STM Sixth Form Limitless

Year 13 Parent Information Evening

Wednesday 9th September

16.30 – 17.30



SUCCEED | THRIVE | MAKE A DIFFERENCE

Welcome

Welcome

Mr Rosen

Head of School

Supporting Your Child's Learning

Mr Ruggiero

Assistant Headteacher (Head of Sixth Form)

Keeping your child safe

Ms Warriner

Deputy Headteacher (DSL)



Exceptional results

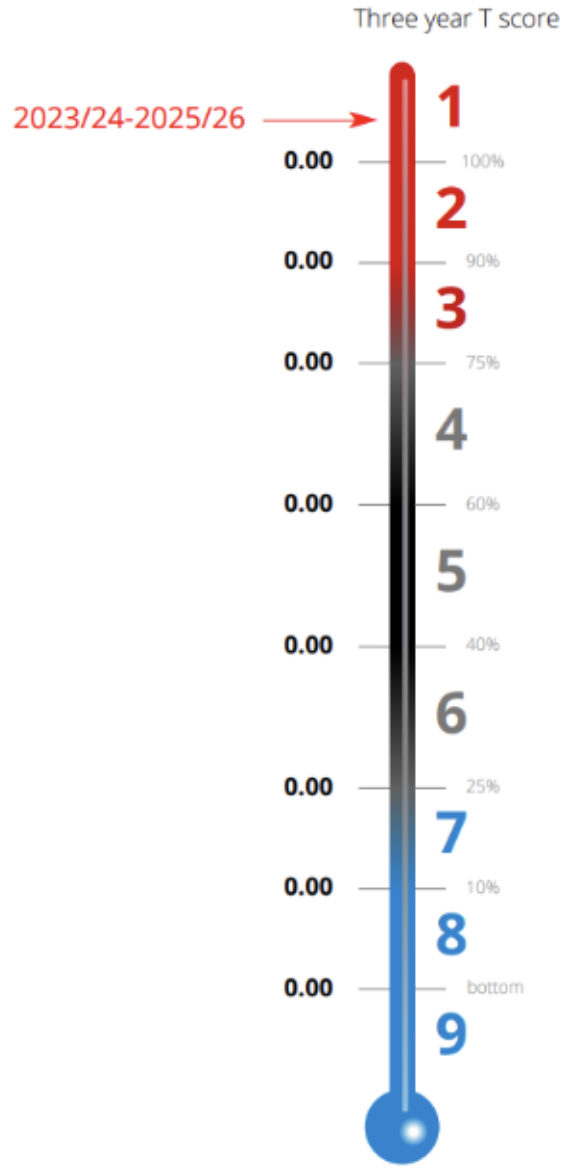
- Last year we were **number 1** in the borough for A-level progress, beating APS and LAE and standing within the **top 4%** nationally.
- That means students here are on average more likely to hit and surpass their target grade.
- Our A-level results from the last **three years** gives us a rating of **Alps 1** – that puts us in the **top 1%** nationally for progress.
- A*-B 44%
- A*-C 78%

St Thomas More Catholic School	Academy	98	ABOVE AVERAGE 0.26
Harris Academy Tottenham	Academy	62	ABOVE AVERAGE 0.25
Channing School	Independent school	73	ABOVE AVERAGE 0.22
Highgate School	Independent school	192	ABOVE AVERAGE 0.21
London Academy of Excellence Tottenham	College	365	ABOVE AVERAGE 0.21

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- Sky Studios
- BBC
- Portfolio Support
- Mock Interview

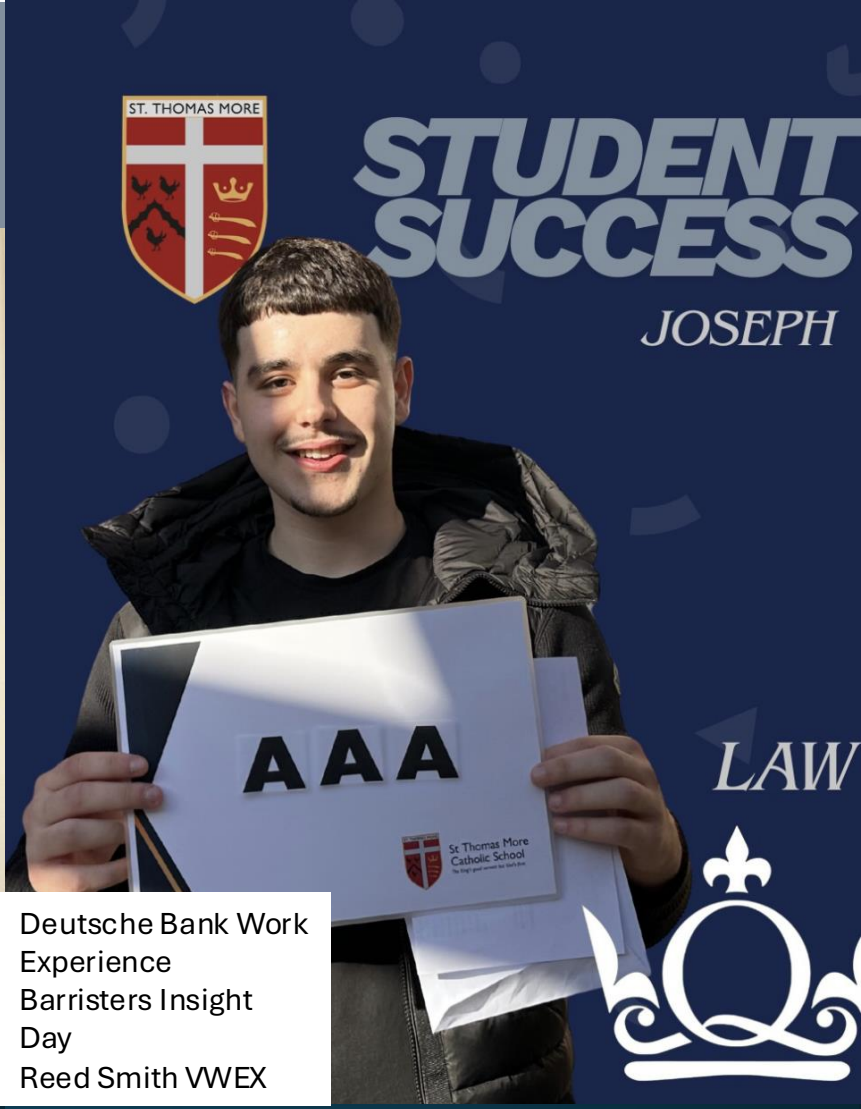
Angela Obeng

Homerton College, University of Cambridge

BA History



- Museum WEX
- Oxbridge Visit
- Mock Interviews
- EPQ
- Barristers Insight Day



- Deutsche Bank Work Experience
- Barristers Insight Day
- Reed Smith VWEX

Exceptional destinations



- Flame 2025 Performance
- Music Production Experience
- Tottenham Hotspur
- Theatre Workshops

- Deutsche Bank Work Experience
- IntoUniversity
- The Access Project

Angelise Opoku
Anglia Ruskin University
MBChB Medicine



- Lancaster University's Access To Medicine programme
- The Access Project
- Young Lecturer Programme
- University of East Anglia Residential
- EPQ
- Nottingham Access to Medicine programme

Exceptional destinations

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27%

Russell Group



9%

Apprenticeship, Employment, FE

84%

University

6%

Gap Year

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Keeping Your Child Safe



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Safeguarding Team

Designated Safeguarding Leads (DSL)	Ms Warriner
Safeguarding Manager	Ms Bona
Safeguarding Team Members	Mr Wood
	Mr Rosen
Safeguarding Link Governor	Mr Meadows

How do we help children to know what to do?

- PSHE / RSE sessions
  - ONLINE SAFETY – every year
  - Healthy Relationships
  - Mental Health and Wellbeing
- Assemblies
- Visitors – School Nurse
- Online Safety Sessions
- Pupils' own Safeguarding email: feelingsafe@stthomasmoreschool.org.uk
- **Concerns – parents@stthomasmoreschool.org.uk**

Wellbeing and Support

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kooth

Kooth is a free online service offering emotional and mental health support for children and young people

www.kooth.com

the sleep charity

Bloom

For young people's mental health

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The Parent-School Partnership

Mr Ruggiero



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Your child's form tutor

13BK1 Mr Benhadj	13BK2 Mr Ghoudelbourk	13DX1 Ms Malaj
13KL1 Ms Alibanwie	13KL2 Ms Muheim	13MC1 Ms Dag

Role Models

Uniform	Attend	Encourage
Uniform – boys no earrings, girls a single stud, skirt should be knee length	Attend every lesson and be on time – arriving before 8.45	Encourage your child to attend Saturday lessons.

Period 6 timetable, 15.15 – 16.15

YEAR 13	Monday	Tuesday	Wednesday	Thursday	Friday
	Option D Geography, Drama, Business, Biology, Computer, Art and Design, Maths, French	**Option A** Health and Social Care, Biology, Politics, Psychology, Media, Sport, PE	**Option C** IT, Sociology, Business, Maths, Music, Media, English, Physics, Psychology	**Option B** Philosophy, Chemistry, English, Media, Spanish, Further Maths	**No Period 6**

Saturday Sessions, 9.30 – 11.30

DATE	TIME	YEAR 13
SATURDAY 12.09.2026	09:30 – 11:30	**BTEC Sport** – Ms Carter (MG5) **PE** – Ms. Clifford (SF4) **Media** – Ms Dag (NF3) **Health and Social Care** – Ms Hanson (MF5) and Ms. Iqbal (SG4) **Economics** – Ms Malaj (SG3) **Psychology** – Ms Pitfield (MS7) **Politics** – Ms Amey (SF3)

November Mock Exam Timetable

YEAR 13 MOCK EXAMINATION TIMETABLE November 2026					
DAY	PERIOD 1 09.10 – 11:10	PERIOD 2 10.10 – 11:10	PERIOD 3 and 4 11:30 – 13:30	PERIOD 5 14:15 – 15:15	PERIOD 6 15.15 – 16.15
Mon 9.11	Normal Lesson	Normal Lesson	YEAR 13 Option A	Normal Lesson	Normal Lesson
Tue 10.11	Normal Lesson	Normal Lesson	YEAR 13 Option B	Normal Lesson	Normal Lesson
Wed 11.11	Normal Lesson	Normal Lesson	YEAR 13 Option C	Normal Lesson	Normal Lesson
Thur 12.11	Normal Lesson	Normal Lesson	YEAR 13 Option D	Normal Lesson	Normal Lesson
Fri 13.11	Normal Lesson	Normal Lesson	CONTINGENCY	Normal Lesson	

Who is responsible for my child?

- Mr Tissot – Executive Headteacher
- Mr Rosen – Head of School
- Mr Ruggiero – Head of Sixth Form / Head of Year 13 / UCAS
- Mr Evans – Deputy Headteacher

UCAS Timeline

- 30th September – deadline for Oxford / Cambridge / Medicine / Dentistry / Veterinary Science
- 30th November – UCAS Deadline for all other courses
- Personal Statement support – OSCAR, IntoUniversity, Form Tutor feedback (Causeway training), and Mr Ruggiero is available

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Limitless

Supporting your child's learning



SUCCEED

Attendance and Punctuality

90% attendance is the equivalent of missing one day of school every ten days. This is the government's definition of **persistent absence.**

Please encourage your son or daughter to **arrive early** to school (between 8.30-8.40). The school gate closes at 8.45.

Should your child be too sick to come into school, parents should email Mr Ruggiero or call the school's attendance line.

Breakfast and study space provision in school.

Low attendance may result in a strike and attendance contract.

Sleep and Mobile Phones

Encourage your child to stick to a **routine**, to go to bed and get up at the same time each day.

Get your teenager to use '**night mode**' on their mobile phone to reduce blue light.

Encourage them to **avoid all devices** an hour before sleep.

Sleep deprivation results in impaired cognitive functioning.

Concerns about sleep please report to us and see GP.

Time Management

Limit the amount of time expected to assist with helping with **siblings and house chores**

Limit the amount of time spent on **part-time jobs** – one day at the weekend is more than enough.

HOW PARENTS CAN SUPPORT STUDENTS WITH LOOK, COVER, WRITE, CHECK

1 You can verbally quiz your child by asking them questions from revision or knowledge organiser.





During look, cover. write, check, ask your child to hand you their revision guide so they can't see it when they write what they remember.

3 Check what your child has written. If there are no corrections in green pen, ensure their answers are correct.



4 If there are corrections in green pen, ask your child to redo these

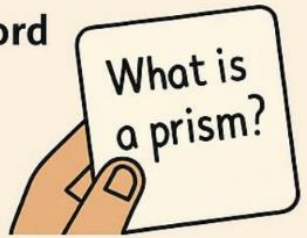


HOW PARENTS CAN SUPPORT STUDENTS WITH FLASH CARDS

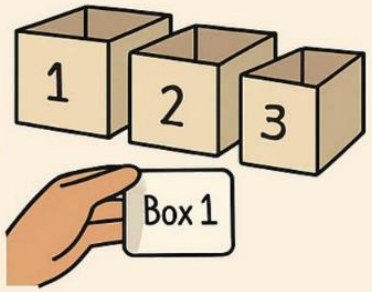
1 **Encourage your child to create flash cards.** These should be kept simple. Encourage the use of pictures and mnemomic devices.



2 **Read out a question/key word on the flash card and ask your child to recall it.** You can test using the flash card in both directions.



3 **Help your child to set up the Leitner system.** This is a set of boxes for them to organize their flash cards This helps students focus on the material that needs their most attention.



4 **Encourage your child to test their cards in Box 1 every study session.** They test the other boxes at spaced intervals (the higher the box number, the less frequently it needs to be checked)



ST. THOMAS MORE

CREATING AN EFFECTIVE STUDY ENVIRONMENT



KEEP YOUR DESK TIDY



AVOID LISTENING TO MUSIC



SET A DESIGNATED AREA FOR LEARNING



MAINTAIN A ROUTINE

Helping Your Child Manage Exam Stress

1



Schedule time for relaxing activities

2



Remind them not to compare themselves to their peers

3



Keep communication open so they know they can talk to you if they *ned to*

4



Make sure you and your teen understand all their options to reduce pressure

Bursary

- Applications and supporting evidence must be submitted by the published deadline, which will be **two weeks before the end of each half-term**;
- students must maintain a minimum attendance of **90%**;
- students must upload receipts or other requested evidence showing how previous bursary funding has been used; and
- Students who receive four X marks during the relevant payment period will receive a reduced bursary payment. Continued poor attendance or behaviour may affect eligibility for future payments.
- The first deadline is Friday 9th October.

Free School Meals

- Complete it annually through online link: https://fsm.lgfl.net/

- Information on both FSM and bursary will be sent out this week

Contact me

I can be reached on:

s.ruggiero@stthomasmoreschool.org.uk

If interested in supporting our careers programme, please email:

careers@stthomasmoreschool.org.uk

Looking for volunteers for our Pathways Evening, Wednesday 3rd February