

# If Not Now — When?

*If Not Me — Who?*

YEAR 10 ASSEMBLY


SUMMER TERM 2026



# Your Journey Starts Today

*Right now, in this hall, you are at one of the most important crossroads of your life. Year 10 is not a warm-up. It is not a rehearsal. The choices you make this term — about how you show up, how hard you work, and how you treat your learning — will echo far beyond these walls.*

*This assembly is a call to action. Not tomorrow. Not after the holidays. **Now.** Because the only person who can decide what your future looks like is the person sitting in your seat right now.*

 *"The secret of getting ahead is getting started." — Mark Twain*



# The Clock Is Ticking — Your GCSE Countdown

*Your first GCSE exams begin in **April 2027**. That sounds far away. It isn't. Here is exactly how much time you have left — and how little room there is to waste it.*

## Days Remaining

*~280 school days from the start of this term to your first exam in May 2027.*

## Lessons Left


*With roughly 5 lessons per day, that's approximately **1,400 lessons** — every single one counts.*

## Weeks to Go

*Fewer than **56 school weeks** remain. By the time Year 11 begins, so much time will already be gone.*

## Hours of Learning

*Approximately **7,000 hours** of your life between now and those exams. What will you do with them?*

 *Every lesson you miss, every day you coast, every disruption you cause — you are not spending someone else's time. **You are spending your own.***

# Why Core Subjects Actually Matter

*English, Maths, Science—your core subjects—are not just boxes to tick. They are the keys to doors you haven't even seen yet. Research from the Department for Education shows that students with a grade 4 or above in English and Maths earn, on average, £100,000 more over their lifetime than those who don't.*

## English & Maths

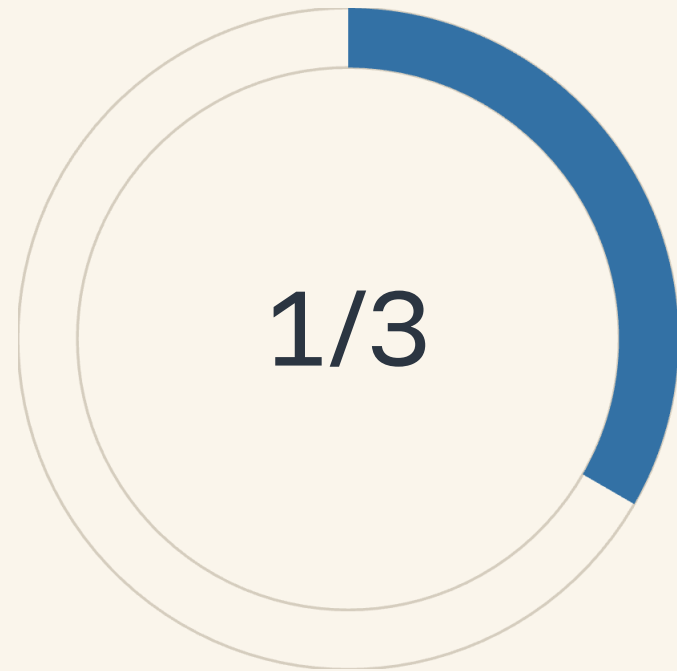
*Required for almost every college course, apprenticeship, and job application in the UK. Without them, your options narrow dramatically — fast.*

## Science & Humanities

*Open doors to medicine, engineering, law, business, the arts, and beyond. These subjects build your ability to think critically — a skill every employer values above almost anything else.*

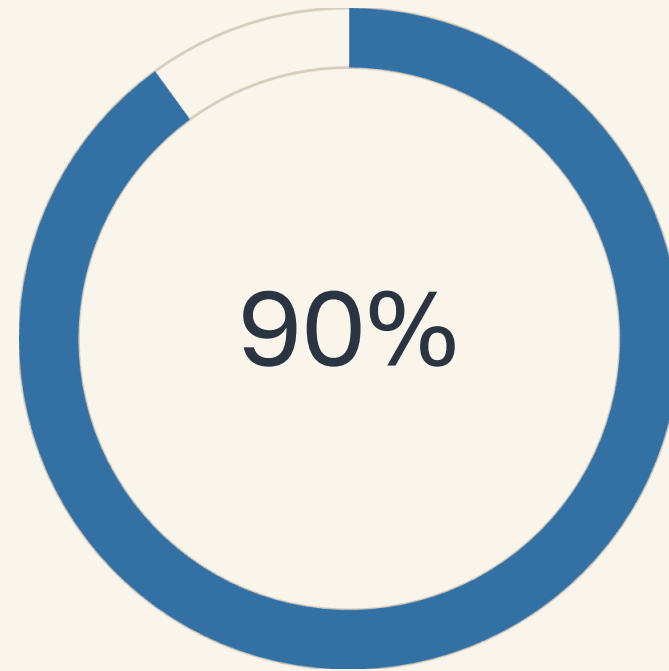


# Attendance: The Habit That Shapes Everything



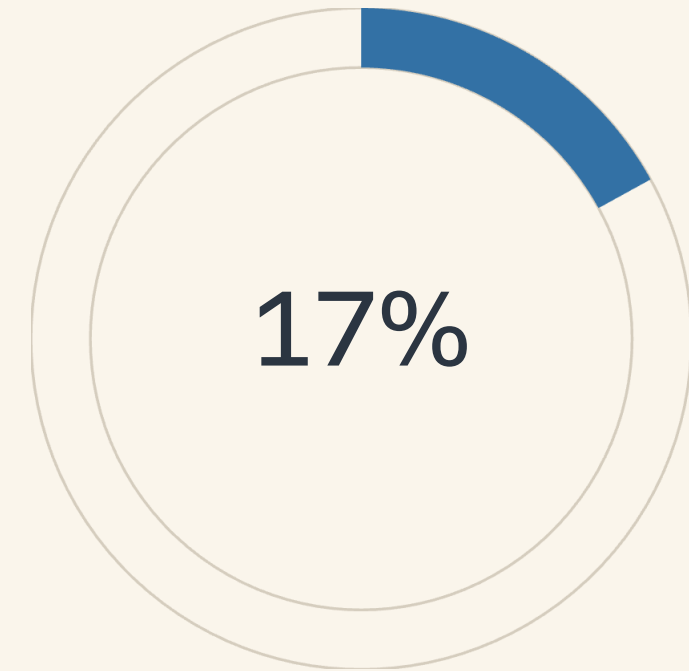
Behind Already

*Miss just one day a fortnight and by the end of Year 11 you will have missed over a full term of school.*



Persistent Absence

*Attending 90% of the time sounds fine. It means you've already missed 4 weeks. That's 200 lessons gone.*



Grade Impact

*Students with poor attendance are up to 17% less likely to achieve grade 5+ in English and Maths (DfE, 2023).*

*Attendance is not about following rules. It is about protecting your own future. Every absence is a gap in your knowledge — and in an exam, no one fills that gap for you.*

# Small Habits — Big Consequences

*The patterns you build right now do not stay in school. Research consistently shows that habitual lateness, low attendance, and disruptive behaviour in school are among the strongest predictors of the same patterns in adult working life.*

## Chronic Lateness

*Students who are regularly late to lessons miss an average of **38 hours of teaching time per year**. In the workplace, persistent lateness is the number one reason people are dismissed during their probation period.*

## Disruption in Class

*Disrupting lessons doesn't just affect your grades — it affects everyone around you. Studies show it takes a class an average of **15 minutes to refocus** after a significant disruption. That's learning time for 30 people — lost.*

## Truancy & Absence

*Young people who are persistently absent from school are **three times more likely** to be NEET (Not in Education, Employment or Training) at age 18 (Youth Futures Foundation, 2022).*

# The Power of Positive Routines

*Here's the flip side. Every negative habit has an equal and opposite positive one — and those habits compound just as powerfully. Neuroscience tells us it takes approximately 66 days to form a new habit. This term is 13 weeks. That's enough time to completely rewire how you approach school.*



## Arrive on Time, Every Time

*Being in your seat, ready to learn, signals to your brain — and your teachers — that you mean business.*



## Plan Your Learning

*Students who use a revision planner score on average one full grade higher than those who don't. Organisation is a skill — practise it now.*



## Be Present — Actually Present

*Sitting in a room is not the same as learning. Engage. Ask questions. Make mistakes. That is where progress lives.*

# No Excuses — Take Ownership

*It is easy to blame the teacher, the subject, the timetable, or the fact that "it's boring." But here is the truth: **successful people take radical ownership of their circumstances.** They do not wait for perfect conditions. They work with what they have.*

*"You can make excuses or you can make progress. You cannot make both."*

## The Excuse Mindset

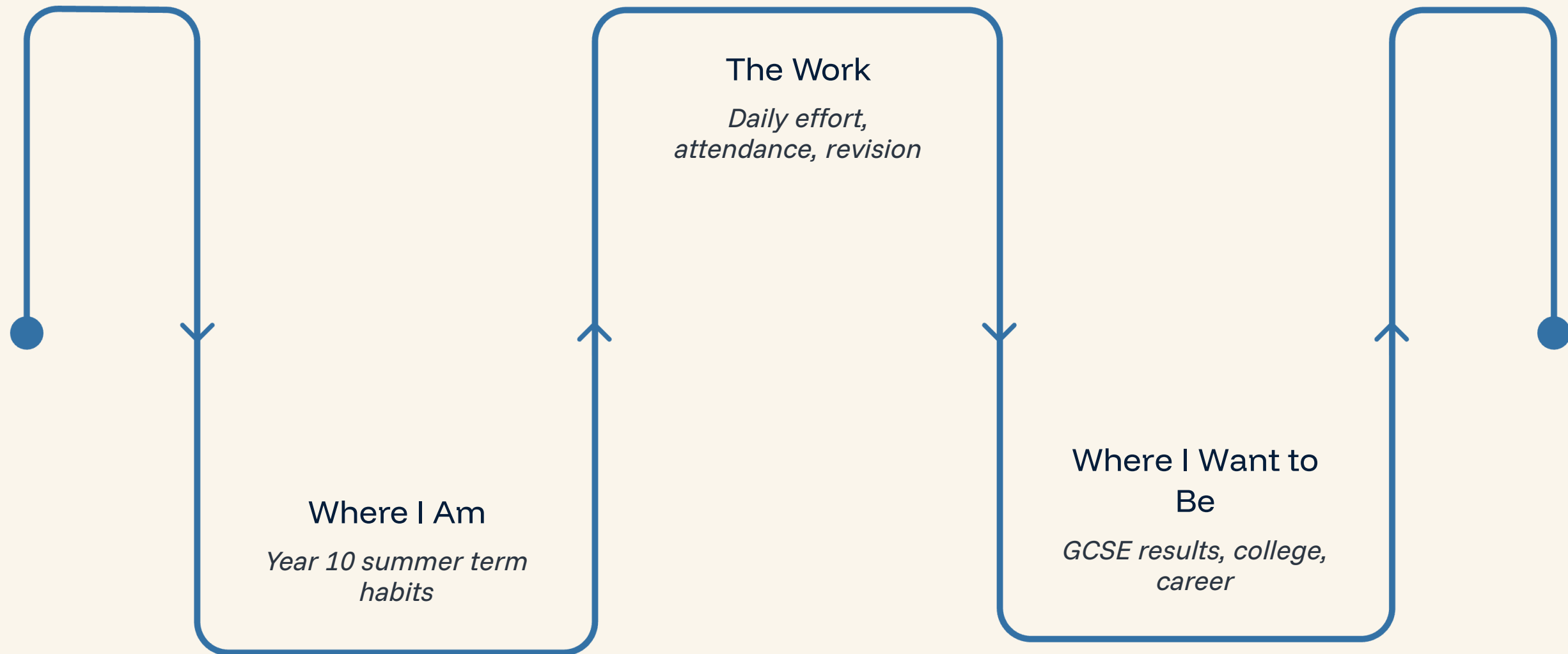
- *"I'm not good at this subject."*
- *"The teacher doesn't explain it well."*
- *"I'll start revising properly next week."*
- *"It doesn't matter yet — exams are ages away."*

## The Ownership Mindset

- *"I'm not good at this yet — I'll ask for help."*
- *"I'll watch a YouTube tutorial and figure it out."*
- *"I'll do 20 minutes of revision today."*
- *"Every lesson I put in now means less panic later."*

# My Journey — Where Do You Want to Be?

*Imagine two versions of yourself walking out of your last GCSE exam in June 2027. One of them feels proud. They showed up. They worked hard. They took responsibility. The other is full of regret — wishing they had started sooner, tried harder, made better choices. Both futures are available to you. The only question is: which one are you building right now?*



*Your journey is not written yet. But it is being written — lesson by lesson, day by day, choice by choice. The pen is in your hand.*

# If Not Now — When? If Not Me — Who?

*Nobody is coming to do this for you. Not your parents. Not your teachers. Not a future version of yourself who will somehow feel more ready. The only person who can decide to show up fully — today, this term, this year — is you.*



## Commit to Attendance

*Be here. Every day. On time. It is the single most powerful thing you can do for your grades.*



## Own Your Learning

*Stop waiting to be taught. Start choosing to learn. Ask questions. Revisit your notes. Seek feedback.*



## Take Responsibility

*Your behaviour, your effort, your future. No excuses. No passengers. Be the driver of your own success.*



## Start Today

*Not Monday. Not next term. Today. One good lesson, one good habit, one good choice — right now.*

 **Your challenge this week: Identify ONE habit to change. Start NOW...**