

Year 10 newsletter

Dear parents and carers,

Welcome back, Year 10 and a warm welcome to all Year 10 parents. I hope you all had a restful summer and are ready for what promises to be a big and exciting year. My name is Miss Toplica, and I am delighted to be joining you as your new Head of Year. I teach History, and I come to you from my previous school, where I spent several years as a Head of Year, so I know just how important this next stage of school is for each of you. I am genuinely thrilled to be working alongside such a wonderful group of girls, and I cannot wait to get to know you all properly over the coming weeks. I also look forward to meeting parents and carers at the Year 10 parents' information evening on Thursday, September 24th 6-7pm in the School Hall.

As we begin Year 10, attendance and punctuality matter more than ever – the habits built this year lay the foundation for GCSE success. Every lesson missed is a lesson that cannot be fully replaced, so we ask you all to treat regular, on-time attendance as a top priority.

Whether you are settling back into a familiar routine or joining our year group for the first time, please know that you are warmly welcome here. Year 10 is where things start to feel a little more grown-up, a little more purposeful – and I want every one of you to feel supported, encouraged and excited about it.

Warm regards,

Miss K Toplica, Head of Year 10

Key dates

Thursday 24th September: Year 10 Parents' Information Evening, 6-7pm School Hall

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

Thursday 8th October: Late start for all pupils – school starts at 9.55am

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](#)

PSHE sessions

Careers: A dedicated careers session will help each girl begin thinking seriously about "who I want to be" – exploring pathways, subjects and ambitions relevant to Year 10 and beyond. This is a valuable chance to start connecting classroom learning to real futures.

Revision & Study: We will also be delivering exam revision techniques drawn from the A Level Mindset approach – proven strategies used successfully with older students, introduced early so that effective, resilient study habits are in place well before exam pressure builds. We cannot stress enough how important it is that girls engage fully with this: the habits formed now will directly shape performance in Year 11 and at A Level

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.

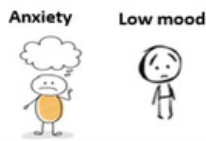


Visit our YouTube channel
Sutton Education Wellbeing Service
for a great selection of mental health and wellbeing videos for parents, staff and young people.

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



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.