

KS4 Learning Support
Facilitation Evening

Thursday 30th November 2023

Objectives

- To help your child understand why revision is important.
- To help your child know how to revise.
- To help your child deal with exam stress.
- To help your child cope with disappointing results.
- Other useful information

Common Difficulties in Key Stage 4

- Trying to balance all subjects as they are all important
- Trying to do well in subjects that they do not like (compulsory subjects)
- Coursework
- Revision
- Mock exams and getting used to different styles of exams
- Pressure/anxiety as they prepare for GCSEs
- Finding time and balancing studies and social life

Organisation and the School Day

SCHOOL DAY

6 lessons a day,
50 minutes each.

School timetable

Registration	8.40 am
Assembly/Tutorial	8.45 am - 9.05 am
Period 1	9.05 am - 9.55 am
Period 2	9.55 am - 10.45 am
Break	10.45 am - 11.10 am
Period 3	11.10 am - 12.00 noon
Period 4	12.00 noon - 12.50 pm
Lunch	12.50 pm - 1.35 pm
Buzzer for end of lunch	1.35 pm*
Period 5	1.40 pm - 2.30 pm
Period 6	2.30 pm - 3.20 pm

	Mon	Tue	Wed	Thu	Fri
1	Mathematics 10d/M5 219R AXB	Science 10d/Sc4 310N DJW	PSHE 10DI/PS 130Y FHH	Science 10d/Sc4 310M DLA	Science 10d/Sc4 312R KO
2	Mathematics 10d/M5 219R AXB	Science 10d/Sc4 310N DJW	History 10d/H2 106G MPB	Science 10d/Sc4 310M DLA	Science 10d/Sc4 312R KO
3	History 10d/H2 106G MPB	BTec Pe 10B/Bp1 117R SAW	English 10D5/E 118R SSB	Geography 10A/G1 153B ZC	Physical.Ed. 10d/Pe2 HGP
4	French 10d/F2 210N MS	BTec Pe 10B/Bp1 117R SAW	ReligiousEd 10D6/Re 110N BK	Geography 10A/G1 153B ZC	Physical.Ed. 10d/Pe2 HGP
5	English 10d/E5 118R SSB	English 105D/E 118R SSB	French 10d/F2 119R MS	Mathematics 10d/M5 219R AXB	Mathematics 10d/M5 219R AXB
6	English 10d/E5 118R SSB	ReligiousSt 10DIM/Rs 110N RL	Mathematics 10d/M5 219R AXB	French 10d/F2 210M MCA	English 10d/E5 118R SSB
Tw					

Organisational Tips



- Quiet place for learning
- Time for learning – break up with breaks for food, phone/iPad time, TV time etc.
- Display your copy of your child's timetable at home – check at nights in preparation for next day .
- Only pack equipment needed for the lessons the next day – no need to carry books for the week.

Packing the school bag – books for the next day.

Independence we want – parents have to double check using the timetable in the diary.



Pencil case

- Black and blue pen

- Green pen

- Pencil

- Rubber

- Sharpener

- Ruler

- Glue stick

- Compass and Protractor

- Calculator

- Glasses



Names of Staff		
Head of Year: <u>Mr Nash</u>		
Deputy Head of Year: <u>Miss Schgal</u>		
Subject	My Teacher	Set
Art	Miss Wallner	3
Drama	Mrs Benfield	3
English	Ms Carvey-White	4
Geography	Miss Riseborough	3
History	Mrs Wilson-Hudges	4
ICT	Miss Luna	3
Languages	Mrs Haria	2
Mathematics	Mrs Jithoo	4
Music	Mr Holman	3
PE	Miss Dollani	2
PSHE	Miss Pollani	AD
Religious Education	Mr Spragg	3
Science	Mrs Benedict	3
Technology	Mrs Turner	4

Homework Timetable	
Day	Subject
Monday	Languages English
Tuesday	Geography Science
Wednesday	Technology Maths
Thursday	History RE
Friday	Computing Music/Art/Drama

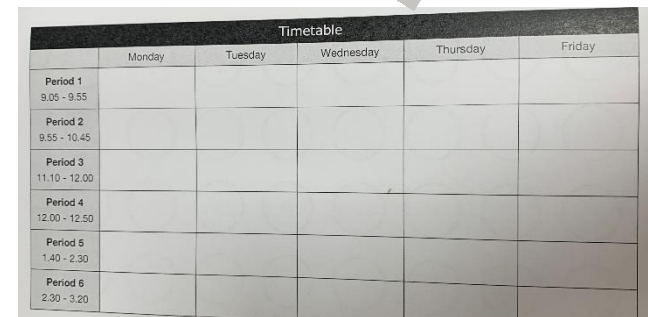
Extra Curricular Activity Timetable			
Day	Subject	Time	Room
Monday	Homework	3:20	1634
Tuesday	Netball	3:20	
Wednesday	Home work	3:20	1634
Thursday	Homework	3:20	1634
Friday	Homework	3:20	1634

Diaries must be signed weekly by a career or guardian

If the dairy you might find codes like

- B/C
- PU
- CBS

- **Timetable**
- **Homework timetable**
- **List of teachers**
- **Uniform checklist**
- **PE checklist**
- **Dates**

A small illustration of a clipboard with a white sheet of paper and a black checklist, positioned in the bottom right corner of the slide.

Year 10 homework timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Delta	RS/RE (alternate weeks) ENGLISH	<u>OPTION B</u> ART/COMPUTING/DRAMA/ FOOD AND NUTRITION / PHOTOGRAPHY/ DESIGN AND TECHNOLOGY/ BTEC PE/HISTORY/TEXTILES SCIENCE	MATHS HISTORY/GEOGRAPHY	<u>OPTION A</u> Art/COMPUTING/ FOOD AND NUTRITION/ PHOTOGRAPHY / TEXTILES/TRIPLE SCIENCE/ BTEC PE/THEORY OF PE/MUSIC/GEOGRAPHY/ DESIGN AND TECHNOLOGY LANGUAGES/TRAVEL & TOURISM/BTEC IT/ FOOD	SCIENCE
Gamma	SCIENCE	<u>OPTION B</u> ART/COMPUTING/DRAMA/ FOOD AND NUTRITION / PHOTOGRAPHY/ DESIGN AND TECHNOLOGY/ BTEC PE/HISTORY/ TEXTILES HISTORY/GEOGRAPHY	MATHS ENGLISH	<u>OPTION A</u> Art/COMPUTING/ FOOD AND NUTRITION/ PHOTOGRAPHY/ / TEXTILES/TRIPLE SCIENCE/ BTEC PE/THEORY OF PE/MUSIC/GEOGRAPHY/ DESIGN AND TECHNOLOGY RS/RE (alternate weeks)	SCIENCE LANGUAGES/TRAVEL & TOURISM/BTEC IT

COMBINED SCIENCE: SET TWICE A WEEK ON A 3 WEEK ROTATION (Bio & Chem/Chem & Phys/Phys & Bio) – IT MAY BE DIFFERENT TO THE DAY ABOVE

SEPARATE SCIENCE: SET ONCE A WEEK FOR EACH SCIENCE – IT MAY BE DIFFERENT TO THE DAY ABOVE

Year 11 homework timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Delta	<p>RS/RE (alternate weeks)</p> <p>SCIENCE</p>	<p><u>OPTION B</u> ART/DRAMA/ FOOD AND NUTRITION/ GEOGRAPHY/HISTORY/ PHOTOGRAPHY/ COMPUTING/ DESIGN AND TECHNOLOGY/ TRIPLE SCIENCE/BTEC PE/ TEXTILES</p> <p>MATHS</p>	<p>LANGUAGES</p> <p>TRAVEL & TOURISM BTEC ICT/ FOOD</p>	<p><u>OPTION A</u> ART/DRAMA/MUSIC/ FOOD AND NUTRITION/ COMPUTING/PHOTOGRAPHY/ DESIGN AND TECHNOLOGY/ TRIPLE SCIENCE/ BTEC PE/TEXTILES/ THEORY OF PE</p> <p>ENGLISH</p>	<p>SCIENCE</p> <p>GEOGRAPHY/HISTORY</p>
Gamma	<p>SCIENCE</p> <p>GEOGRAPHY/HISTORY</p>	<p><u>OPTION B</u> DRAMA/ FOOD AND NUTRITION/ GEOGRAPHY/HISTORY/ PHOTOGRAPHY/ COMPUTING/ MUSIC/ DESIGN AND TECHNOLOGY/ TRIPLE SCIENCE/BTEC PE/ TEXTILES</p> <p>MATHS</p>	<p>LANGUAGES</p> <p>TRAVEL & TOURISM/ BTEC ICT</p> <p>ENGLISH</p>	<p><u>OPTION A</u> ART/DRAMA/ FOOD AND NUTRITION/ COMPUTING/PHOTOGRAPHY/ DESIGN AND TECHNOLOGY/ TRIPLE SCIENCE/ BTEC PE/TEXTILES/ THEORY OF PE</p> <p>SCIENCE</p>	<p>RS/RE (alternate weeks)</p>

COMBINED SCIENCE: SET TWICE A WEEK ON A 3 WEEK ROTATION (Bio & Chem/Chem & Phys/Phys & Bio) – IT MAY BE DIFFERENT TO THE DAY ABOVE

SEPARATE SCIENCE: SET ONCE A WEEK FOR EACH SCIENCE – IT MAY BE DIFFERENT TO THE DAY ABOVE

Learning Support Homework Club

	Monday	Tuesday	Wednesday	Thursday	Friday
Homework Club					
Lunch	Year 11s and Year 10s can attend 162M every day as long as they are doing work and not socialising.				
Afterschool			Letter was sent out to pick a day for Year 11s to attend Tuesday – Friday		
			Year 10s attend on a Tuesday Afterschool		

If the student has a CBS they attend that first and then will be picked up
 If no attendance (not in CBS or absent) phone call will be conducted

Timing 3.20-4.20pm

If students have no homework, they are expected to stay and complete additional revision, complete classwork or work with a TA one on one in an area they need aid in (e.g. reading session)

Curriculum Breakdown

Year 10

All pupils will have the following as part of their curriculum pathway:

Subject	Periods
English	5
Mathematics	5
Science	6
Religious Education	2
Physical Education	2
PSHE	1

We have 5 different pathways to meet the needs of our pupils:

Pathway	Languages Block (3 periods)	Humanities Block (2 periods)	Option (2 periods)	Option (2 periods)
1 Triple Science	French or Spanish	Geography or History	Triple Science	Choice*
2 Core	French or Spanish	Geography or History	Choice*	Choice*
3	iMedia or Travel & Tourism Food or Sport	Geography or History	Choice*	Choice*
4	iMedia or Travel & Tourism Food or Sport	Geography or History	English and Mathematics EAL Support	Choice*
5	Support	Food Nutrition		Choice*

*Choice
Art
Computer Science
Drama
Music
Performing Arts
Food
Design and Technology
Textiles
Photography
BTEC Sport
GCSE Physical Education
History
Geography

Year 11

All pupils will have the following as part of their curriculum pathway.

Subject	Periods
English	4
Mathematics	4
Science	6
Religious Education	2
Physical Education	2
PSHE	1

Pathway	Languages Block (2 periods)	Humanities Block (3 periods)	Option (2 periods)	Option (2 periods)
1 Triple Science	French or Spanish	Geography or History	Triple Science	Choice*
2 Core	French or Spanish	Geography or History	Choice*	Choice*
3	iMedia or Travel & Tourism Food or Sport	Geography or History	Choice*	Choice*
4	iMedia or Travel & Tourism Food or Sport	Geography or History	English and Mathematics EAL Support	Choice*
5	Support	Food Nutrition		Choice*

Courses on offer:

- GCSE Art Craft & Design:
- GCSE Art & Design: Textiles
- GCSE Biology
- GCSE Chemistry
- GCSE Combined Science
- GCSE Computer Science
- GCSE Design and Technology
- GCSE Drama
- GCSE English Language
- GCSE English Literature
- GCSE Food Preparation & Nutrition
- GCSE French
- GCSE Geography
- GCSE History
- iMedia (OCR)
- GCSE Mathematics
- BTEC Music
- BTEC Performing Arts
- GCSE Photography
- GCSE Physical Education
- GCSE Physics
- GCSE Religious Studies
- GCSE Spanish
- BTEC Sport
- BTEC Travel and Tourism

Revision

What is the point of revision?

It is to ***remember*** things.

The best way to **remember** is through **cues**.

A cue is something that you associate with something else.

The first rule of revision:

Don't worry.

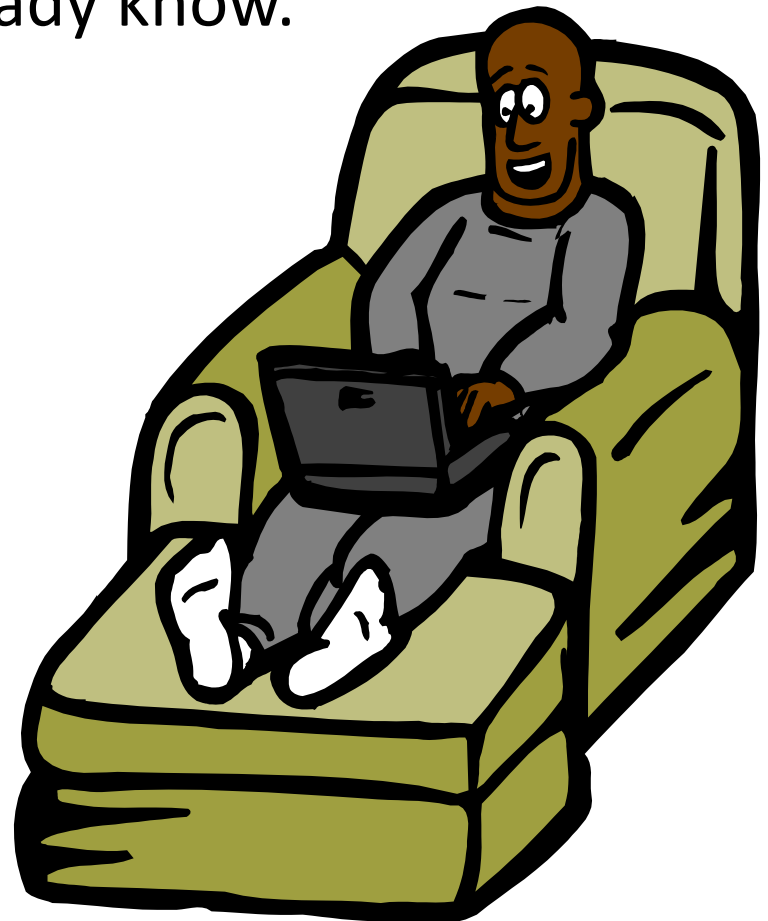
Worrying will put your child off and stop them from doing anything at all.



Second rule of revision

Encourage your child not to take the easy option and go over things that they already know.

This might make them
feel better
*(and boost their
confidence)* but
actually is of no
benefit.



Third rule of revision

Help your child find out exactly what they need to know! Use the schemes of work/topic outlines

You and your child can also look at the textbook or revision guide— this will often summarise what they need to know.



Final Rule:

Plan for revision. There is no point in our child trying to cram too much in last minute.

Knowing when the exam is helps you know what your child can realistically cover by that date.



How Can I Help.



Independent Study and Revision

Schemes of Work



The Heathland School

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Curriculum

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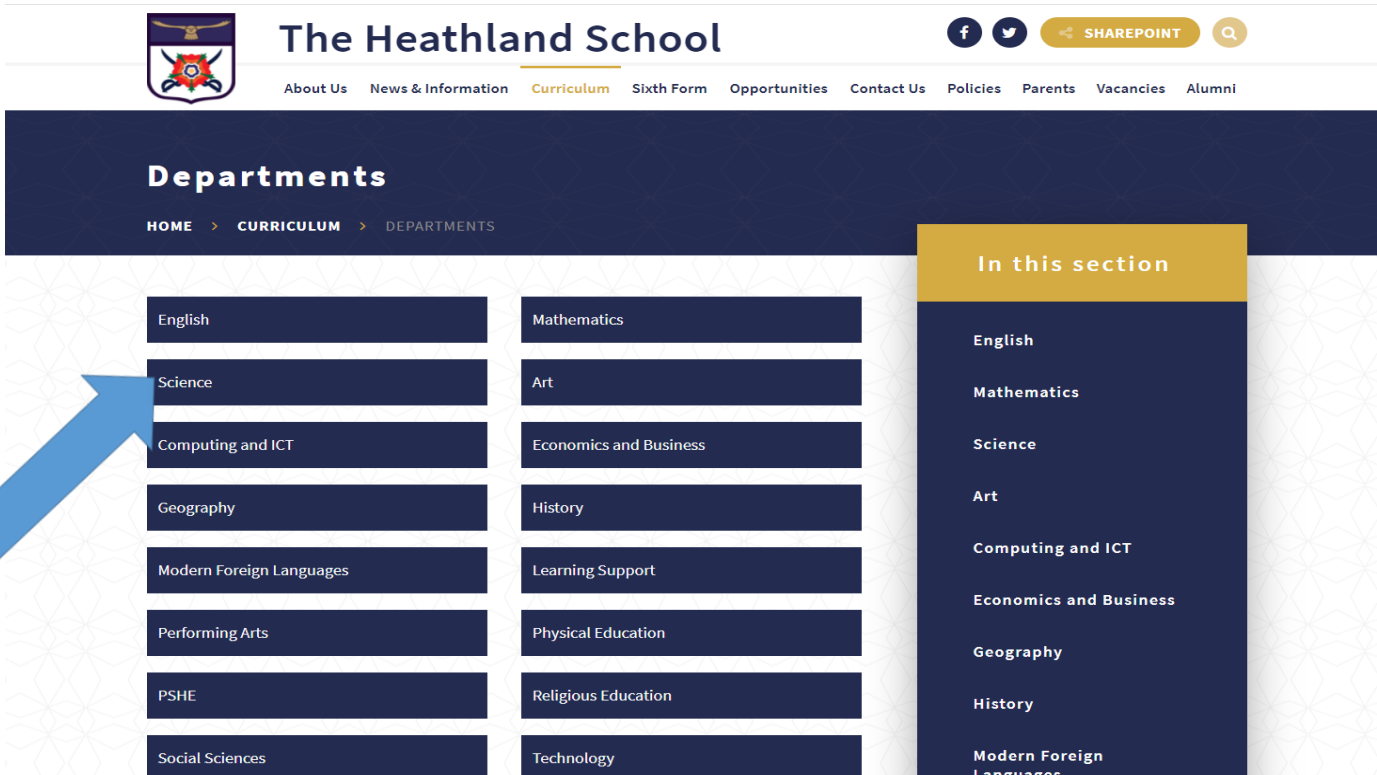
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The school's Mission Statement is our firm belief that pupils learn best within a secure, well
defined learning environment that provides a broad and balanced curriculum. Our aim is to
promote outstanding academic success through challenging our pupils to achieve more than they
thought possible.

Our curriculum is based on academic subjects taught by highly qualified staff in specialist
accommodation. From Year 7, pupils are placed in teaching sets according to their ability in each
subject with the exception of Art, Drama, Music, Religious Education and Physical Education. In the
latter subjects pupils are taught in Tutor Groups until Year 8. Homework is an integral part of pupils'

Schemes of Work



The screenshot shows the website for The Heathland School. The header includes the school's crest, name, and navigation links. The main content area is titled 'Departments' and lists various subjects. A blue arrow points to the 'Science' department in the first column.

The Heathland School

Navigation: [About Us](#) [News & Information](#) [Curriculum](#) [Sixth Form](#) [Opportunities](#) [Contact Us](#) [Policies](#) [Parents](#) [Vacancies](#) [Alumni](#)

Departments

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English	Mathematics
Science	Art
Computing and ICT	Economics and Business
Geography	History
Modern Foreign Languages	Learning Support
Performing Arts	Physical Education
PSHE	Religious Education
Social Sciences	Technology

In this section

- English
- Mathematics
- Science
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- Computing and ICT
- Economics and Business
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- Modern Foreign Languages

Schemes of Work - Science



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Science

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Head of Department - Mr D. Simon, MSci.

The Science Department continues to benefit from the school's Mathematics & Science Specialism and we have now have 15 modern and well equipped laboratories.

Eight laboratories are situated on the top floor of the main building, including one with a suite of computers. Five laboratories are located on the ground floor of the Geoffrey Samuel Building and one of these contains a suite of ten computers. An additional multipurpose state of the art laboratory in the Jack Watts Building was opened in October 2007 and a further laboratory has been established on the ground floor of the main building. The department also has three trolleys of mobile wireless laptops with data-logging facilities. This equipment places the Science Department at the cutting edge of Science information technology.

At Key Stage 3, pupils are given a solid foundation in the Science National Curriculum which is developed further at GCSE when alternative courses are available, including Separate Sciences. Many pupils take Biology, Chemistry, Physics at 'A' Level. We are extremely proud of our record of achievement at 'A' Level which has resulted in a number of pupils each year continuing their studies at universities, including Oxford and Cambridge. Popular university courses include Medicine,

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Schemes of Work - Science

heathland.hounslow.sch.uk/page/?title=Key+Stage+4&pid=67



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Key Stage 4

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There are two GCSE Science courses:

Combined Science

Separate Sciences

In this section

GCSE Combined Science

GCSE Separate Sciences

Schemes of Work - Science

GCSE Combined Science

HOME > CURRICULUM > DEPARTMENTS > SCIENCE > KEY STAGE 4 > GCSE COMBINED SCIENCE

In this
section

> GCSE Combined
Science

GCSE Separate
Sciences

[Course specification available here](#)

Assessment Details

This is a double GCSE for which you'll get 2 grades e.g 7,6

6 X 1 hour 10 min written examinations (2 Biology, 2 Chemistry and 2 Physics)

2 tiers of entry – foundation (5,5-1,1) and higher (9,9-4,4). Tier of entry will be based on their results in the Year 10 examination and Year 11 mock examinations in January. This does not depend on which set they are in.

Course Information

Taught content:

There are 6 taught units in Biology, Chemistry and Physics.

Schemes of Work - Science

2 The specification overview

2a. OCR's GCSE (9–1) in Combined Science A (Gateway Science) (J250)

Learners are entered for either Foundation Tier (Papers 1, 2, 3, 4, 5 and 6) or Higher Tier (Papers 7, 8, 9, 10, 11 and 12). This qualification is worth two GCSEs.

2

Content Overview	Assessment Overview
Foundation Tier, grades 5–5 to 1–1	
<ul style="list-style-type: none"> Topic B1: Cell level systems Topic B2: Scaling up Topic B3: Organism level systems Topic CS7: Practical skills (PAGs B1–B5) 	Paper 1 (Biology) J250/01 1 hour 10 minutes 60 mark written paper 16.7% of total GCSE
<ul style="list-style-type: none"> Topic B4: Community level systems Topic B5: Interaction between systems Topic B6: Global challenges Topic CS7: Practical skills (PAGs B1–B5) With assumed knowledge of B1–B3	Paper 2 (Biology) J250/02 1 hour 10 minutes 60 mark written paper 16.7% of total GCSE
<ul style="list-style-type: none"> Topic C1: Particles Topic C2: Elements, compounds and mixtures Topic C3: Chemical reactions Topic CS7: Practical skills (PAGs C1–C5) 	Paper 3 (Chemistry) J250/03 1 hour 10 minutes 60 mark written paper 16.7% of total GCSE
<ul style="list-style-type: none"> Topic C4: Predicting and identifying reactions and products Topic C5: Monitoring and controlling chemical reactions Topic C6: Global challenges Topic CS7: Practical skills (PAGs C1–C5) With assumed knowledge of C1–C3	Paper 4 (Chemistry) J250/04 1 hour 10 minutes 60 mark written paper 16.7% of total GCSE
<ul style="list-style-type: none"> Topic P1: Matter Topic P2: Forces Topic P3: Electricity and magnetism Topic CS7: Practical skills (PAGs P1–P5) 	Paper 5 (Physics) J250/05 1 hour 10 minutes 60 mark written paper 16.7% of total GCSE
<ul style="list-style-type: none"> Topic P4: Waves and radioactivity Topic P5: Energy Topic P6: Global challenges Topic CS7: Practical skills (PAGs P1–P5) With assumed knowledge of P1–P3.	Paper 6 (Physics) J250/06 1 hour 10 minutes 60 mark written paper 16.7% of total GCSE

J250/02, J250/04 and J250/06 include synoptic assessment.

See Pages 12 and 13 of the PDF document for all specification.

Study Schedule Sample – how to organise their evening

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
6:00-6:30	English/Reading	Maths	Science	History	Geography	Drama/Music/ Art
6:30-6:45	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
6:45-7:15	Maths	English/Reading	History	Science	Music/Drama/art	Geography/etc.
7:15-9:00	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation	Organise self for school-diary check, homework, books

Organisation and Planning

- It is important to have a plan as to when & what you will revise.
- Encourage your child to take breaks from revision – they should not really revise for longer than an hour without a short break.
- Use regular praise and encourage them to make a start on revision tasks.
- It is important to have a quiet place free from distractions to revise.

Revision Techniques



Useful Techniques



Images

Mind Mapping

- They are a great way to give an overview of a topic.

Symbols

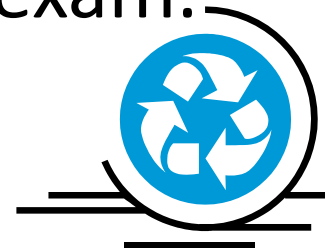
- You can be very creative with them.
- Plain paper and some coloured pens are all you really need in terms of resources.

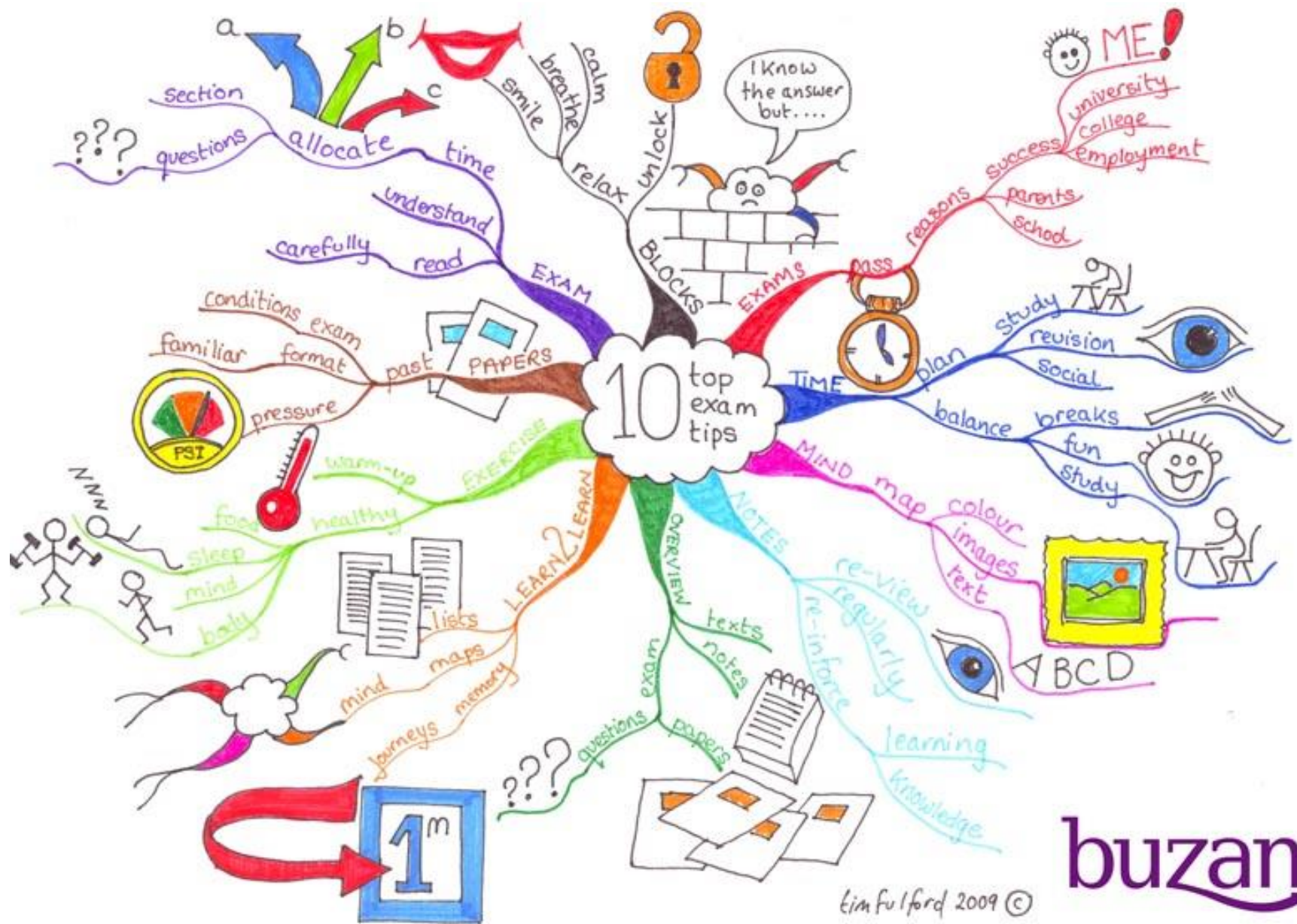
Color

- You child can then display them on the wall and in key places before their exam.

Lines

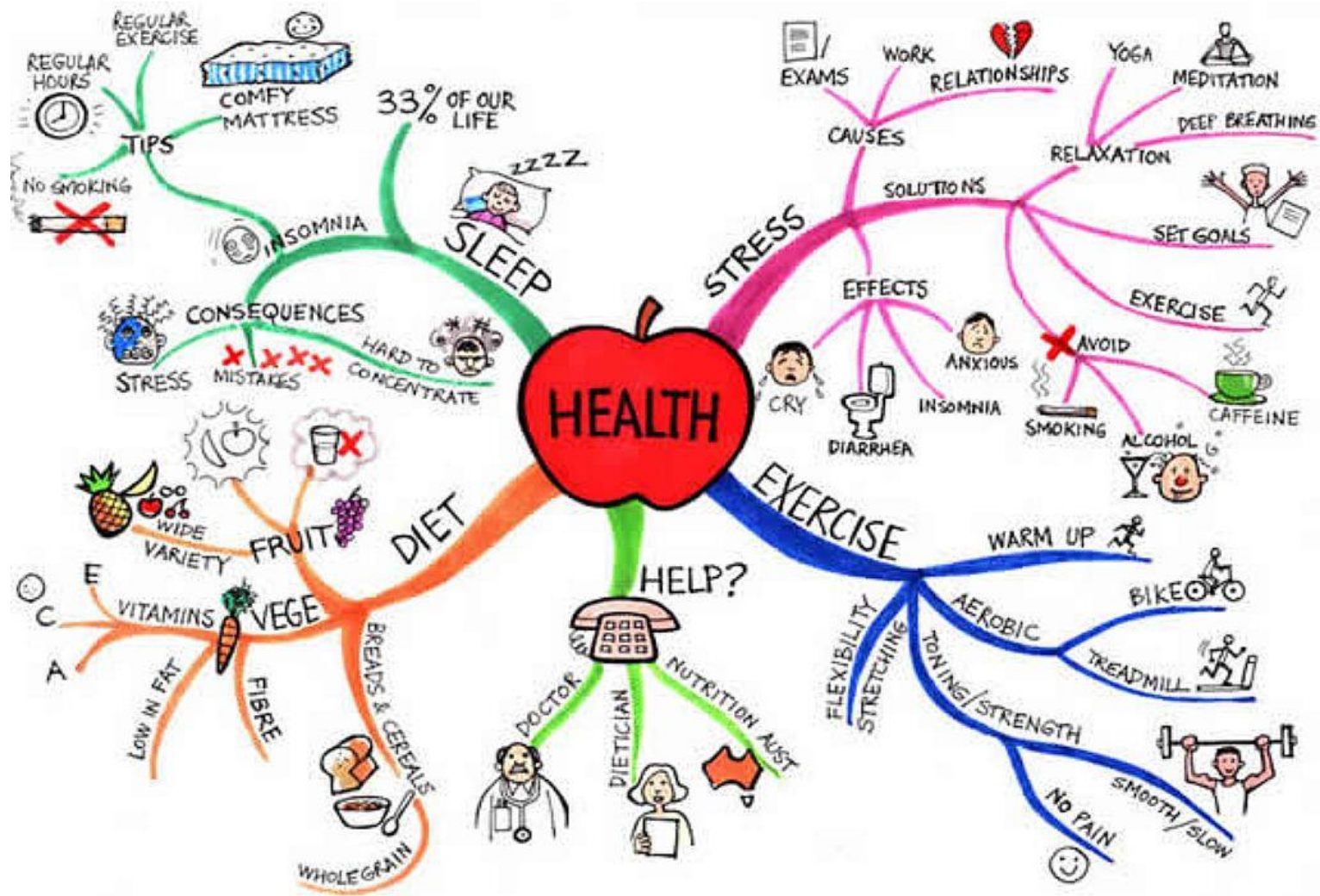
WORDS





buzan

tim fulford 2009 ©



Useful Techniques

Revision Cards

- It is a great idea to create a selection of cards that cover a topic.
- Try to condense the information and include questions.
- These are a great place for parents and carers to support by asking the questions and checking answers.
- Cards are available in most shops.

Revision Cards

- The website quizlet is really useful in helping with revision cards.



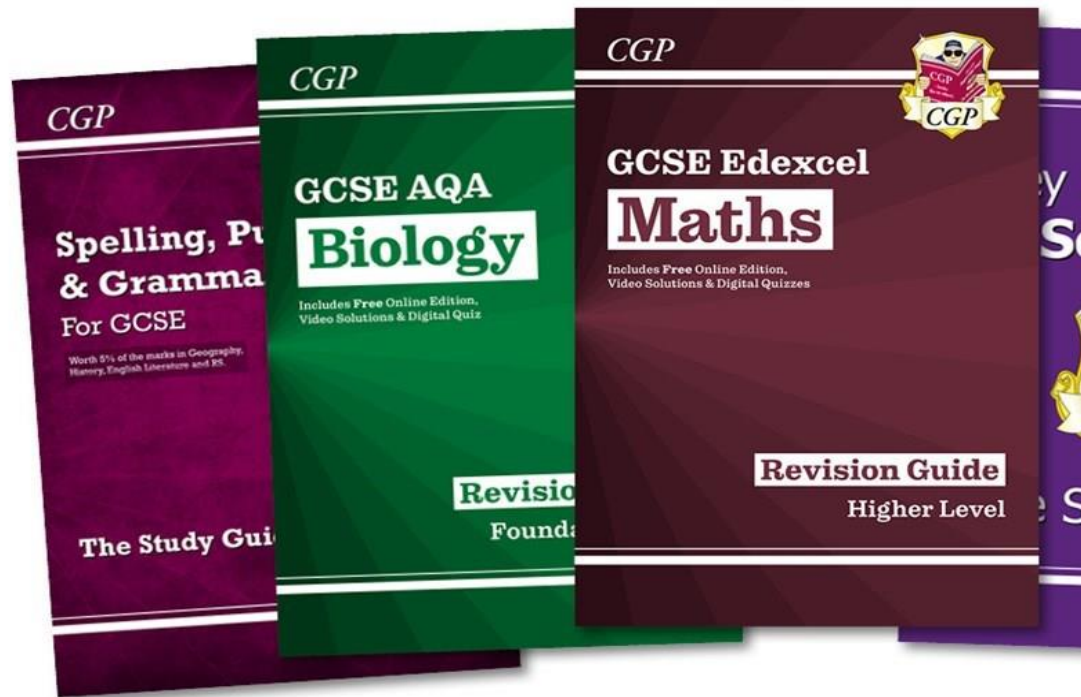
Create them



Buy them



GCSE Revision Guides and Study Books



Turn over and Test

Look
& Try



Turn Over!

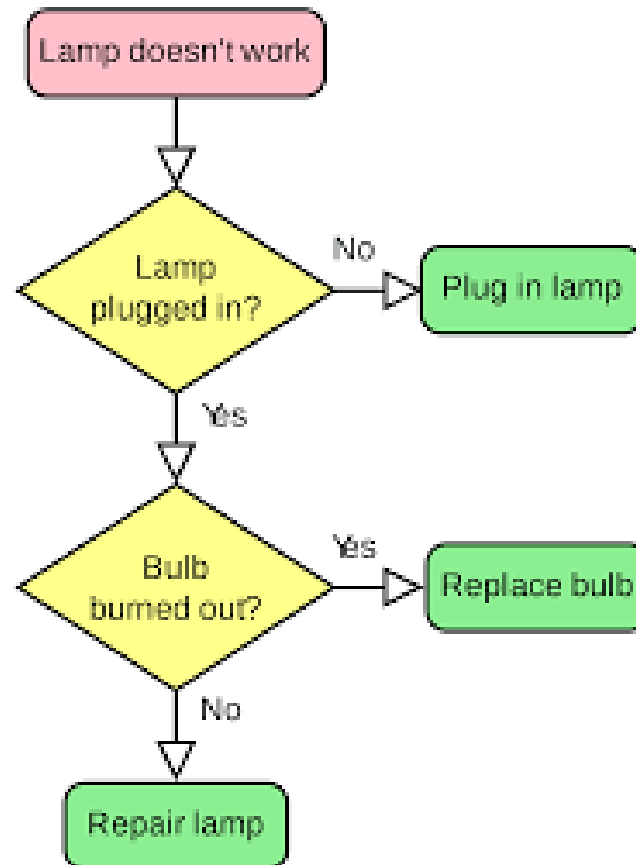
Write
Down



Check!

Flow Charts

This breaks down the information you need into small chunks.



Mnemonics

Or try:

Rhymes

Songs



Lists

Write lists –

Use colour

Different pens / paper



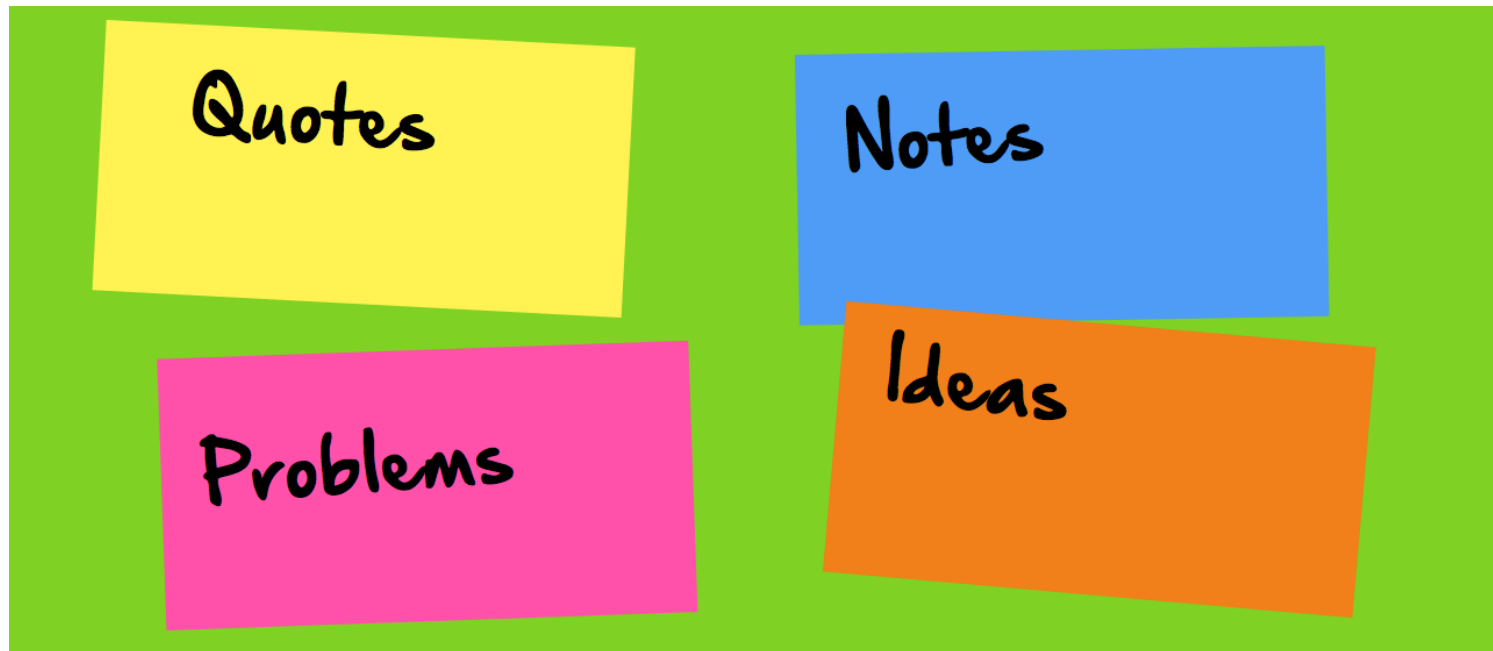
Highlight Notes

- Go through existing notes with a highlighter. This way attention is drawn to important bits.



Use post it notes

All around your house – put keywords in the toilet, on the bedroom wall, on the tv etc



Read out loud

- Record the information onto the phone.
- Play it back when going to sleep.



Talk to friends

Talking about it can help.

Have a pizza, turn on some music and have a revision party.



It is not all about facts

Learning **facts** is only part of the battle.

Thoughts need to be arranged on paper and make sure to *answer* the question.

Useful Websites

- **BBC Bitesize** has a variety of interactive notes and test <https://www.bbc.com/bitesizes>
- **Seneca**, that's us! Did you already [select one of the 250+ free courses] to learn 2x faster? <https://senecalearning.com/>
- **Tutor2u** has partnered with teachers & schools to share their best materials <https://www.tutor2u.net/>
- **GoConqr** lets you make flashcard, mind-maps, and slide decks <https://www.goconqr.com/>
- **Quizlet** is a different website that allows you to make flashcards <https://quizlet.com/en-gb>
- **GetRevising** provides a variety of tools to help you study <https://getrevising.co.uk/>
- <https://sparxmaths.com/>

Mocks and GCSEs



The Heathland School

MENU

Key Stage 4 Curriculum Overview

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Key Stage 4 builds upon the progress, skills and knowledge acquired at Key Stage 3 and covers two year. It is also broad and balanced so that pupils do not narrow their options too early. Pupils are guided onto courses so that the range, level and type of courses meet their individual needs. There is a strong focus on the core EBacc academic subjects of English, Mathematics, Science, Languages and Humanities. RE is taught to all to GCSE as a statement of our commitment to tolerance and inclusivity.

Alongside this, pupils can opt to take up courses in Computer Science, PE, Design and Technology (Food and Nutrition; Design and Technology; Art and Design Textiles); the Arts (Art, Photography Music, Drama; Performing Arts) and vocational courses which include: i-media, Travel and Tourism and Sport. In designing this curriculum, we realise the importance of preparing our pupils with the skills and knowledge to enable them to fully contribute to the global community.

Furthermore, we believe that pupils should take exams at the point of maximum likely maturity. This means that we do not

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THE HEATHLAND SCHOOL EXAMINATIONS

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K. Kundi
. Allen

CONTACT



Coping with Exam Stress: Year 11



Exams are a stressful time for any young person

- Mood swings and outbursts are more likely to occur during this period.
- Look out for other signs that your child may be struggling, including poor sleep patterns or a change in appetite or behaviour.
- It's worth preparing ways of supporting your child during exam weeks and thinking about how you will react and respond on the day if they don't get the result that they, or you, are hoping for.



How You can Support



- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.



How You can Support



- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.
- Work with them to develop relaxation techniques.
- Remain positive and hopeful

How to manage a 'disappointing' results day

If your child is unhappy with their exam results it can be tough to deal with. Here are some things that can help:

- If your child is happy to show you their results statement, you might find it helpful to have a look, just in case they have misread or misunderstood, or overlooked something.
- Accept their feelings, whatever they are – disappointment, anger, embarrassment, bravado. Their feelings are neither right nor wrong, they just are. Don't offer immediate judgement, or solutions, or even reassurance – there will be plenty of time for conversations later.
- Reflect back how they are feeling to show you have understood, for example, “I can see you're disappointed with the Maths result.”



How to manage a 'disappointing' results day

- Let them know you love them through highs and lows. Big hugs are good (although probably very embarrassing in public).
- Show you're on their side - it could be something small like getting their favourite snack.
- Give yourself some breathing space and time to reflect.
- If your child is disappointed with their results, they might also be embarrassed. Agree with your child how they want their results discussed with family and friends, if at all.



Wellbeing

Wellbeing Tips

- Breakfast – the most important meal of the day
- Snack – to keep your child's levels of energy and concentration up
- Lunch – pack your child with a lunch or ensure they have enough money on their ParentPay account.



School Holiday/weekend Activities

Local activities:

- Explore Bushy Park and Richmond Park and look out for the animals!
- Join a club at Hounslow Youth Centre.
- Visit the indoor play centre at Osterley Garden Centre.
- Take part in a reading challenge at Hounslow Library.
- Join a free walking tour of Kew Gardens with Hounslow residents.



And a little further afield:

- Free museums: British Museum, Natural History Museum, Science Museum, Imperial War Museum, Childhood Museum.
- Walk around Hyde Park and look for the sculptures.
- Look over London from Primrose Hill
- Walk with dinosaurs in Crystal Palace.



Where to get help

Useful helplines and websites:

Student Minds




Supports students to look after their mental health, and provides information and advice for parents.

The website provides details about local services offered by universities, and young people can also access their peer and group support programmes.

You can call or email for more information (this is not a helpline).

info@studentminds.org.uk

[0113 343 8440](tel:01133438440)

 **Student Minds**

Exam Results Helpline



Provides careers advice to help young people and their families decide on options following GCSE, A Level and Nationals results days.

Usually available through August. Opening days and hours may vary each year - check website for details.

If you live in Scotland, call 0808 100 8000.
[0800 100 900](tel:0800100900)


 **Exam Results Helpline**

National Careers Service



Provides information, advice and guidance to help young people make decisions about learning, training and work.

[Webchat](#) available via the website homepage.
Opening times: 8am - 10pm, 7 days a week
[0800 100 900](tel:0800100900)

 **National Careers Service**

Student Space



Provides mental health support to students.

Find what support is available at your university [here](#).

[Webchat service](#) available.

Opening times: 4pm - 11pm, 7 days a week

students@themix.org.uk

[0808 189 5260](tel:08081895260)

[STUDENT to 85258 \(24/7\)](tel:08081895260)

YoungMinds Textline



Text YM to 85258

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Opening times: 24/7

The Mix



Offers support to anyone under 25 about anything that's troubling them.

Email support available via their [online contact form](#).

Free [1-2-1 webchat service](#) available.

Free short-term [counselling service](#) available.

Opening times: 4pm - 11pm, seven days a week
[0808 808 4994](tel:08088084994)

Thank You for attending

Who to Contact

SENCo – Ms Muiyah

admin@heathland.hounslow.sch.uk