



Meet the Tutor Evening

Welcome

LAB16 - a local school delivering a global education.

- Mr Morrison - Deputy Principal
- Mr Vaughan - Assistant Principal, LAB16
- Ms Gilmore - SSM, LAB16
- Ms Moir - Admin, LAB16
- Mr Matharoo - LAB16 Tutor
- Ms Venton - LAB16 Tutor
- Ms Shaw - LAB16 Tutor





Career-related Programme



Expectations - timings

- The LAB16 day starts at 8.20am and ends at 3.15pm;
- Students may leave the site at lunchtime only;
- Students can and are encouraged to use the library after the end of the day;
- Lanyards must be worn at all times.

Expectations - attendance and punctuality

- It is well documented that attendance is the single most important factor in ensuring academic success;
- Any illness/absence should be reported using the lab16 email; address: lab16@leighacademyblackheath.org.uk or by calling the main school number;
- The first lesson starts at 8.30am when the AM register is taken (the gate is open 8-8.20).;
- Arrival after 8.30 automatically generates a breaktime detention;
- The last lesson starts at 2.10pm when the PM register is taken.

Expectations - dress

- The dress code is smart. Please do not allow your child to come to school in
 - Trainers, sliders or high heels;
 - Jeans, mini skirts or tracksuit trousers;
 - Crop tops or hoodies.

Expectations - work

- Students are expected to complete approximately 2 hours of homework per week in their HL subjects, and 1-1.5 for SL subjects;
- Students will need to complete an IA for each subject;
- Students who fall behind will be offered study support sessions and a parental meeting to discuss progress;
- Students must also manage their CAS portfolio/
Extended Essay.

Effective Study Routines

- Construct a to-do list the evening before;
- Follow a simple timetable;
- Identify a familiar place to study;
- Minimise distractions;
- Set clear goals for each session;
- Condense information into key points;
- Self-quiz;
- Issue small but meaningful rewards.



Suggested Study Model A - “The Early Bird”

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---------|---------|-----------|----------|---------|
| Before School | 1 hour | 1 hour | 1 hour | 1 hour | 1 hour |
| During School | 1 hour | 1 hour | 1 hour | 1 hour | 1 hour |
| After School | 2 hours | 2 hours | 2 hours | 2 hours | 2 hours |

Benefits:

- 15 hours of independent study;
- Does not need to work in the evening;
- Does not need to work on the weekends.

Suggested Study Model B - “The Evening Owl”

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--------|---------|-----------|----------|--------|
| During School | 1 hour | 1 hour | 1 hour | 1 hour | 1 hour |
| After School | 1 hour | 1 hour | 1 hour | 1 hour | 1 hour |
| Evening | 1 hour | 1 hour | 1 hour | 1 hour | 1 hour |

Benefits:

- 15 hours of independent study;
- Does not need to wake up early;
- Does not need to work on the weekends.

Suggested Study Model C - “The After School Commitment Albatross”

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---------|---------|-----------|----------|--------|
| Before School | 1 hour | 1 hour | 1 hour | 1 hour | 1 hour |
| During School | 1 hour | 1 hour | 1 hour | 1 hour | 1 hour |
| Evening | N/A | N/A | N/A | N/A | 1 hour |
| Saturday | Sunday | | | | |
| 2 hours | 2 hours | | | | |

Benefits:

- 15 hours of independent study;
- Does not need to work after school or most evenings.



Wellbeing

- Have a simple, achievable to-do list;
- Wake up and go to bed at a similar time each day;
- Plan for at least 8 hours of sleep;
- Eat a healthy breakfast;
- Exercise;
- Moderate social media usage;
- Initiate downtime one hour prior to going to bed.



Looking ahead...

In order to obtain the **IB Diploma**, you must achieve at least 24 of a possible 45 points across six subjects (three at standard level and three at higher level). Each of these are marked out of seven points, with an additional three points available for the core elements of the IB (CAS, the Extended Essay and Theory of Knowledge).

In order to obtain the **IB Careers Programme**, you must have completed the specified career-related study and been awarded a grade 3 or higher in two of the IB Diploma subjects. In addition to this, you must have achieved at least a grade D for the Reflective Project and completed the Personal and Professional Skills Course.



| Higher Level IB DP Courses | | Standard Level IB DP Courses | |
|----------------------------|----|------------------------------|----|
| H7 | 56 | S7 | 28 |
| H6 | 48 | S6 | 24 |
| H5 | 32 | S5 | 16 |
| H4 | 24 | S4 | 12 |
| H3 | 12 | S3 | 6 |

| Career-related Study | | A-level | |
|----------------------|-----|---------|----|
| D*D* | 112 | A* | 56 |
| D*D | 104 | A | 48 |
| DD | 96 | B | 40 |
| DM | 80 | C | 32 |
| MM | 64 | D | 24 |
| MP | 48 | E | 16 |
| PP | 32 | | |

| Extended Essay or Reflective Project | | TOK |
|--------------------------------------|----|-----|
| A | 12 | 12 |
| B | 10 | 10 |
| C | 8 | 8 |
| D | 6 | 6 |
| E | 4 | 4 |

Universities in the UK use UCAS points to compare different qualifications so as to determine whether students meet the grade requirements to access a particular university course.

Most universities accept 112 UCAS points as the average entry criteria;

The entry requirements for Russell group universities are equivalent to approximately 175 UCAS points (38-40 in the IB DP, with grades 6's in Higher Level subjects; D*D* in the IBCP with grade 7's in the Standard Level subjects);

The entry requirements for Oxbridge are typically the equivalent of around 215 Ucas points (40-42 in the IB DP, with grade 6s and 7s in Higher Level subjects).

Some key points:

- For IBDP students, a grade 7 at HL is the highest grade and is equivalent to an A* at A-level;
- For IBCP students, a D*D* grade in the career-related study is equivalent to two grade 7's at HL or two A* at A-level;
- The Core components means a student studying the IB will be more likely to gain admission into University than a peer who achieves the equivalent grades at A-level. For example: according to the DfE, 45 points (the maximum mark available for the IBDP) is equivalent to 5 A* at A-level;
- Studies show both universities and employers rate students who have studied the IB higher on university-readiness and career-preparedness, respectively.



Reporting

- You can expect to receive a report on your child's progress at least twice during the year:
 - After Christmas;
 - After Easter - TBC;
 - Before the Summer holidays

Reporting -

- **Report 1 (After Christmas) - based on in-class assessment, classwork and homework**
 - Values grades focusing on engagement and participation thus far
- **Report 2 (After Easter) - based on in-class assessment, classwork, homework and progress with Internal Assessments**
 - IB grades (1-7) and Values grades
- **Report 3 (End of the Year) - based on formal assessment, classwork, homework and progress with Internal Assessments**
 - IB grades (1-7) and Values grades

LAB16 Student Support

- First port of call for pastoral support is your child's **form tutor**.
- Our **LAB16 SSM (Student Services Manager)** is Mrs Gilmore. She is available to meet with students who require more bespoke, one-to-one pastoral support.
- This could be a one off chat, regular check ins or weekly pastoral sessions.
- Based in the Post16 area of the library before/after school and at break/lunch.

claire.gilmore@leighacademyblackheath.org.uk

LAB16 Extra-Curricular

Rewards:

- class appreciation
- certificate
- phonecall/letter home
- end of module celebration breakfast/afternoon tea
- entry into a draw for giftcards/vouchers
- end of year trip/visit

Clubs:

There are a wide range of clubs on offer this year; we encourage all students to join at least one. We would also like to see as many of our Year 12 students as possible running/helping out at clubs for our younger students. This goes towards their CAS hours.

The student google classroom code for KS5 clubs is: [ihfbyi4](#)

There will also be Year 12 social events running every Module; these are tbc through student voice which will be carried out by our LAB16 Ambassadors.



CLUBS AND SOCIETIES

TIMETABLE

MONDAY

- Photography Club
116
Ms Clark
- Filmmaking Club
(from Oct 9th)
External but see Ms
Clark if interested!
- Maths Club
001
Mr Rexhepl
- Dungeons and
Dragons Club
Library
Ms Medcaff & Y8
Student
- Volleyball
PE
-LAB March Show
Production Rehearsals
Theatre
Performing Arts
-LAB Productions:
Podcast
119
Performing Arts

TUESDAY

- Art Club
114
Ms Wilson/Anna (Y12)
- RISAR
107
- History Club
103
Mr Oelschlägel/ Y12
- Football
PE
- LAB Singers
120
Performing Arts

WEDNESDAY

-Orchestra
120
2PM-3PM
Ms Drake

THURSDAY

- Debate Society
103
Mr Pinches
- Creative Writing
107
Ms Moran/Y12
- KS3 International
Culture Club
006
Languages
- KS4/KS5 Film Club
206
Languages
- Netball
MUGA
PE
- Basketball
Sports Hall
PE
- Rugby
Playing Fields
PE
- Code Club
Until 4pm
111
Mr Hughes

FRIDAY

- Science Club
221
Science Team/Y12
- Pride Youth Network
003
Until 4pm
Mr Oelschlägel
- Chess Club
004
Until 4pm
- Y7/GCSE Trampolineing
PE
- Table Tennis
PE
- LAB Rocks
Practice rooms
Performing Arts

**ALL PM
CLUBS
RUN FROM
3:15PM
UNTIL
4:15PM
UNLESS
STATED
OTHERWISE**



HOMework CLUB

HOMework CLUB IS
OFFERED EVERY LUNCHTIME.
MONDAY - Y7
TUESDAY - Y8
WEDNESDAY - Y9
THURSDAY - Y10
FRIDAY - Y11
INVITE ONLY

LUNCH BUNCH

LUNCH BUNCH
HAPPENS DAILY AND
IS RUN BY THE
SEN TEAM. LUNCH
BUNCH WILL
FOCUS ON
POSITIVE SOCIAL
INTERACTIONS
DURING
UNSTRUCTURED
TIME.

LUNCH BUNCH
WILL NOW TAKE
PLACE IN 3
LOCATIONS -
ACADEMY SQUARE,
WELL-BEING
ROOM AND
SANCHO GRADEN

M1

Tutors

12 -1 Mr Matharoo

12-2 Ms Venton

12-3 Ms Shaw