



George Stephenson
High School

Set For Success!
Tuesday March 3rd 2020





'Set For Success' Evening - Why?

Sussex college launches campaign to tackle GCSE exam stress

... The number of students in Sussex suffering from **exam stress** has risen...

News | Sussex

7 Mar 2017



Exams 'stress out parents too,' survey finds

... is not alone in feeling the stress and strain over her child's revision and **exam** schedule... health had been affected by the pressure of their children's **exams**. A quarter also... said they had often lost sleep worrying over children's **exams**. Two in five parents...

News | Education & Family

Exam stress affecting children, according to the NUT

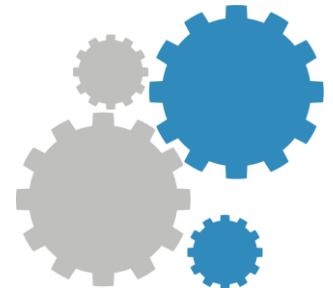
... School children are suffering from unprecedented levels of stress and anxiety because of government testing and a focus on academic results according to a report by the National Union of Teachers. Based on a survey of 8,000 teachers...

News

School exam stress sparks rise in child counselling

... over **exam stress** has more than doubled in a year. Counselling sessions for girls... were most likely to be counselled about **exam stress**. But this year saw the biggest... consistently told counsellors **exam stress** was contributing to "depression, anxiety, panic..."

News | Scotland



Parents – A Key Role

How can you help your child to be 'set for success'?

1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

Each day you can support your child to make choices which can impact how they perform during the exam period



Set for Success 2020


Parent Guide



A guide to help parents to support students through their exams




'Set For Success' Evening - Take Aways




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Set for Success 2020 Parent Guide



A guide to help parents to support
students through their exams



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Year 11 Revision Booklet 2020

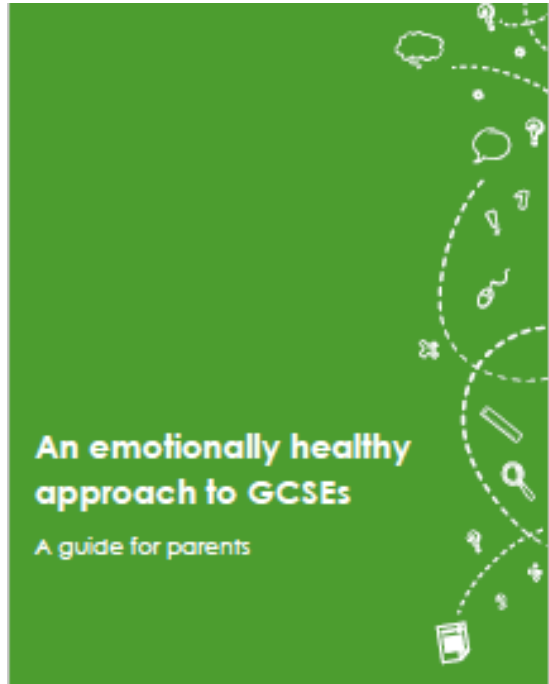
Within this booklet you will find information that will help you to prepare fully for each particular subject. Details including exam dates/times, course structure, exam advice and useful resources for revision are all included. Please see your subject teacher if you need any more information.

Included in this booklet is information for the following subjects:

- ✓ English Language
- ✓ English Literature
- ✓ Maths
- ✓ Science
- ✓ Geography
- ✓ History
- ✓ French
- ✓ Spanish
- ✓ Applied Studies
- ✓ Art, Design, Graphics, Textiles & Photography
- ✓ Business Studies
- ✓ Computer Science
- ✓ Health & Social Care
- ✓ Media
- ✓ Religious Studies
- ✓ BTEC Tech Award in Digital Information Systems


Name:

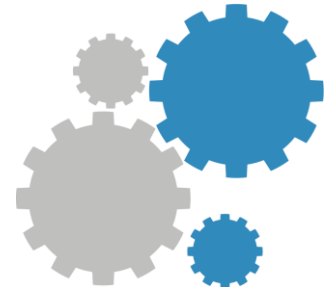
Tutor Group:



An emotionally healthy approach to GCSEs

A guide for parents

Raising awareness fighting depression 





'Set For Success' Evening - Overview

Main Meeting Main Hall 6.00pm to 6.30pm

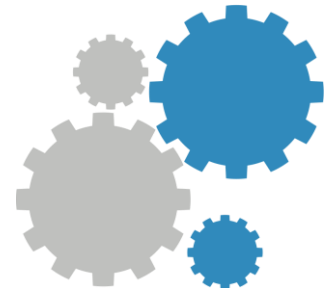
Breakout Sessions 6.35pm, 6.55pm, 7.15pm, 7.35pm (Choose up to four)

'How Parents Can Help – A student Perspective'	C1
'Effective Revision – A student Perspective'	C2
'Preparing for GCSE English'	C3
'Preparing for GCSE Maths'	C4
'Preparing for GCSE Science'	C5
'Preparing for GCSE History'	C6

Drop Ins 6.35pm to 8.00pm

Exam Timetables and Information
Family Liaison Workers
FutureMe

Main Hall
Main Hall
Main Hall





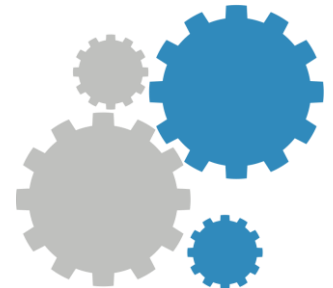
'Set For Success' Evening – Big Picture!

Key Contacts

- Mr. B. Merrett – Year 11 Guidance Manager
- Mr. D. Jarvie – Year 11 Achievement Support Co-ordinator
- Mrs K. Williams – Year 11 Leadership Link
- Mr. M. Cartwright – Progress and Achievement Leader
- Mrs. J. Price – Exams Officer
- Mr. S. Tyson – Assistant Headteacher

Key Dates

- Thursday 23rd & Friday 24th April 2020 – GCSE Textiles Exam
- Monday 27th & Tuesday 28th April 2020 – GCSE Graphics & GCSE Art Exams
- Wednesday 29th & Monday 4th May 2020 – GCSE Photography Exam
- Thursday 30th April & Friday 1st May 2020 – MFL Speaking Exams
- Monday 11th May - Written GCSE Exams Begin.
- Tuesday 16th June 2020 – Written GCSE Exams End.
- Thursday 18th June – Year 11 Prom
- Wednesday 24th June 2020 – GCSE Exam contingency day & Year 11 Leavers Assembly.
- Thursday 20th August 2020 – GCSE Results Day & NE12 6th Form sign up





PARENTS



Ian Johnstone

Presenter

Ian Johnstone

Before Ian joined Live-N-Learn he spent many years as a Geography teacher. Prior to that he worked in France and the USA where he trekked along the Grand Canyon, braved the elements in Yosemite and escaped from Alcatraz in San Francisco. He enjoys cooking, walking, 80's movies, skiing and being a father to his gorgeous twins Jack & Emily. His favourite place is Morzine in the French Alps and he doesn't like Russian dolls as they are too full of themselves.



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