

# Welcome to Partnership Evening

**Year 10**

**Tuesday 9<sup>th</sup> September 2025**



# Theme – Together we Thrive



Together  
we  
thrive



Head of Year

Mrs G Godfree

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IOTE

Miss X Sherlock-Miller

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# Year 10

- Options have been chosen – all students were given their original first 3 choices, some have tried to change, not all have been possible.
- Subject specialist teachers in front of them, willing to go above and beyond to help at break/lunchtimes.
- There will be half termly reflections on reports, attainment and effort
- An exciting careers programme in the summer term.
- Guidance on revision
- DofE Award

*Together  
we  
thrive*

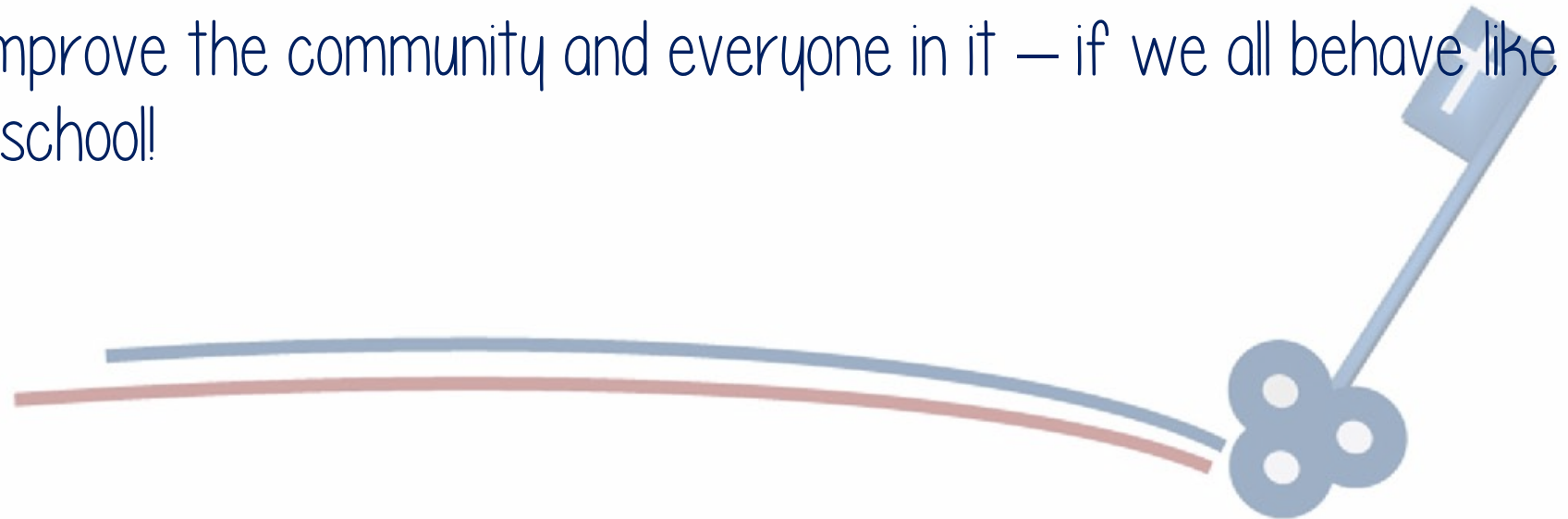


# St Peter's mission

Being Christ to All means treating everyone in our community with love, respect, kindness.  
Treating others as you want to be treated

It means actively going out of your way to have a positive impact on someone's day

It means looking for ways to improve the community and everyone in it — if we all behave like this, we all enjoy an incredible school!



# St Peter's Rocks: Faith in Action

Our school rocks are 5 core values that we aspire to every day

Each guides us to think about our community and Jesus Christ at the forefront of everything

If we live the rocks in action, we will create an amazing school and community!



# Our aims as a school

That we are able to build a brilliant community atmosphere, within and across year groups

Every student can learn, disruption-free, everyday

Everyone gets the chance to experience new things and opportunities

Everyone works their hardest to help everyone achieve their potential

We spend time reflecting on our values and faith

We strive to achieve academic excellence



# Arbor

Parent Portal Login

Attendance

Behaviour: Positive & Negatives

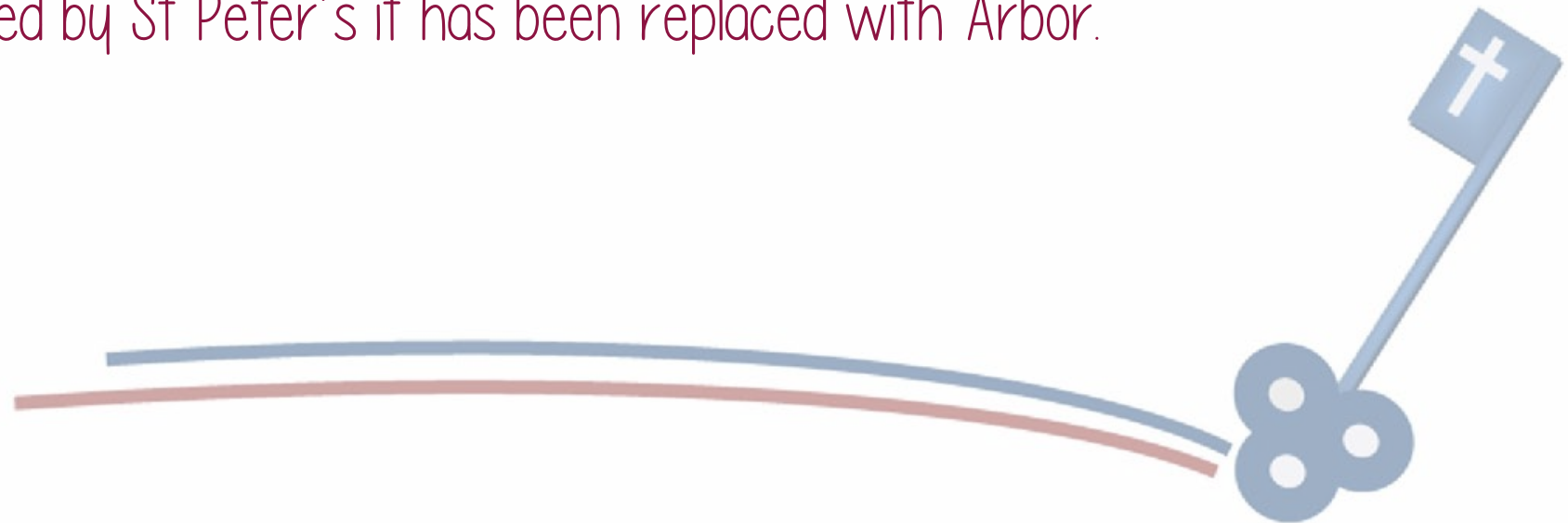
Reports



# Arbor

Any issues please contact Mrs Castellain on [mcastellain@st-peters.surrey.sch.uk](mailto:mcastellain@st-peters.surrey.sch.uk)

Go4Schools is no longer used by St Peter's it has been replaced with Arbor.



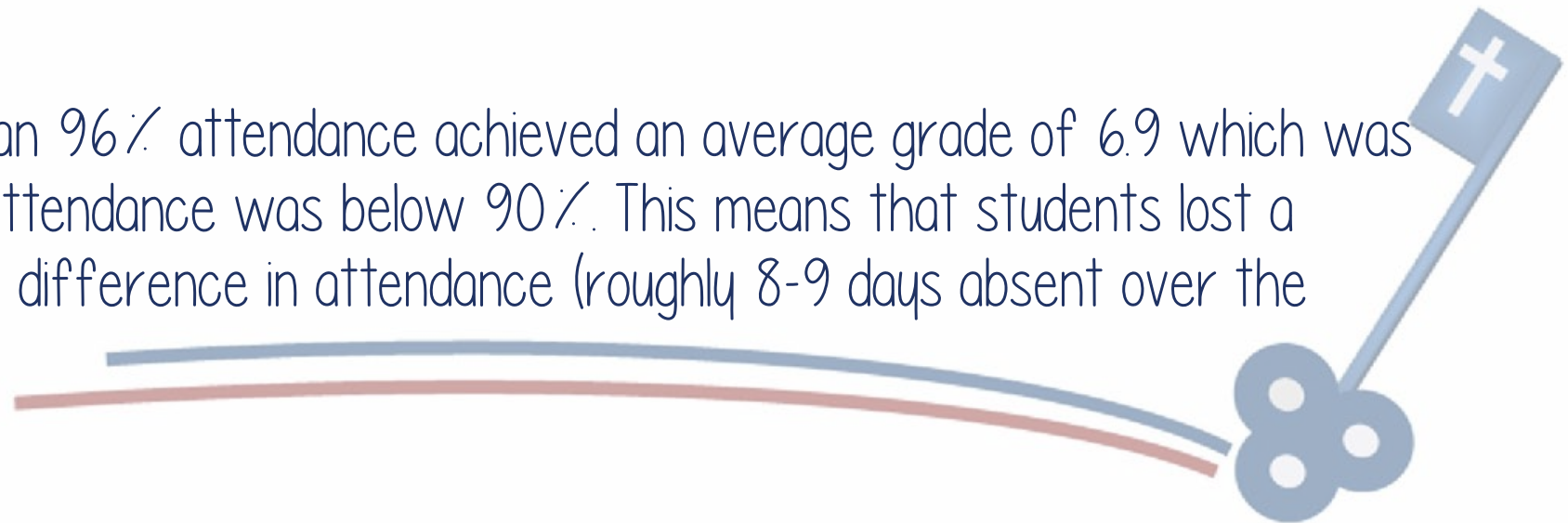
# Attendance

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we  
thrive

Excellent attendance this year is more important than ever as it has a direct correlation on GCSE results.

We have analysed data from previous years and there is a direct correlation between attendance and exam performance.

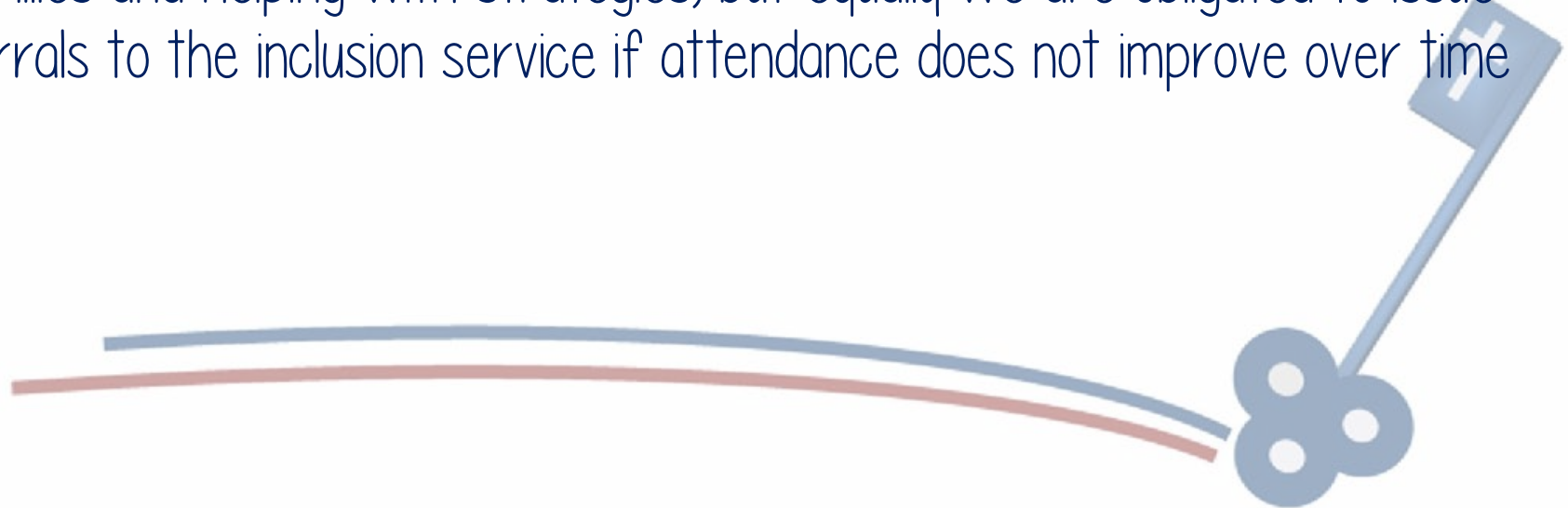
Students who had more than 96% attendance achieved an average grade of 6.9 which was an average of 5.9 if their attendance was below 90%. This means that students lost a grade on average from 6% difference in attendance (roughly 8-9 days absent over the year)



# Attendance Processes at St Peter's

- At St Peter's, our Attendance Officer logs attendance – please report absence via Arbor.. The HOY and AHOY analyse attendance patterns to ensure students are in school as much as possible
- We meet with Surrey Inclusion Service every half term to discuss individual students and their attendance.
- We are committed to support families and helping with strategies, but equally we are obligated to issue warning letters and possibly referrals to the inclusion service if attendance does not improve over time with support & interventions

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we  
thrive*



# Getting the basics right

Uniform

Punctuality and attendance

Organisation — equipment and a notebook

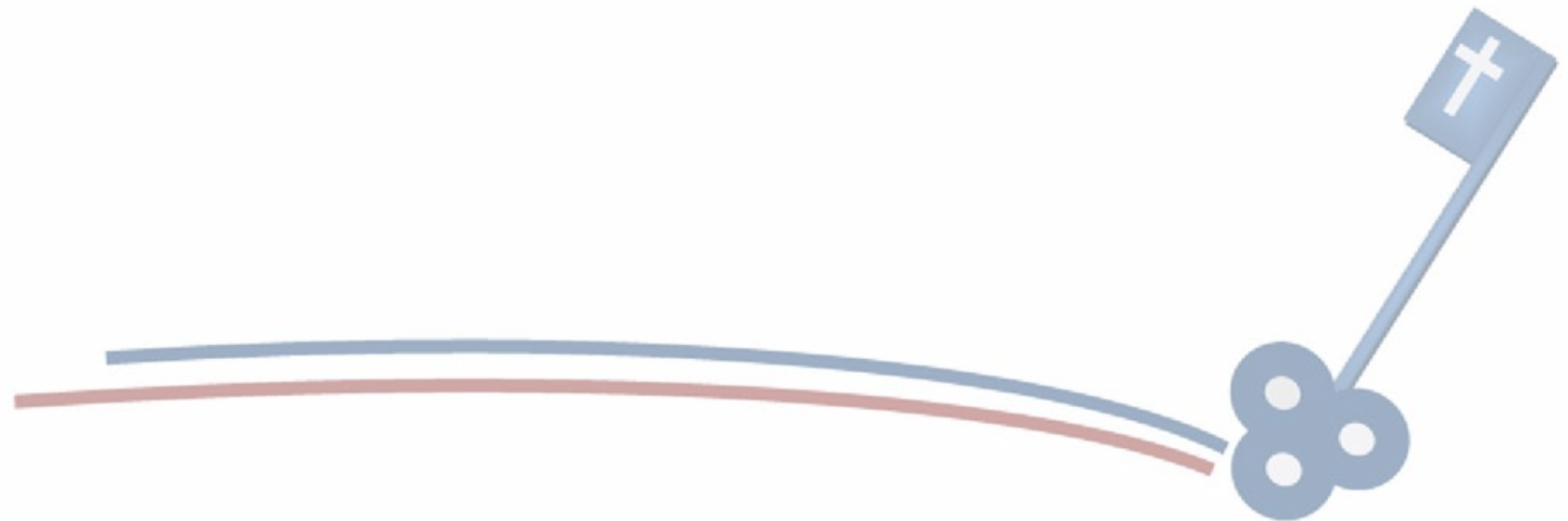
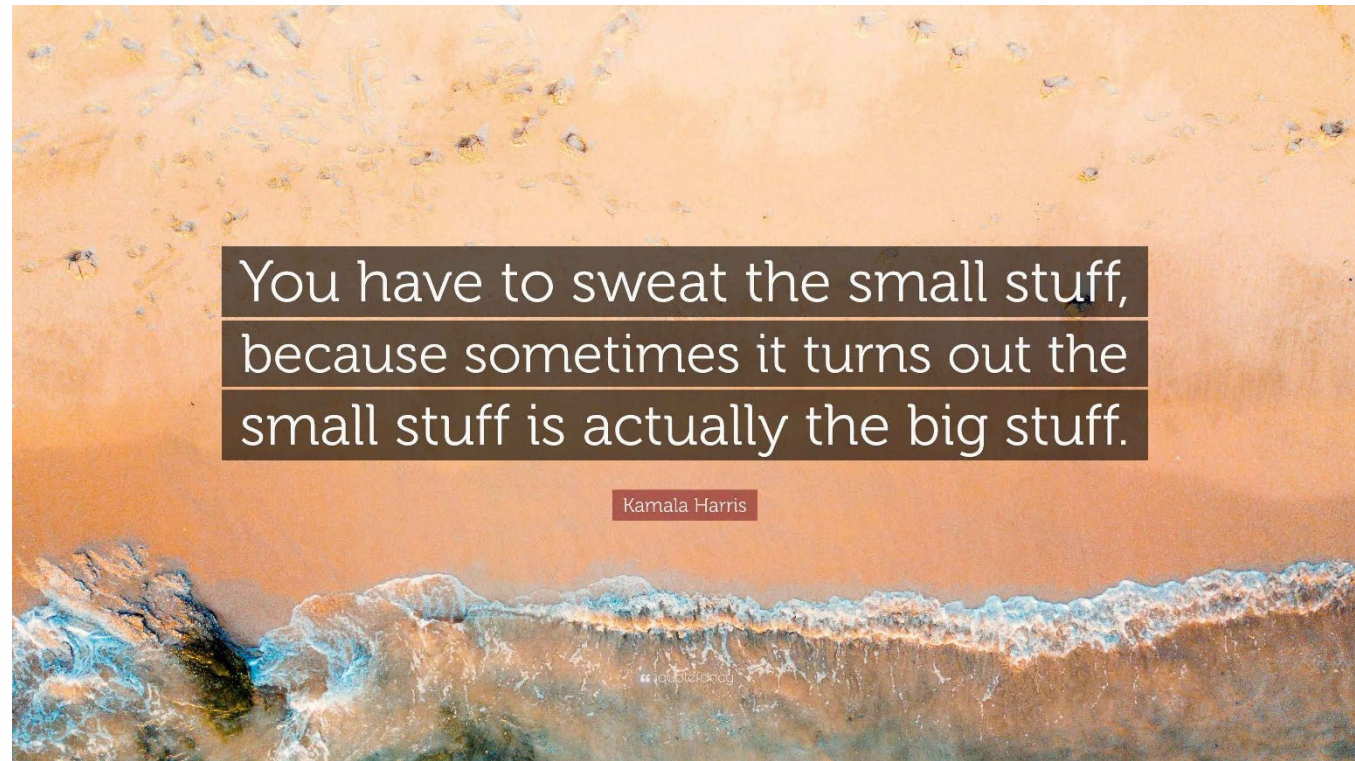
Excellent behaviour

Attitude to learning

Homework

Responsibility for learning

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we  
thrive*



# Uniform

Discrete makeup

Jewellery single religious necklace

Ties & Top buttons done up

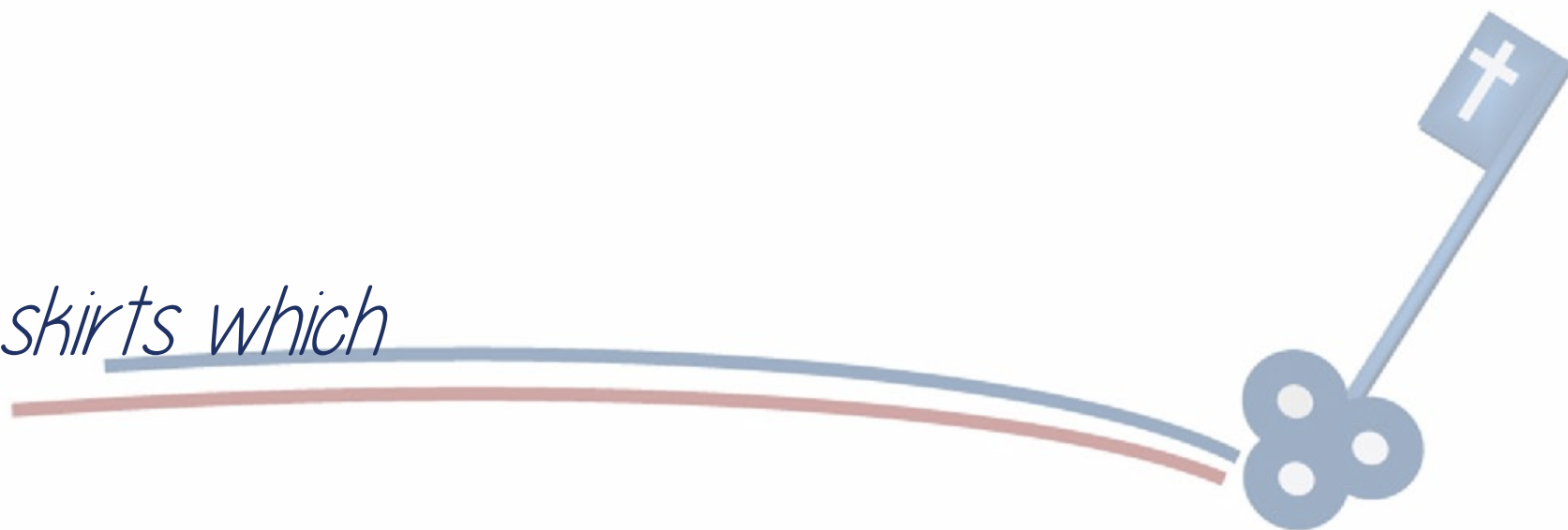
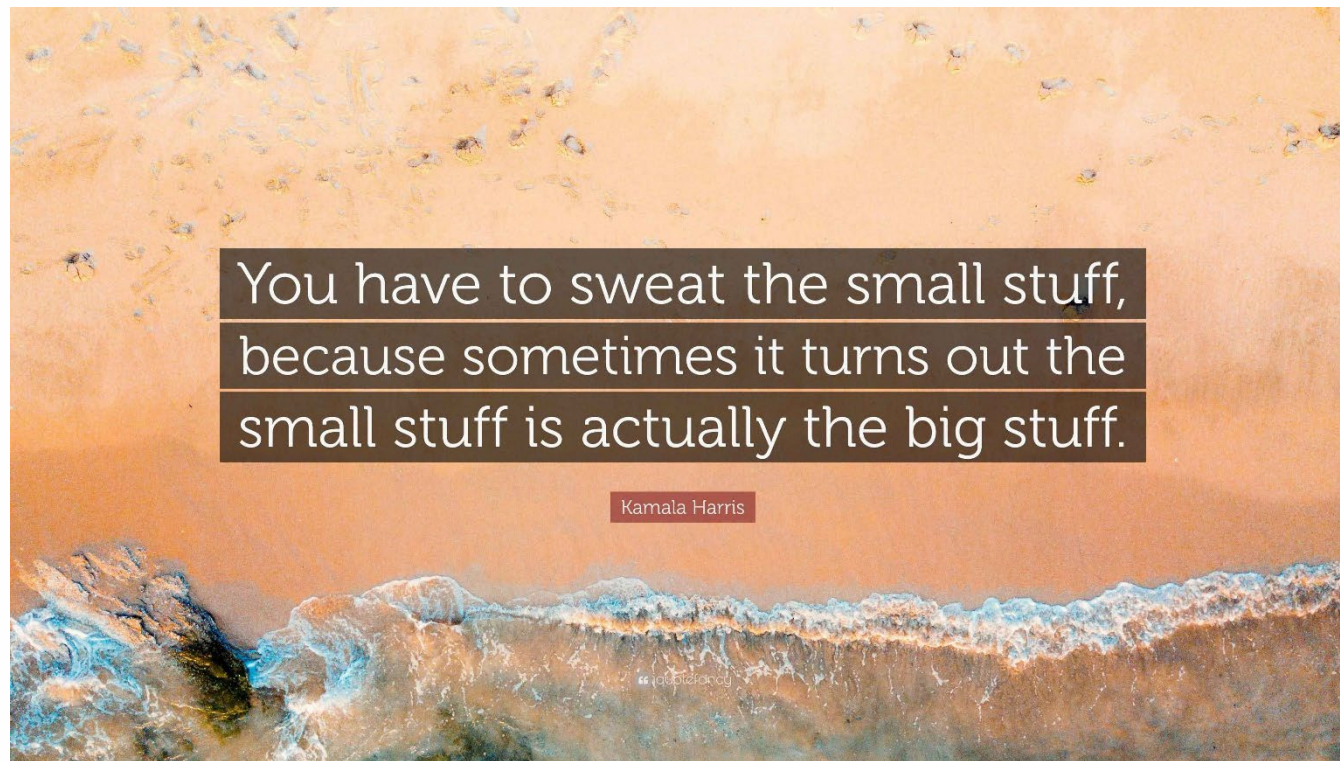
Blazers on

Shoes (No trainers)

Hair

Skirts and shirts:

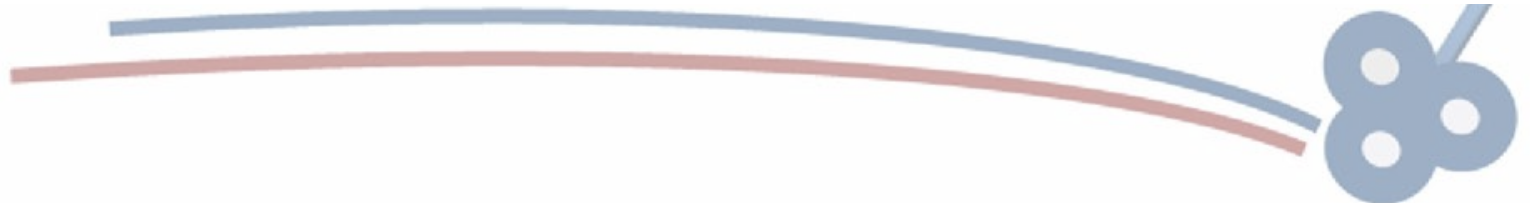
- *Tuck shirts in, unrolled skirts which reach the knee.*



# Homework

Together  
we  
thrive

Subjects	Number of lessons per fortnight	KS4 – number of homeworks per fortnight, 45 mins each
English, Maths	8	4
RE	5	2
Science yr 10	9	3 (one per subject)
Science yr 11	12	6 (two per subject)
Options	5	2
Citizenship yr 10	1	3 per half term
Total		9-10 per week



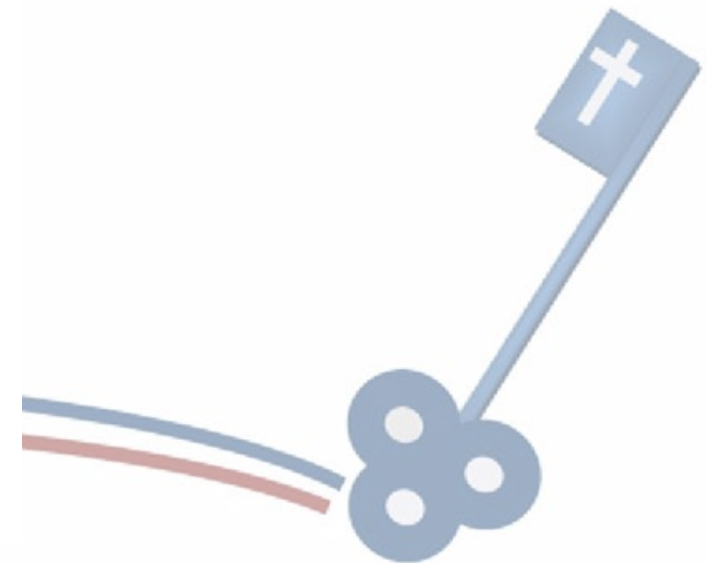
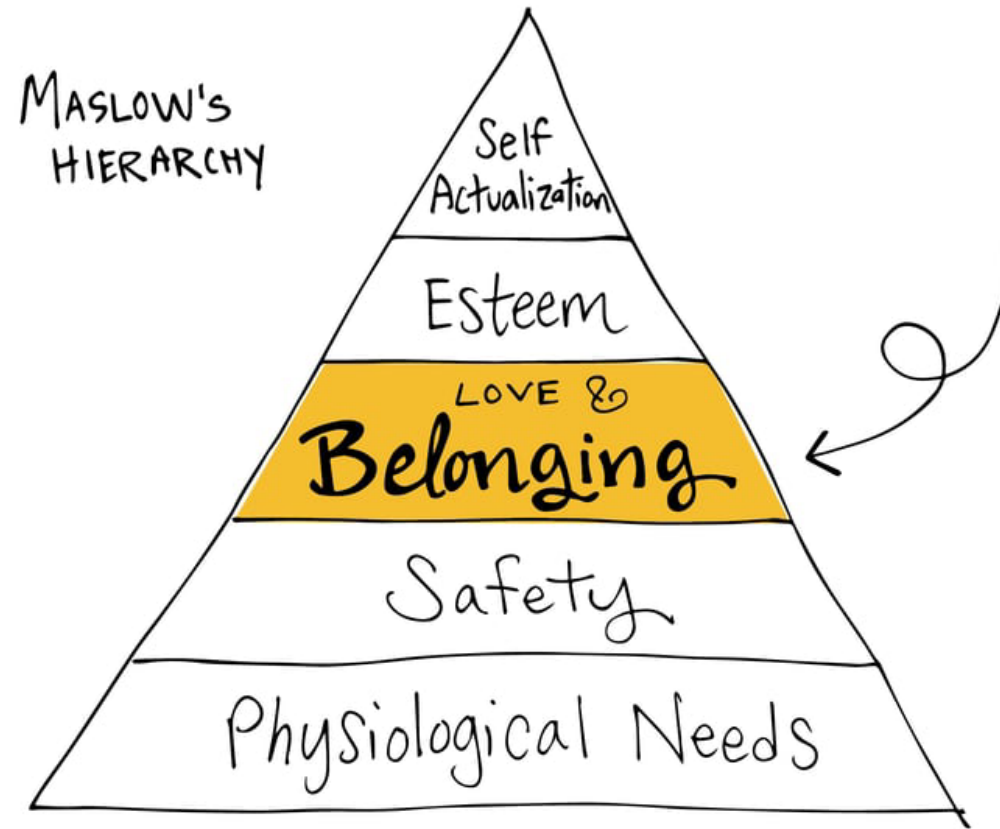
# Changes to the behaviour policy at St Peter's



Why change?

# Our vision for behaviour at St Peter's

To have disruption free learning and provide students with the opportunity to live out the the Rocks of St Peter's, building a deeper sense of belonging.



# Making St Peter's a safe & welcoming place for all

We will always:

try to understand context

apply behaviour policy (if necessary) in a consistent way

offer support to all who need it

contact parents and log any sanctions on Arbor

follow up with restorative conversations – every child gets a clean slate.

*Together  
we  
thrive*

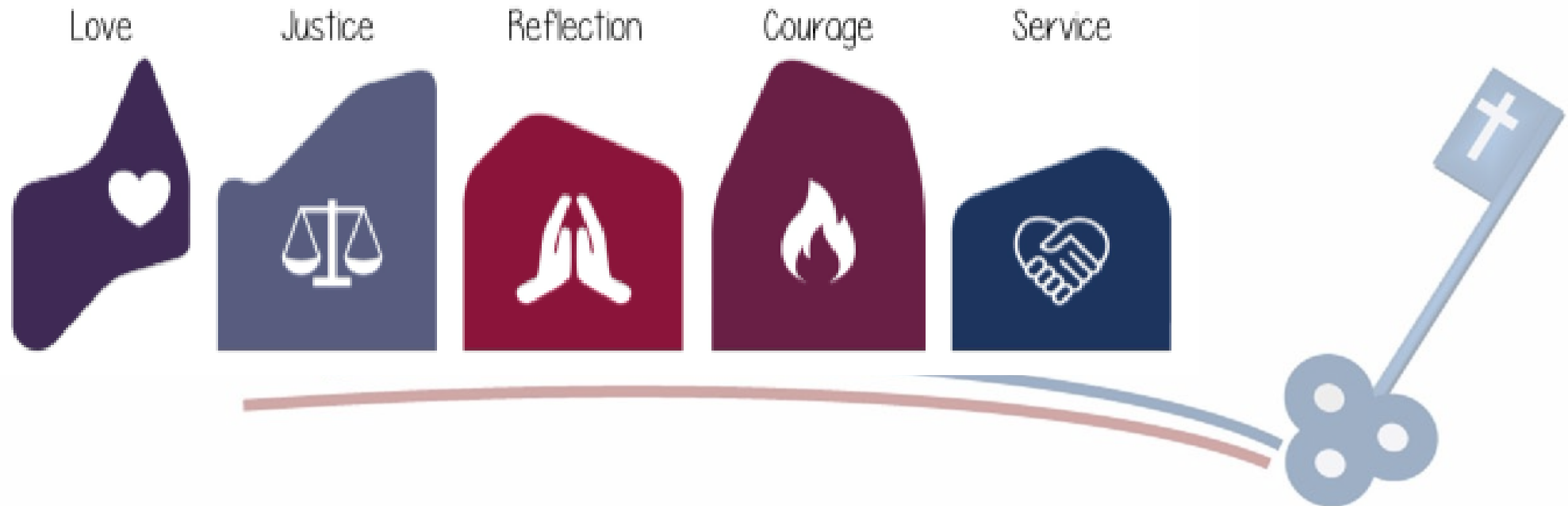


How?



Our mission statement is to be Christ to all...

Our school is built upon high expectations, great relationships and the Rocks of St Peter's



## House Points:

All staff to praise the students as much as possible






Positive Behaviour	Number of house points awarded	Comments	Awarded by
Putting in the maximum effort	1-2	Examples could include contributing a good answer or question in a lesson, producing exemplary homework	All
Having a positive impact in and around the school community	3-4	Examples could include supporting another student in a task or offering to help a member of staff with a small task, improving the school environment, picking up litter unprompted	All
<b>Outstanding Recognition</b> award a St Peter's Rocks Nomination <b>Nomination Categories:</b> Love Justice Service Courage Reflection	5	Please award a minimum of 2 students per day with a St Peter's Rocks nomination for a Rock of your choice. Each nomination is worth the equivalent of 5 house points	All

# St Peter's Rocks

## Nominations:

Top 10 nominated students per category to receive a St Peter's Rock badge each half term.

Collect all 5 over the year to achieve a St Peter's Keys badge.

St Peter's Rock	Some examples of how students could display this value
<b>Love</b> 	<ul style="list-style-type: none"><li>• Show kindness to others.</li><li>• Have a positive attitude and respect yourself.</li><li>• Show compassion to those in need.</li></ul>
<b>Service</b> 	<ul style="list-style-type: none"><li>• Support others to achieve.</li><li>• Warmly welcoming visitors to St Peter's by being polite and courteous.</li><li>• Picking up litter unprompted.</li></ul>
<b>Justice</b> 	<ul style="list-style-type: none"><li>• Promoting fairness in group tasks.</li><li>• By being respectful to other people's beliefs and views.</li><li>• Not being a bystander in challenging situations.</li></ul>
<b>Reflection</b> 	<ul style="list-style-type: none"><li>• Learn from your mistakes</li><li>• Contribute positively to our mission statement to be "Christ to all".</li><li>• Be curious and seek ways to improve.</li></ul>
<b>Courage</b> 	<ul style="list-style-type: none"><li>• Go above and beyond in lessons.</li><li>• Volunteer for roles or responsibilities.</li><li>• Think for yourself and be independent.</li></ul>



# Points mean prizes...

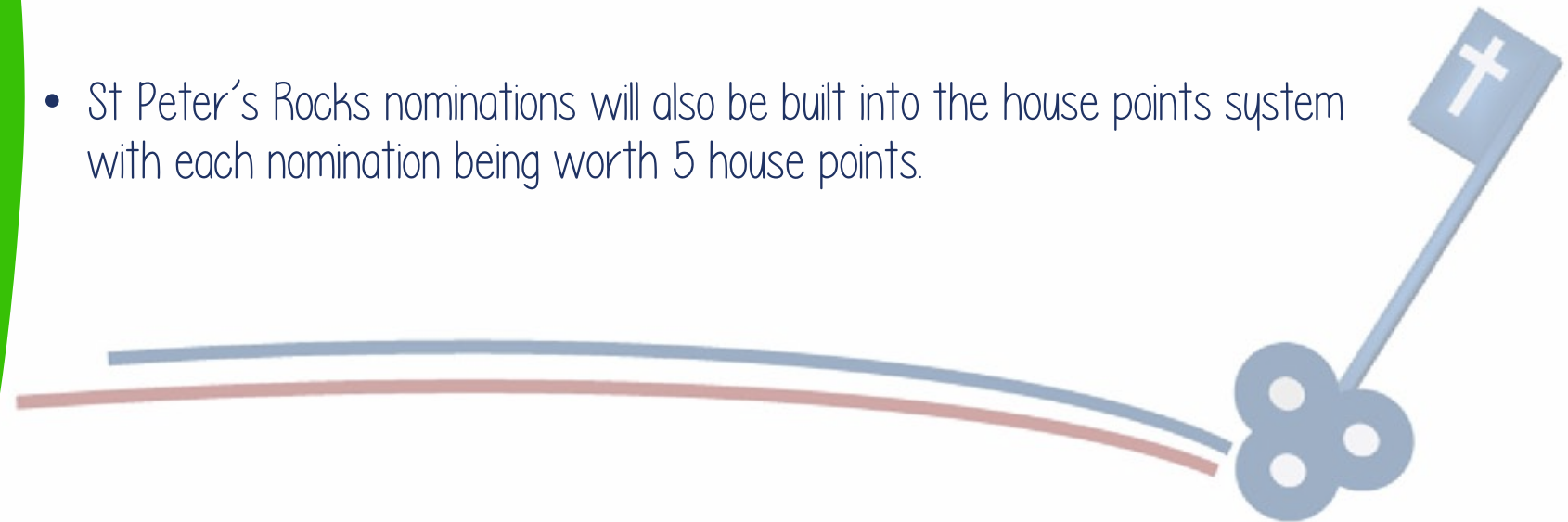
Total number of house points over the academic year	Recognition	Prize draw entries for Mr Miller's whole school assembly termly prize draw
25 house points	Praise postcard given out in tutor time	1
50 house points	Certificate sent home from HOY	2
100 house points	Certificate sent home from AHT	4
200 house points	Certificate sent home from DHT	6
300 house points	Certificate awarded by the Headteacher	8
Every additional 25 house points		1



KEEP  
CALM  
EARN  
HOUSE  
POINTS

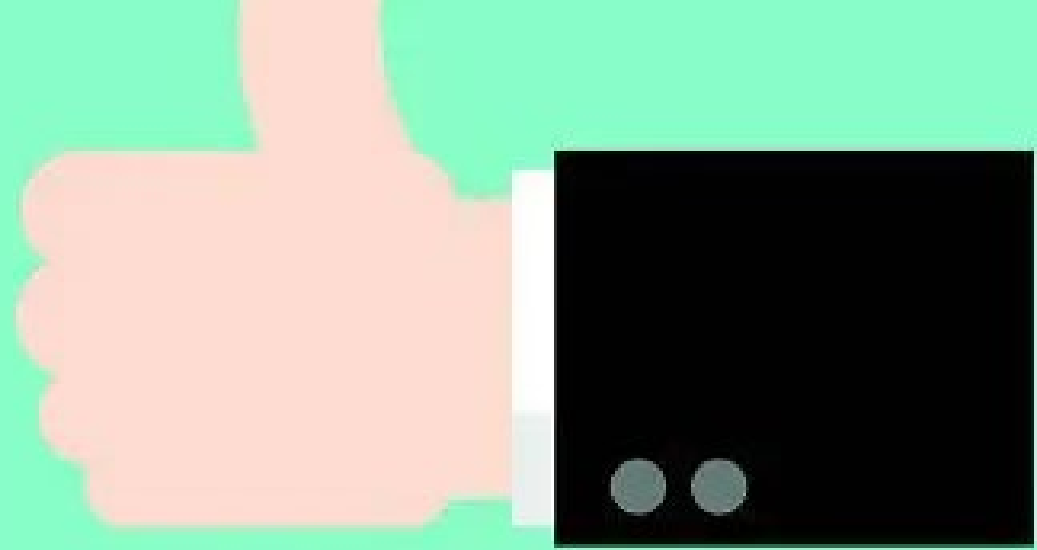
## Building Positivity

- A big push on the awarding of house points!
- All staff will regularly award between 1-5 house points to a student dependent upon the positive behaviours they have shown.
- St Peter's Rocks nominations will also be built into the house points system with each nomination being worth 5 house points.





**NEGATIVE**



**POSITIVE**

# Cautions

Cautions will be split into 3 categories:

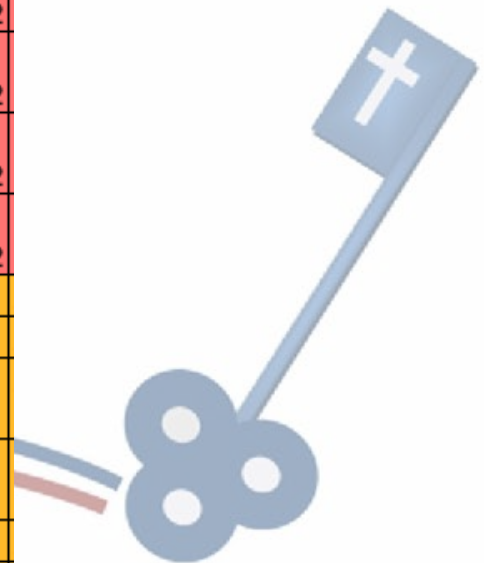
Cautions accumulate over the course of the week and reset every Monday.

The more cautions accrued = a longer length of time in an afterschool detention on a Monday.  
(Between 45m to 1h30m)

SLT detentions will run after school for 2 hours every Wednesday.

Further information can be found published in the behaviour policy on our website

Reason to issue a caution:	Points
Removal from a lesson	-3
Homework still incomplete or missing (2nd chance)	-3
Missed or incomplete homework	-3
Use of inappropriate language	-2
Not following basic instructions	-2
Low level disruption	-2
Poor attitude	-2
Poor behaviour outside of lessons	-2
Poor effort	-2
Unkind to another student	-2
Poor Manners	-2
Lack of equipment	-1
Being late	-1
Wearing make up (KS3) or excessive make up (KS4)	-1
Incorrect uniform	-1
Littering	-1
Eating/chewing in corridors or classrooms	-1



# Belonging





**OPTIMISE YOUR PERFORMANCE!**



POOR HEALTH  
SURVIVING



GOOD HEALTH  
THRIVING



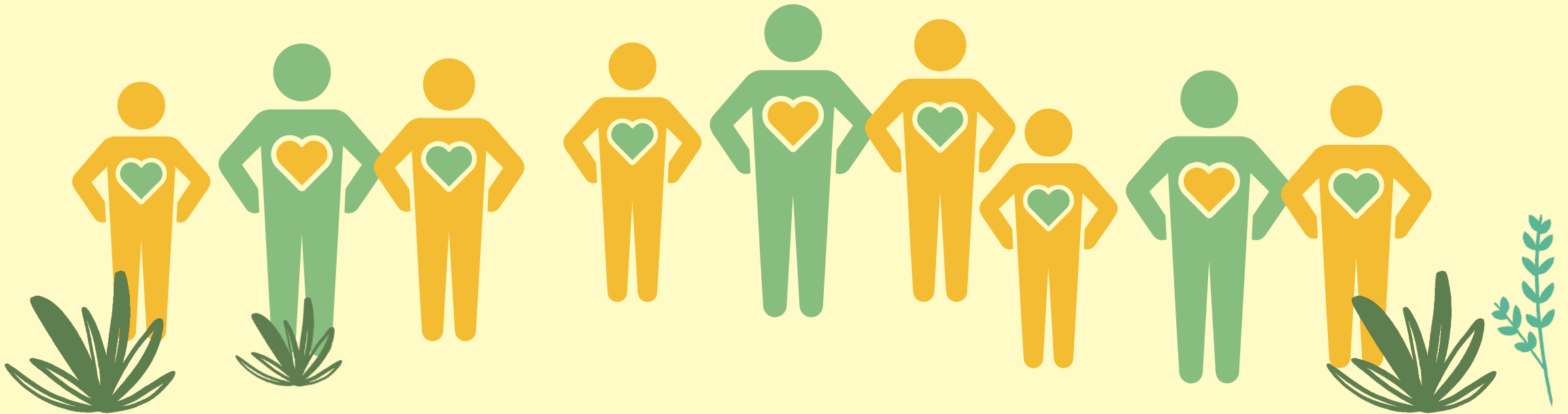
# HEALTH



WHAT IS THE MOST IMPORTANT THING YOU POSSESS?

**HEALTH = WHOLENESS**

**HEALTH IS CONCERNED WITH 'FLOURISHING', NOT JUST A 'LACK OF DISEASE'.**





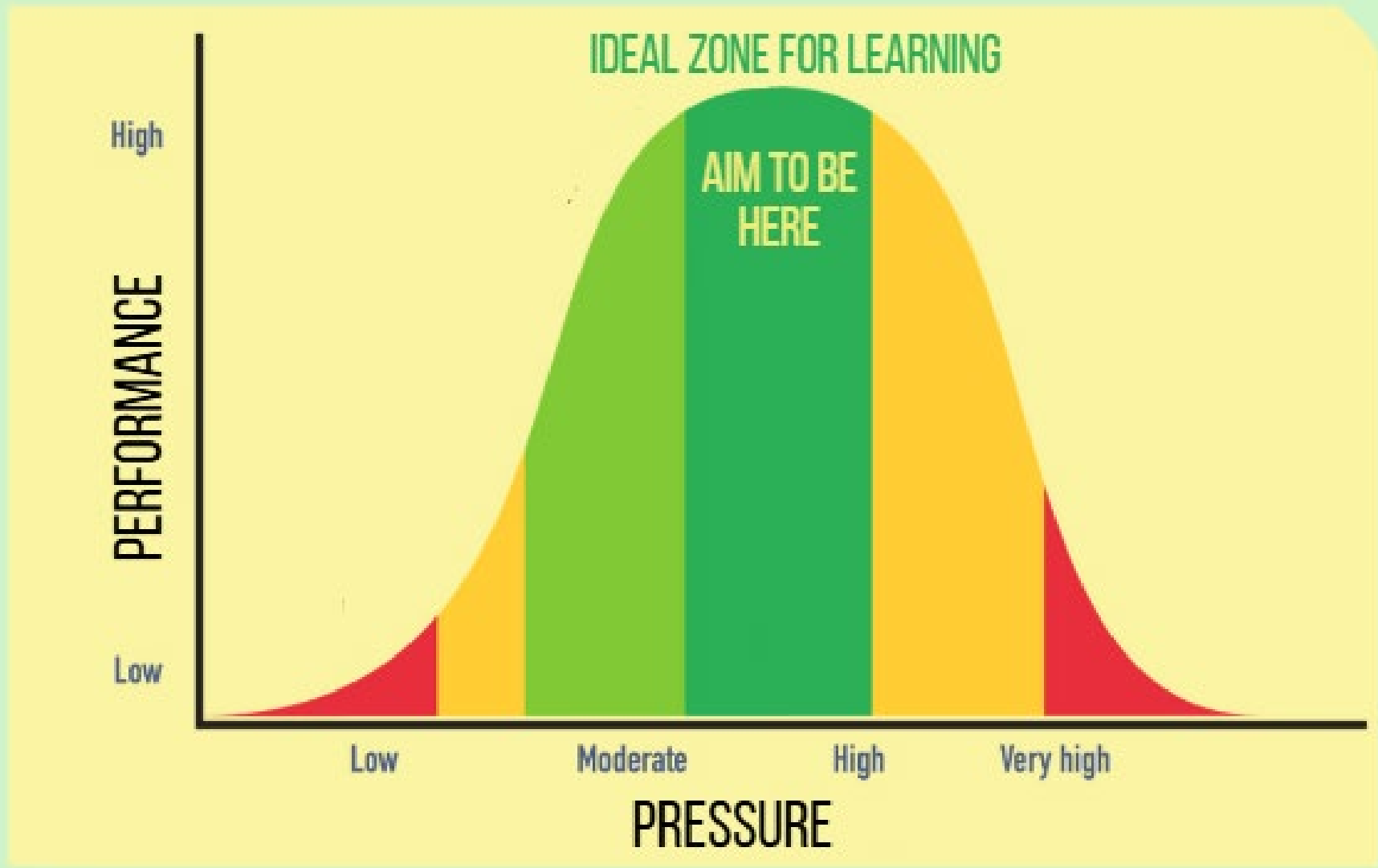
Our environment has changed ... technological advances, increase in structured time/ less play, more time indoors, less sleep, less social contact, more ultra processed food, more environmental pollutants, etc

Our systems are trying to cope but it is not surprising we have increasing levels of difficult behaviour and health issues.

Can we create environments more aligned with behaviours that nourish us?

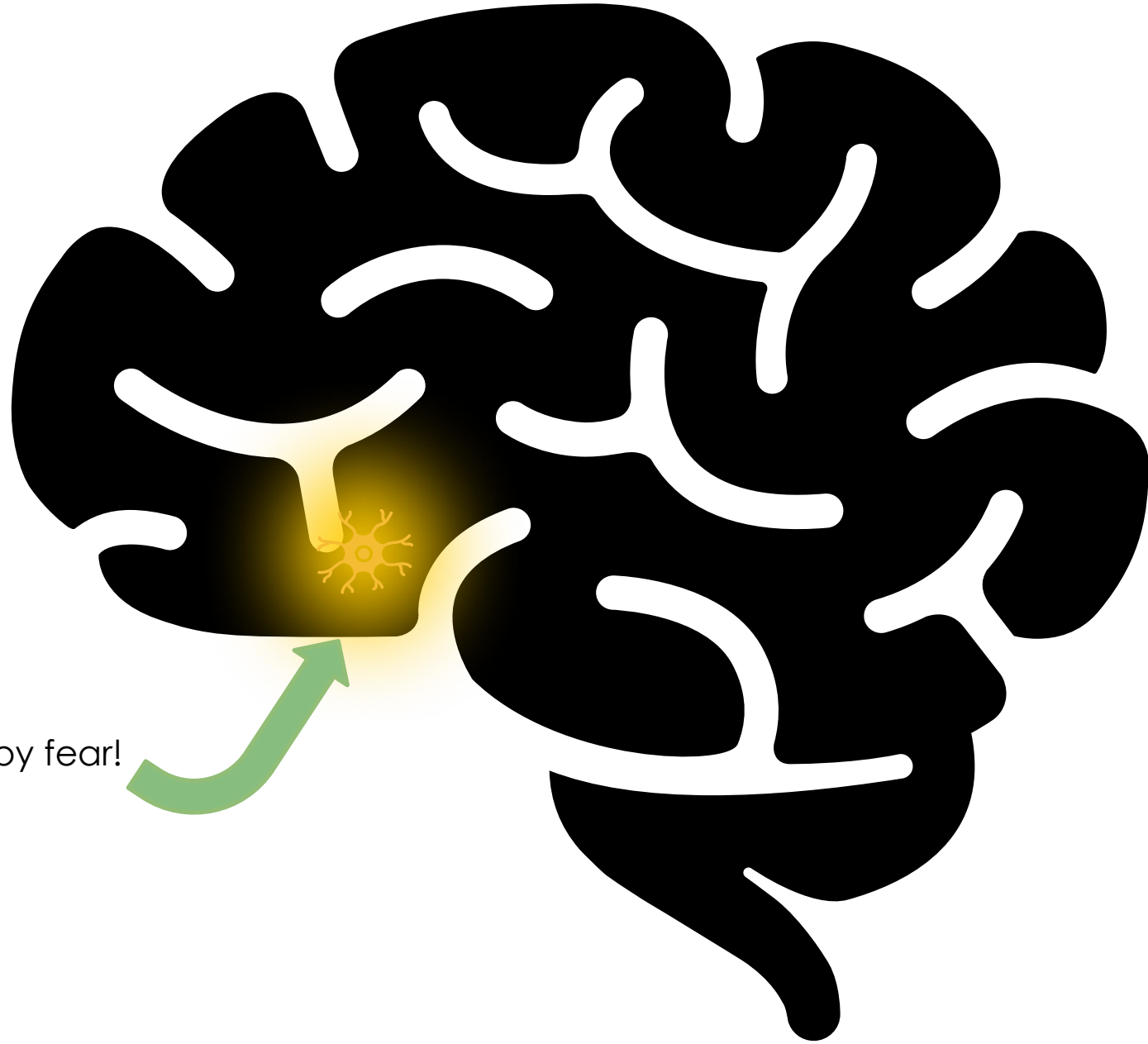




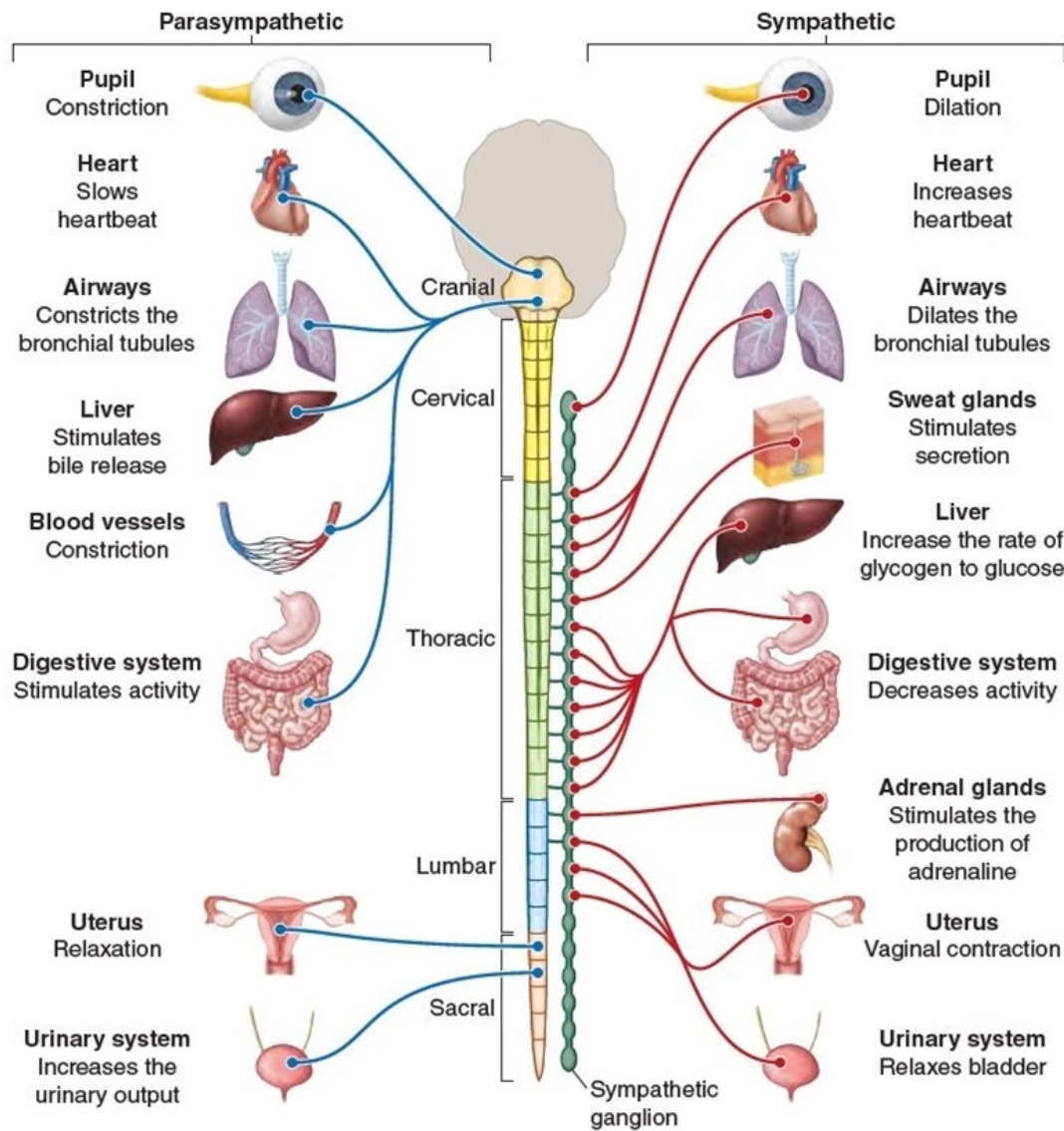


**FEELING IN CONTROL?**





Activated by fear!

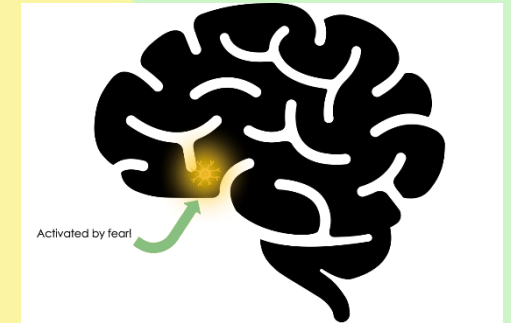
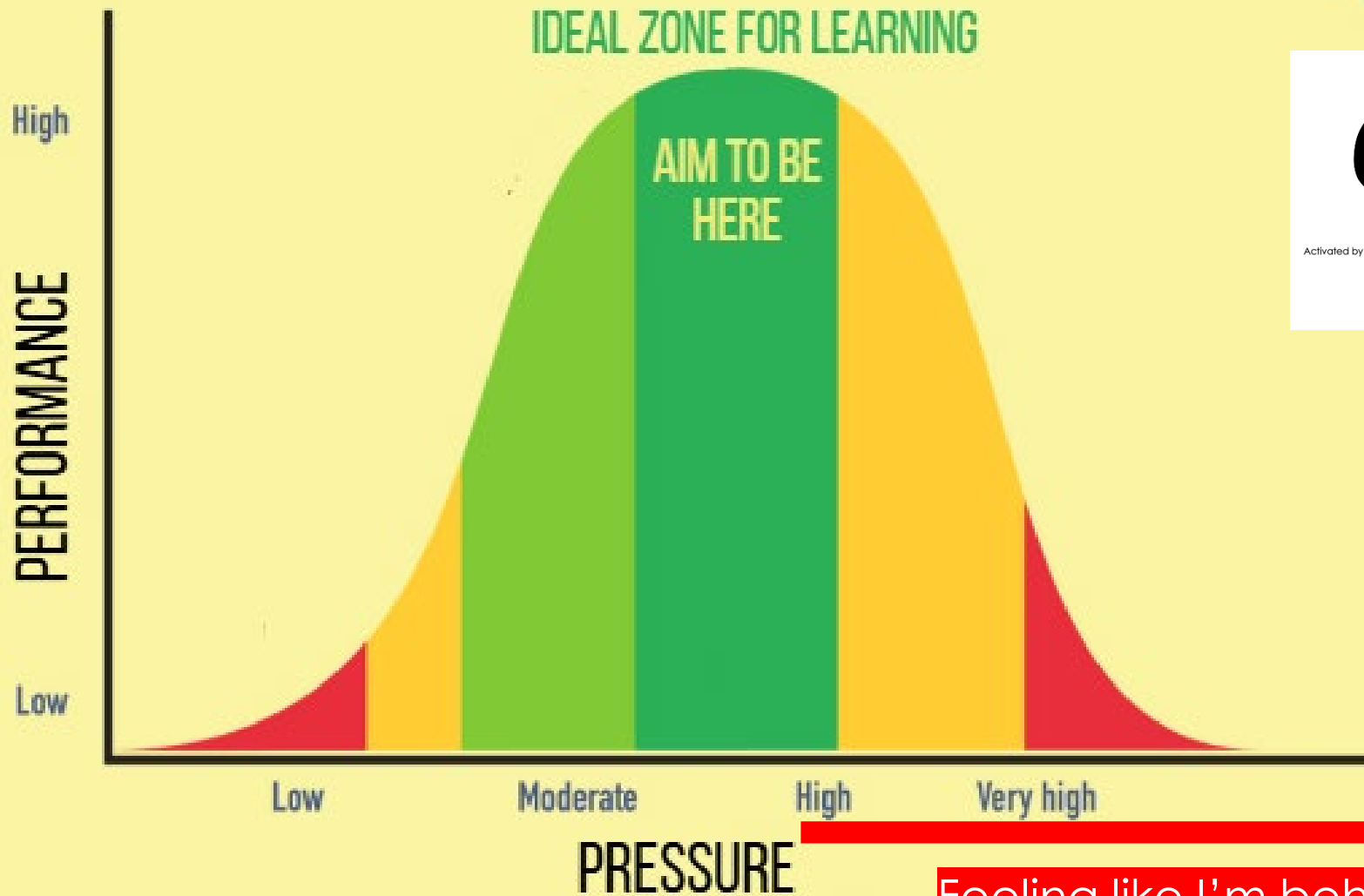


Micro stressors

Chronic sympathetic elevation

Most of our bodies system's are affected in some way

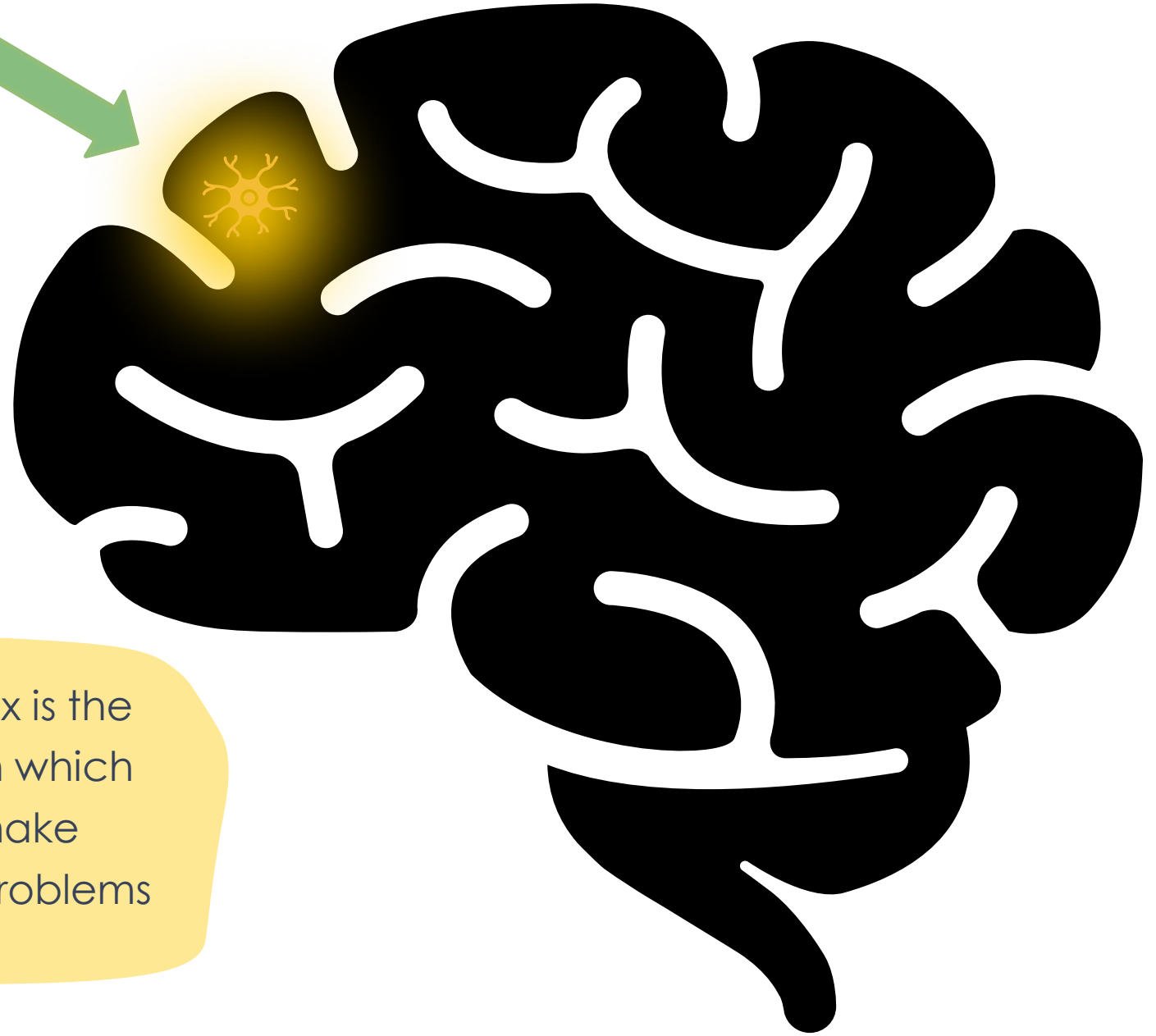
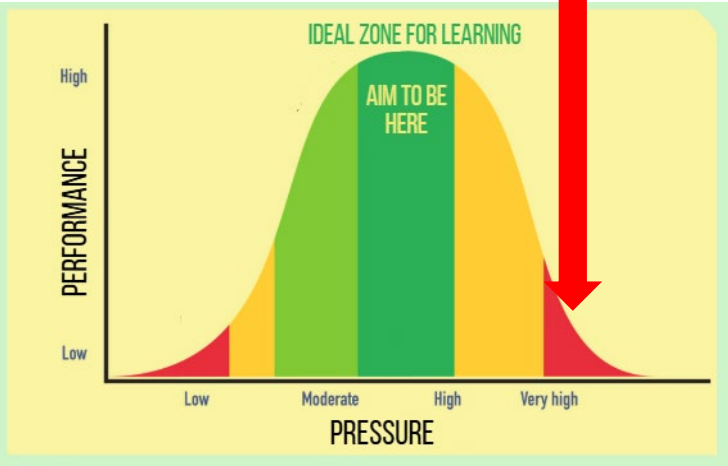
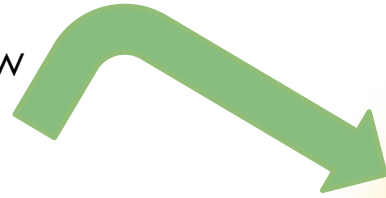
Body does not feel safe



Feeling like I'm behind on revision  
 Too much focus on my revision

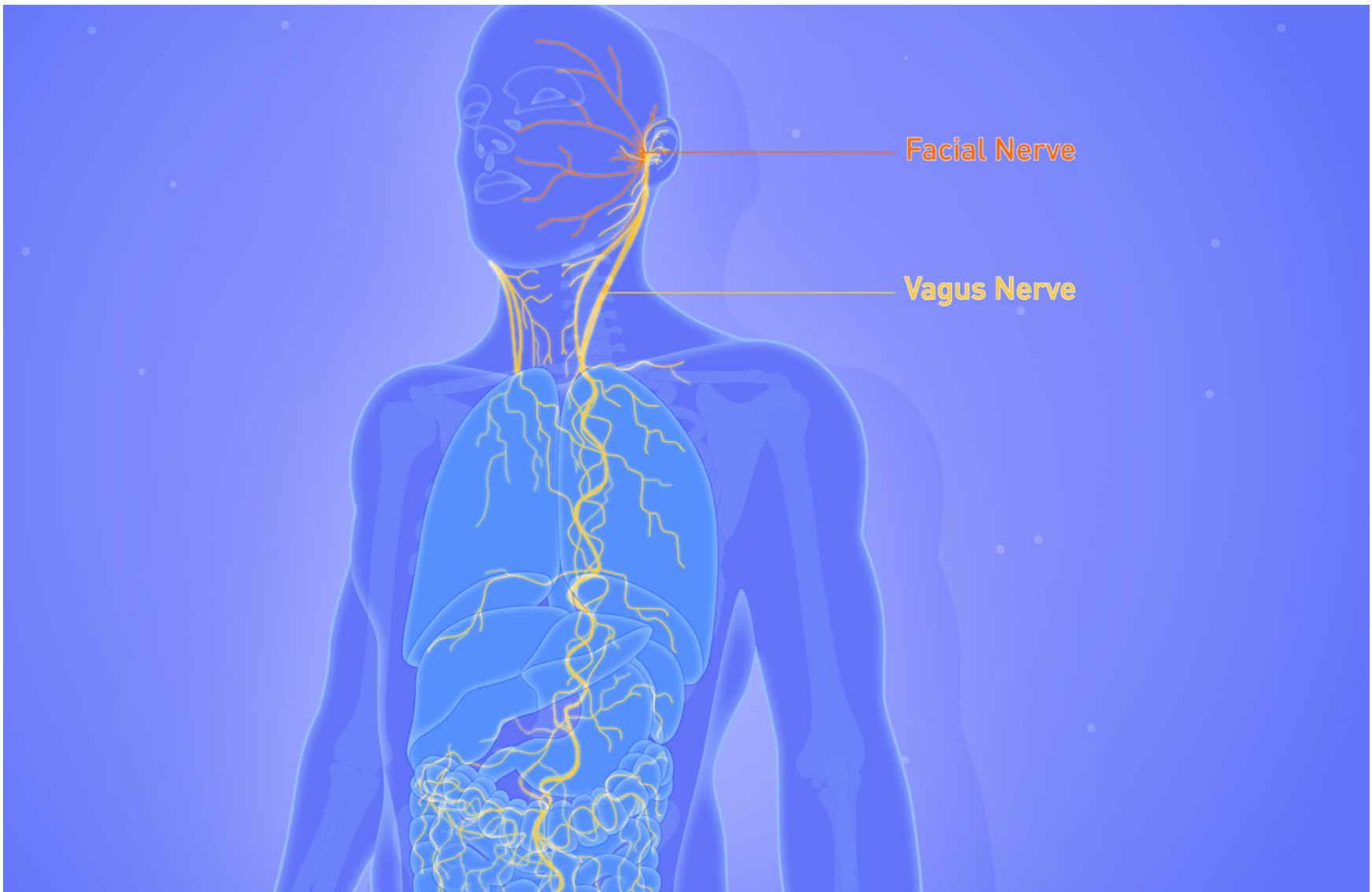
KEEP STRESS LOW

Reduced Blood Flow



Your prefrontal cortex is the key part of the brain which helps you learn, make decisions and solve problems





Facial Nerve

Vagus Nerve





Breathing (nasal, belly, longer exhales, 3,4,5)

Humming or singing

Massage cheeks and jaw



# SLOW BREATHING – IMPROVES FOCUS AND LEARNING



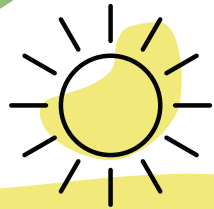


USE BREATH TO CALM BODY AND MIND





**BOOSTS MENTAL CLARITY:**



**REDUCES STRESS**



**IMPROVES CONCENTRATION**



**IMPROVES MOOD:**



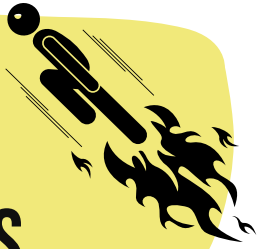
**ENHANCES MEMORY**



**PROMOTES PHYSICAL HEALTH:**



**BOOSTS ENERGY LEVELS**



**PROVIDES PERSPECTIVE**



**INCREASES CREATIVITY**



**IMPROVES SLEEP QUALITY:**





- Play
- Bubble bath of neurotransmitters and growth hormones for your brain

Combine movement with:

- Fresh air
- Travel to and from school





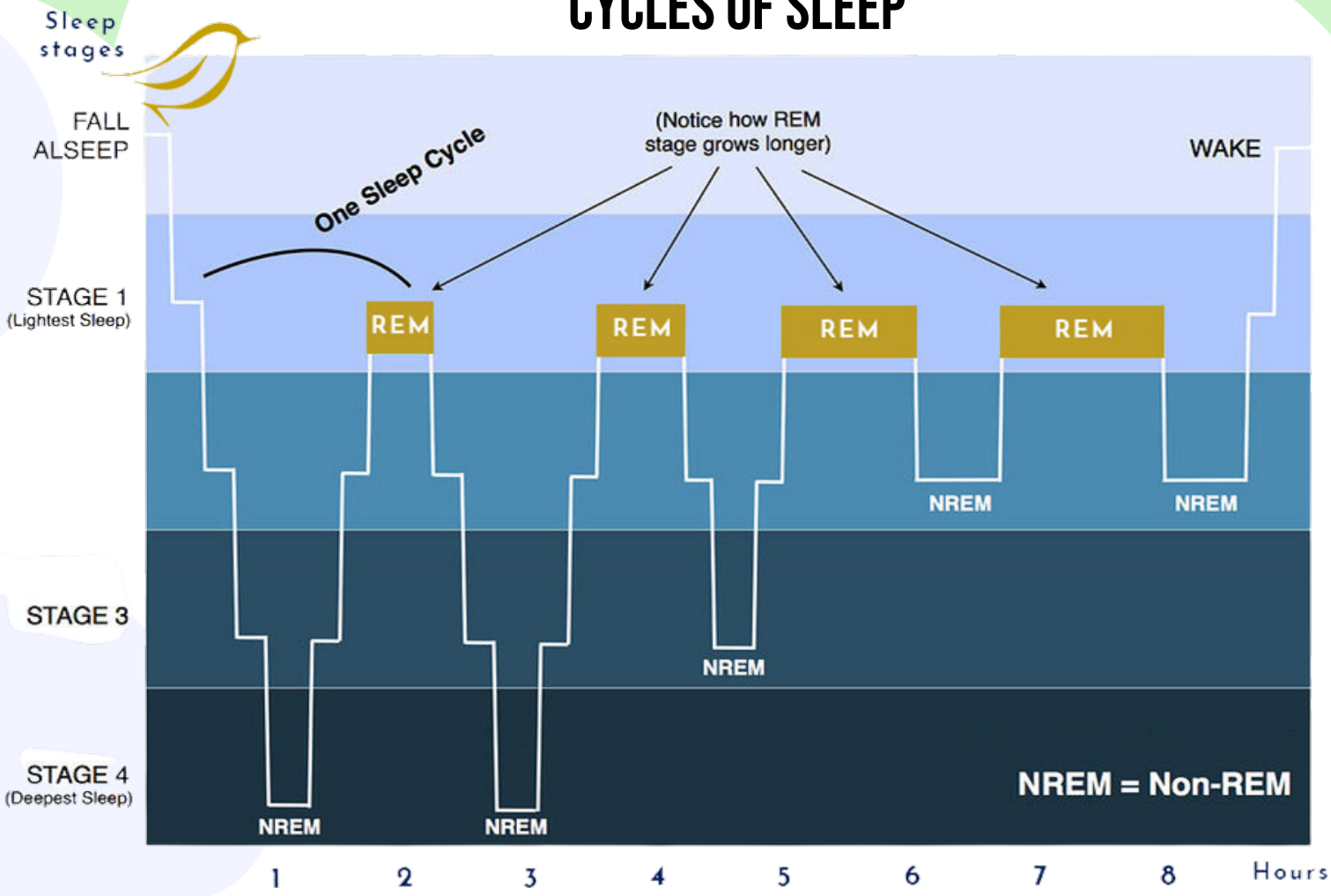
# NREM

- Body muscles, cells organs grow and repair
- Improve memory
- Prune neural connections
- Cleanse brain

# REM

- Process emotions amygdala
- Creativity
- Encode memories into long term memory
- Strengthens neural connections

## CYCLES OF SLEEP



## WHY IS SLEEP IMPORTANT?



AGE 6-13



AGE 14-17



AGE 18-25

Remember some of you may need more than this.



### To get 8 hours of sleep:

- Bed at 10pm
- Wake at 7am



### Key Question:

How rested are you in the morning?

*'the presence of the smartphone has a negative influence on the working speed and thus on cognitive performance and attention.'* **Nature**

The presence of your phone **adds stress** when you are trying to work



**USE THE PHONE  
CONSCIOUSLY**

**PHONES  
AWAY WHILE  
EATING**

**CHARGE THEM DOWNSTAIRS**

**REFLECT ON PHONE  
USAGE :  
HOW DO YOU FEEL  
AFTER USING YOUR  
PHONE?**

**TRY  
PHONE  
HOLIDAYS**

**SET YOUR  
PHONE TO  
GREYSCALE**

**FILL YOUR DAY WITH MORE 'REAL'  
CONNECTIONS AND ACTIVITIES**

**SET TIME LIMITS FOR  
PHONE USAGE**

**IT IS NOT YOUR FAULT - DESIGNED TO  
BE ADDICTIVE (DOPAMINE)**



**TIPS FOR REDUCING SCREEN TIME!**



Consistent wake/  
sleep times at  
weekend/ holidays

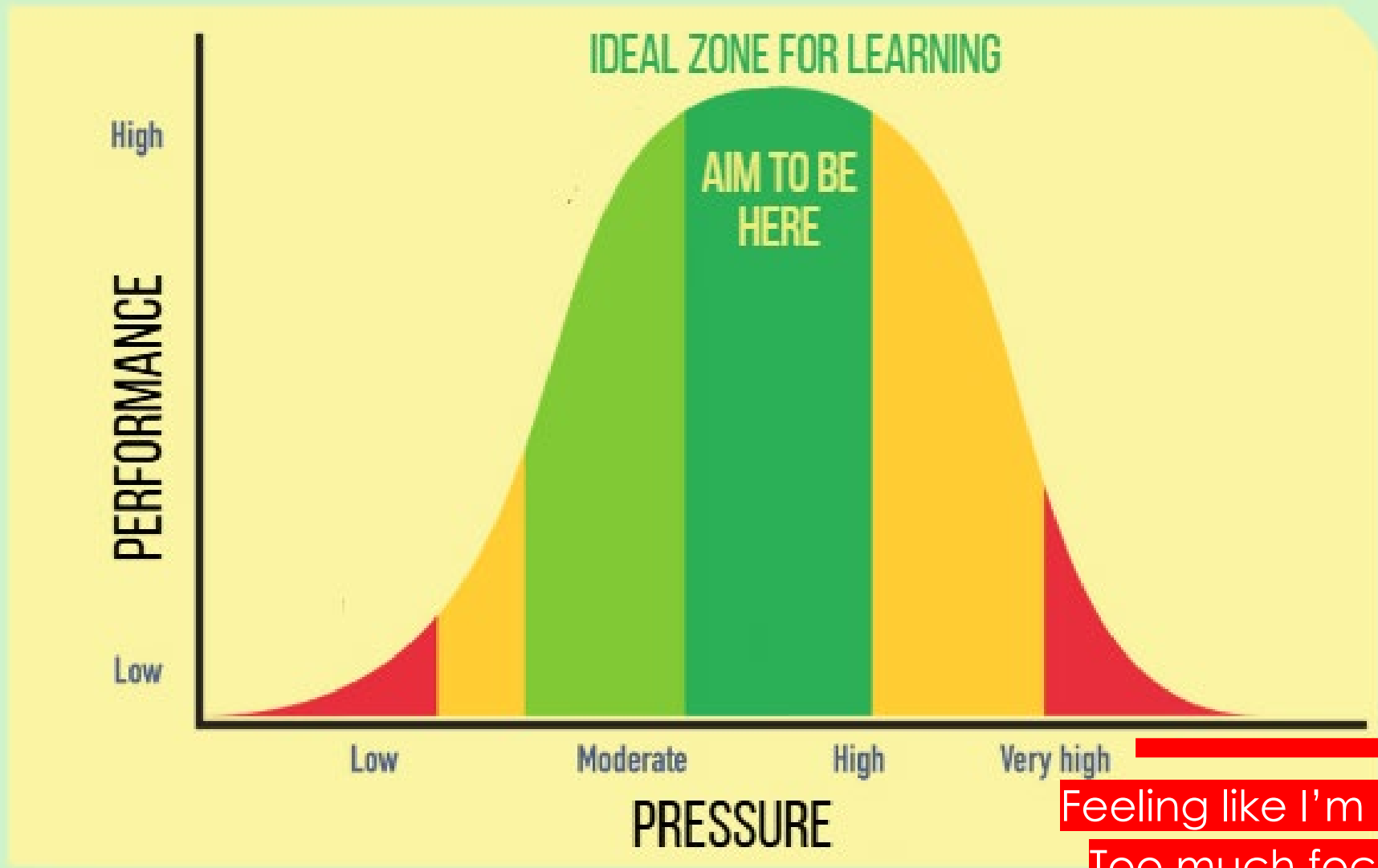
This minimises  
disruption to circadian  
rhythm

Avoid 'Jet Lag' every  
Monday!

**Digital connection** often leads to an increase in stress and anxiety

**Face to face** real connection makes you feel safe and reduces stress





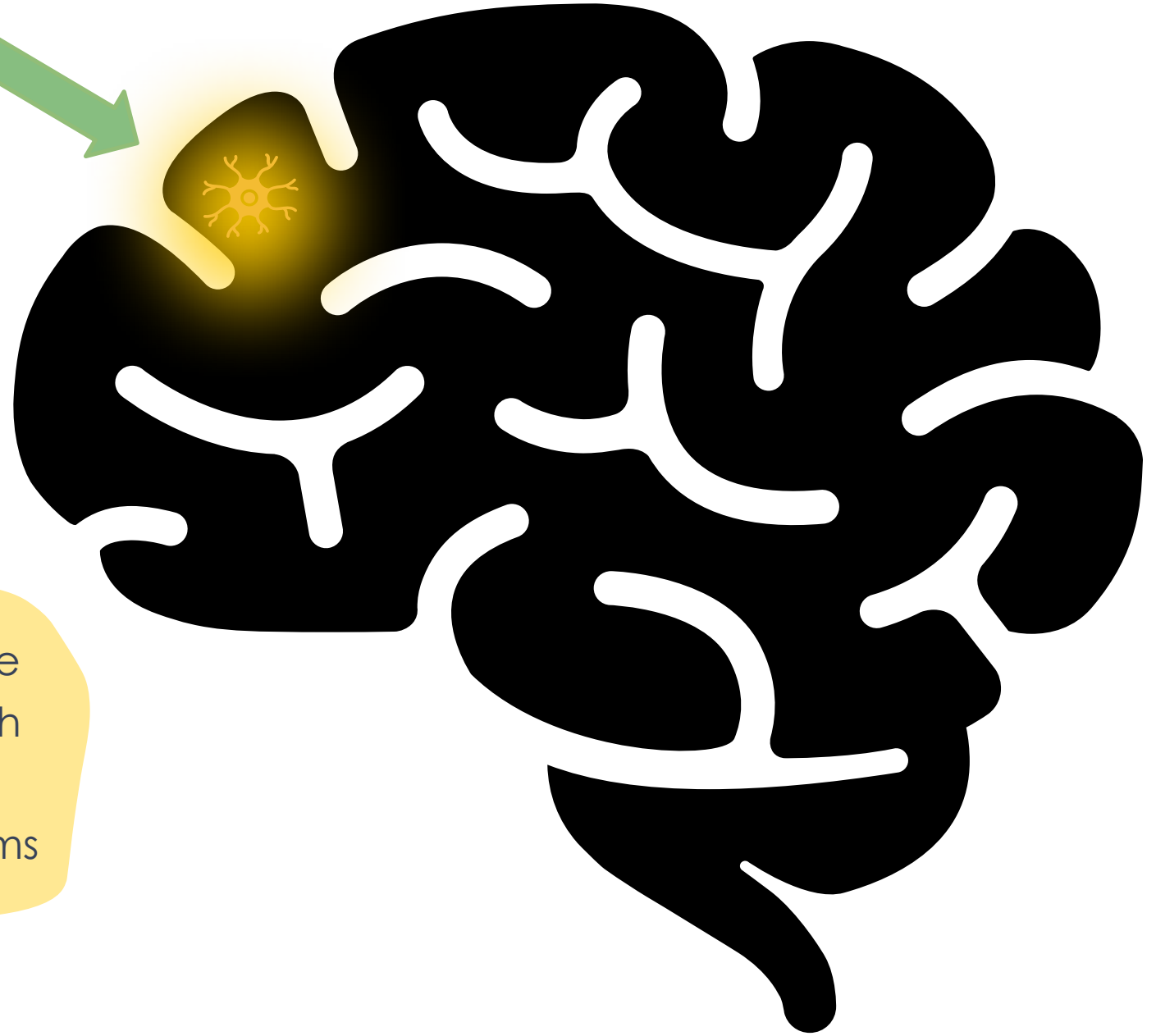
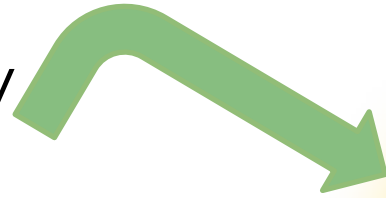
Feeling like I'm behind on revision  
 Too much focus on my revision

Exercise, nature, green, sleep, slow breathing



KEEP STRESS LOW

Activated by  
movement  
and nature!



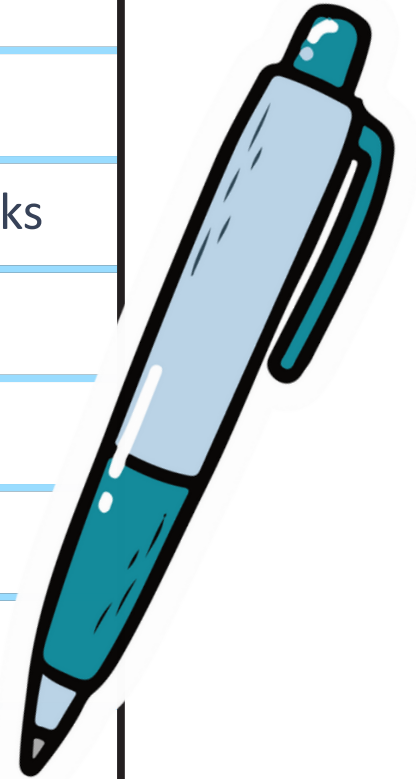
Your prefrontal cortex is the key part of the brain which helps you learn, make decisions and solve problems





😊	Follow a schedule
😊	No Phone in room
😊	45 min work/ 15 min break
😊	No work after 9pm
😊	Relax before bed

😊	Get outside everyday
😊	Move my body in my breaks
😊	Get in nature everyday
😊	In bed by 10pm

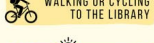
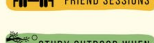
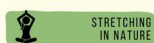
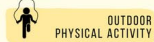


# STUDY TIMETABLE

WEEK SIX STARTING:  
MONDAY 12TH MAY



Looking at green has been shown to **lower heart rate and reduce blood pressure** and can decrease levels of cortisol (the stress hormone) and promote the release of endorphins, which improve mood.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00		<b>WIND-DOWN</b>		<b>TIME</b>			
22:00							

"Everyone can have a good plan, but to implement it like he has and show up every day to make it happen, that is what he has done."

*Tristian Roberts*



Stress is a natural response and we can optimise it by:


Slow, nasal breathing, fresh air nature, movement, connection to other people and good routines

Sleep underpins learning, brain growth, emotional regulation, energy levels

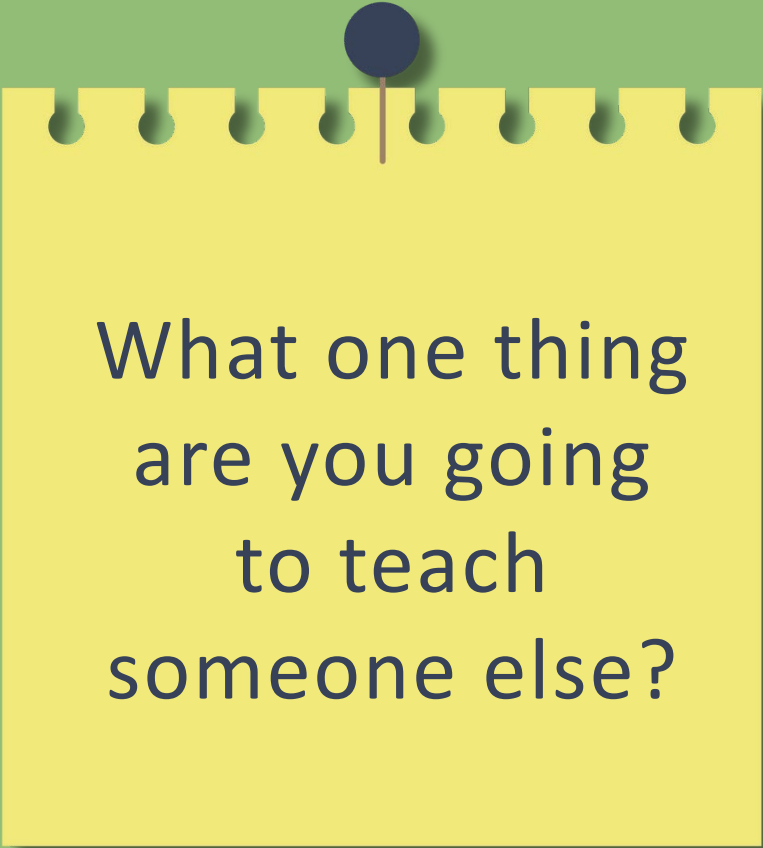
Use screens for your benefit – don't let them use you!

Having your phone near you will add stress and reduce your cognitive function

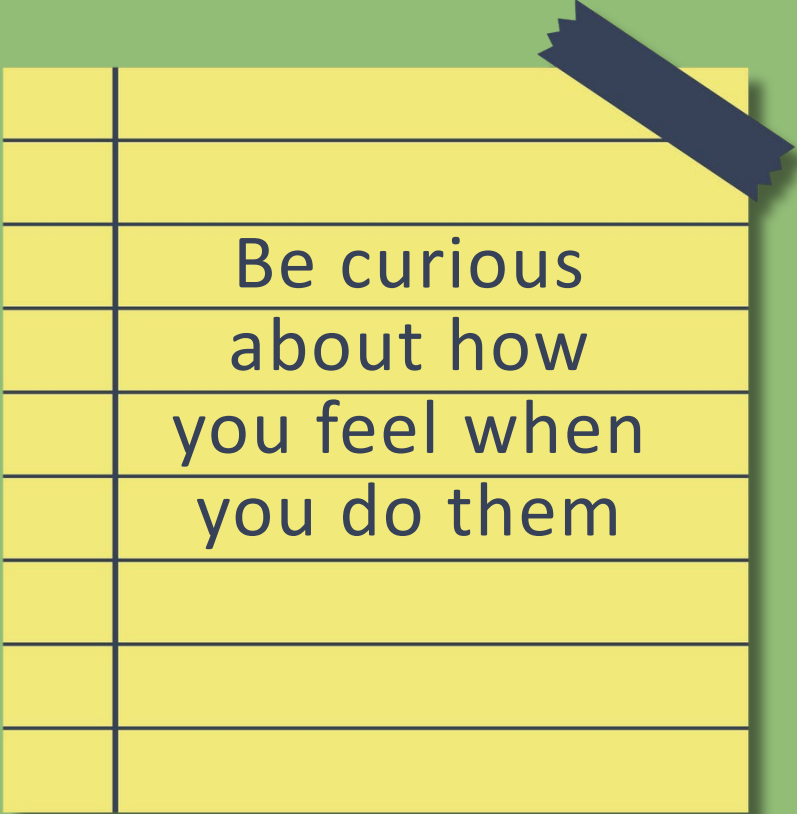




Write down 2  
things you  
might take  
away and try  
today

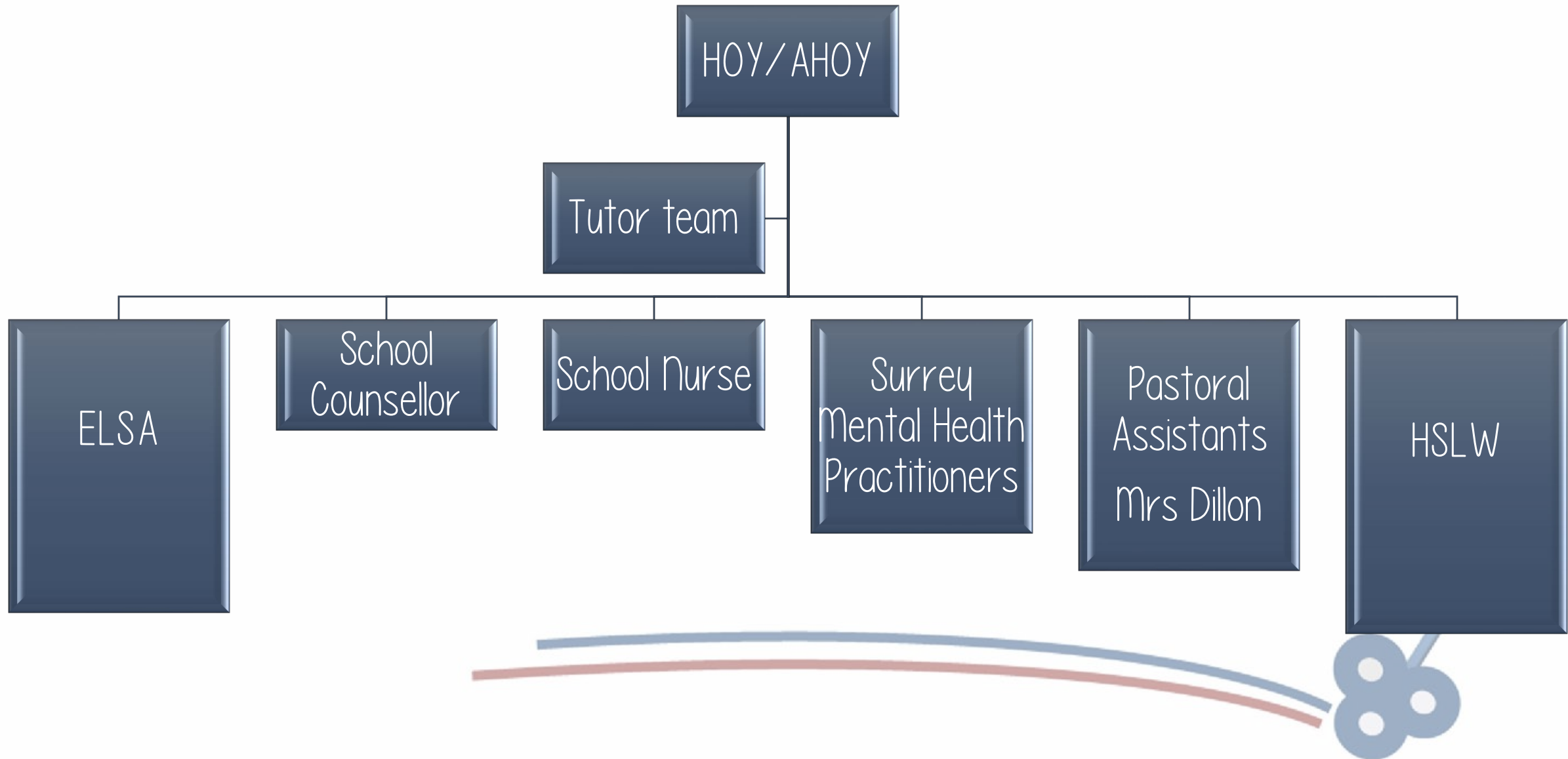


What one thing  
are you going  
to teach  
someone else?



	Be curious about how you feel when you do them

# Pastoral support at St Peter's





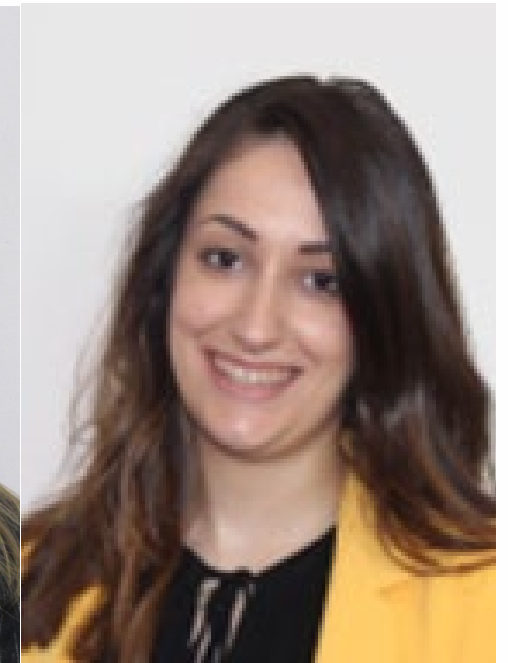
Mr Evans,  
Deputy Headteacher,  
Deputy DSL



Mr Ebenezer Assistant  
Headteacher, Designated  
Safeguarding Lead (DSL)



Mrs J Ward  
Deputy DSL



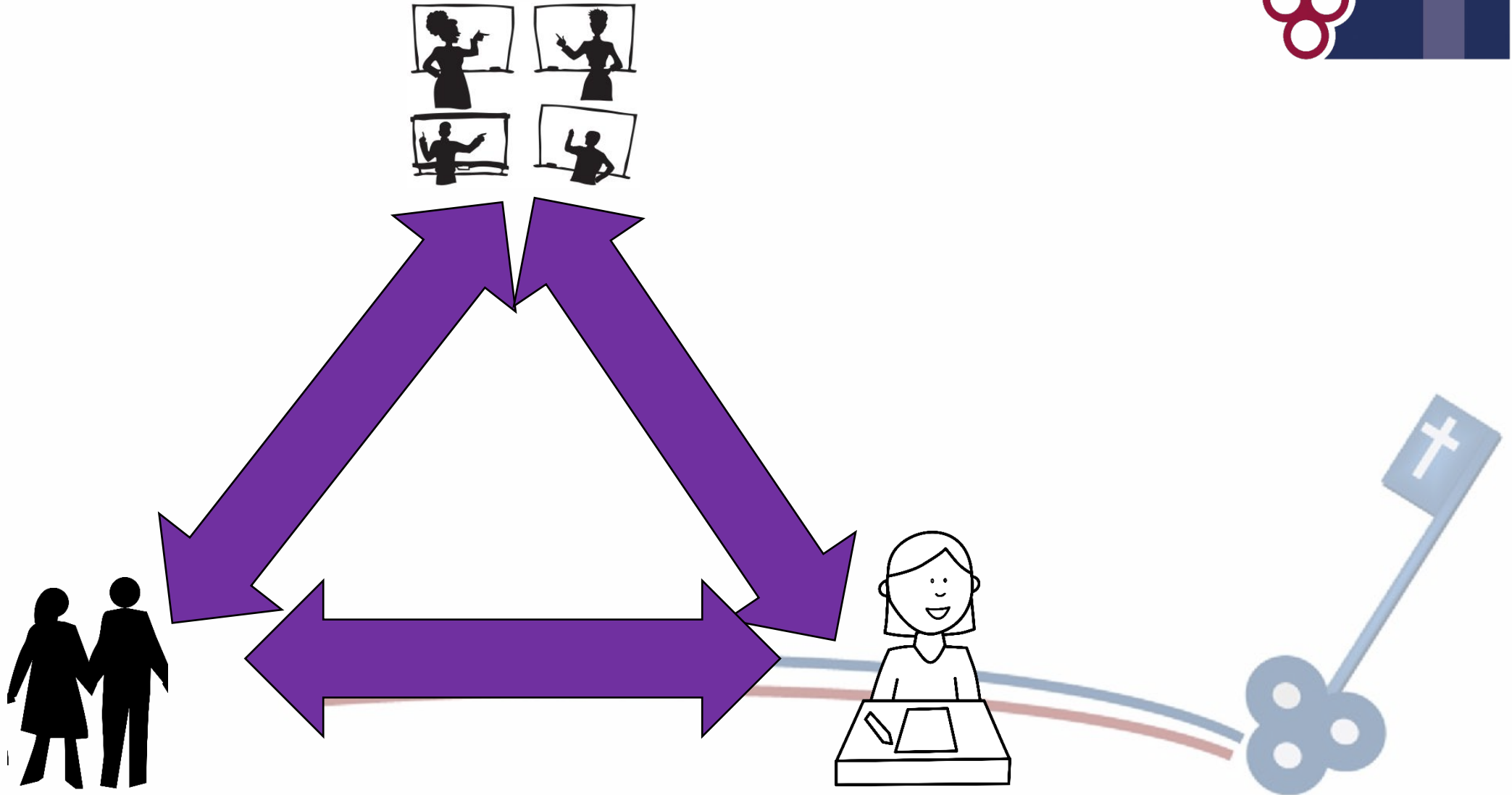
Mrs Rana-Brown Assistant  
Headteacher, Head of Sixth  
Form, Deputy DSL

# Safeguarding

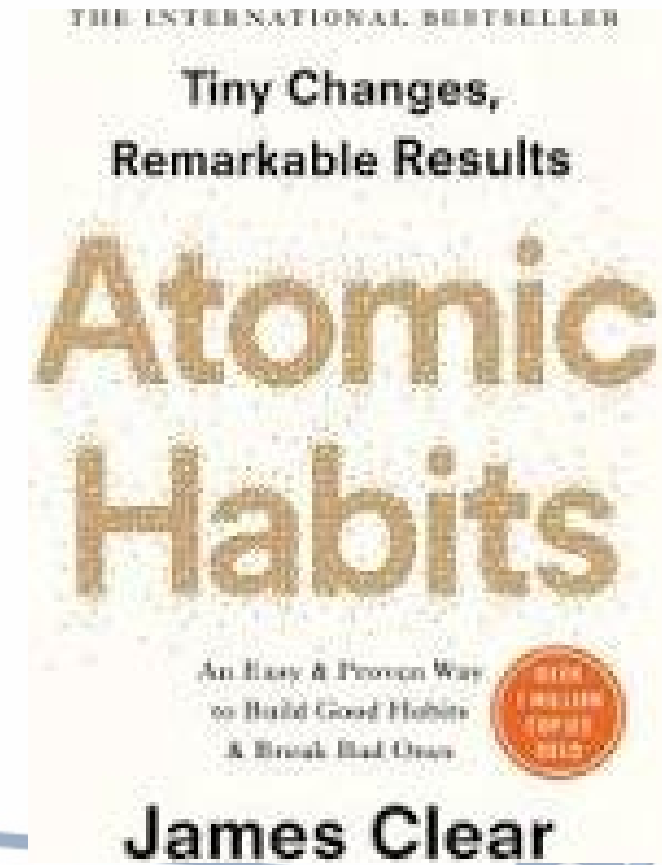
If you have safeguarding concerns about a child, please contact our safeguarding team.



# Our Partnership

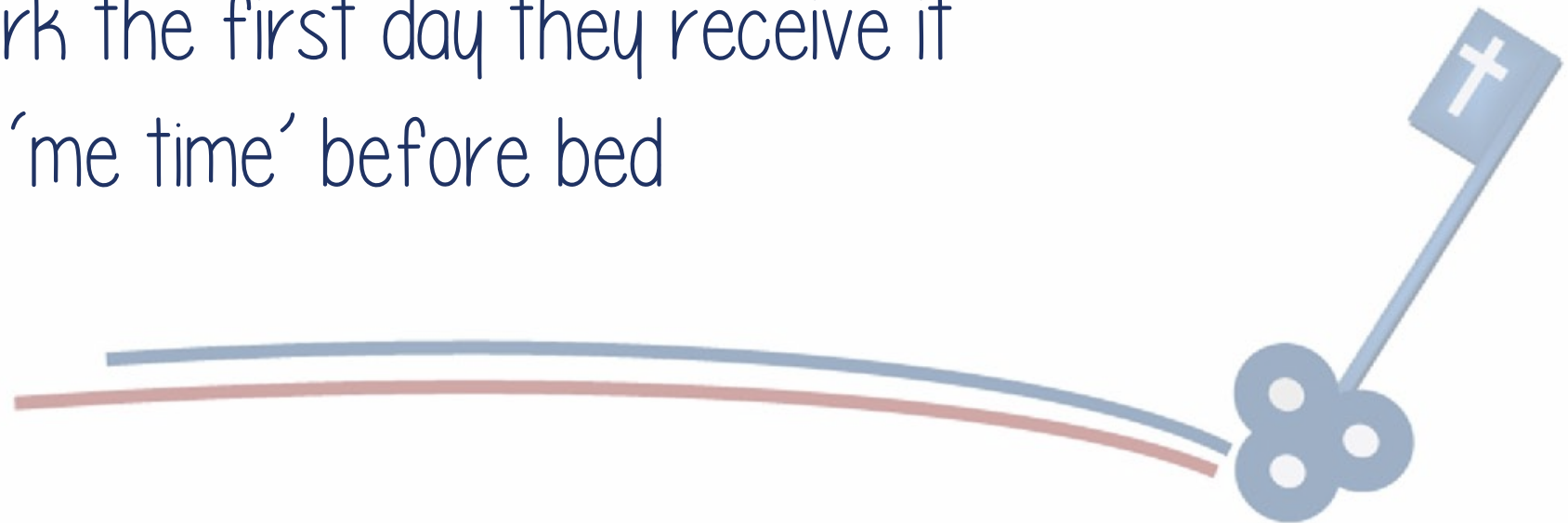


1% improvements



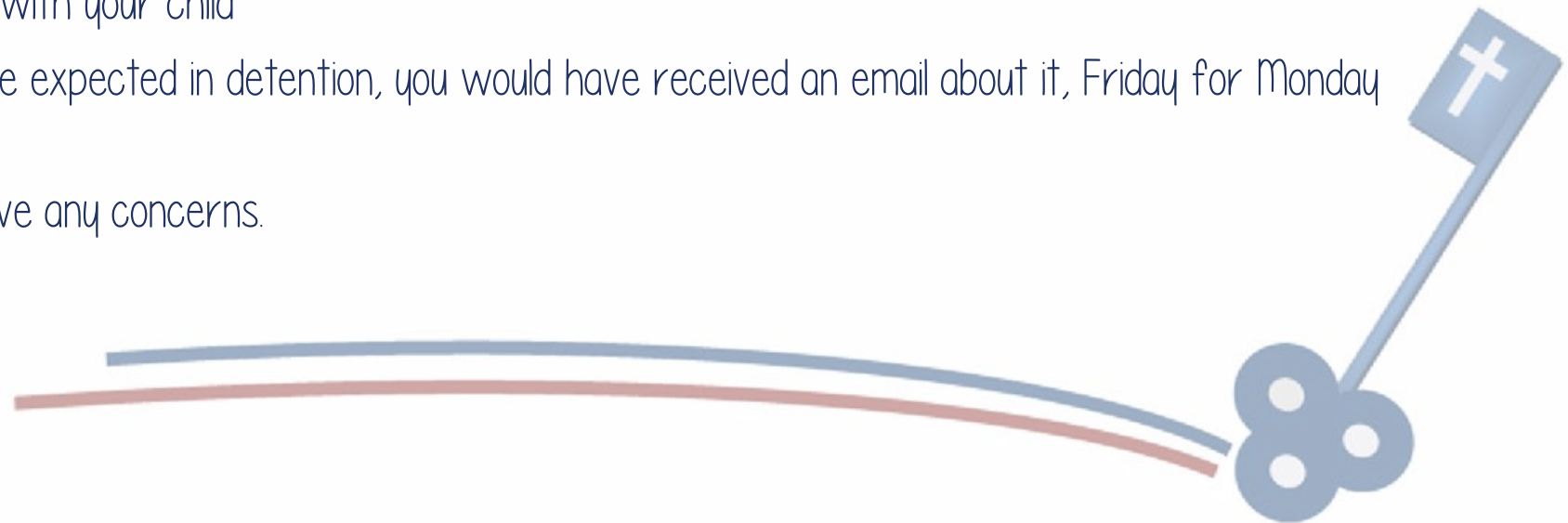
# Examples of 1% improvements the students can make

- Listen to a revision podcast for 20 minutes every other day
- Create a to do list for each evening
- Pack their school bag the night before
- Complete homework the first day they receive it
- Have half an hour 'me time' before bed



# What can you do as parents to ensure your child is successful this year?

- Provide a quiet work space for your child to do their homework, away from distractions.
- Take an interest in their day and their subjects
- Keep an eye on key dates so they don't miss anything
- Provide them with a bottle for water and make sure they fill it up every morning
- Try to get them to bed at a reasonable time — without distractions
- Check Arbor regularly and discuss with your child
- Ensure your child knows if they are expected in detention, you would have received an email about it, Friday for Monday and Tuesday for Wednesday.
- Communicate with school if you have any concerns.



# GCSEs— What can the students control?

1. Attendance
2. Being proactive
3. Managing time
4. Coming to school ready to learn (equipment, uniform, attitude)
5. Completing all work given by teachers and act on feedback following this
6. Use academic language and subject specific terminology
7. Creating revision tools from the beginning of the GCSE
8. Making retrieval practice a daily routine



# St Peter's is more than just lessons...

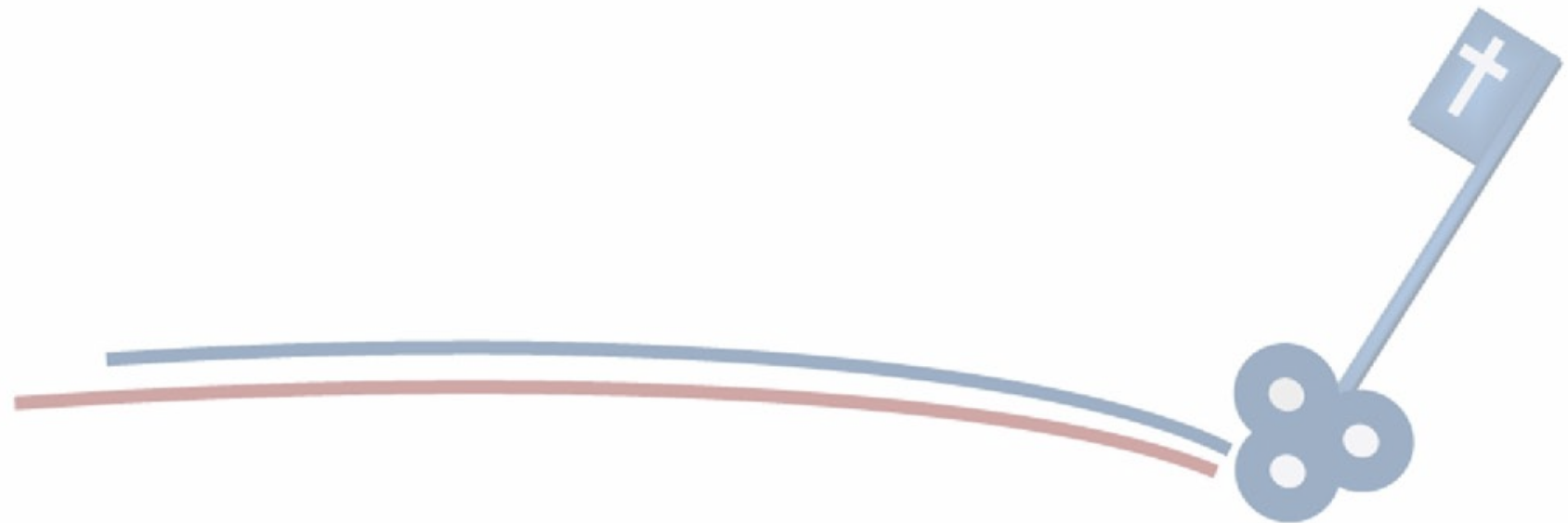
Extracurricular overview – tbc

Citizenship Days

Chaplaincy team and faith in action

Duke of Edinburgh Award

Trips



# Year 10 Careers Programme

- 1:1 careers guidance with Mrs Calvert
- Alumni morning in July – past students come in and speak to Year 10 about their careers and pathways
- Business Day – students out all day in Guildford/Woking visiting businesses and finding out exactly how they work and whats involved.
- Career activities in tutor time 1 per half term.

[scalvert@st-peters.surrey.sch.uk](mailto:scalvert@st-peters.surrey.sch.uk)



# Year 10 Pastoral Curriculum Overview

## Autumn 1:

### Getting Organised

1. Motivation
2. Organisation
3. Mental Fitness
4. Team building
5. Revision Skills
6. Reflection — how am I better than yesterday?

## Autumn 2:

### Working together

1. Relationships
2. Successful teams
3. CV writing
4. CV Writing
5. CV writing
6. Reflection — how am I better than yesterday?

## Spring 1:

### Service to world around you

1. Incredible people
2. Creating a just world — case studies
3. Creating a just world — case studies
4. Disabilities in society
5. Reflection — how am I better than yesterday?

## Spring 2: Good Habits

1. Affirmations
2. Identity questionnaire
3. Building positive habits
4. What impact can you have at school?
5. What impact can you have on world?
6. Reflection — how am I better than yesterday?

# Year 10 Pastoral Curriculum Overview

## Summer 1: Looking After ourselves at busy periods in life

1. Relationships
2. Resilience
3. More resilience
4. Revision: reducing exam worries
5. Keeping motivated and positive
6. Reflection — how am I better than yesterday?

## Summer 2:

### Service to world around you

1. Aiming high — revision skills
2. Aiming high — revision skills
3. Mental fitness — staying positive
4. Sports Day/Feast Day
5. Test Week
6. Reflection — how have I developed in Year 10?
7. Reflection — how am I better than yesterday?



# Importance of Reading

- Children who read for 1 minute a day encounter 8000 words a year.
- Children who read for 20 minutes a day encounter 2,000,000 words a year.

*"The limits of my language means the limits of my world." Wittgenstein*

# Why Reading is so Important

## Reading makes you smarter

A study conducted by the University of Edinburgh and King's College London concluded that there is a direct link between reading ability and IQ.

Reading brings existing neural pathways to life and keeps your brain elastic and active.

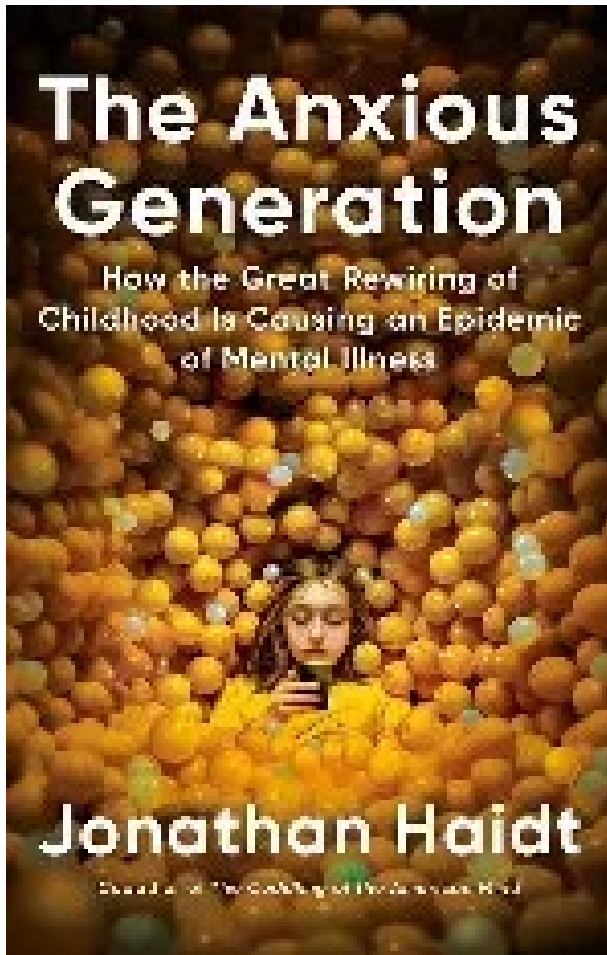
## Reading makes you happier

Studies have shown that reading a book can be up to 600% more efficient in relieving stress than playing a video game and 300% more efficient than going for a walk.

A Study by the University of Liverpool concluded that readers are happier, less stressed, cope better with challenges, and have more close friends than non-readers.

# Reading Suggestions

- Aim for 30 minutes of reading per day
- Encourage a wide variety of reading, e.g. Books (fiction and non-fiction), magazines, newspapers
- Ask questions and show an interest in what they are reading
- Model good reading habits
- Help them choose age-appropriate texts
- Check subject reading recommendations
- Emphasise the importance of reading



If I were to recommend to you one book to read, its this. Its an amazing read about the impact of smart phones/social media on young people and what we can all do about it.

A woman with blonde hair and a man are sitting on a bed, looking at each other. The woman is on the left, wearing a dark blue top. The man is on the right, wearing a light blue polo shirt. They are in a room with teal walls and two framed pictures. The text "ADOLESCENCE" is overlaid in the center.

## ADOLESCENCE

"But he was in his room,  
wasn't he? We thought he  
was safe, didn't we? What  
harm can he do in there?"

# Mental Health

16–18-year-olds who used their phones a lot were **twice as likely to experience anxiety** and **almost three times as likely to experience depression** (KCL, 2024)

Adolescents who spent more than **3 hours/day on screens** were at a **60% higher risk of experiencing depression and suicidal ideation.** (JAMA Pediatrics)

We make body image issues worse for one in three teen girls....Teens blame Instagram for increases in the rate of anxiety and depression. This reaction was unprompted and consistent across all groups. (Internal Presentation by Instagram, 2019)



14 August 2025

**A woman has called on fellow parents to be on the alert after her teenage son was targeted by a sextortion scam.**

Jo - not her real name - said her son thought his "life was over" after he was targeted by criminals in 2023, aged 15.

An online profile threatened to spread fake explicit images to his friends and family if he did not immediately send them money.

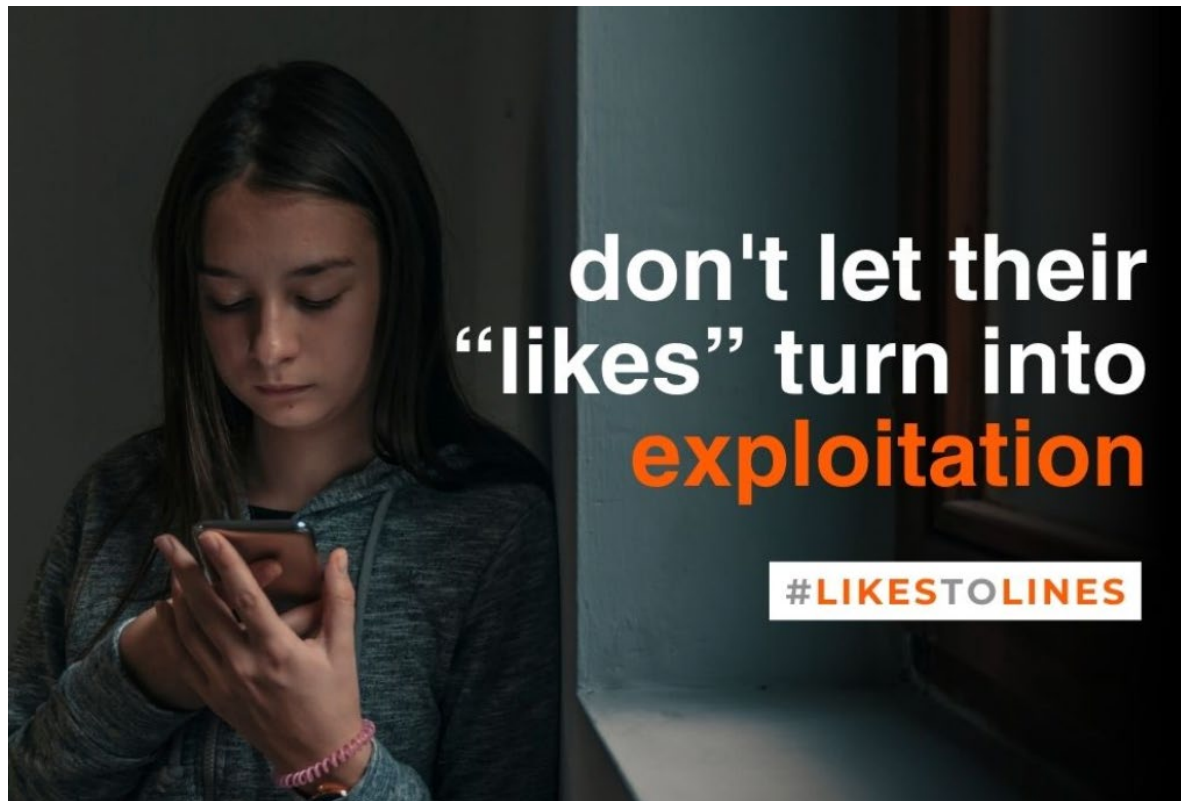
The National Crime Agency (NCA) said cases like Jo's were becoming increasingly common, particularly among boys aged between 15 and 17.

Jo, from Coventry, said she first knew of the scam when her son "came down the stairs screaming" that a social media account had created fake images of him.

"He threw the phone at me and just said make it stop," she said.

"He just said my life is over - they want me to pay money mum.

"They seem to know a little bit about him and the next thing you know his face had been imposed on some explicit images and they were blackmailing him with it."



# Majority of boys aged 11-14 'exposed to online content that promotes misogyny'

Two studies released to mark Safer Internet Day warn of the impact such content is having on teenagers, particularly young boys.

Martyn Landi • Tuesday 06 February 2024 00:01 GMT



What are they not doing  
when they are on screens?

**Revision!**  
**Deep Focus**  
**Physical Activity**  
**Connection IRL**  
**Family Time**  
**Being Bored**



**"You are ruining my life!"**

**"Stop treating me like a kid"**

**"You never let me do anything!"**

**"Why can't you trust me?"**

**"It's my life – stop trying to control it"**

**"Everyone else's parents ...."**

"I reserve the right  
to be wiser today  
than I was  
yesterday."

# Healthy Screen Time

- Set Boundaries
- Have Screen Zones
- Turn off Notifications
- Parental Controls
- Check Ins
- Model Healthy Habits!





is not?

# Key dates for Year 10

- 9<sup>th</sup> Sept Partnership Eve
- 25<sup>th</sup> Sept Welcome Mass
- 2<sup>nd</sup> Oct Art Trip – Wisley
- 17<sup>th</sup> Oct INSET day
- 27<sup>th</sup> Oct Half Term
- 7<sup>th</sup> Nov Textiles Trip
- 17<sup>th</sup> Nov RAG week
- 22<sup>nd</sup> Nov Christmas Fayre
- 26<sup>th</sup> Nov Christmas Concert
- 1<sup>st</sup> Dec School closed

Please ensure you have logged into Arbor for accessing housepoints, progress reports & Letting us know of any absence on the day.

Once logged in there is a Parent App you can download onto your phones!

- 16<sup>th</sup> Dec Carol Service
- 17<sup>th</sup> Dec Geography Field Trip
- 19<sup>th</sup> Dec Progress Reports – via Arbor
- 19<sup>th</sup> Dec End of Term
- 5<sup>th</sup> Jan School reopens
- 19<sup>th</sup> Jan INSET day
- 16<sup>th</sup> Feb Half term
- 27<sup>th</sup> Feb Progress Reports – via Arbor
- 5<sup>th</sup> March Parents Eve – Online
- 13<sup>th</sup> Mar INSET day
- 26<sup>th</sup> Mar Spring Concert
- 30<sup>th</sup> Mar Easter
- 13<sup>th</sup> April School reopens

*Together  
we  
thrive*

- 25<sup>th</sup> May Half term
- 1<sup>st</sup> June Geog Field Trip
- 15<sup>th</sup> June Test Week
- 22<sup>nd</sup> June Test Week
- 25<sup>th</sup> June Sports Day
- 26<sup>th</sup> June Feast Day
- 30<sup>th</sup> June Business Day – Guildford and surrounding area
- 2<sup>nd</sup> July Reward Activity
- 3<sup>rd</sup> July Art Exam
- 6<sup>th</sup> July Photography Exam
- 14<sup>th</sup> July Alumni Morning
- 17<sup>th</sup> July Progress Reports – via Arbor
- 17<sup>th</sup> July End of Term

*Together  
we  
thrive*

# Sleep – Top Tips

- Wi-fi off at 10pm
- Consoles/plugs out of bedrooms
- Devices out of bedrooms, charging in a communal area
- Use wellbeing settings e.g. Time limits on phones
- Discuss research on sleep

Which age group gets the least amount of sleep?

**Teenagers**

**97%**

get less than the recommended amount each night

**3%**

get the recommended amount each night

Source: National Library of Medicine

**“Success is neither magical nor mysterious. Success is the natural consequence of consistently applying basic fundamentals.”**

*Together  
we  
thrive*



# Key takeaways

- Help your child get organized
- Make homework a habit — same time every day same space.
- Purchase revision guides if you can, get your child to check which exam board etc
- Revise for end of unit tests.
- Talk to them about their day.
- Plenty of sleep
- Control screen time
- Encourage them to have a hobby — work life balance!
- No more Go4Schools — log into Arbor (check email sent last week on how)
- Absence is notified via Arbor not phone call to school please.
- Keep us in touch with any changes that may affect your child/children's learning



Together  
we  
thrive

**Any further questions?**



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**nleon-lohou@st-peters.surrey.sch.uk**

