

WELCOME TO YEAR 11

PARENTS' INFORMATION EVENING



THE Y11 TEAM



Miss Anderson
Head of Year



Mr Dawson
Assistant
Head of Year



Miss Rimmer
Assistant
Head of Year

LOOK HOW FAR THEY'VE COME...





Fire exit



UNLOCK YOUR
NEXT STEPS



OUR JOURNEY SO FAR...



Year 9:
Discover the values



Year 10:
Putting the values into practice



Year 11:
The Final Chapter: Who will they become?

**S M A L L
A C T I O N S**

**B I G
D I F F E R E N C E**

YEAR 11 CHALLENGES

1. Do not underestimate yourself
2. Don't be afraid to get things wrong.
3. Don't wait to be motivated.



YEAR 11



Progress Checks go home



Sixth Form Courses Eve



St James Park Event



Trial Exams begin



Results from Trial Exams



Parent Workshops



Parent Evenings



Exams begin

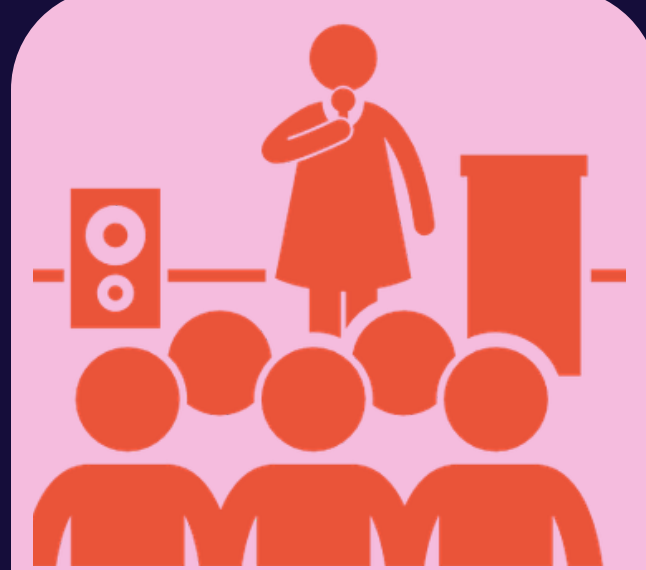
Y11 WEEKLY ROUTINES

MON



Thought for
the Week

TUES



Assembly

WED



Extended PD
program

THUR

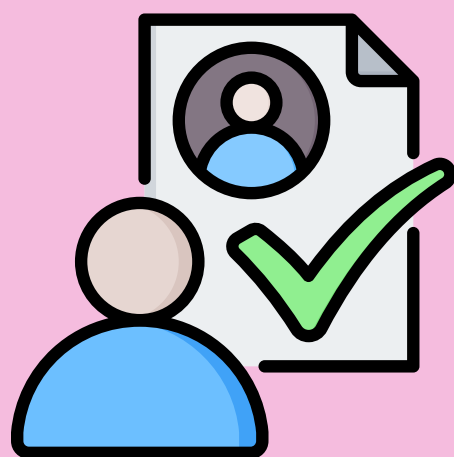


Reading

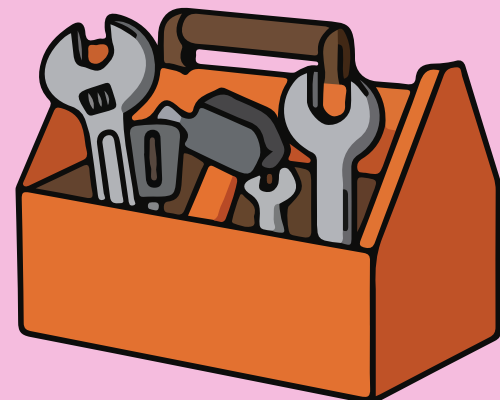
FRI



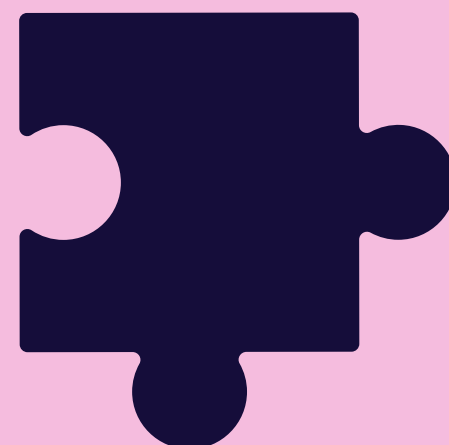
Quiz



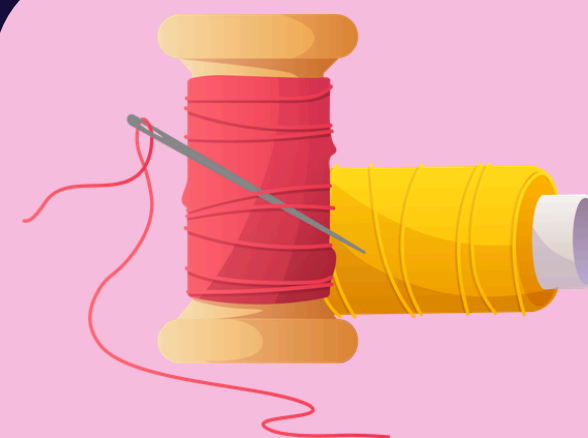
Attendance



Toolkit
Tuesday



Midweek
Mindboggler



Threads
Thursday



Futures Friday

RISE & REVISE

Begins: W/B Monday 2nd November

Tuesday: English (A-Block Hall)

Wednesday: Science (A-Block Hall)

Thursday: Maths - H/C/F (A-block hall & maths corridor)

Friday: Further Maths (maths corridor)

200+ attend every week



PARTICIPATION



EXTRACURRICULAR

Extracurricular clubs Timetable 2026-27

Clubs and activities are running across the school, and we want to see you get involved! Keep listening to the daily bulleting and checking your emails for updates. New clubs are added throughout the year so keep looking for those opportunities to get involved.



Club/activity	Time	Location	Staff to contact
MONDAY	Musicals Club	After school	Drama studio
	Christian Union	Lunchtime	A101
	Axiom Maths (Year 10)	Lunchtime	A107
	Drama Tech	Lunchtime	Drama tech booth

TUESDAY	Lego League	Lunchtime	A008
	Carnegie Reading group (Yr 9)	Lunchtime	Library

WEDNESDAY	Year 9 Drama club	Lunchtime	Drama Studio
	Girls football team years 9-11	After school	3G
	Creative Writing group	After school	Library
	DT Drop in	Lunchtime	DT Department
	GCSE Textiles Studio	After school	A004
	'Catch up' GCSE Art club	Lunchtime	D003
THURSDAY	Whitley Bay allotment club	After school	Meet outside food depart
	Secret Soup Club	After school	Food dept

THURSDAY	Pride Club	Lunchtime	A206
	NETBA Reading group (Yr 10)	Lunchtime	Library
	GCSE Textiles Studio	After school	A004
	Film Club	Afterschool	A217

THURSDAY CONTINUED	Comic and Manga club	After school	Library
	Dungeons and Dragons club	After school	Library
	Axiom Maths (Year 9)	After school	A107
	B.O.A.R.D (boardgame club)	Lunchtime	A221

FRIDAY	FFF (Fun Football Friday's)	Lunchtime	3G and Sand Astro
	Poetry by Heart (Oct-April)	After school	Library
	Crafty Chat	Lunchtime	A009
	Year 11 book group (1st Fri of the month)	Lunchtime	Library

Music Department		
Weekly extra-curricular activities from September 2026		
	Lunch	After school
Mon	Recorder Ensemble (D005, 12.45pm)	Brass Ensemble (D005, 3.30pm)
Tues	Music Theory Support Drop-in (D004, 12.20pm)	
Wed	Chamber Choir (D005, 12.50pm)	String Ensemble (Drama Studio, 3.30pm) Jazz Band (D005, 3.30pm)
Thurs	GCSE Music Coursework Support Drop-in (D004, 12.20pm)	Choir (Drama Studio, 3.30pm)
Fri	A Level Music Coursework Support Drop-in (D004, 12.20pm)	

See Mr Baldwin in D004 for further information regarding any of these activities.



PE Extra Curricular Timetable



Whitley Bay High School PE Extra Curricular

WBHS PE	Monday	Tuesday	Wednesday	Thursday	Friday
Breaktime Sportshall	Basketball. Shooting hoops	Basketball. Shooting hoops	Basketball. Shooting hoops	Basketball. Shooting hoops	Basketball. Shooting hoops
Lunch Sportshall	Basketball All year groups. Everyone invited.	Badminton Club Examination students have priority - Max 24	Volleyball Everyone welcome	Badminton All years welcome. Max 24	Pickleball All years welcome. Max 24
Lunch Astroturf	Year 9 Football	Year 10/11/6th form Football	Year 9 Football	Year 10/11/6th form Football	FFF 6TH form tournament

Clubs After School

Studio / Fitness Room			Fitness - Y11 and 6th form - AJB	Dance All years- FLC	
Sportshall			Volleyball All Years- SMA	Netball All Years- SMM	Badminton All Years- LPW
Astro Turf			Football Girls - All Years - KFK	Football friendlies - all years - AJB	

Autumn Term 2026

Y11 PARENTS' INFORMATION EVENING



RAISING ACHIEVEMENT

- Whole year incentives – encouragement to revision sessions
- Tracking year group progress with targeted intervention
- Coursework, homework and revision support sessions
- Revision guidance, tips and techniques
- Peer mentoring with sixth form students
- Stress and exam worry workshops

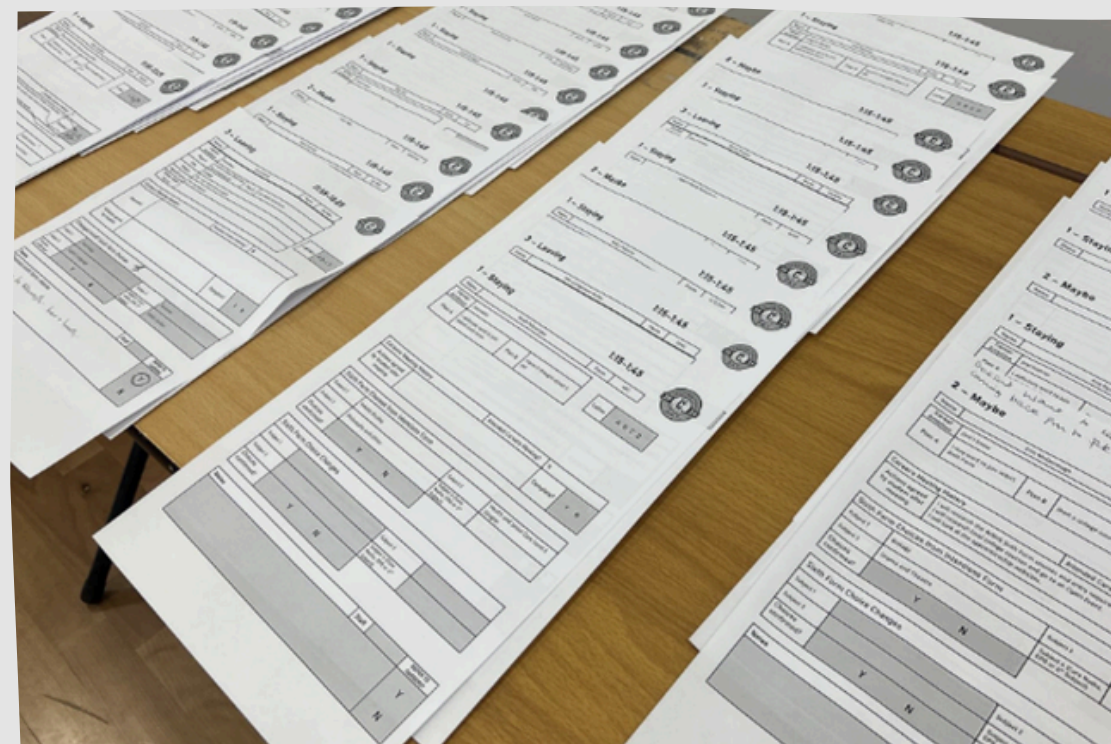




POST-16 GUIDANCE

Friday 8th January
St James' Park
(Raising Achievement Event)

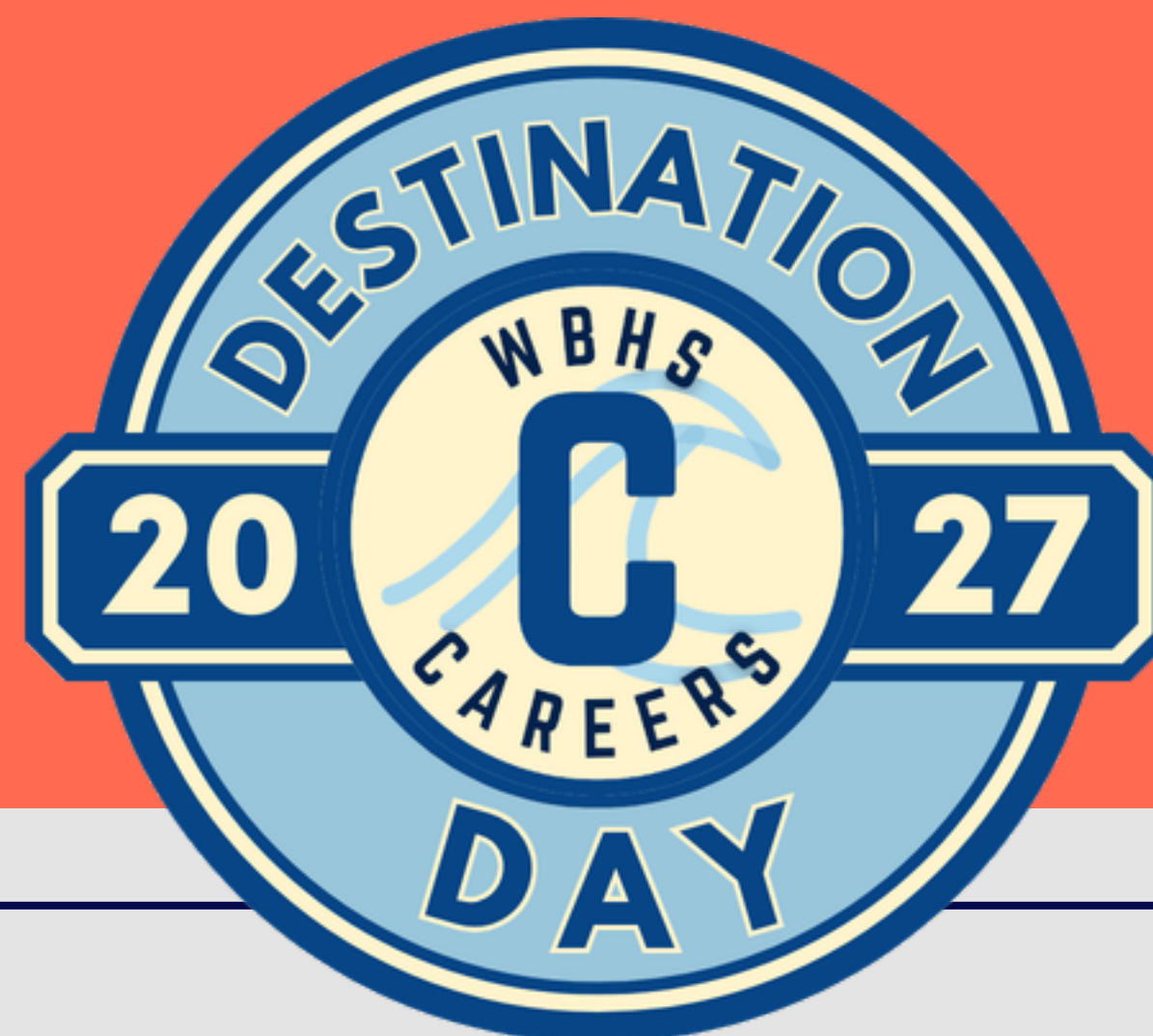




DESTINATION DAY

Monday 8th February

Tuesday 9th February



Y11 PARENTS' INFORMATION EVENING



Careers Provision



Steph Towns - Careers Lead
Vicki McAvoy - Careers Assistant

- Careers meetings, guidance and drop ins available now
- Checking emails highly important! Action plans and meeting invites/summaries will be sent out
- 'Future Fridays' focus every week. Drop ins during Friday lunch and email newsletter with opportunities sent out
- College visits, apprenticeship workshops and more



Y11 KEY GUIDANCE EVENTS

FOCUS: MAKING CHOICES

Power-Up
Program and
target group
careers
program and
fair

Sixth Form open
evening and
College/provider
visits

Completing
intentions
form and
careers
tutorials

Attending
careers
meetings and
drop ins

Destination Day,
making choices,
meeting with
sixth form,
colleges and
careers team

**Extra-curricular
activities and
enrichment**

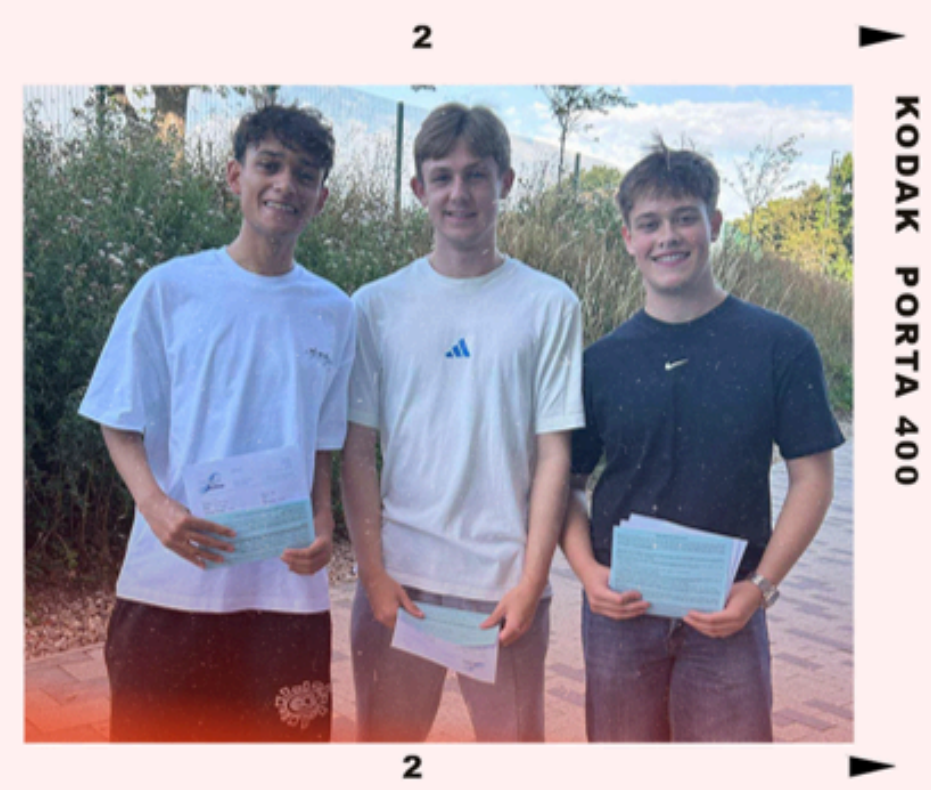
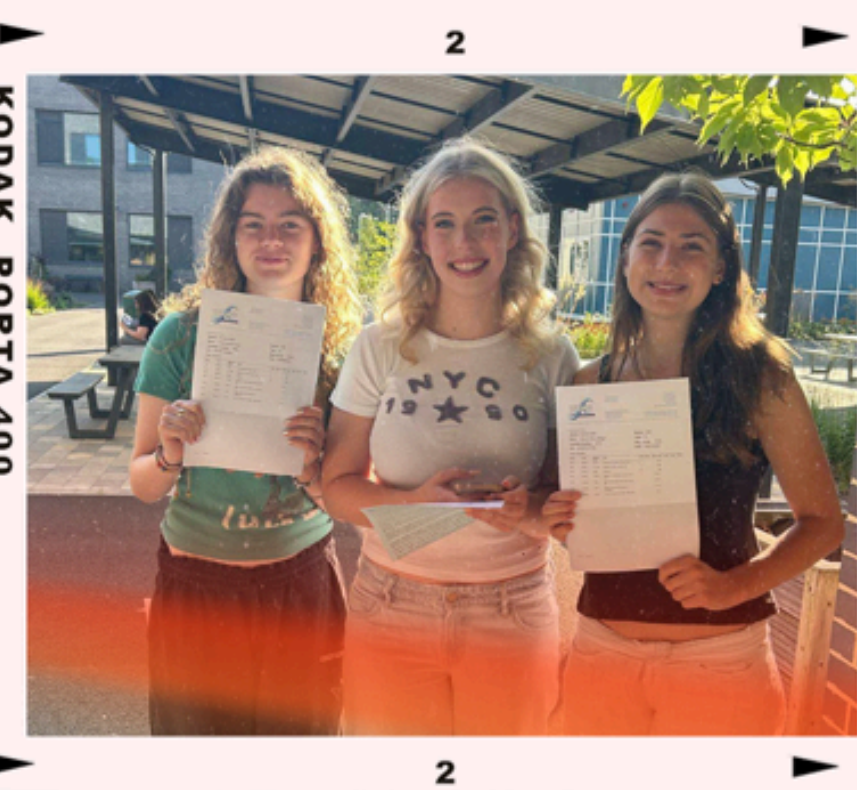
**A very large and
diverse
curriculum**

**GREAT REASONS
TO JOIN OUR
SIXTH FORM**

**Excellent
support
and guidance**

**Outstanding
examination
success**

Progression success



MEASURE	NATIONAL	WBH6
Average Point Score Per Entry	36	38
Average point score expressed as a grade	C	B

	NATIONAL	WBH6
A*-E	98%	99%
A*-B	55%	65%
A*-A	28%	34%



MEASURE	WBH 6TH FORM
AVERAGE GRADE	DISTINCTION

PASS OR HIGHER	100%
DIST*/DIST	53%
DIST*-MERIT	97%

SIXTH FORM



**22nd Oct
Y11 Joining
Sixth Form
Evening
(Remote)**



**Sixth Form
Prospectus
Available &
Progress
Checks**



**8th Dec
Sixth Form
Open
Evening**



**8/9th Feb
Destination
Day**

SIXTH FORM



**11th Feb
Y11 Trial
Exams begin**

**17th March
Y11 Parents'
Workshops**

**22nd March
Year 11 Trial
Exam Results**

**19th Aug
Results &
Enrolment**



Digital/ICT
 Health and Social Care
 Sport Studies
 Food and nutrition
 Art
 Biology
 Business Studies
 Chemistry
 Computer Science
 Design Engineering
 Drama & Theatre Studies
 Economics
 English Language
 English Literature
 English Language & Literature
 Environmental Science

Extended Project Qualification
 French
 Geography
 German
 History
 Mathematics
 Further Mathematics
 Core Mathematics
 Media Studies
 Music
 Philosophy
 Physical Education
 Physics
 Psychology
 Spanish
 Textiles

SIXTH FORM



English 4/4
Maths 5
Geography 5
French 5
Science 4/4
Art 5
Business 5

This student can only take ICT and Health and Social Care. Students need to study 3 courses. This student cannot join the 6th form. He should have made a “plan B” assuming these grades were likely.



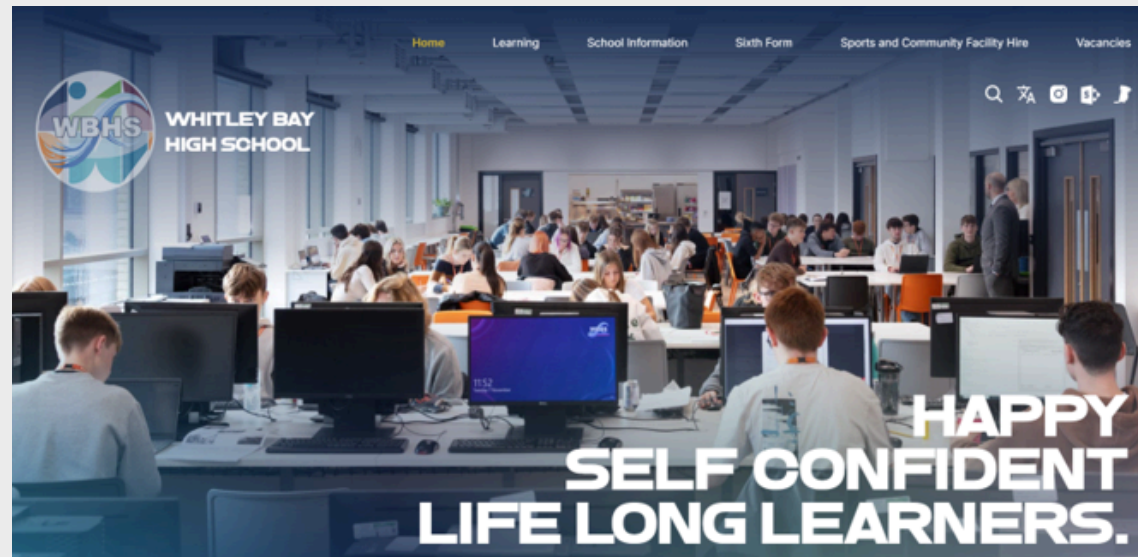
English 5/5
Maths 5
Geography 5
French 5
Science 5/5
Art 5
Business 5

This student can take ICT and Health and Social Care.

They can also take:

Art
Business
Design Engineering
Drama
English Lit/Lang
Food
Geography
Media
Psychology
Sport

Curriculum Maps and Subject Information



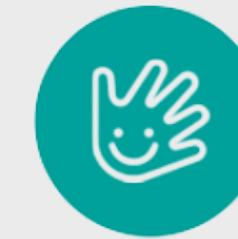
APPLIED STUDIES



ART



BUSINESS & ECONOMICS



CHILD DEVELOPMENT



COMPUTING & IT



DRAMA



ENGLISH



GEOGRAPHY



HEALTH & SOCIAL CARE



HISTORY



MATHEMATICS



MFL



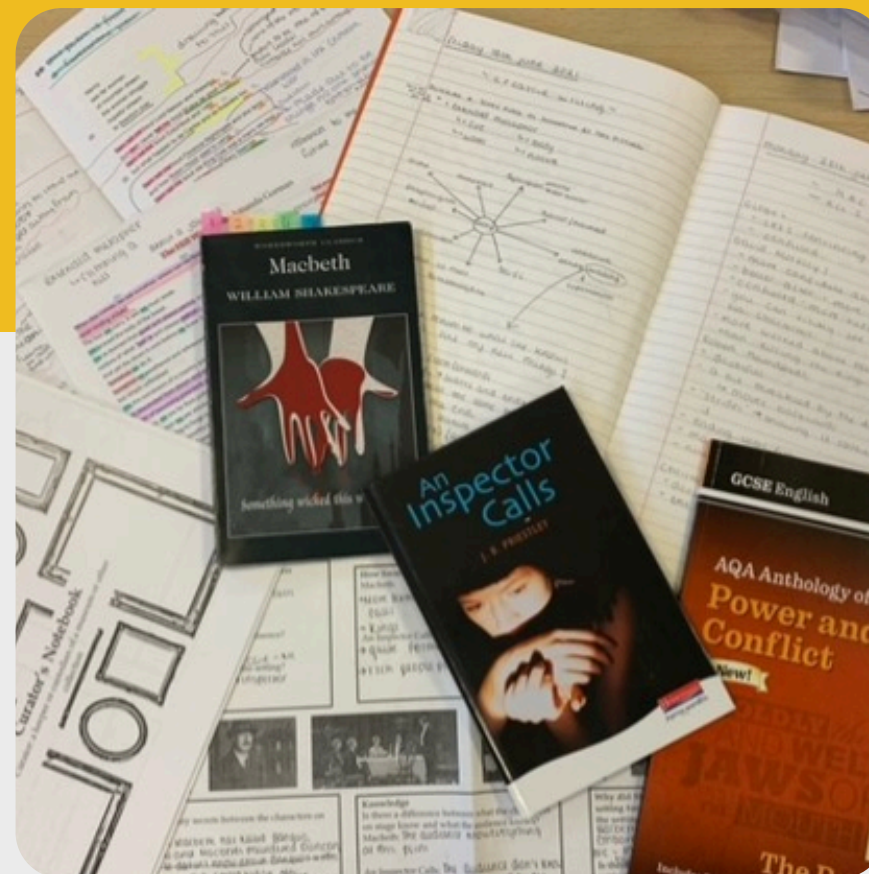
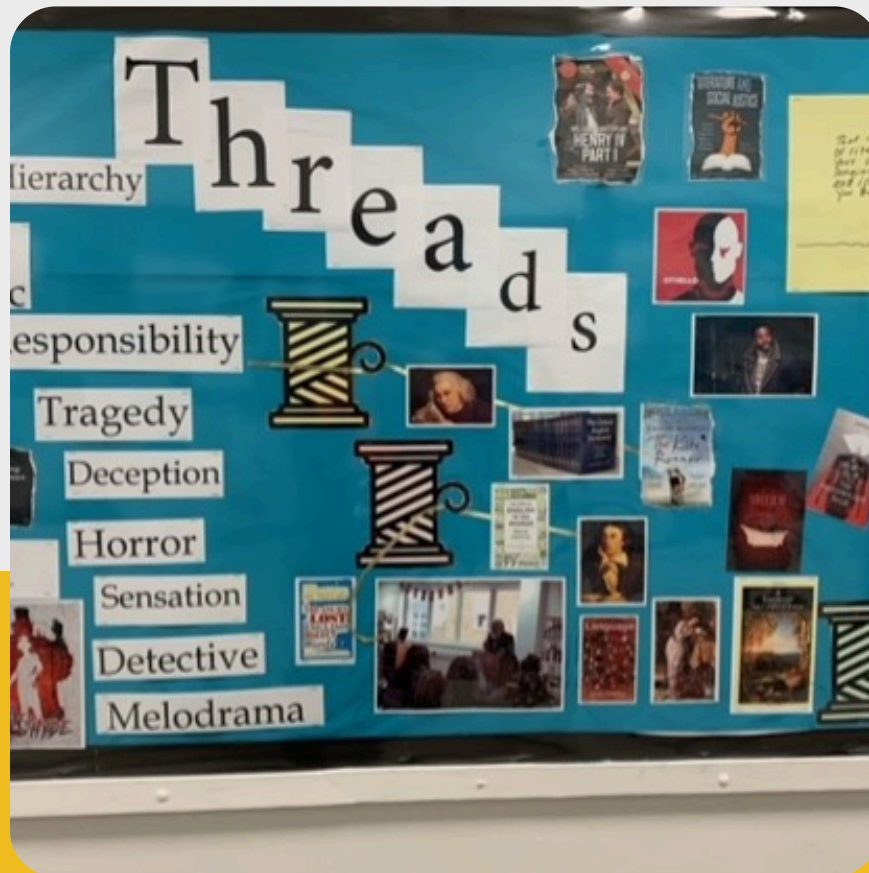
MUSIC



PERSONAL DEVELOPMENT



PHILOSOPHY & ETHICS & RELIGIOUS EDUCATION



ENGLISH

Miss Kim Smith



GCSE English Literature

8702



GCSE English Language

8700

English Language and Literature

No tier of entry.

2 papers for Language and 2 papers for Literature.

Closed book exams.

KEY MILESTONES FOR ENGLISH:



Macbeth Essay
W/B 19th October



Jekyll & Hyde
W/B 23rd November

HOW YOU CAN HELP?



**Talk to your child about
their texts**

Task Four: Major ideas and minor characters

A) Find the best quotation in the novella for each of the big ideas in 'Jekyll and Hyde', and explain your choice.

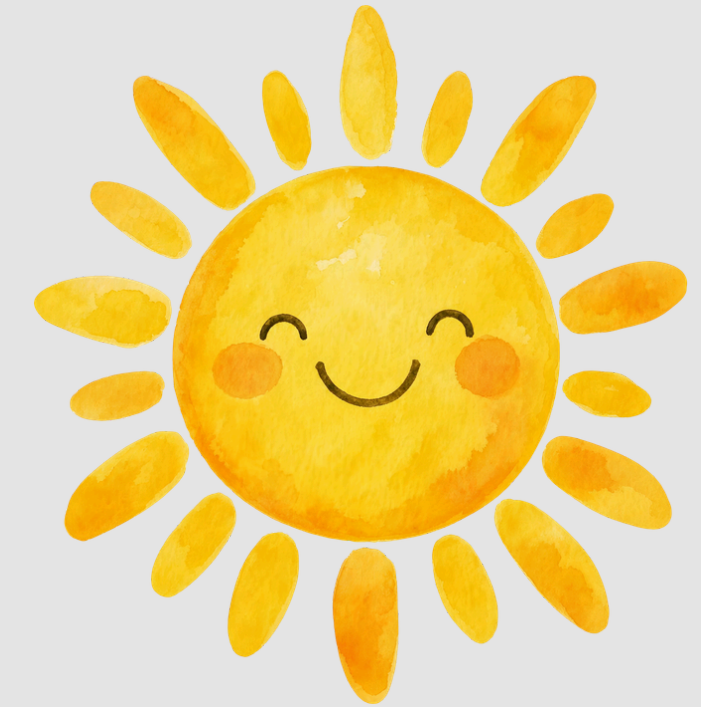
 Science	 duality	 repression
 good vs evil	 Friendship and loyalty	 Appearance and reality

Top tip: Use the resources if you are not sure where to start!

B) Choose three minor characters from 'Jekyll and Hyde'. For each character, provide a summary of who they are, what they do, and why Stevenson included them in the novella.

**Check they are doing
their homework**



**Encourage them to
attend Rise & Revise**

HOMework WEEK ONE

Task Four: Major ideas and minor characters

A) Find the best quotation in the novella for each of the big ideas in 'Jekyll and Hyde', and explain your choice.



Science



duality



repression



good vs evil



Friendship and loyalty



Appearance and reality

Top tip: Use the resources if you are not sure where to start!

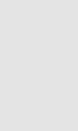
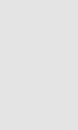
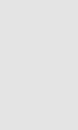
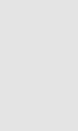
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HOMework WEEK ONE

Task Four: Major ideas and minor characters

A) Find the best quotation in the novella for each of the big ideas in 'Jekyll and Hyde', and explain your choice.

 Science "I wish to see or hear no more of Dr Jekyll. I am quite done with that person."	 Dr Lanyon is a traditional scientist + Jekyll is experimentalist. This quote shows that Jekyll has gone too far.	 duality "The smile was struck out of his face and a sudden, icy expression of fully direct terror and despair as froze the veins blood of the two gentlemen."	 Dr Jekyll transforms into Mr Hyde. The former juxtaposition between these two expressions of despair shows the great change, and how different he is.	 repression "He was austere with himself; drank gin when he was alone so mortally a taste for unclean things."	 This shows repression as Utterson does not allow himself to drink the gin he loves as it is unclean, due to being a Victorian gentleman.
 good vs evil "The street there out in contrast to its dingy neighbourhood like a fire in a forest."	 Setting is often used to show how the people at the time were very strict about their thoughts of good vs evil and it reflected in the setting. One being good and respectable, the other evil and hiding secrets.	 Friendship and loyalty "By his character, it was frequently his fortune to be the last good influence at the lives of dissipated men."	 Utterson is described as the friend who is always there and tries to help no matter what. This is also shown when he constantly thinks the best about Jekyll.	 Appearance and reality "Mr Utterson the lawyer was a man of a rugged countenance, that was never lighted by a smile, cold, stern and embarrassed in discourse, backward in sentiment, lean, long, dusty, dreary and yet somehow lovable."	 Lots of the characters in Jekyll and Hyde have between the facade of Victorian Gentlemen and their true selves.

Top tip: Use the resources if you are not sure where to start!

B) Choose three minor characters from 'Jekyll and Hyde'. For each character, provide a summary of who they are, what they do, and why Stevenson included them in the novella.

-  Poole is Dr Jekyll's butler and Stevenson made him a character as he tells us vital details about Jekyll when he is being secretive. He allows us still to find things about Jekyll so that the story can continue.
-  Sir Danvers Carew was a respectable MP who was murdered by Hyde. He was an important minor character because he was a device to show how brutal Hyde was and that there was no controlling him.
-  Richard Enfield is a distant relative of Mr Utterson and he is an important minor character because he starts Utterson's interest in Hyde and finds him with gossip to keep digging in his investigation.

Wonderful work, Emily.
Keatleb delight and thinking

KEY THINGS THAT WILL MAKE A DIFFERENCE:

Additional online resources:

- English department youtube videos
- Digital Theatre online performances of our texts
- Sit and Scribble
- Homework Club
- Rise and Revise
- Practice questions
- Learn quotations

"Fair is foul"



Links are emailed out to students and will be placed on student Sharepoint.

Exams

Exam boards consider 'action' over social media predictions

A quarter of teachers say they have heard of pupils buying so-called 'predicted' papers



Jack Dyson

© 20 Jun 2025, 7:00

[More from this author](#)



[See discussion](#)

Our advice to students is that doing practice papers and revision are great ways to prepare for exams but make sure your preparation is thorough. The best people who can help you do that are your teachers.

JUST FOLLOW OUR RECCOMENDATIONS PLEASE

Why some
be worried about
exam TikTok



WBHS MATHS

Chris Johnson





GCSE MATHS: KEY MILESTONES



**Higher
Pathway**

**Crossover
Pathway**

**Foundation
Pathway**

Assessments

W.B. 19th Oct
W.B. 14th Dec

Trial Exam

Higher/Foundation:
1 x non -calculator
1 x calculator

GCSEs

Higher/Foundation:
1 x non -calculator
2 x calculator



GCSE MATHS: OBSERVATIONS

Raising Achievement
Rise and Revise: Thursday @ 8am
Drop In: Tuesday @12.20
MORE THAN 1 GRADE MORE!

Equipment
Calculator, Geometry Kit, Pen Pencil
FAIL TO PREPARE...

Homework
Weekly, alternating between
Mathswatch and Paper
MORE THAN 1 GRADE MORE!

Revision in Lessons
Bespoke preparation using helix
approach.
EVERY LESSON COUNTS!



HOW TO SUPPORT FROM HOME



Equipment

Pens/Pencils
Casio FX83/85
Ruler/Compass/Protractor

Homework

Ask them about it:
Have they tried every question?
Can they explain how?
Have they used the video support?

Assessments

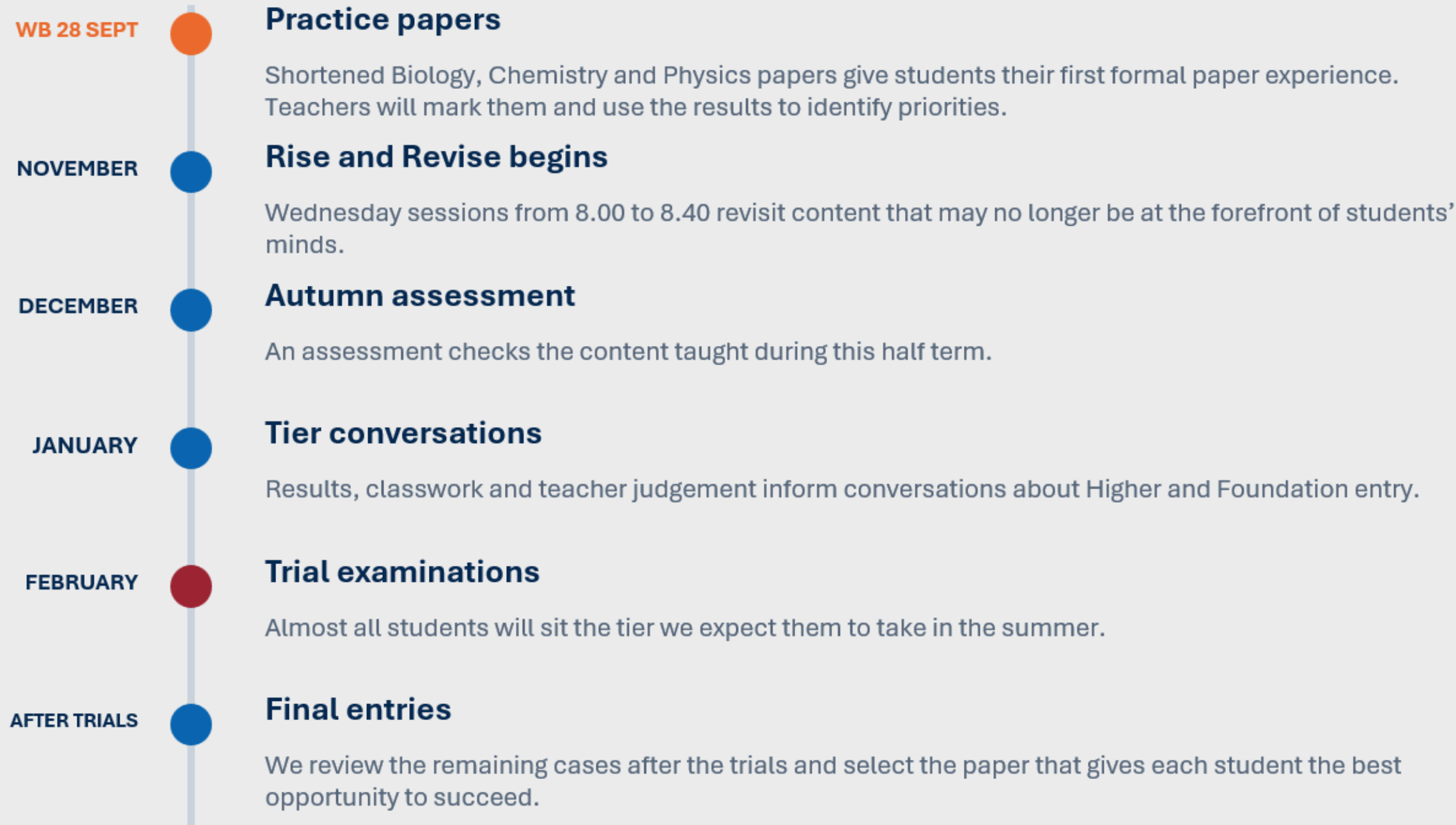
Set aside time for them to revise
Test them on key formula
Revision Guides

Rise and Revise

Encourage them to
attend

Key milestones for Science

The first papers establish a starting point. We keep tier decisions flexible until the evidence is clear.



Combined Science tiers

HIGHER

Grades 9–9 to 4–3

FOUNDATION

Grades 5–5 to 1–1

Students develop at different rates, so we leave final decisions as late as possible. The aim is the paper that best reflects each student's progress.

At Whitley Bay
High School we follow
AQA courses
for GCSE Science

How you can help at home with Science



A regular, manageable routine helps students retain knowledge and arrive at lessons ready to build on it.

A short weekly routine

- Encourage two or three short sessions rather than one long block
- Ask your child to revisit older topics as well as current work
- Keep the focus on questions, checking answers and correcting mistakes

Small amounts, repeated regularly

Seneca

Seneca provides free online revision. It repeats key ideas, tracks progress and shows students where they need more practice.

Please encourage your child to complete set tasks and use the platform between assessments.

Regular practice builds recall

Science SharePoint

The Science resources hub contains:

- Knowledge organisers and checklists
- Past papers and mark schemes
- Exam topics and required practicals
- Revision guidance and useful links

Use it to plan and check revision

Key things we have observed in Science



The strongest progress comes when students combine secure knowledge with regular experience of examination questions.

- | | | |
|----|-------------------------------------|--|
| 01 | Revisit earlier content | Science builds over time. Students need to return to topics that are no longer fresh, rather than revising only what they learned most recently. |
| 02 | Practise with real questions | Holding a paper, reading command words and working to time all take practice. Familiarity reduces anxiety and improves exam technique. |
| 03 | Use feedback straight away | Marked work matters most when students identify what went wrong, correct it and then try a similar question. |
| 04 | Ask for help early | Teachers can respond much more effectively when students bring specific questions or identify a topic they find difficult. |

Our aim is to identify gaps early, support improvement and keep the right examination route open for every student.

OUR YEAR AHEAD...



OUR YEAR AHEAD...



- Classroom Teaching
- Homework and independent study
- Extra learning opportunities

RISE & REVISE

Begins: W/B Monday 2nd November

Tuesday: English (A-Block Hall)

Wednesday: Science (A-Block Hall)

Thursday: Maths - H/C/F (A-Block Hall & maths Corridor)

Friday: Further Maths (Maths corridor)

200+ attend every week



SUPPORT AND ENCOURAGEMENT, NOT PRESSURE AND NAGGING, IS THE CHALLENGE



RESEARCH INTO SUPPORT FOR KNOWLEDGE AND SKILL DEVELOPMENT SUGGESTS THAT IT IS IMPORTANT TO:

Talk regularly with your teen about their GCSEs

1. Have regular conversations about their learning
2. Get them thinking and explaining



ENCOURAGING PRACTICE AND REVISION

- Encourage your child to revisit topics regularly.
- Support them with homework and independent study.
- Show interest – being involved shows that education is important to you too.



CHILD PROTECTION AT WBHS

Designated Safeguarding Lead

Sarah Fitzpatrick

Deputy Designated Safeguarding Leads:

Andy Sherlaw (E-Safety)

James Mackenzie (SEND/Pastoral)

Sarah Lackenby (Pastoral)

Jill Branch (Pastoral)

Steve Williams (6th Form)

Charlotte Clarke (AEP Lead)

Helen Daglish (Operation Encompass/Family Support)

Emma Crow (counselling support)

Zoe Medhurst (Personal Development Coordinator)

Ian Peake (Assistant SENCO/AEP)

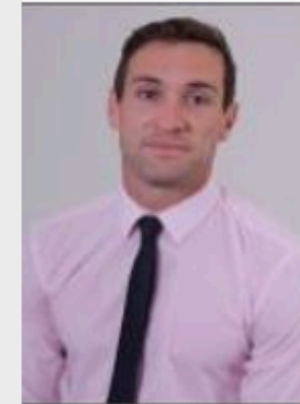
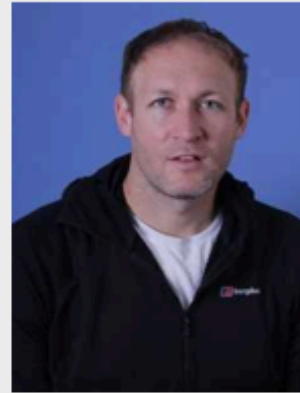
Carl Cockburn (Head of Year 9)

Jonathan Okwe-Pearson (Head of Year 10)

Naomi Anderson (HOD year 11)

Ian Clark (Head of year 12)

Richard Chambers (Head of year 13)



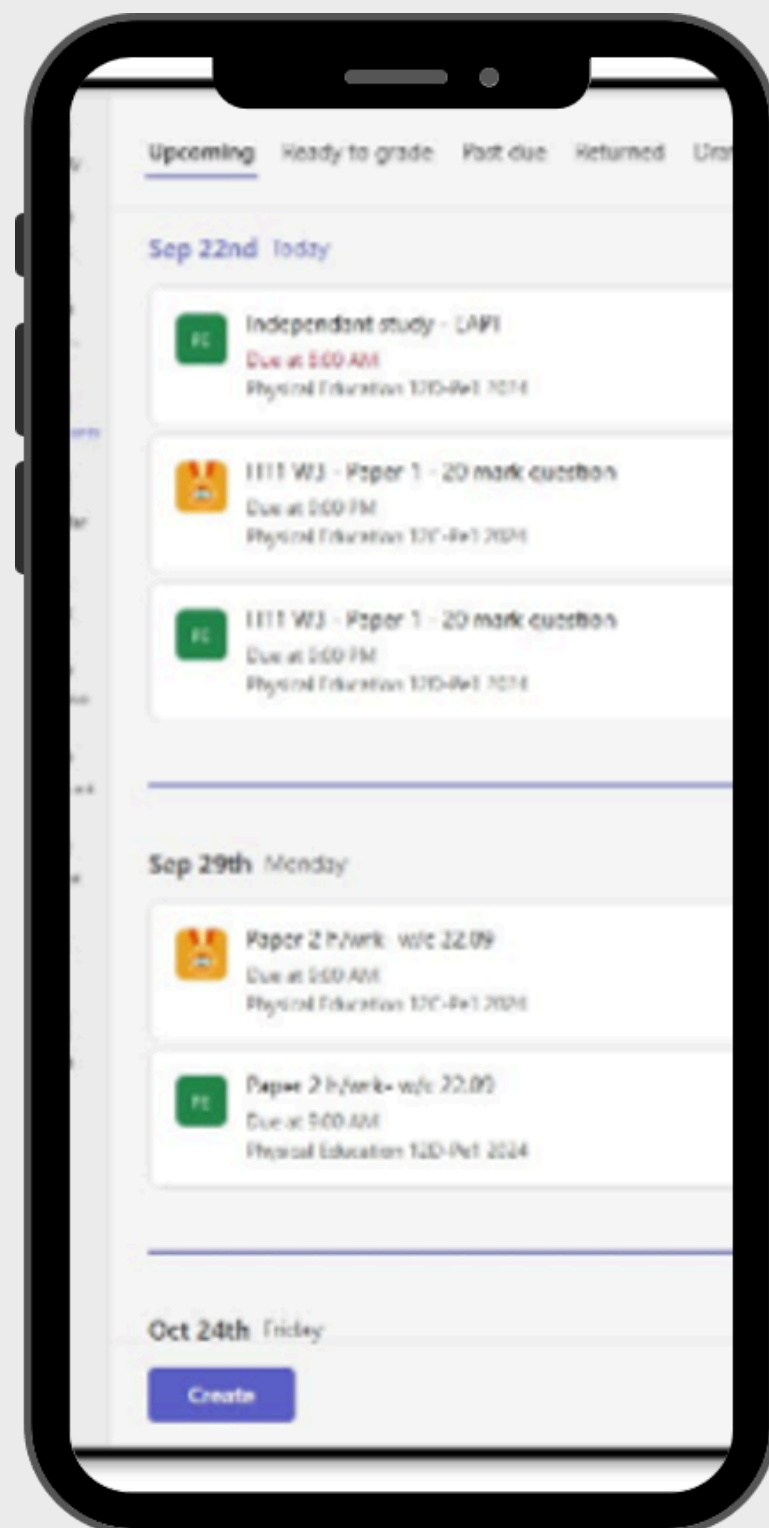
Child Protection Governor:
Lara Lillico



Chair of Governors:
Naomi Oosman-Watts



Our New Team 2026-27



MOBILE PHONE CHECKLIST

WBHS is now a phone free site. Please:



Check Outlook for emails



Check Teams for assignments



Discuss their social media use and online safety at home

ARTIFICIAL INTELLIGENCE

USE	GOOD EXAMPLES	BAD EXAMPLES
RESEARCH	-Quick and easy to access lots of resources -Easy to find similar articles once prompted	-Research isn't checked -Research isn't applied to the correct context
REVISION	-Using a study bot or language model to ask questions on specific topics -Develops independent learning and offers immediate feedback	-Not setting the parameters of the topic (or using the correct specification) -Being dependent upon it and ignoring teachers' advice
NEA ASSIGNMENTS	-Using example paragraphs to model excellent paragraph structure	-Using AI to plagiarise and submit work as your own

ATTENDANCE MATTERS

- It is important that your child attends school every day.*
- We would like students to maintain a minimum attendance of 96%.
- Our curriculum is carefully structured, with each lesson building on previous learning. Missing lessons can make it harder for students to keep up.
- Regular attendance supports progress and positive learning habits.



ATTENDANCE MATTERS

- We know there is a strong link between attendance and achievement.
- Recent research shows that high attendance leads to better outcomes.
- Students with 95%+ attendance are almost twice as likely to achieve a Grade 5 or above in English and Maths.

SCHOOLS WEEK

14 September 2026



Department
for Education

**95%+ attendance almost doubles odds of GCSE
pass**

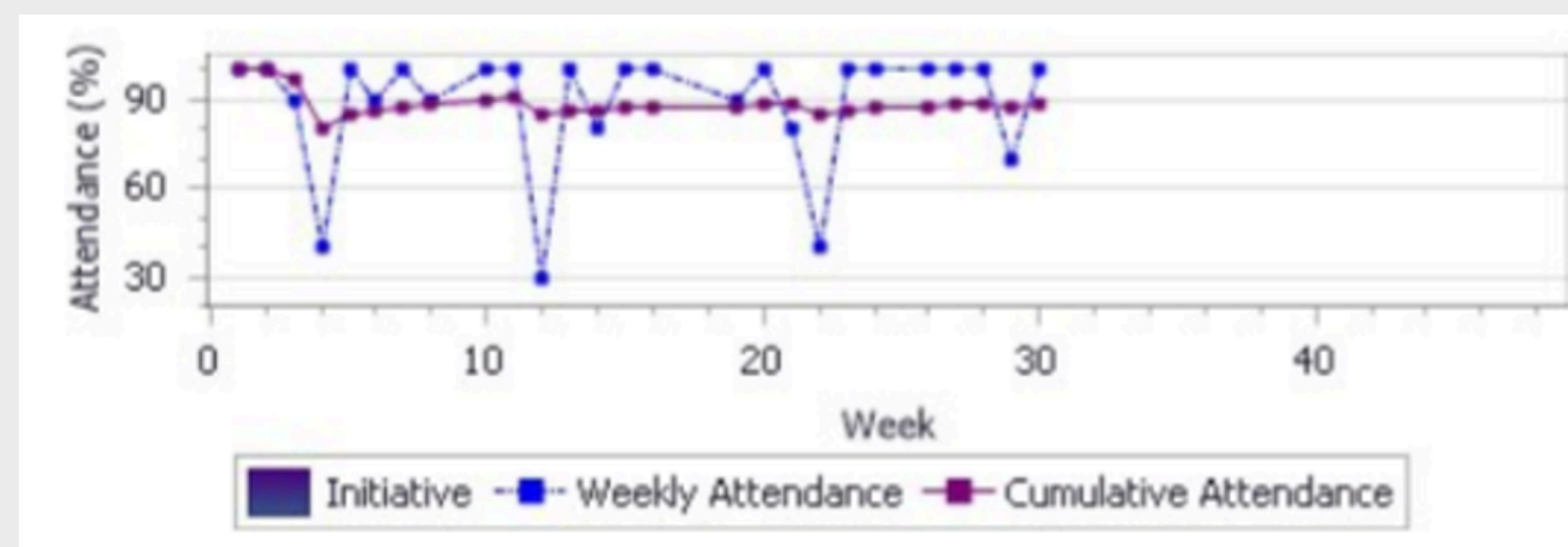
DfE research finds missing just 10 days of year 11 halves the odds of getting a grade 5 in English and maths

100%	0 days
97%	6 days
95%	10 days
92%	15 days
90% (DfE persistent absent threshold)	19 days
85%	29 days
80%	38 days
75%	48 days
70%	57 days
65%	67 days
60%	76 days

THE IMPACT OF POOR ATTENDANCE AND HOW MANY DAYS THIS EQUATES TO OVER AN ACADEMIC YEAR

Try to think in days rather than %'s

BROKEN WEEKS



GENERAL TIPS FOR HIGH ATTENDANCE

- Your child should attend whenever possible — even part days make a difference
- Check NHS guidance before keeping your child off
- Do not keep your child off for minor illnesses (e.g. headache, cough, cold)
- Avoid medical appointments during the school day – if they do need to attend one ensure they come into school before or after their appointment
- Avoid booking holidays during term time
- Ensure your child arrives on time as this can lead to poor attendance
- Send your child in if unsure — we have a team of medical staff who can support them
- If your child is unwell in the morning, consider a later start
- Every session attended helps build strong attendance and develop healthy habits

WE ARE HERE TO HELP

THE ATTENDANCE TEAM

 SARAH LACKENBY ASSISTANT HEADTEACHER	 NINA LIVINGS-PRIOR ATTENDANCE OFFICER	 JAMES MACKENZIE ASSISTANT HEADTEACHER SEND LEAD
 JILL BRANCH ASSISTANT HEADTEACHER PP LEAD	  RACHEL SLEE CAROLINE BURN ATTENDANCE ADMIN SUPPORT	  EMMA ROGERSON LEANNE HEARN OUTREACH TEAM

- If you need help or support please get in touch.
- Contact your child's tutor or Head of Year in the first instance.
- We also have an experienced pastoral and attendance team here to offer support should you need it.



Attendance

Every day counts



Supporting School Worries

It is normal for your child to feel worried sometimes. Many young people experience worries about friendships, learning or change. Most worries become easier to manage when school and home work together. Contact us early if any concerns arise. **Try:**

Talking openly about any concerns.
 Contacting your child's tutor or Head of Year if something doesn't seem right.
 Encouraging your child to speak to a trusted adult in school.
 Letting us know about changes at home that may affect your child.
 Asking for support before attendance begins to decline.

We're here to help

Head of Year
carl.cockburn@whitleybayhighschool.org

Attendance Team
nina.livings@whitleybayhighschool.org

SEND Team
james.mackenzie@whitleybayhighschool.org
sarah.jones@whitleybayhighschool.org

Your child's tutor

Further Support

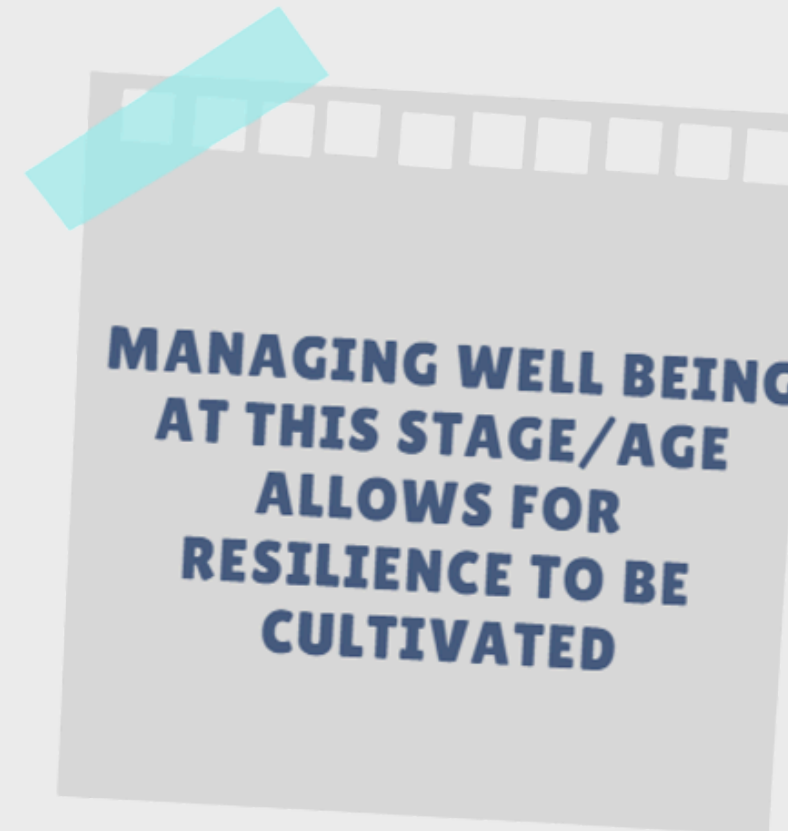
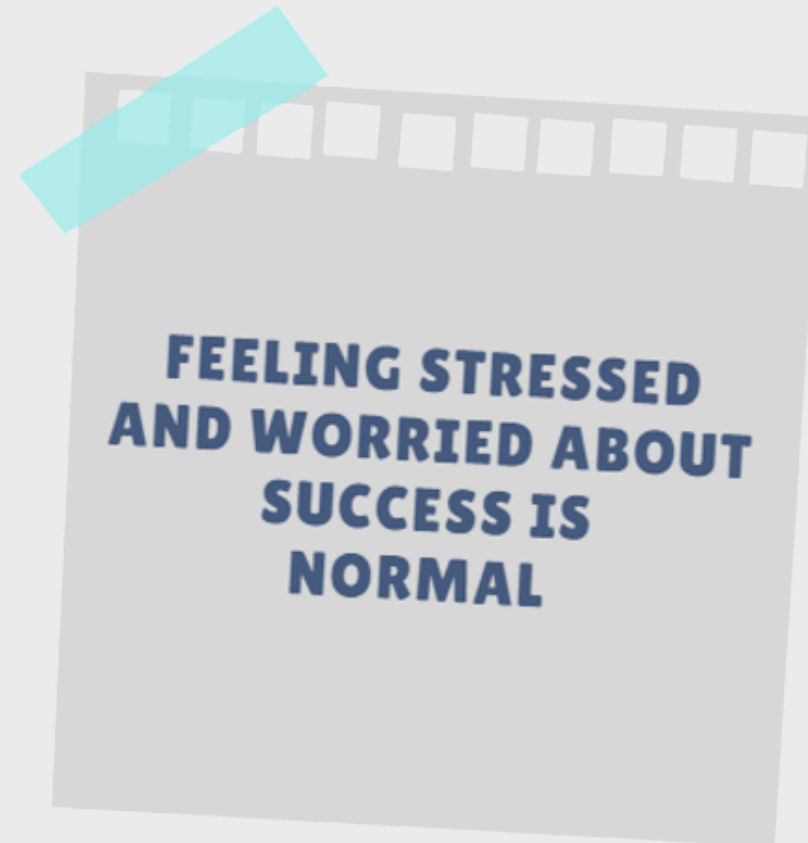
NHS - Is My Child Too Ill for School?
Information and guidance for parents.

Kooth - Free Online Mental Wellbeing Support
Safe, anonymous and free support for young people

Department for Education - Attendance Advice for Parents Video
Watch helpful advice and guidance

PARENT/CARER TOP TIPS FOR EXCELLENT ATTENDANCE

TALK TO YOUR CHILD ABOUT SCHOOL REGULARLY AND HOW IMPORTANT IT IS THAT THEY ATTEND	BOOK ALL HOLIDAYS OUTSIDE OF TERM TIME	BOOK MEDICAL APPOINTMENTS OUTSIDE OF THE SCHOOL DAY WHERE POSSIBLE	ENCOURAGE YOUR CHILD TO ARRIVE TO SCHOOL AND LESSONS ON TIME AS THIS CAN AFFECT ATTENDANCE
PROMOTE POSITIVE ROUTINES WITH SLEEP, DIET AND EXERCISE. PREP FOR SCHOOL THE NIGHT BEFORE.	IF YOUR CHILD WAKES UP FEELING UNWELL, ALLOW THEM TO REST AND TRY TO ENCOURAGE THEM INTO SCHOOL LATER THAT DAY. OUR DEDICATED MEDICAL TEAM WILL BE ON HAND IF NEEDED.	AVOID YOUR CHILD BEING ABSENT FOR MINOR ISSUES SUCH AS A HEADACHE, OR A COLD.	TALK TO US IF YOU FEEL LIKE THERE IS A REASON YOUR CHILD IS MISSING SCHOOL REGULARLY. WE ARE HERE TO HELP.



SUPPORT FOR YOUR CHILD AT HOME

Healthy body and healthy mind

We know Year 11 can be a challenging and stressful time for your child, and although we will do all we can to support them in school, there are some things that we can all do to make sure they are getting things right. A healthy mind and body is as important for success as a revision booklet, and some healthy choices out of school can make a real difference.



Useful links and apps

For Parents	For Students
https://www.youngminds.org.uk/parent/	www.youngminds.org.uk
https://www.annafreud.org/parents-and-carers/	https://www.childline.org.uk/
www.weheartcbt.com/for-parents	https://www.kooth.com/
https://www.whitleybayhighschool.org/wellbeing	https://www.annafreud.org/on-my-mind/
Every Mind Matters - NHS (www.nhs.uk)	www.stopbreathethink.com
	https://www.whitleybayhighschool.org/wellbeing
	Every Mind Matters - NHS (www.nhs.uk)

Apps



- Stay involved and talk to your child about how they are feeling, how school is going, lessons, exams
- Keep an eye on potential times of the year where your child might feel more stressed or overwhelmed
- Try to encourage your child to use self-care strategies and get involved
- Let us know any ways we can help
- Use any of the suggested resources in the parent booklet or on our website for any further advice or support
- There will be a parent workshops with a session on student wellbeing on March 17th: 'How to support your child during GCSE exams'

PLEASE BE REASSURED:

- Outstanding results in 2026.
- We will help you child make excellent progress.
- All work students do will be beneficial to them
- Our success is based on partnership between students, staff and parents.

