

St. Ninian's High School

S4 Parent Information Booklet



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Welcome

Dear Parents / Carers,

Thank you for attending our Fourth Year Information Evening. I hope that you find the evening both informative and enjoyable. I wish to start by thanking you for your continued support of myself and the school. It is clear that our young people have excellent support networks at home and the purpose of evenings such as this one is to continue to support families with a programme of family learning activities. This evening's main focus is on study skills. Through PSHE and assemblies our young people have been learning about the mechanics of studying and how to begin to plan their time effectively. I have included a blank study timetable on page 6 of this booklet which can be used as a template. It is important for us to ensure that all young people feel fully prepared for their studies and our staff will continue to offer excellent support and encouragement in all that they do.

In addition to focussing on study skills we have made it our priority to continue to promote all aspects of Health & Wellbeing. Through lessons and assemblies pupils continue to hear about the need to balance their commitments with social aspects through regular exercise and co-curricular opportunities. Within the school you will notice several displays offering advice on how to maintain positive mental health; more information on this important aspect of our school life can be found on the school website.

The outline for tonight's events is as follows:

7.00—7.30pm	Mr Marshall	Welcome & S4 So Far	Forum
7.30—8.15pm	Stands / Displays	S4 Information & S5 Pathways	Atrium
8.15—8.45pm	S6 Pupils	Parental Study Workshops	English
8.15—8.45pm	S5 Pupils	Pupil Study Workshops	Maths

A floorplan containing the layout of the atrium can be found on page 8 of this booklet. Refreshments will be available in the atrium throughout the evening.

Thank you for your continued support with Fourth Year and I look forward to continuing to work in partnership to support your son / daughter.

Paul Marshall

Depute Head Teacher

Information from Parents

As part of our continued commitment to Family Learning we engaged with parents of pupils in S5 and S6. We asked parents to give advice to the parents of pupils in S4, who are going through the examination process for this first time. Their responses are collated below:

What strategies at home did you feel worked best to support your son / daughter whilst they were preparing for their examinations?

- Providing a clutter free study environment.
- Regular healthy meals and an early night / good night's sleep.
- Take time to listen to them and give plenty of encouragement.
- Help to create a study plan which incorporates plenty of breaks.
- Helping where possible, for example listening to vocabulary, reading with them and asking challenge / quiz questions.

What strategies at home did you feel did not help to best support your son / daughter whilst they were preparing for examinations?

- Sometimes studying with friends was too much of a distraction.
- Mobile telephones and televisions can be a distraction but should be planned into break times.
- Constantly asking them to study did not help; some initial help to get set up then ensure they are following a plan is more beneficial.
- Showing my son / daughter that I was anxious about their exams did not help them.

What advice would you give to the parents who are undertaking the examination process with their child for the first time?

- Be patient and positive.
- If you have any concerns consult the school and ask for help.
- Set aside time to talk and check and see if they need anything; not just connected with school work / exams.
- Be aware of the exam schedule as well as submission deadlines.
- Ensure a flexible plan is in place which incorporates breaks and down time.

Information from Senior Pupils

As part of our continued commitment to Family Learning we engaged with senior pupils who have recently undertaken Scottish Qualification Examinations. We have collated some of their responses below:

What strategies at home did you feel worked best?

- Doing as many past papers as possible was beneficial as I would look at my notes whenever I didn't know how to answer a question.
- Assigning specific times for different subjects; it allows you to focus more and creates a routine.
- Study cards are amazing! If you just keep some on you at all times then whenever you get a spare minute you can look at them.
- At the end of each unit I would summarise the points to my parents; this helped.
- Start early and finish early so that you get a good sleep!
- Wakening up at a decent time and getting at least 9 hours of sleep per night.
- Mind maps helped; display them on your wall.
- Use a desk rather than lying on a bed or couch.
- Keep hydrated and eat healthily.

What strategies at home did you feel did not help?

- Studying with others in the room did not help me.
- Studying with the t.v. on.
- Do not study for long periods of time, break it down.
- Parents speaking about studying or exams all of the time, even if they are trying to be friendly and helpful. We are aware of what we should do and already worrying about them.
- Just reading and highlighting alone did not help me. You need to ensure you have follow-up strategies.
- Looking at the answers too quickly. Although useful you should test yourself before checking them.

What are you going to do differently this year?

- Plan a schedule and make deadlines for myself.
- Make a list of the units that I am struggling with first and attempt these first.
- Make sure I have a healthy balance and look after my health.
- Speak to my parents more and keep them more informed.
- Ask for help from teachers more readily.
- Ensure I do work often so that I am not leaving it all until the end.



Week Commencing: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.00							
09.00							
10.00							
11.00							
12.00							
13.00							
14.00							
15.00							
16.00							
17.00							
18.00							
19.00							
20.00							

S5 Choice

Entering S5 you are faced with important decisions. Subjects should be chosen on the basis of your particular strengths, prior attainment, interests and future plans. The subject choices you make now will affect the opportunities you have for employment, further education and higher education. Your aim in 5th Year has to be to acquire the best qualifications and skills that you can. Building on prior attainment is a priority.

Important Points to Remember:

Choose your 5 strongest subjects which are closely linked to your possible career path. For success at Higher it is recommended by the Scottish Qualifications Authority that students should have a good National 5 award.

Be aware of the conversion rates from particular National 5 awards into Highers.

Identify where your strengths lie and choose according to those strengths.

There may be particular instances where achieving a higher qualification in subjects such as Mathematics and English, which have traditionally been thought of as necessary for most courses, are not be required. For example many Arts and Social Science courses do not require Higher Mathematics and, similarly, many Science and Engineering courses do not require Higher English. Reading prospectuses and calling individual faculties will shed light on such requirements. Such decisions will be made through discussions with parents and the pastoral teacher.

You will be able to plan a course which will help give you the best opportunity for developing your skills and knowledge and give you qualifications which will be relevant for your chosen career and future education.

As you embark on a Fifth Year at St Ninian's, some of you will be thinking of applying to University or a College of Further Education. It is important, therefore, to plan your course at school to provide you with the necessary entrance requirements for your intended course of study. As you are aware the recommended pathways are as follows:

Higher (S5) → Advanced Higher (S6) → University / Employment / College







Vocational/ National 5 (S5) → Vocational / Higher (S6) → University / Employment / College

Studying a course that combines both Highers and National Levels in Fifth Year does not prevent you from aiming to continue studying to degree level. It is a sensible way to build on prior attainment.

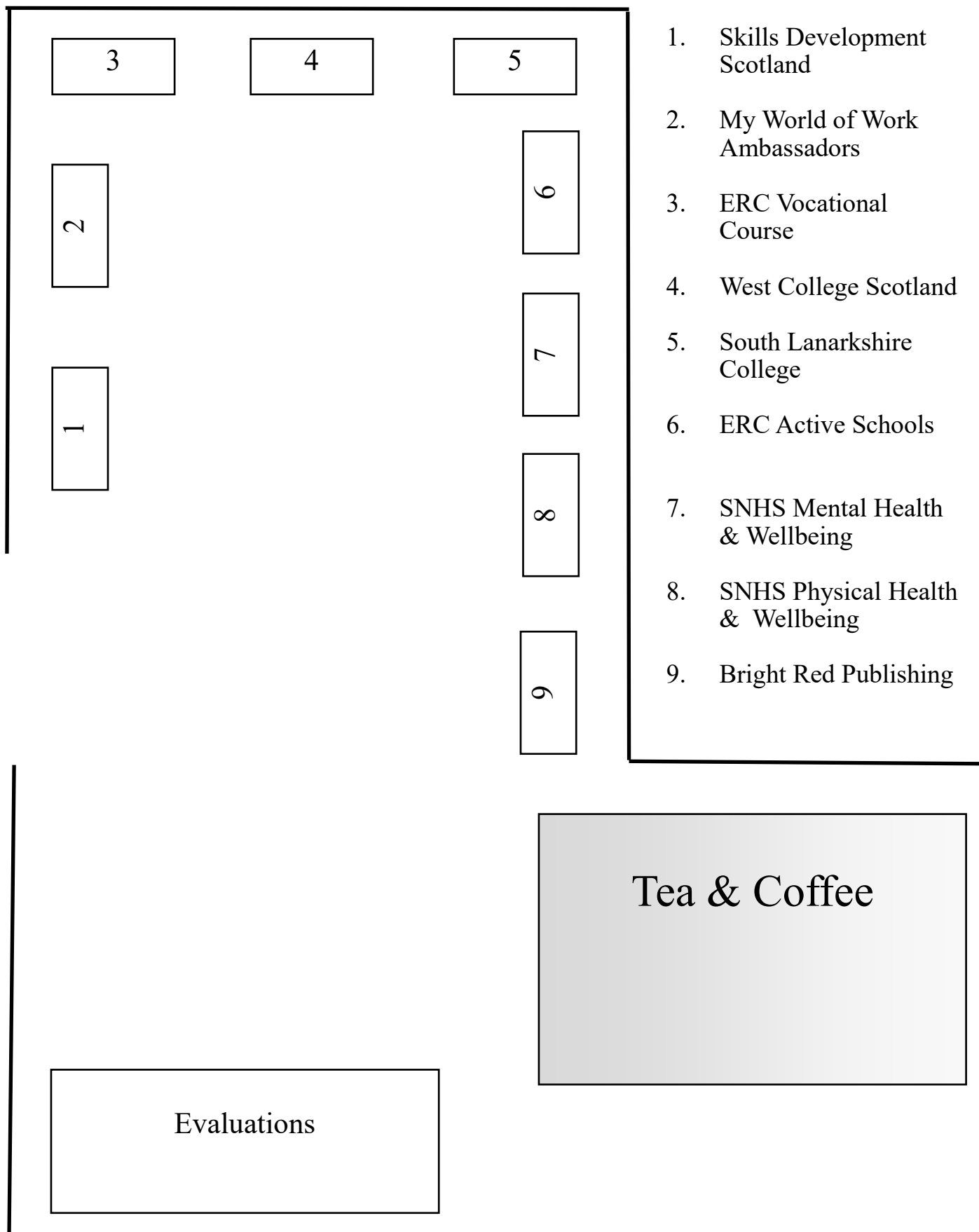
Useful Websites

St Ninian's High School	https://blogs.glowscotland.org.uk/er/StNinians/
St Ninian's Wellbeing	https://blogs.glowscotland.org.uk/er/snhpositivementalhealth/
St Ninian's Twitter	https://twitter.com/stniniashigh
Careers Website	https://blogs.glowscotland.org.uk/er/snhscareers/
Pastoral Support	https://blogs.glowscotland.org.uk/er/SNHPastoralSupportWebsite/
SQA	https://www.sqa.org.uk/sqa/70972.html
SQA Past Papers	http://www.sqa.org.uk/pastpapers/findpastpaper.htm
BBC Bitesize	https://www.bbc.com/bitesize/levels/z6gw2hv
Scholar	https://courses.scholar.hw.ac.uk/vle/scholar/
My World of Work	https://www.myworldofwork.co.uk/

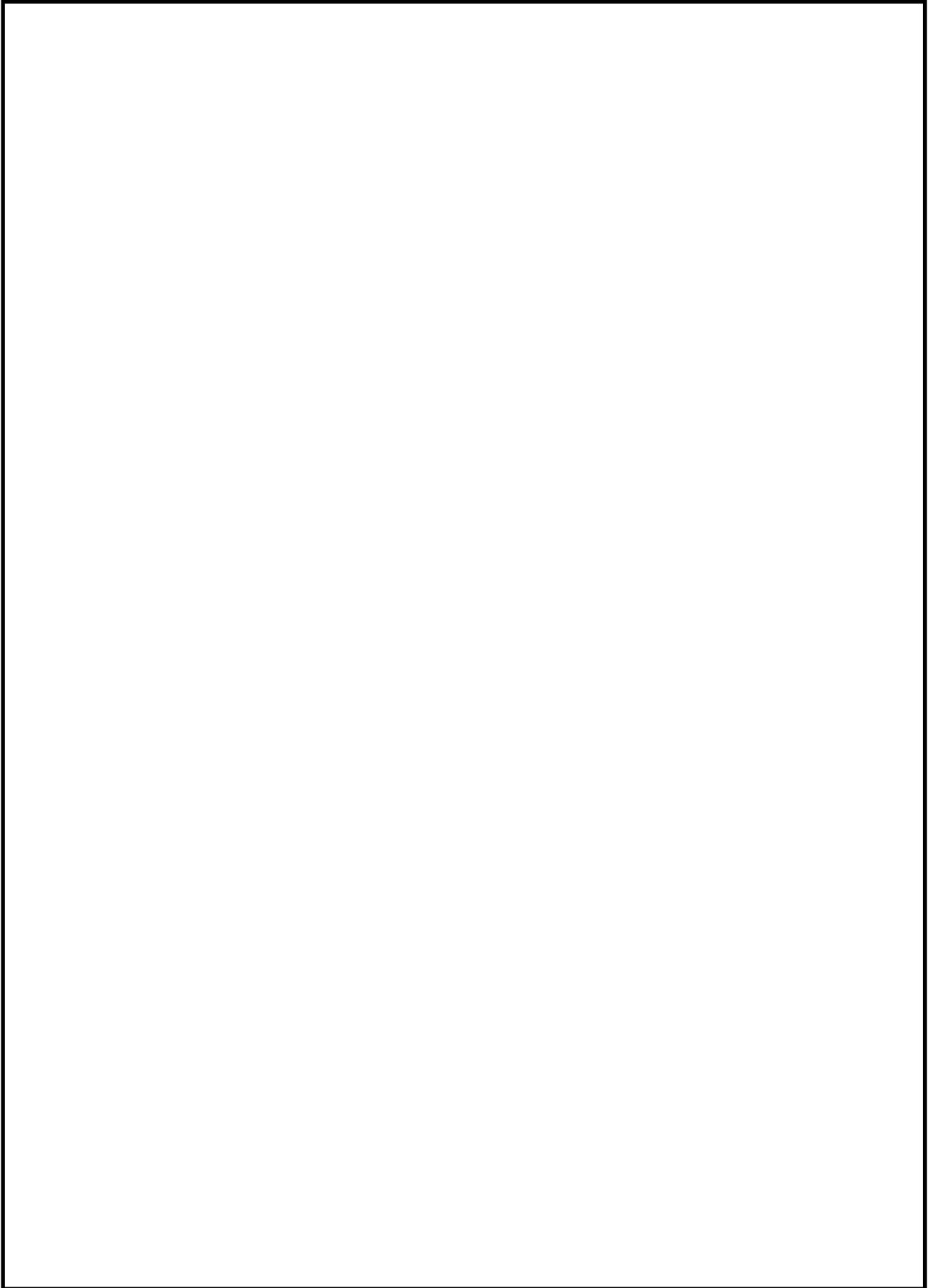
Useful Apps

My SQA		Mind Mapper		Flashcards	
Pinterest		Reminders		Quizlet	

St Ninian's High School Fourth Year Information Evening 2018



Notes :

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