



ST MARY'S CATHOLIC HIGH SCHOOL

a Catholic Voluntary Academy

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Our ref L 1222 - Yr 10 EY/PS

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Dear Pupil/Parents/Carers

Please find enclosed the second and final formal report you will receive this year. I hope you find it informative.

Interpreting the Report

The Behaviour, Engagement and Organisation grades show how effective you are, currently, as a learner. If you have not gained grade 1 in these categories, then you have a good place to start immediate improvements. If you do not know how to improve these grades, then talk to your teachers and form tutor. Remember, we want the same as you – for you to achieve your very best. If you have any 3 or 4 grades, you and your parents/carers should be concerned as these suggest serious potential underachievement. This should be rectified immediately.

The current attainment grade is what you are currently achieving in your Key Stage 4 courses.

The target grade indicates what we think you have the potential to achieve if you work to the very best of your ability over the remainder of Key Stage 4.

What Action Should You Take?

Attitude

It is important that you make positive changes based on this report. Your teachers and form tutor will always be happy to help you, provided that you are genuinely prepared to work harder and more effectively. If you wish to approach staff, then it is better to ask specific questions. For example:

- how should I work differently?
- what extra can I do in class/at home?
- what support materials can I use to deepen my understanding?

Then form targets in discussion with your teachers, share these with parents and check periodically to see if you are meeting them. Certainly you could try to be more organised; filing, summarising and learning material as you go along. Attending any additional revision sessions available will really benefit you too.

Live, Love and Learn in the Light of Christ

Attendance

School's average attendance is generally around 96%. If your attendance percentage is relatively low due to a single extended absence, then just by attending regularly from now on your percentage will rise.

If you have several absences in one term, you really need to strive to have no further absences before your study leave. Of course, some absences are caused by long term illnesses or medical conditions and we can alert admission tutors and employers to this.

Emotional wellbeing

We appreciate Key Stage 4 is challenging and stressful. It is crucial that you realise that it is perfectly normal to feel a level of stress and worry at this time. This reaction to challenging situations can spur us on to perform and develop essential coping strategies and resilience. We have created a designated area on our school website which contains a wealth of resources on mental health and wellbeing, including how to cope with exam stress, healthy living, sleep hygiene, mindfulness and anxiety. Please remember that this resource is available alongside the pastoral support in school.

<https://www.st-maryshigh.derbyshire.sch.uk/information/mental-health-emotional-wellbeing/>

Yours faithfully

A handwritten signature in black ink, appearing to be 'H McKay', with a long horizontal line extending to the right.

Miss H McKay
Senior Assistant Head