

YEAR 8 KS4 CURRICULUM MEETING

SUPPORTING YOUR CHILD'S LEARNING

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ATTENDANCE AND PUNCTUALITY

- Punctuality: Students should be in school for 8am so to be in lesson on time for 8:15am.
- Students must come to lessons fully prepared for learning so to maximise their use of lesson time.
- Government statistics show that there is a link between attendance/punctuality and GCSE results.
- Our whole school attendance target is 97% and above. You can check your child's attendance on their Academic Reports.
- A student with 90% attendance in a school year means that a student misses 1 in every 10 days, which is the same as missing four weeks of Teaching and Learning.
- Research shows that students who have missed 17 days (1/2 day each week) result's will be affected by a one whole GCSE grade.

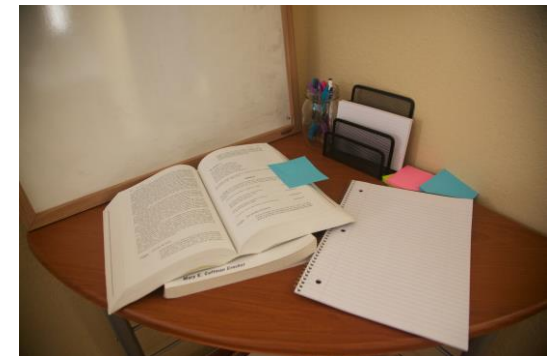
A SPACE TO WORK

- Each student should have space to work at home to complete their homework and revision.



- **Top tips for your study place:**

- ✓ It should be the same place every time
- ✓ Recreate your work environment
- ✓ Limited noise – no tv/phones/distractions
- ✓ Have all your equipment there
- ✓ It should be a comfortable space, but not too comfortable
- ✓ Adequate lighting
- ✓ Keep it organised
- ✓ Time-keeping



HEALTH AND WELL-BEING

■ Sleep Hygiene –

- ✓ Avoid caffeine
- ✓ Regular exercise
- ✓ Avoid eating food close to bedtime
- ✓ Avoid 'screen' time an hour before bed
- ✓ Have a bedtime routine



■ Balanced Diet

- ✓ Start your day off with a balanced breakfast and have a balanced lunch.
- ✓ Ensure you bring a water bottle to school and fill it up at breakfast/lunch
- ✓ Eat a dinner with sustenance.
- ✓ Do not over snack and limit unhealthy snacks
- ✓ Do not eat too close to bedtime

POSTIVE USE OF THE INTERNET

✓ Communication – via email, apps and social media platforms.

✓ Education (both formal and informal)

✓ Up – to – date global news

✓ Entertainment (music videos/ games/ streaming platforms)

✓ Creativity

■ 68% of young people say that chatting to their friends online cheers them up.

■ 88% of young people have sent a kind message online to a friend who is upset.

■ 83% of young people have experienced people being kind to them.

Google

NETFLIX

ENEWS

You Tube

Gmail

NEGATIVE USE OF THE INTERNET

- ✗ Cyber bullying
- ✗ Addiction to gaming/streaming etc.
- ✗ Time-wasting – that could be spent studying/ doing extra-curricular activities/ with family and friends.
- ✗ Online Vulnerability – befriending people they do not know/ use of certain apps/ fraud etc.
- ✗ Mood modification – over focus on ‘likes’ and internet appearance.
- ✗ Abbreviations/ Text Talk



- 42% of young people have felt worried or anxious about something online in the last week.
- 49% of young people have had someone be mean to them online in the last year.
- 22% of teenagers spend 10 hours online a day.
- 24% of teenagers have hacked into somebody else’s account.



NSPCC – INTERNET SAFETY

CHECK THE APPS



The NSPCC have reviewed many of the most popular apps used by young people, you can see their reviews on their website.

FORTNITE

- Users should be 12+
- There are some risks you should be aware of:
 1. Players can add friends by username
 2. There is a chat feature that has both text and audio. This can be disabled!
 3. There is cartoon violence and a variety of weapons.
 4. There are in-app purchases, which cost money.

You can report players that you have concerns about to Player Support Team (link available on NSPCC website)

THE INTERNET AND EDUCATION

■ Helpful websites that can help support your child's KS4 education:

- ✓ Doodle
- ✓ Mathswatch
- ✓ Seneca
- ✓ Kerboodle
- ✓ Exam boards: AQA, EDEXCEL, OCR
- ✓ St Paul's Academy Website
- ✓ Doodle App for parents

Student's can use the internet to support their learning in KS4 in the following ways:

1. Using homework platforms to track their homework and progress.
2. Using online education platforms to support their revision.
3. Keeping coursework backed up (eg Google Drive).
4. Setting up online 'study groups' with school friends to help support their learning and progress.

NSPCC – INTERNET SAFETY

- Be Share Aware – find resources at <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/>
- Have a regular conversations about their world Online.
- Create a family contract about internet use
- Research the websites/ apps that your child is using
- Set up parental controls on your devices

**Help your kids stay safe online.
Work as a TEAM**



Talk



Explore



Agree



Manage

3 tips to help start the conversation

1. Explore sites and apps together and talk about any concerns.
2. Ask your child if they know how to stay safe online.
3. Talk about personal information and what to share online.

Get more advice about how to talk to your child to help them stay safe.