



**Altrincham Grammar
School for Girls**

BRIGHT FUTURES EDUCATIONAL TRUST



Y10 Induction Evening, 2024

Proud to be part of:

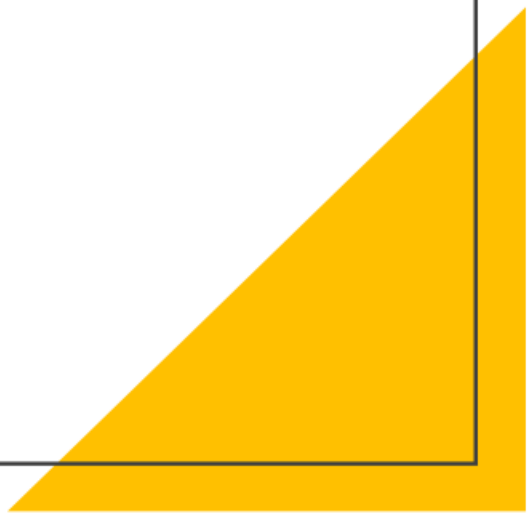


Ms Bond, Miss O'Hara & Hannah Fryer*
(recorded presentation by Dr George Thomas)

How parents/ carers can help support their child's mental health and wellbeing in school

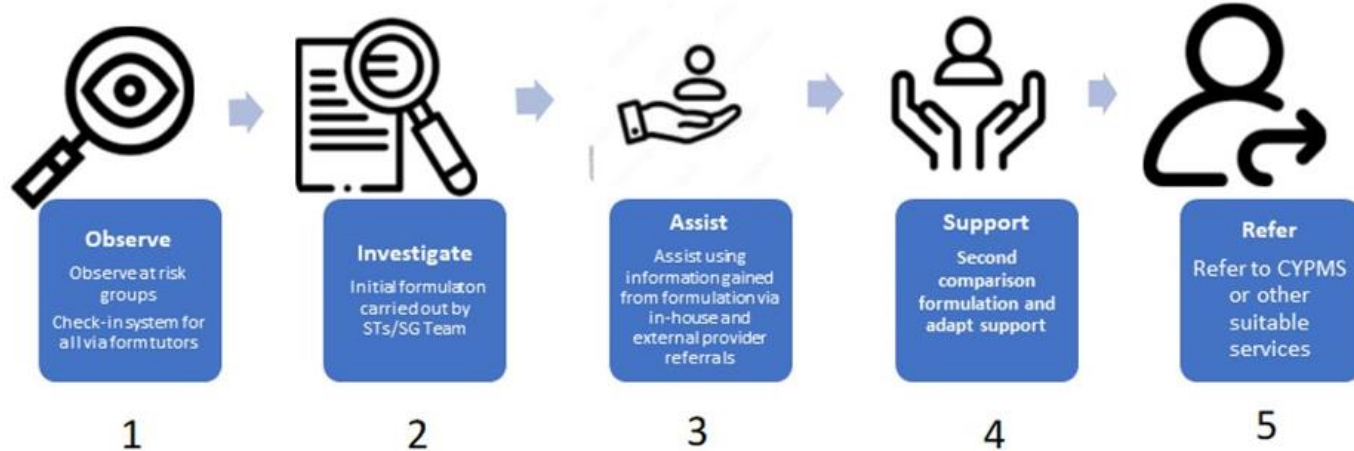
Hannah Fryer

*Trainee Educational Psychologist,
Bright Futures Educational Trust*





Mental Health and Wellbeing Support





Universal
Support

Targeted
Support

Intensive
Support

Psychological needs – Praise

Research tells us that students who were praised for process rather than person were much more likely to have a positive attitude to learning, embrace challenge, value hard work and be more adept problem solvers.

Person Praise

Where they are praised for being 'clever' or 'academic' or 'brilliant'.

Process Praise

Where they are praised for how they did things. For example: "you must have tried really hard with that" or "I like the way you have done that".



Psychological needs – Praise

Research has found that parental praise can have a huge impact on the mental wellbeing and academic success of students, but only if it is done correctly.

Common mistakes with praise

It is used excessively- results in children performing only the most basic behaviours asked of them.

It focuses on natural ability- leads to children developing a fixed mindset

It is used comparatively- they often come to believe that they are in fact superior.



Psychological needs – Praise

Process praise, which focuses on a child's effort is a much superior form of praise. This is because it **allows a child to develop a positive, motivational framework, where they believe they can improve that if they put in the necessary effort, which in turn leads to enhanced achievement over time.**

The best way to think about praise is to focus on the behaviours you want to see next time in your children. It should be used:

- ***Selectively***
- ***Sparingly***
- ***Specifically***



Psychological needs – Praise

The most important thing a parent can say is “I’m proud of you”.

Research has shown that simply telling children you are proud of them..

- **Reduces a fear of failure**
- **Increases self-esteem**
- **Creates a growth mindset**
- **Makes them happy**



Guidance on limiting use of mobile phones/devices

- Parental controls to limit content.
- Limit screen time.
- Ensure phones/devices are not in bedrooms overnight.
- Monitor apps used, websites visited, programmes watched.
- Encourage non-phone activities



Top tips for parents – school pressure/anxiety

When to be concerned:

- If the degree to which a young person feels low appears out of context or disproportionate to the reason why they might be feeling low
- If episodes are more frequent or prolonged and cause distress
- If it impacts on their ability to cope with everyday life



What it might look like

- Disrupted sleep
- Persistent reassurance seeking
- Resistance to doing thing
- Avoidance
- Over-working
- Becoming distressed or agitated
- Some repeated patterns of behaviour or routines
- Some episodes of panicking
- Demanding things be done in certain ways or requesting others to do things for them



What to do

Normalise that anxiety is a natural emotion

Let us know so that we can support

Encourage looking after physical, mental and emotional health by ensuring:

- Eating and drinking regularly
- Following good sleep hygiene
- Being organised, planning and pacing work
- Taking regular breaks from study
- Engaging in leisure activities regularly
- Taking part in regular physical activity

Watch a parent/carer workshop on how to support anxiety

Watch a parent/carer workshop on coping and resilience skills



Parent Workshops

Parent workshop on supporting anxiety

<https://www.youtube.com/watch?v=EMJj9sHtIFQ>

Parent workshop on coping and resilience skills:

<https://www.youtube.com/watch?v=K4OGOhNwML0>



Resources

- <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/preparing-exams/>
- <https://www.studentminds.org.uk/examstress.html>
- <https://www.goconqr.com/en/gcse/revision-tips/how-to-deal-with-exam-stress/>
- <https://www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress/>
- <https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>
- https://youtu.be/NbS_fymHMho
- <https://youtu.be/-RZ86OB9hw4>
- <https://youtu.be/Sa41YQkZZaI>
- <https://youtu.be/Dr9WXWSuZpM>



Attendance MATTERS EVERY SCHOOL DAY COUNTS



BE PUNCTUAL

Arrive at school on time
Arrive to lessons on time
Aim for 100% attendance

Daily Lateness equates to...

3

5 MINUTES LATE =
15 HOURS OF LEARNING LOST
3 DAYS OF LEARNING LOST

6

10 MINUTES LATE =
30 HOURS OF LEARNING LOST
6 DAYS OF LEARNING LOST

10

15 MINUTES LATE =
50 HOURS OF LEARNING LOST
10 DAYS OF LEARNING LOST

Did you know?

There are 175 non-school days during the year to spend on family time, visits, holidays, shopping and other appointments. Days off school add up to lost learning. A two week holiday in term time means the highest attendance you can get is 94.5%

100%

Excellent attendance!
Our aim for all students.

100%
EXCELLENT

6 DAYS ABSENCE

30 hours of learning lost
On the right path -
keep it up!

97%
WELL DONE

10 DAYS ABSENCE

50 hours of learning lost
Poor attendance gives
you less chance
of success.

95%
WE'RE
CONCERNED

19 DAYS ABSENCE

95 hours of learning lost
Poor attendance gives
you less chance
of success.

90%
SERIOUS
CONCERN

All students
need to be on
site for
8.30am.
Breakfast club
is open from
7.45am

Unplanned Absence procedures

- Contact the absence line **0161 686 3011**, leave a message including child's name and form and reason for absence.
- If your child is unwell during the school day, they should inform their teacher and go to reception. You will be contacted to collect your child from reception.
- Only named contacts on our system will be able to collect your child from school and parents/carers do have to come into reception to sign your child out of school.



Special Leave of Absence

Special leave forms are to be used for 2 reasons

1. Special leave is used for weddings, funerals, religious events, emergency time off, and appointments.
2. Extra-curricular activity during the school day is used for sporting events, other exams, educational events, music events etc

Please do not use the special leave forms for reporting absence on the day of absence. For reporting illness please instead use your Edulink app or phone the school absence line and report illness via leaving a voicemail.



Special Leave of Absence

Requests for leave to facilitate a **holiday** during term time will not be authorised. A decision to take your child out of school for a holiday may result in a fixed penalty notice being issued.

Requests for leave to facilitate **travel** during term time will not be authorised unless there are extenuating and unavoidable circumstances. Travel at the start or end of a school holiday will not be authorised. If leave is granted, it may not be granted for all dates requested.

Poor attendance may result in a request being denied.



Expectations for Learning



CURIOUS

Students should be fully equipped and ready to learn.

Students should actively participate in lessons and work to their full potential.

KIND

Students should actively listen to their peers and encourage them to contribute.

Students should be respectful to all members of the school community, the school property and environment.

COURAGEOUS

Students embrace learning opportunities, take academic risks and challenge themselves.

Students should see mistakes as learning opportunities and engage fully with feedback.

Uniform & Mobile Phone Policy

- The full uniform policy is in the homework diary and is also on the website.
- Requests to purchase pre-worn uniform can be sent via email to admin@aggs.bright-futures.co.uk
- Any confiscated items e.g. jewellery are kept until the end of the term.
- Mobile phones are not to be seen or heard once a student enters the school site unless given permission by a member of staff.
- Mobile phones will be confiscated for 2 days in the first instance and 7 days thereafter.
- Smart watches are not permitted.



Mentoring

- One to one mentoring
- Organisation: homework, meeting deadlines, having the right equipment, lateness etc.
- Academic: not making progress in several subjects
- Set SMART targets with the mentor



Communication with the school – Pastoral Team

- Senior Tutor Year 10: Miss Lloyd
- Assistant Senior Tutor Year 10: Mr Carr
- Lead Senior Tutor: Mr Flanagan
- Vice Principal: Ms Bond
- Pastoral Assistant: Miss Welsby
- School number: 0161 686 3011
- School email address: admin@aggs.bright-futures.co.uk



Curriculum

9 GCSEs

Enrichment study programme (wellbeing, PE, citizenship, study skills)

- Assessed on 9-1 scale, grade 9 being the highest point of achievement and will be awarded to the top performing 'A*' students.
- A 'strong pass' GCSE in these subjects is a grade 5

Deadline for subject changes is 3.30pm, **Monday 30th September**. Changes are subject to class size and timetable constraints.



Sixth Form Entry

Entry requirements for AGGS 6th Form in 2026 are;

4 '7' grades

2 '6' grades

At least a 6 in English language and mathematics.

A grade 7s in the subjects students wish to pursue at A Level.

Further information will be available in the sixth form prospectus when the students start the application process in the Autumn term of year 11.



Year 10 Internal Examinations

Year 10 Exams run from **24th March – 4th April 2025**

Sports Hall

No study leave

Revision periods built into the timetable

Students will be provided with a timetable nearer the time.

Public Examinations

Students sit all GCSE examinations during May and June of 2026.



Study at GCSE

Study skills

- Important to get into good habits and build on foundation from earlier years.

Organisation / deadlines

Homework diaries

- Homework timetable.
- A maximum of **two** hours per night.



Monitoring

Information from teachers about progress

Year 10 first report – November 2024.

Examination results

Internal examinations in Year 10; mock examinations in Year 11.

Problems may include organisation, lack of understanding in a subject, underachieving in a subject, behaviour issues.

Support through the mentoring programme



Work Shadowing

- Y10 work shadowing day 23 June 2024.
- All Y10 will be expected to work shadow a family member/ friend
- If they are not able to, there will be an online opportunity to take part in a virtual work experience.
- Details will come out in the new year.



Key Dates



Early November 2024;
Y10 Autumn Interim
Report



Early February, 2025;
Y10 Spring Interim
Report



, 24th March –
4th April, 2025; Year
10 Internal Exams



11th June 2025; Y10
Parents' Evening



June 2025; Y10
Examination & Target
Report



Contact Us

Thank you very much for attending this evening.

If you have any queries, please contact us at admin@aggs.bright-futures.co.uk



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