



**Swinton
Academy**



Year 11 Preparing for Success Booklet



2023

Ready, Respectful and Safe

Compulsory Period 6 Lessons

Half term 2 onwards – 3:10pm - 4:10pm

Fortnightly Rota: (E.g. Week 1, Week 2, then back to Week 1 etc)

Day	Subject	Week
Monday	Drama/ Music	Every week
Tuesday	Geography / RE	1
	French	2
Wednesday	Maths	1
	Drama/ Music ADT	2
Thursday	English	1
	Science BCT	2
Friday	PE	1
	History	2

No homework? Log into...



Sparx Maths

GCSE POD login

Username: firstname.surname

Password: swinton01

Provisional GCSE Timetable 2024

Date	Time	Exam	Exam Board	Duration
Thursday 9th May	9am	Religious Studies Paper 1	AQA	105 mins
Thursday 9th May	1pm	Drama	AQA	105 mins
Friday 10th May	9am	Combined Science & Biology Paper 1	AQA	75/105 mins
Monday 13th May	9am	English Literature Paper 1	Eduqas	120 mins
Tuesday 14th May	9am	French - Listening & Reading	AQA	80/105 mins
Tuesday 14th May	1pm	Business Studies Paper 1	Edexcel	105 mins
Wednesday 15th May	9am	History Paper 1	Edexcel	105 mins
Wednesday 15th May	1pm	Computer Science Paper 1	OCR	90 mins
Thursday 16th May	9am	Maths Paper 1	OCR	90 mins
Thursday 16th May	1pm	Religious Studies Paper 2	AQA	105 mins
Friday 17th May	9am	Combined Science & Chemistry Paper 1	AQA	75/105 mins
Friday 17th May	1pm	Geography Paper 1	AQA	90 mins
Monday 20th May	9am	English Literature Paper 2	Eduqas	150 mins
Tuesday 21st May	1pm	Computer Science Paper 2	OCR	90 mins
Wednesday 22nd May	9am	Combined Science & Physics Paper 1	AQA	75/105 mins
Thursday 23rd May	9am	English Language Paper 1	Eduqas	105 mins
Friday 24th May	9am	French - Writing	AQA	60/75 mins
Monday 3rd June	9am	Maths Paper 2	OCR	90 mins
27th May - 31st May		HALF TERM		
Tuesday 4th June	1pm	History Paper 2	Edexcel	105 mins
Wednesday 5th June	9am	Geography Paper 2	AQA	90 mins
Wednesday 5th June	1pm	Business Studies Paper 2	Edexcel	105 mins
Thursday 6th June	9am	English Language Paper 2	Eduqas	120 mins
Thursday 6th June		CONTINGENCY AFTERNOON		
Friday 7th June	1pm	Combined Science & Biology Paper 2	AQA	75/105 mins
Monday 10th June	9am	Maths Paper 2	OCR	90 mins
Tuesday 11th June	9am	Combined Science & Chemistry Paper 2	AQA	75/105 mins
Tuesday 11th June	1pm	History Paper 3	Edexcel	80 mins
Thursday 13th June		CONTINGENCY AFTERNOON		
Friday 14th June	9am	Geography Paper 3	AQA	90 mins
Friday 14th June	1pm	Combined Science & Physics Paper 2	AQA	75/105 mins
Wednesday 26th June		CONTINGENCY DAY		

GCSE Grades and OCR Grades – Comparison to old-style grades

New GCSE Grading Structure	Grade Equivalent (Construction, PE, Health and Social, ICT)	Old GCSE Grading Structure
9	Distinction 2*	A**
8		A*
7	Distinction 2	A
6	Merit 2	B
5		High C
4	Pass 2	Low C
3	Distinction 1	D
2	Merit 1	E
1	Pass 1	F/G
U	Fail	U

Preparing For Success in English Language

Titles, exam boards and weightings

Exam board: Eduqas

Language Component 1: Reading and Writing Fiction (40%)

Language Component 2: Reading and Writing Non-Fiction (60%)

Tips for Success

In the Reading sections (*marks out of 40*):

- Read the questions and the extract(s) carefully.
- Use terminology correctly.
- Use small, relevant quotations.
- Explanation / analysis should be about WHY there is a particular word / phrases used by the writer.
- Make sure that you compare if it asks for similarities / differences (*Paper 2 Qs 2 and 4*).
- Keep an eye on the time – especially when it comes to completing the last questions which are worth a majority of marks (*Paper 1 Q4 = 20 marks / Paper 2 Q4 = 16 marks*).
- Write something for all of the questions!

In the Writing sections (*marks out of 24 for Content and Organisation / out of 16 for SPaG and Vocabulary*):

- Make sure you have read the task carefully and understand what the PAF is, especially for Paper 2.
- Try to use ambitious vocabulary and punctuation where possible.
- Check spelling, punctuation and grammar (sentence structure and word choice), especially at the end.
- Make sure it is engaging and entertaining (*Paper 1*) and realistic (*Paper 2*). Remember: it does not have to be real!

Good resources to use / purchase

- GCSE Bitesize contains some good hints and tips for writing.
- CGP books often offer “walk-through” exams where they give you different questions with structured approaches and a range of texts to read. Make sure it is suitable for the **Eduqas** exam board!
- We will be offering revision booklets created through the academy.

What can you expect your child to be doing at home for this subject?

- Past exam papers will be given to students over the course of the year for them to complete.
- Revision booklets (created by staff) will also be sent home.
- Practising skills is the key here – students will not have seen the texts prior to the exams, so the ability to skim read for information and to pick out key quotations, as well as plan answers quickly and effectively are important.
- Any type of reading will help students to become more confident in tackling unseen texts (especially non-fiction texts such as newspaper and web articles).

Common mistakes

- Not reading the question properly / answering on the incorrect text or incorrect part of the text (some questions are based on specific line numbers).
- Not using the time wisely – make sure children are practising under timed conditions.
- Being too informal.
- Not planning (especially in the Writing section) – this means that writing may not make sense or repeat some ideas.
- Missing out entire sections because they haven’t turned the page over!

Revision sessions

Period 6 in English classrooms on Thursdays 3.10-4.10pm.

Preparing For Success in English Literature

Titles, exam boards and weightings

Exam board: Eduqas

Literature Paper 1: 'Macbeth' and Poetry Anthology (40%)

Literature Paper 2: 'Blood Brothers', 'A Christmas Carol' and Unseen Poetry (60%)

Tips for Success

Paper 1 (marks out of 15+25, and 15+25):

Paper 2 (marks out of 40, 40 and 15+25):

- Learn **plot** and **quotations**!
- Read the **extra information** surrounding the extract and the questions carefully (*when needed*).
- **Start with the extract / poem** that is in front of you – you should always have something to say about that (*In both papers*).
- Make sure you are focusing on the **correct character / theme** and keep **referring back to the question** throughout.
- Language is still an important part of this, so make sure you refer to **subject terminology**, use **relevant quotations**, and you can **zoom in** on key parts.
- **Analyse!** Why has the writer / playwright done what they have done?
- Refer to the **audience / reader** – how are they meant to feel?
- Include **context** when needed – what was happening at the time the text was written and how has this impacted on what the writer is trying to say?
- Make sure you **compare** in the Poetry Anthology and Unseen Poetry (second part) sections.

Good resources to use / purchase

Revision booklets will be provided to work through. Students have workbooks for lessons and revision.

Anything you choose, make sure it is suitable for the **Eduqas** exam board!

What can you expect your child to be doing at home for this subject?

- Past exam papers will be given to students over the course of the year for them to complete.
- Revision booklets will also be sent home.
- Reading of the set texts – this can be done in book form or online / on an e-reader or mobile phone.
- Creating revision cards with key quotes about characters and themes – these will be started in lessons so students can see how to break down large amounts of text and how to pick out key ideas.
- Revision can take many forms for this – sticky notes, cards, full written paragraphs, writing essays and bringing them into lesson for teachers to mark / give feedback.
- Watching film and listening to audio versions of the texts may also help.
- Copies of the Blood Brothers sound track can be found online.
- Learning key plot points and quotations!

Common mistakes

- Answering on the incorrect text (as there are more than 20 different questions in the exam papers) – make sure you only answer on the texts studied in GCSE lessons with a member of staff.
- Not answering all of the questions – make sure you turn over the page to check!
- In 'Macbeth', 'ACC' and 'Blood Brothers', students don't always refer to the rest of the play/novel – they must refer to both the extract and the play/novel as a whole to gain higher than a grade 3.
- Use the writer's/poet's full name or just their surname – do not just call them by their first name!
- You do not have to get the entire quotation correct word-for-word – it will still count if it is close enough.

Revision sessions

Period 6 in English classrooms on Thursdays 3.10-4.10pm.

Preparing For Success in Maths (Y11)

Titles, exam boards and weightings

Foundation paper – OCR, Higher paper – OCR. Each tier has 3 papers which are equally weighted. 2 Calculator and 1 non calculator papers.

Tips for Success

The most vital thing is REVISION!

Maths improvement is only gained through practice.

Maths revision for all Y11 students is on Tuesday after school.

Know your calculator and how it works – using it properly will greatly benefit you during exams.

Practice topics using Maths Genie/Corbett Maths

Good resources to use / purchase

Casio fx-83gt Classwiz calculator. A revision guide for both higher or foundation will be supplied

Higher - <https://www.cgpbooks.co.uk/secondary-books/gcse/maths/mchq43-gcse-maths-ocr-exam-practice-workbook>

Foundation - <https://www.cgpbooks.co.uk/secondary-books/gcse/maths/mcfq43-gcse-maths-ocr-exam-practice-workbook>

What can you expect your child to be doing at home for this subject?

- Past exam papers will be given to students over the course of the year for them to complete.
- Revision booklets will also be sent home.
- Past papers can be downloaded from the internet – suggested sites included in this booklet.
- Weekly homework completed.
- GCSE bitesize
- GCSEPod

Common mistakes

Leaving your calculator in a mode other than degrees

BIDMAS – know the order of calculations.

Rounding to significant figures/decimal places – make sure you follow the rules and understand the difference between the two operations.

Revision sessions

Revision for Y11 students is Wednesday after school

Extra sessions will be scheduled closer to the Summer examinations at alternative times.

Preparing For Success in Combined Science

Key dates, titles, exam boards and weightings

AQA GCSE Combined Science: Trilogy

There are six papers: two biology, two chemistry and two physics. Each of the papers will assess knowledge and understanding from distinct topic areas (weighting 16.7% per paper).

Paper 1 Biology topics: Cell Biology; Organisation; Infection and response; and Bioenergetics.

Paper 2 Biology topics : Homeostasis and response; Inheritance, variation and evolution; and Ecology

Paper 1 Chemistry topics: Atomic structure and the periodic table; Bonding, structure, and the properties of matter; Quantitative chemistry; Chemical changes; and Energy changes

Paper 2 Chemistry topics: The rate and extent of chemical change; Organic chemistry; Chemical analysis; Chemistry of the atmosphere; and Using resources.

Paper 1 Physics topics: Energy; Electricity; Particle model of matter; and Atomic structure

Paper 2 Physics topics : Forces; Waves; and Magnetism and electromagnetism

Tips for Success

Underline command words in questions.

Start a revision programme now. Plan a revision timetable that covers all the topics covered in Y10 and then allows time to go over new content.

Good resources to use / purchase

- CGP AQA 9-1 Combined Science revision guide (these can be purchased through parent pay and cost **£5.70**)
- Online Kerboodle textbooks
- Kerboodle online quizzes and homework
- Google classroom quizzes and tasks
- Revision websites:
<http://www.s-cool.co.uk/gcse>
<http://www.bbc.co.uk/education/subjects/>
- GCSEPod

What can you expect your child to be doing at home for this subject?

- Completing weekly homework tasks on Kerboodle /Google Classroom (set by each subject teacher) that will be reviewing Year 10 work.
- Completing exam style questions each week (these will be in topic booklets)
- Using their revision guide and online textbook to read through and make revision resources for each unit

Common mistakes

- Not showing stepped working in calculation questions.
- Missing off units.
- Not learning the correct Physics formula
- Lines of best fit on graph questions
- Not referring to the periodic table in Chemistry questions

Preparing For Success in Separate Science

Key dates, titles, exam boards and weightings

AQA GCSE Separate Sciences: Trilogy

There are two papers for each of the separate sciences. Each of the papers will assess knowledge and understanding from distinct topic areas (weighting 50% per paper)

Biology

- Paper 1: Cell biology; Organisation; Infection and response; and Bioenergetics.
- Paper 2: Homeostasis and response; Inheritance, variation and evolution; and Ecology.

Chemistry

- Paper 1: Atomic structure and the periodic table; Bonding, structure, and the properties of matter; Quantitative chemistry, Chemical changes; and Energy changes.
- Paper 2: The rate and extent of chemical change; Organic chemistry; Chemical analysis, Chemistry of the atmosphere; and Using resources.

Physics

- Paper 1: Energy; Electricity; Particle model of matter; and Atomic structure.
- Paper 2 : Forces; Waves; Magnetism and electromagnetism; and Space physics.

Tips for Success

- Underline command words in questions.
- Start a revision programme now. Plan a revision timetable that covers all the topics covered in Y10 and then allows time to go over new content.

Good resources to use / purchase

- CGP AQA 9-1 Separate Science revision guides (these can be purchased through parent pay and cost **£8.70** for all three books)
- Online Kerboodle textbooks
- Kerboodle online quizzes and homework
- Google classroom quizzes and tasks
- Revision websites:
<http://www.s-cool.co.uk/gcse>
<http://www.bbc.co.uk/education/subjects/>
- GCSEPod

What can you expect your child to be doing at home for this subject?

- Completing weekly homework tasks on Kerboodle/google classroom (set by each subject teacher) that will be reviewing Year 10 work.
- Completing exam style questions each week (these will be in topic booklets)
- Using their revision guide/online textbook to read through and make revision resources for each unit.

Common mistakes

- Not showing stepped working in calculation questions.
- Missing off units.
- Not learning the correct Physics formula
- Lines of best fit on graph questions
- Not referring to the periodic table in Chemistry questions

Revision sessions

These will take place on Thursday evenings. There will be a particular topic/skill focus each week.



You can access the Kerboodle site from any computer, tablet or smartphone which has internet access.

Type the website address into your browser

www.kerboodle.com

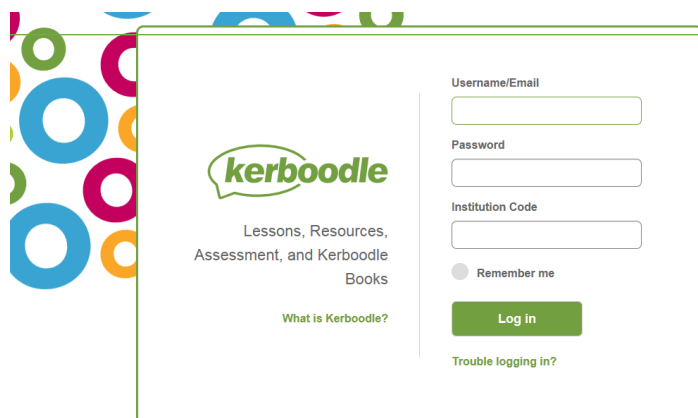
The following screen should appear.



Type your login information here.

This is then the next screen you will see.

Click here to access the site.

Username/Email

Password

Institution Code

☐ Remember me

Log in

[Trouble logging in?](#)

Example

Username: **jbloggs**

Password: **jbloggs**

Institution code: **gra0**

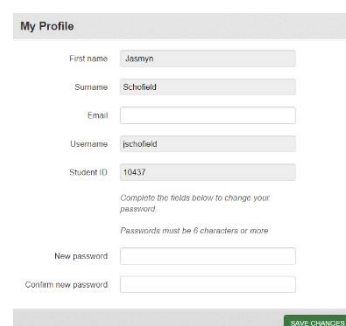
(NOTE: the 0 in the code above is a zero not a letter)

If you have not accessed the site before you will see this screen.

You don't have to put in an e-mail address but it's a good idea so that you can reset your password yourself.

If you want your password to stay the same as your username, just type it in again.

If you do change your password and you forget it, you can ask your teacher to reset it or e-mail Miss Fitch if you're not in school lfitch@swintonacademy.org



My Profile

First name: Jasmyn

Surname: Schofield

Email:

Username: jschofield

Student ID: 10437

Complete the fields below to change your password.

Passwords must be 6 characters or more

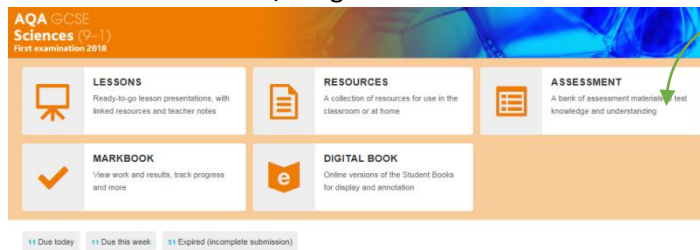
New password:

Confirm new password:

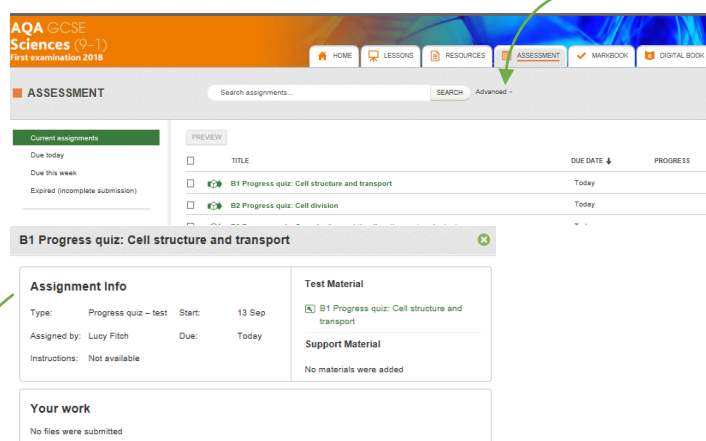
Save Changes

This is the home screen.

Click here for Homework tasks/assignment tasks which have been set by your teachers.

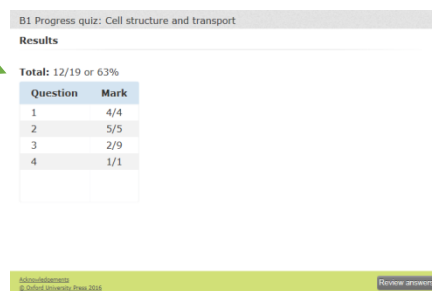


To access homework, click on the assessment tab. Click on current assignments.

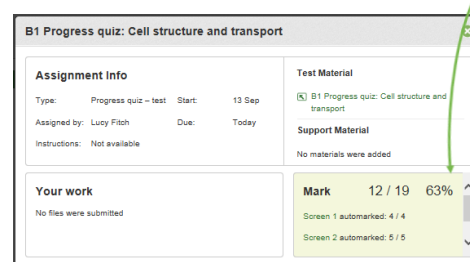


Once you have submitted your answers you can look back to see which were correct

by clicking here



When you have finished this screen shows your overall score.



Music and Drama

Subject	BTEC Tech Award Music
Head of Faculty	Ms B Emms
Head of Faculty Email	bemms@swintonacademy.org
Examination Board	Pearson qualifications
Useful revision resources/Websites	Practice your instrument Complete all coursework tasks Ensure that all tasks are submitted through Google classroom. Revise key features of Music genres

Subject	GCSE Drama
Head of Faculty	Ms B Emms
Head of Faculty Email	bemms@swintonacademy.org
Examination Board	AQA
Useful revision resources/Websites	BBC Bitesize. Read the text Blood Brothers Work through revision materials Use the Coursework guidance on Google classrooms

MFL

Subject	GCSE French
Head of Faculty	Mr S Colton
Head of Faculty Email	scolton@swintonacademy.org
Examination Board	AQA
Useful revision resources/Websites	Learn speaking answers from GCSE French Speaking booklet (adapt these for your writing too) www.kerboodle.com (Listening practice) GCSE Bitesize www.conjuguemos.com (French verb practice) Quizlet – links to each vocabulary section on Google Classroom Module 1-10 Knowledge Organisers GCSE Pod

Humanities

Subject	GCSE History
Head of Faculty	Mr A Hill Mrs H Jenkinson
Head of Faculty Email	ahill@swintonacademy.org hjenkinson@swintonacademy.org
Exam Board	EdExcel
Useful revision resources/Websites	Revision resources and knowledge organisers provided in lessons. GCSE Bitesize Edexcel History: https://www.bbc.co.uk/bitesize/examspecs/zw4bv4j Seneca Learning: https://senecalearning.com/en-GB/blog/gcse-history-revision-guide/ GCSE Pod.

Subject	GCSE Geography
Head of Faculty	Mr A Hill
Head of Faculty Email	ahill@swintonacademy.org
Examination Board	AQA
Useful revision resources/Websites	GCSE Bitesize AQA Geography www.bbc.com/bitesize/examspecs/zy3ptyc Cool Geography http://coolgeography.co.uk/ GCSE Pod

Subject	GCSE RE
Head of Faculty	Mr A Hill
Head of RE	Mr Lyons
Head of Faculty email	ahill@swintonacademy.org
Head of RE email	alyons@swintonacademy.org
Exam Board	AQA
Useful revision resources/Websites	Student Trial Examination Revision Booklet and Work Booklet GCSE Pod BBC Bitesize AQA GCSE Religious Studies A: Christianity and Islam Revision Guide Paperback available from Amazon £9.99

Business and Computing

Subject	GCSE Computer Science
Head of Faculty	Mr C Machon
Head of Faculty Email	cmachon@swintonacademy.org
Examination Board	OCR
Useful revision resources/Websites	Revision Booklets; Practice exam papers; GCSE Bitesize; GCSE Pod

Subject	GCSE Creative iMedia
Head of Faculty	Mr C Machon
Head of Faculty Email	cmachon@swintonacademy.org
Examination Board	OCR
Useful revision resources/Websites	Revision Booklets; Practice exam papers; GCSE Bitesize; GCSE Pod

Subject	GCSE Business Studies
Head of Faculty	Mr C Machon
Head of Faculty Email	cmachon@swintonacademy.org
Examination Board	Edexcel
Useful revision resources/Websites	GCSE Pod; GCSE Bitesize; Revision mats provided in lessons; Seneca Learning.

Subject	Cambridge National Certificate in Enterprise & Marketing
Head of Faculty	Mr C Machon
Head of Faculty Email	cmachon@swintonacademy.org
Examination Board	OCR
Useful revision resources/Websites	GCSE Pod; GCSE Bitesize; Revision mats provided in lessons; Seneca Learning.

Art, Design Technology

Subject	Constructing the Built Environment
Head of Faculty	Mr Ryan Kingston
Head of Faculty Email	rkingston@swintonacademy.org
Examination Board	Eduqas
Useful revision resources/Websites	https://resources.eduqas.co.uk/pages/ResourceSingle.aspx?rlid=1523

Subject	Hospitality and Catering
Head of Faculty	Mr Ryan Kingston
Head of Faculty Email	rkingston@swintonacademy.org
Examination Board	Eduqas
Useful revision resources/Websites	https://resources.eduqas.co.uk/pages/ResourceSingle.aspx?rlid=1521

Subject	GCSE Art and Design (Fine Art)
Head of Faculty	Mr Ryan Kingston
Head of Faculty Email	rkingston@swintonacademy.org
Examination Board	AQA
Useful revision resources/Websites	https://www.tate.org.uk/art/student-resource/exam-help

Physical Education and Health and Social Care

Subject	Physical Education
Head of Faculty	Mr R Hill
Head of Faculty Email	rhill@swintonacademy.org
Examination Board	OCR Cambridge National Sport Science

Subject	Health and Social –
Head of Faculty	Mrs L Longstaff
Head of Faculty Email	llongstaff@swintonacademy.org
Examination Board	OCR Cambridge National

Revision support – exam timetable template

My revision Timetable



	After School	Evening Focus 1	Evening Focus 2	Evening Focus 3
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

	Morning Focus 1	Morning Focus 2	Afternoon Focus 3	Afternoon Focus 4	Evening Focus 5	Evening Focus 6
Saturday						
Sunday						

(You may decide to study throughout the day or just during certain sessions – remember short sessions (30-60mins) spread throughout the day with breaks are best. Don't forget – exercise, food, sleep)

Post-16 Study

It's time to start thinking about what you are doing after you have completed your GCSEs. You need to be thinking:

- What subjects interest you
- What subjects are you good at
- What courses can you do that link to these
- What are the entry requirements to get on these courses
- What jobs can I get/university courses can I enrol on if I study these courses

Swinton Post-16 can offer opportunities to enrol on courses that tick all of these ideas, as well as giving enrichment opportunities to further enhance your skill set and your CV!

More details will be available as the year progresses, but if you need a question answering before this, please speak to Mr Coe as Head of 6th Form or your year team. Below is some basic information about courses we offer, and what to expect.



Monday 13th November

6-7.30pm

Post 16 Open Evening

Our Curriculum

We offer the following courses

A Levels

Art
Biology
Chemistry
English Language
English Literature
Film Studies
French
Geography
History
Mathematics
Philosophy
Physics
Psychology
Sociology

Vocational

Applied Science
(Extended and Diploma)

Health and Social Care
(Extended and Diploma)

Sport and Physical Activity
(Extended and Diploma)

Business Studies BTEC

Ofsted June 2023

Pupils have warm relationships with teachers and value this strongly.

"It's the reason I decided to study here" – Post 16 student



Grofar is the web-based careers platform which can help your child compile their careers journey.

<https://grofar.com/>



START profile has a unique section for parents to find out ways in which you can help support their child making the next steps.

<https://careers.startprofile.com/page/parents>

Advice to parents for next step support

Qualifications and Pathways

On the next two pages we've listed some of the qualifications and their 'levels'.

It's important for you to research qualifications for your future career – remember not all qualifications are offered everywhere!

AGE RANGE 14 to 16 Level 1	AGE RANGE 14 to 16 Level 2	AGE RANGE 16 to 18 Level 3
GCSEs (grades D-G or 3-1) You will study a variety of subjects and the grades you get can affect your future career choices.	GCSEs (grades A-C or 9-4) Maths and English at Grade 4 or higher is essential for more advanced study and most employment.	A Levels Students study A-Levels at a further education college or sixth form.
Vocational/applied courses include BTEC Introduction Diplomas.	Vocational/applied courses include BTEC Level 2 (First) Diplomas, CACHE and Cambridge Technicals.	Vocational/applied courses include BTEC Level 3 Diploma Extended Diplomas, T Levels*, Cambridge Technicals and CACHE.
Traineeship A traineeship is an education and training programme which incorporates work experience, preparing young people for their future careers by helping them to become 'work ready'.	Intermediate Apprenticeships These are the first level of apprenticeship. Apprentices work towards work-based learning qualifications such as an NVQ Level 2.	Advanced Apprenticeships These are a step above Intermediate Apprenticeships. It's a chance to access training, develop skills and gain qualifications whilst working for an employer.

* Available from 2020.

Top tip! Remember qualifications are changing all the time and we've not been able to list every one that is available. Talk to your teachers and tutors for the latest information.



Useful websites

<https://www.careerpilot.org.uk/> - Expert careers information and tools for 11–19-year-olds, all in one place

<https://amazingapprenticeships.com/resources/> - Apprenticeship information

zebi6os Year 11 Careers Google classroom – up to date information on careers / webinars / labour market information



Google Classroom

Careers support for parents & carers

Useful Websites

- **National Careers Service:**

<https://nationalcareers.service.gov.uk/explore-careers>

- **Careers Advice for parents:**

www.parentadviser.co.uk

- **Apprenticeships and traineeships:**

www.gov.uk/apply-apprenticeship

- **National Citizenship Service:**

www.ncsyes.co.uk/what-is-ncs

- **Success at School:**

<https://successatschool.org>

- **UCAS:**

www.ucas.com/furthereducation

Useful tips from our Post 16 students!

“Start early - it’s better to start now and do little bits than leave it until Easter next year.”

“Little and often works best, try spending a little bit of time each night or a few times a week instead of leaving it to one day.”

“Homework is important as it gives you extra time to learn and teachers will give you feedback on how to improve.”

“Try to fit in revision during school days so you can have the weekend off.”

“Take breaks - don’t burn yourself out for working for too long.”

“Make sure you still have time for a social life - it’s important to still see friends and do things that you enjoy for your mental health.”

“Keep organised - make a timetable.”

“Reward yourself - give yourself goals and little treats if you achieve it.”

“Only give yourself one thing to do a night.”

“Stay determined in your lessons, and listen from start to finish!”

Key contacts

Miss R Aspinall Year 11 Pastoral Learning Lead raspinall@swintonacademy.org	Ms E Fletcher Year 11 Pastoral Support Manager efletcher@swintonacademy.org
Mrs S Beevers Assistant Vice Principal – Year 11 sbeevers@swintonacademy.org	Mr J Graham Principal jgraham@swintonacademy.org
Mrs L Longstaff Post 16 Pastoral Learning Lead llongstaff@swintonacademy.org	Mr A Coe Assistant Vice Principal – Post 16 acoe@swintonacademy.org
Mrs K Duroe Faculty Leader - English kduroe@swintonacademy.org	Miss L Fitch Faculty Leader - Science lfitch@swintonacademy.org
Mr N Raymond Careers Advisor nraymond@swintonacademy.org	Mrs M Smith SENDCo msmith@swintonacademy.org
<p>Any teaching member of staff: initialsurname@swintonacademy.org E.g. Joe Bloggs jbloggs@swintonacademy.org</p>	

School Website: www.swintonacademy.org