

Senior Phase Parent Information Evening 2020



Senior Phase Information Evening



- **Outline qualifications**
- **Key dates**
- **Study Advice**

National Qualifications

Dingwall Academy

SCQF Levels

Interactive Framework

SCQF Levels

SCQF Level	SQA Qualifications	Assessment
7	Advanced Higher	Exam + coursework Graded A - D
6	Higher	Exam + coursework Graded A - D
	Foundation apprenticeship	
5	National 5	Exam (for majority) + Coursework Graded A - D
	National Progression Awards Level 5 (NPA)	No exam
4	National 4	No exam. Pass or Fail
	National Progression Awards Level 4 (NPA)	
3	National 3	No exam. Pass or Fail

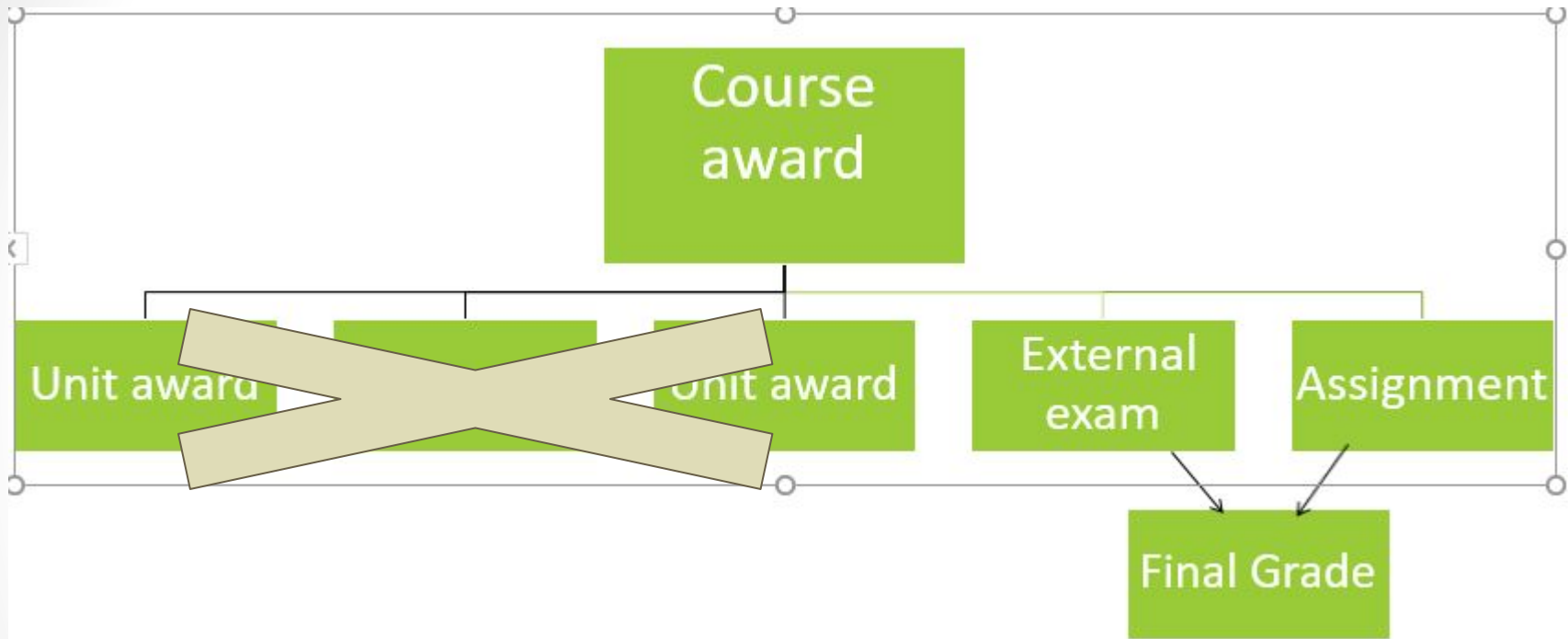
Testing times ...

- **Prelims completed.**

Units, Courses

What is the difference
between a unit and a
course?

National 5, Higher & Advanced Higher



Investigations, Assignments and Folios ...

Do you know what is required?

Do you know the deadlines?

[Nationals in a Nutshell Series](#)

Option process

- S4 into S5

- Reports and option forms issued 11th March
- Returned Wednesday 18th March

- S5 into S6

- Reports and option forms issued 14th Feb
- Returned Wednesday 26th Feb

Options help

- Online option booklet – school website.
[Senior Phase Options Help](#)
- Contains information on courses on offer.
- School and college based options (deadline 23rd March).

<https://www.inverness.uhi.ac.uk/for-schools/>

<https://www.northhighland.uhi.ac.uk/schools/courses-for-school-pupils/>



Foundation apprenticeships

Foundation Apprenticeships

Social Services and Healthcare	Social Services - Children and Young People	Civil Engineering
Scientific Technologies	Health and Food Technologies	Accountancy
IT Hardware and Support	Business Skills	Creative and Digital Media

SQA Exams

- 7 school weeks

2020

JANUARY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY						
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MARCH						
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29	30	31				

APRIL						
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MAY						
S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE						
S	M	T	W	T	F	S
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20	21	22	23	24	25	26
27	28	29	30			

JULY						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER						
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23	24	25	26	27	28	29
30						

OCTOBER						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER						
S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Testing times ...

- **Easter holidays**



- **School closes Friday 27th March–
re-opens Tuesday 14th April**

**Monday 27th April Higher PE and
Higher German**

Testing times ...

- **SQA Exam Timetable**

- [Examination timetable 2020](#)

Testing times ...

Music performance exams

Tuesday 25th and Wed 26th Feb

Accounting assignment

Administration practical exam

Dance practical

PE performance

Practical Cookery

Exam Problems

What if there's a problem on the day of the exam?

- Contact the school ASAP
- Exceptional Circumstance Service
- Illness, accident, bereavement...
- Can submit evidence
- May be awarded estimate grade

What if I don't get the grade I was expecting?

- No appeals
- Can change options
- Post Result Service

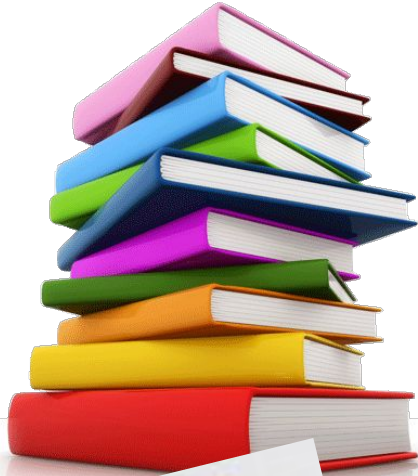
Where do you start?



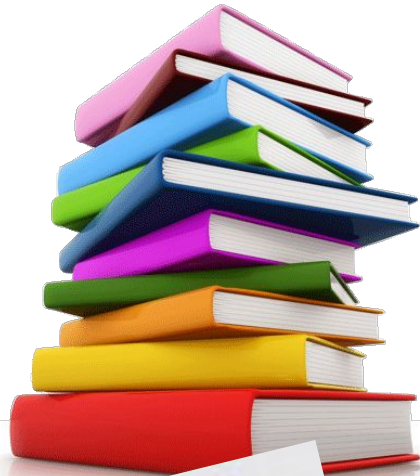
Resources

- What do you need to have in front of you for effective study?

Resources



Resources



Parental Involvement

“The research is overwhelmingly clear: when parents play a positive role in their children’s education, students do better in school”

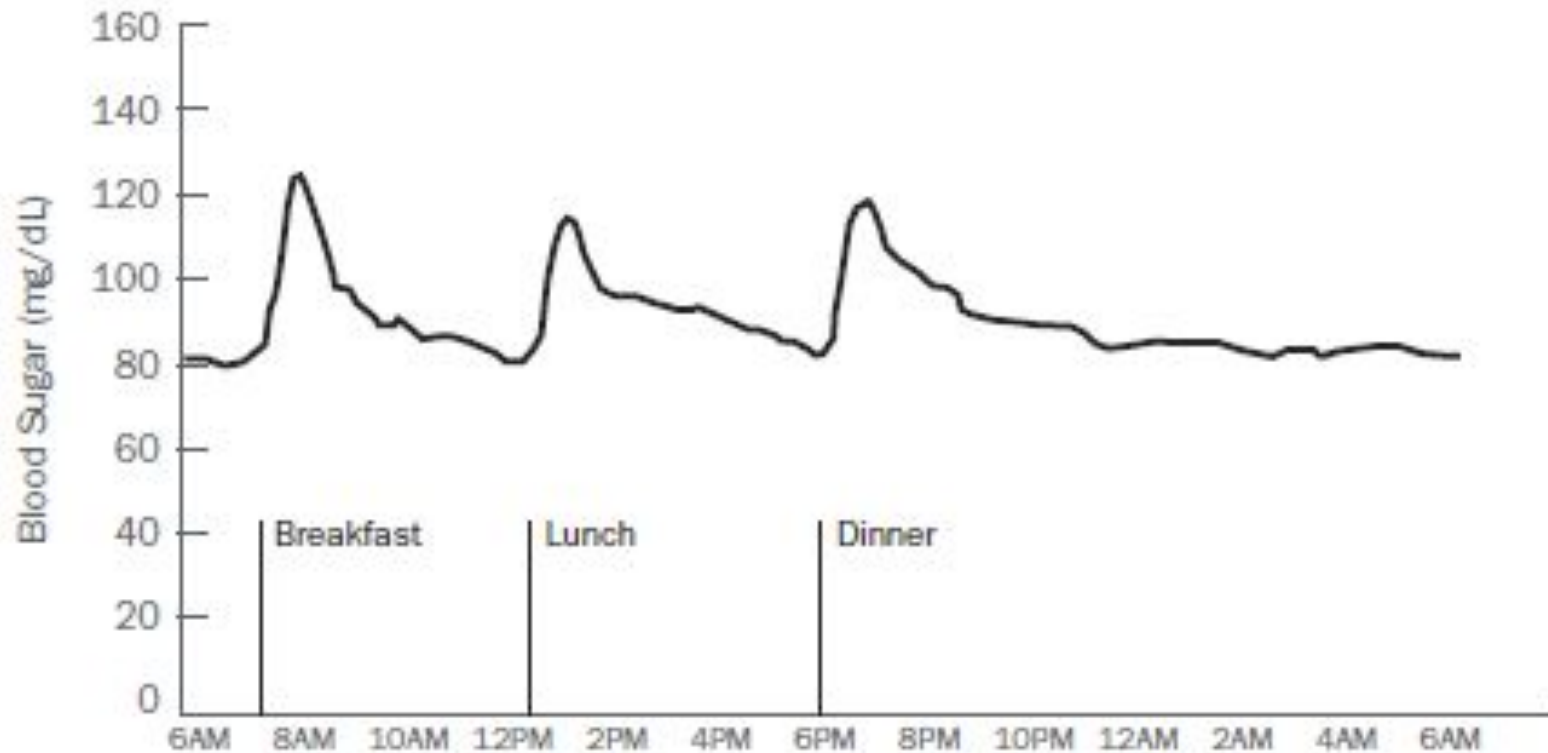
How can I help?

- Build revision time into family life.
- Create a quiet space.
- Reward – cups of tea chocolate biscuits!
- Breaks from revision.

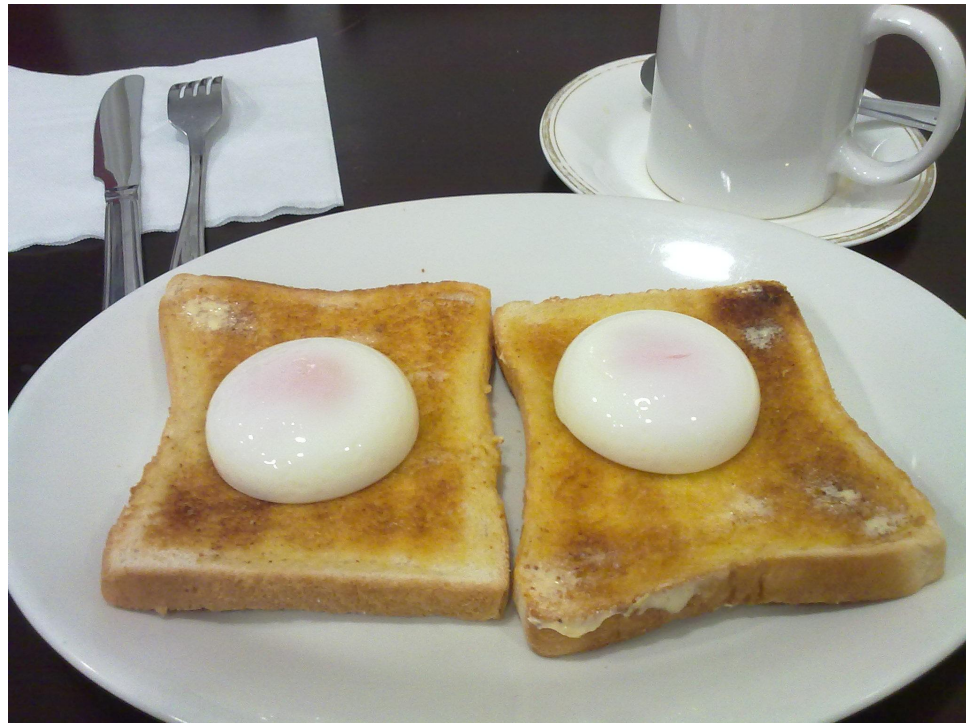
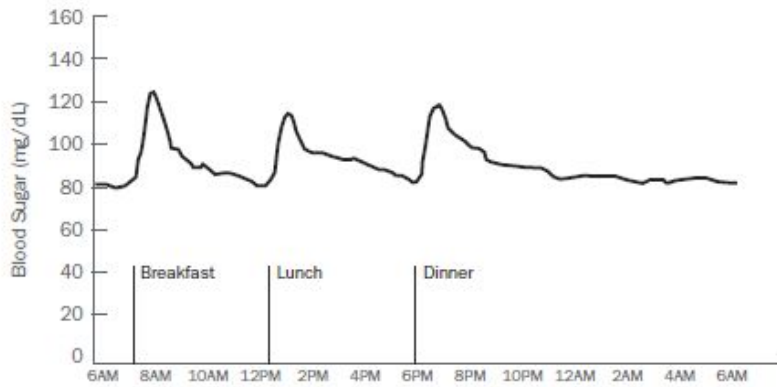
Help consolidate revision by

- Talking through summary notes.
- Asking for explanation of mind map.
- Timed past papers.
- Ask for explanations, teach the parent.
- Talk, talk, talk.

Exam day



Exam day



**IF YOU FAIL
TO PLAN,
YOU PLAN
TO FAIL**

Have a system for planning.



Weekly Study Timetable


		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	7 - 8							
	8 - 9							
	9 - 10							
	10 - 11							
	11 - 12							
Afternoon	12 - 1							
	1 - 2							
	2 - 3							
	3 - 4							
	4 - 5							
Evening	5 - 6							
	6 - 7							
	7 - 8							
	8 - 9							
	9 - 10							
	10 - 11							

parent24

How to create a study plan - A guide

Let's start now ...

NAME _____



The secret to getting ahead is getting started

IF IT IS IMPORTANT TO YOU, YOU WILL FIND A WAY. IF NOT, YOU WILL FIND AN EXCUSE.

Target - 4 hours

Wk Beginning 11 th Sep	Commitments	Plan	Achieved
Monday	After School Football	½ hour	15 minutes Chemistry and Maths
Tuesday		1 hour	30 minutes English 30 minutes Physics
Wednesday		1 hour	30 minutes Maths 30 Minutes Physics
Thursday	After school Dungeons and Dragons	½ hour	30 minutes Maths
Friday	Staying at friends		
Saturday	Work 9am - 1pm	1 hour	45 minutes History 15 minutes Physics
Sunday	Work 10am - 3pm		

Check for understanding - Recap - Practice

How long?



How long?

- Minimum 2 hours per subject each week.
- Break into manageable chunks.



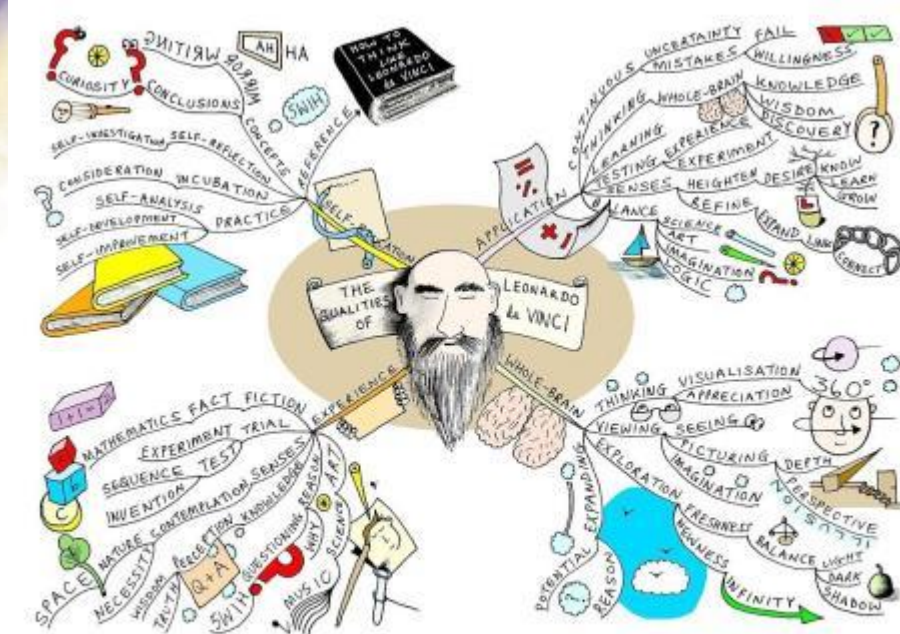
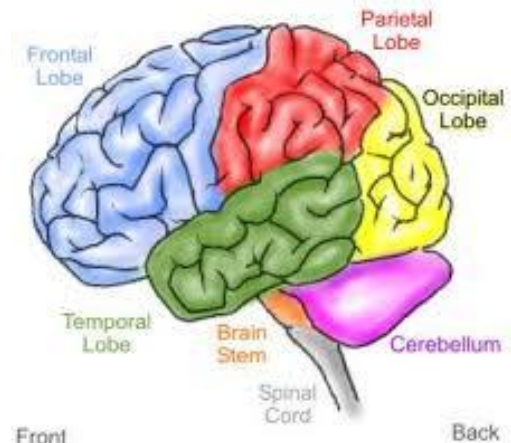
How long did you spend ?..



But what do I do?



Regions of the Human Brain



But what do I do?

- Check for understanding.
- Recap.
- Practice.



“Pretend studying”

Spending time in your room with your books does not equal effective studying!

Copying beautiful notes does not equal effective studying!

Spending all your time on your preferred subject does not equal effective studying!

Rearranging your notes for the 5th time does not equal effective studying!

How do I study for English?

Target Setting



Targets set on Google Sheet

- Share and discuss targets at home.



Speaking from experience ...

- Don't make ridiculous study aims.
- Make quality notes that you understand.
- Study the material you don't understand and not the material you do – get out of your comfort zone!



Speaking from experience ...

- Short, focused study sessions. Quality rather than quantity.
- Make use of your class time and concentrate on new material your teachers give you.
- If you are finding past papers a bit tricky, do a few with your notes beside you before going on to practise in exam conditions.

Past Papers



Past Papers) by Sqa (30 Aug 2013)

£8.99 **£7.19** Paperback 

Order in the next **5 hours** and get it by Tuesday, Dec 3.

More buying choices - Paperback

£5.84 new (19 offers)

£6.20 used (5 offers)

★ ★ ★ ★ ★ (6)

#1 Best Seller in Miniature Model Making

Eligible for FREE Super Saver Delivery.

Sell this back for an Amazon.co.uk Gift Card

Books: See all 38 items



SQA Specimen Paper 2013 National 5 Mathematics and Model Papers (Sqa Past Papers) by Sqa (30 Aug 2013)

£8.99 **£7.19** Paperback 

Order in the next **5 hours** and get it by Tuesday, Dec 3.

More buying choices - Paperback

£5.85 new (20 offers)

£6.20 used (5 offers)

★ ★ ★ ★ ★ (1)

Eligible for FREE Super Saver Delivery.

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Books: See all 38 items



SQA Specimen Paper 2013 National 5 History and Model Papers (Sqa Past Papers) by Sqa (27 Sep 2013)

£8.99 **£8.45** Paperback 

Order in the next **5 hours** and get it by Tuesday, Dec 3.

More buying choices - Paperback

£6.00 new (19 offers)

£7.24 used (4 offers)

Eligible for FREE Super Saver Delivery.

Sell this back for an Amazon.co.uk Gift Card

Books: See all 38 items

Past Papers

[NQ - Past papers and marking instructions](#)

BBC Bitesize

National 5 - Scotland

The screenshot shows a web browser window with the URL <http://www.bbc.co.uk/education/levels/z6gw2hv>. The browser's address bar also shows a tab for "BBC - National 5". The page features the BBC logo and a navigation menu with links for News, Sport, Weather, iPlayer, TV, Radio, and More. A search bar is located on the right side of the navigation menu. The main content area has a dark background with the headline "Bitesize has changed!" in large orange letters. Below this, it states "The new home of both Study Guides and Class Clips" and lists two bullet points: "✓ Brand new guides for GCSEs, Key Stage 3, Scottish Highers and Nationals" and "✓ Now available on your tablet and phone". A link "Why has Bitesize changed?" is also present. A button labeled "OK, got it!" is shown below the link. The footer of the page features the "Bitesize" logo and a navigation bar with links for Primary, Secondary, and All Subjects. Below this, a horizontal menu lists various levels: 3rd level, 4th level, CA3, KS3, GCSE, National 4, National 5 (which is highlighted), and Nàiseanta 4. A small box in the bottom right corner of the footer says "Tell us what you think".

http://www.bbc.co.uk/education/levels/z6gw2hv

BBC - National 5

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del.icio.us TAG

BBC News Sport Weather iPlayer TV Radio More Search

Bitesize has changed!

The new home of both Study Guides and Class Clips

- ✓ Brand new guides for GCSEs, Key Stage 3, Scottish Highers and Nationals
- ✓ Now available on your tablet and phone

Why has Bitesize changed?

OK, got it!

Bitesize

Tell us what you think

Primary Secondary All Subjects

3rd level 4th level CA3 KS3 GCSE National 4 **National 5** Nàiseanta 4

http://www.bbc.co.uk/

Google Classroom



Intrinsic motivation

What do you want to be
doing this time next year?



Relax.



Can only
happen if
you plan.



Meeting those target grades:

- Effective Study
- +
- Intrinsic Motivation
- +
- Growth Mindset
- +
- Work in School
- +
- Relax!

Choices ...




Set Menus

Enjoy your restaurant favourites with one of our special offers exclusive to take away

Classico £9.95 Classic pizza and dough balls or garlic bread	Speciale £11.95 Classic pizza, dough balls or garlic bread and a mixed salad or dessert	Famiglia £34.95 Five classic pizzas, two garlic breads, dough balls and two mini desserts
Piccolo £4.95 Designed for kids, a Piccolo pizza, dough balls and a mini chocolate fudge cake		

Intros

Marcova Almonds	£2.95
Olives Nocellara Del Belice	£2.95
Large (gluten free) olives (with stones)	

Starters & Sides

Dough Balls "PizzaExpress"	£3.20
Garlic Bread	£3.30
Garlic Bread with Mozzarella	£3.90
Bruschetta Originale "PizzaExpress"	£4.60
Red onion, tomatoes, garlic, fresh basil & pepper	
New! Warm Celeriac "PizzaExpress"	£2.45
Creamy celeriac, red & white cabbage, carrot, shalots, red apple and chopped parsley	
Mozzarella & Tomato Salad	£4.10
Served with fresh basil, pesto and extra virgin olive oil	
Caesar Salad	£3.75
Cos lettuce, grana padano, anchovies, croutons and Caesar dressing	
Mixed Salad	£2.80
Mixed leaves, tomatoes and cucumbers with our house dressing	

Pasta al Forno

Lasagne Classica	£9.30
Bolognese sauce, mushrooms, tomatoes, béchamel sauce, grana padano	
Cannelloni*	£8.95
Ricotta & spinach pasta, béchamel & tomato sauce, grana padano	
Melanzane Parmigiana*	£8.75
Aubergine, Ricotta sauce, mozzarella and tomato, breadcrumb, grana padano & pesto	

Classic Pizza

Any of our Classic pizzas can also be made as a Romana pizza for an extra £1.55

Margherita	£7.50
Mozzarella, tomato	
American	£9.15
Pepperoni, mozzarella, tomato	
American Hot	£9.35
Pepperoni, mozzarella, tomato with your choice of hot green, red or Tabasco peppers	
Sloppy Giuseppe	£9.50
Hot spicy beef, red onions, mozzarella, tomato and green peppers	
La Reine	£8.95
Prosciutto-cotto ham, olives, mushrooms, mozzarella and tomato	
Diavolo	£10.10
Hot spicy beef, pepperoni, mozzarella, tomato, green pepper, red onions, Tabasco, hot green or regular Tabasco peppers	
Padana	£8.25
Goat's cheese, mozzarella, tomato, caramelised onions, spinach, red onions and garlic oil	
Pollo ad Astra	£9.70
Chicken, sweet peppercorn, red onions, mozzarella, tomato, parmesan and garlic oil	
Il Padrino	£10.20
Chicken, roasted tomatoes, green and red vegetables, mozzarella, white tomato & pesto base	
Giardiniera	£9.60
Artichokes, mushrooms, red peppers, sautéed tomatoes, olives, mozzarella, garlic oil with tomato & pesto base	

Personalise your pizza: Try from our favourites of chicken, goat's cheese, pancetta, pepperoni, Sloppy Giuseppe or 100% mixed vegetables. Add an ingredient for £1.50

Salads

Served with baked dough balls and garlic bread. Our house dressing is also available in a lighter version

Nicoise	£7.85
Our original 1985 recipe. Anchovies, capers, olives, free-range egg, seasonal mixed leaves, vine tomatoes, cucumber, house dressing	
Grand Chicken Caesar	£7.75
Chicken, anchovies, grana padano, cos lettuce, croutons, house dressing	
Pollo Pancetta Salad	£8.30
Chicken and pancetta with peppercorn, sweet baby becons, vine tomatoes, cucumber, red peppers, seasonal mixed leaves, basil and mint. Extra virgin olive oil & red wine vinegar dressing, ricotta salata	

Desserts

The following are served with your choice of cream or mascarpone

Tiramisu	£4.15
Chocolate Fudge Cake	£4.15
Cheesecake	£4.15
Banoffee Pie	£4.15

Soft Drinks

San Pellegrino Aranciata	£2.35
San Pellegrino Limonata	£2.35
Coca-Cola	£2.25
Diet Coke	£2.25

Click & Collect

at pizzaexpress.com



You can now order your favourite pizzas to collect on your way home

Find that perfect pizza for your party. It's easy to take away. If there's anything you want to know, let us know, and we'll gladly make it for you.

If you're sensitive or allergic to any of our ingredients, please ask us for help. Please also watch out for busy silver stores.

* Contains nuts or nut oils. Although baked without this symbolise our allergen policy, there's a possibility that traces of allergens may remain.

* Suitable for vegetarians. *Grana padano is not suitable for vegetarians.

Barriers to study:

Barriers to study:



FIXED MINDSET



Start the preparation now



Scenario

You would like the new iPhone 11 by Summer 2020.

You have a weekend job in a local cafe and your average monthly pay is £120.

You keep £40 a month to spend and save the rest - when would you have to start saving to be able to afford the iPhone in July?

Start the preparation now



You wouldn't start saving the week before
- why do some people start studying the
week before?!



Buy iPhone 11 Pro

From £32.99/mo. or £799 with trade-in**

Do you have an iPhone to trade in?

[See how Apple Trade In works](#)

Yes

From £32.99/mo. or £799**

No

From £42.99/mo. or £1,049**

Choose your model.

So what happens next ...

- Check deadlines for all coursework.
- Discuss targets and study plan.
- Check exam timetable.
- Discuss plans for Easter.



**DO IT
NOW**

Post Exam



It's a funny
thing, the more I
practice the
luckier I get.

Arnold Palmer