

Educate for life





Welcome

Year 10 Information Evening

Contents

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



Welcome

Rachel Kitley

Principal



Schools

How going phone-free taught pupils at English secondary 'to school'

COWES ENTERPRISE COLLEGE STUDENTS SHINE IN MATILDA THE MUSICAL

Rachel Kitley, the head of Cowes Enterprise College, a large secondary on the Isle of Wight, said she was in discussions with parents about introducing a phone-free policy later this year.



Rachel Kitley, the principal of Cowes Enterprise College, Isle of Wight. Photo: The Guardian

The college's current policy allows pupils to keep their phones off. "That policy has been fine for many years here but I think for change. Some of it comes from parents - our survey of parents wanting a stricter policy around phones. Only 5% wanted a more policy," Kitley said.

"Parents mentioned [in the survey] that phones were a distraction. Somebody said they were worried that their daughter was obsessed. Somebody else wrote that they didn't have the discipline to not look at it. Somebody else wrote that they didn't have the discipline to not look at it."



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Morning Live Series 6: 27/09/2024

Cowes Enterprise College's Science Festival showcases robotic arms and ocean conservation

Kira Thorogood · 27 September 2024



Cowes Enterprise College proudly hosted the annual Isle of Wight Science Festival this summer, an event to ignite students' interest in science, technology, engineering and mathematics (STEM) careers.

The festival, themed around "lighting a spark," brought together twenty-three local companies that shared exhibition stands, displays, demonstrations, and hands-on mini-tasks, creating a vibrant and engaging

COWES ENTERPRISE COLLEGE STUDENTS GO FULL STEAM AHEAD WITH HYDROGEN GRAND PRIX

News Home More from Isle of Wight News

Tuesday, 9 July 2024 11:51 By Dominic Kureen @WriteOnDom



Talented student teams from Cowes Enterprise College have competed in the British Final of the H2GP Hydrogen-Powered RC Car Endurance Race.

The two sets of students, Team Eco Futures and Team Eco Change travelled over 400 miles to Scotland to take part in the world's largest hydrogen car competition.

Celebrating our fantastic A-Level Student Results! August 2024



Celebrating our fantastic GCSE Student Results!



Curriculum - booklet

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

Year 10
Maths, English and Science
Humanities
MFL
Optional subjects



Behaviour & Systems

- Highest expectations for Cowes Enterprise College
- 3R's



Resilience, Responsibility, Respect



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?

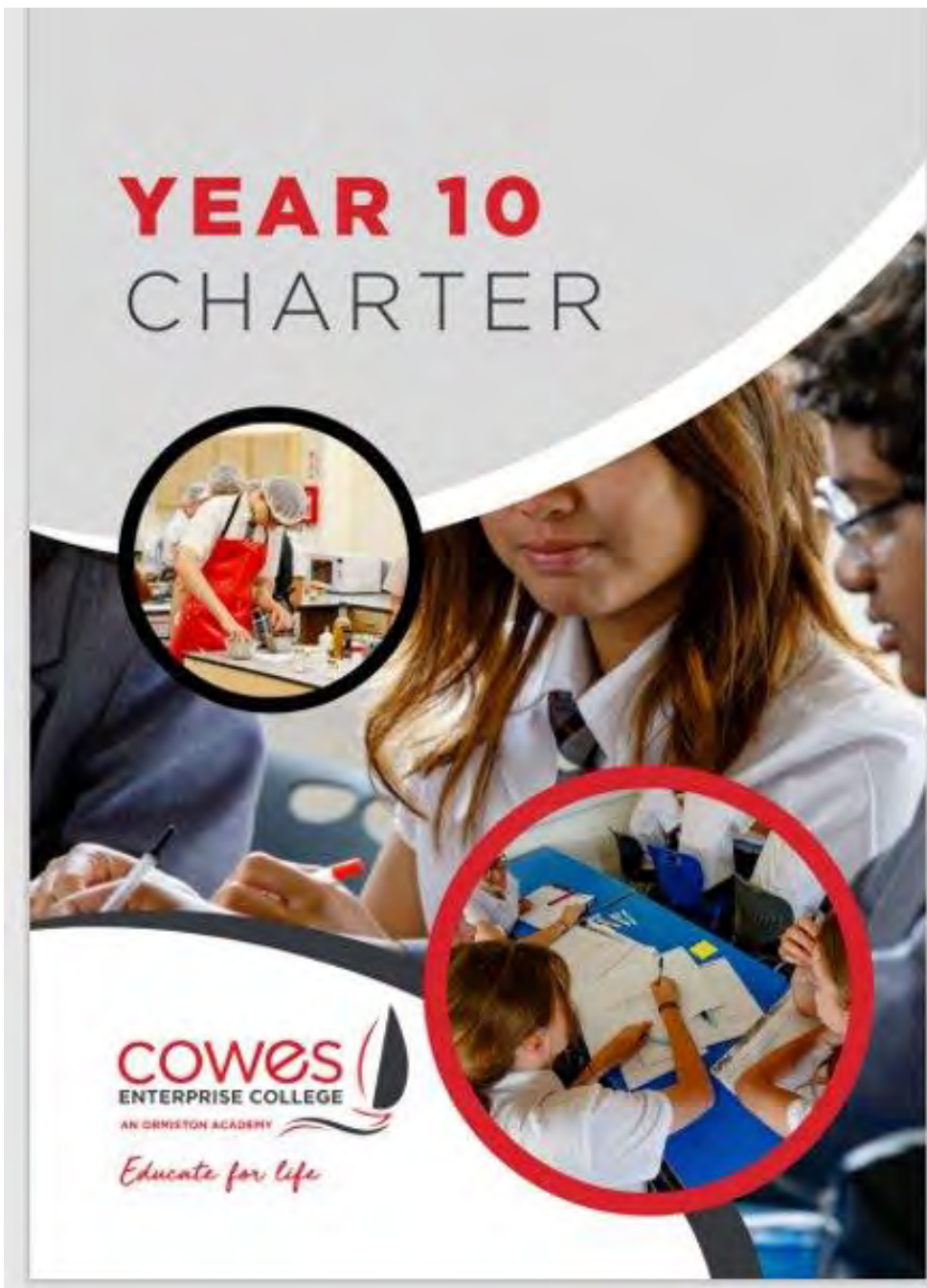
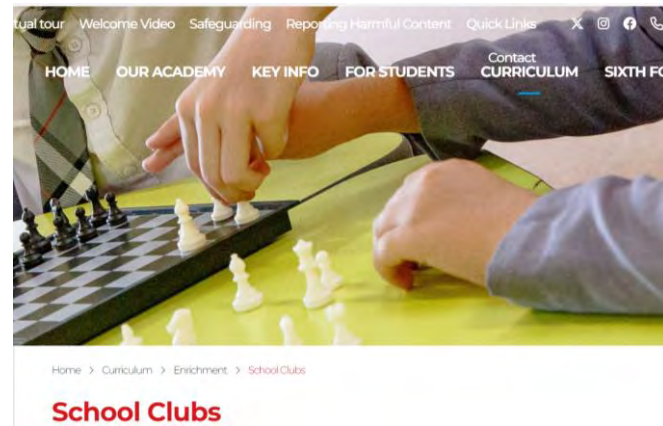
[Honest information about drugs | FRANK \(talktofrank.com\)](#)

[Coping with your teenager - NHS \(www.nhs.uk\)](#)

[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

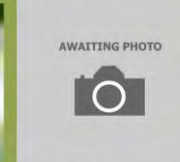


At Cowes Enterprise College every single staff member is responsible for safeguarding. All staff are here to promote the welfare of children and protect them from harm.

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
R.Lyon@cowesec.org



Mrs Jupp | Deputy Designated Safeguarding Lead
K.Jupp@cowesec.org



Mrs Kitley | Principal
R.Kitley@cowesec.org



Mr Harding | Vice Principal KS3
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Mr Brown | Assistant Principal KS4
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Mr Sanchez-Brown | Assistant Principal KS5
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Miss D Godfrey | Assistant Principal
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S.Tanner-Rolf@cowesec.org



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



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



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



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



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



Examinations

- Mock exams:
 - 13th-17th January 2025
- In-class assessments
 - 9th-13th June 2025
- Exam regulations:
 - Timings, Wrist watches



Cowes Enterprise College

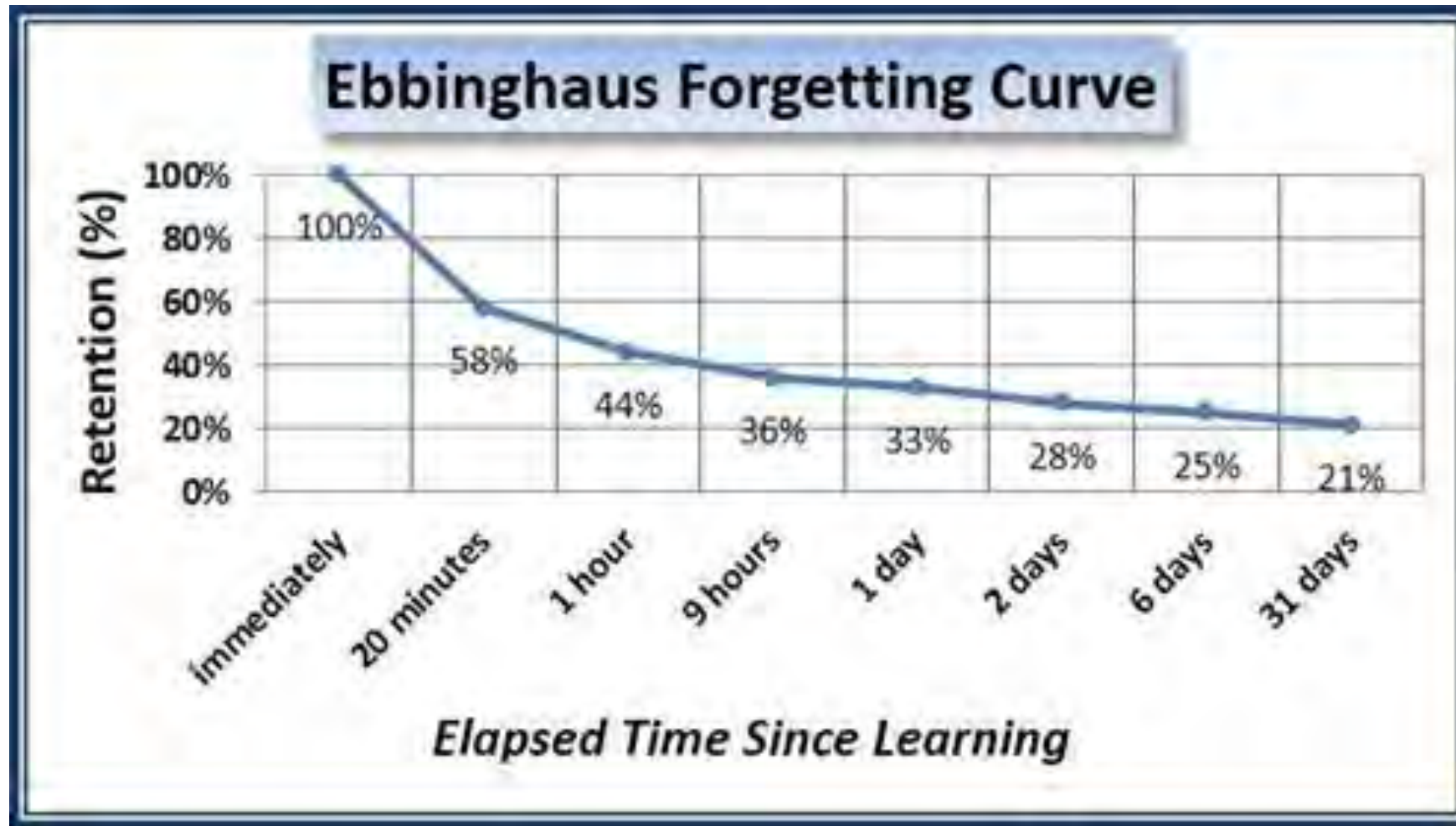
Revision Booklet

Year 10

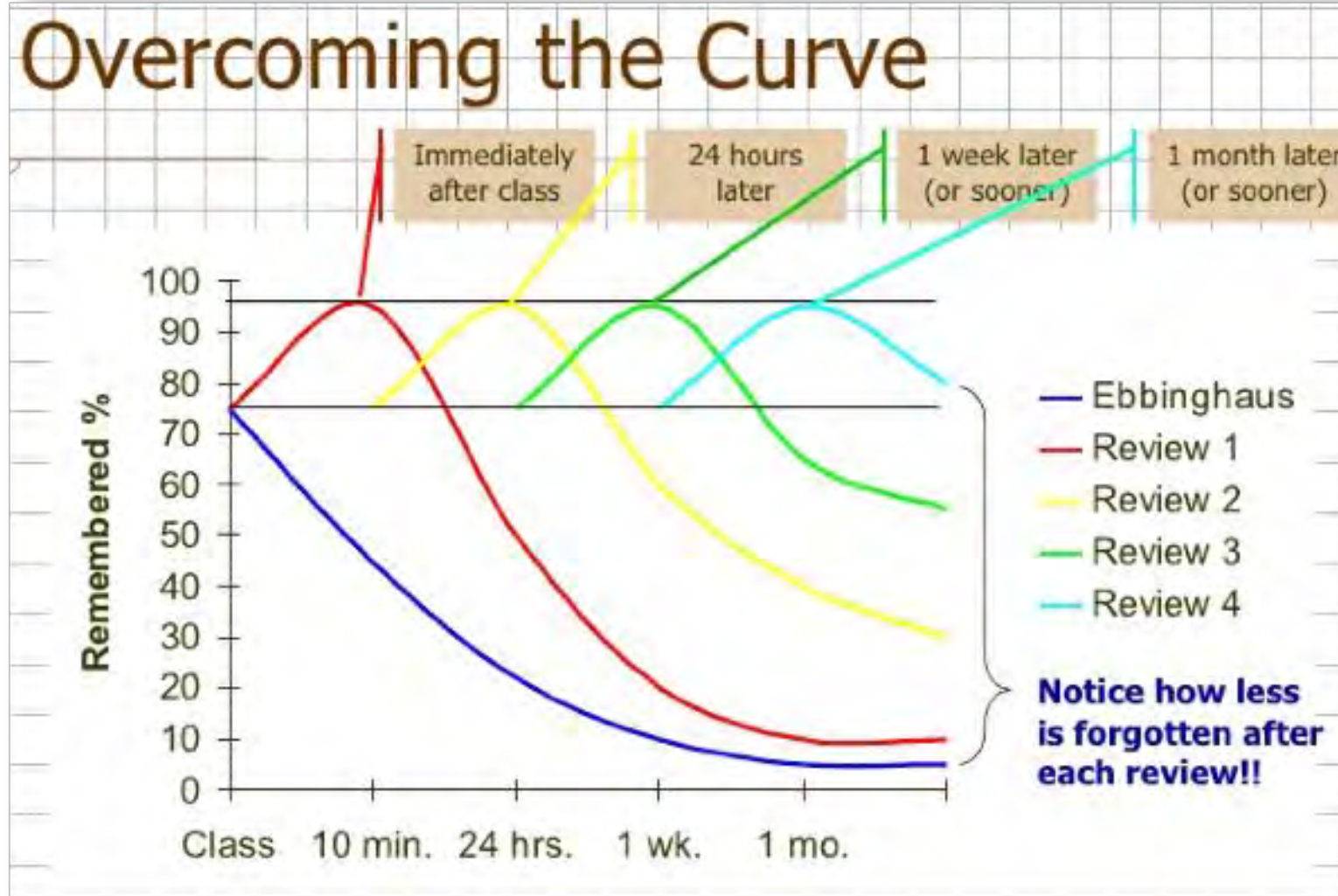
Summer 2024



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 (Distributed 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

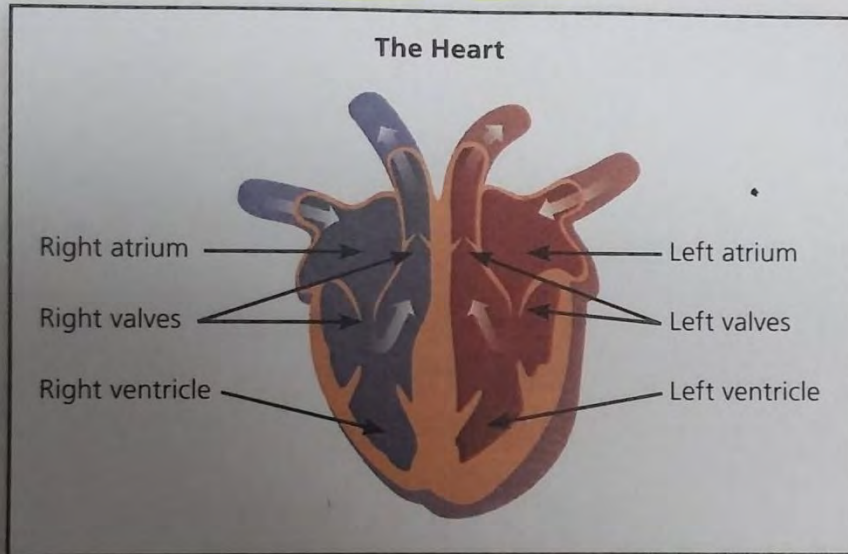
Step 4- Test yourself- verbally or in writing- (if you cannot remember, go back to step 3 and repeat)

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**.

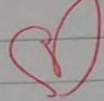
- Heart = double pump → blood returns twice.

The diagram illustrates the heart's structure and the flow of blood. 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. Arrows indicate the flow of blood: from the body (Deoxygenated blood) into the Right Atrium, then to the Right Ventricle, and out to the lungs. From the lungs (Oxygenated blood), it enters the Left Atrium, then to the Left Ventricle, and out to the body. The diagram also shows 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)



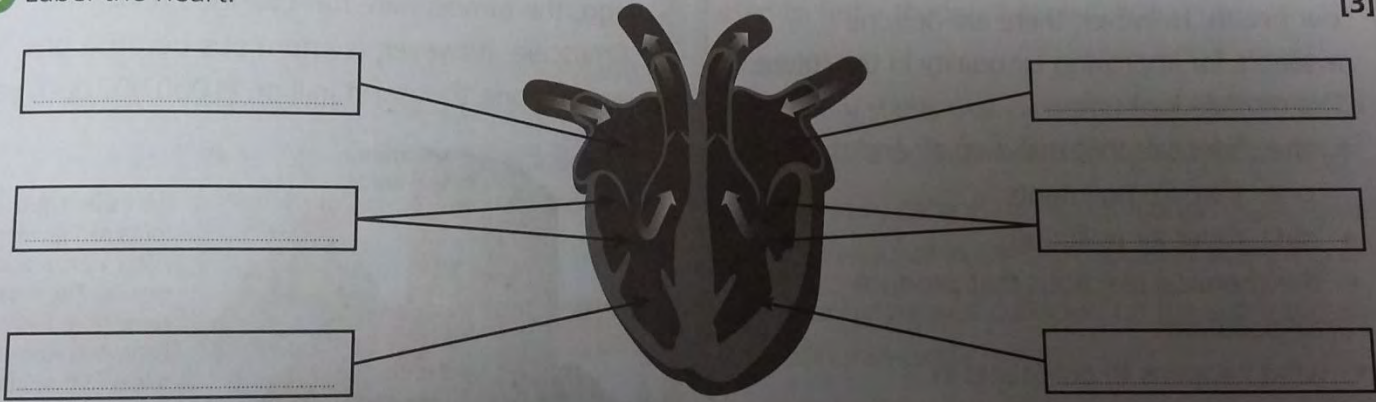
REPETITION is very important- REPEAT REPEAT REPEAT

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]



The diagram shows a human heart with six empty rectangular boxes for labeling. Three boxes are on the left and three are on the right. Lines connect the boxes to the heart: the top-left box points to the right ventricle, the middle-left box points to the right atrium, and the bottom-left box points to the left ventricle. The top-right box points to the left atrium, the middle-right box points to the left ventricle, and the bottom-right box points to the right ventricle.

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

Homework



- Please download the Satchel:one

Due on ▼	Homework	Subject	Status	Grade	
14/06/2024	How does transportation and deposition change the coastline?	Humanities (7y/Gg2)	● Submitted	100%	Results
14/06/2024	What coastal landforms are created by erosion?	Geography (7y/Gg2)	● Submitted	80%	Results
12/06/2024	Assessment revision	Science (7y/Se3)	N/A	N/A	Assess
12/06/2024	Year 7 End of Year Science Assessment - Extras IF you'd like to try any.	Science (7y/Se3)			Assess
10/06/2024	Maths Revision	Maths (7xy/Ma1)			Assess
07/06/2024	Crew Logo Design Competition- Optional	Art & Design (7y/Ar2)	N/A	N/A	Assess
06/06/2024	Maths Revision	Maths (7xy/Ma1)			Assess
05/06/2024	Year 7 Summer Exam Date	Maths (7xy/Ma1)			Assess

Stay in touch

info@cowesec.org

Head of Year 10 -
Miss Thomas

