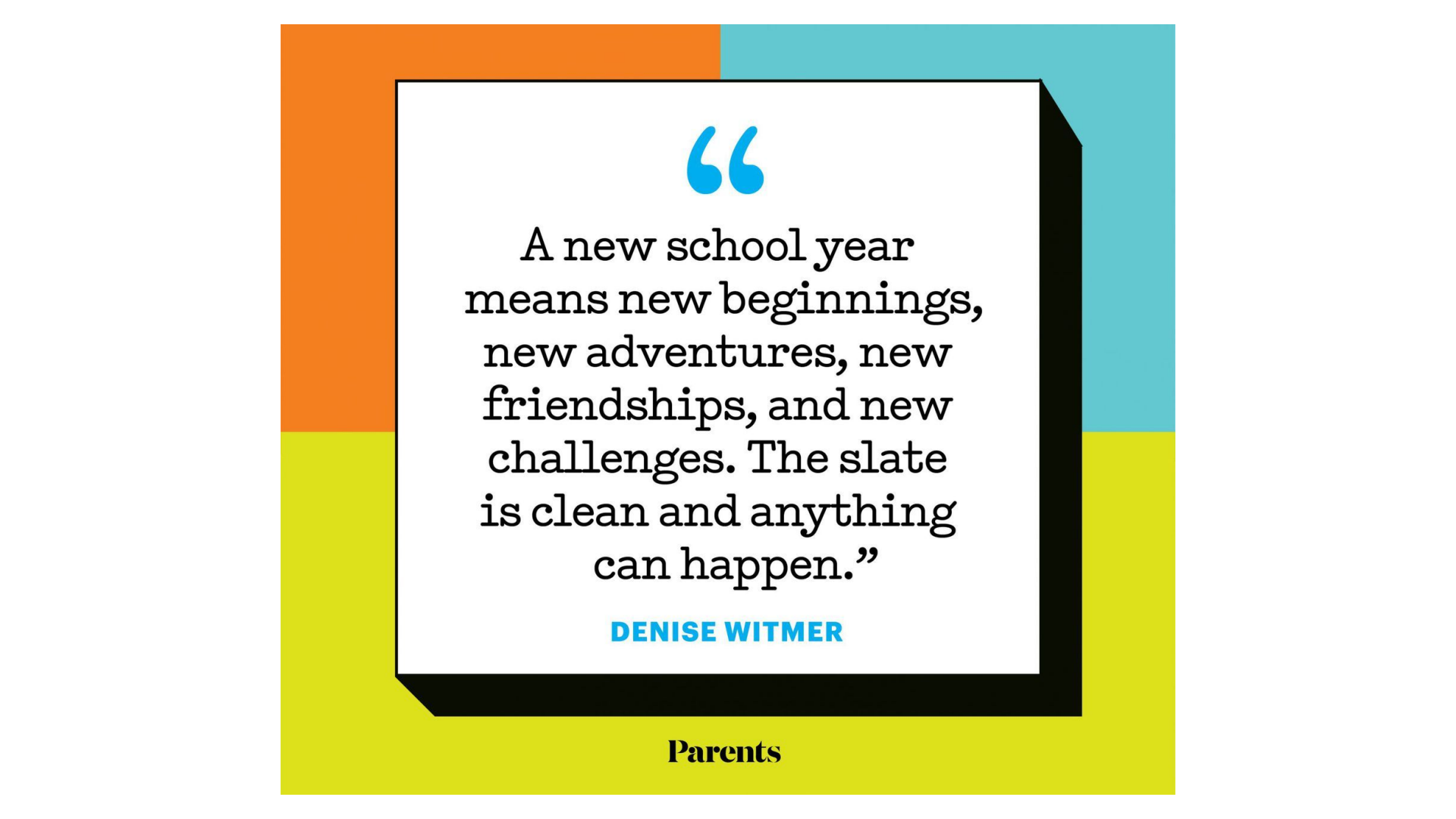


Welcome



JOHN F KENNEDY
CATHOLIC SCHOOL

Year 11 Information Evening September 2026



“

A new school year means new beginnings, new adventures, new friendships, and new challenges. The slate is clean and anything can happen.”

DENISE WITMER

Parents

Who's Who



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CATHOLIC SCHOOL

Achievement Leader	Mrs Galatola agalatola@jfk.herts.sch.uk
Achievement Leader Assistant	Miss McHugh year11@jfk.herts.sch.uk
SLT Link	Mr Palumbo ipalumbo@jfk.herts.sch.uk

Form	Tutor
J	Mr Bonner
F	Mrs Metcalfe
K	Mrs Davison
H	Mrs Davies/Mrs O'Neill
N	Miss Holmes/Mrs Acosta
D	Mr Salem

Form Time Structure



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Day	Checks	Activities
Monday	- Equipment Check - Uniform Check	W2 - Y11 Assembly Monday Memo
Tuesday	- Equipment Check - Uniform Check	The Big Question Revision Technique of the Week
Wednesday	- Equipment Check - Uniform Check - Conduct card check	Reading/Work-Life Wednesdays
Thursday	- Equipment Check - Uniform Check	Y11 and Sixth Form Assembly
Friday	- Equipment Check - Uniform Check	Line Ups Revision/ End of week review

Uniform - wear our badge with pride



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Blazers



No trainers

Jewellery

Shirts
tucked in!

Key Dates for Year 11



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Wednesday 30th September	Yr11 Careers Fair trip (Shendish)
Wednesday 4th November	Sixth Form Open Evening
16th-26th November	Y11 Mocks
Wednesday 16th December	Y11 Mocks Results Day
Thursday 14th January 2027	Parents Evening
1st-5th March 2027	Mocks Round 2
From week of Monday 10th May	GCSE (written) exams start
Friday 18th June	Y11 Leavers Day
Tuesday 29th June	Y11 Prom
Thursday 19th August	GCSE Results Day

Key Year 11 dates 26-27



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Autumn Term - Focus: *Career Planning, Post-16 Pathways & Mock Set 1*

- **Wednesday 30th September:** Year 11 Careers Fair Trip (Shendish)
- **Wednesday 4th November:** Sixth Form Open Evening
- **16th – 26th November:** Year 11 Mock Exams (Set 1)
- **Wednesday 16th December:** Year 11 Mock Results Day

Spring Term - Focus: *Academic Review, Mock Set 2, Applications & Coursework Submission*

- **Thursday 14th January 2027:** Parents' Evening
- **1st – 5th March 2027:** Year 11 Mock Exams (Set 2)
- **Throughout Spring Term:**
 - Sixth Form & College Application Deadlines
 - Final NEA (Non-Exam Assessment / Coursework) Deadlines

Summer Term - Focus: *Final GCSE Examinations, Celebrations & Results*

- **From Week of Monday 10th May:** GCSE Written Examinations Window Begins
- **Friday 18th June:** Year 11 Leavers Day
- **Tuesday 29th June:** Year 11 Prom
- **Thursday 19th August 2027:** GCSE Results Day

Additional Ongoing Support

- **Intervention Sessions & Revision Workshops:** Schedules and subject-specific dates will be communicated directly by departments leading up to each mock window and the final GCSE exams.

GCSE Subjects



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GCSE Subject	Exam board	NEA/Coursework	Final submission date	Tiers and final decisions
English	AQA	No	n/a	n/a
Maths	Edexcel	No	n/a	Yes - based on mock results (March)
Science	AQA	No	n/a	Yes - based on mock results (March)
RE	Edexcel Spec A	No	n/a	n/a
Music	Edexcel	Yes (60%)	15th May 2027	n/a
Food Preparation & Nutrition	AQA	NEA 1 (15%) NEA 2 (35%)	NEA 1 - 30th November 2026 NEA 2 - early March	n/a
PE	Edexcel	3x practical sports (10%)	October 2026	n/a
French & Spanish	Edexcel	No	n/a	Yes - based on mock results (March)
Art	Edexcel	Yes	TBC	n/a
D&T	AQA	Yes (50%)	Early March 2027	n/a
Geography	Edexcel	Yes	TBC	n/a



5 reasons why school attendance matters

1. Students have the right to an education - *specialist teaching face to face*
2. **Parents/Carers have a legal responsibility to ensure their child attends school.** Schools and Local Authorities have a duty to ensure that students take up this right.
3. There is a direct link between high student absence and low attainment in school.
4. Getting students to attend school regularly and be on time is an essential skill for life.
5. Poor attendance can lead to students being isolated from their friends, at risk of bullying, poor and unsettled behaviour, anti-social behaviour etc.

Attendance Matters



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Days off school means lessons and learning missed Student Attendance (%)	Number of days off school a year	Number of actual lessons missed
95%	10 days absence	50 lessons
90%	19 days absence	95 lessons
85%	29 days absence	145 lessons
80%	38 days absence	190 lessons
75%	47 days absence	235 lessons

Attendance Matters



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How can we work together on attendance?

- Please let the school know as soon as possible if your child is ill and has to stay at home.
- If they are under the weather but can give school a go, please let us know and we can let you know if we feel they need to come home during the day.
- If they would be able to be in school if they took medication. Please let Mrs Doyle (in students services) know and hand the medication in during the day in case they need it.
- **Mrs Doyle, Mrs Bailey** the the Achievement Teams oversee attendance. Please contact any of them for support and guidance.
- We will have back to school meetings with students whose attendance has dropped. This will be with Mrs Doyle and purely a supportive measure.
- You may be asked to come in and discuss attendance if it falls below a certain point. Our aim with this it to support you with helping your son/daughter attend.
- We may call when a students has been off for a few days to see if we can support their return to ensure this happens as soon as possible
- Please make routine doctor/dental appointments after 2:30pm where possible. We understand this is no possible when these are not routine appointments.

Attendance Matters



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Punctuality



Students should be in school
no earlier than 8:30am and
no later than 8:45am.
Registration starts at 8:50am.

Late Gate now in action

A Few Reminders



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Mobile phones should be put in a pocket or bag **at the gate in the morning.**



If your child needs to contact you during the day they **must** see a member of staff who will make contact is necessary.

Most online issues we deal with happen outside of school. The biggest issue we have in school is when students contact home and cause concern to their parents/carers unnecessarily. The staff are here to help!

Worried?

Problem?

We can help!

The Safeguarding Team

SPEAK



Mrs Jevon



Mr Jones

SHARE



Miss Freed



Mrs Holton

SOLVE



Mrs Whittaker



Mrs Bailey



Mr Palumbo

**Form
Tutor**

**Member of
Achievement
Team**

**Any
Trusted
Adult**

**Email
[staysafe@jfk.
herts.sch.uk](mailto:staysafe@jfk.herts.sch.uk)**

Help us to make sure everyone is safe and able to flourish

Year 11 results summary



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Measure	2023	2024	2025	2026 (est)
4+ in En & Ma	76%	79%	76% (Eng av 67.1%)	81%
5+ in En & Ma	53%	56%	55% (Eng av 45.4%)	63%
Att 8	49.22	50.88	48.28 (Eng av 46.0)	51.65

Time Frame



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Time Frame



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The Term Breakdown (Teaching Weeks Only)

- **Autumn Term 1** (2 Sept – 23 Oct 2026): **8 weeks**
(1 week October half-term break)
- **Autumn Term 2** (2 Nov – 18 Dec 2026): **7 weeks**
(2 weeks Christmas holiday)
- **Spring Term 1** (4 Jan – 12 Feb 2027): **6 weeks**
(1 week February half-term break)
- **Spring Term 2** (22 Feb – 25 Mar 2027): **5 weeks**
(2 weeks Easter holiday)
- **Summer Term 1** (12 Apr – 7 May 2027): **5 weeks**

FIRST GCSE EXAMINATION 10TH MAY 2027

Focus

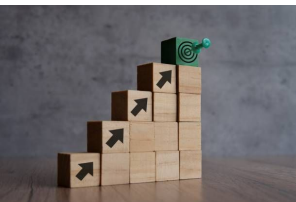


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Get it right in lessons first

Keep up don't catch up

Review lesson material.



What are we doing at school?



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Raising Achievement programme 2026/2027

Autumn Term Intervention Programme

- All students currently making below expected progress to receive intervention support
- 3 levels of support: urgent, standard, monitoring.

Raising Achievement - September



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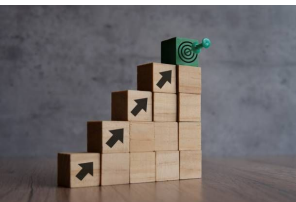
Year 10 mock exams - expected progress = 2 grades below target.

If you are not making expected progress: Intervention

Monitoring Intervention - 2.5 grades below target - Briefing - Class charts monitoring.

Standard Intervention - 3 grades below target - Meeting with Tutor - Class charts monitoring.

Urgent Intervention - 4 or more grades below target - Meeting with AL / SLT - Report



What are we doing at school?



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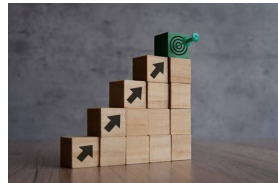
- Depending on the level of intervention support needed, students will receive mentoring from Mr Neves, members of SLT, their Achievement Leader or their form tutor.
- Approach to learning will be monitored via intervention report and class charts with additional mentoring from SLT provided after school where needed.
- Intervention cohort will be reviewed based on mock data in November.

What are we doing at school?



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- *Revision and study skills coaching workshops for selected students prior to mocks and final exams.*
- *Raising Achievement Subject Sessions - support students with GCSE Mock preparation at lunchtime / during registration.*
- *After-school tutoring in English and Maths for selected students from January.*



What are we doing at school?



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- *Pre-exam sessions held before each GCSE exam for all students.*
- *Sessions cover key knowledge, skills and exam technique in detail to help students with final preparation for exams.*



Reporting and Progress



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- Grade reports will be issued twice during Year 11
 - WB 14th December
 - WB 16th March
- These reports are strategically placed following the two mock periods to ensure the information you receive at home is accurate
- Reports will contain the following information:
 - Target grades
 - Classwork, homework and behaviour grades (E, G, I, F)PASSIVE Learning
 - Mock grade
 - Current predicted grade



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How you can support at home

Summary: Spacing

- Spacing is regularly revisiting material so that you are doing little and often instead of all at once.
- Doing a little amount regularly is more effective than doing a lot all at once. We do this so that we don't get swamped and overwhelmed

To commit something to memory, it takes time and repetition.

WHY? This is because the time in between allows you to forget and re-learn the information, which cements it in your **long-term memory**

Optimum Spacing

- Research suggests there is an 'optimal gap' between revision sessions so you can retain the information.
- If the test is in a month, you should review the information around once a week.
If the test is in a week, create time once a day.

Why use Spacing?

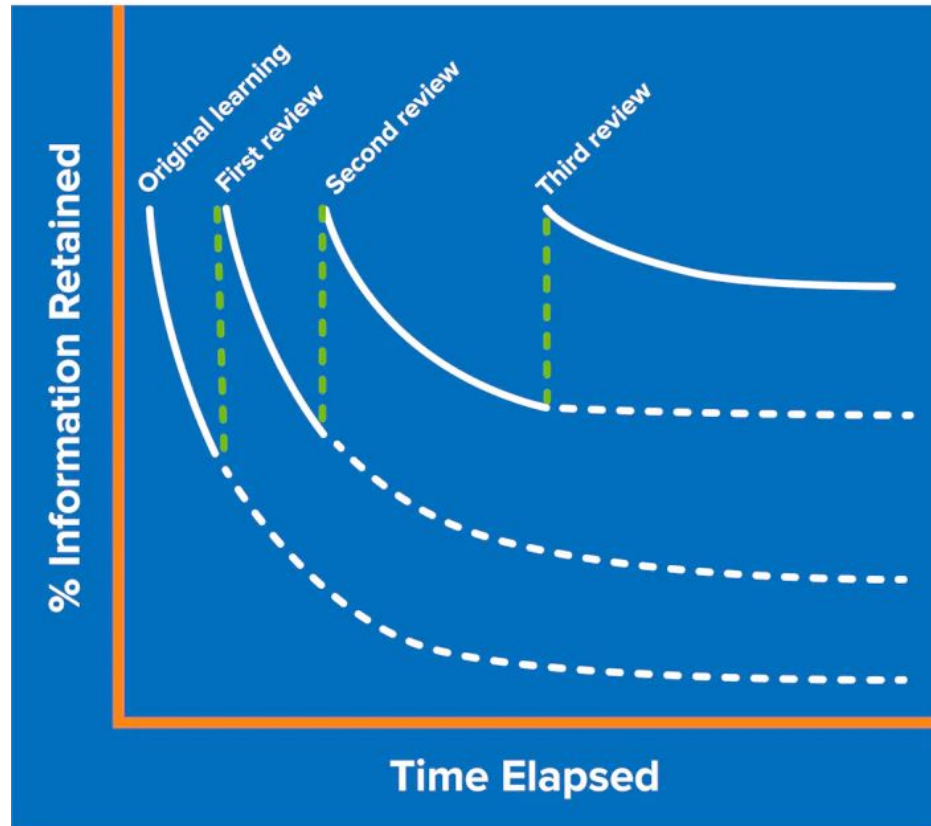
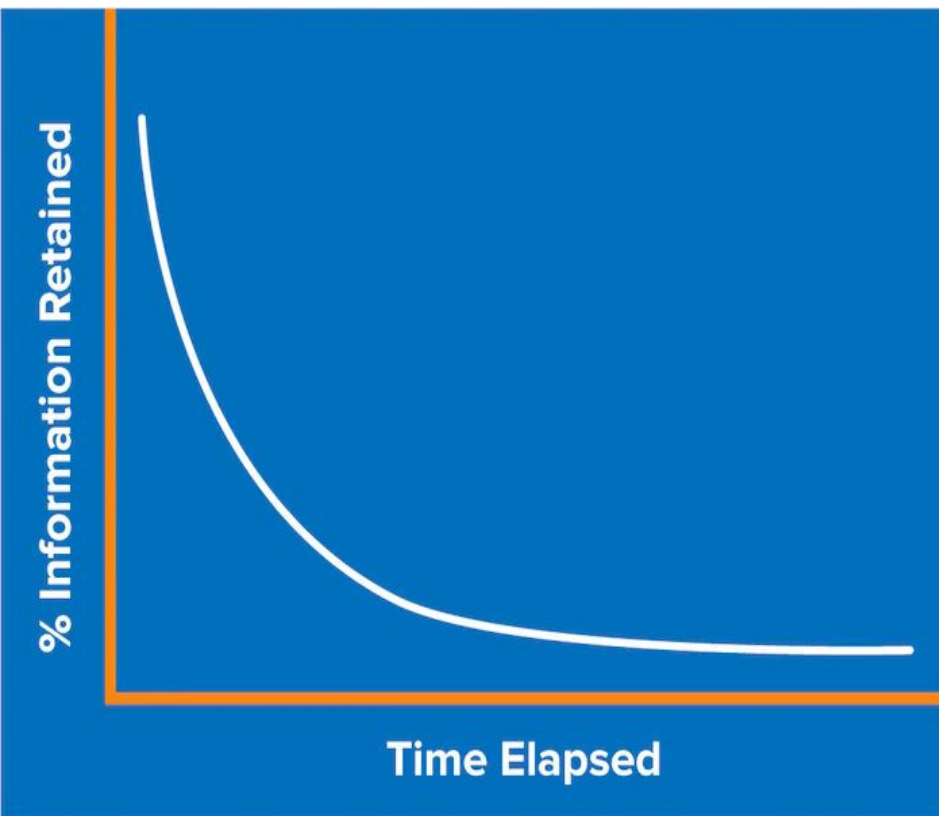
- Doing something little and often – spacing – beats doing it at once, or cramming
- The time in between revision allows you to forget and re-learn the information, which cements it in your long-term memory
- It cements information into your long-term memory
- We can learn more information over time than in one longer session
- It helps you revise more efficiently

Time to the test	Revision Gap
1 Week	1-2 days
1 Month	1 week
3 Months	2 weeks
6 Months	3 weeks
1 Year	1 month

How you can support at home



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How you can support at home



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Revision Strategies

- Revision cards/Flash cards
- Posters
- Mind maps
- Mnemonics e.g. SOHCAHTOA (Trigonometry)
- Post-its - key facts or unanswered questions
- Tick-lists/success charts
- Practice planning answers to past questions
- Invite them to teach you a topic

How can *you* help?



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Space to study



Time goes quickly



Diet, sleep and exercise.



Mobile phone usage

How can students help themselves?



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Revision websites:

- Quizlet
- Seneca
- BBC Bitesize
- GCSE Pod
- Tutor2U

1 Revise little and often



and break your revision up
into small, more
manageable chunks.

WEEKLY REVISION PLANNER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30AM-4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	9AM-10AM	BREAKFAST/SHOWER	BREAKFAST/SHOWER
4PM-5PM	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	TV/GAMING/SOCIAL MEDIA	HOMEWORK	10AM-11AM	REVISION - ENGLISH	REVISION - SCIENCE
5PM-6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM-1PM	SEEING FRIENDS/LUNCH	SPORT/LUNCH
6PM-7PM	REVISION - GEOGRAPHY	HOMEWORK	REVISION - HISTORY	REVISION - FRENCH	REVISION - SCIENCE	1PM-3PM	REVISION - MATHS	REVISION - FLASH CARDS
7PM-8PM	REVISION - MATHS	REVISION - ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM-5PM	OUT WITH FAMILY	SPORT/TV/GAMING
8PM-9PM	FREE TIME/SHOWER	FREE TIME/SHOWER	FREE TIME/SHOWER	FREE TIME/SHOWER	FREE TIME/SHOWER	6PM-8PM	DINNER/FREE TIME	DINNER/FREE TIME

Mobile phones



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- **Turn off notifications:** Reduce distractions by turning off unnecessary notifications for apps.
- **Use the hairband trick:** Place a hairband around your phone to make accessing apps more difficult and encourage mindfulness about why you're picking up the phone, suggests Becoming Minimalist.
- **Try grayscale:** Change your phone screen to black and white to make it less visually appealing, which can reduce time spent scrolling, according to YouTube.
- **Create screen-free times and zones:** Establish specific times (e.g., morning, before bed) or places (e.g., dining table) where phones are not used.
- **Set personal app limits:** Use the Digital Wellbeing or Screen Time features to set personal limits for time-wasting apps, gradually lowering the limit over time to build discipline.



Well Being, Stress & Mindset



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⚖️ **Don't just schedule revision, schedule life too! Don't feel guilty for resting!**

Put your breaks, sport and hobbies into your timetable FIRST.

Think of your week as:

📚 **Study** + 🏃 **Exercise** + 🎨 **Hobbies** + 👥 **Friends** + 😴 **Sleep**



Physical activity and genuine breaks can help students recover from prolonged studying and maintain concentration.

🧠 A REAL BRAIN BREAK

GOOD BREAKS ✓

- Sport or exercise
- Walking
- Music
- Hobbies
- Seeing friends
- Getting outside
- Relaxing

NOT-SO-HELPFUL BREAKS ⚠️

- Endless scrolling
- Comparing yourself to others online
- Checking revision constantly
- Staying up late gaming
- “Taking a 5-minute break” that becomes an hour!

★ Remember:

Rest isn't time wasted.

**Rest helps your brain
work better tomorrow.**

Wellbeing, Stress & Mindset



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THE STRESS CURVE

A little pressure can help you perform. Too much can stop you performing at your best.

The Yerkes-Dodson model suggests that **moderate, manageable pressure can improve focus and performance**, while excessive stress can reduce concentration and performance.

✓ Healthy pressure	⚠ Too much stress
Feeling a little nervous	Constantly worrying
More focused when studying	Can't concentrate
Wanting to do well	Avoiding revision
Temporary anxiety	Poor sleep
Nervous energy	Headaches/stomach aches
Feeling better after completing work	Feeling overwhelmed or hopeless

↺ Change the way you think about exams

✗ “These exams determine my entire future.”

✓ “These exams show me what I know right now — and what I still need to improve.”

🫁 When stress starts to rise: STOP → BREATHE → RESET

Try:

- 4–7–8 breathing
- 5–4–3–2–1 grounding
- Step away from your desk for a few minutes
- Talk to someone if stress is becoming persistent or overwhelming

Well Being, Stress & Mindset



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♥ WHO CAN HELP YOUR CHILD?

At JFK, we want every student to feel supported.

👤 1. FORM TUTOR

Your child's **first point of contact** for day-to-day concerns or worries.

📖 2. SUBJECT TEACHER

For concerns about a **particular subject, lesson or area of learning**.

🎯 3. ACHIEVEMENT TEAM

Mrs Galatola and Miss McHugh

For support with **progress, attendance, behaviour or wider concerns**.

🏠 4. SLT LINK – MR PALUMBO

For concerns that require **additional or senior leadership support**.

♥ 5. PASTORAL MANAGER – MRS JEVON

For **pastoral, personal or wellbeing support**.

🤝 WE ARE HERE TO SUPPORT YOU

If you are worried about your child, please don't hesitate to contact the school.

Early communication means we can work together to provide the right support.



John F Kennedy Catholic School has joined The National College

- This is a multi-award-winning online training provider
- Free access for parents and carers
- Focus on online safety and keeping children safe

What's available for you?

- Hundreds of parent-friendly courses, guides and videos
- Topics include:
- TikTok, Instagram & other apps
- Recognising signs of online harm
- Practical steps to help your child

The logo for The National College is a black square with the text 'The National College' in white. The word 'The' is smaller and positioned above 'National'. 'College' has a registered trademark symbol (®) at the end.

**The
National
College®**



Year 11 PSHE

Where can I get help at school?

Your form tutor

Mrs Galatola

Miss McHugh

Mrs Jevon (Pastoral Support Coordinator)

staysafe@jfk.herts.sch.uk

Any trusted adult

Ten: Ten Relationships and Sex Programme Parent Portal Details

Login: <https://www.tentenresources.co.uk/parent-portal/>

Username: opp-jfk-01 Password: rse-parent-purple

PSHE Contact details
Mrs Holton
kholton@jfk.herts.sch.uk
Instagram @jfk.pshe

Spring 1

Relationships and Sex

- coercive control
- self worth
- addiction
- contraception
- self worth

Spring 2

Health and Wellbeing

- self examination for breast and testicular cancer
- Healthcare and consent

Autumn 1

Living in the Wider World

- Post-16 Options
- Finance - pensions and payslips

Autumn 2

Whole School: Anti-Bullying Week

Mental Health -
Coping with stress,
types of mental health
and dealing with
change

Useful websites

<https://natwestthrive.com/>
<https://www.youngminds.org.uk/> <https://www.hertsmindnetwork.org/> Vaping -
<https://www.dsmfoundation.org.uk/> Online
safety - www.thinkuknow.org.uk

Post-16 Pathways & Next Steps



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SIXTH FORM COLLEGES & SCHOOLS

ACADEMIC FOCUS (A-LEVELS)

SOME SHORTER DAYS OR EARLY CLOSURES - CHECK WEBSITES



A-Levels

1. Biology
2. History
3. English Literature

Exam Date
Date - 3/28
Exam 2/23

University
University
Unice Luffttaga
English
Literature



MULTI-LEVEL PATHWAYS



REMEMBER: CHECK SPECIFIC WEBSITE FOR APPLICATION DEADLINES AND COURSE END TIMES - SOME FINISH EARLY!



FURTHER EDUCATION COLLEGES

VOCATIONAL & TECHNICAL FOCUS

T-LEVELS



Your Notebook on Post-16 Options

T-LEVELS
(Technical Qualifications)

- Engineering
- Technicology
- Dowsorshop



Digital & Creative T-Levels



Key Benefits



University route for Sixth Form



Hands-on skills for FE College



Catering kitchen in Computing

APPRENTICESHIPS

WORK-BASED LEARNING

EARN WHILE YOU LEARN



Degree Apprenticeships

- Intermediate
- Advanced
- Desinyen realsorships
- Higher
- Degree Apprenticeships



Training Completed

PATCHECK

CAREER EXPLORATION

Key Benefits



University in contrassscony



Paid work for workplace



Paid work for Apprenticeships

Post-16 Pathways & Next Steps



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- If you're **16–18** and continuing in education **without a grade 4** in maths and/or English, the **16–19 condition of funding** means you must keep studying that subject. But the government is explicit that **“it is not a requirement for students to resit an exam”** - your college decides when you're ready to be entered. What you study depends on your grade: a **grade 3** full-time student works towards **GCSE**; a **grade 2 or below** can work towards **Functional Skills Level 2** or GCSE.
- Most colleges and Sixth Forms will only accept Grades 4 or 5. It is important to start looking now at the requirements for colleges and Sixth Forms

What do we do at JFK?

- **First Interest Form:** Submitted 4 weeks before Christmas.
- **Choices & Expectations:** Select up to 3 options, but keep in mind that receiving your top preferences is not guaranteed.
- **Second Form:** Released before Christmas, with a final submission deadline 4 weeks later at the end of January.
- **Daily Lunchtime Support:** Mrs. Whittaker is on duty every lunchtime near or in the canteen to answer questions.
- **Library Support:** Mrs. Jenkins is available in the library to speak with students; walk-ins are welcome.

Questions



JOHN F KENNEDY
CATHOLIC SCHOOL

My email:

agalatola@jfk.herts.sch.uk

I will dedicate time to questions at
the following times:

Wednesday 09/09 - 8:30am-10am

Thursday 10/09 - 8:30am-10am

