

St Mary's Catholic School



Supporting Your Child in the Sixth Form

Wednesday December 10th 2025

Supporting Your Child in the Sixth Form

Explore some key updates around:

Understanding the transition to Sixth Form

What effective support at home looks like

Building successful habits early

Working together for the best possible outcomes



Supporting Your Child in the Sixth Form

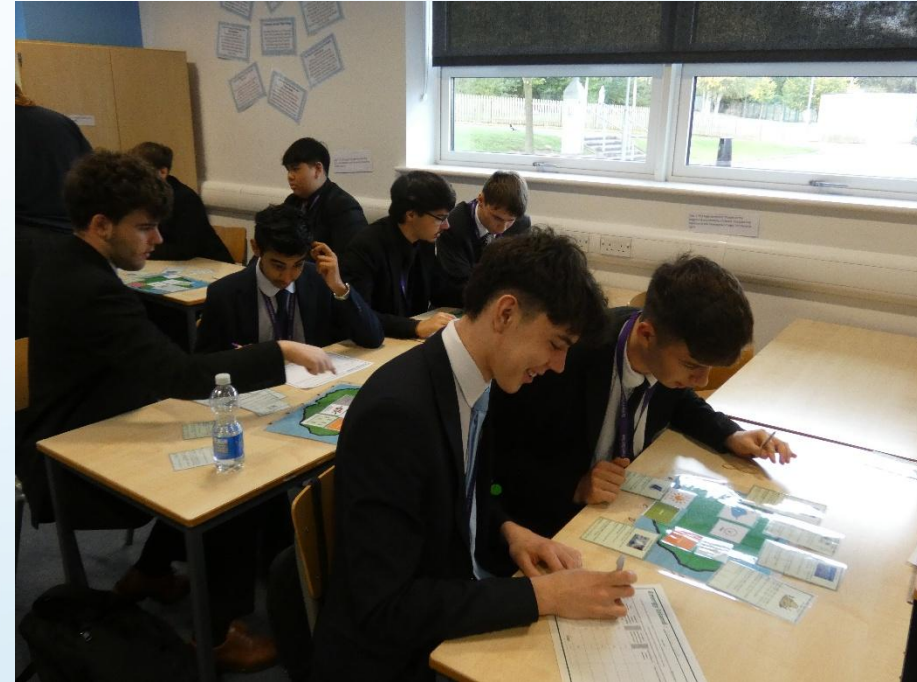
Builds the foundations for A-Level / Level 3 success.

Establishes essential independent learning habits.

Early routines in attendance, study, and organisation correlate strongly with outcomes.

Confidence and resilience are built during this transition period.

Students who engage fully in Year 12 make significantly stronger Year 13 progress.



Supporting Your Child in the Sixth Form

Daily contact helps us notice changes and concerns.

Absence can hide worries, anxiety, or risk.

Young adults who are “invisible” are more vulnerable.



Supporting Your Child in the Sixth Form

Small drops in attendance = big gaps in learning

90% attendance = ~1 day off every two weeks

Greater risk of underachievement and disengagement



Supporting Your Child in the Sixth Form

Aim: 96%+ attendance across the year

Below 95% – risk of falling behind

Below 90% – classed as “persistent absence”



Supporting Your Child in the Sixth Form

Illness and ongoing medical needs

Anxiety, low mood or school avoidance

Friendship issues or feeling they “don’t fit”

Family pressures: caring roles, transport, routines



Supporting Your Child in the Sixth Form

Anxiety can lead to “just one more day off”.

Staying at home can make anxiety worse over time.

Early conversation with school is essential.



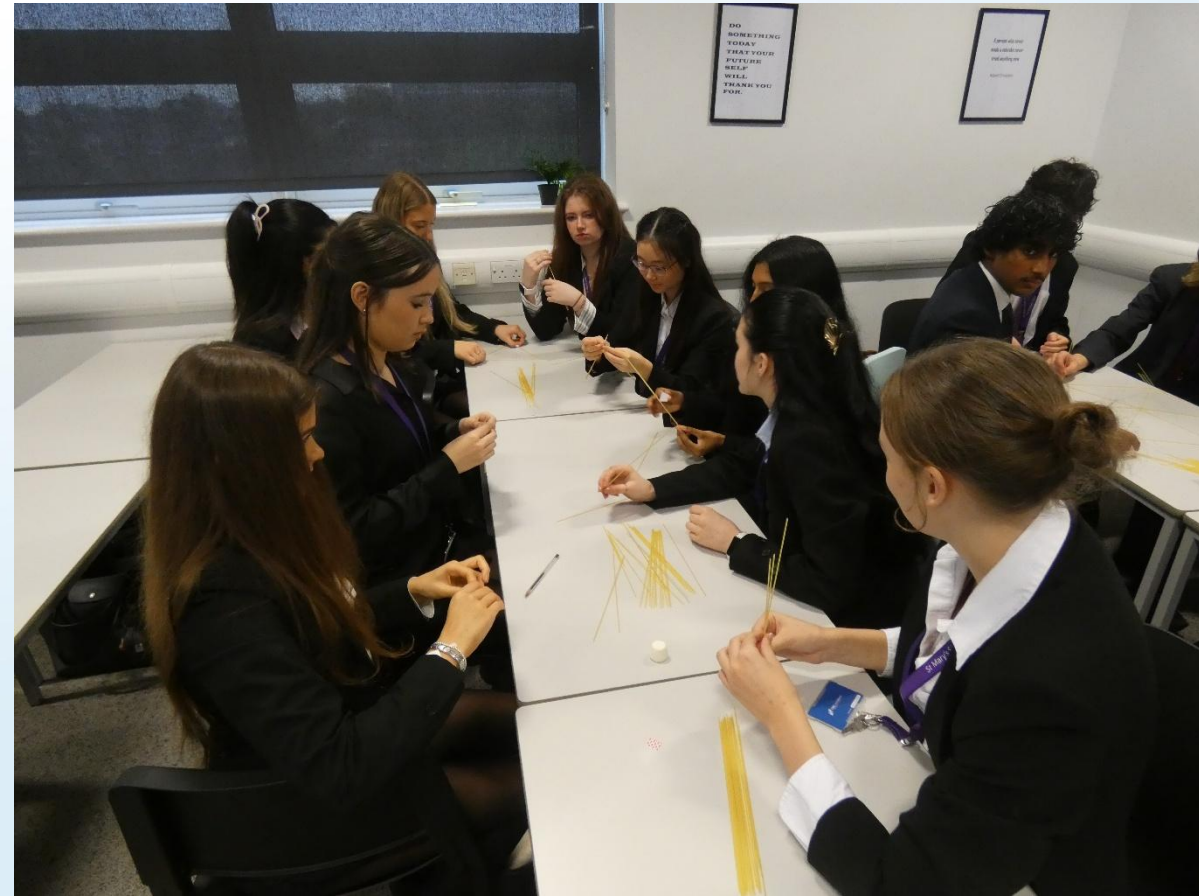
Supporting Your Child in the Sixth Form

Daily registration and follow-up on absence

Tutor, Head of Year and Attendance Officer.

Early Help, mental health support where appropriate

Clear behaviour policies



Supporting Your Child in the Sixth Form

Establish consistent routines: sleep, mornings, homework.

Arrange appointments outside school hours where possible.

Talk positively about school and learning.

Contact us early if there is a problem.



Supporting Your Child in the Sixth Form

We will contact you when patterns emerge.

Collaborative approach: not blame, but problem-solving.

Attendance plans and reasonable adjustments.

Involving external agencies where necessary.



Supporting Your Child in the Sixth Form

Consistent bedtimes and wake-up times.

Mornings planned the night before.

Clear expectations: “School is non-negotiable”.

Praise and notice good habits.



Supporting Your Child in the Sixth Form

Genuine illness vs “can’t face it today”.

If they’re well enough to be up and on devices, they’re often well enough for school.

Bring them in before/after appointments.

Let us know about ongoing medical issues



Supporting Your Child in the Sixth Form

Teenagers still need 8–10 hours of sleep.

Set a “digital sunset” and keep phones out of bedrooms if possible.

Limit midweek late nights and shifts.

Balance independence with health and learning



Supporting Your Child in the Sixth Form

Tell us early about worries, changes at home, or barriers.

Use the right point of contact (Tutor, Head of Year, Attendance Officer).

Be honest about patterns – we are on the same side.

Agree a simple, shared plan and review it



Supporting Your Child in the Sixth Form

Greater depth and complexity in every subject.

Independent learning becomes essential, not optional.

Students move from being taught everything to researching, revisiting, and extending learning.

Workload increases significantly despite studying fewer subjects.

Assessment is more demanding: extended answers, problem-solving, evaluation.

High-performing students maintain ongoing consolidation, not last-minute revision.

Early struggles are normal — the key is supporting them to adapt

Supporting Your Child in the Sixth Form

5 hours minimum of independent study per subject per week.

Productive use of Independent Study Periods in school.

Completing classwork and homework to a high standard and on time.

Consistent organisation: folders, notes, deadlines, revision materials.

Engaging in super-curricular activities (wider reading, MOOCs, competitions etc.).

Taking responsibility for learning, seeking help early, acting on feedback.

Demonstrating maturity, professionalism, and readiness for young adult study.

Supporting Your Child in the Sixth Form

Encourage a structured weekly routine for study and revision.

Help them break tasks down into smaller, manageable steps.

Promote “effort over outcome” to build resilience.

Encourage consistent use of school platforms: Teams, subject resources

Support them to plan ahead for deadlines and assessments

Provide gentle accountability: check-ins without pressure

Celebrate progress and persistence, not just final grades.



Supporting Your Child in the Sixth Form

Reviewing class notes within 24 hours to consolidate learning.

Creating revision materials throughout the year:

– Flashcards, mind maps, summary sheets, revision booklets.

Completing regular practice questions, not just reading notes.

Using exam specifications and mark schemes to guide revision.

One timetabled Super-Curricular hour each week built into their schedule.

In this hour, students are directed to complete appropriate Super-Curricular activities– e.g. wider reading, online lectures, MOOCs, articles, subject podcasts

“Active revision” and Super-Curricular work together to deepen understanding and stretch students



Supporting Your Child in the Sixth Form

A quiet, consistent study space away from distractions.

Agree clear study times across the week, including when the Super-Cu hour will be used at home if needed.

Encourage students to treat Super-Curricular work as “non-negotiable academic time”, not optional extra.



Minimise distractions during study (phones out of reach, social media off)

Use a simple weekly plan:– Lesson review– Homework and practice questions– Super-Curricular activities using school signposted links.

Build in regular short breaks and time to relax.

Aim for a healthy balance between study, part-time work, hobbies, and rest.

Supporting Your Child in the Sixth Form

Using planners, calendars or apps to track deadlines, tests, and commitments.

Breaking larger tasks (essays, revision topics, coursework) into smaller steps.

Reviewing the week ahead together: “What’s coming up?”.

Managing part-time work sensibly (aim for no more than ~8 hours per week).

Encouraging students to pack bags, charge devices and prepare the night before.



Supporting Your Child in the Sixth Form

Year 12 brings new pressures — academically, socially, and emotionally.

Encourage open, regular conversations about how they are feeling.

Look out for signs of overwhelm:

- Avoidance of work
- Tiredness or changes in sleep
- Withdrawal from friends or family
- Increased anxiety about lessons or assessments

Promote healthy daily habits.

Help them break work into manageable chunks and avoid “all-or-nothing” study.

Reinforce that struggling is normal — and seeking help is a strength



Supporting Your Child in the Sixth Form

Students complete 1 hour of active service each week through the Student Leadership Scheme

Roles include:

- Supporting lessons
- Helping in departments
- Library, literacy or numeracy support
- Event support and community engagement



Strong opportunities through our Mentoring and Volunteering Programme

Develops confidence, communication, resilience, and responsibility.

Supports UCAS, apprenticeships, and future employment applications.

Encourages students to be visible leaders and role models in our Catholic community.

Supporting Your Child in the Sixth Form

Year 12 is a key year for shaping future pathways

Options include:

- University
- Degree apprenticeships
- Higher apprenticeships
- Employment or vocational routes

Encourage exploration, not pressure

Help your child reflect on:

- What they enjoy
- What they are good at
- What motivates them

Attend open days, employer talks, and enrichment events



Supporting Your Child in the Sixth Form

Noticeable drop in effort, interest, or motivation.

Increased avoidance of homework or independent study

Frequent tiredness, difficulty waking up, or disrupted sleep.

Withdrawal from friends, family, or usual activities.

Heightened anxiety around tests, lessons, or specific subjects.

Falling behind on deadlines or submitting work late.

Negative self-talk: “I can’t do this”, “I’m not clever enough”.

Increased reliance on last-minute cramming rather than steady study.



Supporting Your Child in the Sixth Form

Clear routines and structure that help them stay organised.

Encouragement and reassurance rather than pressure.

A quiet, consistent place to study at home.

Parents/carers who show interest in what they are learning, not just their grades.

Knowing their parents/carers understand the demands of A-Level study.

Regular check-ins without feeling micromanaged.

Celebrating small achievements to build confidence.

Support when things feel challenging, not criticism.



Supporting Your Child in the Sixth Form

Maintain high yet realistic expectations.

Encourage consistent routines for sleep, study, and organisation.

Support independent learning and use of the Super-Curricular hour.

Promote wellbeing through healthy habits and balanced lifestyle.
Help them plan ahead and manage deadlines.

Show interest in their learning and celebrate effort.

Communicate closely and early with the Sixth Form team.

Reinforce that challenges are normal — and seeking help is a sign of strength.



Thank you so much for attending this 'Parental and Carer Information Session'. We really hope that the information shared has been helpful and informative.

If you do have any questions, please feel free to contact school anytime or pose a question in the chat facility. Please ensure questions do not mention any students or staff by name.

If you are ever worried about your child, please contact school. We are here to help. Thank you for your continued support.