



Welcome

Year 10 Information Evening

Contents

- Student Outcomes 2023
- Curriculum
- Personal Development
- Safeguarding
- SEND
- Exams
- Revision – technique, revision sessions and booklet
- How can I help my child?



GCSE Results

	Grade 4 and above		Grade 5 and above		Grade 6 and above	
	CEC 4+	Nat 4+	CEC 5+	Nat 5+	CEC 7+	Nat 7+
Maths	78.0	61.0	58.0	43.0	18.0	17.2
English Lit	81.0	73.9	61.0	57.7	23.0	20.6

A-Level Results 2023

	CEC	National
A* - B	56.6%	52.7
A* - C	81.3%	75.4

Year 13 destinations.

Despite national reports of the toughest competition for university places, almost 85% of our students will be starting university courses this September.

10% of our Year 13 will be starting higher apprenticeships and 5% will enter employment or take a gap year.

50% will be attending elite Russell Group Universities and over 82% of our students achieved their first choice university.



Educate for life



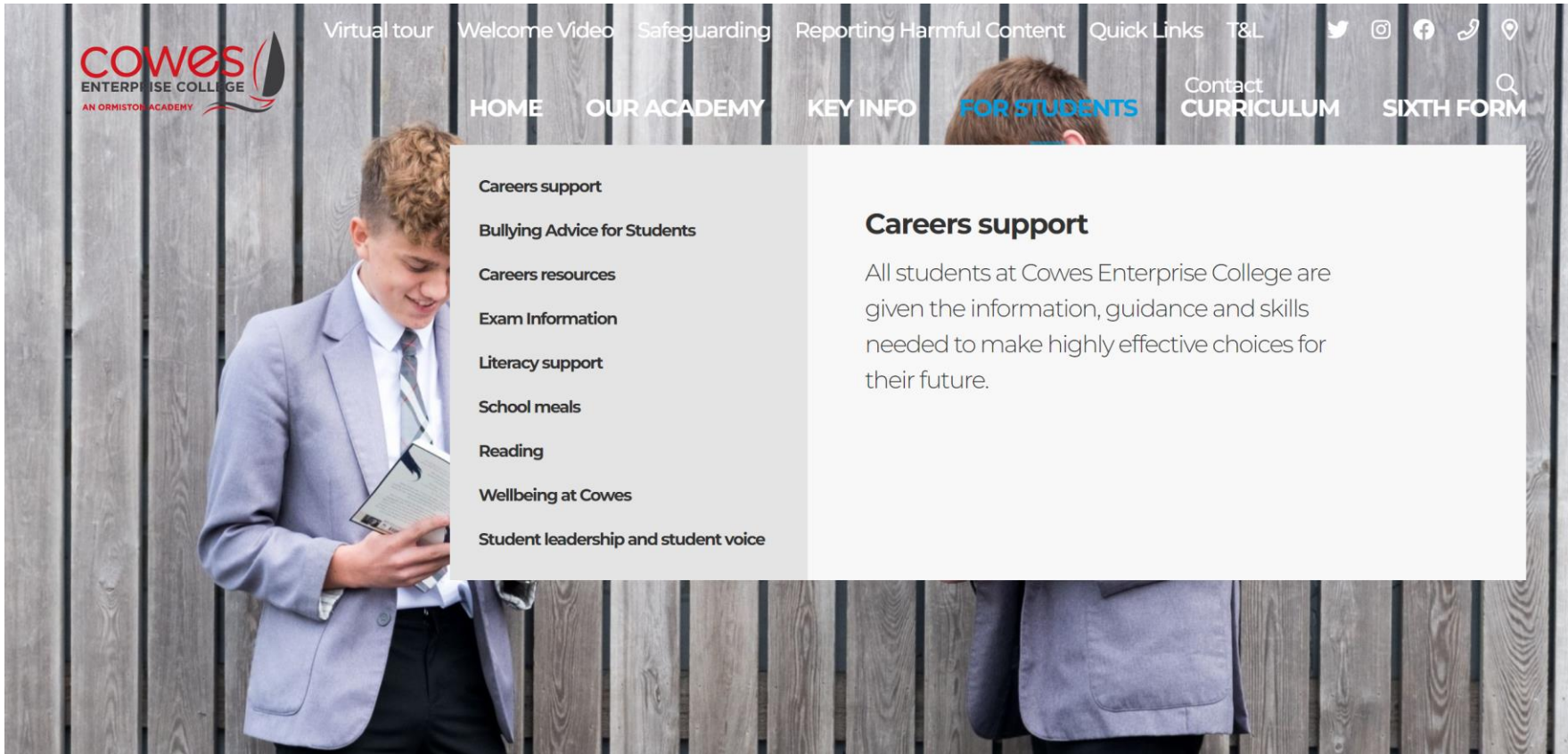
Curriculum - booklet

- Broad and balanced
- English Baccalaureate (EBacc) subjects
- PE and E1M
- Optional subjects

Year 10
Maths, English and Science
Humanities
MFL
Optional subjects



Literacy – reading list



The screenshot shows the Cowes Enterprise College website. The header includes the college logo, navigation links (Virtual tour, Welcome Video, Safeguarding, Reporting Harmful Content, Quick Links, T&L), and social media icons. The main navigation bar has links for HOME, OUR ACADEMY, KEY INFO, **FOR STUDENTS**, Contact CURRICULUM, and SIXTH FORM. A dropdown menu for 'FOR STUDENTS' is open, listing: Careers support, Bullying Advice for Students, Careers resources, Exam Information, Literacy support, School meals, Reading, Wellbeing at Cowes, and Student leadership and student voice. The 'Reading' option is highlighted. The background of the website features a student in a school uniform holding a book.

COWES
ENTERPRISE COLLEGE
AN ORMISTON ACADEMY

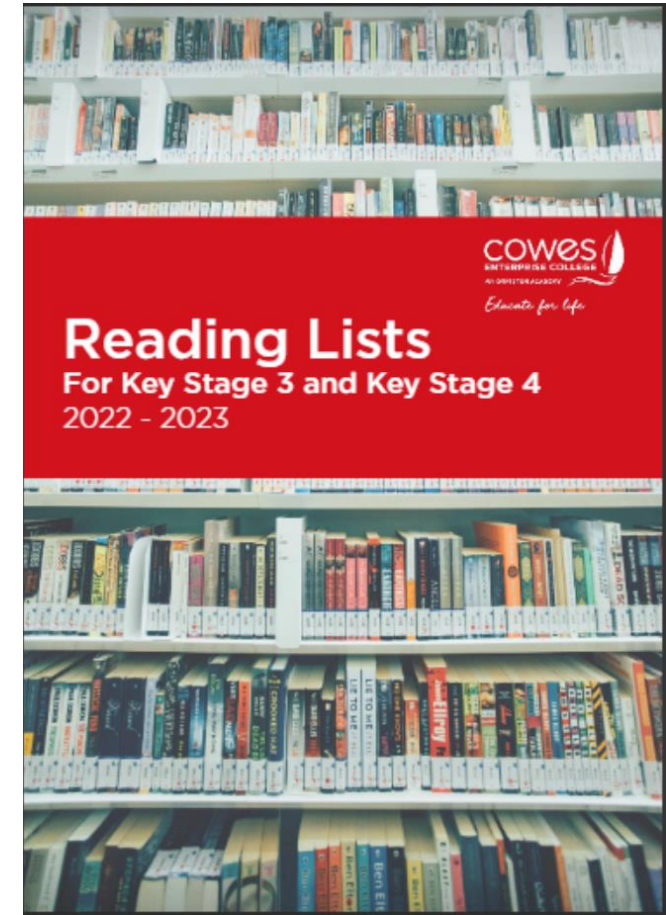
Virtual tour Welcome Video Safeguarding Reporting Harmful Content Quick Links T&L

HOME OUR ACADEMY KEY INFO **FOR STUDENTS** Contact CURRICULUM SIXTH FORM

Careers support
Bullying Advice for Students
Careers resources
Exam Information
Literacy support
School meals
Reading
Wellbeing at Cowes
Student leadership and student voice

Careers support

All students at Cowes Enterprise College are given the information, guidance and skills needed to make highly effective choices for their future.





Personal Development

E1M
Curriculum

Charter

Careers

Enrichment
opportunities

Everyone Matters (E1M)

Year 10

Statutory Requirement -

PSHE, RE, Citizenship and Relationships and Sex Education requirements.

The E1M curriculum has been carefully designed to;

- Broaden our students' horizons
- Prepare themselves for the modern world
- Enrich their lives
- Identify how to keep safe
- Take into account our local context

Where to go to for help?

[Honest information about drugs | FRANK](#)

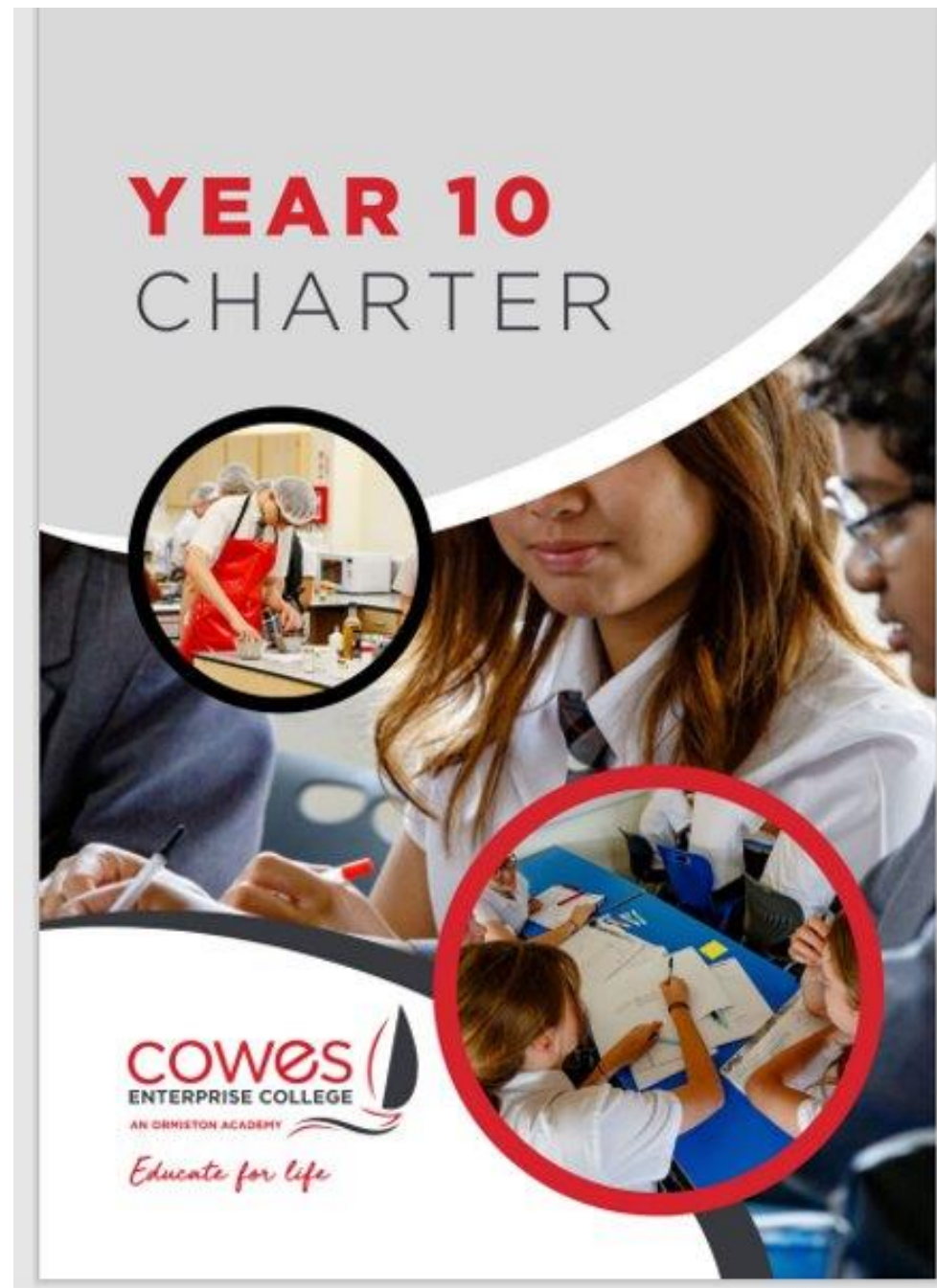
talktofrank.com

[Coping with your teenager - NHS \(www.nhs.uk\)](http://www.nhs.uk)

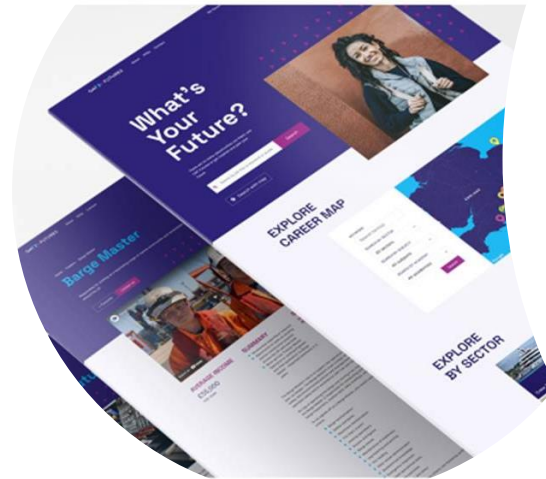
[How to teach kids about money | MoneyHelper](#)



Enrichment



FUTURES



Recognising Excellence
in Careers, Employability
and Enterprise



Mental Wellbeing



[Course - Top Tips for Mental Health and... \(iow.gov.uk\)](https://www.iow.gov.uk)

[User evaluation | AwardPlace](#)

WE WILL LISTEN and WE CAN HELP



At Cowes Enterprise College every single staff member is responsible for safeguarding. All staff are here to promote the welfare of children and protect them from harm.

ALL adults are trained to take the appropriate action and ensure that one of these people displayed are informed so that they can follow up with specific assistance, support and guidance on an individual basis.



Mr Lyon | Designated Safeguarding Lead
RLyon@cowesec.org



Mrs Jupe | Deputy Designated Safeguarding Lead
KJupe@cowesec.org



Mrs Kitley | Principal
RKitley@cowesec.org



Mr Harding | Vice Principal KS3
THarding@cowesec.org



Mr Brown | Assistant Principal KS4
ABrown@cowesec.org



Mr Sanchez-Brown | Assistant Principal KS5
DSanchez-Brown@cowesec.org



Miss D Godfrey | Assistant Principal
DGodfrey@cowesec.org



Mrs S Tanner-Rolf | Head of Year 7
STanner-Rolf@cowesec.org



Mrs J Rudd | Head of Year 8
JRudd@cowesec.org



Mrs C Thomas | Head of Year 9
CThomas@cowesec.org



Mrs V Lewis | Head of Year 10
VLewis@cowesec.org



Miss M Monaghan | Head of Year 11
VMonaghan@cowesec.org



Mrs S Cody | Deputy Director of Learning for Sixth Form
SCody@cowesec.org



NSPCC

As individual students we want you to feel happy to talk to whomever you feel most comfortable - whether this is your form tutor, head of year or any other staff member.



Contact Information

- Please contact Designated Safeguarding Lead, Mr Roger Lyon or Deputy Safeguarding Lead Mrs Karen Jupe if you have any queries about safeguarding.
- Please phone 01983 203103 or for less urgent enquiries please email: info@cowesec.org



Immediate Concern

- Alternatively, if your concern is urgent, please contact the Hampshire MASH line on:
- 0300 555 1384 during office hours 8.30am to 5pm Monday to Thursday, 8.30am to 4.30pm on Friday or 0300 555 1373 at all other times to contact the out of hours service.
- If there is an emergency and you believe a child is in immediate danger, you must call 999 without delay.



Examinations

- Mock exams:
 - 8th-12th January 2024
- In-class assessments
 - 10th-14th June 2024
- Exam regulations:
 - Timings, Wrist watches

[OAT]
Ormiston Academies Trust
ACHIEVING MORE TOGETHER

COWES
ENTERPRISE COLLEGE
AN ORMISTON ACADEMY
Educate for life

Cowes Enterprise College

Year 11 Revision Booklet
GCSE Examinations
Summer 2023

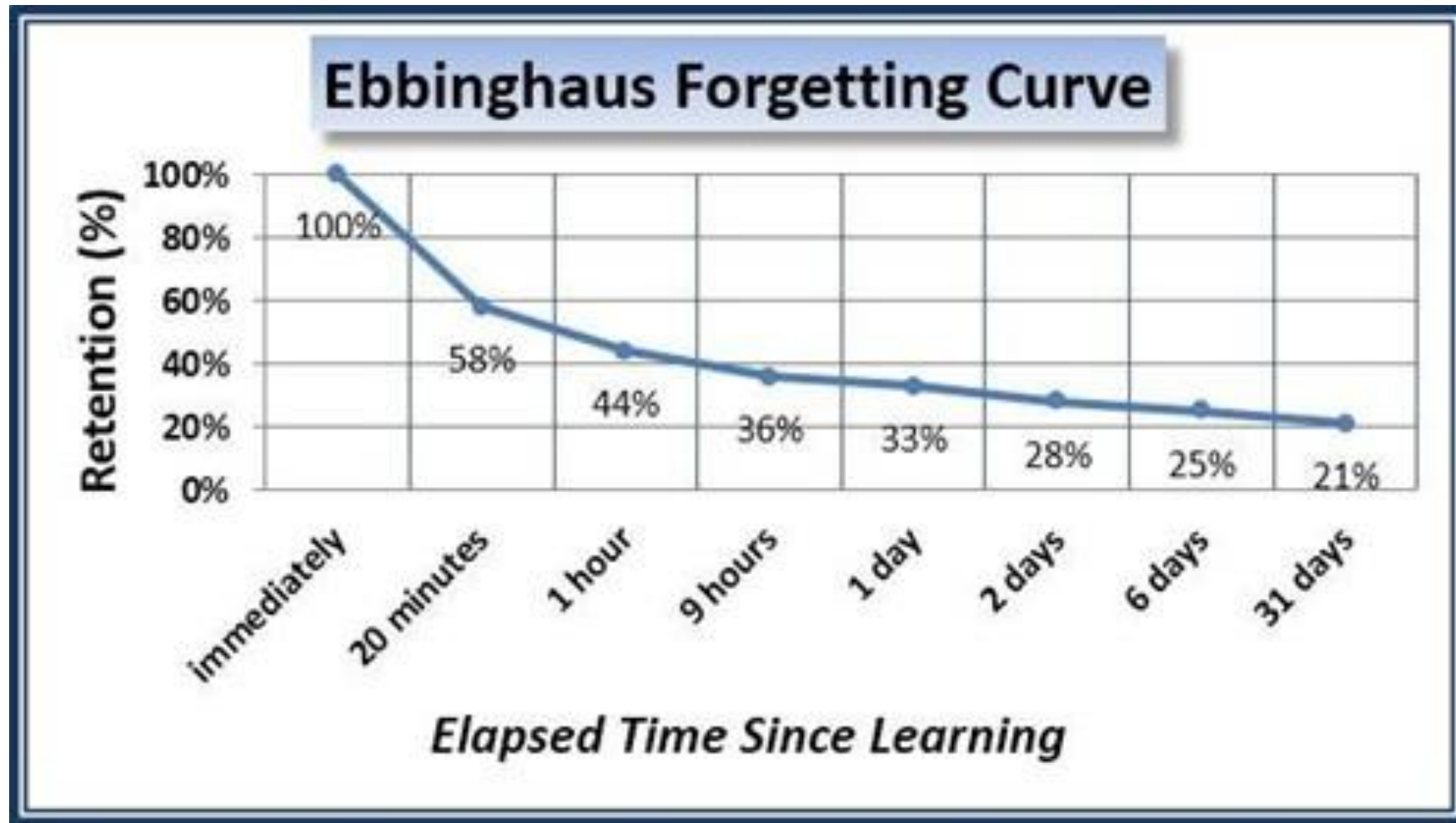


Access Arrangements

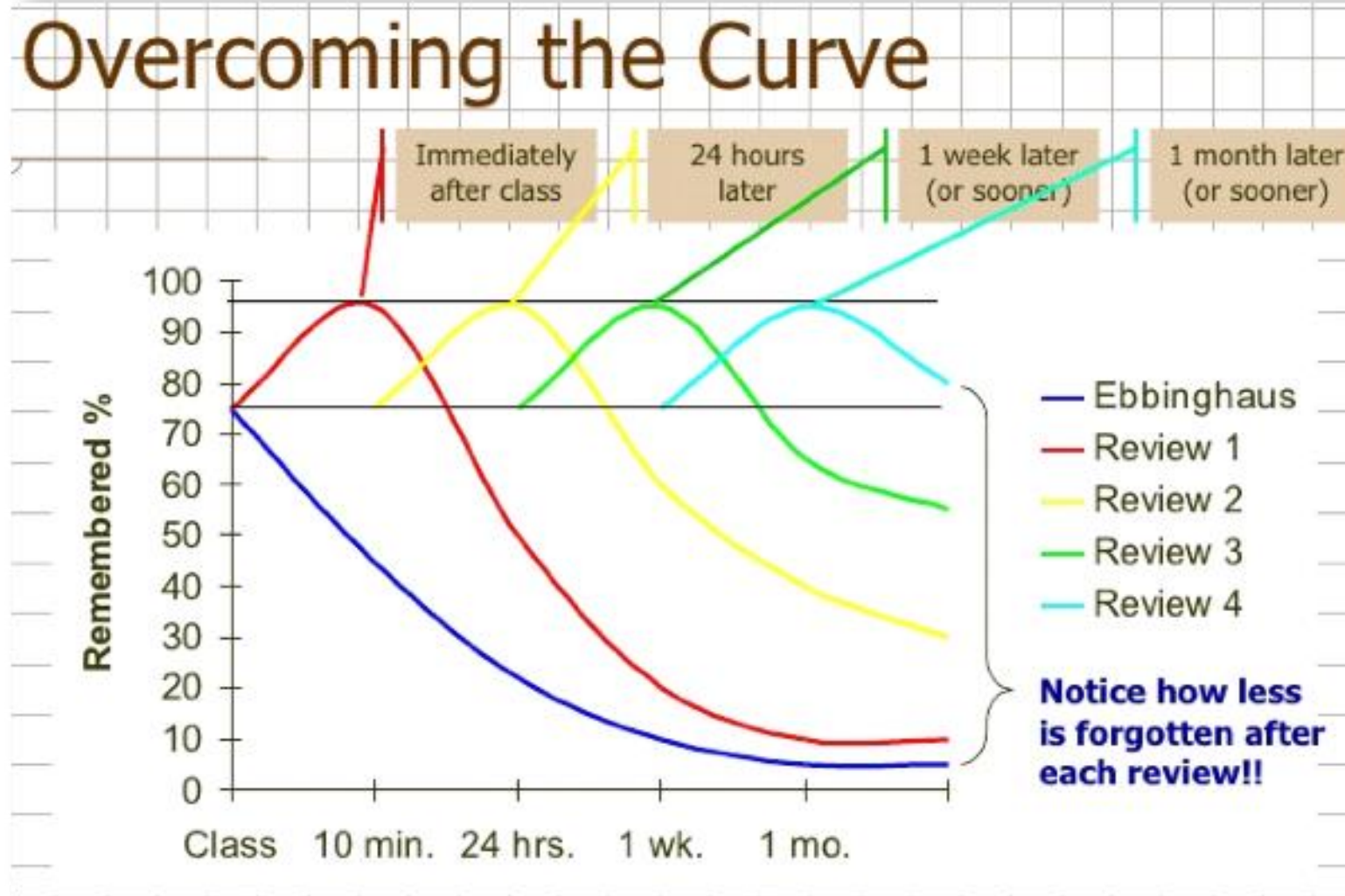
- ✓ Adhere to JCQ regulations
- ✓ Reader, Scribe, Extra Time
- ✓ Teacher evidence of a history of need and students normal way of working.
- ✓ Medical evidence
- ✓ Applications made by:
Modified papers 31 January 2024
All other access arrangements 21 March 2024
- ✓ Applications last for 28 Months.
- ✓ Can be carried onto next centre.



Revision



Revision



Only two of the 10 techniques examined turned out to be really effective :

1. Testing yourself (Practice testing)
2. Spreading out your revision over time (Distributive practice)

To be successful:

- Revise little and often
- Start within 24 hours of learning new material
- Return to topics regularly
(immediately, a month later, year 10, year 11 etc.)
- Create flashcards, posters, quizzes...

Helping you memorise

5 simple steps

Step 1- Highlight the key points on the revision guide

Step 2- Make a flash card/bullet point list/mind map

Step 3- Copy out flash card/bullet point list/mind map over and over- x10

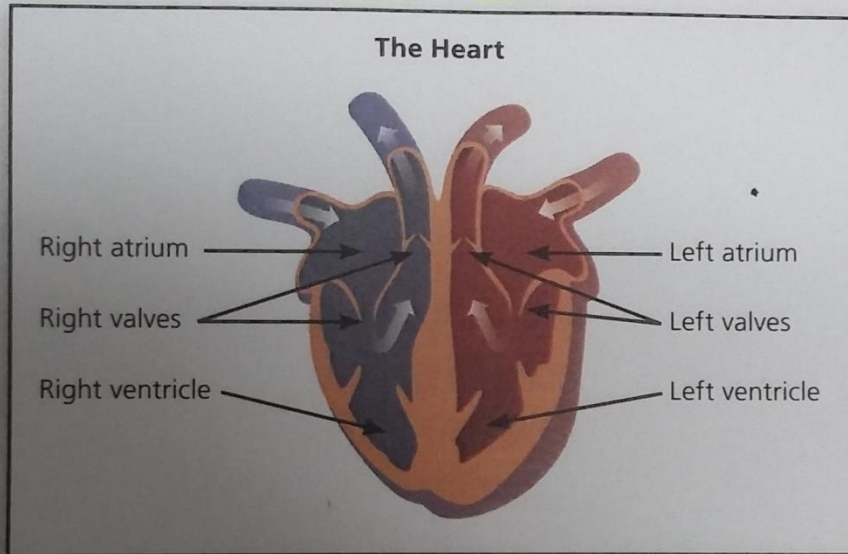
Step 4- Test yourself- verbally or in writing- (if you cannot remember, go back to step 3 and repeat)

Step 5- Practice exam question in timed conditions with no notes.

Step 1-Highlight key points on the revision guide

The Heart

The heart is a muscular organ in the circulatory system. It beats automatically, pumping blood around the body to provide cells with oxygen and dissolved food for **respiration**. The blood removes carbon dioxide and water as waste products.



Blood from the rest of the body enters the right atrium of the heart. It then moves into the right ventricle before being pumped to the lungs. When the oxygenated blood returns to the heart, it enters the left atrium. It then moves into the left ventricle before being pumped to the rest of the body. The heart is called a **double pump** because blood returns to it twice.

The heart itself is mainly made up of muscle cells. These cells also require oxygen and dissolved food, so the heart needs its own blood supply.

Don't highlight everything- just keywords and points

You are trying to condense the content

Step 2- Make a flash card/bullet point list/mind map using the highlighted text

THE HEART

- Muscular organ in **Circulatory System.**
- Beats automatically
- Pumps blood → body → cells with Oxygen + dissolved food for **respiration.**
- Blood → removes CO₂ Water as waste.

- **Blood from body** → enters **RIGHT ATRIUM**
↳ moves to **RIGHT VENTRICLE** → then pumped to the **lungs.**
- **Oxygenated blood** returns to **LEFT ATRIUM**
↳ moves into **LEFT VENTRICLE** → then pumped to **body** **TO LUNGS.**

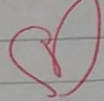
- Heart = double pump → blood returns twice.

The diagram illustrates the flow of blood through the heart. It shows the Right Atrium and Right Ventricle on the left side of the diagram, and the Left Atrium and Left Ventricle on the right side. Green arrows indicate deoxygenated blood flow: from the body to the Right Atrium, then to the Right Ventricle, and finally to the lungs. Red arrows indicate oxygenated blood flow: from the lungs to the Left Atrium, then to the Left Ventricle, and finally to the body. The diagram also labels the Right and Left Valves.

Use colours to help key concepts and points stand out

These are students' neat notes that they keep and use to revisit and test themselves

Step 3- Copy out flash card/bullet point list/mind map over and over- x5

The heart 

- Muscular organ in Circulatory system
- Beats automatically
- Pumps blood to body - provide cells with O_2 + dissolved food for RESPIRATION.
- Blood removes CO_2 + water as waste
- Blood - from body (deoxygenated) - RIGHT ATRIUM → moves RIGHT Ventricle → Lungs.
- Blood - from lungs (oxygenated) → LEFT VENTRICLE → moves LEFT Ventricle → body.
- DOUBLE PUMP.

Writing is better
than simply
reading when it
comes to
memorising.

Step 4- Test yourself- verbally or in writing- (if you cannot remember, go back and repeat to step 3)



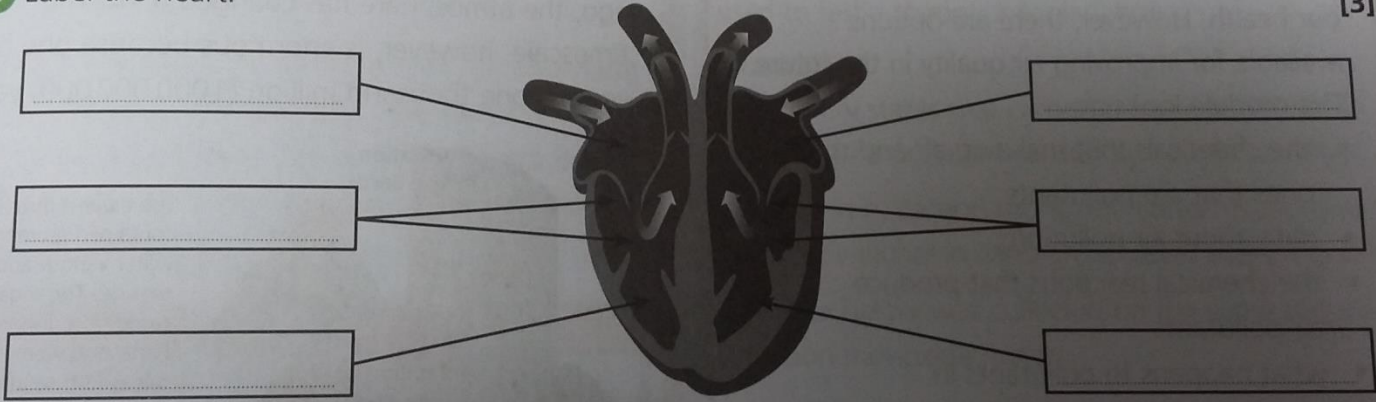
REPETITION is very important- REPEAT REPEAT REPEAT

Step 5- Practice exam question in timed conditions with no notes.

Exam Practice Questions

B1 5 Explain the disadvantages of making genetic testing compulsory. **[6]**
The quality of written communication will be assessed in your answer to this question.

B2 6 Label the heart. **[3]**



Revision and information learnt must be applied to the exam. Otherwise you will learn information but will have no idea how this information actually helps you score marks in the examination.

Examiners want you to answer the exact question being asked.

Helping you memorise

5 simple steps

Step 1- Highlight the key points on the revision guide

Step 2- Make a flash card/bullet point list/mind map

Step 3- Copy out flash card/bullet point list/mind map over and over- x10

Step 4- Test yourself- verbally or in writing- (if you cannot remember, go back to step 3 and repeat)

Step 5- Practice exam question in timed conditions with no notes.

How can I help my child?

- Attendance – to school and support sessions
- Talk to them about their learning
- Independent Study – free learning platforms
- Revision



How can I help my child?



Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Maths English	Science French or Spanish	Option subject 1 History or Geography	Maths Science	English Option subject 2	Extra Revision / Catch up	Extra Revision / Catch up

Stay in touch

info@cowesec.org

Head of Year 10 - Mrs V Lewis

