

Year 11

Success and Support

Evening



The Year Ahead

Meet the Tutors

Developing Emotional Fitness



Yr 11 Success and Support

2022 GCSE Results

4+ English and Maths 67%

5+ English and Maths 45%

Level Equivalent	New Grade	Previous Grade
Level 2 equivalent	9	A*
	8	A
	7	B
	6	C
	5 Strong pass 4 Standard pass	D
Level 1 equivalent	3	E
	2	F
	1	G
	U	U



17– 23 November
30 Nov. – 12
Dec.
PREs



December &
January
Plug the gaps



13 January
PRE Results –
brown envelopes,
parents and
support

Report
20 October

Revision
Skills 1

The Year Ahead

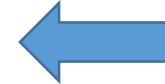
Tripod
19.Jan

Report
16 Jan

April & May

Practice, practice,
practice

March & April
Plug the gaps



March
More PREs

Revision
Skills 2

Tripod
30 March

Report
24 March

What we hear.....

College have said I only need.....

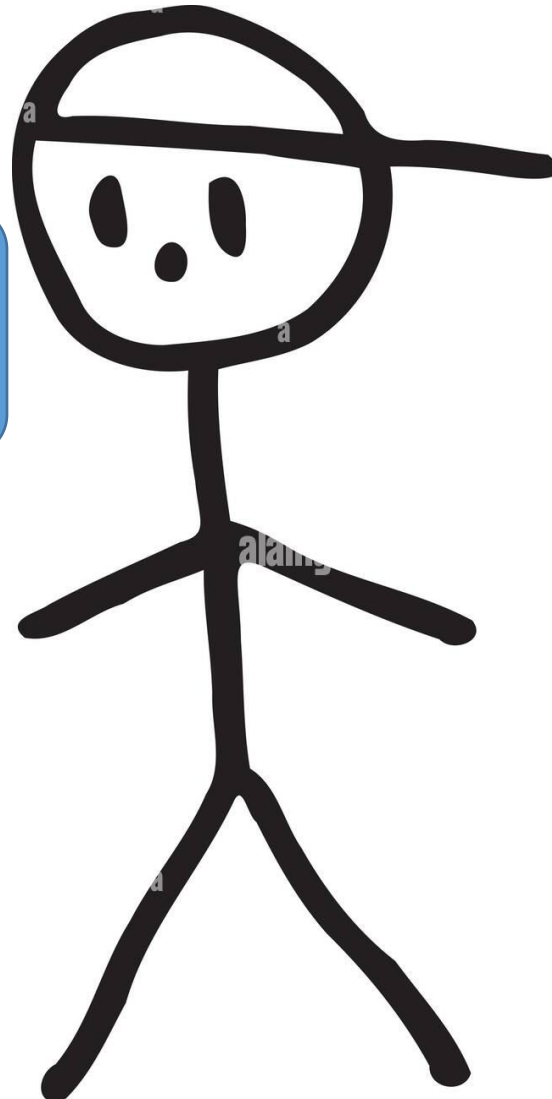
I know I mess around in class, but I go to the Intervention Sessions!

My GCSEs are miles away, why would I need to stress myself out now in the PREs?

I can just resit my Maths and English in College!

It doesn't matter if I don't get the grades, college have said that I can do a level 1 course instead!

I only need my Maths and English



But, what can I do.....

- * **Work station – healthy habits**
- * **Feed the beast!**
- * **Little and often**
- * **Healthy relationships**
- * **Healthy Minds**
- * **Sleep**
- * **Go4Schools**
- * **Satchel**
- * **Keep the tripod strong**

Pre-Public Exams

Results Day

2.20pm, Friday 13th January



Stowmarket
High School

THE FUTURE · OUR BUSINESS

The Year Ahead

131

Success and Support Overview 2023

Success Sessions

Tutor Time English/Maths

Community School Link

WTM

Easter Support Sessions

SLT/HOY Champions

Rewards and Recognition

Bigger Picture and Opportunities

Elevate

Self-Esteem Team

An early start....



TUTOR TIME MATH'S
SUPPORT –
26TH SEPTEMBER



TUTOR TIME ENGLISH
SUPPORT. A CHRISTMAS
CAROL - 26TH SEPTEMBER



TUTOR TIME ENGLISH
SUPPORT. ACADEMIC
WRITING – 26TH
SEPTEMBER.



SLT/HOY CHAMPIONS -
26TH SEPTEMBER.



SLT/HOY LESSON DROP-IN

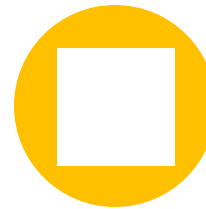
What's next?



TUTOR/STUDENT
PPG MEETINGS



SELF-ESTEEM TEAM -
10TH OCTOBER



ELEVATE. STUDENT
ELEVATION – 13TH
OCTOBER



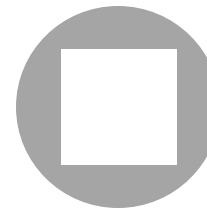
SUCCESS SESSIONS –
OCTOBER HALF TERM



COMMUNITY SCHOOL
– OCTOBER HALF TERM

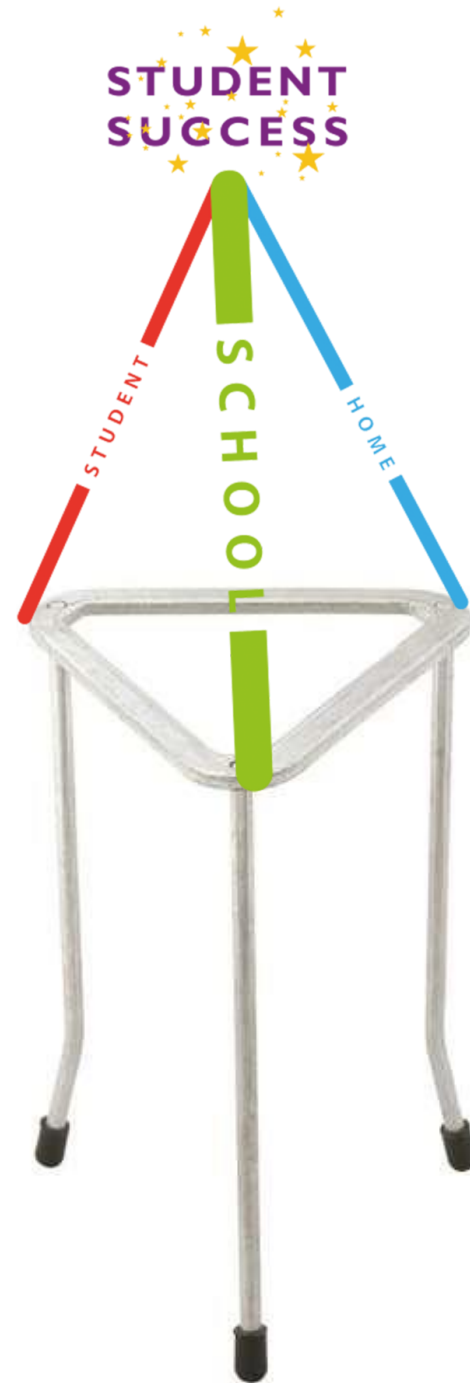


MATH'S AND ENGLISH
WTM. 2ND – 4TH
NOVEMBER



ELEVATE. TIME
MANAGEMENT. 10TH
NOVEMBER.

The key to
success
and
support



Helping Students **All** **The Way**

Other support available throughout the year



Ongoing Support

Open To All



It's OK!

We know that some students will struggle at points this year. It's important to remind them that we are all working together to support them through it.



Tutors

First support every day

Tutor Team

11S



Mr West

11T



Mrs Mudhar

11O



Mr Blewitt

11W



Mr Hawkins

11H



Mrs Relf

11I



Mrs Fisher

Ongoing Support

Open To All



It's OK!

We know that some students will struggle at points this year. It's important to remind them that we are all working together to support them through it.



Tutors

First support every day



Head of Year

Whenever they need me



Teachers

They know their students



Parents

Encouraged to communicate openly





Extra Support

There are times when we all need it

The Mix

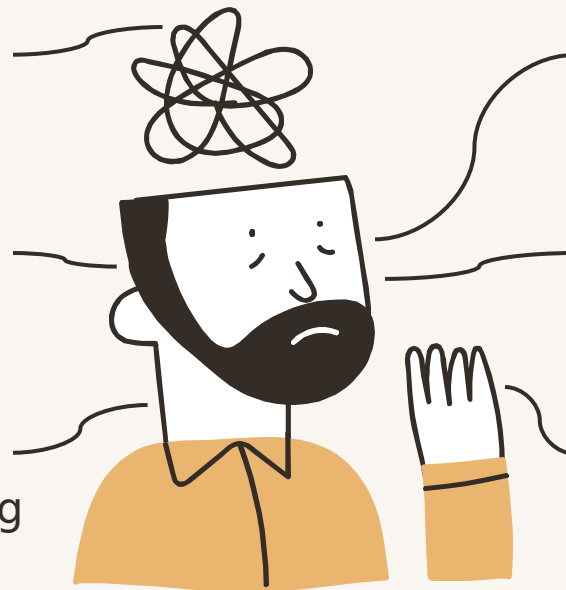
Great things on offer in school and out of it

NSFT

Team of professionals to offer targeted support

Outside Support

External companies coming in to help those in need



Futures

Extra help for those feeling lost

The Oasis Team

Immediate support on hand for those that need it

Mentoring

One-to-one support for those who need it



Year 11

Success and Support

Evening






• Create an environment that aims to further reduce the stigma associated with emotional fitness and promote positive emotional fitness and wellbeing within the school.

Meet the Emotional Fitness Team →

Help and Support Key Contacts →

Resources →



Oasis Newsletter

oasis

Live in the sunshine, swim the sea, smile the world.
- Ralph Waldo Emerson

Welcome to our first edition of 2023/2024!

We bring you Summer!

We have released this edition a little earlier than usual because we want people to feel that they have opportunity to read and digest the content and not wait until the end of term. This edition also contains lots of ideas for the summer break to help you find a balance over the 4 week break, look out for some resources for your 4 students (although they can be used by all).

The Oasis Team

Please do look out for some summer related events

Stowmarket High School

Emotional Fitness

Statement of Emotional Fitness Intent

Moral Purpose

At Stowmarket High we are placing wellbeing and emotional fitness at the heart of our school, as it impacts on how we all feel and our ability to function. We aim to equip our staff and students with the understanding, skills, and experiences to lead satisfying, worthwhile and happy lives. We are taking a school wide approach to emotional fitness and wellbeing to provide the best possible experience for all our staff and students. We are committed to emotional fitness permeating every aspect of the school culture and experience and it being part of the language of education.

HOME | PARENTS | EMOTIONAL FITNESS | RESOURCES

Resources

[Activity Pack to develop Emotional Fitness – Full Booklet](#)

[Mindfulness Colouring Book](#)

[Numbers Colouring Book](#)

[Butterfly of Balance](#)

[DfE The Education Staff Wellbeing Charter](#)

[The Mood Battery](#)

[Click Here to view 10 Minute Meditation to Reframe Stress](#)

[Click Here to view Five Minute Mindful Breathing](#)

[Link to Toolbox/Childline – Take your mind off things with games](#)

[Link to Sleep Toolkit – a short guide to help you sleep](#)



<https://www.stowhigh.com/parents/emotional-fitness/resources/>



Supporting young people's mental health Parent/carer workshops September - October 2022

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are live and 60 minutes long.

Supporting our Young People Manage Big Feelings

A workshop aimed at parents of young people aged up to 11 to help support our children in managing difficult emotions

26 September - 13:00. [Book a place](#)

26 September - 18:00 [Book a place](#)

Supporting your Child to Attend or Get Back to School

Is it difficult to get your child to school? This workshop aims to develop parents' understanding and provide helpful strategies

27 September - 18:00 [Book a place](#)

Supporting our Young People with Anxiety

For parents to understand anxiety and how to support their child with worry

27 September - 19:15. [Book a place](#)

18 October - 18:00. [Book a place](#)

Supporting our Young People with Challenging Behaviour

A workshop for parents who are concerned or want to learn more about child behaviour that can be difficult to manage

17 October - 13:00. [Book a place](#)

Supporting our Young People Manage Uncertainty

A workshop to support parents in helping their children manage uncertainty and the emotions that follow

17 October - 18:00. [Book a place](#)

Supporting our Young People with Low Mood

For parents to understand low mood and how to support their child/teenager

18 October - 19:15. [Book a place](#)

Scan the QR code to find out more and book a place on a workshop or visit www.eventbrite.co.uk and search for Psychology in Schools Team - NSFT



Working together
for better mental health