

S5/6 Curriculum Structure & Qualification Pathways





Our Senior Phase Curriculum

The Senior Phase builds on the BGE and provides pathways that support pupils to achieve qualifications, develop skills and move towards positive destinations.

Key Features of our Senior Phase

- A flexible curriculum offering academic, vocational and blended pathways
- Opportunities to study at SCQF Levels 3–7
- Partnerships with colleges, employers, universities and training providers
- Opportunities for wider achievement and skills development (DofE Silver, Caritas, Career Ready)
- Increasing pupil autonomy and responsibility for learning
- A focus on progression, attainment and achievement



Holy Rood RC High School
Meta-Skills Framework

Skills Framework – Our Meta-Skills framework is designed to allow pupils to develop the skills they need to learn and work well with others. These skills are developed through our curriculum, everyday learning and wider activities, helping pupils become more confident and ready for life beyond school.

Self-management	Social Intelligence	Innovation
Focusing The ability to manage cognitive load by filtering and sorting information in order to maintain a sense of focus in an age of information overload and constant change.	Communicating The ability to openly and honestly share information in a way that creates mutual understanding about others' thoughts, intentions and ideas.	Curiosity The desire to know or learn something in order to acquire new ideas and concepts.
Integrity Acting in an honest and consistent manner based on a strong sense of self and personal values.	Empathy Considering impact on other people by being able to take a range of different thoughts, feelings and perspectives into account.	Creativity The ability to imagine and think of new ways of addressing problems, answering questions or progressing learning.
Adapting The ability and interest to continue to engage knowledge, understanding and skills in order to remain adaptive and resilient in circumstances change.	Collaborating The ability to work in coordination with others to convey information and tackle problems.	Sense making The ability to combine the deepest meaning or significance of what is being experienced and to recognise wider themes and patterns in it.
Initiative Readiness to get started and act on opportunities built on a foundation of self belief.	Leading The ability to lead others by inspiring them with a clear vision and motivating them to realise it.	Critical thinking The ability to evaluate and draw conclusions from information in order to solve complex problems and make decisions.

Skills Development Scotland's Meta-Skills 4.0 - [skills-4.0 - a-model-to-drive-scotland's-future.pdf](#)

Senior Phase Curriculum Structure



S4 Curriculum Offer
Maths
English
Modern Language
Social Subjects
Science
Exp Arts/HWB
Technologies
Free Choice
RE
PE
PSE
Tutor Time



S5 Curriculum Offer
Choice 1
Choice 2
Choice 3
Choice 4
Choice 5
RE
PE
Tutor Time



S6 Curriculum Offer
Choice 1
Choice 2
Choice 3
Choice 4
RE
PE
Tutor Time

- Pupils in S4 Study 8 Qualifications
- Pupils in S5 Study 5 Qualifications
- Pupils in S6 Study 4 Qualifications (*optional study column*)
 - Pupils in S6 may opt to study 3 Advanced Higher Qualifications (*optional study columns*)



Qualification Pathways



Faculty Curriculum Maps:



Welcome to Holy Rood RC High School



Access Curriculum Pathways through the school website.



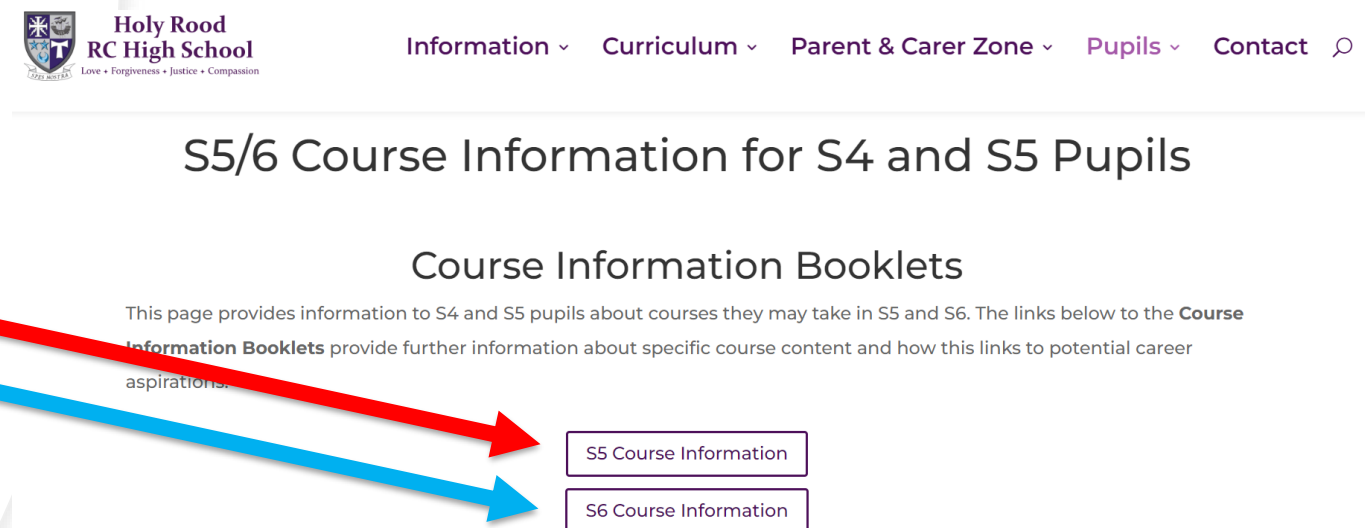
National Progression Awards/National Certificates	Level 4	Level 5	Level 6
Bakery & Barista Skills			
Creative Industries			
Creative Thinking			
Criminology			
Dance			
Data Science			
Film & Media			
Health Sector Science * (Skills for Work)			
Lab Science * (Science)			
Languages for Life & Work French: Italian:			
Legal Studies (S6 Only)			
Musical Theatre			
People and Society (Social Subjects)			
Personal Finance			
Photography*			
Professional Theatre Preparation			
Scottish Studies			
Sport and Recreation in PE			

Alternative Courses & Qualifications			
Duke of Edinburgh Silver and SFA Refereeing Level 7 (S6 only) *			
College Course S5/S6 Course Name:			
SQA Leadership Award (S6 Only)			

National Qualification Courses	NAT 5	HIGHER	Advanced Higher
Accounting *			
Administration & IT *			
Applications of Mathematics*			
Art & Design *			
Biology *			
Business Management *			
Cake Craft *			
Chemistry			
Drama			
Design and Manufacture *			
Engineering Skills *			
English			
English for Speakers of other Languages			
Fashion and Textile Technology *			
French			
Geography *			
Graphic Communication *			
Health and Food Technology			
History *			
Italian			
Mathematics			
Media Studies			
Metalworking Skills *			
Modern Studies *			
Music *			
Personal Finance *			
Physical Education *			
Physics			
Practical Cookery*			
Religious, Moral and Philosophical Studies (S6 only)			

New S5/6 Course Choice Booklet

- The new course choice information booklet is available on the Holy Rood website.
- The booklet can be accessed by clicking the following links.
- Red Arrow – New S5
- Blue Arrow – New S6
- Course Information booklets contain all the essential information regarding making course choices.



Ready to Make Choices.

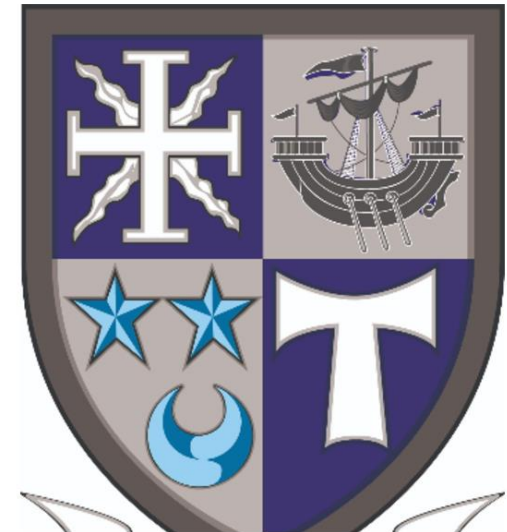
T.O.O.L.S
TimeTabler Options On-Line System



Collecting Student Choices On-line

Please enter your details:

Username:
Password:



- Visit - www.studentoptions.co/NewS5-6
- The Page should look like the one above.
- Log-in using the details provided to pupils.

Some Considerations:



- **Pupils are making a 'free' choice using the Options T.O.O.L.S system. This allows for greater flexibility and appropriate coursing for success.**
- Coursing for Success interviews for all S4 and S5 pupils. These five-minute conversations are designed to support pupils in making informed course choices for their Senior Phase, ensuring their plans align with current attainment and appropriate progression pathways.
- Courses might not run if there is not enough demand from pupils. Our coursing trawl helps with this process.
- Pupils are not guaranteed their choices they make on T.O.O.L.S. This might be due to the combination of choices not fitting into our column structure when we come to timetabling the New S5/6 cohort.
- Our **School College Partnership (SCP)** allows us to work with Edinburgh College to offer additional course opportunities for S5-S6 pupils. Pupils attend college on a part-time basis on Tuesday and Thursday afternoons. Foundation Apprenticeship courses are offered to S5 and S6 pupils. More information is available on the school website.
- **North-East Consortia Offer** – 5 Schools in the North- East of Edinburgh working together to offer courses at Adv Higher Level. Offer still being finalised and will be issued to pupils in due course.



Key Dates



New S5/6 Coursing assemblies: **Monday 10 December 2025**



T.O.O.L.S log-in details distributed: **Monday 10 Dec – Tutor Time**



Deadline for trawl choices: **Wednesday 7 January 2026**



Final Course Choices : **Due Monday 2 February 2026**

How we help your young person in school

SDS are in schools to help young people understand the world of work.

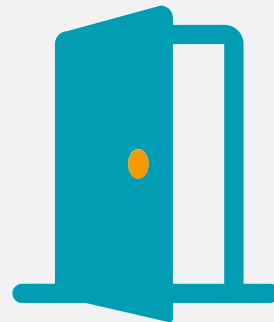
We help pupils develop and use their career management skills as they move throughout school.

We do this through our online service, My World of Work, and in person through our career adviser.

Young people may meet their school careers adviser...



In class at a group session



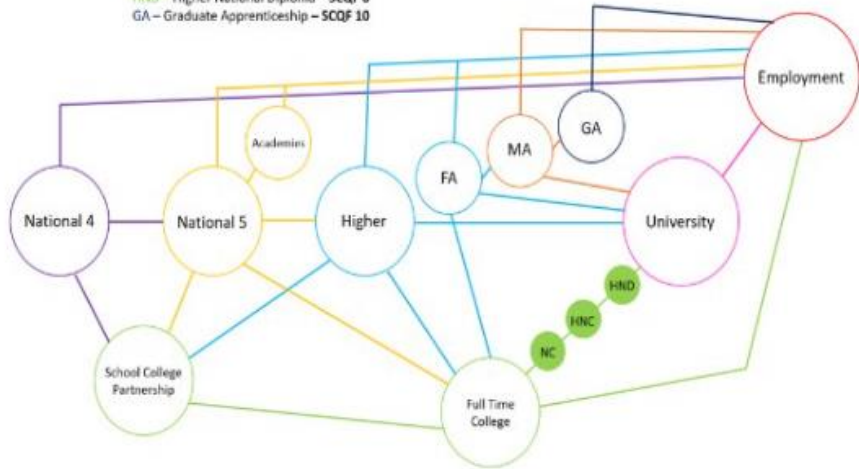
At drop-in sessions



At one-to-one appointments

Current Routes to Employment

FA – Foundation Apprenticeship – SCQF 6-7
MA – Modern Apprenticeship – SCQF 6-7
NC – National Certificate – SCQF 2-6
HNC – Higher National Certificate – SCQF 7
HND – Higher National Diploma – SCQF 8
GA – Graduate Apprenticeship – SCQF 10



There are lots of pathways available beyond school.

Preparation and Planning: Choosing the right subjects is important for your child's future.

Future Pathways: Subject choices can impact future education and career opportunities.

#NoWrongPathway!



Careers resources

Here are some ways you can **support your child**



Start with a career conversation
Discover how My World of Work can help you chat to your child about their career.
[View article ->](#)



Look after your child's mental health
A helping hand with your child's wellbeing. Find free helplines and expert online guidance.
[View article ->](#)



Additional support for you and your child
Find sources of help and advice for parents, carers and anyone who needs additional support.
[View article ->](#)



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Kick-start your career with an apprenticeship

See what apprenticeships you could do, which employers you could work with and the qualifications you'll gain.

[Become an apprentice >](#)

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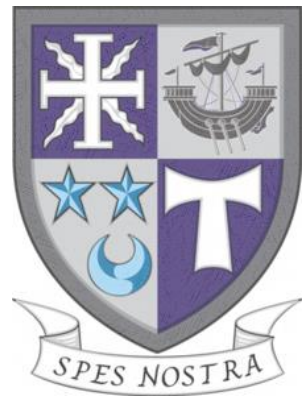
All results Courses Uni & colleges Apprenticeships Advice Events Accommodation

Undergraduate Scotland Mechanical Engineering

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Keywords Location Search

SQA Exams 2026



- Qualifications Scotland
- www.sqa.org.uk
- The 2026 exam diet **starts on Wednesday 22 April and finishes on Tuesday 2 June 2026**
- Results Day will be **Tuesday 4 August 2026**
- **Sign up to My SQA** – check personal details, get results by text and email
- **Study Leave**



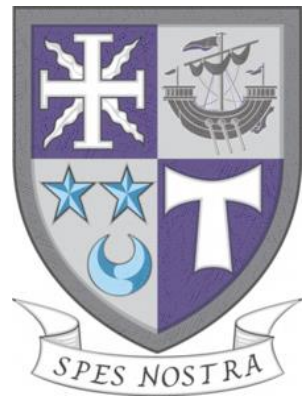
SQA Exams 2026



- **SQA Exam Timetable 2026** is available on www.sqa.org.uk
- Apps on the SQA website:
 - **My Exams** – create a personal timetable, view exam schedule
 - **MyStudyPlan** – organise revision by creating own study plan
 - **My Personal Timetable Builder** – create own timetable using SQA online version



SQA Exams 2026



Exams

- *SQA Your Exams* – this online document will be available in March
- Scottish Candidate Number – card
- Invigilators
- Exam Expectations – Dos and Don'ts
- Unexpected circumstances on day of exam



Supporting Success

Helping Your Child Reach Their Full Potential



School Supports

- **Study Club:** Dedicated space for S4-6 pupils to collaborate and study together.
- **Easter School:** Many subjects run an Easter supported study session depending on staff availability.
- **Counselling:** One-to-one support for pupils experiencing anxiety or low mood.
- **Staff Mentoring:** Regular check-ins to track progress and develop study skills.
- **Tracking and Monitoring:** Year Head uses data to identify targeted support for pupils.



Home Supports

Quiet Study Space: Create a dedicated study area free from distractions, especially screens, for focused studying.

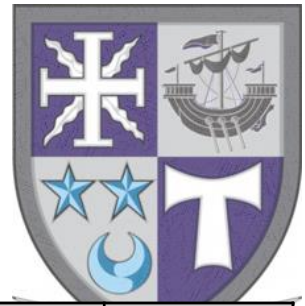
Study Routine: Organise studying into a weekly plan. Chunk work to make more manageable and set clear targets with scheduled breaks. Movement breaks, away from desk before returning to study.

Active Parental/Carer Support: Review study plans, make this visible. Regularly monitor Satchel One notifications, including upcoming deadlines for assessments.

Health & Wellbeing Focus: Manage anxiety/stress through balanced diet, regular sleep & daily exercise.



Study Plans



1. Block off times you can't study – meal times, clubs etc
2. Block off free time – one whole day and some time each evening
3. Fill in the spaces with your different subjects
4. Leave some 'flexible' time

TIMES	4.00 pm	5.00pm	6.00pm	7.00pm	8.00pm	9.00pm
Monday	<i>Late day</i>	Maths	<i>Dinner</i>	Maths	English	<i>Free time</i>
Tuesday	Biology	Biology	<i>Dinner</i>	Flexible	English	<i>Free time</i>
Wednesday	<i>Late day</i>	Flexible	<i>Dinner</i>	History	History	<i>Free time</i>
Thursday	<i>Football</i>	<i>Football</i>	<i>Dinner</i>	Flexible	Flexible	<i>Free time</i>
Friday	Chemistry	Chemistry	<i>Dinner</i>	<i>Free time</i>	<i>Free time</i>	<i>Free time</i>
TIMES	10.00am	11.00am	12.00pm	1.00pm	2.00pm	3.00pm
Saturday	Biology	Biology	Flexible	<i>Lunch</i>	Maths	Maths
Sunday	<i>D</i>	<i>A</i>	<i>Y</i>	<i>O</i>	<i>F</i>	<i>F</i>

Extra Curricular/Study Support Sessions



Nat5 Physics Supported Study	S3-S6	Mr Shackley	S216	Evert Tuesday	Lunchtime
		S4-S6			
Admin Supported Study (N5 and Higher)	S4-6	Ms Harrison	RS302	Monday	Lunchtime
Basketball	S4-6	Ms Marziban (S6 Prefects - Ainsley & Rhys)	Games Hall	Monday	Lunchtime
Boys Basketball (Senior)	S4-6	Alan Kacala (City of Edinburgh Basketball Club)	Games Hall	TBC	After School
DET Supported Study (all subjects)	S4-6	Ms Grant	DET	Wednesday	After School
DET Supported Study (all subjects)	S4-6	Ms Grant	DET	Thursday	After School
H Business Supported Study	S4-6	Mr Hutchinson	Business	Wednesday	After School
Maths Supported Study	S4-6	Ms Navarro, Mr Madiki, Ms McWhirter	S403, S406, S412	Tuesdays 3.30-4.30pm	Lunchtime
Maths Supported Study	S4-6	Maths department	Numeracy Hub	Tuesday lunchtime	After School
N5 Business & N5 Admin/IT	S4-6	Ms Green	Business	Thursday	Lunchtime
Netball	S4-6	Ms O'Reilly	Games Hall	Tuesday	After School
Geography- HIGHER study	S5/6	Mrs Liggins	F208	Wednesday	Lunchtime
Higher Accounting Study Support	S5-6	Mr Ash	Business	Wednesday	Lunchtime
Young Enterprise Competition	S5-6	Mr Hutchinson	Business	Tbc	Lunchtime
English Supported Study (all levels)		Various English staff	English Faculty	Thursdays	Lunchtime