared situation. TRUE

Effective treatment of anxiety must focus on early experiences. FALSE

It is important to avoid situations that cause children to feel 'stressed'. FALSE

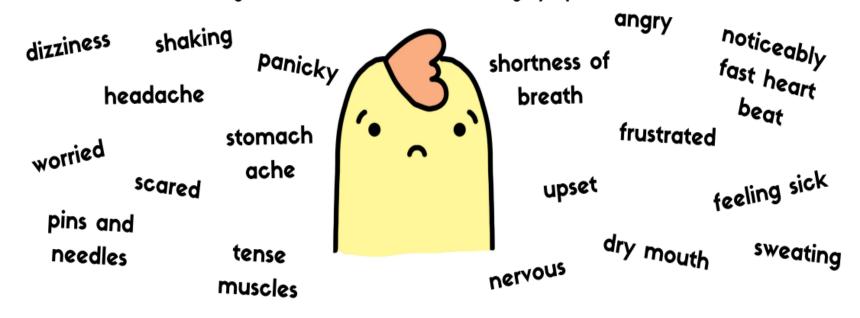
Children can pass out from panic. FALSE

Children should just distract themselves if they are anxious. FALSE

Part I: understanding anxiety

Symptoms of Anxiety

When the Fight or Flight response kicks in and our heart rate and blood pressure increases, we might notice some of the following symptoms.



What is anxiety...?

- Some anxiety is normal
- Anxiety helps us adapting to our environment
- Anxiety is crucial to our survival
- · Anxiety is a normal part of growing up
- Anxiety is not an illness
- But... it is unpleasant to experience and can be distressing to see in our children anxious
- And... it becomes a concern when it gets in the way of children doing things they like or need to do.

What is anxiety...

- Anxiety is a response to perceived THREAT
- Real or imagined / exaggerated
- o Physical or social
- Fight/Flight/Freeze
- Anxiety as a communication
- Anxiety can be telling us something needs to be done
- Anxiety can prompt us to prepare for something
- · Bears, fire alarms, nerves and worries

What keeps the problem going?

- 1. Avoidance- avoid feared factors.
- 2. Too much reassurance when help your child avoiding feared factor.
- 3. Never discovering they can do it or cope with the discomfort!

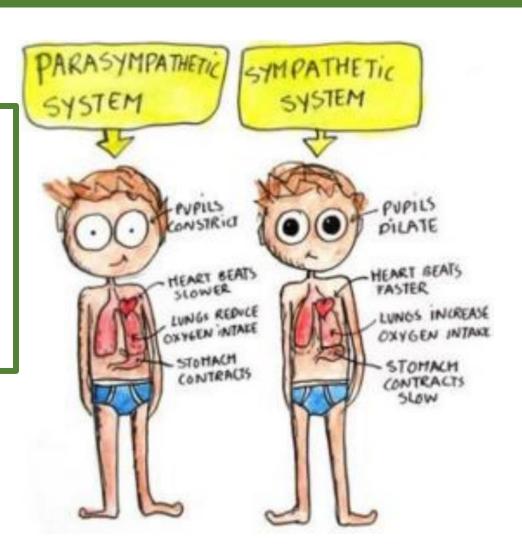


What do you already know ..?

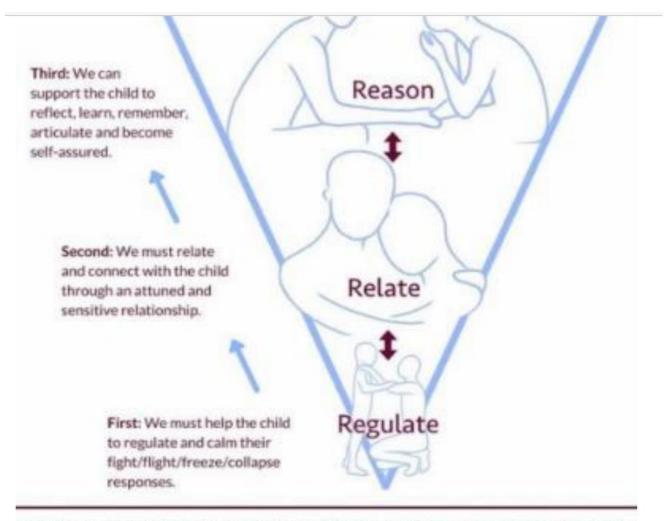
- What do you already do to help when your child is anxious?
- What have you tried?
- What doesn't work?
- · What would you like to try differently?

Part II: helping your child

The brain and the body together 1. 'Sympathetic' -prepare for danger 2. 'Parasympathetic' -calm down, rest and digest



Tip one-Regulate, Relate and Reason.



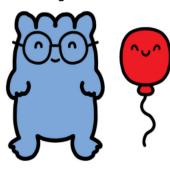
(A helpful tip from Dr Bruce Perry)

Best not to use Reason straight away- meet your child where he is.

Heading straight for the 'reasoning' part of the brain with an expectation of learning, will not work so well if the child is dysregulated and disconnected from others.

Tip two-Breathing.

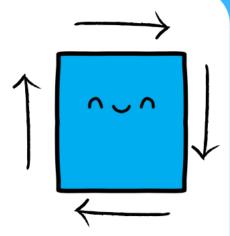
Belly Breathing



- Take a deep breath in and fill your belly like you're inflating a balloon.
- As you do this, count 1, 2, 3, 4 to breath in and fill the balloon in your belly.
- Pause and then let all of the air out of your belly like you're letting a balloon deflate.
- As you do this, count 1, 2, 3, 4 to breath out and let the balloon go down from your belly.

Square Breathing

- · Imagine you're drawing a square with your finger in the air.
- Breath in while counting 1, 2, 3, 4 as you draw the top line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line down the side and then pause.
- Breath in while counting 1, 2, 3, 4 as you draw the bottom line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line up the side to make the square.



Tip three- Acknowledge.

You seem worried. I am wondering what you might be worried about.

It's understandable that you feel frightened. It can be really frightening when things like that happen.

It looks like you are feeling really scared right now.

I wonder if......

Acknowledge Acknowledge Acknowledge

You feel really anxious when you do this.

Going to class is really tough for you at the moment.

It sounds like you are worried about something that is happening at school.

It seems like something is worrying you.

You're really nervous about the test today.

Tip four- classify your worries.

hypothetical worries

Hypothetical worries are worries that we don't currently have control over and can't do anything about. These can be overwhelming and tiring.

What if I get lost?

What if it rains?

What if the bus is late?

What if I get worried?

What if I feel tired in the morning?

What if the teacher asks me a question?

practical worries

Practical worries are usually worries about a current situation that we can do something about. It can be easy to put these worries off or try to ignore them all together. However, if we don't do something about practical worries, they can pile up and make us feel overwhelmed.

I don't have enough time to do my homework

I have lots of exams coming up

I haven't seen my friends in age I have to do a presentation

I've been eating lots of unhealthy food

Tip five-start problem solving.

- Step 1 Write down your problem in 1 or 2 sentences.
- Step 2 Write down all the ideas you can think of to solve the problem (no matter what they are!).
- Step 3 Make a table and write down ALL of the good things and ALL of the not so good things you can think of for each of your ideas.

	Good things	Not so good things
ldea 1		
ldea 2		

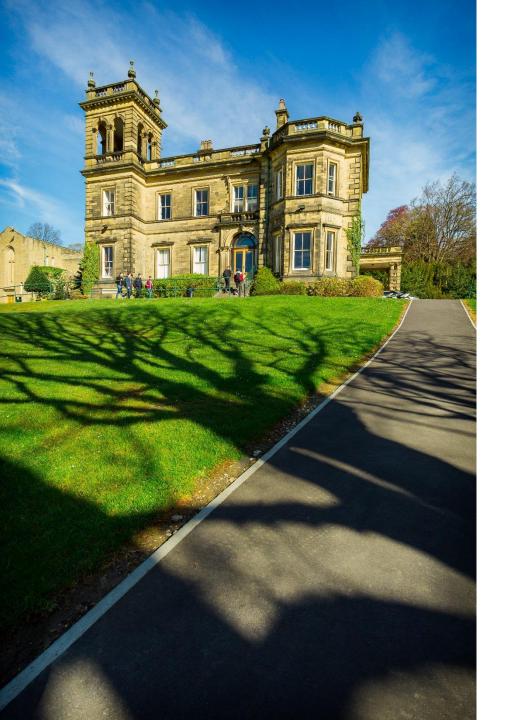
What do we offer here at Notre Dame?

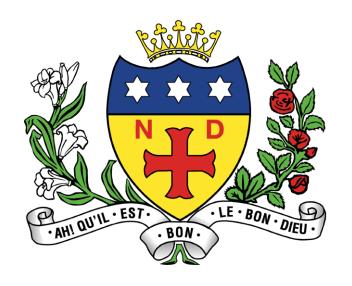
- As part of the pastoral support, we offer a 6 weeks CBT intervention.
- What do we cover?
- We look at negative thoughts, unhelpful thoughts that maintains our negative cycles.
- We talk about emotions and how are they connected with our thoughts.
- · We look at what we do, our behaviour, helpful or unhelpful.
- We find tools that we can use to help use, cope in better ways.

Relevant readings:

- Helping your child with fears and worries: A self help guide for parents by Cathy Creswell, Lucy Willetts, et al.
- The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Dan Siegel & Tina Payne Bryson
- Brainstorm: The Power and Purpose of the Teenage Brain by Dan Siegel

- managing worry 3 session guide all sessions .pdf (wsimg.com)- We Heart CBT.
- supporting with low mood 3 session guide all s.pdf (wsimg.com)





NOTRE DAME

HIGH SCHOOL

SIXTH FORM





219 students

110 Students from Notre Dame.

109 Students joined us from other schools.

Students other from schools in our Sixth Form



- All Saints Catholic High School
- Astrea Academy
- Bethany School
- Birkdale School
- Birley Academy
- Bradfield School
- Brookfield Community School
- Ecclesfield School
- Eckington school
- Firth Park Academy
- Forge Valley School
- Handsworth Grange School
- High Storrs School
- Hinde House School
- King Ecgbert
- Meadowhead School

- Mount St Mary's, Spinkhill
- Newfield
- Oasis Academy Don Valley
- Outwood Academy City
- Parkwood Academy
- Saint Bernard's Catholic High School
- Sheffield High School
- Sheffield Springs Academy
- Silverdale High School
- St Pius X
- Stocksbridge School
- Tapton School
- UTC Sheffield City Centre
- UTC Sheffield Olympic Legacy Park
- Westbourne School
- Yewlands Academy



Who comes here from Notre Dame?

 Everyone from those who just meet the minimum entry requirements which are...

 ...grade 4 in Maths AND grade 5 in English Language or English Literature PLUS 3 x grade 4 in other subjects...

• ... right up to our very highest achievers in Y11.





- Art/Photography
- Biology
- Business Studies
- Chemistry
- Computer Science
- D&T
- Drama
- Economics
- English Language
- English Literature
- French
- Further Maths

- Geography
- Government & Politics
- Health & Social Care
- History
- Maths
- Music
- PE
- Physics
- Psychology
- Religious studies
- Sociology
- Spanish

Subject	Additional GCSE requirements	
Art	4 in Art, Graphics, Textiles or Photography or a skills portfolio	
Biology	6 in Biology or 6-6 in combined Science and 6 in Maths	
Business Studies	4 if studied at GCSE	
Chemistry	6 in Chemistry or 6-6 in combined Science and 6 in Maths	
Computer Science	5 in Computer Science/Computing and 5 in Maths	
D & T	4 in D & T	
Drama	4 if studied at GCSE	
Economics	5 in Maths	
English Language	5 in English Language and English Literature	
English Literature	5 in English Language and English Literature	
French	6 in French	
Further Maths	7 in Maths	
Geography	5 if studied at GCSE	
Government & Politics	MIN	
Health & Social Care	MIN	
History	5 if studied at GCSE	
Maths	6 in Maths	
Music	6 in Music or grade V on instrument	
PE	5 in PE and proof of involvement in competitive sport in an activity on the syllabus	
Physics	6 in Physics or 6-6 in combined Science and 6 in Maths	
Psychology	MIN	
Philosophy, Religion & Ethics	5 in RE if studied at GCSE	
Photography	4 in Art, Graphics, Textiles or Photography or a skills portfolio	
Sociology	MIN	
Spanish	6 in Spanish	





Start on $3 \rightarrow$ stay on 3

Start on $4 \rightarrow drop$ to 3

Start on $4 \rightarrow$ stay on 4





Exam outcomes 2023...

Pass Rate → 98.0%

 A^* to $B \rightarrow 54\%$

 $APS \rightarrow 34.7$

L3VA-Value added progress data not published since 2019, as both GCSE and A Level grades were based on CAGs in 2020 and TAGs 2021.



A levels progress score for Notre Dame High School (2019)



Well below average

About 5% of schools or colleges in England Below average

About 25% of schools or colleges in England Average

About 48% of schools or colleges in England Above average

About 17% of schools or colleges in England Well above average

About 5% of schools or colleges in England

This score is considered above average because it is higher than 0 but lower than 0.38, and its lower confidence interval is higher than 0.



GCSE Average

A Level Average

• 4

• C/D

• 5

• (

• 6

• B/C

• 7

• B

•8

• A/A*





100% purposeful progression

University 84%

Gap year/Year 14 11%

Other progression routes 5%





Russell Group top 24 Universities

National 12%

Notre Dame 45% (43%, 46%)





Oxbridge

- 2021 **5**
- 2022 **3**
- 2023 **2**

Med/Vet/Dent

- 2021 **2**
- 2022 **5**
- 2023 8



How do high achieving Notre Dame students do?

The following students all achieved between A* A A up to A* A* A*







→ Computer Science

→ University of Warwick







→ Physics with Theoretical Physics

→ University of Manchester







→ Dentistry

→ Newcastle University







→ Medicine

→University of Leeds







→ Dentistry

→ University of Liverpool







→ Physics with Astrophysics

→ University of Manchester



Amy



→ Gap Year



James



→ Law

→ University of Oxford







→ Geography

→ University of Durham







→ Maths and Statistics

→ University of Warwick





- Applications open from Monday 27th November 2023.
- Students apply on Sheffield Progress in school.
- All Notre Dame students are guaranteed an offer if they are predicted the minimum entry grades.
- If they put us as 1st choice we guarantee their place and subjects.
- If they put us as 2nd choice we guarantee their place <u>but not</u> their subjects.
- Closing date is Wednesday 31st January 2024.
- Students are notified of offers from Wednesday February 28th 2024.
- Offers need to be accepted by Friday 15th March 2024.



Finding out more

Enrichment day Friday 13th October

Open morning
Saturday 11th November
10am – 12noon



Parent Comments

Hello Mr Birch,



Hope you are well.

I just wanted to thank you for the support and advice you gave the results day...



...I really appreciate all the help she has had throughout her time at Notre Dame, and I know she wouldn't have had this kind of help at sixth form any where else, thank you very much.

Dear Mr Birch



We just wanted to write to say a hearty thank you for everything you and the sixth form staff have done for our daughter. She is absolutely over the moon at the prospect of studying at Cambridge, and we are very grateful for the quality of teaching and support she has received during her time in your sixth form.

It has been lovely to see her grow in confidence and make new friends over the last two years. The transition from a very small school to a much larger institution was easy owing to the environment fostered by the staff at Notre Dame.

Please pass on our thanks to all of her teachers, form teacher and advisors.

Dear Mr. Birch,



After much deliberation, has decided to commence BEng/MEng Architectural Engineering studies at Leeds University in October. However, we are extremely grateful for your support. Please would you thank Mrs. McCole and Mrs. Abbey.

I'm not sure if I told you before, but I have 16 years of school teaching experience, including being a deputy headteacher. I was even a school governor. Notre Dame School leaves all Sheffield secondary schools standing, particularly its Sixth Form. It's outstanding.

Thank you for everything you've done for

Dear Mr Dransfield

As starts his studies at Sheffield Hallam University next week, it reminded us both of his journey to get there. You and lots of staff at Notre Dame were part of that process.

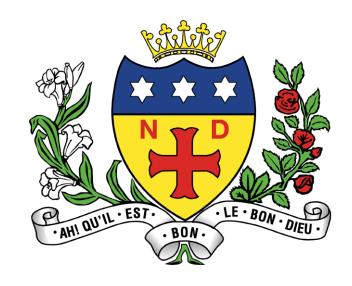
We just want to give you all our thanks for the support and care he received and for making his time at Notre Dame so much easier. We can't remember a single day when he came home from Notre Dame saying that he'd had a bad day, which speaks for itself. For a young man with his difficulties, this makes a massive difference.

Bearing in mind that he spent half of his time in his junior school days in the integrated resource at mumber of children who had significant learning difficulties, we genuinely never contemplated when he began at Notre Dame that he would have any chance of going to University.

Credit must go to him for working hard, but it must also go to you, Mr Owczarek, Miss Gagen, Mrs Wilson and all of his other teachers and learning support assistants for believing in him and helping him to get there. We are delighted that he is getting a chance to have the university experience available to other young people of his age.

We know he liked and respected lots of the staff at Notre Dame and will echo our thanks to you.





NOTRE DAME

HIGH SCHOOL

SIXTH FORM





Head of Year general enquiries	Mrs Brookes (Head of Year 11)
Room 207	Mrs Townsley (Pastoral Manager)
SEND Inclusion advice	Mrs Rauf (SEND Inclusion Leader)
Room 203	
Strategies to support your child's revision	Mrs Woodward
Room 206	(Director of Quality of Education)
	Miss Eddy
	(Assistant Headteacher of Teaching & Learning)
Strategies to support your child's wellbeing	Mrs Cavazza (Cognitive Behavioural Therapist)
Room 206	
The post 16 process, apprenticeships &	Mr Day (Careers Lead)
careers advice	Dr Rawnsley [Specialist Doctor in Paediatrician
Room 201	Emergency Medicine – Career Pathway]
Notre Dame Sixth Form	Mr Birch (Head of Sixth Form)
Room 202	Mr Steve Dransfield (Sixth form Manager)
Pop up Uniform stall	Student Volunteers
Covered Link	
Strategies to support safeguarding your	Representatives from The Corner
child particularly around vapes & alcohol.	
Room 208	

Thank you for your ongoing support. It is appreciated by all the staff at Notre Dame.