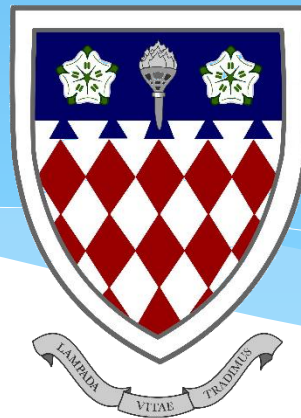
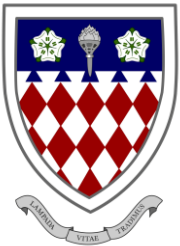
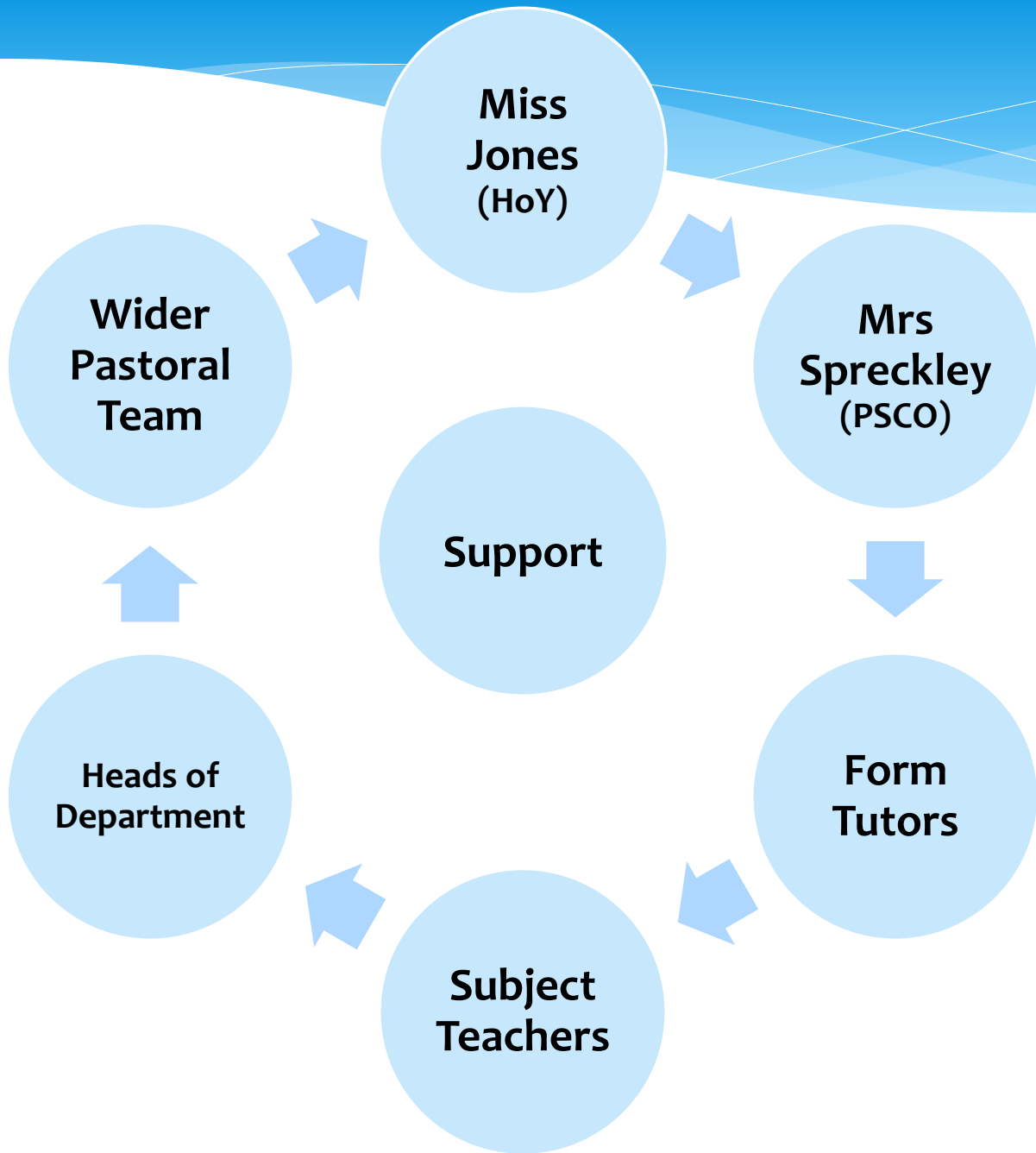


Spalding High School Year 10 Information Evening

Wednesday 1st October 2025





Support Strategies at Home

- Encourage routines
- Promote the need for ‘down time’
- Encourage good attendance
- Keep communication open
- Use growth mindset language



Lesson allocation per fortnight

- * **English & Maths** – 6 lessons
- * **Science** – 12 lessons (split between all Sciences)
- * **Modern Foreign Language** – 6 lessons
- * **All option choices** – 6 lessons
- * **RS & Games** – 4 lessons
- * **PSHE & Careers** – 1 lesson
- * **Private study** – 2 lessons

Homework allocation:

Year 10 and Year 11

Each subject studied – one 40-minute piece per week

Languages – 2 x 20 minutes per week

Form Timetable

	Week 1	Week 2
Monday	DEAR ('The Day')	
Tuesday	Careers in Tutor Time	Assembly (KS4)
Wednesday	Maths	
Thursday	Assembly (Y10)	Catch up time / Walk / PSHE
Friday	Fun Friday / Wellbeing Walk	

Growth Mindset

- * **Image:** A visual comparison of fixed and growth mindsets, illustrating how positive thinking and perseverance can transform challenges into opportunities for learning and development.

GCSE Mindset

- Vision
- Effort
- Systems
- Practice
- Attitude

Image: A visual comparison of fixed and growth mindsets, illustrating how positive thinking and perseverance can transform challenges into opportunities for learning and development.

Key Dates

- **Friday 14th November 2025** – Kooth: Exam Stress
- **Tuesday 3rd February 2026** - Our Poetry Live! Trip
- **Thursday 12th February 2026** - Year 10 Parents' Evening
- **WB Monday 23rd March 2026** - Work Experience Week
- **Wednesday 13th May 2026** – Hunstanton Geography Trip
- **Friday 15th May 2026** - Lincoln Castle History Trip
- **Friday 22nd May & Friday 5th June** - Walsingham RS Trips
- **13th, 14th June & 18th & 19th July** – DofE Expeditions
- **WB Monday 22nd June 2026** - Year 10 Mock Exam Week
- **Monday 26th June 2026** - Art Mock Exam



Interventions

Monday

GCSE PE Netball
Science Drop-in

Tuesday

Modern Foreign Languages (French or German)

Wednesday

Maths Clinic
GCSE PE Trampolining
Art

Thursday

Geography Drop-in
GCSE PE Theory
Computer Science Coding Support
Latin Support

Friday

GCSE PE Trampolining

