

Year 10

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.



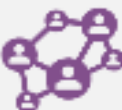
EXCELLENCE

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.

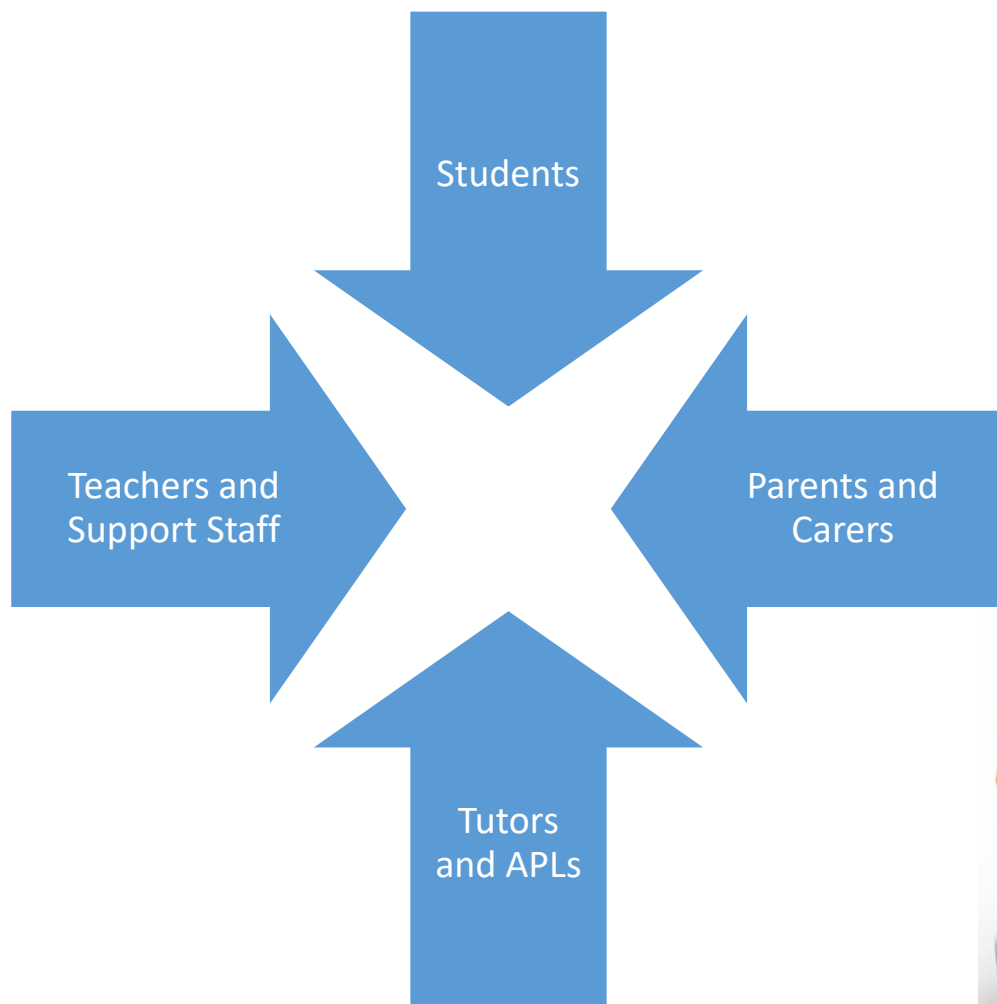


RESPECT

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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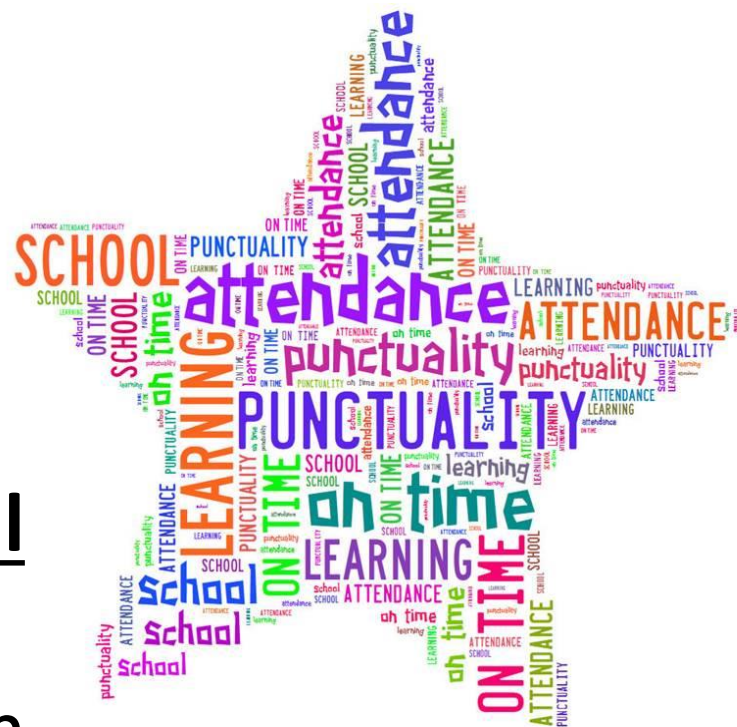
Team Oakmoor



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Attendance Really Matters

- Excellent attendance is linked to high achievement.
- 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.



The Start of the Day

- Community Congregation, phone pouch in hand.
- Tutor time.
- Assemblies.
- Personal, Social, Health and Economic Education (PSHE).
- The 'Oakmoor Reads' Programme.



The importance of reading

- Reading improves vocabulary.
- Improves brain connectivity.
- Enhances creativity and imagination.
- Provides a form of escapism and can reduce stress..
- Lowers blood pressure and heart rate.
- Improve your empathy for others.
- Improves concentration and focus.
- Improves memory.
- Expands your knowledge.
- Improves your communication skills.



Our Curriculum

[HOME](#) → [CURRICULUM AND LEARNING](#) → [SUBJECTS](#)

SUBJECTS

MENU 

For details of the curriculum we teach at Oakmoor please have a look through this section, we have arranged our curriculum details into subjects to make it easier for you to view.

**ART & DESIGN
AND
PHOTOGRAPHY**

COMPUTING

**DESIGN AND
TECHNOLOGY,
FOOD &
NUTRITION &
CONSTRUCTION**

DRAMA

ENGLISH

GEOGRAPHY

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Our Curriculum

HOME → CURRICULUM AND LEARNING → SUBJECTS → ART & DESIGN AND PHOTOGRAPHY

ART & DESIGN AND PHOTOGRAPHY

Here you will find an overview of our Art and Design and Photography curriculum in each year group:

ART AND DESIGN AND PHOTOGRAPHY CURRICULUM
MAP

PDF



ART AND DESIGN CURRICULUM (YEARS 7-11)

PDF



PHOTOGRAPHY CURRICULUM (YEARS 9-11)

PDF



MENU



In This Section

▶ ART & DESIGN AND PHOTOGRAPHY

COMPUTING

DESIGN AND TECHNOLOGY, FOOD &
NUTRITION & CONSTRUCTION

DRAMA

ENGLISH

GEOGRAPHY

HISTORY

MATHEMATICS

MODERN FOREIGN LANGUAGES

MUSIC

PHYSICAL EDUCATION

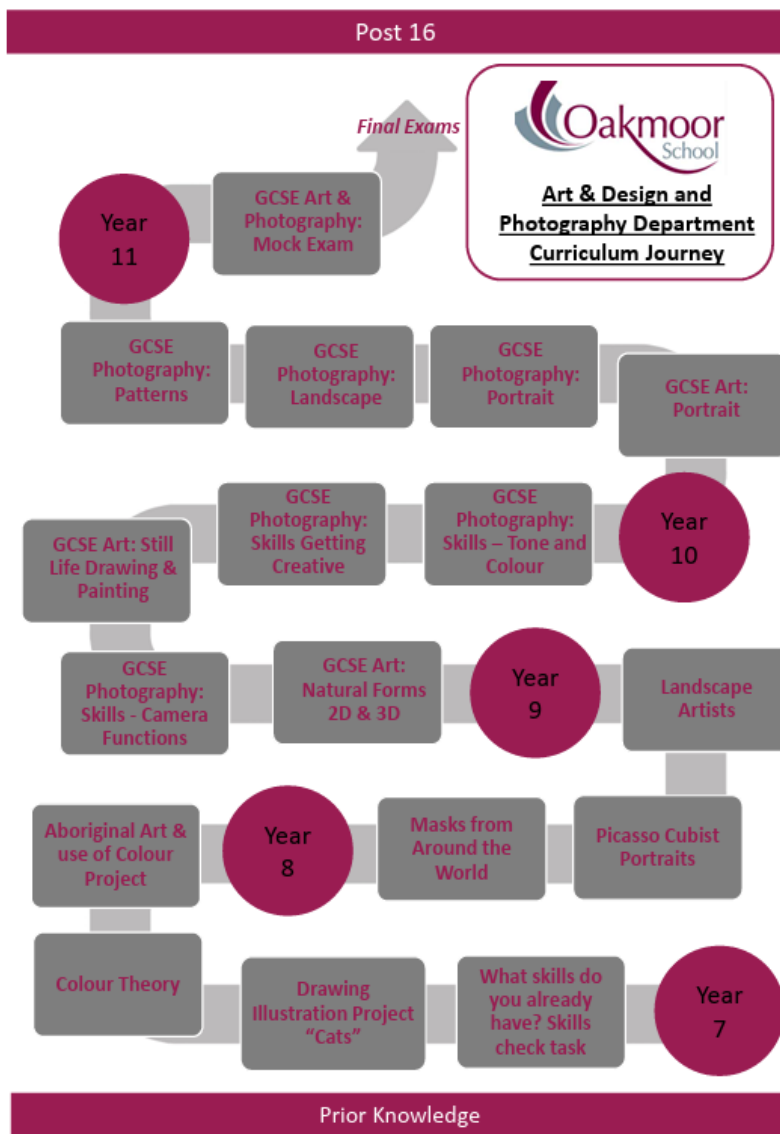
RELIGIOUS EDUCATION

SCIENCE

PSHE

FUTURES (YEAR 7 AND 8)

Our Curriculum



[HOME](#) → [CURRICULUM AND LEARNING](#) → [CO-CURRICULAR & ENRICHMENT](#)

CO-CURRICULAR & ENRICHMENT

Oakmoor offers a variety of lunchtime and after school extra-curricular activities along with various other activities including the Duke of Edinburgh Award Scheme and participating in numerous Sporting fixtures. For more information see below.

MENU 

In This Section

[DUKE OF EDINBURGH AWARD](#)

[EXTRA CURRICULAR CLUBS](#)

ENRICHMENT WEEK 2026

PDF



PE EXTRA CURRICULAR AUTUMN 2025

PDF



CO-CURRICULAR LETTER- SUMMER TERM 2026

PDF



CO-CURRICULAR TIMETABLE – SUMMER TERM 2026

PDF



Enrichment and Co-Curricular

Enrichment and Co-Curricular at Oakmoor

Examples of Trips

Year 7	Year 8	Year 9	Year 10	Year 11
- Cobnor Team Building Day - Pantomime Trip - Humanities Trip	- Brand Hatch Trip - Pantomime Trip - Science STEM Trips	- Imperial War Museum Trip - DofE Expeditions	- Tate Modern Art Trip - Tower of London History Trip - Disneyland Paris Trip	- Geography Field Trip for GCSE students - Disneyland Paris Trip

Examples of Co-Curricular Clubs

All Years Boys and Girls Football
 All Years Girls Netball
 All Years Boys and Girls Basketball
 All Years Cricket Club
 All Years Boys Rugby Club
 All Years Badminton and Table Tennis
 All Years Rounders

Duke of Edinburgh Award
 Drama Club
 Choir Club
 History Club
 Chess Club
 Climate Leaders
 Homework Club



Co-Curricular Timetable – Summer Term 2026

Please sign up on Arbor if you would like to join these clubs

	Club	Year Group(s)	Day(s)	When	When	Who
Sports and Wellbeing	Dodgeball	All	Monday	3.15-4.15pm (April-May)	Sports hall	Mr Oliver
	Athletics/Track Club	All	Monday	3.15-4.30pm (May-July)	Field	Mr Oliver
	BTEC Sport Intervention	9/10	Monday	3.15-4.30pm	S111	Miss Andrews/Miss Wright
	Rounders	All	Monday	3.15-4.30pm	Field	Miss Andrews, Miss Seddon, Miss Wright
	Tennis	All	Tuesday	3.15-4.15pm (May-July)	MUGA	Mr Gashi, Mr Adams
	Cricket	All	Wednesday	3.15-4.30pm (until exams)	Sports hall	Mr Oliver
	Volleyball	All	Thursday	3.15-4.15pm (April-May)	Sports hall	Mr Gashi, Mr Adams
	BTEC Sport Intervention	11	Friday	3.00-3.00pm	S111	Mr Oliver
	Morning Fitness	All	Friday	7.45-8.15am	Astro	Mr Oliver & Mrs West
	Badminton	All	Friday	3.00-5.00pm	Sports hall	Miss Andrews
Arts and Expression	Rugby	All	Friday	3.15-4.15pm	Astro	Mr Oliver, Miss Wright, Miss Ferris, Miss Cullen
	Dance	All	Monday	9.00-9.00pm	Theatre	Miss Ferris, Miss Randall
	Into the Woods rehearsal	Selected students	Tuesday, Wednesday, Thursday	3.00-4.30/5.00pm (until May 25th)	Theatre	Miss Ferris, Miss Randall
	GCSE Drama Intervention	11	Thursday	3.15-4.15pm	Drama studio	Mrs Randall
	Performing Arts open rehearsals	All	Friday	3.00-4.00pm	Theatre/Music	Miss Ferris
	Art & Design	7 & 8	Friday	Lunch time	S108	Mrs Moral
	Midsummer Nights Dream rehearsal	Selected students	Wednesday	3.00-3.45pm	N007	Mrs Waleham



2026



Enrichment Week, July 2025

Enrichment week is where we offer a range of activities both onsite and offsite aimed at providing opportunities for students to explore new skills and experiences in a fun and supportive environment.

Offsite Trips

Year 7	Year 8	Year 9	Year 10
- Marwell Zoo - Legoland	Calshot residential	- Go Ape - Chessington World of Adventures	- University of Chichester - Thorpe Park

Examples of onsite activities

Video game coding
 Jewellery Making
 UCA Animation Workshop
 Board Games
 Multisport (CM Sports)

Orienteering
 DofE taster session
 Dance
 Film Watching
 All Day Team Building Activities



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Enrichment and Co-Curricular



THE
**ROCK
& POP**
FOUNDATION.



OAKMOOR SCHOOL
YEAR 7 — YOUR MUSIC STARTS HERE!

PLAY
PRACTICE
PERFORM

MUSIC
CHANGES
EVERYTHING

LIVE
YOUR
SOUND

GUITAR • PIANO • KEYBOARD • DRUMS • VOCALS

Fun, inspiring lessons at school

ENROL NOW

www.rockandpopfoundation.com/musicassembly



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	

GCSE preparation – Year 10

Journey through Year 10



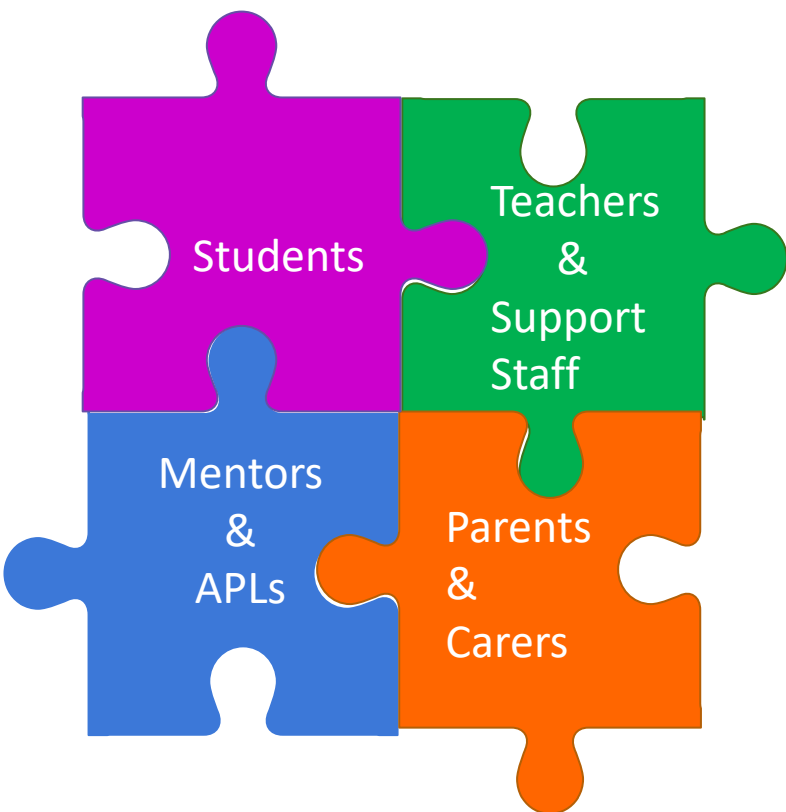
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Supporting learning

Revision
SharePoint

Attendance	Class learning	Home learning
Higher attendance= higher grades	Live by our Values	Homework increases achievement 1.5 hours a night
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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.**

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



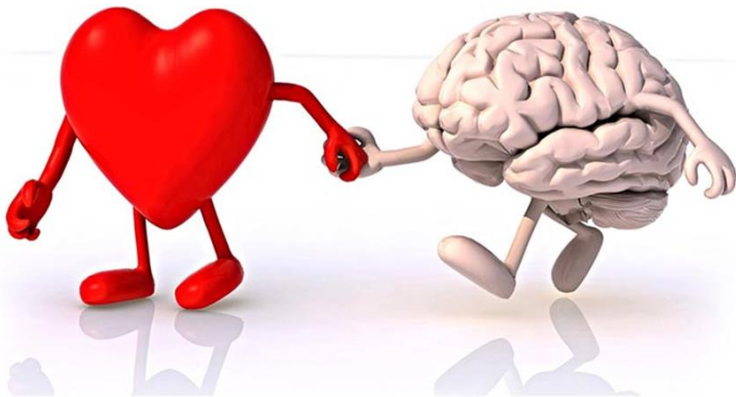
Care



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

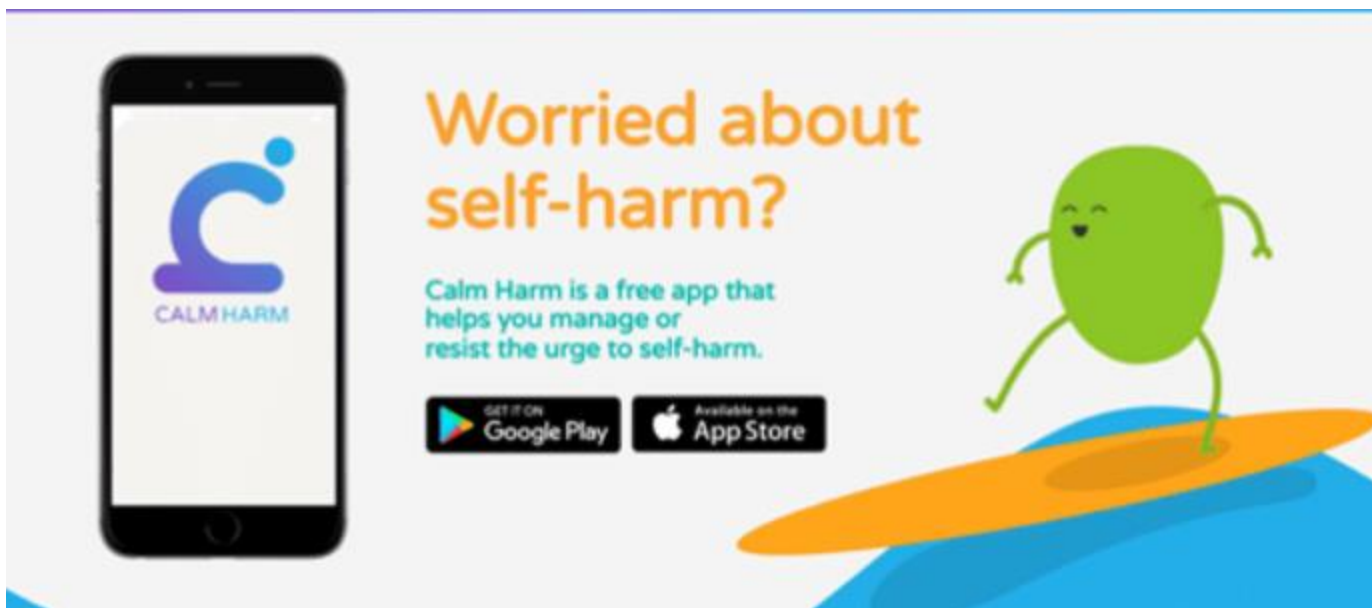


Keep the
evidence



Know when to
take it further

Self-harm

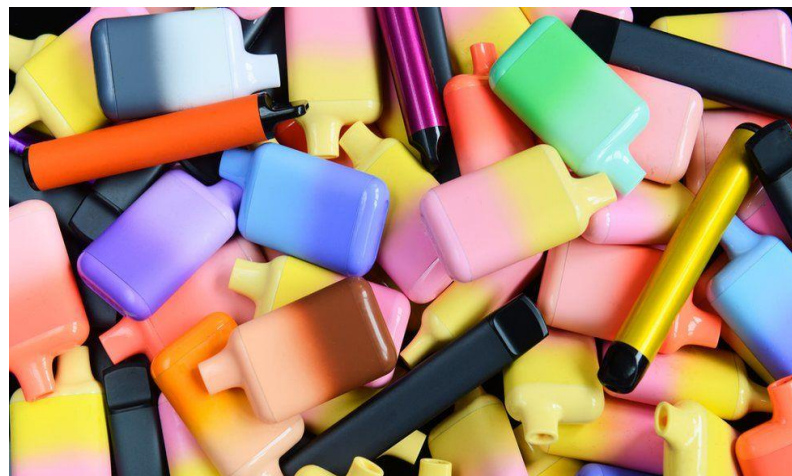


Vaping

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.



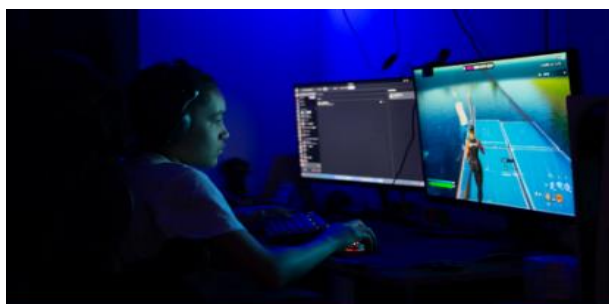
Supporting your child with new social media changes

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.**

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



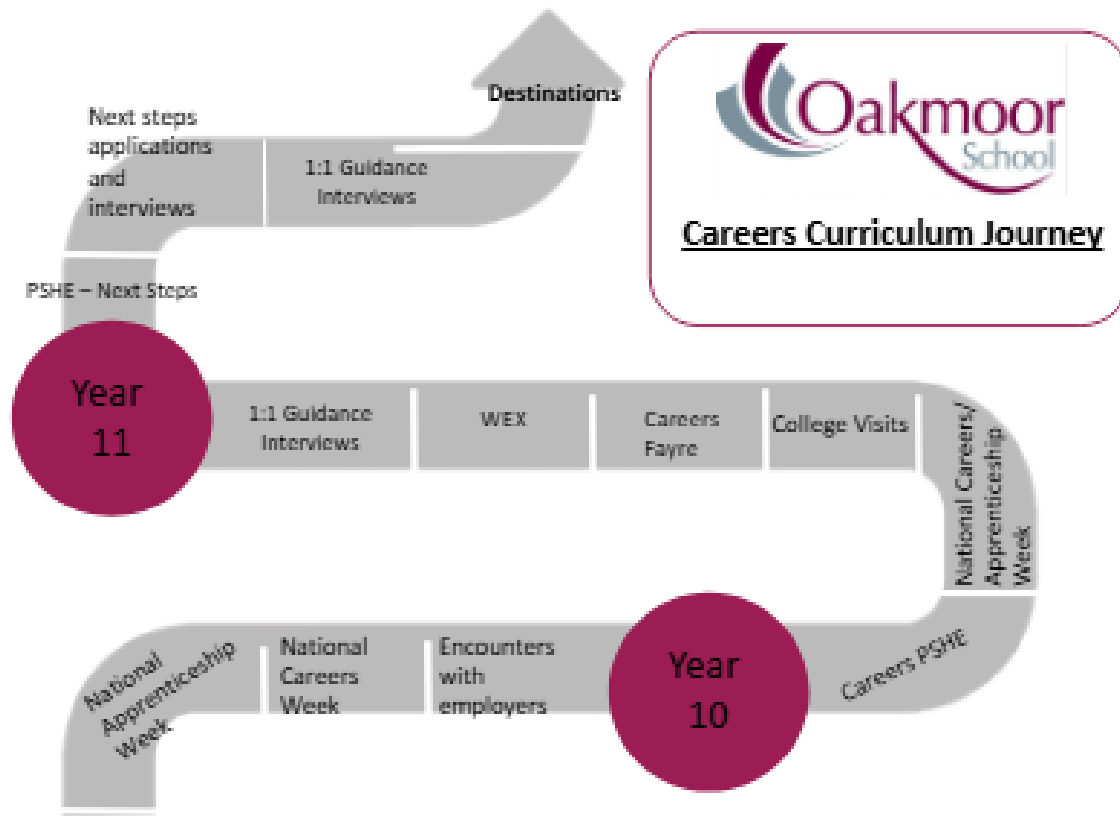
DDSL
Mrs Woodage



DDSL
Mr Riley

Careers

Post 16 Provision



Work experience

Aim to enhance knowledge and understanding of a specific industry

Support the development of essential skills for employment

W/C 24 May 2027
1 week placement



Own placement –Friends/family/local business

Deadline for paperwork submission – **12 Feb 2027**

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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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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**



Where to look for careers support

MENU 

[HOME](#) → [KEY INFORMATION](#) → [CAREERS](#)

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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[CAREERS POLICY & PROGRAMME](#)

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[IN YEAR OPPORTUNITIES](#)

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[NATIONAL EVENTS](#)

[THE GATSBY BENCHMARKS](#)

[WORK EXPERIENCE](#)

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Thank you for listening

What's next this evening?

- ☐ An opportunity to meet with your child's Tutor.
- ☐ 6:00 – 8:00pm – An opportunity to speak to staff from some of our local Colleges and careers staff in the dining hall.
- ☐ Refreshments are available in the dining hall until 8:00pm.