



Year 10 Newsletter

VOLUME 1, ISSUE 2

DEC 2014



Children in Need Day

Last month, Children in Need provided the regular proof that certain individuals will always go that extra mile to raise money for charity. Milo Ramsey and James Wood-Bentley raised loads of money and once again braved the leg waxing experience. Sadly, the feminine support and delicate touch had to be replaced by some of the sporty rugby and footy boys doing the waxing this year. More pain, but still lots of money raised for a great cause!



PSHE Day



Two lessons off normal timetable for a PSHE Health and Well-Being slot proved a popular success for the year group last week. Assessing the accuracy of how body image is presented raised some interesting debate, and the practical investigations of so called "fitness and rehydration drinks" posed some interesting questions. The PE department led, alternative practical activities, show-casing a range of individual and team fitness activities also encouraged high levels of reflection. The Science experiments looking at what is in a so-called energy drink provoked some discussion. It is hoped that Year 10 students will be better equipped to make the right decisions on healthy drink options and appropriate exercise regimes in the future.....



Spring Term

After a busy Autumn Term, I would like to wish everybody a restful Christmas break. Next term will be even busier for Year 10 students; with further Controlled Assessments and Practical in key subjects. **Year 10 Examinations** will be taking place between **March 16th and 20th** and these will provide an opportunity for students to invest time in developing their revision strategies and exam skills. The Christmas break is a good opportunity to check over class notes in a range of subjects and to start revising material for the exams. Many students have good advice from their subject staff, following the Parents Evening this month, on which to act to help them to make good progress towards their target grade. This is a good opportunity to set up a Revision Timetable for the Spring Term, as with revision, little and often is normally the best strategy.

General Revision Sites

www.bbc.co.uk/schools/gcsebiteize	Well known, lots of notes and questions
http://www.learn.co.uk/	Excellent site with good notes, questions and answers
http://www.s-cool.co.uk/	Good site with questions
http://www.gcse.com/	
http://www.reviseict.co.uk/	
http://www.schoolzone.co.uk/	Educational resource database
http://www.topmarks.co.uk/	Educational search engine
http://swgfl.skool.co.uk/index.aspx	Maths and Science Revision Site

Best wishes
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