



Bishopbriggs Academy
EAST DUNBARTONSHIRE

S5 Information Night

Bishopbriggs Academy Support Programme

Please sign in and take a seat



Senior Phase

- ▶ Two forms of currency
 1. Exam results
 2. Skill set relevant to career pathway

- ▶ Objectives of S5 and S6



S5 Objectives

- ▶ Hard currency in the form of examination results
- ▶ As many at highest level as possible
- ▶ S5 qualifications used by employers/admission officers
- ▶ Exam results open doors
- ▶ Many find it the most difficult year but adapt to demands
- ▶ School is the priority – not a part time job



S6 Objectives

- ▶ This depends on S5 success
- ▶ Blend of currencies
- ▶ Ideally focus should be on experiences
- ▶ Many opportunities for responsibility
- ▶ Experiences used for application forms and interviews
- ▶ Many find it the most rewarding year



SQA Results

Factors in our Exam Success

- Quality of Learning & Teaching
- Rigorous Monitoring and Tracking of Pupil Progress
- Extensive Support Programme
- Parental Engagement



SQA Results

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Increased Expectations – What S5 is ABOUT

- Attendance
- Behaviour
- Organisation
- Uniform
- Timekeeping



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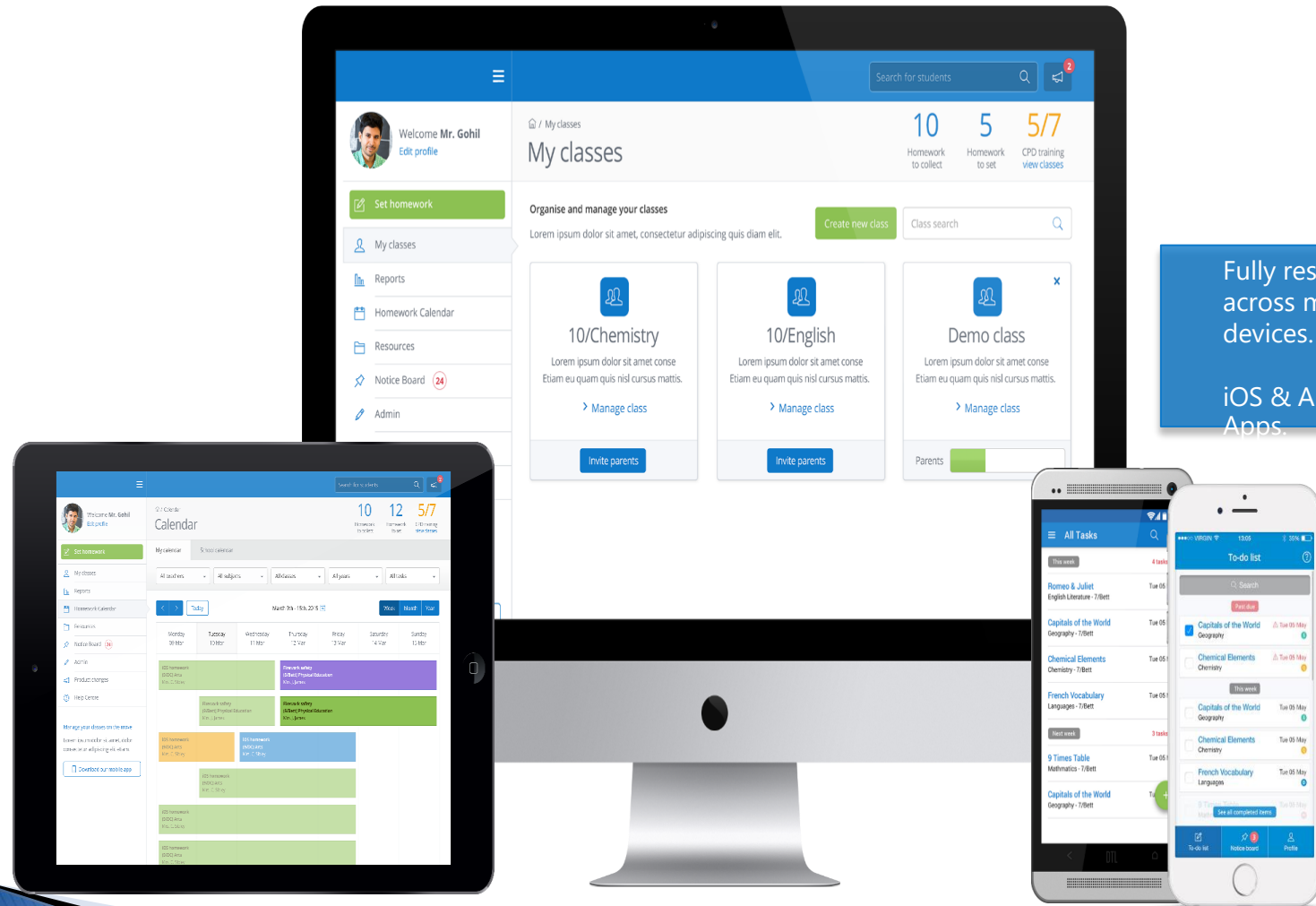


Show My Homework

- ▶ Central online system for issuing homework
- ▶ All homework tasks issued via SMHW
- ▶ All stakeholders have own login and receive same information, up to 5 accounts
- ▶ Can still access h/w calendar without login via school website
- ▶ Personal dashboard, reminders of deadlines and tasks, announcements and events displayed

Works with your devices

10



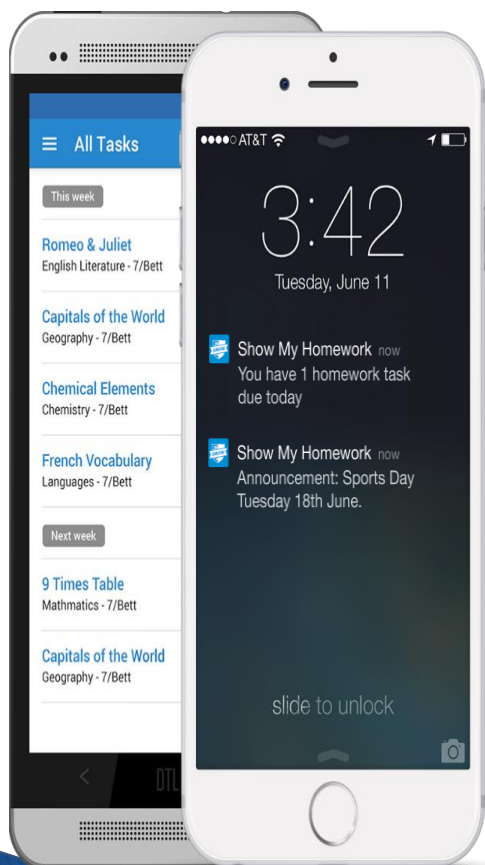
Fully responsive
across mobile
devices.

iOS & Android
Apps.

www.showmyhomework.co.uk
The world's No. 1 online homework solution

Notifications

In Settings, you can manage Notifications.



Notifications

Emails

- ☐ Receive Friday email notifications on homework your child has due next week
- ☒ Receive School wide announcements when they are published

Mobile Apps

- ☒ Push notifications

[Update notification settings](#)



Make sure to download the Show My Homework App, for iPhone, iPad, iPod Touch and Android Devices.



Access info by logging in to account

12



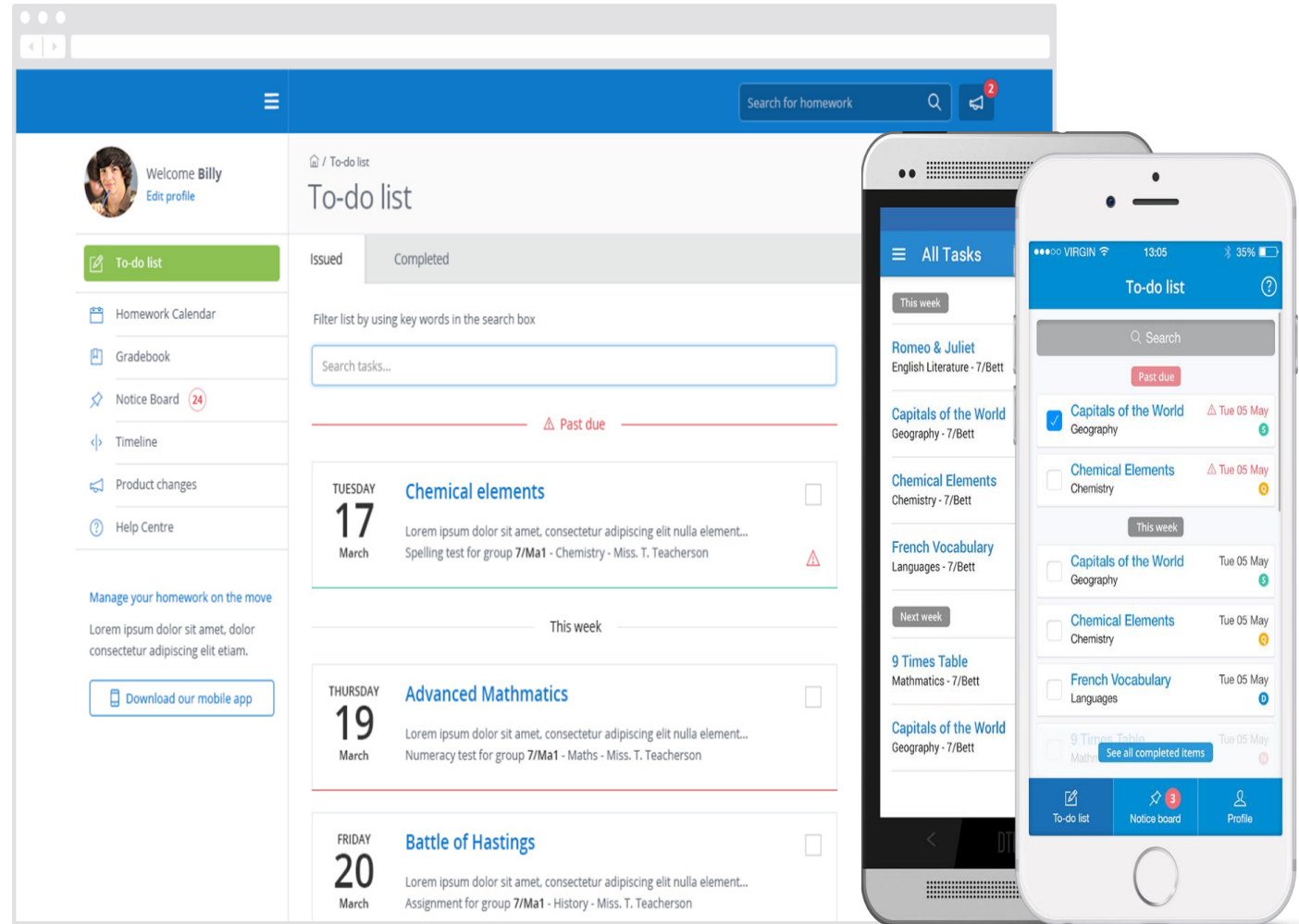
iOS & Android Apps



Submit work online



Student To-do list



or students & parents can view it on the School Calendar

13



Filter to find task



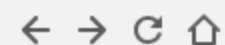
No login required



24/7 access

Grey boxes
indicate a
homework
deadline.

Coloured boxes
indicate a new
homework set.



www.bishopbriggs.e-dunbarton.sch.uk

Apps For quick access, place your bookmarks here on the bookmarks bar. [Import bookmarks now...](#)

Welcome to our website

We hope you find it concise, informative and stimulating. Bishopbriggs Academy has built a strong reputation in the community and beyond. We aim to provide the highest quality of learning experience for all our young people through outstanding practice in our classrooms and by offering a wide range of extra curricular activities. [Read more >](#)





Show My Homework

- ▶ Detailed information on all homework tasks
- ▶ Clear deadlines given
- ▶ Time required for task shared
- ▶ Relevant resources attached
- ▶ Submission status shared
- ▶ Communication with all stakeholders
- ▶ Personal tasks and reminders



Show My Homework Timeline

- ▶ Pupils access SMHW via GLOW
- ▶ Parent logins issued via pupils
- ▶ <https://teamsatchel.wistia.com/medias/0vck6kctxb?wtime=0>
- ▶ Parent workshops available on request
- ▶ Support available from team satchel via website or phone



Learning Journals

- ▶ School information
- ▶ Diary and tasks/reminders
- ▶ Subject specific content
- ▶ Literacy, Numeracy and Health and Well Being
- ▶ AiFL cards
- ▶ Recording pupil progress



Bishopbriggs Academy
EAST DUNBARTONSHIRE

Monitoring and Tracking

Monitoring and Tracking

	SEPTEMBER		November	
SUBJECTS	TG	WG	TG	WG
Maths	2	4	2	2
French	3	3	2	3
P.E.	1	2	1	1

- ▶ Every 2 months, teachers share target grade and working grade. Students must keep this up to date in their Learning Journal.
- ▶ In order for students to make progress it is essential that they know how they are getting on and what their next target is.

Checking Your Progress: How are you getting on in
(Subject 1)?

September

Strengths *What I am doing well*

Areas for Development *What I am finding difficult*

Next Steps *What I am going to do about it*

October

Strengths *What I am doing well*

Areas for Development *What I am finding difficult*

Next Steps *What I am going to do about it*

November

Strengths

Areas for Development

Next Steps

December

Strengths

Areas for Development

Next Steps



Monitoring & Tracking : Prelims

- ▶ Pre-Prelims begin on Thursday 24th October
 - exams completed in class during double period

- ▶ Prelims begin on Friday 10th January
 - pupils granted study leave
 - exams completed in Games Hall
 - external invigilators used



SQA Results

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- Quality of Learning & Teaching
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- **Extensive Support Programme**
- Parental Engagement



Support Programme for Pupils

- ▶ S5/6 Study Weekend



S5 / 6 Study Weekend

- ▶ Friday 20th and Saturday 21st September
- ▶ Teachers in departments during the sessions for support and to answer questions
- ▶ Pupils need all necessary course notes and materials to study independently.
- ▶ Pre-Prelims begin on Thursday 24th October



S5 / 6 Study Weekend

- ▶ Maximum of two subjects can be selected on each day.
- ▶ May choose to stay in the same subject for the entire duration of the session.
- ▶ Private study available
- ▶ Make informed decisions re. which sessions to attend.



Study Weekend Itinerary

Friday 20th September

- ▶ Session 1 3.30–4.30pm
- ▶ Session 2 4.30–5.30pm

Friday evening is yours!



Study Weekend Itinerary

Saturday 21st September

- ▶ Session 3 9–10.30am
- ▶ Session 4 10.30am–12pm

Saturday afternoon and evening is yours!



Bishopbriggs Academy
EAST DUNBARTONSHIRE

Return forms to Ms. Muldoon
by Thursday 12th September.



Support Programme for Pupils

- ▶ Study Weekend
- ▶ Pre-Prelims starting Thursday 24th October
 - Pupils identified based on results
 - Targeted groups created
 - Various forms of support available



Support Programme for Pupils

- ▶ Study Weekends
- ▶ Pre-Prelims starting 24th October
- ▶ Supported Study Block 1



Format of Supported Study

- ▶ 6 week block– commences **Monday 11th November** and runs up to start of Prelims in January
- ▶ Lunchtime and after school sessions
- ▶ Voluntary programme
- ▶ Registered class
- ▶ Options Forms will be issued at the end of September and returns due Friday 4th October



Psychology

[illegible]

Photography

[illegible]

Physics

Spanish

[illegible]



Support Programme for Pupils

- ▶ Study Weekends
- ▶ Pre–Prelims starting 24th October
- ▶ Supported Study Block 1
- ▶ Live and Learn Workshops



Support Programme for Pupils (cont)

Study Skills Workshops

- Memory Techniques
- Motivation
- Time Management
- Stress Management
- Goal Setting



Support Programme for Pupils

- ▶ Study Weekends
- ▶ Pre–Prelims starting 24th October
- ▶ Supported Study Block 1
- ▶ Live n Learn Workshops
- ▶ Supported Study Block 2 (6 weeks leading up to exams)
- ▶ Easter Revision



Format of Easter Revision

- ▶ Monday–Thursday of first and second week
- ▶ 3 hour sessions, morning and afternoon
- ▶ 09.00–12.00 and 13.00–16.00
- ▶ Structured approach to study
- ▶ Help at hand from staff
- ▶ Prioritise borderline subjects



SQA Results

Factors in our Exam Success

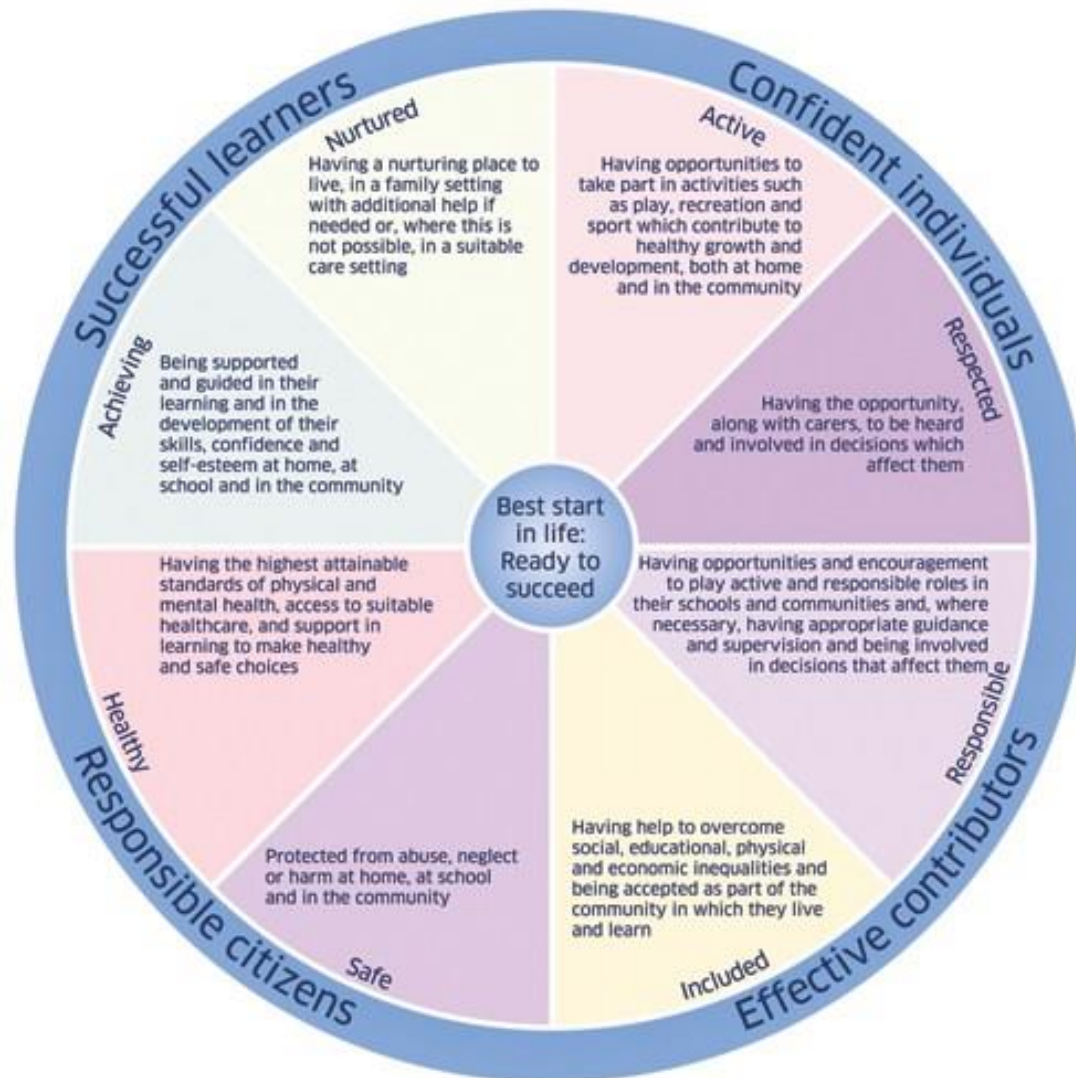
- Quality of Learning & Teaching
- Rigorous Monitoring and Tracking of Pupil Progress
- Extensive Support Programme
- Parental Engagement



You're making it difficult
for me to be the parent I
always imagined I would
be.



Health and Well Being





Supporting Your Child at Home

- ▶ **Facilitator**
- ▶ Time Management
- ▶ Study Environment
- ▶ Study Skills



Facilitator – Good Cop/Bad Cop

► Be Nurturing

- Healthy diet
- Active lifestyle
- Safe and responsible
- Adequate rest

Sleep Deprivation

- ▶ 85% of adolescents don't get enough sleep
 - Relaxed societal attitude to bedtimes, no routine established
 - Phones used as alarms, social media giving 24 hour access to friends
 - Abnormal light exposure from electrical devices, used within an hour of sleep delays expression of melatonin (sleep hormone)

Sleep Deprivation

- ▶ 85% of adolescents don't get enough sleep
- ▶ 8.5–9.5 hours required every night
 - Essential growth and development takes place during sleep

Sleep Deprivation

- ▶ 85% of adolescents don't get enough sleep
- ▶ 8.5–9.5 hours required every night
- ▶ Biological rhythms change during adolescence
 - Makes it difficult to go to sleep and to rise early
 - 8am for adolescents could feel like 5am for adults

Benefits of Sleep

- ▶ Sleep deprivation is still used as a form of torture
- ▶ As important as physical exercise and diet
- ▶ Promotes positive mental health
- ▶ Enhances memory, concentration and ability to learn
- ▶ Linked to better grades

Getting Enough Sleep

- ▶ 85% of adolescents don't get enough sleep
 - Establish a routine and be consistent with it, avoid disrupting sleep pattern
 - Buy an alarm clock and leave phone charging outside of bedroom
 - Do not use electrical devices, read a book, accelerate the expression of melatonin (sleep hormone)



Facilitator – Good Cop/Bad Cop

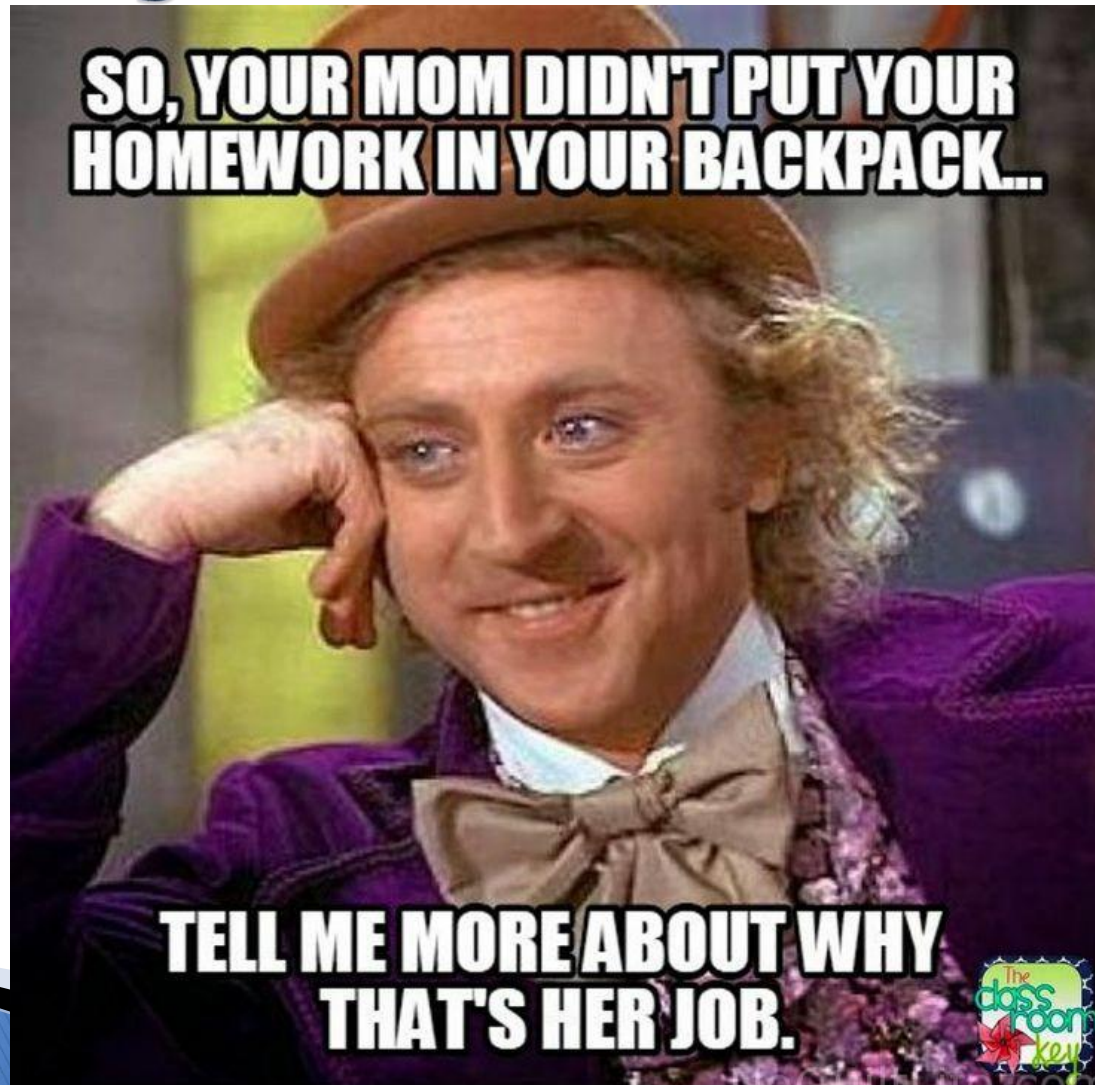
▶ Be Nurturing

- Healthy diet
- Active lifestyle
- Safe and responsible
- Adequate rest

▶ Be Informed



Supporting Your Child at Home





Facilitator – Good Cop/Bad Cop

▶ Be Nurturing

- Healthy diet
- Active lifestyle
- Safe and responsible
- Adequate rest

▶ Be Informed

- Be aware of their deadlines
- Quality assurance checks
- Know their progress
- Know the support on offer
- Intervene



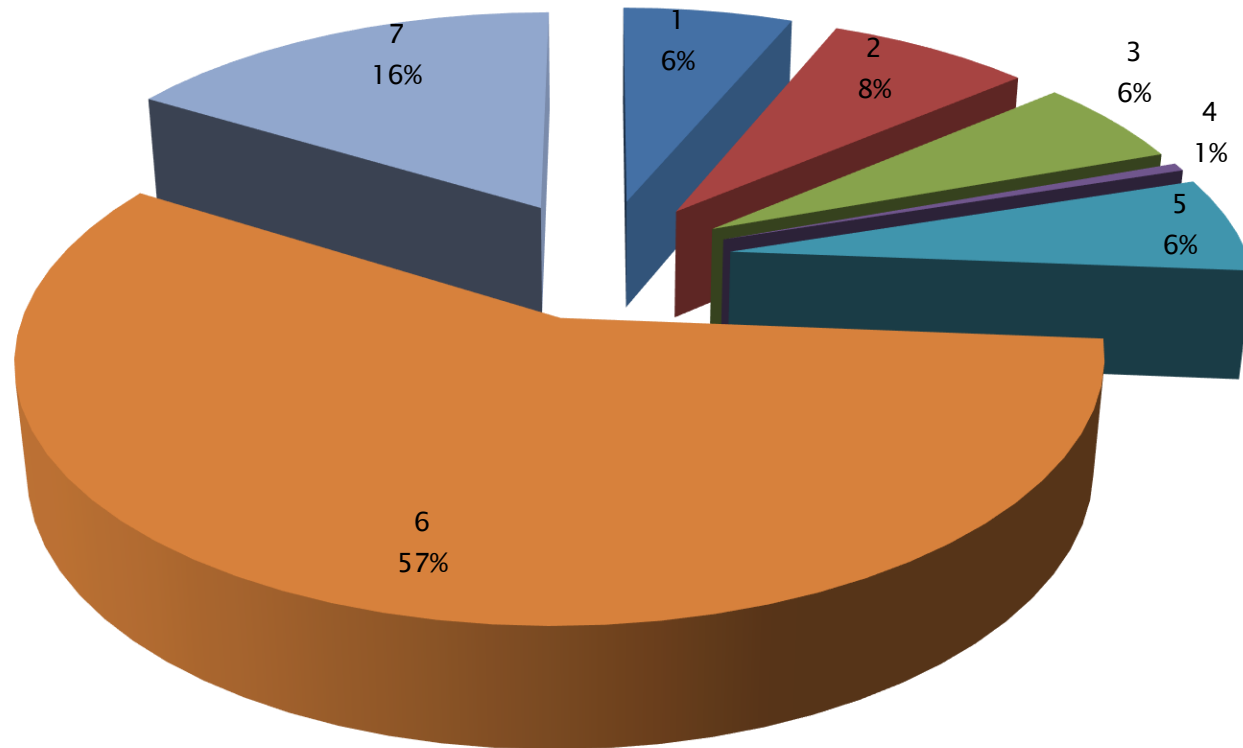
Supporting Your Child at Home

- ▶ Facilitator
- ▶ Time Management
- ▶ Study Environment
- ▶ Study Skills



Instant v Delayed Gratification

Importance of Here and Now





Delayed Gratification – Reward

If you want to succeed at something, at some point you will need to find the ability to be disciplined and take action instead of becoming distracted and doing what's easy. Success in nearly every field requires you to ignore doing something easier in favour of doing something harder.



Delayed Gratification – Reward

- ▶ Something that we develop from experiences, not born with it
- ▶ Everyday choices

Instant vrs Delayed Gratification



Delayed Gratification – Reward

Simple Example – Saturday Morning Maths Classes

- ▶ Session 2017/18, 34 young people were presented for Higher Maths coming from a Nat 5 B or C the previous year
- ▶ 25 of the 34 regularly attended Saturday sessions. 19 of those 25 passed Higher Maths
- ▶ Of the 9 who for whatever reason did not attend the classes, none passed

Instant vrs Delayed Gratification

Time Management – Everything is Possible

▶ Prioritise

- hotspots
- short term shift in lifestyle
- part time jobs

▶ Planning

- balance time
- realistic

▶ Persistence

- routine
- build momentum
- avoidance of a task can cause stress



Personal Revision Programme

Important & Cannot Be Rescheduled	Important But Can Be Rescheduled
Football training Babysitting younger sibling Music lesson Paper round/Job Assignment deadline Homework	Revision Visiting relatives Spending time with friends
Not Important But Cannot Be Rescheduled	Not Important & Can Be Rescheduled



Personal Revision Programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5pm - 6pm	Rest, TV Tea time	Rest / TV/ Tea time	Rest, TV, Tea time	Rest, TV, Tea time	Rest, TV, Tea time
6pm - 7pm	Outdoor play Activities	Outdoor play Activities	Outdoor play	Outdoor play	Outdoor play
7pm - 8pm	Dinner time	Dinner Time	Dinner Time	Dinner Time	Dinner Time
8pm - 9pm	Homework & Revision	Homework Revision	Homework Revision	Homework Revision	Homework Revision
9pm - 9.30pm	Spelling	Chinese	Spelling Book Time	Chinese	Spelling
9.30pm - 10pm	Mathematics	Spelling	Mathematics	Book Time	-
10pm - 11pm	Getting ready for bed	Bed time (+ 15 mins dressing time)	Bed time	Bed time (+ 15 mins dressing time)	Bed time (+ 15 mins dressing time)



Supporting Your Child at Home

- ▶ Facilitator
- ▶ Time Management
- ▶ **Study Environment**
- ▶ Study Skills

Study Environment

- ▶ Availability
- ▶ Interruptions
- ▶ Materials
- ▶ Space
- ▶ Light
- ▶ Temperature



Supporting Your Child at Home

- ▶ Facilitator
- ▶ Time Management
- ▶ Study Environment
- ▶ **Study Skills**



Study Skills

▶ Length of Study Session

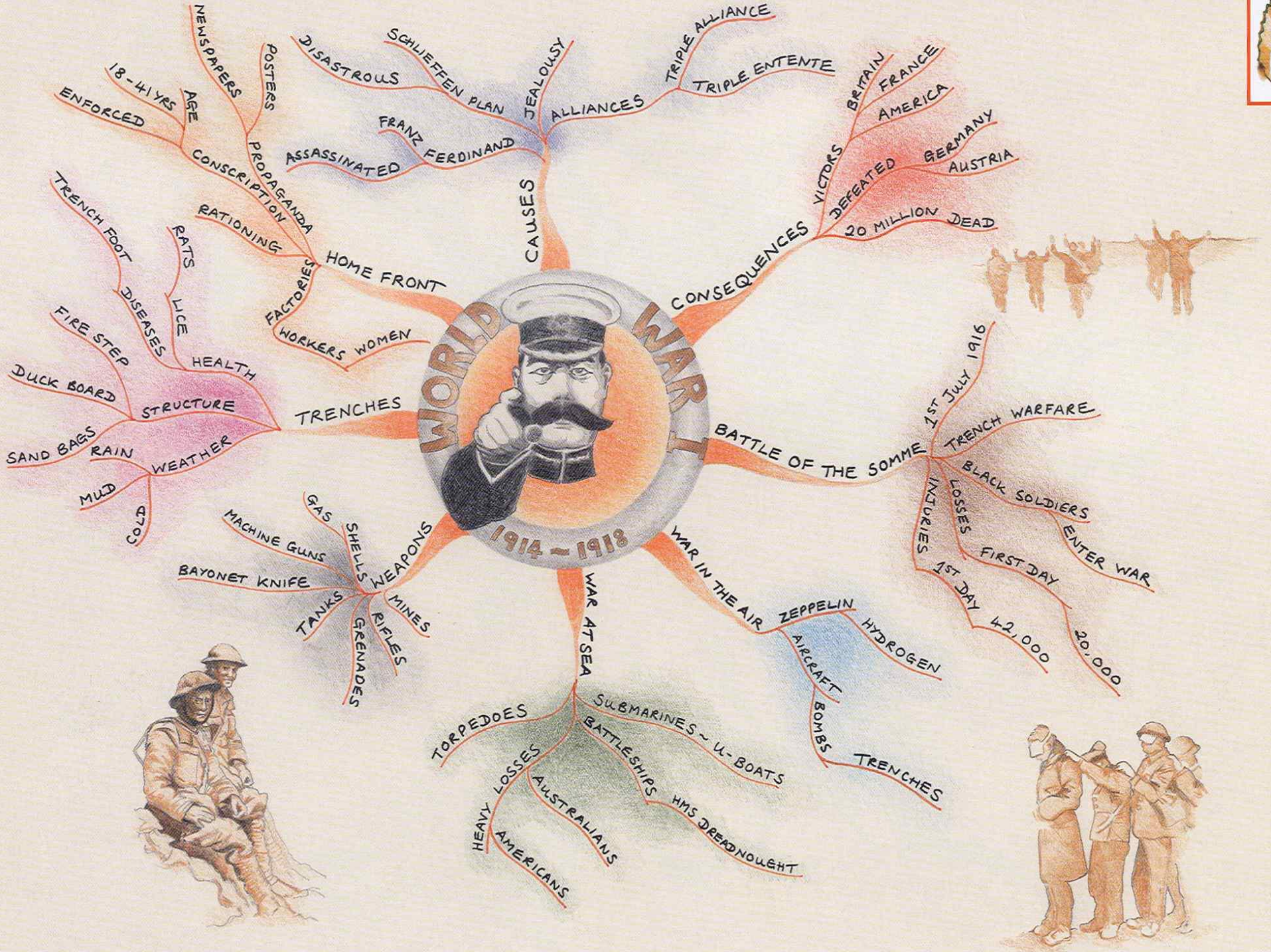
- 30 mins with 5 min breaks
- teach someone else

▶ Learning Styles

- visual
- auditory
- kinaesthetic

▶ Making it Memorable

- notes, colour, pictures, humour
- Mnemonics
- mindmaps
- time restraints



Of mice

and men





Study Skills

▶ Length of Study Session

- 30 mins with 5 min breaks
- teach someone else

▶ Learning Styles

- visual
- auditory
- kinaesthetic

▶ Making it Memorable

- notes, colour, pictures, humour
- Mnemonics
- mindmaps
- time restraints



Raising Attainment Mission Statement

“ I am going to give everything to pass my exams, and no matter what results I get, I know I will have done the best I possibly could. I shall just accept my results, learn from my experiences and go forward from there”



S5 Information Night

Questions

Please fill out an evaluation form