



Follow Up Post-Year 10 Information Evening

Dear Parents/Carers,

Firstly, thank you very much to those of you who were able to attend the online information evening a couple of weeks ago. I hope you found it useful and are reassured to know that we have a lot of support in place to help your children succeed in this important academic year. For those of you who were unable to attend, the slides can be found [HERE](#).

I thought I would also give you the [PSHE Overview of Topics](#) that we are covering this year, in our fortnightly lessons. I have the privilege of teaching five out of the seven classes (the students are taught in their Science groups for PSHE), and I hope the lessons are useful to them. They will also have an off-timetable day later this year, run by external providers. So far, we have recapped mental wellbeing and self-care, looked at stress and how stress can be reframed to be a positive motivational force (only sometimes of course!) By half term all students will have looked at how to counter procrastination, as well as how sleep habits and screentime factor into this. I am passionate about PSHE and would welcome any feedback from you that you think would be relevant or useful.

Finally, I wish to reiterate our boundaries and expectations around homework, which are there to support our students to have a balanced life. In year 10, the expectation is that a piece of homework takes around 35 minutes. Homework should never be set for the following day (Friday to Monday excepted), and it should be clearly set on Edulink. Please do encourage your young people to only spend the expected amount of time on their homework, and support them by removing distractions such as their phone, so that the 35 minutes feels more focused. If there are struggles in a particular subject regarding homework, please contact the relevant teacher.

May I take this opportunity to wish you all a lovely half term, and I hope you get to spend some quality time with your equally lovely children.

Yours faithfully,

Miss John

Teacher of English/Head of Learning for Year 10