

Our Mission:  
Sharing the Love and Goodness of God with Everyone.

# Y8 GCSE Options' Evening

## Hallmark 7

**We develop holistic learning communities  
which educate for life.**



**'I came that they may have life, and have it to the full.'**  
**John 10:10**



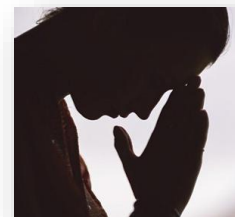
# Let us pray...

Our Mission:  
Sharing the Love and Goodness  
of God with Everyone.

**Loving God,**

As we begin thinking about our GCSE choices,  
we thank you for the gifts and talents you have placed within each of us.  
Thank you for the subjects we enjoy,  
the things that spark our curiosity,  
and the dreams that are beginning to grow in our hearts.  
In our school community, where we are called to share the Love and Goodness of God with everyone,  
help us to make choices that reflect our gifts and allow us to serve others with generosity and joy.  
When we feel unsure or worried about making the right choice,  
give us calm minds and confident hearts.  
Help us to listen carefully to advice from our teachers and families,  
and to trust that we are capable of making wise decisions.  
As we develop within this holistic learning community that educates for life,  
guide us to choose subjects that will help us grow —  
not only in knowledge, but in compassion, resilience, and character.  
Remind us that our value is not measured by a subject or a grade,  
but by who we are — unique, gifted, and deeply loved.  
Give us courage to choose what excites and challenges us,  
not simply what others expect.  
Bless our teachers and families as they guide and support us.  
May this next step in our journey help us continue  
sharing your love and goodness in all that we learn and do.

*Amen*



# Y8 OPTIONS PROCESS 2026



Hallmark 7

WE DEVELOP  
HOLISTIC LEARNING  
COMMUNITIES  
WHICH EDUCATE  
FOR LIFE.

NOTRE DAME HIGH SCHOOL



Core subjects	Form Time Curriculum				
	English	Maths	Science	RE	French / Spanish
	English	Maths	Science	RE	French / Spanish
	English	Maths	Science	RE / PSHE	PE
GCSE options	Geography	History	Drama	Music	PE
	Geography	History	Technology	Art	IT



Form Time Curriculum Y9				
English	Maths	Science	French / Spanish	RE
English	Maths	Science	French / Spanish	RE
English	Maths	Science	French / Spanish	RE / PSHE
Mid-Size	Mid-Size	Science	Mid-Size	PE
Long thin 1	Long thin 1	Long Thin 2	Long Thin 2	PE

Form Time Curriculum Y10				
English	Maths	Science	French / Spanish	RE
English	Maths	Science	French / Spanish	RE
English	Maths	Science	Mid-Size	RE / PSHE
English	Mid-Size	Science	Mid-Size	PE
Long thin 1	Long thin 1	Long Thin 2	Long Thin 2	PE

Form Time Curriculum Y11				
English	Maths	Science	French / Spanish	RE
English	Maths	Science	French / Spanish	RE
English	Maths	Science	French / Spanish	RE / PSHE
English	Maths	Science	PE	Long Thin 2
English	Maths	Long thin 1	Long thin 1	Long Thin 2



Long Thin 1	Long Thin 2	Mid-size (Years 9 and 10 only)
Art	Business	Art
Food and Nutrition	Computer Science	Business
Music *	Drama	Child Development
Photography *	Food and Nutrition	Dance
Product Design	Geography	Geography
Physical Education	History	History
Triple Science	Health and Social Care	iMedia
	Music *	Photography *
	Product Design	Physical Education

\* Will run in one block only  
( where greatest demand)

### Number of lessons each week

	Year 9	Year 10	Year 11
Long Thin 1	2 hours	2 hours	2 hours Exam in Y11
Long Thin 2	2 hours	2 hours	2 hours Exam in Y11
Mid-size	3 hours	3 hours Exam in Y10	



Long Thin 1
Art
Food and Nutrition
Music *
Photography *
Product Design
Physical Education
Triple Science

\* Will run in one block only  
( where greatest demand)

**Number of lessons  
each week**

	Year 9	Year 10	Year 11
Long Thin 1	2 hours	2 hours	2 hours Exam in Y11



## Long Thin 2

Business

Computer Science

Drama

Food and Nutrition

Geography

History

Health and Social  
Care

Music \*

Product Design

\* Will run in one block only  
( where greatest demand)

### Number of lessons each week

	Year 9	Year 10	Year 11
Long Thin 2	2 hours	2 hours	2 hours Exam in Y11



**Mid-size  
(Years 9 and 10 only)**

Art

Business

Child Development

Dance

Geography

History

iMedia

Photography \*

Physical Education

\* Will run in one block only  
( where greatest demand)

**Number of lessons  
each week**

	Year 9	Year 10	Year 11
Mid-size	3 hours	3 hours Exam in Y10	



# TIMELINE



**5<sup>th</sup> March**

Year 8 Parents Evening  
Options Form goes live on this evening

Long Thin 1 ....  
Long Thin 2 ....  
Mid-Size ....  
Reserve Subject...

**27<sup>th</sup> March**

Deadline for Options Forms  
Confirmation of students' choices

Conversations with individual students as required

**20th May**

Final allocations sent to students



It takes a  
village to  
raise a child....

Subject Teacher

Mrs Brookes

Form tutor

Friend

Sibling

Heads of  
department

Parent



# TALK



*What are you good at?*

*What do you enjoy?*

*What might you want to do in the future?*

*How did the taster sessions go?*

*What do your teachers say?*

*Is there someone you know studying that subject?*

*What does the Options Booklet say?*

***AVOID...***

***Picking based on a friend***

***Picking based on a teacher***

***Picking something you don't really know about***



# PLAN TALK ENCOURAGE

# F A Q S



Can students swap or change their mind?

Are the options blocks fixed?

Does everyone always get the subject they ask for?

What information will the form ask for?

What are NCFE CACE Level 1-2 (Child Development / Health & Social Care) and Cambridge National Level 2 (iMedia)?

# F A Q S - SCIENCE



What is the difference between triple and combined science?

Do you need triple science to do A levels?

Is triple science harder than combined science?

# What is the difference between triple and combined science?

## Combined science

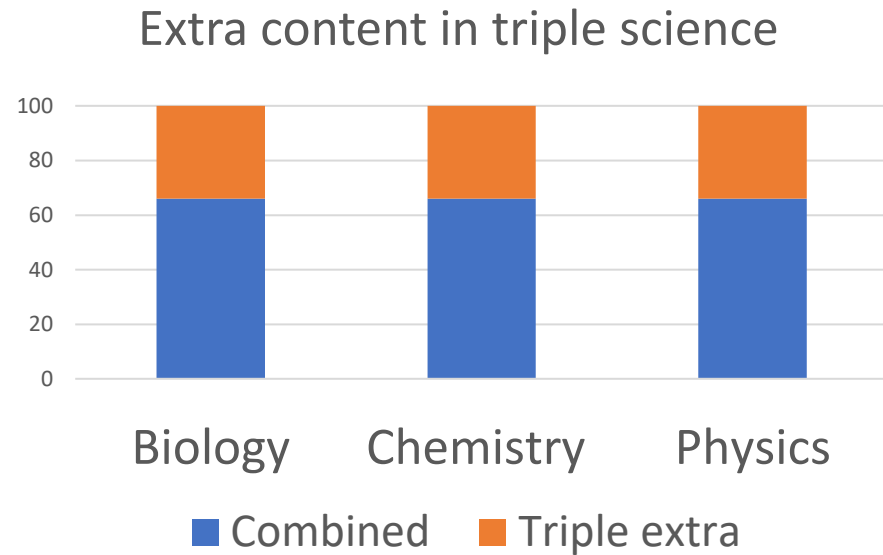
- 4 hours a week for 3 years.
- 1 hour of biology, 1 hour of chemistry, 1 hour of physics per week. The 4<sup>th</sup> hour rotates between the 3 sciences.
- 6 x 90 minute exams (2 per science).
- 70 marks per paper.
- 2 grades – average of all 3 sciences (e.g. 7-7, 5-4).
- 2 science GCSEs.

## Triple science

- 6 hours a week for 3 years.
- 2 hours of biology, 2 hours of chemistry and 2 hours of physics each week.
- 6 x 105 minute exams (2 per science).
- 100 marks per paper.
- 3 different grades (e.g. Biology = 6, Chemistry = 8, Physics = 7).
- GCSE in chemistry, physics & biology.

# Do you need triple science to do A levels?

- You **do not** need triple science for A level sciences.
- There is some overlap of the additional triple science content with the start of A Level.
- However triple science does make the jump from GCSE to A level easier.
- A level sciences at Notre Dame need at least 6-6 in combined science (higher tier paper) or a 6 in the triple science subject you want to take.
- Combined science gives you an average grade, so a weaker science would pull your overall grade down.



# Is triple science harder than combined science?

- Maybe... It's just 50% more science, with more time to do it.
- It is not designed for the 'triple only' topics to be the hardest, it is additional content that some find easier and some find harder.
- Some of our strongest scientists choose to take combined science at GCSE to allow them to keep studying other option subjects. This doesn't prevent them getting top grades at GCSE Science or moving on to A Level Biology / Chemistry / Physics.

# THANK YOU



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