

Year 10 Information Evening 2023

Mr Shah Headteacher

Miss Olivier - Deputy Headteacher

Mrs Kahn - Deputy Headteacher

Lessons where you always learn something

Your teachers are experts.

They will make sure they find out what you are able to do and give you steps to improve.

Your teachers will challenge you but never give up on you. You should always keep trying as sometimes learning is a struggle



A safe and happy school

We show care and respect to everyone

We value and celebrate diversity

We take pride in our community and all work to make it a better place

We support others in our community



Ready for the world

We will help you develop confidence, resilience and communication skills

We will empower you to shape your future

We will help you understand your rights and responsibilities in wider society


Ofsted
Outstanding
Provider



**Jack Petchey
Foundation**
Inspire • Motivate • Achieve




Stonewall
SCHOOL
CHAMPION
SILVER

2023
**YOUNG
CARERS
IN SCHOOLS**

 **STARS**
A TfL COMMUNITY PROJECT
Bronze level accreditation 2021



We teach
LAMDA
— Exams & Qualifications

**LONDON
SCHOOLS**  **GOLD**  **CLUB** 

Curriculum

Miss Olivier
Deputy Headteacher

Curriculum options

	ENG	MATHS	SCI	MFL	HUMS	OPT	OPT	OPT	PE
Year 10	8	8	8	6	6	4	4	4	2

TEL: 01923 836 363 [CONTACT](#) [MENU](#) ✕

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- Key Information
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Welcome to Northwood School

↑ Learning

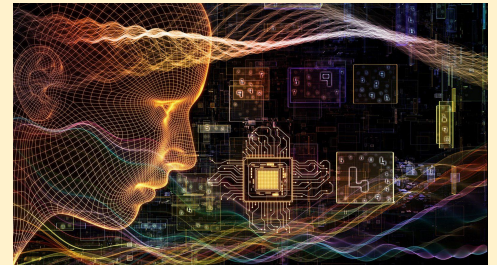
- Our Curriculum**
- Remote Learning
- SEND
- Exam Results
- Mastering Learning
- Feedback and Assessment
- Homework Policy
- Social Wall
- ↓ Subject Specific

Curriculum Booklets

-  [Year 7 Curriculum Booklet for 2023-24](#)
Download (pdf)
-  [Year 8 Curriculum Booklet for 2023-24](#)
Download (pdf)
-  [Year 9 Curriculum Booklet for 2023-24](#)
Download (pdf)
-  [Year 10 Curriculum Booklet for 2023-24](#)
Download (pdf)
-  [Year 11 Curriculum Booklet for 2023-24](#)
Download (pdf)
-  [Year 12 & 13 Curriculum Booklet for 2023-24](#)
Download (pdf)

What does supra curriculum mean?

A supra-curriculum involves activities that students can do to extend and deepen their knowledge of the subjects they study.



Example of the supra curriculum

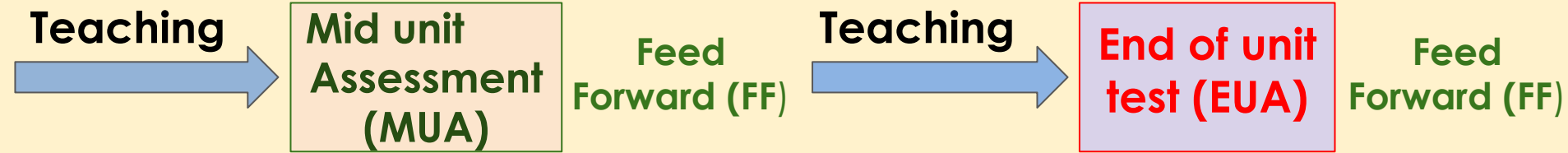
Textiles	Create your favourite packet of crisps in fabric!	Use plants to dye fabric!	Go to the V&A and visit the Fashion department. Draw the outline of one of the items of clothing. Go to another department and fill in the outline with a design or pattern you have found on another object.	
Design & Technology	Watch the programme How to make it: The toothbrush and then produce a design page on how to redesign the toothbrush.	Visit museums in your spare time! The Design Museum The V&A Tate Modern The London Transport Museum	Create a range of KOs to help support your knowledge and understanding of different materials: timbers, plastics, metals etc	
Hospitality & Catering	Design and plan a three course meal for your family on a budget given to you by your parent/guardian. Cook this independently, and from scratch as much as possible.	Find the worst 10 hygiene restaurants in your local area. Use the Food Standards App	Complete the Tunnocks Tea Cake Challenge	
Maths	Iff Practise some UKMT papers M, M and M	Watch this song... can you make up your own (much better) version?	Inscribed in a circle Parallel lines Fill me up	Research how Mathematics applies to a career that you are interested in.
Science	Watch this video on Disease origins and transmissions	Visit the library and read an article from the New Scientist	Take a visit to the natural history museum in London Can you make a density tower - watch this video	Go to this website to learn about the history of the atom Watch this TED talks video on climate change

Classroom experience



Real life experience

Assessments should be carried out every 3-4 weeks



- For any given unit of work there will be regular assessment.
- Approximately mid-way through a unit the **Mid Unit Assessment** will take place - this is a **checkpoint** which allows the teacher to see where students are in their new learning so far. Students are then given **feed forward** work which allows them to react and respond to the marking.
- At the end of a unit there is an **End of Unit Assessment**, a more formal assessment, where the outcome of this is recorded by the teacher and used towards reporting.

How do I know how my child is doing?

Name/surname - Group 10R
Year 10 Tracking Report - Spring Term (24th March 2023)

Attendance	98.3%
End of Year 11 Target English	6
End of Year 11 Target Maths	6
End of Year 11 Target EBacc subjects (e.g. Humanities & Languages)	6
End of Year 11 Target Other GCSE subjects	6
End of Year 11 Target (Creative Media)	L2D
RECIPE Merit Points	43
Detention Points	-1

Subject	A.T.L.	HMW	C.W.A.	End of Y11 (KS4) Prediction
English	1	2	4=	6-
Maths	2	1	6=	7=
Science COMBINED	1	1	5=	6=
Business	1	1	5-	5+
Computing (Creative Media)	1	1	L2M	L2D
Economics	1	1	4=	6-
French	1	1	4-	5-
History	1	1	6=	7-
Sport (Core)	1			

1. Reports - Three times over the year
2. ATL - Attitude towards learning
3. HMW - Homework grade
4. Parents' Evening

Attitude Towards Learning (A.T.L.)

The grade awarded is based on performance since the start of this academic year

1	Outstanding - Puts outstanding effort into classwork - Does not have to be reminded about attitudes to learning
2	Good - Puts good effort into classwork - Has a good attitude to learning
3	Requires Improvement - Not all class work is completed on time - Occasional reminders are required to re-focus approach to learning
4	Inadequate - Completes the minimum of work or less - Needs frequent reminders to return to the set task; affects the learning of others
0	- Teacher has been unable to comment

Homework (HMW)

The grade awarded is based on performance since the start of this academic year

1	Outstanding - Homework is always completed on time and is of an exceptional standard
2	Good - Homework is usually completed on time and is of a good standard
3	Requires Improvement - Homework is sometimes late and varies in quality
4	Inadequate - Homework is usually late or incomplete and not of an acceptable standard
0	- Teacher has been unable to comment

Homework



Sparx Maths

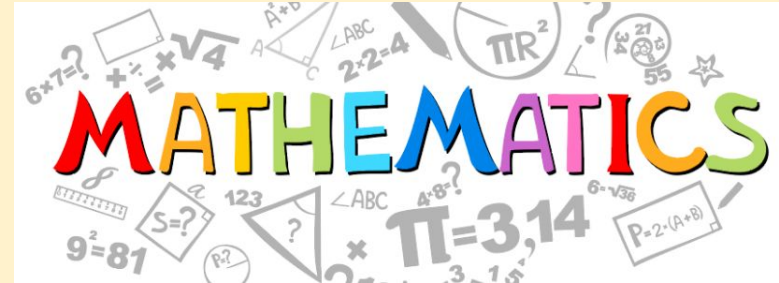


Students can expect the following homework frequency:

	Maths, English, Science, MFL	Humanities, performing arts, computer science, RE	Art, design & technology	PE	Total Time
KS3 (Years 7-9)	30-60 minutes per week	30-60 minutes per fortnight	30-60 minutes per week	Up to two 30-60 min per half term	4-8 hours per week
KS4 (Years 10-11)	30-60 minutes per week per subject, including BTECs/other options		Up to 90 minutes per week (may be practical).	No homework for core PE	5-10 hours per week
KS5 (Years 12-13)	KS5 students should expect to do at least an hour of independent study or homework for every hour of lesson time. This generally translates to 4-5 hours of independent study or homework per subject per week.				at least 12-20 hours per week*

Homework for all subjects is VITAL
to ensure progress is made

The Core Curriculum in Year 10



GCSE English Language

Paper 1: Explorations in Creative Reading and Writing

Section A: Reading and analysing a fictional unseen extract

Section B: Creative writing

Paper 2: Writers' Viewpoints and Perspectives

Section A: Reading and analysing two non-fiction unseen extracts

Section B: Opinion-based writing (article, speech or letter)

GCSE English Literature exam texts

'**Macbeth**' by William Shakespeare

'**A Christmas Carol**' by Charles Dickens

'**An Inspector Calls**' by J B Priestley

Power and Conflict poetry anthology

Unseen poetry

Spoken Language Endorsement

Five minute speech to an audience, followed by questions



How to help at home:

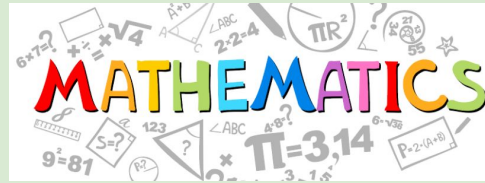
- **Engage with the exam texts:** read them with your child, watch the film versions as a family, listen to them on audiobook on long car journeys. Discuss the stories and characters with your child.
- **Visit the theatre.**
- **Encourage reading for pleasure** - fiction and nonfiction.
- **Test your child's knowledge** using the summary cards.
- **Develop vocabulary** by watching the news and documentaries - put the subtitles on to help with higher level language.

GCSE Maths

Paper 1: Non-calculator

Paper 2: Calculator

Paper 3: Calculator



All KS4 content is examinable across all papers.

Two tier paper system.

Foundation: grade range 1 - 5

Higher: grade range 3 - 9

How to help at home

Homework: Encourage and support your child to complete 100% of their homework. If they are struggling with a question advise them to watch the attached videos or seek help from teachers.

Sparx Club: Complete homework at Sparx Club with the assistance of teachers

Independent Learning: Use the Independent Learning feature on Sparx to practice topics.

Duolingo Math: Free app that helps promote fluency with numeracy.

Exam questions: Practice exam questions on topics being taught in class.

Topics	Biology	Chemistry	Physics
Paper 1	<ol style="list-style-type: none"> 1) Cell Biology 2) Organisation 3) Infections and Response 4) Bioenergetics 	<ol style="list-style-type: none"> 1) Atomic Structure and the Periodic Table 2) Bonding, Structure and the properties of Matter 3) Quantitative Chemistry 4) Chemical Change 5) Energy Change 	<ol style="list-style-type: none"> 1) Energy 2) Electricity 3) Particles of Matter 4) Atomic Structure
Paper 2	<ol style="list-style-type: none"> 1) Homeostasis and Response 2) Inheritance, Variation and Evolution 3) Ecology 	<ol style="list-style-type: none"> 1) The Rate and Extent of Chemical Changes 2) Organic Chemistry 3) Chemical Analysis 4) Chemistry of the Atmosphere 5) Using Resources 	<ol style="list-style-type: none"> 1) Forces 2) Waves 3) Magnetism and Electromagnetism 4) Space (Separate Science Only)

How to help at home

Homework: Please encourage students to complete all homework and to a high standard.

Extra Curricular: Please encourage students to read around the topics we are covering. Ask students about their science topics so they can recap and verbalise what they having been learning in class.

Independent Learning: Use the Independent Learning feature on SENECA to practice topics.

Exam questions: Practice exam questions from past papers.

Keeping Everyone Safe and Healthy

Mrs Kahn
Deputy Headteacher

Very different from previous years - need to be aware and acknowledge

Increased pressure

It's a marathon..... Like a race, students need to train, prepare, eat and rest.....

There is still a long way to go until summer of Year 11 ... it's easy to work constantly and not rest

Year 10 & Year 11		
	KS4 Lunch (13:20)	AFTER SCHOOL (15:00)
Monday	Football on Astro Library open	Y7-10 Recreational Badminton/Table Tennis - Mr Hunte, Sports Hall Y7-10 Girls Football - External coaches, Sports Hall Year 8 - 11 School Council Meeting (SVS) in Room 16 - WEEK 1 School of Rock in Room 5 with Jack Smith (external teacher) Year 11-13 recreational Netball (4:15-5pm) - Ms Pryer MUGA
Tuesday	Football on Astro Library open	Y7-10 Cheerleading - Miss Bailey, Main Hall Y9-10 Football - Mr Lewis, Astro Choir in Room 5 with Mr Watts Year 10 Food (practical practice) Room 10 Mr Hamilton Maths Homework Club in Room 14 with the Maths Department
Wednesday	Football on Astro Library open House Captain Meeting (SVS) in Room 16 - WEEK 2 KS4 Chess Club in room 14 with Mrs Hilton-Dennis / Ms Solomon	Y9-10 Handball - Mr Hunte, Sports Hall Y7-10 Fitness/Well-Being - Miss Bailey, Main Hall (Week 1 only) Drama Club in the drama studio with Mrs Griffin Interact - Room 39, Ms Barry Classics Club; studying writing and history from Ancient Greece and Rome, in Room 37 with Teacher Algar
Thursday	Football on Astro Library open Year 10 Class Captain Meeting (LO + SVS) in Room 47 - WEEK 2	Y7-10 Girls Handball - Mr Hunte, Sports Hall (Week 1 only) Y7-10 Recreational Football - Miss Pollard, Astro (Week 2 only) Y7-10 This Girl Can - Miss Bailey, Sports Hall (Week 2 only) Y9-10 Rugby - Mr Winkworth, Field Year 9-10 Funk/ Soul Band - Mr Watts Room 5 Year 10 Additional Maths Club in room 14 with Miss Pryer
Friday	Football on Astro Library open Stonewall in room 46 with Ms Searle and Mr Winkworth (Week 1) Italian club Room 33 - Ms Greco (week 1)	Y7-10 Northwood Gymnastics - NW Gymnastics coaches, Sports Hall Y9-10 Netball - Miss Bailey, MUGA Saracen's Dance Club (external teacher), 3.15- 4.15 in the Dance studio (starts 15/9) Warhammer Club - Room 22, Ms Solomon Week 1 only

We encourage all students to participate in extra-curricular. It helps develop new / existing skills and talents, and is positive for mental well-being.

Extra-curricular clubs available at lunchtime and after school.

The library open before school, lunchtime and until 4pm everyday.

Limited opportunity for clubs next year in Year 11 due to P6

Examples of likely trip opportunities this year:

- Uxbridge college trip
- End of year Thorpe Park
- Oxford University
- Migration Walking Tour of London
- Womens FA Cup Final
- Bletchley Park

PSHCE Overview - broad and in accordance with DfE

Y10		
Year 10	Theme	Unit Title/Focus
Aut Term 1	Citizenship and FBV	Issues at home and abroad
Aut Term 2	Citizenship and FBV	Anti-Extremism
Spring Term 1	Safety and Wellbeing	Mental Wellbeing
Spring Term 2	RE	RE
Summer Term 1	RSE	RSHE
Summer Term 2	RSE	RSHE

Year 10 - 4 lesson unit on Mental Health

Title:
What is
Mental
Health?

Do Now:
Highlight your
RAG statement
What do we
mean by
Mental Health?



What is mental health?

What do we mean by
mental health?


Which one of these do you think you are pretty good at already?

Which one do you think you need to do a little more?

The Five Ways to Wellbeing is about making small changes in our day to day life that help us to feel more positive and protect our wellbeing.


CONNECT	BE ACTIVE	TAKE NOTICE	KEEP LEARNING	GIVE
<p>...with yourself and those around you.</p> <p>Go for a coffee with a friend and talk instead of using social media.</p> <p>Sit down for a family meal.</p> <p>Talk to someone you haven't spoken to before at school, college or work.</p> <p>Connect with your feelings.</p>	<p>...in ways that you enjoy.</p> <p>Go for a walk or a run.</p> <p>Dance around the room to your favourite song.</p> <p>Play football or basketball with friends.</p> <p>Take the stairs instead of the lift.</p> <p>Get off the bus a stop early and walk the rest of the way.</p>	<p>...of the world around you.</p> <p>Be curious!</p> <p>Listen to your favourite song and think about how it makes you feel.</p> <p>Notice the changing seasons.</p> <p>At the end of each day, reflect on what made it interesting, special or enjoyable.</p>	<p>...new things and try new experiences.</p> <p>Learn a few words of a new language.</p> <p>Research something you have always been wondered about.</p> <p>Use a YouTube video to learn a new make up technique.</p> <p>Try out a new recipe.</p>	<p>...your time to others.</p> <p>Hold the door open for someone.</p> <p>Swap places with someone behind you in a queue.</p> <p>Help a neighbour in their garden.</p> <p>Volunteer for a local charity or community group.</p> <p>Smile!</p>

How can you support your child's wellbeing?

 Get plenty of sleep

 Enjoy sunshine

Vitamin D –
Bones/Immune


 Write or draw (think out loud)

 Read

 Talk to myself

 Talk to select people

 Garden

 Walk or bike (esp. in a park)


CALM ZONE

There are lots of ways to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.

On this Page

- Activities and tools
- Breathing exercises
- Expressing yourself
- Yoga videos
- Play games
- Ways to cope videos



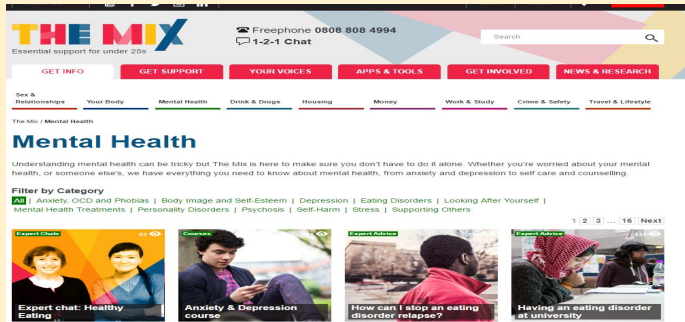
 Get a hug

Which leads us on to

- 1 Monitor Mobile phone/other device and their usage on social media . Monitor who they are talking to and how - are they actual 'friends'?
- 2 They do not need their phone when they complete their homework. Ensure there is time away from devices to focus
- 3 Work in communal area so can see what doing! Also a separation from sleep and work
- 4 Make sure prepare a flexible timetable for their work each week - incorporating activities, family events etc so are organised.
- 5 Build in time for revision/revisiting their work
- 6 Strict on sleep and rest, night routines

Supporting Mental Health & Wellbeing

Children all have times where students feel overwhelmed - pressures from school, home, friendships or just not feeling ok...



THE MIX
Essential support for under 25s

Freephone 0800 808 4994
1-2-1 Chat

GET INFO | GET SUPPORT | YOUR VOICES | APPS & TOOLS | GET INVOLVED | NEWS & RESEARCH

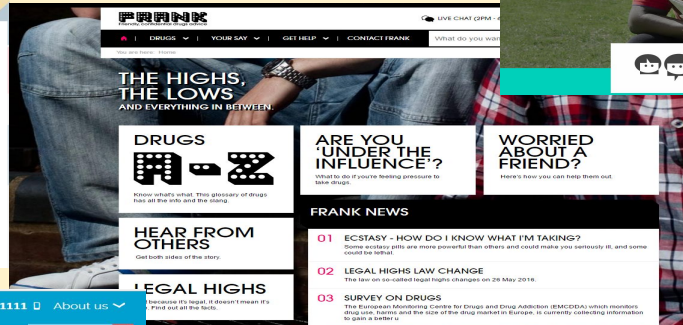
Sex & Relationships | Your Body | Mental Health | Drink & Drugs | Housing | Money | Work & Study | Crime & Safety | Travel & Lifestyle

Mental Health

Understanding mental health can be tricky but The Mix is here to make sure you don't have to do it alone. Whether you're worried about your mental health, or someone else's, we have everything you need to know about mental health, from anxiety and depression to self-care and counselling.

Filter by Category
Anxiety, OCD and Phobias | Body Image and Self-Esteem | Depression | Eating Disorders | Looking After Yourself | Mental Health Treatments | Personality Disorders | Psychosis | Self-Harm | Stress | Supporting Others

Expert chat: Healthy Eating | Anxiety & Depression course | How can I stop an eating disorder relapse? | Having an eating disorder at university



FRANK
LIVE CHAT (GPM)

DRUGS | YOUR SAY | GET HELP | CONTACT FRANK

THE HIGHS, THE LOWS AND EVERYTHING IN BETWEEN

DRUGS
Know what's what. This glossary of drugs has all the info and the slang.

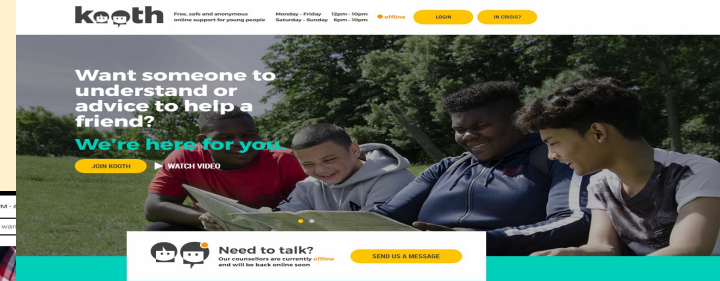
ARE YOU 'UNDER THE INFLUENCE'?
What to do if you're feeling pressure to binge-drink.

WORRIED ABOUT A FRIEND?
Here's how you can help them out.

FRANK NEWS

- 01 ECSTASY - HOW DO I KNOW WHAT I'M TAKING?
Some ecstasy pills are more powerful than others and could make you seriously ill, and some could be lethal.
- 02 LEGAL HIGHS LAW CHANGE
The law on so-called legal highs changes on 28 May 2016.
- 03 SURVEY ON DRUGS
The European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) which monitors drug use, health and the size of the drug market in Europe, is currently collecting information to gain a better...

LEGAL HIGHS
Because it's legal, it doesn't mean it's 'Frank' out of the box.



kooth
Free, safe and anonymous online support for young people

Monday - Friday 10am - 10pm
Saturday, Sunday 10am - 10pm

JOIN NOW | WATCH VIDEO

Want someone to understand or advice to help a friend?

We're here for you

Need to talk? Our counsellors are currently online and will be back online soon.

SEND US A MESSAGE

childline
ONLINE, ON THE PHONE, ANYTIME

Call 0800 1111 | About us

Info and advice | Get support | Toolbox | Get involved

Your locker | Sign in | Sign up

You are here / Home / Get support / 1-2-1 counsellor chat

1-2-1 COUNSELLOR CHAT

Chat with a counsellor about anything. It's a 1-2-1 session - so it's just you and Childline. They can give you help and support with whatever's worrying you.

HOW TO USE 1-2-1 COUNSELLOR CHAT

- Enter the waiting room
We'll be with you to start your chat as soon as we can.
- Stay calm while you wait
Why not watch videos and play games while you wait.
- Start chatting to a counsellor
Chat with a counsellor about whatever's worrying you.

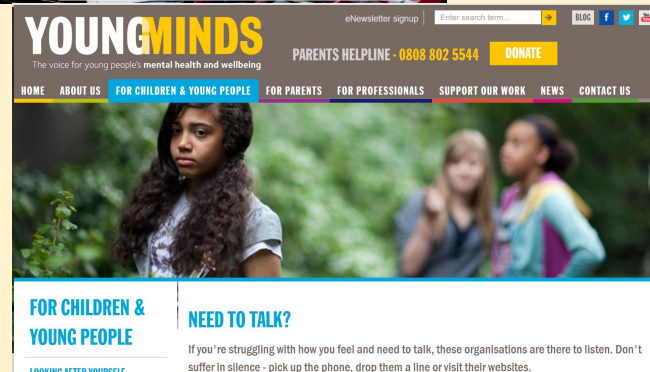
IS YOUR CHAT CUTTING OFF?
Sometimes chats may cut off in areas without 4G or Wifi connection. Please remember you can call us free on 0800 1111 at any time.

IT'S CONFIDENTIAL
Talking to one of our counsellors in 1-2-1 counsellor chat is private. This means that whatever you say stays between you and Childline.

Wait time: Green
Right now, the wait time is green. This means a counsellor should be ready to help you soon.

Enter the waiting room →

We've noticed that some people have been having trouble contacting us using Kindle Fires. We're working hard to fix this but if you are struggling to get through you can call us for free on 0800 1111.



YOUNGMINDS
The voice for young people's mental health and wellbeing

Parents Helpline - 0800 802 5544 | DONATE

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FOR CHILDREN & YOUNG PEOPLE

NEED TO TALK?

If you're struggling with how you feel and need to talk, these organisations are there to listen. Don't suffer in silence - pick up the phone, drop them a line or visit their websites.

- Safeguarding is the action that is taken to promote the welfare of children and protect them from harm.

Safeguarding means:

- protecting children from abuse and maltreatment
- preventing harm to children's health or development

At Northwood we welcome and celebrate our diverse community and therefore have a zero tolerance approach to **bullying**.

We are a 'telling school'. Students speak up and report bullying, because it is taken seriously and dealt with.

What is bullying?

- Hurtful behaviour that is repeated to cause distress
- Using hurtful words, making any person feel helpless
- Face to face, behind their backs or online



If your child or someone you know is being bullied please report to **any** member of staff immediately.

Your child's safety in and out of school is our priority. We want our entire Northwood School community to feel safe and happy. This is vital to your child's mental health and wellbeing

How do we keep you safe?

- Strict routines in place
- Behaviour plan
- Fire drills / lockdown drills/vape detectors
- Designated Safeguarding leaders
- CCTV (in and around school site)
- Secure premises, targeted searches
- Safe Schools Police officer, knife arches, wands
- PSHCE lessons / form times / assemblies
- Worry Boxes
- Pastoral team
- Staff training

**Recent parent survey showed
that 97% of parents agree their
child feels safe at Northwood
School.**

Who can your children talk to in school?

- Form tutors
- Subject teachers
- Head of Year
- LSA's
- Ms Jackson
- Our School Counsellors
- Wellbeing practitioner (Tuesday)
- Mr Shah
- Ms Olivier
- Anyone they are comfortable with
- **Mrs Kahn (Designated Safeguarding Lead) - Yellow lanyards!**
- **Mr McManus (Deputy Designated Safeguarding Lead)**
- **Ms Foskett (Deputy Designated Safeguarding Lead)**
- **Mrs White (Deputy Designated Safeguarding Lead)**

Use the blue 'Worry Box'
on each floor



Reminder: how can you/your child can report a concern?

It is important you report **anything** you are concerned about related to your child, anyone in our school community - unless you report it we can't help you - we want to keep everyone safe and we can only do this if you tell us. Remember safeguarding is 'Everyone's Responsibility'.

Some ideas how you can you report an issue

- 1) Ask to speak/contact directly our safeguarding team
- 2) Email or contact a member of staff via school office eg Head of Year, Form Tutor
- 3) Write your concern down and hand it in with details
- 4) Ask your child to put something in our worry boxes or
- 5) Utilise our on line reporting forms on our website

1 - Safeguarding

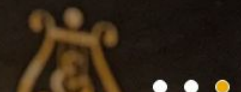
2 - Bullying

REPORT IT: BULLYING

REPORT IT: SAFEGUARDING

Successful Learning

In addition to providing the highest quality teaching for successful learning in lessons, we are passionate about providing excellent enrichment opportunities beyond the classroom, so that all of our students have a rewarding and enjoyable time with us as they develop their interests and talents.



Reporting a Safeguarding Concern at Northwood School

Please write below what has happened? Please provide as much information as possible. *(Required)*

Where did this happen? (be as specific as possible) *(Required)*

When did this happen? *(Required)*

- 
- [QUICK LINKS](#)
- 
- 
- 
- 
- 

Reporting a Bullying Concern at Northwood School

Who is completing this form? *(Required)*

- Parent/carer
- A friend of the person being bullied
- The person being bullied

Name of the Person Completing this Form *(Required)*

Do you know what type of bullying you are reporting?

Physical (e.g hitting, kicking, pushing etc)
Verbal (e.g name calling)
Homophobic/Transphobic remarks
Racist remarks
Social (e.g lying and spreading rumours)
Cyber bullying

What Year Group is the Student in? *(Required)*

Year 7

Name(s) of the Alleged Bully(ies) *(Required)*

Date of the Incident *(Required)*

mm/dd/yyyy

What has Happened? *(Required)*

→ Student Leadership

→ Careers Education & Year 11 next steps

→ RECIPE



QUICK LINKS



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- Using hurtful words, making any person feel helpless
- Face to face, behind their backs or online

If you or someone you know is being bullied please report to **any** member of staff, or tell a family member.

