

Year 11

Academic and Wellbeing Evening 2026

Ambition, Determination, Excellence, Integrity, Kindness, Respect

Evening Aims

To provide information on...

- ☐ How we can continue to work together to safeguard your/our children.
- ☐ A picture of the whole school and subject specific curriculum at Oakmoor.
- ☐ How to prepare for and make the most out of mock exams.
- ☐ Information on Post 16 pathways and procedures.
- ☐ A face-to-face meeting with your child's new Tutor.

Our Vision



At Oakmoor our purpose is
excellence



We focus on being the best version
of ourselves to change our world
for the better



We take pride in everything we do
because we are proud to be part of
Team Oakmoor

Ambition, Determination, Excellence, Integrity, Kindness, Respect

Our Values



AMBITION

We have high expectations not only for ourselves but also for our community, and work towards those goals with enthusiasm and perseverance.



DETERMINATION

Mistakes are learning opportunities. We never give up on our learning because when we work hard we achieve amazing results.



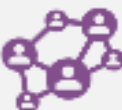
EXCELLENCE

Success is a journey not a destination. We focus on controlling the controllables and being the best versions of ourselves.



INTEGRITY

We do the right thing because it is the right thing to do (especially when no one is watching). We are kind to everyone.



KINDNESS

We create a positive and supportive learning environment where students feel safe and valued. We show empathy and understanding towards all students, regardless of their background or abilities.



RESPECT

We treat others in our community as we wish to be treated through courtesy and professionalism. We always follow instructions: first time, every time.

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Attendance

- Excellent attendance is linked to high achievement.
- Students with a higher percentage attendance achieve better grades.
- Attending school, being with friends and other adults has a positive impact on wellbeing.
- Good attendance is a life skill and will be needed in the future, both within education and the world of work.

Homework timetable

Subject	Set & deadline
History	Monday
PE	Monday
Geography	Tuesday
MFL	Tuesday
Performing Arts	Wednesday
English	Wednesday
Maths	Thursday
RE	Thursday
Computing	Friday
Science	Friday
Art & Photography	Set by class teacher
DT	Set by class teacher

Homework support

Subject	Lunchtime support - Library IT Suites	Homework Club everyday 3pm - 4pm in the Library Computer suites
MFL	Monday	
Sparx Reader	Monday	
English	Tuesday	
Maths	Wednesday	
Science	Wednesday	
Art	Art Club & Support Friday	

Year 11 - *the year ahead*

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Journey through Year 11



Supporting learning

	Revision SharePoint	MADE Education
Revision workshops	Three step revision	After school intervention

Attendance

Higher attendance=
higher grades

Class learning

Live by our Values

Home learning

Homework increases
achievement
1.5 hours a night

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3 stages of revision

1

September

Note taking

For example:
Note taking
Mind maps

2

October

Recall

For example:
Flash cards
Memory recall activities

3

November

Exam practice

For example:
Answer exam style
questions
Complete past papers and
self mark

Sit
mocks

Common misconceptions...

I'm working
harder than...

I don't need to
revise for mocks.
I'll just do it for
the real exams

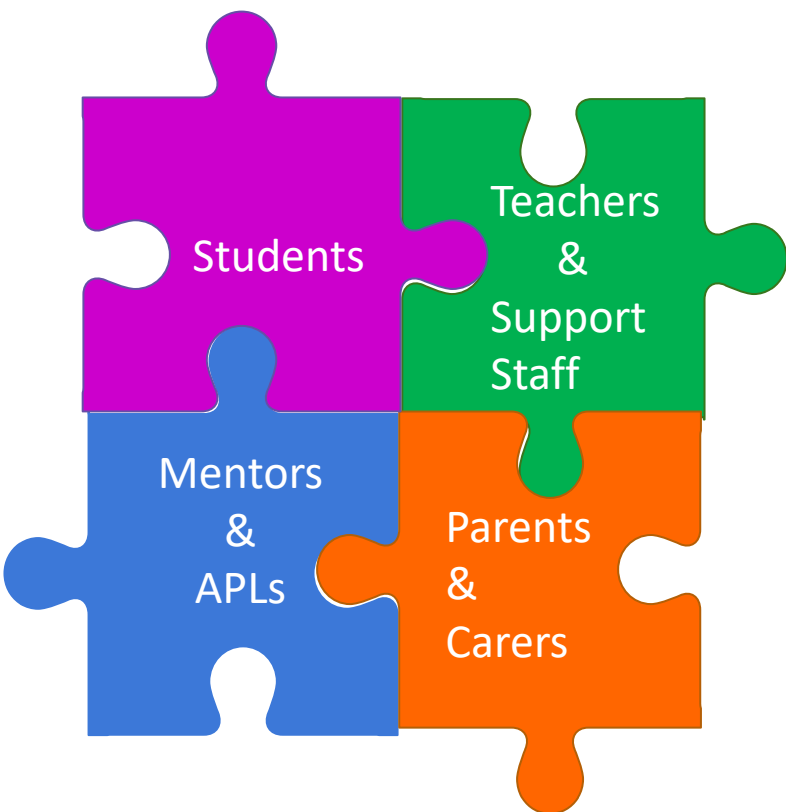
No-one else is
revising

I only need
2/3/4/5 GCSE
grade 4

I get too
nervous to sit
mocks/exams

Teachers only care
about the grades
because they'll
get a pay rise if I
get a ...

What can you do at home?



- **Work with us.**
- **Look after yourselves too!**
- **Keep talking.**
- **Provide the quiet workspace.**
- **Monitor wellbeing and balance.**
- **Keep in touch.**

“Coming to the end of year 11 was stressful, but everyone stuck together throughout. I wouldn’t have wanted to do my GCSEs anywhere else.”

Why is wellbeing important?

Good wellbeing helps you to...

- **Cope with everyday life** and the challenges it brings
- **Manage stress and change** in a healthy and positive way
- **Make positive decisions** and solve problems effectively
- **Understand and manage your emotions**, even when things feel difficult
- **Build confidence and self-esteem** and recognise your own strengths
- **Develop positive relationships** and feel connected to others
- **Enjoy life** and make time for the things that make you happy
- **Build essential life skills** that support you now and in the future

Good wellbeing doesn't mean we feel good and happy all the time. It is normal to also feel sad, angry or low sometimes.

How Parents can Safeguard



- It is okay to say "no".
- Keep conversations open.
- What are the new guidelines for social media – make sure you are aware. Set healthy screen time and ensure social media is monitored.
- Encourage habits and balance: schoolwork, rest, hobbies and friends.
- Please contact school if you are worried.
- Look out for our safeguarding newsletters.

Routine – wellbeing



Good Sleep



Good food



School Work



Homework



Balance



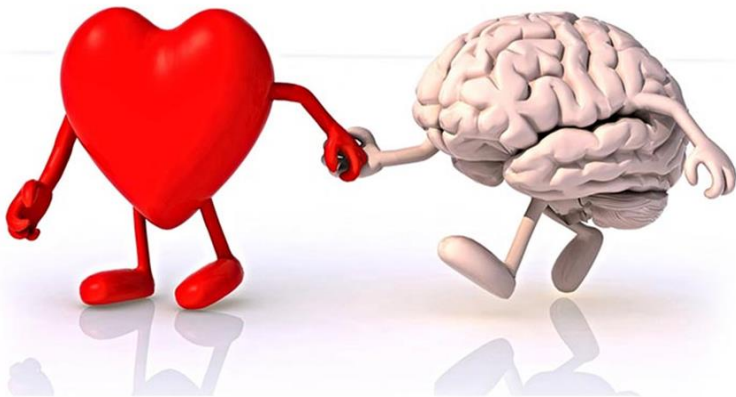
Care



Healthy Habits



GCSE wellbeing



- Positive thinking/growth mindset
- Sleep
- Exercise/balanced diet/water
- Relaxation, regular breaks
- Fresh air – get outdoors
- Social time
- Talking

Cyberbullying



Block



Report

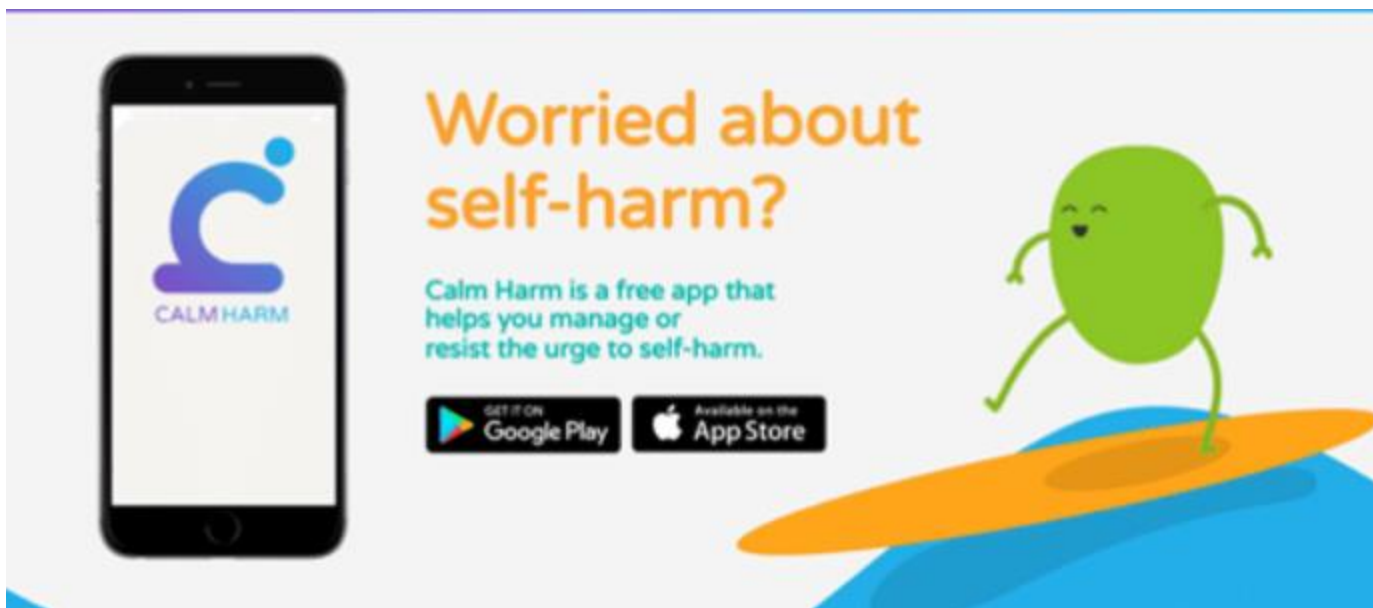


Keep the
evidence



Know when to
take it further

Self-harm

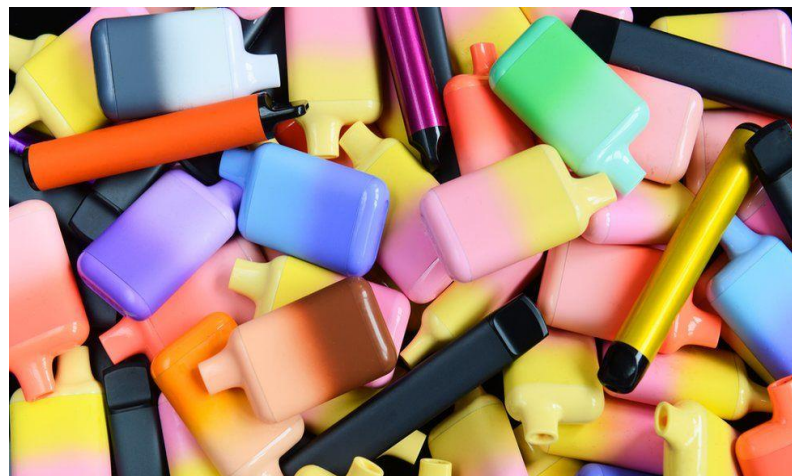


Vaping

The chance of an 11- to 15-year-old being a smoker has halved in the past ten years.

HOWEVER...

Children as young as 11 are starting to vape.



- **Reduced fitness levels.**
- **Dental problems.**
- **Coughing, wheezing and for children who have asthma, worse symptoms**
- **The difficulty of stopping use once symptoms of addiction to nicotine appear**

Online Safety



Talking to children about AI

How to have conversations with your children about artificial intelligence (AI), explore this technology together, and help to keep them safe.



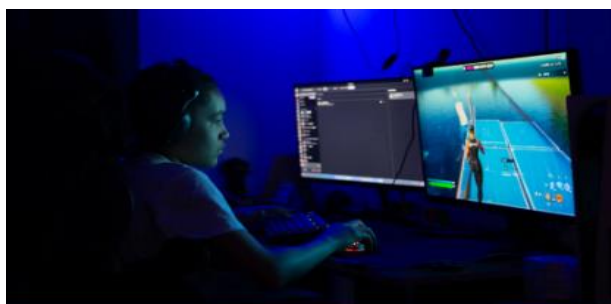
Supporting your child with new social media changes

Read our updates on what's changing, what it means for families and how you continue to play an important role in your child's safety online



Reporting online safety concerns

What to do if you're worried about something a child has experienced online.



Supporting your child through compulsive device use

What to do if you're worried about the time that your child is spending online.

NSPCC

Parties

Before you go

- Know **where you're going, who you're with and how you're getting home.**
- Keep your phone charged and make sure someone you trust knows your plans.
- Have a **plan B** if you feel uncomfortable or things change.



If alcohol is involved

- You **never** have to drink to fit in or have a good time.
- Alcohol can affect **judgement, emotions, coordination and decision-making.**
- Never accept a drink if you don't know what is in it, and don't leave your drink unattended.

Look after yourself & your friends

- **Trust your instincts** — if something doesn't feel right, leave and get help.
- Stay with people you trust and **look out for each other.**
- Respect boundaries and remember: **being drunk is never consent.**
- If someone becomes very unwell, confused, unconscious or has difficulty breathing, **get an adult and call 999.**

Sexting

- Sexting includes taking and sharing images.
- It is a criminal offence!
- Once it is sent, you have zero control.
- Don't do it!



Safeguarding

Who are we?



Designated
Safeguarding
Lead
Mrs Evans

All staff are responsible
for safeguarding a
student.



Designated
Safeguarding
Officer
Mrs Riva- Williams



DDSL
Mr Beere



DDSL
Mrs Conley-Harper



DDSL
Mr Wright



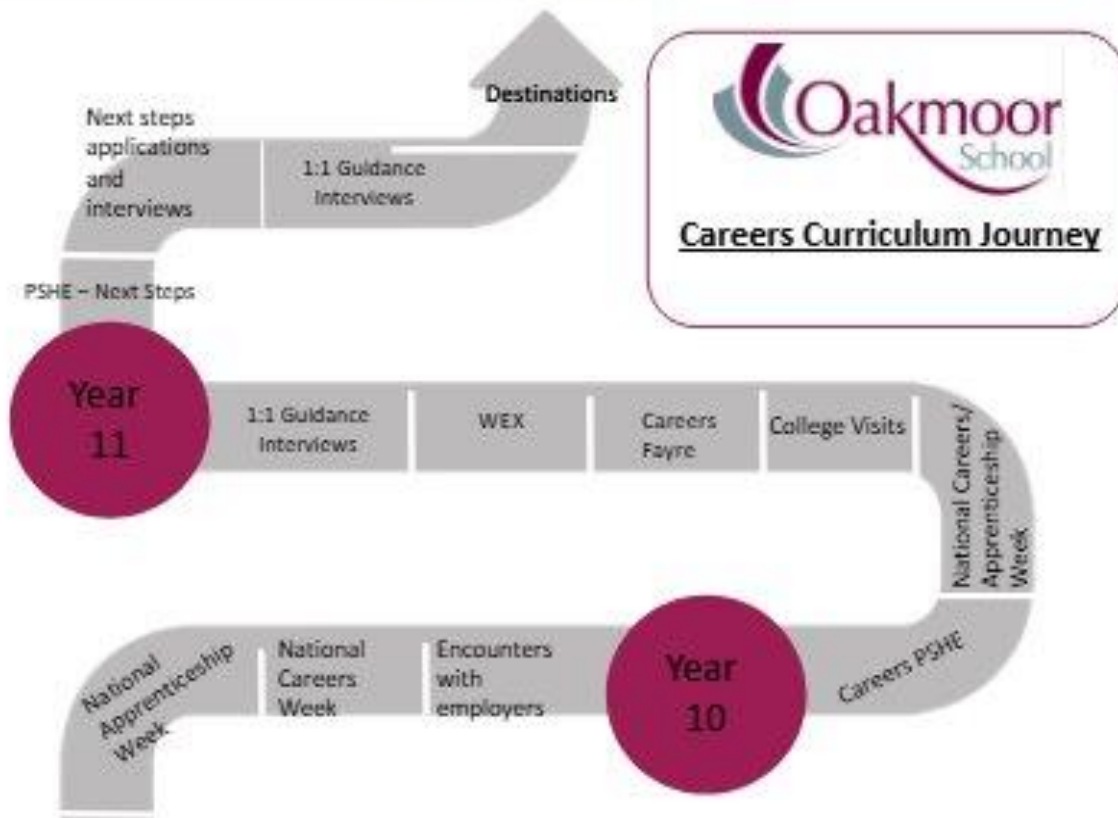
DDSL
Mrs Woodage



DDSL
Mr Riley

Post 16 and careers

Post 16 Provision



Where next?

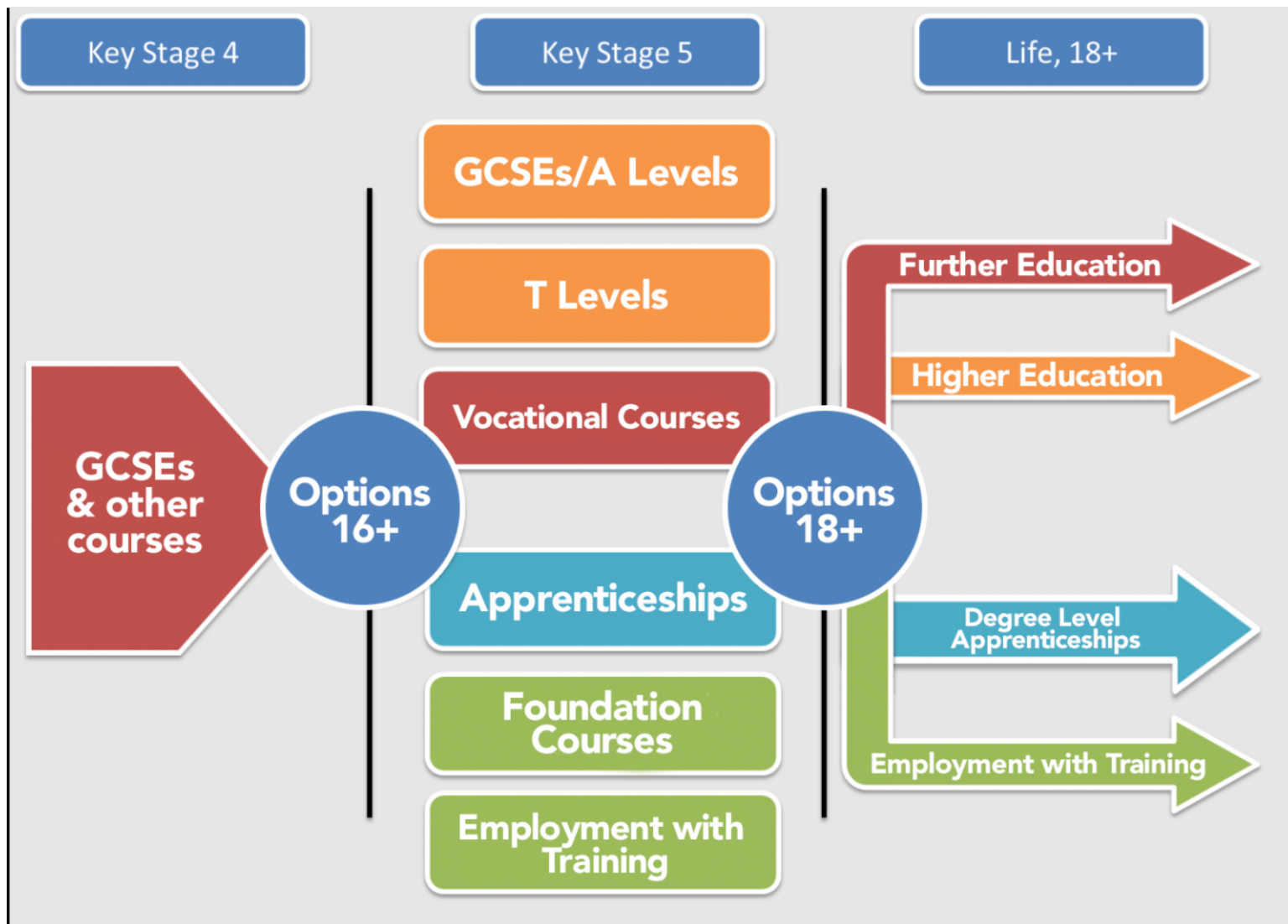
It's never too early to start thinking about your future

It's never too late to go in a different direction



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Transition to post 16



Transition to post 16



Farnborough College
of Technology



HAVANT &
SOUTH DOWNS
COLLEGE



College Open Evenings

EVENTS OPEN EVENTS OPEN



**SOUTH DOWNS
COLLEGE**



**JOIN US AT ONE OF OUR
OPEN EVENTS**

Tues 6 Oct 5-8pm
Sat 7 Nov 10am-1pm

**TURN TALENT
INTO A CAREER.**

SOUTHDOWN.AC.UK/OPEN-EVENT



**JOIN US AT ONE OF OUR
OPEN EVENTS**

Thur 8 Oct 5-8pm
Sat 17 Oct 10am-1pm



YOUR AMBITION.
YOUR CAREER.
YOUR ALTON COLLEGE.

ALTONCOLLEGE.AC.UK/OPEN-EVENT

**ALTON
COLLEGE**



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CAREERS

Welcome to our Careers section.

Our Careers Lead is Mrs Woodage, who can be contacted as follows:

Email: enquiries@oakmoor.hants.sch.uk

Telephone: 01420 472132

Please use the navigation on the right-hand side to access further careers information.

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Year 11 Geography Field Trip



Wednesday 23rd September
River Tillingbourne

Arrive normal time to school in own (sensible) clothes
8.30am Register in class groups (11A, 11B, 11D) as CC
Check lunch/ Collect lunch FSM canteen
Check inhaler/ epipens
8.45am Leave Oakmoor by coach
10am Arrive Juniper Hall
Into classrooms, meet tutors, intro session
Borrow wellies and waterproofs if needed
Depart in groups to River Tillingbourne – data collection
Lunch break: Eat lunch **you have brought with you.**
Return to Juniper Hall – complete work in classroom
16.00 coach departs
17.00 Oakmoor school – depart, parents collect

Thank you for listening

What's next this evening?

- ☐ An opportunity to meet with your child's Tutor
- ☐ Refreshments are available in the dining hall until 8:00pm.