

Get Ready for Year 11 Evening



Thursday 24th September 2026

Purpose of this evening

- Choices at Post-16
- Additional support offered in school this year
- How 'study leave' will work
- Exam arrangements and misconceptions
- Key dates for Year 11



MANOR DRIVE YEAR 11 POST 16 OPTIONS 2027



Believe
*••• IN YOUR •••
DREAMS

POST 16



Support and information is beginning to be shared about Post 16 Options.

These include:

- Sixth Form within the Four Cs Trust- AMVC and KSA
- College Routes at Stamford and Peterborough
- Apprenticeships

NOTE: All children at Manor Drive have a place at one of the Four Cs Trust Sixth Forms if they meet entry requirements

WHAT HAPPENS?



Between November and December you will be invited to visit Post 16 centres and apply by December. You can also view their websites.

You will then have interviews in January onwards.

These are not scary but a way to check you have chosen the right subjects for you. Manor Drive will share teacher predictions and offers are made based off of these.

WHAT HAPPENS?



In August when you receive your GCSE results, you will then have your place confirmed at your chosen setting.

If you have not quite met the entry requirements, you will need to meet with your chosen provider to make an alternative choice.

Everyone should have a Plan A and a Plan B.

It is our job to support you with this. Ms Kavanagh, Deputy Headteacher and Sixth Form strategic lead for Post 16 at The Four Cs Trust will be here to support you on GCSE results day

HOW ARE WE HELPING



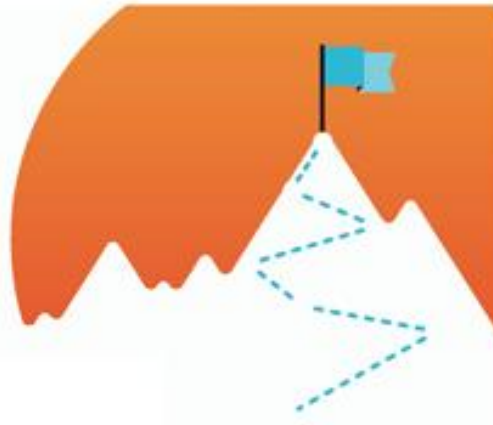
Manor Drive are working with Ms Kavanagh from the Four Cs Trust to begin Post 16 conversations with each child in Year 11

We are working as a Year 11 Team to support their interests and passions to ensure that students make the right choice to better their future

We are exploring transport and other barriers to ensure that the next steps are easy and without obstacles.



POST 16 OPTIONS



Open Evenings



OCTOBER & NOVEMBER 2026

School	Date
Arthur Mellows	Thursday 12th November
GPUTC	Tuesday 20th October
Hampton College	Wednesday 4th November
Hampton Gardens	Wednesday 4th November
Jack Hunt	Thursday 5th November
Ken Stimpson	Wednesday 11th November
Kings School	Thursday 5th November
Nene Park	Thursday 12th November
Bushfield	Wednesday 4th November
Peterborough School	Tuesday 13th October
Queen Katherine Academy	Thursday 22nd October (18:00-19:30)
St John Fisher	Tuesday 13th October
Stanground Academy	Thursday 15th October
Thomas Deacon Academy	Wednesday 7th October
Peterborough College	Various Events, first in October – will be announced on their website shortly
Stamford College	Various Events, first in October – will be announced on their website shortly



Open Evenings

Open Evenings for the Colleges are as follows:

Peterborough Campus				Stamford Campus			
01 October 2026 5.30pm - 7.30pm	22 October 2026 5.30pm - 7.30pm	12 November 2026 5.30pm - 7.30pm	19 January 2027 5.30pm - 7.30pm	07 October 2026 5.30pm - 7.30pm	04 November 2026 5.30pm - 7.30pm	25 November 2026 5.30pm - 7.30pm	27 January 2027 5.30pm - 7.30pm

Registration to attend these events must be completed online on the individual College's website, in advance of the open event.



1. Catching up on any work not completed from year 10 over the 6-week holiday. This will decrease the amount of stress to catch up when you are given more work to complete at home in year 11.
2. Make the most of the Tuesday lunch catch up session and Wednesday after school catch up sessions.
3. Always bring your sketchbook to lessons!



1. **Prepare** for each lesson by reviewing the tasks they have completed during that particular NEA lesson.
2. Ensure they **understand what** they need to do in the **next** NEA session.
3. **Revise** and **practice** their **skills** for the next NEA task they intend to tackle, this will ensure they are prepared and not wasting time trying to remember how to undertake the tasks.



Subject advice: Drama

1. Ensure your Devising Drama portfolio is updated and complete- Final internal submission date Friday 2nd October. Use Wednesday lunchtimes and after school sessions to support.
2. Attend the Blood Brothers trip on 25th November. This will support section A of the written exam paper answering the questions.
3. Rehearse and learn your lines when your group is given your presenting and performing texts script in the next couple of weeks.



1. Get used to working independently and exploring a range of sources.
2. Accepting that deadlines are important, planning and prioritising work.
3. Developing presentation skills, layout, editing and communication using PowerPoint.



Subject advice: English Language

1. Make sure you are familiar with the requirement of language paper 1 and 2 - do you know what to do for each question?
2. Practise answering questions in timed conditions - running out of time and missing higher mark questions often loses a lot of marks.
3. Practise extended writing and ask your teacher for feedback. 50% of English Language is based on Descriptive and Persuasive writing. Don't forget to proof read for punctuation and paragraphs. Technical accuracy is worth 16 marks per paper.



Subject advice: English Literature

1. Know the stories really well. Revise the plot, characters and themes of the set texts.
2. Regularly revise key quotes - use flashcards, mind maps or whatever works best for you.
3. Practise questions - time yourself to do a practise question and ask your teacher to give you feedback.



Subject advice: Enterprise

1. Know their Enterprise Key Terms and Concepts

Why?

Students who can confidently use business terminology gain more marks because they are able to explain and justify their ideas effectively.

2. Develop Strong Written Justification Skills

In Component 2 and the external assessment, students must do more than describe. They need to **explain, assess and justify** their decisions.

Why?

Many students lose marks because they identify an idea but fail to explain the impact or reason behind it.

3. Keep Up with Real Business and Enterprise Examples

Students should regularly look at businesses around them and think like entrepreneurs.

Why?

The strongest responses in Enterprise use real-world examples and show commercial awareness.



1. Working independently to meet and manage deadlines.
2. Keep revisiting your Theory knowledge
3. Practice your cooking skills at home to maintain your skills.



Subject advice: History

1. Ensure they know the content first - do quizzes, flashcards and mindmaps
2. Apply knowledge to exam questions - Planning an essay answer can be as useful as answering a short question
3. Use academic language. Think, how would your teacher write this?



Subject advice: Languages

1. Watch Easy German / Easy French youtube videos to improve listening skills.
2. Come to the afterschool and lunchtime sessions.
3. Prepare for the writing exams, not by learning lots and lots of paragraphs, but by using set phrases that you can adapt to any question.



Subject advice: Maths

1. Over 50% of the marks are for working so, even if you can't get to the right answer, put down some working and it might be worth valuable extras.
2. Know how to use your calculator. They are all slightly different and have a surprising amount of little perks that you don't know about. Ask your teacher or look online to find out the cheat codes.
3. Check that your answer makes sense. If you're calculating a length then the answer won't be negative, if it asks for an age then it should be a whole number, and if it says to give as a fraction in its simplest form then don't write down a decimal.



The use of Physics and maths tutor and BBC bitesize and Free Science lessons on Youtube.



- 1. Ask for support and make use of additional opportunities** – If students are unsure about any aspect of the course, they should speak to their teacher rather than allowing gaps in their knowledge to build up. We also offer an after-school support session every Tuesday for students who would benefit from additional guidance or time to work on their studies.
- 2. Know the specification:** Students should understand exactly what they are being assessed on, both practically and in the theory/exam components.



Form and Session 7 Plan

Monday:

Maths and English

Tuesday:

Maths and English small group interventions

Wednesday:

Science

Wellness

Thursday:

Maths and English small group interventions

Friday:

Maths and English small group interventions



Study Support



STUDY SUPPORT

Monday Lunchtime

Film Studies
Enterprise
French
German
Music (10 & 11)
Computing

After school
Food
DT

Tuesday

Lunchtime
Art (10 & 11)
Drama (10)
Music (10 & 11)

After school
DT
Food
French (Foundation)
Sport Studies

Wednesday

Lunchtime
Computing
Drama
Enterprise

After school
German
(Foundation)
Art, Textiles, Drama,
Music

Thursday

Lunchtime
H & SC
French
German

Notes :
Unless stated otherwise, sessions are open to Year 11 only.
Find out locations from your subject teacher.

Students will need to collect a lunch pass to get to the front
of the dinner queue and access to the classroom.

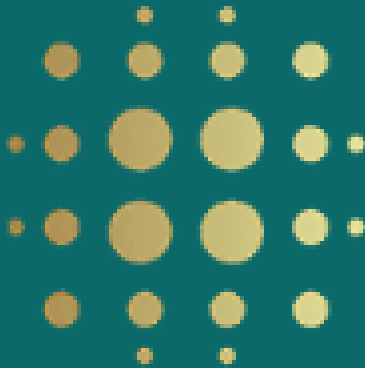




Joint Council for
Qualifications CIC

- Resilience
- The heat
- Attempting all the questions
- Own calculator
- Going to the toilet
- Equipment
- Keeping to the rules



MY BIG  YEAR



Desktop

Sign Up

Already have an account? Sign in [here](#).

First Name

Last Name

Email Address

Password

Re-enter Password

User Type

☒ Student ☐ Parent Carer ☐ I Work in a School ☐ Other

☐ I agree to the [Terms and Conditions](#)

Welcome to My Big Year!

Let's make this year one to remember.



View My Timetable

View your personalised timetable to help you plan your academic year effectively.

[View Timetable](#) →



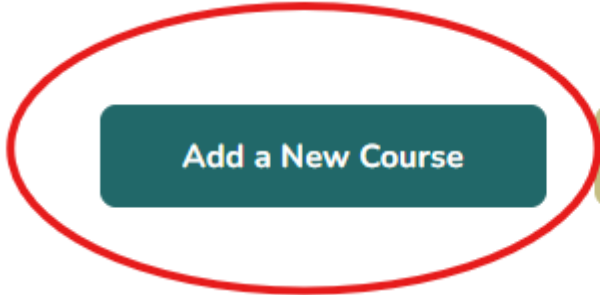
Edit My Courses

Add, edit and view the courses and qualifications you are taking this year

[Edit Courses](#) →

My Courses

Please confirm the courses you have selected are correct.



Add a New Course

View Timetable

Welcome to My Big Year!

So we can tailor your timetable, we need to know what courses you are enrolled on.

Add a Course

Get started by selecting the first subject you are enrolled in.

Step 1: Select a Subject

[Accounting](#)[Agriculture](#)[Animal Care](#)[Astronomy](#)[Bangladesh Studies](#)[Biology](#)[Business](#)[Chemistry](#)[Child Development](#)[Citizenship](#)[Classical Civilisation](#)[Classical Languages](#)[Commerce](#)[Computer Science](#)[Construction](#)[Design Technology](#)[Digital & Creative Media](#)[Drama & Performing Arts](#)[Economics](#)[Electronics](#)[Engineering](#)[English](#)[Food & Nutrition](#)[French](#)[Geography](#)[Geology](#)[German](#)[Health & Social Care](#)[History \(Modern & Ancient\)](#)[Hospitality](#)[ICT](#)[L.L.W.](#)[Languages \(non-core\)](#)[Leisure, Travel & Tourism](#)

Add a Course

Get started by selecting the first subject you are enrolled in.

Step 1: Select a Subject

English

Reset Subject

Step 2: Select the Exam Board

AQA

Cambridge International

CCEA (Northern Ireland)

NCFE

OCR

Pearson Edexcel

WJEC/Eduqas

Add a Course

Get started by selecting the first subject you are enrolled in.

Step 1: Select a Subject

English

Reset Subject

Step 2: Select the Exam Board

AQA

Reset Exam Board

Step 3: Select the Course

GCSE English Language 8700

GCSE English Literature 8702

Get started by selecting the first subject you are enrolled in.

Step 1: Select a Subject

English

Reset Subject

Step 2: Select the Exam Board

AQA

Reset Exam Board

Step 3: Select the Course

GCSE English Literature 8702

Reset Course

Step 4: Add the Exam Times (Optional)

Here are the exams you are enrolled on for this course. If known, please add the specific times.

GCSE English Literature 8702/1	1h 45m	12/05/2027	AM	--:--	
GCSE English Literature 8702/2	2h 15m	19/05/2027	AM	--:--	

Add to My Timetable

English Reset Subject

AQA

Reset E

GCSE English Lang

Here are the exams y

GCSE English Language						
GCSE English Language 8700/2	1h 45m	08/06/2027	AM	--:--		



Course Added to Timetable!

Your course has been successfully added to your timetable.

Add Another Course

[View My Timetable](#)

Exam Timetable

Don't forget to add your exam times when you know them!

Print or Create PDF Timetable

Edit Courses

● Specific Time Set ● Default Time (AM/PM)

<

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today

2027

month

week

day

list

May 4, 2027

Tuesday

AM, 2h 0m ● BTEC Tech Award Enterprise BEN03/01

May 11, 2027

Tuesday

AM, 1h 15m ● GCSE Combined Science 8464/B/1FH

May 12, 2027

Wednesday

AM, 1h 45m ● GCSE English Literature 8702/1

May 14, 2027

Friday

AM, 1h 30m ● GCSE Mathematics 1MA1 1FH

PM, 1h 30m ● GCSE Drama J316/04

May 17, 2027

Monday

AM, 1h 15m ● GCSE Combined Science 8464/C/1FH

May 19, 2027

Wednesday

AM, 2h 15m ● GCSE English Literature 8702/2

Exam Timetable

Don't forget to add your exam times when you know them!

Print or Create PDF Timetable

Edit Courses

☒ Specific Time Set ☐ Default Time (AM/PM)

<

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today

June 8, 2027

month

week

day

list

	Tuesday
8am	AM, 1h 45m GCSE English Language 8700/2
9am	
10am	
11am	
12pm	
1pm	PM, 1h 0m GCSE French 1FR1 3H
2pm	
3pm	
4pm	
5pm	

Exam Timetable

Don't forget to add your exam times when you know them!

Print or Create PDF Timetable

Edit Courses

<

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today

May 2027

month

week

day

list

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
	● AM, 2h 0m BTEC Tech Award			
10	11	12	13	14
	● AM, 1h 15m GCSE Combined	● AM, 1h 45m GCSE English Lit		● AM, 1h 30m GCSE Mathemati ● PM, 1h 30m GCSE Drama J31
17	18	19	20	21
● AM, 1h 15m GCSE Combined		● AM, 2h 15m GCSE English Lit		
24	25	26	27	28
● AM, 1h 45m GCSE English Lar ● PM, 1h 45m GCSE Food Prep	● AM, 1h 15m GCSE Combined	● AM, 1h 0m GCSE French 1FR1	● AM, 1h 30m GCSE Mathemati	
31	1	2	3	4

Exam Timetable

Don't forget to add your exam times when you know them!

Print or Create PDF Timetable

Edit Courses

☒ Specific Time Set
 ☐ Default Time (AM/PM)

< > today

May 24 – 28, 2027

month **week** day list

	Mon 5/24	Tue 5/25	Wed 5/26	Thu 5/27	Fri 5/28
8am	AM, 1h 45m GCSE English Language 8700/1	AM, 1h 15m GCSE Combined Science 8464/P/1FH	AM, 1h 0m GCSE French 1FR1 2H	AM, 1h 30m GCSE Mathematics 1MA1 2FH	
9am					
10am					
11am					
12pm					
1pm					
2pm	PM, 1h 45m GCSE Food Prep & Nutrition 8585/W				
3pm					
4pm					

Exam Timetable

Don't forget to add your exam times when you know them!

[Print or Create PDF Timetable](#)

[Edit Courses](#)

 Specific Time Set  Default Time (AM/PM)

2027

May 4, 2027	Tuesday
AM, 2h 0m  BTEC Tech Award Enterprise BEN03/01	
May 11, 2027	Tuesday
AM, 1h 15m  GCSE Combined Science 8464/B/1FH	
May 12, 2027	Wednesday
AM, 1h 45m  GCSE English Literature 8702/1	
May 14, 2027	Friday
AM, 1h 30m  GCSE Mathematics 1MA1 1FH	
PM, 1h 30m  GCSE Drama J316/04	
May 17, 2027	Monday
AM, 1h 15m  GCSE Combined Science 8464/C/1FH	
May 19, 2027	Wednesday
AM, 2h 15m  GCSE English Literature 8702/2	
May 24, 2027	Monday
AM, 1h 45m  GCSE English Language 8700/1	
PM, 1h 45m  GCSE Food Prep & Nutrition 8585/W	
May 25, 2027	Tuesday
AM, 1h 15m  GCSE Combined Science 8464/P/1FH	
May 26, 2027	Wednesday
AM, 1h 0m  GCSE French 1FR1 2H	
May 27, 2027	Thursday
AM, 1h 30m  GCSE Mathematics 1MA1 2FH	

Mobile

Sign Up

Already have an account? Sign in [here](#).

First Name

Last Name

Email Address

Password

Re-enter Password

User Type

- ☒ Student
- ☐ Parent Carer
- ☐ I Work in a School
- ☐ Other

Add a Course

Get started by selecting the first subject you are enrolled in.

Step 1: Select a Subject

Biology

Reset Subject

Step 2: Select the Exam Board

Search for exam board...

AQA

Cambridge International

CCEA (Northern Ireland)

NCFE

OCR



portal.mybigyear.app



Add a Course

Get started by selecting the first subject you are enrolled in.

Step 1: Select a Subject

Biology

Reset Subject

Step 2: Select the Exam Board

AQA

Reset Exam Board

Step 3: Select the Course

Search for a course or course number...

GCSE Biology 8461



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Terms and Conditions

GCSE Biology 8461

Reset Course

Step 4: Add the Exam Times (Optional)

Here are the exams you are enrolled on for this course. If known, please add the specific times.

GCSE Biology 8461/1FH

11/05/2027

AM

GCSE Biology 8461/2FH

10/06/2027

AM

Add to My Timetable

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16:16



GCSE Biology 8461

Reset Course

Step 4: Add the Exam Times (Optional)



Course Added to Timetable!

Your course has been successfully added to your timetable.

Add Another Course

View My Timetable

Adding to Timetable...

© Examscreen Limited 2026

Exam Timetable

Don't forget to add your exam times when you know them!

[Print or Create PDF Timetable](#)[Edit Courses](#)

☒ Specific Time Set

☐ Default Time (AM/PM)



2027

today

May 4, 2027

Tuesday

AM, ☒ BTEC Tech Award Enterprise BEN03/01
2h
0m

May 11, 2027

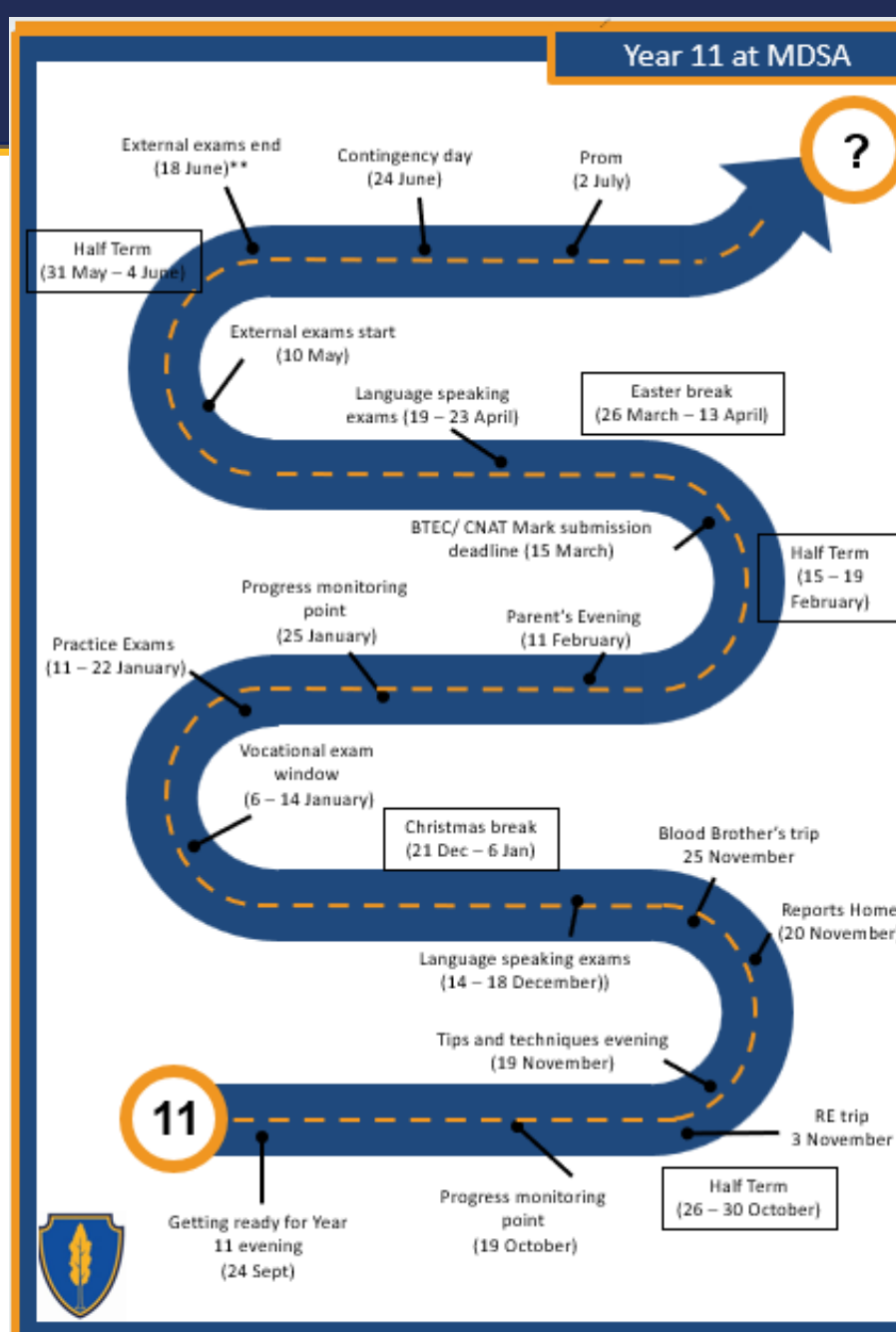
Tuesday

AM, ☒ GCSE Biology 8461/1FH

1h portal.mybigyear.app

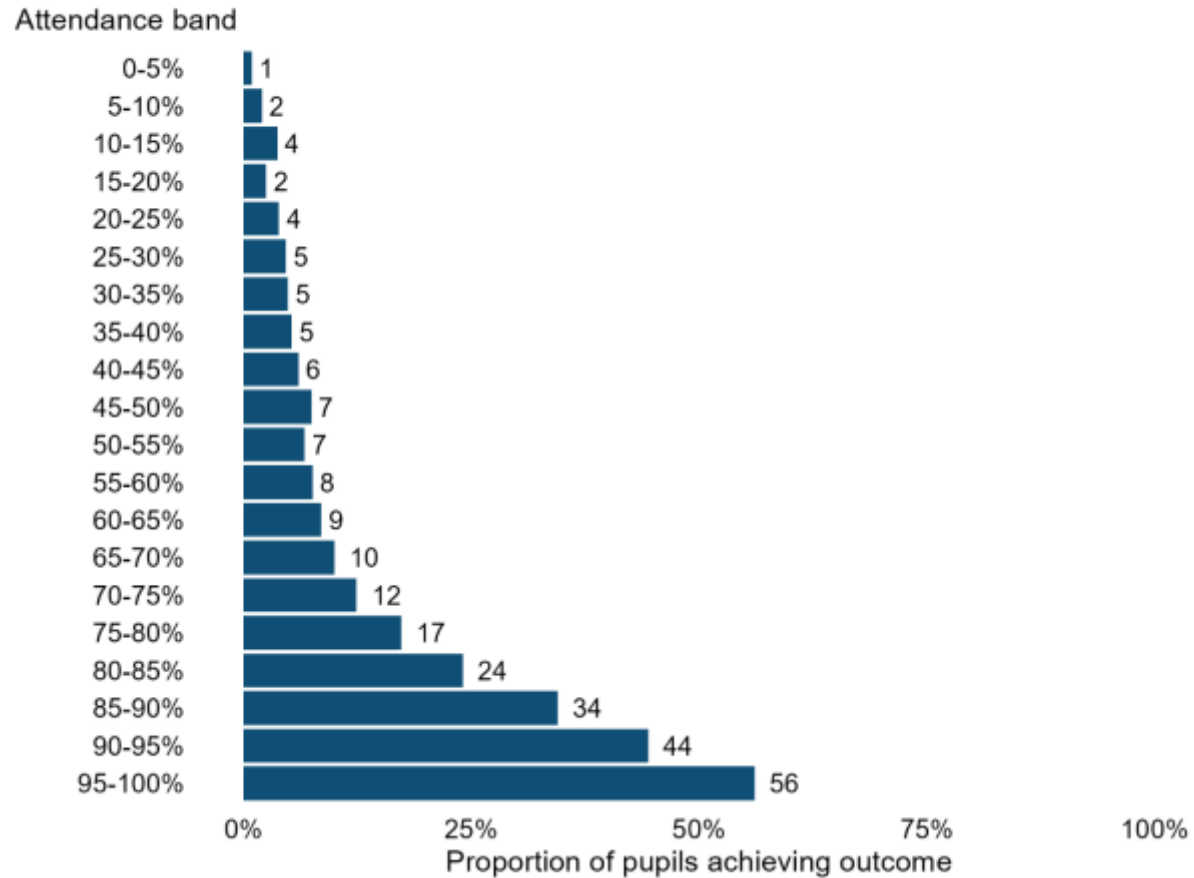
AM, ☒ GCSE Combined Science 8464/1FH

Key Dates



Impact of attendance on attainment

Figure 6 Proportion of pupils in each 5% attendance band for Year 11 achieving Grade 5 or above in English and Maths GCSE at the end of KS4



THE SCIENCE OF SLEEP

Teenagers go through biological changes meaning they are more likely to release the sleep hormone melatonin later at night-time. It is this hormone that makes us feel drowsy. During adolescence this is not released until later which means young people can find it hard to nod off. It also means that they can find it hard to wake up the next morning for school or college!

Our body clocks help to regulate appetite and body temperature. We rely on environmental cues to keep it on track such as alarm clocks and eating at roughly the same time each day. We need routine in order to keep our body clocks on schedule and this is why we stress the importance of regular sleep and wake times – even at the weekend!

Light and dark play an important role in our body clocks. Darkness helps us to produce melatonin and light suppresses it. This is why we should avoid light sources in the run up to sleep time – screen activities are best avoided.

We also build up a sleep drive during the day. We wake up (hopefully) feeling refreshed and as the day progresses get more and more tired until bedtime comes and we are ready for sleep. If we have a nap earlier in the day this may reduce this need for sleep. Many young people have a nap in the afternoon, reducing their sleep drive at night or they have lengthy weekend lie ins which again reduces the sleep drive!

teensleephub.org.uk | Teen Sleep Matters



Teen Sleep Matters | teensleephub.org.uk

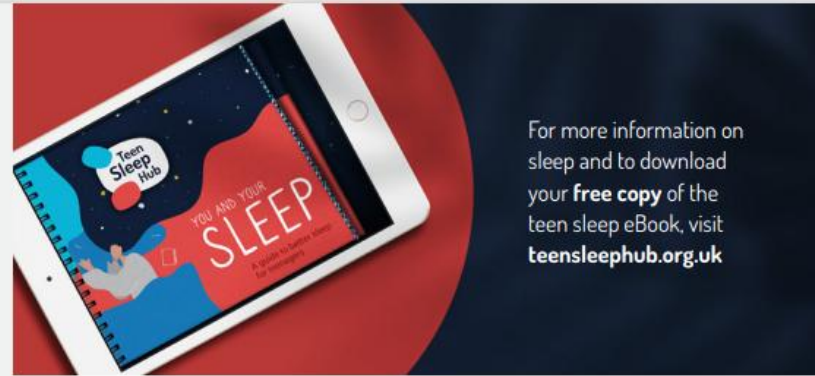


PARENT INFORMATION ON YOUNG PEOPLE'S SLEEP TOP TIPS

- 1 If your child has a sleep issue listen to them without judgment. You can't force sleep so no matter how many times you tell them to 'just go to sleep', they can't!
- 2 Educate yourself about sleep. We have information on our website (www.thesleepcharity.org.uk) and have a website that is designed for young people too (www.teensleephub.org.uk).
- 3 Encourage them to have regular sleep and wake up times – even at the weekend!
- 4 Open the curtains and let natural daylight flood the room first thing in the morning to re-set their body clock.
- 5 Consider their diet, sugary snacks are best avoided. Provide healthier options such as low sugar cereal or crackers and cheese for those evening munchies.



teensleephub.org.uk | Teen Sleep Matters



For more information on sleep and to download your **free copy** of the teen sleep eBook, visit teensleephub.org.uk

- 6 Make the bedroom a relaxing place to be, discourage doing school work in bed.
- 7 Work with your child to establish an appropriate time to switch off devices before bed. Ideally they would avoid screen activity an hour before bed.
- 8 Encourage them to dim the lights or use a lamp in the evening to help produce melatonin.
- 9 Talk to your Sleep Champion in school for further information.



Teen Sleep Matters | teensleephub.org.uk



More evidence to ban energy drinks for children, study finds

🕒 16 January 2024



GETTY IMAGES

Philippa Roxby
Health reporter



Impact on Learning and Behavior

•**Poor Concentration:**

- High caffeine intake can make it harder for learners to concentrate in class, impacting their overall educational well-being.

•**Increased Anxiety and Stress:**

- Energy drinks are linked to heightened levels of anxiety, stress, and even depression and suicidal thoughts in young people.

•**Sleep Problems:**

- Caffeine interferes with sleep, leading to sleeplessness and insomnia, which directly impacts a learner's ability to function effectively at school.

•**Risky Behaviors:**

- Studies have shown a connection between energy drink consumption and involvement in risky behaviors, including violence, unsafe sex, alcohol use, and smoking.





A BALANCING ACT

Keep your sugar levels under control.

Carbohydrates		Macro Cheat Sheet	
- Breads - Rice - Couscous - Cereals - Bran - Potatoes - Pasta - Oats - Cream of Wheat - Corn - English Muffins - Pancakes - Whole Wheat/ - Whole Grains - Vegetables - Squash - Pumpkin - Berries - Fruits - Sugars	- Beans - Sprouted - Grains - Quinoa - Most Yogurts - Skim Milk - Peas	Proteins - Chicken - Turkey - Egg Whites - Fish - Buffalo - Bison - Whey Protein - Turkey Bacon - Lean Beef - Low/Non-fat cottage cheese - Low/Non-fat greek yogurt	- Eggs - Salmon - Bacon - Chia Seeds - Cottage Cheese - Whole Fat Milk - Duck - Whole-Fat Yogurt
			- Acocado - Nut Butters - Egg Yolks - Nuts - Oils - Olives - Flaxseed
			Fats

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables
Nuts
Pulses
Fish
Bananas

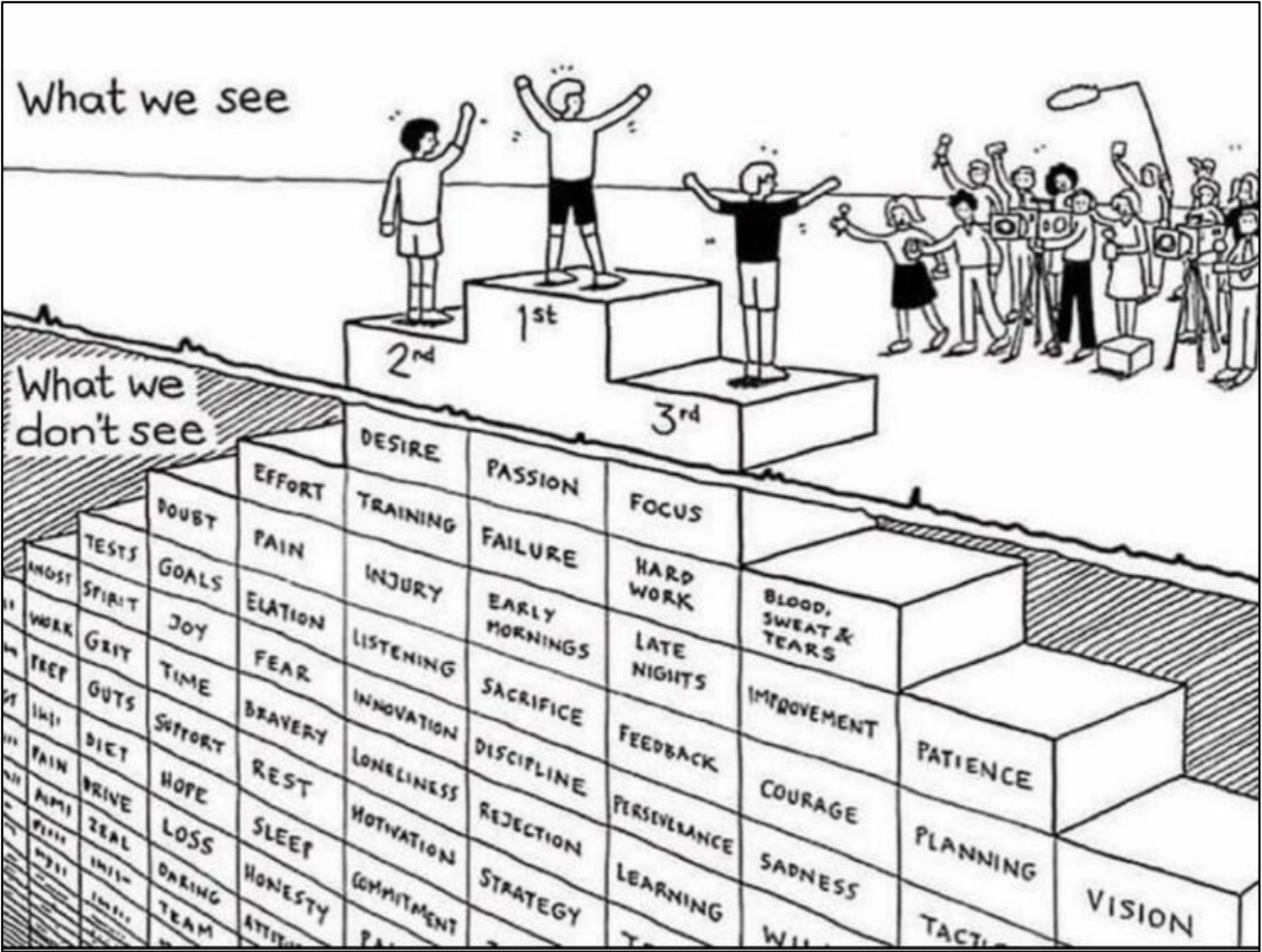
UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables
Asparagus / Spinach
Broccoli
Yoghurt
Chicken / Salmon
Whole Grains / Brown rice
Almonds / Pecans
Eggs



Success



Get Ready for Year 11: Post-event feedback survey 2026

