

Year 11 newsletter

Dear parents and carers,

As your child begins their final year of secondary school, they are entering an important stage of their educational journey. Year 11 provides a valuable opportunity for students to focus on their GCSE studies, set personal and academic goals, and work towards achieving their full potential. Throughout the year, we encourage students to recognise and celebrate their successes, no matter how big or small, as every step forward contributes to their overall progress.

Alongside their academic achievements, Year 11 is also a significant social milestone. For many students, this may be their final year together before moving on to different post-16 pathways. We hope students will take the opportunity this year to strengthen friendships, reconnect with peers, and create lasting memories while supporting one another through this important year. This year, our focus is centred on community & better preparing students for the demands of GCSEs, and I would like to share our Year 11 intent:

- *To build a strong sense of community within the year group, where we take opportunities to celebrate successes and come together.*
- *To confidently embrace the demands and rigour of the final GCSE year and approach public examinations with self-assurance, enabling students to achieve their full academic potential.*

Warm regards,

Miss H White, Head of Year 11

Key dates

Friday 25th September: INSET Day – school closed to students

Thursday 8th October: Late start for all pupils – school starts at 9.55am & Yr 11 Revision Guides

Thursday 15th October: Year 11 Parents' Information Evening - 6-7pm School Hall

PSHE sessions

Lesson 1: Welcome Back - Who Do I Want to Be This Year? Expectation of me as a Year 11 student and target setting.

Lesson 2: Introducing The A-Level Mindset focusing of Visions and Effort.

Lesson 3: Philosophy for Children (P4C)

Lesson 4: A-Level Mindset focusing on Systems

Lesson 5: Careers Talk

Useful information

- Leave of absence requests for one day of absence should be made **at least two full school days** in advance of the event. Requests for longer leave of absence (more than one day) must be made **at least two weeks in advance**.
- For more information, visit [Reporting your child's absence from school](#)

Celebrating achievement

Congratulations and well done to Kaitlyn (Y11), who achieved a great result at the August Ice Skating Qualifier!



Good attendance is crucial for your child's education, development, and wellbeing. We encourage all parents to consult the official NHS "[Is my child too ill for school?](#)" guidance when unsure, and to contact the school if you need further advice or support.

Pastoral support resources



Sutton Educational Wellbeing Team

We are an early intervention service who aim to work closely with schools to help young people who are struggling with anxiety or low mood to access the right support quickly.



Alba Cardona-Abril
Children's Wellbeing Practitioner

You may see me around the school on Mondays and Thursdays. Feel free to say hi and ask me about the work we do.



Visit our YouTube channel
Sutton Education Wellbeing Service
for a great selection of mental health and wellbeing videos for parents, staff and young people.

If you are interested in one of our interventions, ask **your Head of Year, safeguarding lead or Ms. Morris** for our referral form and return it to them once completed.

Our interventions

We offer 2 Guided Self Help support programmes for young people who would like some support with

Anxiety



Low mood



How will it help?

You and your Wellbeing Practitioner will work as a team to tackle problems relating to your low mood or anxiety. We will help you to better understand your difficulties and become a specialist in your own mental wellbeing.

We strive to equip you with a toolbox of coping strategies to help you manage your difficulties in the long term.

Who We See...

Young people who:

- ✓ Are aged 11-18 and attending school
- ✓ Sometimes feel anxious (e.g. feeling anxious in social situations; feeling panicky; phobias of specific things)
- ✓ Sometimes feel low (e.g. loss of motivation; no longer finding enjoyment in the things they used to; change in appetite; low self-esteem; frustration)
- ✗ who have received a previous intervention from CAMHS
- ✗ who are currently on a waiting list to receive an intervention

What we expect from you



We need you to:

- ✓ Attend 6-8 weekly sessions
- ✓ Practice the suggested ideas and strategies regularly
- ✓ Work with the Wellbeing Practitioner to improve your wellbeing

TALK TO US

OFF THE RECORD

**Education
Wellbeing
Service**

Pastoral support

We have a range of support services available in school to help your child should they need some extra support. These include a school counsellor, ELSA, pastoral support officer, mental health champions and peer mentors. Please contact your child's Head of Year directly should you have any concerns.

Off The Record

At our [free online workshops](#) we share practical tips and info about issues you might be struggling with and there is also the opportunity to meet other young people and share ideas in a safe and confidential chat room and Zoom (there is no pressure to appear on camera)

Children's and Young People's Wellbeing Service

The South West London and St Georges Mental Health Education Wellbeing Service offers parent webinars across the year to help support your teen's wellbeing and mental health. [Sign up here](#)
They also have a very helpful [YouTube channel](#) with videos on a number of different topics surrounding young people's mental health.