Bassingbourn Village College
Year 11 Information Evening
September 2018

Aims and Objectives

- To highlight some of the key events and challenges in Year 11
- To provide information and advice about subjects and the plan for the first half of the year
- To provide an overview of the Sixth Form institutions and Post 16 application process

A mindset for success

Students who are most successful have the following:

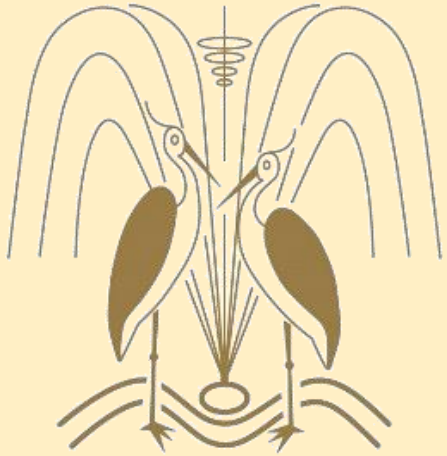
- Vision – they know what they want to achieve and where they are headed
- Effort – they do many hours of independent study
- Systems – they organise their own learning, resources and time effectively
- Practice – they practice and develop their skills
- Attitude – they respond constructively to set backs

What is going to make the difference?

- Excellent attendance
  & punctuality

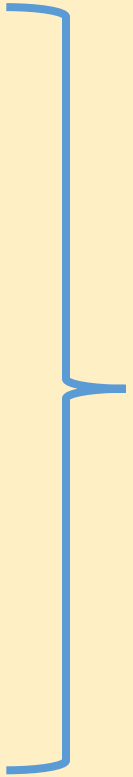
- Excellent effort
  - includes active participation

- Excellent behaviour
  - includes active listening



Other vital factors…

- Independent study skills
- Mindset, resilience and determination
- Health & wellbeing



More on these from our other speakers

Other things to be aware of…

- *Procrastination*
- *Perfectionism*
- *Fear of failure*
- *Burn out*

Quotes from Year 11

1. “Listen to the teachers, they know what they’re talking about”
2. “I wish I had revised more for my exams”
3. “I should have put more effort into my controlled assessment”
4. “I didn’t realise how important the controlled assessments were”
5. “Plan your revision throughout, do not leave it all to the last minute”
6. “Do as many practice exam questions as you can”

Summary message

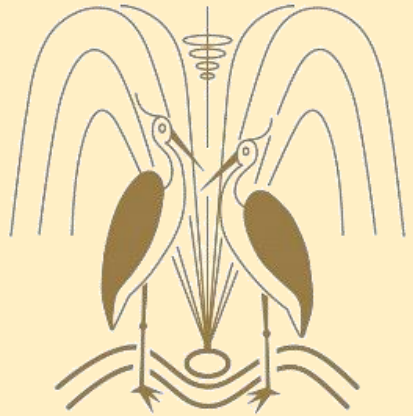
You have the potential to achieve great things this year.

Use the support on offer and be proactive in making the most of opportunities in and out of lessons.

Make good use of your teachers – they are a fantastic resource for you

Make the most of your time in school to reduce stress outside of school

Maximise your productivity by planning your independent study carefully.



1. Keeping Active

- Ensure students are active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Encourage students to go out for a walk and get some fresh air
- After exercise your brain functions well, so excellent time for a revision session

2. Healthy Eating

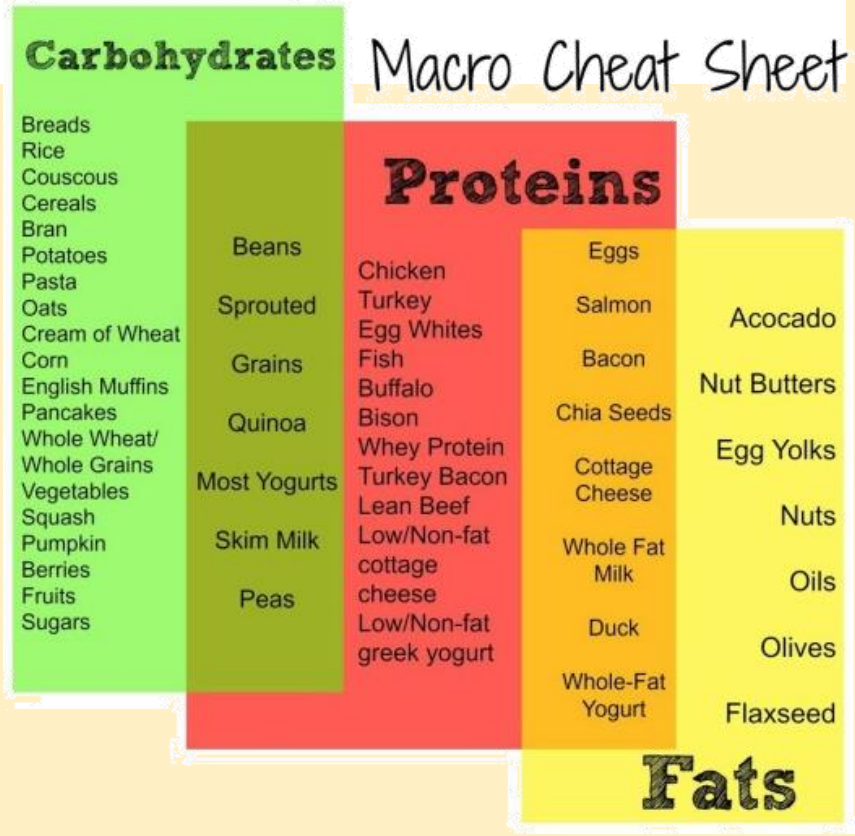
- Ensure your child is having breakfast, healthy snacks, lunches and an evening meal
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple of ‘treat’ meals / or meals out per week
- Ensure they eat breakfast everyday!
- Hydration is key to brain functioning so make sure they are drinking plenty of water!

2. Healthy Eating

Eating the right food and drink can energise your system, improve alertness and sustain you well through the long exams

A BALANCING ACT

Keep your sugar levels under control.



MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables
Nuts
Pulses
Fish
Bananas

UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables
Asparagus / Spinach
Broccoli
Yoghurt
Chicken / Salmon
Whole Grains / Brown rice
Almonds / Pecans
Eggs

3. Time Out

Take some time out every week, away from study.
For example:

- **Going out for food**
- **Seeing friends**
- **Having a bath**
- **Listening to music**
- **Reading a book**
- **Doing a hobby**
- **Going shopping**
- **Going to the cinema**

4.Sleep Patterns

- Young people need between 8 – 9 hours sleep per night
- Create a relaxing evening routine
- Make sure you don’t eat too late at night
- Avoid caffeine or sugary drinks late at night
- Make sure you don’t work or revise too late before going to bed
- Switch off from social media / technology at least an hour before bedtime

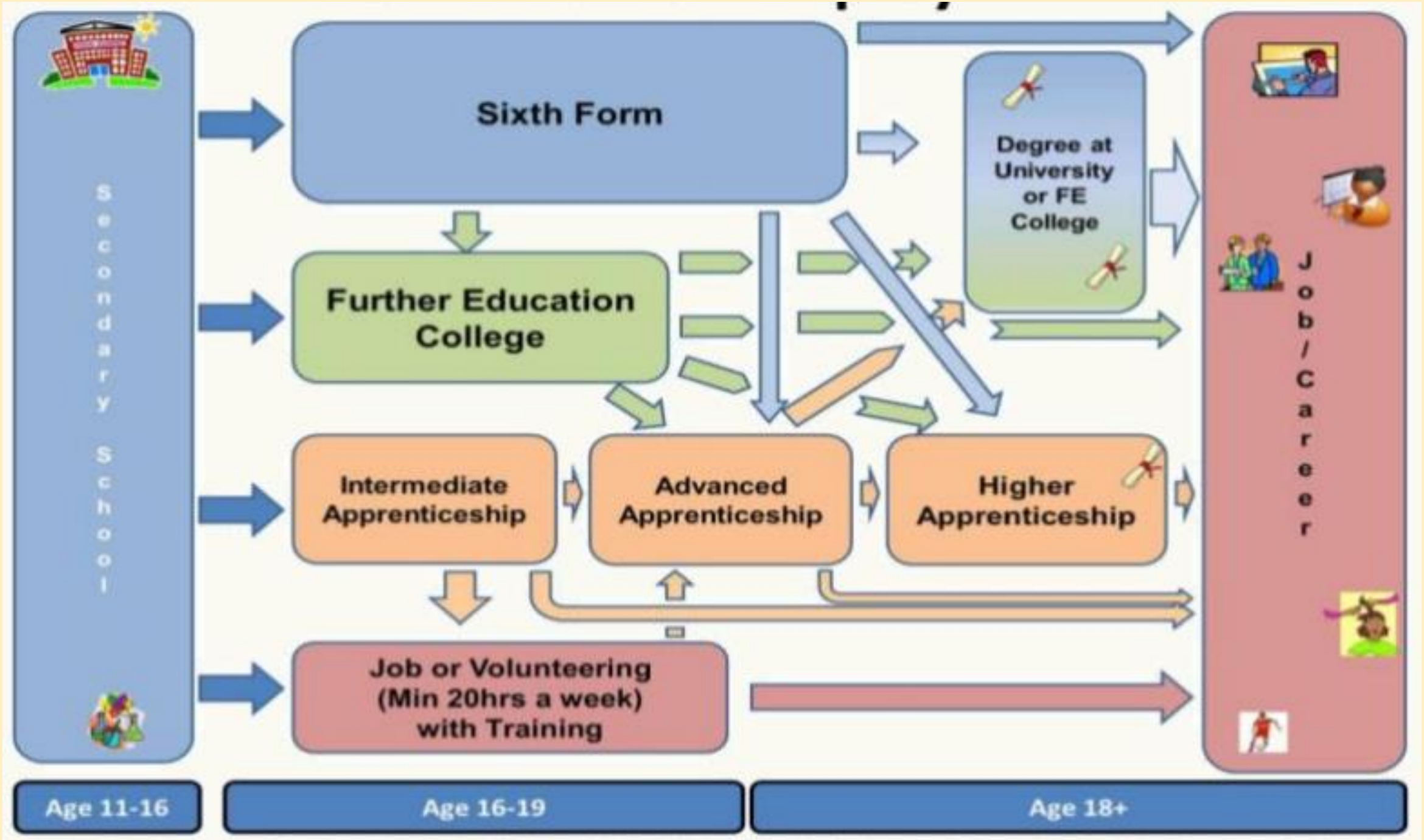
5. Unplugging

- Unplug from technology everyday
- Switch off from technology at least 30 mins- 1 hr before going to sleep
- Appreciate the world around you rather than being governed by your phone
- Put your phone away, & on silent, while you are concentrating on tasks / revision / homework
- Choose some time each day/week to switch off and unplug from technology.

6. Belief

The year at a glance

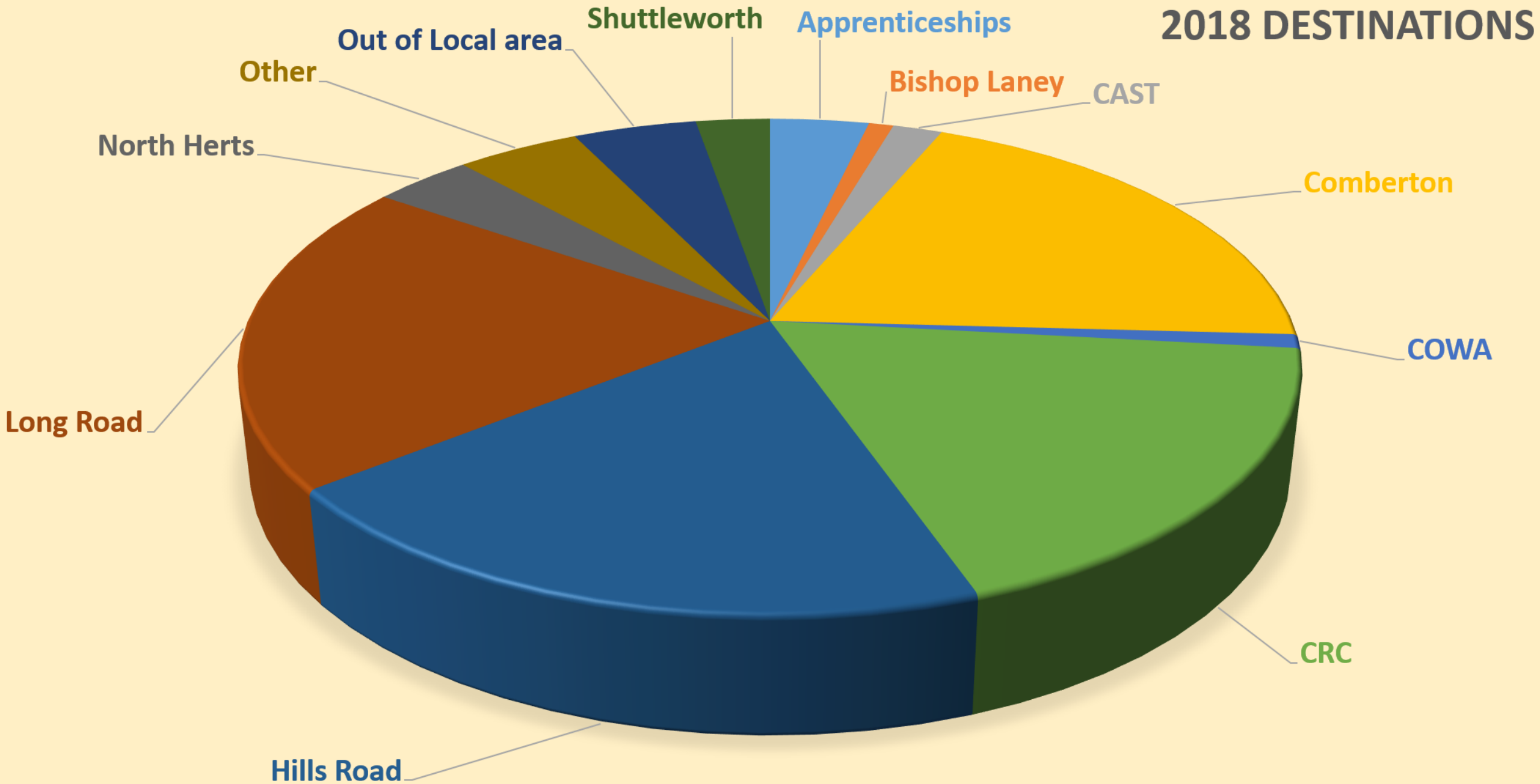
- Memory presentation
- Tutor evening
- Trial exams
- Controlled assessments
- Applications
- Guidance meetings and offers
- Final examinations
- Results


Secondary School
Sixth Form
Further Education College
Intermediate Apprenticeship
Advanced Apprenticeship
Higher Apprenticeship
Degree at University or FE College
Job or Volunteering (Min 20hrs a week) with Training
Job/Career
Age 11-16
Age 16-19
Age 18+

RPA

- Raising the Participation Age
- All students in Year 11 must stay on until they are 18
- Options
  - Full time education, such as school or college
  - An Apprenticeship or other work based learning
  - Part time education or training if they are employed, self employed or volunteering for more than 20 hours a week

2018 DESTINATIONS



Transport

- Financial support is only be available for students living in low income households who meet the Council's qualifying criteria. New post-16 students who qualify on grounds of low income for post-16 support are all required to make a financial contribution towards the full cost of transport provided by the Council.
- The Council publishes a booklet entitled "Post-16 Education Transport in Cambridgeshire – do you qualify for help?" during the summer term before students are due to start a new post-16 course of study or continue their studies in those cases where the course runs for more than one year. This booklet explains the operation of the policy to students and parents can be downloaded from the Council's website or can be provided in paper form, upon request.
- **www.cambridgeshire.gov.uk/post16edtransport**

Maths and English

- Students who achieve a grade 3 in English and/or maths will need to retake
- Students who achieve below a 3 in English and/or maths will need to take a stepping stone qualification such as functional skills en-route to a GCSE in these subjects, or retake a GCSE in these subjects.
- Students with learning difficulties and/or disabilities, may be exempt from the above, but will still need to study Maths and/or English.

UCAS – Online Application Process

- All applications to Cambridgeshire institutions will be online
- Web based process done in PSHE, tutor time and at home
- Use www.ucasprogress.com to research courses and institutions
- References and estimated grades
- Deadline for completed applications to RH is

7th December 2018

- Letter home to confirm choices to be returned by

13th December 2018

How many applications?

- Students can apply to two or more different post-16 centres using the same application.
- Students will not be allowed to apply to more than 3 centres.
- Applications will be sent simultaneously to all centres applied to.
- Students must list their order of preference on their application.

Apprenticeships

- Available to everyone
- Earn while you learn
- Run through a range of training providers
- Information can be found on www.youthoria.org.uk
- https://www.getingofar.gov.uk/
- Quick search revealed 23 within 10 miles of school
- Range of apprenticeships available e.g. Catering, Mechanics, Administration, Sport, Retail, Plumbing, Gardening, Equestrian

General guide to entry requirements

A-level / IB courses

- You will require a range of GCSEs including maths and English.
- Some subjects need specific subjects and grades.

Applied general (level 3) Courses

- Minimum of 4 GCSEs at 4 or above (or vocational equivalent) usually including maths and/or English
- Some require more than 4 GCSEs or specific subjects

Technical Courses

- You start most courses at Level 1, progressing to Level 2 and Level 3 as your skills develop
- For some courses you can enter at Level 3 depending on skill level
- Some courses need specific subjects

GCSE courses

- Minimum of three grade 4 GCSEs including Maths and English.
- Some subjects need specific subjects and grades.

Applied general (level 2) Courses

- Minimum of 2 GCSEs at 3 (or vocational equivalent)

To confirm entry requirements and specific subject requirements please check the prospectuses.

Facilitating subjects

The Russell Group of Universities have categorised a range of subjects as facilitating for entry to leading universities.

Facilitating subjects	
Mathematics	Physics
Further Mathematics	Geography
English Literature	History
Biology	Modern Languages
Chemistry	Classical Languages

The CAP centres

- There are 11 post-16 centres in the Cambridgeshire area, offering a range of courses:
- Cambridge Regional College, COWA (Milton campus), Comberton, Cottenham, Bishops Laney, Hills Road, Impington, Long Road, The Oakes College (previously Netherhall), Parkside, Cambridge Academy for Science and Technology.
- Students applying to these centres will apply through the online UCAS progress system.
- Students wishing to apply to non-CAP centres will do so on paper.

General minimum requirements

Comberton

- The centre is offering a range of different types of course; A Levels and vocational courses in either Business, Travel and Tourism, Health and Social Care, Science or Sport.
- The students wishing to do 3 A levels need 5 x grade 5 with at least grade 4 in English and Maths and the vocational courses 5 x grade 4, including English and Maths.
- Only meeting the minimum requirements will result in a reduced choice
- Will need at least 6s in subjects continuing on from GCSE, e.g. Sciences will need 2 x grade 7 in Science GCSEs
- They aim to interview all appropriate first choice applicants who meet the admissions criteria. Second choice applicants will be interviewed depending on the availability of suitable courses.
- Most A Level students will complete 3 A Levels.

General minimum requirements

CRC

- The college offers courses in a variety of subjects to HND and diploma level.
- The college also offers apprenticeships.
- Because the courses are vocational and a range of levels are available there are different requirements for each course.
- The entry level for skills based courses will depend on skill level, rather than academic ability
- CRC will interview all applicants.

General minimum requirements

Hills Road:

- The minimum expectations are based on an admissions score
- Non-STEM profile – minimum total points of 54-56+ (e.g 4 x grade 5 + 4 x grade 6)
- STEM profile – minimum total points of 64+ (e.g. 4 x grade 6 + 4 x grade 7)
- Some courses will require a specific grade or combination of grades to gain a place
- Meetings will be offered to students who put Hills Road as the first choice and meet the minimum entry requirements. Some second choice applicants will also get a guidance meeting. This is dependent on number of applicants and subject choice.

- Hills Road welcome events – **26th and 27th June**

- Most A Level students will complete 3 A Levels.

General minimum requirements

Long Road

- The college offers a range of A level courses and diplomas.
- The general offer is for at least 7 GCSEs at grade 4 or above in a range of subjects including Maths and English. Applied courses is 5 x Grade 4 including English.
- This is subject to change as it is under review. Possible that to do A levels, a profile of Grade 5+ will be needed.
- Certain courses the students will need to achieve a certain grade or combination of grades.
- They will interview all candidates who meet the admissions criteria.
- Prospectuses only available at their Open Evening or online

- Long Road welcome events – **24th and 25th June**
- Most A Level students will complete 3 A Levels

General minimum requirements

Parkside

- The college is offering a variety of course: International Baccalaureate, Business Diploma, Sports Diploma and the Health and Social Care Diploma.
- The general offer is for 5 x Grade 4s, including English and Maths though certain subjects in the IB will require more.
- If over-subscribed, they will interview higher preference applicants only. Applicants must be meet the criteria to get an interview.

General minimum requirements

The Oakes College (previously Netherhall)

- Offers A levels and a range of diplomas.
- Students are expected to have 7 GCSE grades of 4 or above in an appropriate range of subjects, including Mathematics and English Language and 5 x Grade 4s for diplomas.
- STEM subjects will require Grade 6s and 7s
- They will interview first and second choice applicants.
- Most A Level students will study 3 A Levels.
- Check their website for the most up to date information

General minimum requirements

Cambridge Academy for Science and Technology

- Specialised Science courses, including A levels
- Taught as projects, including the possibility of work experience at a partner industry
- Entry requirements are dependent on the course though there is an expectation of good Science and Maths grades. Average of 6s expected for A Levels and 5s for vocational courses.
- They will interview everyone who meets the entry requirements

Individuality at the post-16 centres

- Post-16 centres may have different entry criteria for the courses offered.
- Post-16 centres will make their own decisions about which students they have guidance meetings with.
- Students need to seek information through prospectuses, open evenings and admissions policies.

Open Evening Dates

- CRC – Friday 12th October, Saturday 13th October and Saturday 17th November, Thursday 22nd November
- Oakes College – Tuesday 16th October
- CAST – Thursday 18th October
- Long Road – Wednesday 17th October and Thursday 18th October
- Parkside – Tuesday 30th October
- Comberton – Thursday 1st November
- Impington – Tuesday 6th November
- Hills Road – Wednesday 7th November and Thursday 8th November
- COWA – Saturday 24th November

Offers

- Centres may make offers as soon as they wish after the guidance meetings.
- Offers will be according to centre's own published criteria.
- Students who apply by the deadline will receive offers by Easter 2019, unless they have applied for a vocational course and not had their guidance meeting by that point.

Response to offers

- Centres will determine their own guidelines over students' response to offers.
- Students will be expected to respond to the offers following the instructions provided with the offer.
- Students may hold more than one offer at different centres until results are published in August, but not more than one type of course at any one centre.
- Guidance will be provided by the centres about how to confirm offers in August but students are strongly advised to be available on 22nd August to collect results and respond to offers made.
- Enrolment days take place straight after Results Day. Don't be on holiday or else you may miss out.

What can you do to help?

- Visit the Centres and ask questions
- If you are interested in apprenticeships make sure you visit CRC and talk to the employers
- Have discussions about what the students want to do next and where
- Look at the UCAS website
- Encourage the students to research courses they want to do using each prospectus and the website
- Ensure that accurate applications are made in a timely fashion

DOs and DON'Ts

- Do research the courses and centres carefully
- Don't just look at one centre
- Do talk to other people
- Don't choose a course just because your friend is doing it
- Do be aware of the grades you will need, both to get an offer and to be able to take up the offer
- Don't settle for the bare minimum

Key dates for college applications

- UCAS passwords distributed in PSHE
- Tutor evening with the opportunity to talk to some centres **3rd October**
- Discussions with tutors throughout December
- Completed applications to RH **7th December**
- Signed confirmation of course choice **13th December**
- Guidance meetings at the centres: **January / February / beginning of March**

Other Key Dates for Year 11

- Exam weeks **Fortnight beginning 19th November** (results **15th January**)
- Parents Evening **28th February**
- Long Road welcome events – **24th and 25th June**
- Hills Road welcome events – **26th and 27th June**
- Results Day **22nd August**

All students must be available until the 26th June 2019 in case of a national emergency that requires exams to be rearranged

Self-belief and hard work will always earn you success

– Virat Kohli