



# Year 11 wellbeing and information evening

27<sup>th</sup> January 2022

Community    Opportunity    Respect    Equity



# Opening address

College Principal - Mr Griffiths

Community

Opportunity

Respect

Equity



# Presentation 1

## The GCSE exams

Assistant principal - Dr Kelly

Community

Opportunity

Respect

Equity



# The GCSE exams

Exams:

As things stand, exams will go ahead as planned

## What is changing?

The DfE has said the focus of content for many subjects will be released on Feb 7<sup>th</sup> in order to support revision. In other topics there will be a choice of topics or support material provided

Results are likely to be higher than in 2019, not as high as 2020

Community

Opportunity

Respect

Equity



# The GCSE exams

Results days:

GCSE 25<sup>th</sup> Aug

A level 18<sup>th</sup> Aug

VTQs should be awarded on or before GCSE/A level results days

## **What if exams are cancelled?**

Students will receive Teacher Assessed Grades, similar to in 2020

Grades will be based on a range of work provided by students

The DfE states that this is very much a last resort



# Tips to prepare for exams

## Revision

Break your time into 30 minute slots with a 10 minute break in between.  
Use a timer for this.

Make a revision timetable and stick to it. Having a plan will help.

Ask your teachers – if there are specific areas you need to revise, they will help.

## Exam days

EAT BREAKFAST

Don't try and cram, have a relaxing and calm morning.

If you want to have a quick look through some revision cards, spend 10 minutes doing this.

Be prepared, pack your bag the night before, double check you have all equipment.



# Revision guides

Revision timetable - Easter holiday

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8AM	Maths Fractions and algebra	Geography Revise case studies	Science exam paper 1 - timed conditions (2hr)	Family breakfast	Art Coursework	English Make notes on main text	
9AM	Geography volcanoes	brings lesson			French vocab revision	brings lesson	
10AM	History Essay question			Science revision day with friends	Maths Simultaneous equations		
	French vocab revision				Maths Simultaneous equations		
11AM	Maths Algebra	History Read through unit 2 notes	Time off		Geography revise coastal defences	English Make notes on main text	
LUNCH	LUNCH	LUNCH	LUNCH		LUNCH	LUNCH	
2PM	Science Physics	Art Coursework	Football and swim lesson	Geography exam paper 1 - timed conditions (90 mins)	Science Biology		
	Art Coursework				History key dates	unplanned revision	
3PM	Science Chemistry	Art Coursework		Dinner and dinner		Evening off	
4PM	unplanned revision	English Complete an essay question					
5PM	Gym	Time off		Gym			
6PM	Time off	Time off		Time off			
Evening	English Look through unit 1 notes	Maths formulas		History Make flash cards on unit 2			
		French vocab revision					

REVISION

\* = music / games  
= no revision / break

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:30-4:30	school	school	school	school	school	*	*
4:30-5:00	media	revision	media	maths	english	maths*	=
5:00-5:30	english	revision	media	maths	english	maths*	=
5:30-6:00	=	=	maths	english	media	=	=
6:00-6:30	english	english	=	=	=	=	=
6:30-7:00	maths	english	=	=	chemistry	=	=
7:00-7:30	=	=	english	chemistry	=	*	biology
7:30-8:00	=	=	physics	chemistry	=	*	media
8:00-8:30	maths	biology	=	=	chemistry	english	=
8:30-9:00	maths	maths	maths	biology	physics	english	=
9:00-9:30	=	=	=	=	=	=	=
9:30-10:00	biology	maths	biology	biology	phys*	=	=
10:00-10:30	media	physics	biology	media	phys*	=	=



# Q&A

Community

Opportunity

Respect

Equity





# Presentation 2

## Exam pressures and future plans

Independent Careers Adviser – Becky Harvey

Community

Opportunity

Respect

Equity



# Becky Harvey - Careers

**Exam Pressure:** Feeling overwhelmed and anxious? More than just a bit worried? Ways to help manage this.

**Future plans – how can I help:** I support Year 11's with plans for after they finish school including Post 16 at Okehampton, FE Colleges and apprenticeships e.g.

- What options do I have?
- I thought I needed 4's to get into college or Post 16?
- Do you have to apply for college before the end of January?
  - Can I apply to more than one college?
  - What grades do I need for an apprenticeship?

**Contact me:** Room 255 Tuesdays, drop in.

**Email:** [bharvey@okehamptoncollege.devon.sch.uk](mailto:bharvey@okehamptoncollege.devon.sch.uk)



# Q&A

Community

Opportunity

Respect

Equity



# Presentation 3

## Building positive mental health routines

6th Form Mental Health Ambassadors

Community

Opportunity

Respect

Equity

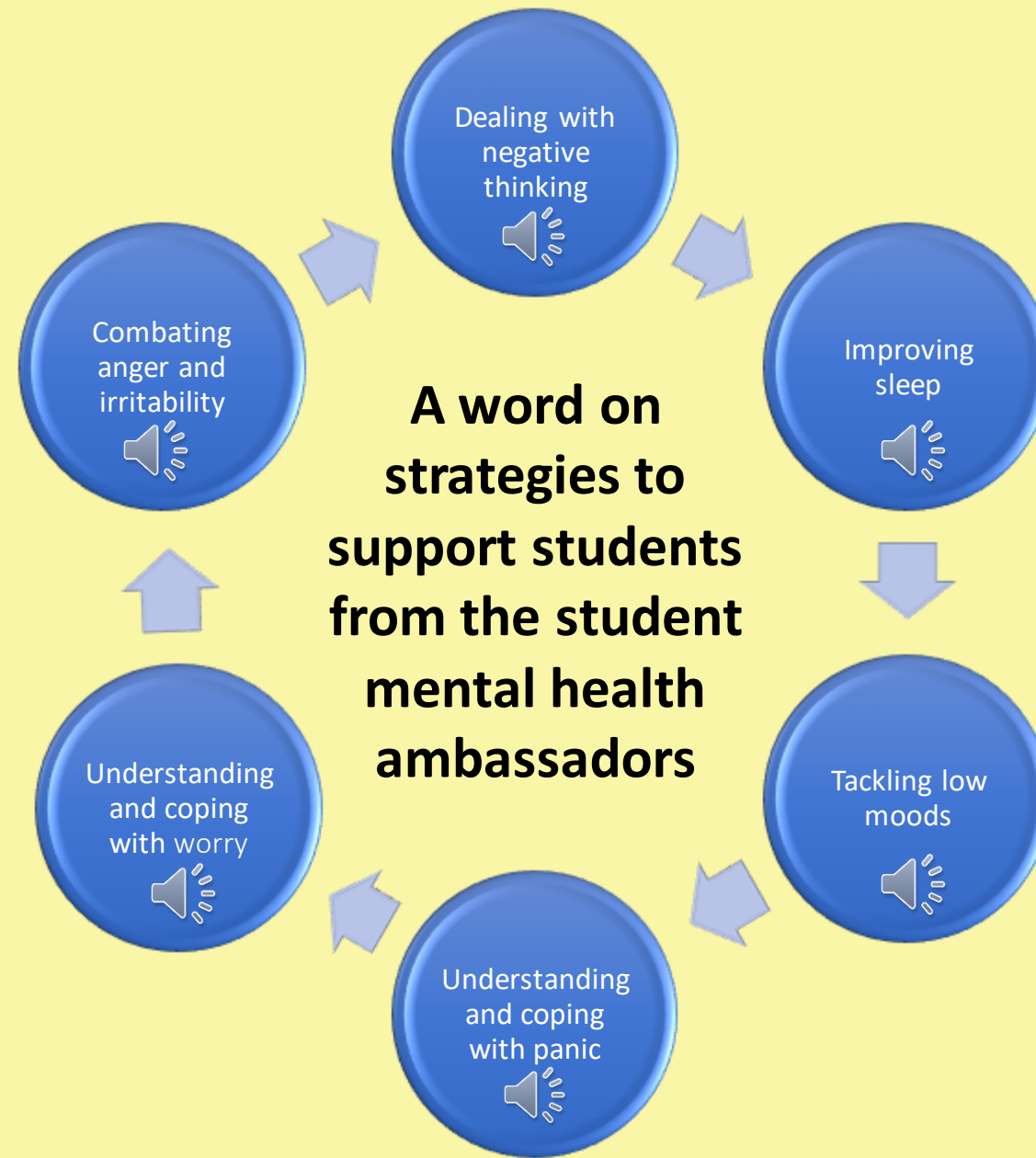


Supporting mental health is vital for the success and well-being of our community.

Living Life to The Full is underway at Okehampton College. These cognitive behavioural therapy sessions are currently being delivered to students via our student mental health ambassadors (MHAs).

Cognitive Behaviour Therapy (CBT) is utilised in order to help some of our young people understand different emotions that they are often feeling but might struggle to understand. Giving advice and guidance around: activity, diet and simple strategies to improve emotions has proved really valuable in the past. Stress and low mood can be common in young people but the help and advice from previous Living Life to The Full programmes has proved very effective and engaging for all involved

Community    Opportunity    Respect    Equity



Community

Opportunity

Respect

Equity



# Q&A

Community

Opportunity

Respect

Equity



# Presentation 4

## E-Safety

Head of Computer Science and Business

Mrs Dufty

Community

Opportunity

Respect

Equity





# Keep talking



Stay interested in what they're doing online and discuss what they might have come across.

Don't be afraid to tackle difficult subjects like cyberbullying, and sexting and pornography.

Help them to be critical of things they see online and judge the quality and reliability of online sources. Acknowledge that this is difficult considering how content can be manipulated online to persuade even the most savvy people. Talk together about how to manage some of these challenges and why it is important.

Community    Opportunity    Respect    Equity



# Manage their online reputation

Let them know that anything they upload, email or message could stay online forever. Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employee seeing.

There are lots of stories in the media that highlight the importance of online reputation and clearly demonstrate how things that happened years ago can resurface in the future.



Community    Opportunity    Respect    Equity



# How Social Media Can Sabotage Your Job Search



According to one survey, 70 percent of employers check out candidates' social media profiles before interviewing and hiring. Yet many applicants don't think employers would bother checking, or perhaps don't consider how their social media activity would be perceived by a potential employer. But the truth is, it's easy for employers to find you on social media: a simple Google search of your name can bring up your Facebook or Twitter account.

It's important that your social media profiles don't paint you in a negative light. Here are some steps you should take to ensure that an employer doesn't bin your application after seeing your activity on Facebook or Twitter.

Community    Opportunity    Respect    Equity



**ENGLAND** cricketer Ollie Robinson is **BACK** in the England test squad after being handed an eight-game ban following historical racist and sexist tweets that emerged during his Test debut.

The 27-year-old was [suspended from England's second Test](#) against New Zealand in June after the tweets emerged during his first international at Lord's.



**Ollie Robinson was suspended from international cricket after a series of vile tweets from his past were uncovered** Credit: pixel8000

Sussex all-rounder Robinson has been named in a 17-man squad for the first two Tests against India.

### **What did Ollie Robinson say in his tweet?**

Robinson [posted a series of revolting tweets at the age of 18](#), which resurfaced on his [first day as an England player](#) on Wednesday, June 2.

In 2012, Robinson tweeted using the n-word and another post said: "My new muslim friend is the bomb #wheeyyyy."

There were also sexist comments about "females who play video games actually tend to have more sex".

Community    Opportunity    Respect    Equity



- Untag Yourself From Photos
- Set Your Accounts to Private
- Be Mindful of Your Posts
  - sharing controversial opinions,
    - You can avoid this problem by setting your account to private, as mentioned in the previous point.
  - Online debates,
    - don't say anything you wouldn't say in person (an all-too-common mistake).
  - Hide or delete past employment posts
  - Unproductive at work
    - Posting in working hours





# Use Social Media to Your Advantage

If an employer is going to check your social media profiles, then you should try to use that to your advantage. If you can gain a decent following on Twitter and regularly post or share content that relates to your interests and values, then this will help persuade an employer that you're a good match for the role.

## Suggestions for the future

### LinkedIn profile

- is up-to-date and complete
- Social media should be seen as a positive asset for job seekers if used correctly. LinkedIn is a great way to showcase a passion for your industry by joining relevant groups, posting frequently and updating your profile regularly. For LinkedIn in particular, make sure that your CV matches up to what your profile says in terms of employment dates and experience.



Community

Opportunity

Respect

Equity



# Raise of online dating apps with teens

## Dating apps

- Tinder (18)
- Bumble (18)
- Plenty of fish
- Match.com
- Hinge
- Grindr



## Dangers

- GPS show location
- Online Predators
- Cyberbullying
- Inappropriate Content
- Scammers
- Tinder encourages in-person meetings
- Tinder promotes sex
- Tinder's premise is superficial

*7% of dating app users are under 18*

*30 cases of child rape have been investigated by police since 2015 after victims evaded age checks on such apps*

*60 further instances of child sex offences - including grooming, kidnapping and violent assault - through online dating services*

*14-year-old Molly Russell, who took her own life in 2017, was on a dating app*

Community

Opportunity

Respect

Equity



## Simple rules



1. Make sure your child knows how to block abusive comments and report content that worries them.
2. Teach them to respect others online and think about comments before they post them and discuss how easily comments made online can be misinterpreted.
3. Don't arrange to meet people in real life that they've only talked to online and remind them that some people may not be who they say they are.

Community

Opportunity

Respect

Equity





## Simple rules



4. Advise them to use secure and legal sites to download music and games to avoid experiencing the risks associated with streaming content from unauthorised sites.

5. Check attachments and pop-ups for viruses before they click or download anything.

6. When using the internet for homework, make sure they use information appropriately and explain things in their own words rather than copying.

7. Students should report any unwanted abuse to their tutor or the safeguarding team.

Community    Opportunity    Respect    Equity



# Q&A

Community

Opportunity

Respect

Equity



# Presentation 5

It's Not OK campaign - building respectful relationships on and offline.

Youth intervention officer – PC Gideon Pritchard

Community    Opportunity    Respect    Equity



Gideon  
PRITCHARD

- Youth Intervention Officer
- Devon and Cornwall Police
- Parent of child at the school
- Equally as concerned as you I'm pretty sure
- Attended this school
- Grew up in Okehampton

Community

Opportunity

Respect

Equity



## The law and Online behaviour

- Most offences haven't really changed that much, but phones have made it easier to both commit and be victims of offences.
- We (and our children) can be victims and suspects of:
  - Harassment
  - Malicious communications
  - Bullying
  - Rumours
  - Grooming
  - Sexting
  - Domestic Abuse
  - All via our phones

Community

Opportunity

Respect

Equity



## Teenage relationships

---

Phones have made this more complex, without doubt for us to manage.

---

The police are not looking to get two children who are in a relationship and exchanging pictures with each other into trouble, on the proviso that:

---

There isn't manipulation/coercion/threats/power imbalance/other offences

---

We will provide advice and guidance, but every case is treated on its own merits.

---

It is illegal to produce, possess or distribute an indecent image of a child (under 18, even if you are the child in the picture)

---

Speak to your children about what is out and about in the world. If you don't, someone else will. Hopefully that is a sensible peer or trusted adult.

Community

Opportunity

Respect

Equity



# How to get hold of Police

In an emergency call 999 – an immediate threat of harm, to life, crime in progress, happening now.

In less of an emergency you can – call 101 – non emergency line

Report online

AskNed D and C frequently asked parents

Report online

Email enquiries to us

[101@devonandcornwall.pnn.police.uk](mailto:101@devonandcornwall.pnn.police.uk)

Community

Opportunity

Respect

Equity



## What is an assault?

---

Application of force to another person.

---

Common assault/ABH/GBH

---

Can be lawful (ejection from a pub, part of job, self defence)

---

Affray – public order

---

Section 4 Public order act – causing fear of immediate violence

---

Using violence to gain entry to a house.



# What do we/I do?

Seek	Seek to protect children from offences
Look	Look to prevent children from committing offences/accessing criminal Justice system
Prevent	Prevent marginalisation
Prevent	Prevent ASB
Prevent and disrupt	Prevent and disrupt grooming of young people
Identify	Identify people/groups/places of concern
Reduce	Reduce crime in our communities. Kids are part of that community and their safety as they grow up informs the town we have in twenty years time.

Community    Opportunity    Respect    Equity



# Final thoughts

A lot of issues come down to relationships

Healthy behaviours are learnt

As are unhealthy behaviours

Consent is something we need to discuss more – as adults as well.

We need to teach our young (and old) men better – peer challenges.

We will be supportive as a collective.

Community

Opportunity

Respect

Equity



## Further reading/information

- [Youth | Devon and Cornwall Police \(devon-cornwall.police.uk\)](https://www.devon-cornwall.police.uk/youth)
- [Parenting | Devon and Cornwall Police \(devon-cornwall.police.uk\)](https://www.devon-cornwall.police.uk/parenting)
- [Prevention and advice | Devon and Cornwall Police \(devon-cornwall.police.uk\)](https://www.devon-cornwall.police.uk/prevention-and-advice)
- [Ask NED - How can we help? | Devon and Cornwall Police \(devon-cornwall.police.uk\)](https://www.devon-cornwall.police.uk/ask-ned)
- [Contact us | Devon and Cornwall Police \(devon-cornwall.police.uk\)](https://www.devon-cornwall.police.uk/contact-us)
- [Child sexual exploitation | Devon and Cornwall Police \(devon-cornwall.police.uk\)](https://www.devon-cornwall.police.uk/child-sexual-exploitation)

Community

Opportunity

Respect

Equity



# Q&A

Community

Opportunity

Respect

Equity



# Open discussion

You are now invited remain in the meeting and join a breakout room to have a open discussion on topics not discussed here this evening. You will be joined by a member of the leadership team and a mental health ambassador

Community    Opportunity    Respect    Equity