



## Poynton High School



### Year 7 Parent and Carer Bulletin – December 2023

Dear Parents and Carers,

We have completed our first full term as Year 7 and we are very proud of the cohort. They have collected an enormous amount of house points and some students have even reached gold. We hope students keep up the momentum they had started last term.

Students have definitely got involved with high school life from volunteering at open evening, bake sales, sports teams, extracurricular clubs and being part of a fantastic production of Grease. We encourage all students to find something and give it a go, which the majority are doing week in week out.

Please note: School closes at 12.30pm on Friday 22<sup>nd</sup> December  
School reopens on Monday 8<sup>th</sup> January on week 2 of the timetable

What to expect to find in the bulletin?

- Subject updates
- Class charts
- How to help your young person with their learning
  - Uniform
  - Free School Meals
  - Mental Health support
  - Important dates
- Travel to and from school
- Mobile phone and social media safety advice

## Subject updates...

### MATHS

Now our year 7 students are in the swing of things this term we've moved onto place value in which students understand the value that each digit represents in a number. With their knowledge of number, we begin to make links to other areas of maths such as data measures such as finding the range and median. After this, we moved onto a vast and fundamental topic Fractions, Decimals and Percentages. The main aspects at this stage include reviewing what our students recall from primary school and building upon this throughout the year.

Students will have another assessment towards the end of the next half-term. It is an excellent opportunity for students to review what we have covered so far this year. In addition to this, students will have the chance to sit an open book test, where they can use their exercise book to help them in the test.

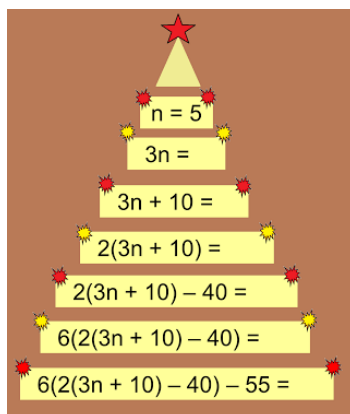
Students should still be getting regular written and online Dr Frost Maths

<http://drfrostmaths.com> homework. Remember, to revise, you can click on the **Start a**

**Practice** button on the home page or on the **Year 7 Course** to keep your skills at your best.

Check out the instructions in your maths class Google Classroom for how to make the most of Dr Frost. Well done to Abdallah D, Joshua M, Jensen H, Noah K and Nathaniel L for scoring the top points in November on Dr Frost.

### Christmas Maths Challenge



Bring the answer to the bottom question to your maths teacher after Christmas for house points.

## ENGLISH

Students have spent the second half term studying a scheme of work name 'Stories through Time.' They have explored stories ranging from those told by the first humans all the way to the stories captured in classic post-Windrush British songs. Students will have been completing their final assessment last few weeks of term bringing together all the knowledge they have learnt to create their own twisted versions of classic stories.

We encourage all students to read for pleasure in their own time, and encouraging reading is the most effective way to support your child's English progress. Use <https://schoolreadinglist.co.uk/category/reading-lists-for-ks3-pupils/>; it's a great resource for discovering new YA fiction.

All Y7 students have been given a reading log to fill in and we encourage them to share this with you as well as their teacher.

## SCIENCE

This half term students in Year 7 have completed their first science test on the first 3 topics.

Students have now started their second 3 topics of Year 7, which are:

7B2- Reproduction

7C4-Atoms and elements

7P2 -Energy 1

Students will continue to complete these after Christmas. Each topic has a TMA (teacher marked assessment), providing students with written feedback on how they have performed. They will also be set a GC mini quiz for each topic which self-marks to give both them and staff instant feedback of how they have performed.

Students should have purchased a revision guide at the start of Y7. If students have still not purchased one from us they can online using this link:

<https://www.cgpbooks.co.uk/secondary-books/ks3/science/shs35-new-ks3-science-complete-revision>

The revision guide includes all of the topics we teach in school and is an excellent revision tool and resource to help them consolidate.

Students have also been set assignments on Seneca, an online platform which is an excellent tool to help them revise and consolidate their knowledge and understanding. This is something they can use independently as well as completing the assignments set by their teachers.

### Extra reading:

Students could watch these videos on material they are covering in their current science topics:

7B2 Reproduction <https://www.youtube.com/watch?v=8cWH7pIPYIM> and <https://www.youtube.com/watch?v=5OvgQW6FG4>

7C4 Atoms and elements <https://www.youtube.com/watch?v=14BEh2EKrM0> and <https://www.youtube.com/watch?v=DkAXO--BYEw>

7P2 Energy <https://www.youtube.com/watch?v=VUworhvk5rw> and <https://www.youtube.com/watch?v=btLTehMyuM>

### **MFL**

Well done to Year 7 students in their first term of language learning at High School.

In French and German, students have started introducing themselves, giving personal information.

They have sat their first set of assessment tests where they were assessed in: Listening, Reading, Translation.

Many Year 7 students have taken part in both our European days of Languages Bake off and our Christmas cards competitions. Well done to them, we were very impressed!

From January, they will continue with family and descriptions in German and French.

We hope you have a lovely and very restful Christmas holidays. See you all in the new year!

Joyeux Noël, Feliz Navidad, Frohe Weihnachten!



### Useful websites:

Some classes have used [www.memrise.com](http://www.memrise.com), [www.quizlet.com](http://www.quizlet.com) or [www.pearsonactivelearn.com](http://www.pearsonactivelearn.com) in their language lesson in the computer room. These are great websites to use at home too. Any student can join by using their google account and individual teachers have set classes and home learning tasks.

Username and passwords for [www.pearsonactivelearn.com](http://www.pearsonactivelearn.com) have been given out and students should have written their usernames and passwords for the different websites on

the first page of their vocab booklets. If your child hasn't had access to this website, ask them to check with their teachers on Google Classroom.

**Keep following us on Twitter too:**

Mr Farrell- @MonsieurFarrell

French Department - @PH\_rench

German Department - @PHS\_GERMAN

Spanish Department - @PHS\_panish

## **HUMANITIES**

### **RS**

Year 7 has done great work this half term looking at Religion and the community. They have made a fantastic effort to look at a variety of faiths and festivals and are building their knowledge of different beliefs. After the Christmas break we will be moving onto Religion and Equality and how different religious and ethical groups have worked to help see that all people are treated equally and fairly.

### **History**

Year 7 have started a new topic this half term focusing on why people died so young in the Middle Ages. They have been looking at fascinating areas of history like the Black Death, the Crusades and Medieval Medicine. In the new year all Year 7 students will be completing their first graded assessment on these topics, information for the assessment will be explained in lessons and will be on Goggle Classroom. A good website to visit for extra research on the Middle Ages is BBC Bitesize History and look at the KS3 topics.

We wish all our Year 7 students and their families and wonderful break.

### **Geography**

This second half of the Autumn term continues to be a busy one for our year 7 geographers. Where our students are lucky enough to have 2 geography teachers they will have been looking at our Pole to Pole topic where they are learning about glacial landscapes and landforms as well as how our cold environments are changing due to climate change and the challenges that face the people who live in the Arctic. This topic is to come next term for the rest of the year group where they can also continue to practise those important map skills.

To further enhance their learning there are always lots of look at on the BBC Bitesize section of their website here; <https://www.bbc.co.uk/bitesize/topics/zpcqxn timer> This is the Glaciation topic where there is lots of information as well as quizzes to complete. We also recommend the brilliant Planet Earth programme from the BBC and this clip about Arctic Wolves is amazing when thinking about biodiversity in the Arctic. <https://www.youtube.com/watch?v=IXj8S0p9STw> .

## **TECHNOLOGY**

### **Product Design**

This half term students have been continuing the design process of their blockhead. Students have been introduced to the skill of drawing in isometric and applying this to their blockhead design.

Following on from this, students have began to manufacture their blockhead. The first step of this was beginning to draw and measure the neck of the blockhead. Students have been introduced to a range of tools such as a steel ruler, tri-square, marking gauge and tenon saw. Students have been able to apply their health and safety knowledge from half term 1 to this process and ensuring safety in the workshop.

Next half term students will continue the manufacture process of their blockhead.

### **Textiles**

During this academic term Year 7 have been researching cultures and designing their device holders. Their device holders will include techniques such as, tie-dye, stencilling, hand embroidery and use of the sewing machine for construction. Recently students have been stencil sampling to perfect the technique for our final products.

### **Food Preparation and Nutrition**

During this academic term Year 7 have been focusing on key skills in Food. These include, knife skills, using the grill, using the oven, rubbing in method and decorative skills. As a whole in the food department we have been very impressed with the students decorative skills when decorating the Christmas logs. Next term we will continue to work on skills through practical lessons. Please can I remind students that they must bring labelled containers big enough to take home their food products at the end of the day. If students have left their containers in the department please can these be collected at the start of term.

## Computing

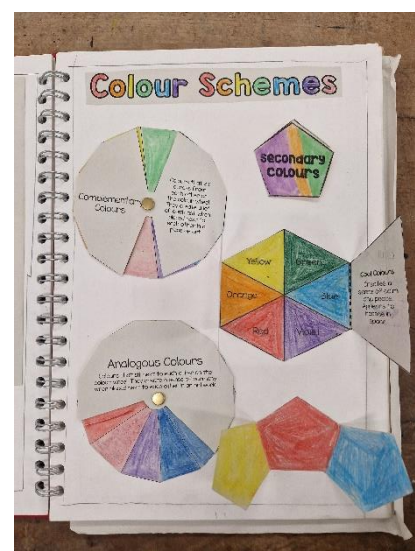
This half term, students have moved onto programming with Scratch. They have been learning all about programming and sequencing. They have also learnt some important Computing techniques including; selection, iteration and important operators. They have had the chance to create their own games and solve problems using this graphical, block based programming language. When we return after Christmas, students will be introduced to programming through Microbits.

In case you weren't aware, The Computing Department run a Robotics Club on Thursdays after school in rm 29 for Year 7 & 8 students. Students get the opportunity to build their own Scratch games, play with the Lego robots, Microbits and even the Oculus Rifts. Numbers are limited.

Suggestions for further wider learning that students can do over Christmas, include watching the highly recommended films of Hidden Figures and How to Build a Human. Hidden Figures follows the true story of these three women, who all began their journey working at NASA as a part of the West Computers, a segregated group of African American women hired to process aeronautic data in the Space Race. How to Build a Human can be found on Channel 4. The plot centres around the main character exploring Artificial Intelligence and how she uses it to build an AI version of herself.

## Art

This term Year 7 have been introduced to the importance of Colour Theory in Art. Students understand the importance of colour combinations, and how these combinations impact how colours interact with each other. We then moved on to how different colours can symbolise different meanings, often relating to the intended mood, atmosphere or emotion of an artwork. This knowledge prepares students for the final outcome of the project, which is to create an expressionist self-portrait using oil pastels. Their portrait will express their chosen emotion (happiness, anger, jealousy, sadness) and the students will use their new knowledge to apply a colour scheme that reflects their chosen expression.





## PE

Over the last couple of weeks students took part in a range of house game activities, this was fantastic to see students working and supporting each other as a form throughout. They also took part in the annual Elf run / Santa dash to support Cheshire East Hospice. There were some great Christmas outfits on show and excellent effort from all involved. Results from the House activities will be shared with forms in the coming weeks.



Students are now into their second term and have settled well into PE. They will now have completed 4 different activities and move onto their next two activities in the rotation. Some activities will continue to be outside and it is therefore important that students ensure they have any additional items with them to keep warm if their activity is outside. Students can wear any of the following in addition to PHS PE kit to ensure they stay warm during outdoor lessons

- Long sleeved t – shirt or under armour underneath their PE t – shirt
- Plain blue Jumper (No hoodies)
- Plain blue or black tracksuit bottoms
- Gloves

It has been fantastic to see so many students getting involved in the PE extracurricular activities at both lunch and afterschool. Activities will stay the same as the last half term and continue to run the same day, please see below for activities. Any student is welcome to join and they don't have to have been before. After school clubs require students to get changed and lunch time clubs' students can just turn up and play.

<https://www.phs.cheshire.sch.uk/attachments/download.asp?file=1258&type=pdf>



## Class Charts

- Since September 2022, we have used Class Charts to monitor our students in school. Parents and carers have access to Class Charts via the app, and students have recently been given access to their own Class Charts accounts via the student app.
- We are keen to encourage our students to take ownership over the monitoring of their timetabled lessons in school, as well as their house and behaviour points totals.
- The student app allows young people to view their timetable and we would encourage parents and carers to advise their young people to check this before packing their bag each night.
- The Class Charts app for parents and carers allows you to monitor attendance, rewards and behaviour points.
- We are grateful for the support of our parents and carers in discussing any behaviour incidents with their young person and to encourage them to make positive choices for the benefit of their learning.
- We are also grateful for the support of our parents and carers in celebrating the achievements and successes of our students in school; every day, thousands of rewards points are issued to our students for the positive choices they make, inspirational achievements and in celebration of their successes inside and outside the classroom. Your support in ensuring your young person sees the value in this is very much appreciated.
- Further guidance around the use of Class Charts can be found on our website here: <https://www.phs.cheshire.sch.uk/page/?title=Class+Charts&pid=338>
- For enquires around accessing the parent/carer or student app, please email [info@phs.cheshire.sch.uk](mailto:info@phs.cheshire.sch.uk)

## Helping your young person with their learning

A guide to support your child with their learning can be found on our website in the 'Parents' section via the following link: <https://www.phs.cheshire.sch.uk/parents/helping-your-child-with-learning>

Support with google classroom and Dr Frost can be found here <https://www.phs.cheshire.sch.uk/pastoral/year7>

## Uniform

Students are well established with our routines and expectations around school but we are aware that boundaries can be pushed by teenagers. Please encourage your young person to wear our uniform with pride and correctly.

Coats are allowed but must be taken off when they are indoors.

Please note that hoodies are not part of the school uniform and must not be worn under blazers.

Equally, for PE students are encouraged to wear layers which are appropriate underneath their PE kit but no hoodies.

We appreciate parents and carers invest a lot of money in school coats and uniform, please make sure that all items are named to make them easier for them to be returned if they are misplaced.

## Free school meals info

Please click the link to see if you qualify for FSM

[https://www.cheshireeast.gov.uk/schools/school-meals/free\\_school\\_meals.aspx](https://www.cheshireeast.gov.uk/schools/school-meals/free_school_meals.aspx)

## Child and Adolescent Mental Health

[www.MyMind.org.uk](http://www.MyMind.org.uk)

Cheshire and Wirral Partnership NHS Foundation Trust's (CWP) nationally recognised Child and Adolescent Mental Health website 'MyMind' has been refreshed and relaunched in time for this year's World Mental Health Day.

MyMind is a dedicated website for young people across Cheshire and Wirral experiencing mental health difficulties. With support from local young people from our Child and Adolescent Mental Health Services (CAMHS), MyMind has now been given a modern makeover!

MyMind provides advice and guidance around the key topics identified as most important to young people and their families: how to cope with mental health challenges, how to get help and what to do in a crisis.

The site includes a host of interactive self-help resources for young people, parents/carers and anyone who works with young people around the topics of Mood, Lifestyle and Relationships, as well as details on local mental health services in your area.

## Important dates

School closes for Christmas – Friday 22<sup>nd</sup> December at 12.30pm

School re-opens – Monday 8<sup>th</sup> January (week 2 timetable)

*Student development day – Tuesday 23<sup>rd</sup> January*

## Travel to and from school...

A late bus will continue to run at 4:30pm Monday-Thursday to encourage as many students as possible to attend extra-curricular activities after school. Tickets can be purchased from student services and on ParentPay at a cost of £3 per ticket. The bus has drop off points in Hazel Grove, High Lane and Disley.

## Walking and cycling to school

It is fantastic to see so many students walking and cycling to school. Please remind your young person to make sure they are thinking about other road users and their own safety on their journey in to school.

## Mobile phone and social media safety

### Social Media Age Restrictions

Under 13 (with parental consent)	13 +	16+	18+	18 (13 with parental permission)
GoBuddle PopJam GROM SOCIAL	Facebook Instagram Tumblr Twitter skype iTunes Pinterest MyLOL Wink Snapchat TikTok reddit askfm	WhatsApp Telegram	Meow Chat Meet Me Tinder	flickr YouTube Spotify

If you need any further support on mobile phone usage please read the tips below...

We understand the benefits of young people having a mobile phone especially as the nights draw in and you can keep an eye on their whereabouts. Here are some useful tips on keeping your young person safe online and with the use of their mobile phone.

### 1. Set boundaries

It's important to set boundaries and limits with your kids. Talk to them about the boundaries themselves, and your reasons for setting them.

These boundaries could include screen time limits, restrictions on what apps they can use or where they can use their phone.

By setting these limits, you can encourage children to still enjoy activities that stimulate their minds in other ways, such as sports, board games or reading. It also allows you to reclaim family time and ensure your child isn't using age-inappropriate apps.

### 2. Utilise parental controls & engage with your child's phone usage

Parental controls allow you to see exactly what sites and apps your child is accessing on their smartphone, tablet or computer. It also lets you see how long they are spending on these devices.

While there are many parental control apps to choose from, the standard choice is Google Family Link. Free to use, Google Family Link works with both Apple and Android devices.

While you still may want to use a parental control app to check what your child is doing online, it's always good to engage with them directly as well. By encouraging them to share what they are doing on their phone, you may get a better insight into risks such as cyberbullying or their social network use.

### 3. Teach your children phone security

By teaching your child a few security measures now, you will help them keep their devices secure in the long run. Examples include:

- **Don't connect to public wi-fi** as that may give hackers access to your child's phone and information.
- **Don't share passwords** with friends or strangers.
- **Don't overshare online** – once a photo or video is out there, it can't be taken back.
- **Keep your phone close** in your bag or on-hand rather than leaving it in public places where it can be stolen.
- **Password protect the phone** so that if it is stolen, personal photos or messages can't be easily accessed.

For further advice and support please see our website.

We hope you all have a restful break and we look forward to seeing you back in school on Monday 8<sup>th</sup> January on a week 2 timetable.

A handwritten signature in black ink, appearing to read 'Annie Kennedy', with a large, stylized loop at the end.

**Annie Kennedy**

Director of Learning: Year 7 & Transition  
[ake@phs.cheshire.sch.uk](mailto:ake@phs.cheshire.sch.uk)

A handwritten signature in black ink, appearing to read 'Alistair Hunter', with a large, stylized loop at the end.

**Alistair Hunter**

Student Welfare Officer: Year 7 & Transition  
[ahu@phs.cheshire.sch.uk](mailto:ahu@phs.cheshire.sch.uk)