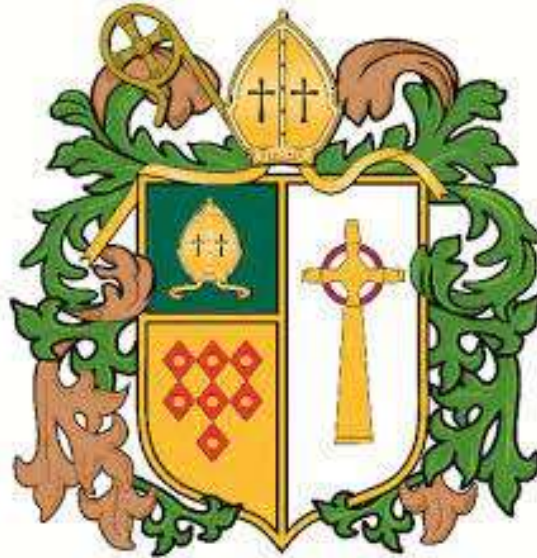


Step Up to Year 11



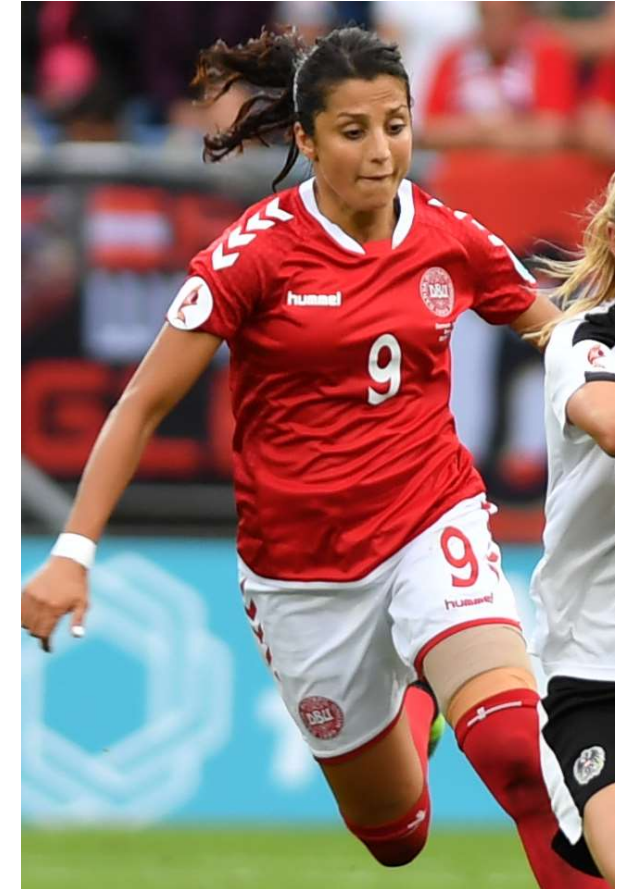
You are NOW Year 11.
How can you prepare for this?

“I have one goal in life, I want to be the best, in everything I do”



Nadia Nadim

- Born in Herat Afghanistan
- When I was young, I got the heart-breaking news that the Taliban had executed my father. After that, my family decided to escape Afghanistan, as it was not a safe place for a family of 6 women.
- We planned to escape to London, where we had a few relatives, and with forged passports we came to Italy through Pakistan. From there, me and my entire family went on a truck, thinking we where heading towards London. After a few days, we all turfed off the truck, expecting to see Big Ben. We did not. All we saw was trees. We asked a passer-by and found out that the bus had dropped us in Denmark. A small country in the northern parts of Europe, that I these days refer to as home.



Nadia Nadim

- I began my professional career playing for B52 in Aalborg, and then came to represent Team Viborg, IK Skovbakken and Fortuna Hjørring. With Fortuna I made my Champions League debut, in September 2012, scoring both goals when we beat Scottish champions Glasgow City 2-1.
- I made my debut for the Danish national team in Algarve Cup 2009, and have since then proudly represented my country 73 times, earning one UEFA Euro's bronze medal, and one UEFA Euro's silver medal.
- Except playing football, I'm also a medical student at Aarhus University, and quite soon my title will become Dr Nadim. I speak 9 languages fluently, and I'm constant in the process of taking on new challenges.

It's in your hands how you look at it. I still have hopes and dreams. I don't know when we will get back to normal and I don't really care because I'm living right now. I'm making the most of it. I'm going to do my best to have a better future and an even better day tomorrow.



Step Up to Year 11

Step 1: Build Your Team



Team Line Up

- Family
 - Friends
 - Teachers
 - Form tutor
 - HoH/AHoH
 - Support team: Nurse, School Counsellor
 - School Community
 - **Action:**
- Build your team
- **Deadline:** Now 😊

"When my mind isn't free of everything, when things might be frustrating me away from the court, I can't focus as well as I need to. When my mind is clear, I can go on the court and play, not worry about anything else. I can play much better and think a lot better on the court. Even when it was really tough, I found ways to win when I wasn't playing well." (Murray)

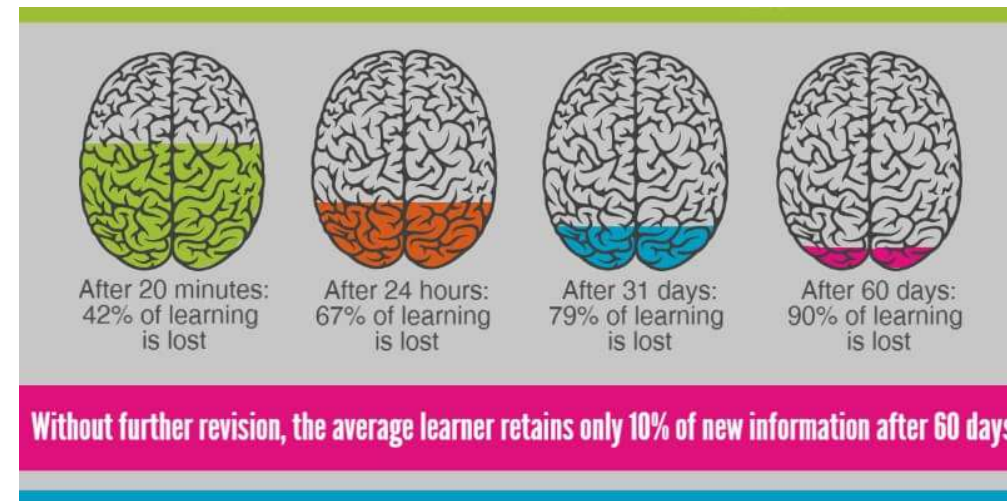
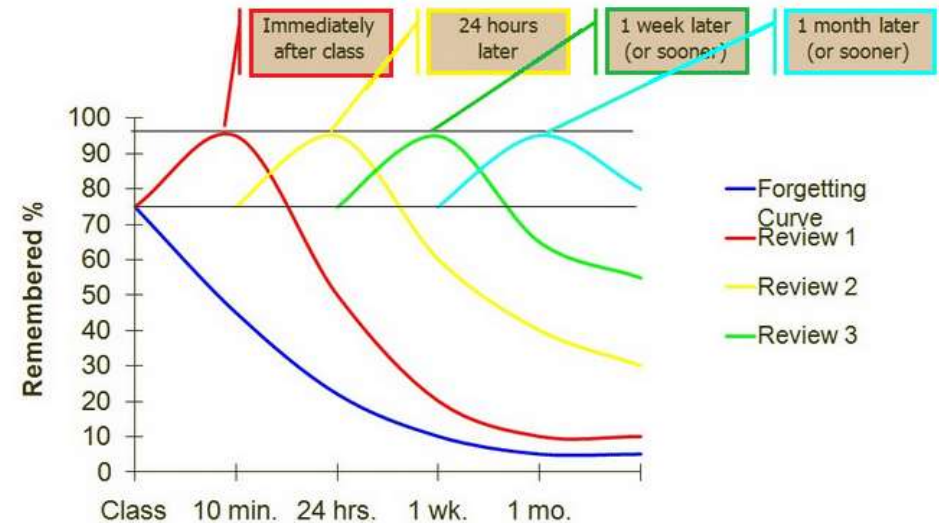
Step Up to Year 11

Step 2: Holiday Homework

- Targeted revision or BTEC development work
- Key foundation for progress into Year 11
- **Action:**
 - 100% effort
 - Plan and make time
 - Use your resources to support: GC, KOs
- **Deadline:** Due first week back

Education Endowment Fund

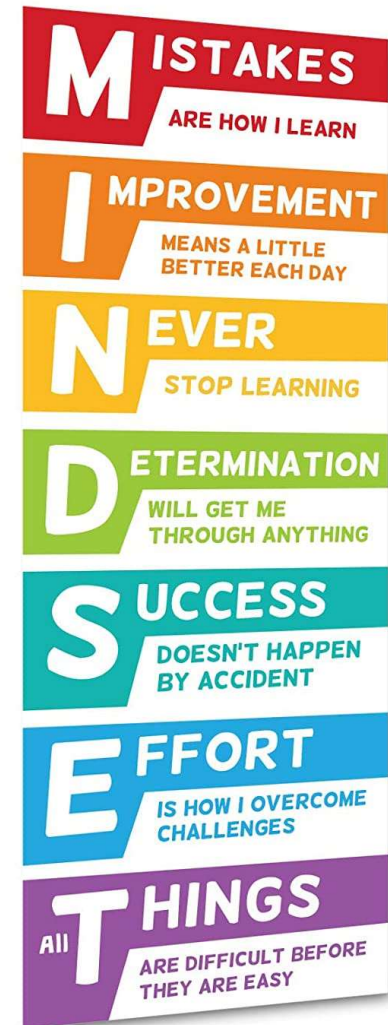
The evidence shows that the impact of homework, on average, is five months' additional progress.



Step Up to Year 11

Step 3: Attitude and Mindset

- Ready to give 100% effort
 - Focused and ready to learn
 - Embrace challenge
 - Prepared to learn from mistakes and take the steps to improve
 - Marginal gains make success over time
- **Action:**
 - Set targets for growth in each subject and create mini action plans with steps to success
 - Plan your homework, revision and wellbeing time
 - Set up a home learning environment
 - Make a list of things that help you to feel better when you are feeling worried or when mistakes happen
 - Map out rewards for when you hit targets
 - Work on the attitude of *"I didn't get it right this time... but to get it right next time I'll...."*
 - **Deadline:** by the end of summer, then ongoing



Step Up to Year 11

Step 4: Intervention (STEP)

- Targeted STEP intervention after school
- Focused and bespoke support for both content and skill
- An opportunity to develop your knowledge and enhance your subject skills in small-group settings
- **Action in September:**
 - Check the boards
 - Attend
 - Maximise your time to ensure effective progress
- **Start date:** September



Education Endowment Fund

Some studies suggest that greater feedback from the teacher, more sustained engagement in smaller groups, or work which is more closely matched to learners' needs explains this impact (2014 study - 3 months progress)

Your Summer – Key Things

- Relax and refresh yourself – you've earned it!
- Plan and prepare for next year – including completing homework to a high standard!
- Cheerlead and support your friends to prepare
- Come back ready for Year 11 and the challenges it will bring



And remember.....
belief in yourself, and
know that we will
always believe in you!



Lord Jesus,

You understand the difficulties humans face,
and the pressure I'm under right now.
I ask that you guide me as I start this homework,
so that I may do my best.

Open my mind,
Clear my thoughts,
Relax my mind and body,
And grant me perfect concentration,
So I may use the knowledge I have gained,
To build up your kingdom,
For the good of all.

Amen

