



The Academy
at Shotton Hall



YEAR 10

SURVIVAL GUIDE

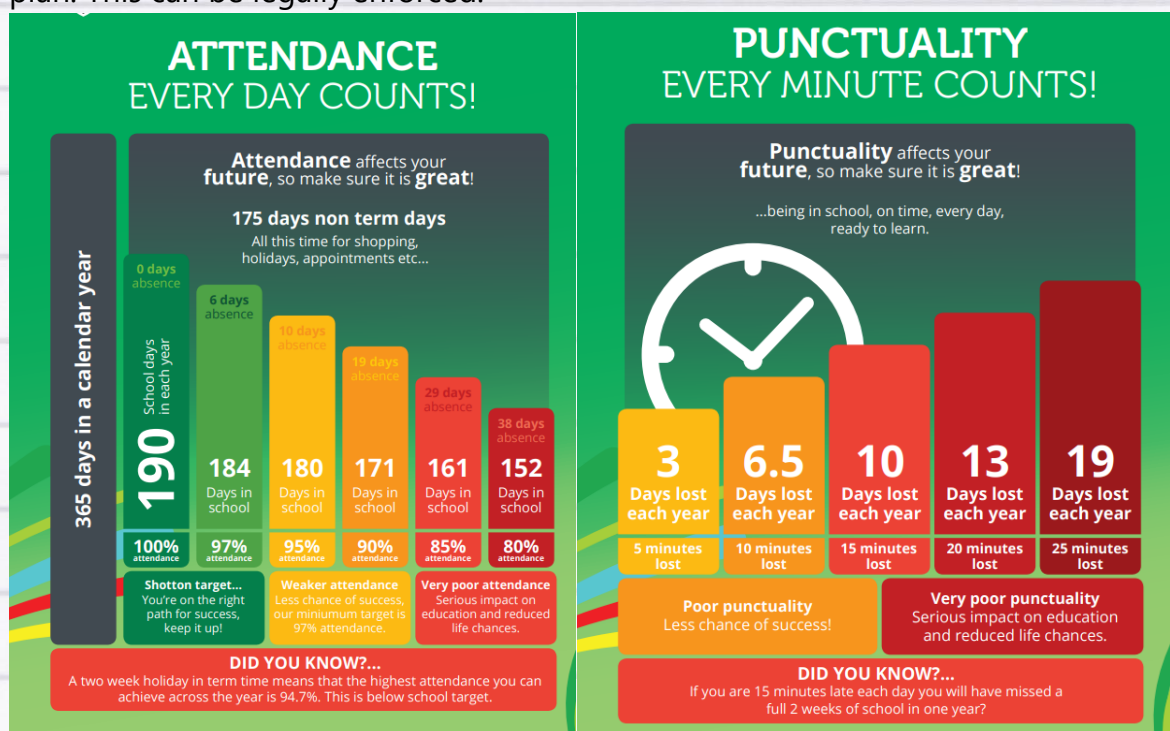


Welcome

We have put together this A-Z 'survival guide' for parents of students in Year 10; hopefully this document will provide you with all the information you need to know for the upcoming year but if you have any questions, please feel free to contact us on 0191 518 0222 or email your child's Learning Manager at emma.bradley@shottonhallacademy.co.uk

Attendance

100% attendance for each student is our target. Any student with attendance below **90%** is classed as a persistent absentee and may be placed on an attendance action plan. This can be legally enforced.



Assessments

Assessments for Year 10 students will take place termly:

- Autumn term – October (week commencing 3rd November 2025)
- Spring term – February (week commencing 12th January 2026)
- Summer term – June (week commencing 11th May 2026)

Revision programmes for this should start at least 3 weeks prior to the assessment week.

Behaviour

To ensure effective teaching and learning takes place positive behaviour in all aspects of Academy life is vital. The Academy seeks to create a caring and learning environment by:

- Promoting self-esteem, self-discipline and respect for authority with relationships based on mutual respect

- Promoting excellent discipline and behaviour
- Providing a safe environment free from disruption, aggression and bullying which protects the wellbeing of all in the school community
- Encouraging a positive relationship with parents and carers to ensure a collaborative approach supports the implementation of the school's policies and procedures.

The Academy wishes to emphasise to all parents and students that failure to conform to the high standards expected by all, may result in exclusions. For example, if a student:

- Threatens, harasses or is involved in sexual misconduct towards any member of the school community
- Swears at, or is personally insolent to a member of staff
- Makes an unprovoked physical or verbal assault on another student
- Is involved in bullying of another student
- Is involved in activities which are prejudicial to the health and safety of members of the school community
- Uses ICT, digital devices or social media in a way that would be seen as harassment and/or bullying of members of the school community or invasion of their privacy
- Uses audio or visual recordings of members of the school community in a way which could be construed as harassment, bullying or an invasion of their privacy
- Is involved with illegal drugs or alcohol during the school day
- Brings a weapon into school
- Makes false allegations against a member of staff
- Assaults a member of staff.

Counselling and pastoral care

The Academy is committed to providing a supportive environment with high academic standards, which will enable students to flourish socially, emotionally and academically. We recognise that our students are growing up in a complex society and that they may at times require additional support to meet these challenges. The Academy has two of its own counsellors who offer support and advice to students, families and staff. We encourage families to contact Learning Managers to request counselling referrals as needed.

While most cases will require parental consent prior to the referral, there is the opportunity for older students to self-refer if they feel they would benefit.

Day structure

Each student starts the day in sept followed by five lessons broken up by a morning break and lunch as follows:

Period	Timing for students
Pre school	8.20am – 8.30am
Sept	8.30am – 8.50am
Period 1	8.50am – 9.55am
Period 2	9.55am – 11.00am
Break	11.00am – 11.20am
Period 3	11.20am – 12.20pm
Lunch	12.20pm- 1.00pm
Period 4	1.00pm-2.00pm
Period 5	2.00pm – 3.00pm

Equipment

It is compulsory for students to carry a pencil case with the following equipment: 2 pens, 2 pencils, eraser, ruler, 2 highlighters and a scientific calculator -Casio FX-85GT Plus. In addition to this, students will need a bag large enough to carry an A4 size file/exercise book. Equipment checks will be carried out by sept tutors, Learning Managers and the Senior Leadership Team and sanctions will be issued for missing stationery. The LRC has a stationery shop where equipment can be purchased if broken or missing.

E-Safety

At Shotton Hall we take the safety of our students very seriously including their online life, which an increasing number of our students are accessing on a regular basis. We also encourage you to check your child's phone regularly. Here are a few hints and tips to help you keep them safe online.

1. Have conversations about e-safety
2. Take an interest in what they are accessing online and explore it together
3. Know who your child is talking to online – we strongly recommend they do not “add” people they do not know to friends’ lists on social media
4. Set rules and agree boundaries about frequency, content and their posts on social media
5. Make sure content is age appropriate
6. Use parental controls to filter, restrict, monitor or report content
7. Check they know how to use privacy settings and reporting tools for any issues
8. Encourage respect for others – stamp out cyber bullying.



If you have any concerns about online abuse or the way someone has been contacting your child online please contact CEOP.

Expectations

The Academy has high expectations for students in terms of attitude, effort, conduct, presentation and learning. A range of sanctions can and will be used if needed. This includes detentions after school. Detentions will be scheduled on INSIGHT by the teacher, it is the responsibility of parents and students to be aware of this and plan accordingly.

Grades

Students in Key Stage 3 are expected to achieve grades between 1- 4 with two sub levels of progress expected each year. In Key Stage 4 we would expect students to show continued improvement towards their GCSE target grades.

Shotton Hall grades

New GCSE outcomes																			
1					2				3			4			5	6	7	8	9
1e	1d	1c	1b	1a	2c	2b	2a	3c	3b	3a	4c	4b	4a						

Homework

Homework is a vital part of learning. A rough guide is that students will receive one piece of homework for every three hours of each subject. Homework can be monitored through INSIGHT.

Knowledge Organisers

Students will be given Knowledge Organisers for most subjects at the start of each term. These will contain the key information that units will cover and would be suitable to help students revise at home in preparation for assessments. Knowledge Organisers may cover key vocabulary, concepts and ideas related to the work carried out in lessons. Knowledge Organisers can be found on the students' POD homepage. We are hoping to create independent and resilient learners so that students are well prepared for Key Stage 4.

INSIGHT

All parents and students will be allocated login details and a password for INSIGHT. This site allows access student timetables, attendance, data, reports, homework details and more. You can access the site here tasc.shottonhallacademy.co.uk/INSIGHT/. Please contact insight.help@shottonhallacademy.co.uk if you experience difficulties.

Meal times

All students will remain on school premises at lunchtime and are able to bring in a packed lunch. Alternatively, a school meal can be purchased for £2.86 for a packed lunch meal deal or for the main meal which is a main dinner with dessert or a bottle of water. The school also runs a free breakfast club from 8am and other refreshments and snacks are available at break time.

Medication

At The Academy at Shotton Hall we are committed to supporting students with their medical needs. Our medication policy is in place so that staff and parents are aware of the guidelines we will be working to in connection with administering medication in school. We ask parents to sign a consent form for the administration of medication to take place. Parents must come into school to collect any unused medication at the end of every half term or term. Students may not carry any medication in school apart from an inhaler or EpiPen.

Merits

Staff award students MERIT points for: good behaviour, exceptional work and representing the Academy. These merits will be used to determine rewards week pathways and can be spent throughout the year on a variety of reward prizes in the LRC.

Mobile phones and smart watches

Mobile phones and smart watches are **banned** from being used in school by students. Misuse of mobile phones/ smart watches in school will result in phones being confiscated and stored securely in general office until parents are able to collect. Students can use a school office phone to contact home if necessary.

Office 365

Every student at the Academy also has an Office 365 account. This account allows you to access your school Outlook account (your email and calendar), your OneDrive folder, Microsoft teams for virtual learning and our online virtual learning environment Student POD. As a member of Shotton Hall Academy you get the complete Microsoft Office suite for free to download onto your home computer (see website for details). It is recommended that you download and install office 365 email and the following apps onto your mobile phone and tablet; OneDrive, Word, Excel, SharePoint, OneNote, Powerpoint.

To log on visit www.shottonhallacademy.co.uk and click the Office 365 link or go to portal.microsoftonline.com and use your school email and password to log in. The electronic calendar for the year is built into POD.

Ofsted

Please log into parent view to give Ofsted your opinion on how you feel your child is doing at school. We would also appreciate you get in touch with school should you have any concerns prior to raising them through the parent view to allow us the opportunity to resolve them.

<https://parentview.ofsted.gov.uk/>

Parents' evenings

- The Year 9 meet the tutor evening 8th October 2026.
- Subject parents' evening – 29th April 2027.

Presentation & expectations of work

Please feel free to regularly check your child's exercise book and quality of homework. You know your child better than anyone so please let us know if you are unhappy with the standard of work they are producing.

WORK CODES
Positioned in the top left hand corner
HW - Homework
CW - Classwork
A - Assessment
PL - Planning
N - Notes

THE TITLE
Positioned in the middle
Use capital letters
Underlined

THE DATE
Positioned in the top right hand corner
Number, month, year
Comma to separate date and month from year
Underlined

Leave 2 line spaces before writing

Leave 1 line space before writing title

NUMBERS
Add numbers in the margin if required

Leave 1 line space between paragraphs

HW		<u>29 January, 2020</u>
	<u>Evaluating Macbeth's Character</u>	
	Subtitle (if needed)	
1.	Your writing needs to start at the left-hand side of the page, right next to the margin. You need to use the whole of the line in your exercise book before you begin on a new line.	
	If you need to break for a new paragraph, make it visible by leaving a line space . This will make your work neater which will help your teacher (and your peers) to read and understand your writing.	
	Your handwriting should always be your very best and in either blue or black pen.	
	Drawings and diagrams should always be in pencil, using a ruler. There should be no graffiti on pages.	
	Clearly mark if you are <i>peer assessing</i> or <i>self assessing</i> . Remember when giving WWW and EBI comments to be kind, helpful and specific .	

Reading

Reading is the single most important activity that helps students succeed in school. We have a library within school (LRC), that students can borrow books from. Reading for pleasure should be part of all students' daily routine. We also recommend that all students enrol in Durham online library services (libraryonline.durham.gov.uk).

Reports

Full, end of year reports will be emailed out to parents on 13th July 2027.

Interim reports outlining achievement and progress will be issued in November and March.

RSHE (Relationships, Sex and Health Education) – Y10



To embrace the challenges of creating a happy and successful adult, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health, and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges, and complex situations. As part of the 2020 statutory RSHE guidance students will have the opportunity to explore a variety of key topics within P4L, PE, Science, ICT and Food Technology. This will include:

P4L	PE	Science	Food Technology	P4L
Prejudice and discrimination: racial and LBGTQIA+ community What do coercive, abusive and controlling relationships look like? Contraception Upskirting Where is the line between flirting and sexual harassment? Online grooming Nudes and sexting Sextortion Abortion Same sex marriage Drugs Drugs and mental health Drugs in sports Legalisation	The relationship between health and fitness and the role that exercise plays in both The component of fitness and benefits of sport Engagement patterns of different social groups in physical activity Physical, emotional, and social health,	Health Non-communicable diseases and risk factors Pathogens and disease Types of Communicable Disease Vaccination Types of disease and body defences Discovering and Developing Drugs Stem Cell Treatments Types of reproduction Inherited diseases and screening techniques Variation	Understanding the key principles of nutrition and health lifestyle To be able to link the correct cookery methods to maintain both nutritional content and a balanced diet Research and evaluate recipes and create nutritional charts/labels Link life stages to nutritional needs	Prejudice and discrimination: racial and LBGTQIA+ community What do coercive, abusive and controlling relationships look like? Contraception Upskirting Where is the line between flirting and sexual harassment? Online grooming Nudes and sexting Sextortion Abortion Same sex marriage Drugs

Alcohol Drink and drug driving Smoking & Vaping Radicalisation County Lines Violence and exploitation by gangs Hate crime Body modifications First Aid: Bleeding and shock and chest pain	fitness, and wellbeing The consequences of a sedentary lifestyle Obesity and how it may affect health and performance Energy use, diet, nutrition, and hydration	Brain and eyes Diabetes Human Reproduction The menstrual cycle Controlling fertility Treating Infertility	Understand the importance of eating a balanced diet including seasonal foods or organic Legislation linked to Food safety and personal hygiene relating to food storage and preparation (HACCP) Students evaluate the effect nutrition has on a range of customers	Drugs and mental health Drugs in sports Legalisation Alcohol Drink and drug driving Smoking & Vaping Radicalisation County Lines Violence and exploitation by gangs Hate crime Body modifications First Aid: Bleeding and shock and chest pain
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You can also gain further information with regards to the key content which is covered during Sept time and assemblies on the school website:

<http://www.shottonhallacademy.co.uk/curriculum/subjects/relationships-and-sex-education-rse>

We would welcome your feedback on our RSHE provision. If you would like to get in touch, please email: rachel.peele@shottonhallacademy.co.uk

School clubs

We offer an extensive variety of extra-curricular activities during the school day and after school. Full details of individual clubs, days and times are available on the school website.

Social media at Shotton Hall

The Academy regularly posts stories and information on our social media pages. Please follow us at: Facebook /shottonhallacademy Twitter @shottonhall Instagram @shacademy

Social media – students and parents

- We expect all parents and students be respectful to the Academy and current or previous staff and/ or students when making any statement or comment on social media, acknowledging that they are personally responsible for all communications which are published on the internet
- Parents and students should not use social media to:
 - defame or disparage the Academy or current or previous staff or students
 - harass or unlawfully discriminate against current or previous staff or students

- make false or misleading statements about the Academy or current or previous staff or students
- impersonate the Academy or current or previous staff or students
- make any comments or postings which have the potential to bring the Academy into disrepute or damage our reputation.
- Parents and students must agree to immediately remove any content from social media which the Academy considers, in its sole discretion, to be inappropriate and unacceptable
- Failure to do so could result appropriate action being taken by the Academy.

Student POD

The Academy at Shotton Hall has a virtual learning environment called Student POD. Student POD has all the information about the subjects you study including knowledge organisers, topic resources and helpful tools and information for revision. This is where all online textbooks for your children are stored. You log onto Student POD by logging on to your Office 365 account and clicking the SharePoint app.

Text messaging

The Academy use a text message service to contact parents with updates and reminders for unauthorised absences. Please inform the school if you change your number.

Timetable

We run on a two-week timetable (A and B) of 25 lessons each week. In Year 11 **most** consist of the following lessons, (some students receive extra support in maths and English).

Subject	Number of hours	Subject	Number of hours
English	9	Option Block A	5
Maths	8	Option Block B	5
Science	9	Option Block C	5
PE/Dance P4L	4	Option Block D	5

Tutor team & Learning Manager

Learning manager – Emma Bradley emma.bradley@shottonhallacademy.co.uk

S1	Miss Begum nasreen.begum@shottonhallacademy.co.uk	P1	Mr Cowans matthew.cowans@shottonhallacademy.co.uk
S2	Mrs Lennox rebecca.lennox@shottonhallacademy.co.uk	P2	Mrs Peele rachel.peele@shottonhallacademy.co.uk
S3	Miss Haskins lizzy.haskins@shottonhallacademy.co.uk		

E1	Mrs Whitehead amy.whitehead@shottonhallacademy.co.uk	T1	Miss Gallagher katie.gallagher@shottonhallacademy.co.uk
E2	Miss Jenkins jodami.jenkins@shottonhallacademy.co.uk	T2	Miss Bradley phoebe.bradley@shottonhallacademy.co.uk
E3	Mrs Eddy rebecca.eddy@shottonhallacademy.co.uk		

EMAILING STAFF

If you have any queries, please email the main school - enquiries@shottonhallacademy.co.uk adding in the name of your child's tutor or learning manager in the subject box. Alternatively, please phone us on 0191 518 0222 (*bearing in mind teachers will be in class during school hours*).

Uniform

EVERYDAY

- Plain white school shirt buttoned to the neck with school tie
- Plain black formal straight cut trousers - no jeans/ jean style with obvious back pockets, leggings, canvas or stretchy style
- Plain black, formal straight cut shorts- just above the knee. No jeans, cargo style, leggings, stretchy or tracksuit style. PE shorts, in all styles are not allowed
- Compulsory twin pleated knee length skirt only available from Emblematic
- Blazer with school badge and **PURPLE** strip purchased from Emblematic.co.uk/schools/shothall
- Plain black leather or leather-style shoes or boots (without heels), no trainers or plimsolls
- Belts should be black and discreet.

PE KIT

- Red and black school PE top - purchased from Emblematic.co.uk/schools/shothall
- Black shorts/tracksuit bottoms or leggings - can be purchased anywhere
- Trainers must be worn in PE lessons (*plimsolls, converse, or similar canvas type shoes are not suitable*)
- It is advisable that students wear football boots for sports such as football and rugby
- Optional, for colder months, a black jumper/black tracksuit top to wear over the top of PE t-shirt. Black jumpers can be purchased from Emblematic.co.uk/schools/shothall
- A black base layer can be worn under PE t-shirts during colder months.

PE Kit Policy

School anticipates the vast majority to be able to be physically active during PE lessons by participating in meaningful activity. Wearing the correct PE kit is vital to achieve this. We

acknowledge that there are occasions that due to injury or illness students may not be able to participate, however they can participate in the lesson as a coach, referee or assist evaluating student performance. Therefore, all students must be appropriately dressed to participate in these learning activities safely.

PE kit expectations

Students are required to bring PE kit to all lessons even if ill or injured unless it is unreasonable to do so (e.g. broken leg).

Staff will endeavour to provide clean kit for students who do not bring their own and are physically able to change.

Procedure for students who are ill/ injured

Students are required to bring a note explaining the reasons for non-participation.

Students will get changed into their PE kit.

If students do not have their own kit, they will be asked to wear school kit and their own shoes (as they are not participating this will not be an issue).

Students will be instructed to act in a non-physical role e.g. referee.

If students refuse to change sanctions will be imposed.

Procedure for students who forget kit

Students who arrive at PE without the correct PE kit are expected to wear a school kit that has been laundered.

GENERAL APPEARANCE

- Hair should be a natural colour (one colour only)
- Students may wear one small single metal stud in each earlobe - no other piercings allowed
- No necklaces, bracelets or rings
- No false, gel or acrylic nails and no bright colour nail varnish
- No false eyelashes or eyelash extensions
- No make-up.

UNIFORM MONITORING

Any student that does not follow the guidance above will be placed on a uniform monitoring programme, until the situation is remedied.

Valuables

Students are responsible for their own possessions and should only bring into school what is essential. Digital equipment such as ipads, ipods, airpods, games consoles, earphone and music players are NOT allowed into school.

It is not permitted to bring expensive items (including IT equipment) or large sums of money into school. Any loss or damage of expensive item which are brought in against school expectations is the responsibility of the parent and not the school.

YEAR 10 VITAL HINTS AND TIPS

- You should now start thinking about the next step; what do you want to do when you leave school? Where do you want to study? Use your appointment with the career's adviser, start attending open evenings, carry out some research about where you would like to study.
- Prom..... although it seems like a lifetime away, your behaviour, attitude and attendance in year 10 will all be considered when a decision is made about prom in year 11.
- Be organised. You will have more homework than at any other stage of your school life and ensure that you meet all deadlines.
- Revise, revise, revise. Throughout the year you should be making time for revision, it should be an ongoing process throughout Key Stage 4. Small chunks of revision regularly with short breaks are the most effective.
- Think about revision, use a variety of different techniques. Create mind maps, notes, practice past exam papers.
- If possible, create a revision space at home, preferably a desk away from any distractions, where you can effectively complete homework.
- Become a prefect. Give something back to the school and gain some responsibility.
- Start thinking about head boy/girl application. If it is something you are interested in, you should be working towards this now, thinking about what you can do to make yourself stand out from the crowd.
- Exam times will be stressful create revision planner/timetable to help with this and make sure you have covered all topics/subjects.