



Poynton High School



Year 7 Parent and Carer Bulletin – February 2024

Dear Parents and Carers,

Welcome to our half term bulletin where I will update you on subject news, achievements, key dates and other useful information.

Our Year 7 students are very much settled into our high school community and are thriving in all areas. We have a high percentage of students taking part in an extracurricular club but we want 100%. Students are encouraged as best as possible to enter house events, attend clubs and get involved. Please see our extracurricular link below to see if there are any that interest your young person. It is never too late and they can just turn up.

<https://www.phs.cheshire.sch.uk/page/?title=Extra+Curricular+Activities+and+School+Trips&pid=149>

Please note: School closes at 3.15pm on Friday 16th February
School reopens on Monday 26th February 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

This half term we've been learning about addition, subtraction, multiplication and division in lots of different contexts. Students will be having an open book test next half-term which will allow them to use their exercise books, examples and worksheets from lesson to help themselves.

Here are some hints on how to revise maths.

Prepare

- Get the revision list from Google Classroom
- See where each of the topics are in your maths books
- Can you find the knowledge organiser for each topic?
- Which topics do you need to practice most?

Perform

- Cover up the answers on some of your questions and try to do it again.
- Did you get any homework questions wrong – can you try them again?
- Re-do any Dr Frost maths assignments you have done to check you can get 100% now.
- Can you reproduce parts of your knowledge organiser from memory?
- If you can't do any question, or don't understand something, it's time to speak to your teacher.

Progress

- Did you improve your Dr Frost score?
- Can you now do a question that you couldn't do in lesson?
- Can you recall the knowledge organiser facts from memory?
- Can you make up a 'difficult' question then answer it?



If you can.... You're ready for the test!

Well done to Joshua M, Aadi W, Abdallah D, Hugo C and Joseph B for scoring the top points in January on Dr Frost.

February Maths Challenge

Google the following - Transum Pancake day

Can you complete all the levels by flipping the pancakes?

Bring in a screenshot of the finished level to get House points from your teachers.

ENGLISH

Year 7 Students' Engaging Journey into Poetry and Scriptwriting.

This term, students are delving into the captivating world of poetry. They are studying poetic forms such as haiku, ballads, and the works of esteemed poets like William Blake, John Keats, and Rupi Kaur. As part of their studies, students will be examining the structure of a short story and will be given the opportunity to adapt a short story into a script. How exciting! Moreover, our Year 7 students have successfully completed an assessment centred around Myths and Legends. They were tasked with recalling their knowledge and creating a descriptive piece about their own mythical creature. The students put in commendable effort during their revision lessons and effectively utilised the provided revision materials on Google Classroom. Congratulations to Year 7 for their hard work and dedication this half-term! February 2024 Assessments: This term, students will be showcasing their knowledge and understanding through two engaging assessments: Write a 'Student Guide to Literary Forms.' This is to go on the school website to help other students with their learning Recall and Blake Poetry analysis assessment - How does the Nurses Song in Innocence compare with Nurses Song in Experience and why are they different?'

KS3 Reading Log Initiative

Our Reading Log initiative is proving to be a tremendous success! Year 7 students are putting in commendable effort, diligently completing their logs and documenting the number of pages they read each day. A special thank you to parents/carers for their invaluable support in encouraging and assisting their children with their reading. Your involvement is contributing greatly to the success of this initiative. Well done, Year 7!

Currently, our Year 7 champions are in the lead with an impressive total of nearly 1700 points!

Congratulations to the following reading superstars who are making significant contributions to the total points mentioned above:

Noah C (7LDA)
Tabitha B (7JLA)
Thomas B (7LDA)
Hugo C (7JFC)
Esme H (7JFC)
Robert K (7AMI)
Joshua M (7VCR)
Billy W (7VCR)
Ethan W (7JFC)

SCIENCE

This half term students in Y7 have started their third 3 topics of Y7, these are:

7B3- Variation

7C2- Solubility and separation techniques

7P3- Forces

Students have been set a TMA (teacher marked assessment) on each of these topics, providing them with written feedback on how they have performed. They have also been set a GC form mini quiz for each topic which self-marks to give both them and staff instant feedback of how they have performed.

After Feb half term students will complete the remaining lessons of these topics. In preparation for their end of year exams in June we will complete 6 revision lessons with each class. We will provide students with different revision materials to help teach them different ways to revise. These will include mind maps/points tests/ Q&A/ Que cards etc. More information will follow on this before May half term.

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:

7B3: Variation https://www.youtube.com/watch?v=DjGZp_IU5EY

7C2- Solubility and separation techniques <https://www.youtube.com/watch?v=VLKKN41vhHk>
and <https://www.youtube.com/watch?v=dBb0aWXhArk>

7P3- Forces <https://www.youtube.com/watch?v=CyHTYdgWXzl>

MFL

A reminder on Useful websites:

Some classes have used www.memrise.com, www.quizlet.com or 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 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

Spanish Department - @PHS_Panish

German Department - @PHS_GERMAN

HUMANITIES

RS

Year 7 have done some excellent work this half term looking at Religion and Equality and how religions can aim to bring people closer together and support others. After half term we will be looking at Jesus' Last Week and the events that took place leading up to his crucifixion.

History

Year 7 have completed their first graded assessment of the year on Why people died so young in the Middle Ages and have begun their unit of work on Why religion was a matter of life and death in the Tudor period. This unit will look at pivotal moments in English history like the creation of the Church of England and the reversal of these policies under Mary I. The unit will also include a written assessment on whether Henry VIII made the most significant changes to religion in the period and students are expected to be writing this up before Easter. Students could conduct extra research on the religious changes during the Tudor period by using the bbc bitesize website or English Heritage.

Geography

This term our geography students have started their Pole to Pole unit of work, looking at the processes that create glacial landscapes and landforms and the issues facing the Arctic in terms of climate change and oil extraction as well as looking at Antarctic issues— very topical!

Year 7 have recently completed their second assessed second task based on general skills that are essential in geography including map skills as well as global knowledge of places. In preparation for this we have looked at activities to 'Geog Your Memory' as well as how to effectively use revision clocks and creating revision cards of key terms where needed.

There is always something exciting to watch and read to enhance your geography knowledge and understanding. We always recommend that our students watch BBC Newsround if they miss it in school but there are also programmes looking at our great world from David Attenborough documentaries and the new Simon Reeve documentary series especially the episode on Patagonia. <https://www.bbc.co.uk/iplayer/episode/m001tkg6/wilderness-with-simon-reeve-series-1-2-patagonia>

TECHNOLOGY

Product Design

This half term students have been manufacturing their blockhead. Students have been learning how to create the neck shape on their blockhead. They have done this by measuring to create the neck shape and then learning how to chisel out using a chisel and a mallet. Students have started learning how to use the pillar drill – this will create the space for the string to go which acts as the arms and legs. Students have been able to apply their health and safety knowledge from half term 1 to this process and ensuring safety in the workshop.

Students have been introduced to the making diary which has been introduced during their lessons and has been taken home for students to complete as part of their home learning.

This term students will have been set a 'pine' homework. This is so students are equipped with further knowledge about pine (this is what their blockhead is made from) ready for the upcoming assessment which is based on tools in the workshop and pine.

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



Food Preparation and Nutrition

During this term Year 7 have been focusing on key skills in Food. Practical have included pizza and scones. 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 or they will be disposed of accordingly.

Computing

This half term, students have been looking at how to communicate respectfully on line. They have demonstrated their knowledge by doing group presentations.

Next half term, students will be introduced to programming through the BBC micro:bit. This pocket sized computer has introduced the students to how software and hardware work together. They will be using the LED light display, buttons, sensors and input/output features to programme and interact with.

All Year 7 are invited to come along to our extra-curricular STEM Club. It runs on Friday lunchtime, in rm 29. Students will get the opportunity to build their own robots and programme them to do fun things. Numbers are limited, please email Mrs Bemowski Head of Computing if you'd like to attend db@phs.cheshire.sch.uk

PE

Please follow our Twitter account @PHS_PhysEd for all latest updates in PE.

Students are now in the routine of PE and have experienced a wide range of activities including dance, gymnastics, basketball, fitness, rugby. All students will now have completed 6 activities in their PE lessons by the start of February ½ term.

Activities continue to be outside and for those lessons, it is important that students ensure they are prepared. As the weather is unpredictable, students should consider additional items to keep warm. Students must wear their PHS PE kit, but can also wear any of the following to adapt to the weather

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

Our PE extra-curricular clubs continue to run, and it has been great to see students getting involved in these at lunch and afterschool.

Some recent highlights from PE teams are:

- Year 7 Girls Football WIN Cheshire Schools 5-a-side Competition
- Year 7 Boys Football into Semi-final of the Macclesfield and District Cup
- Year 7 Girls Indoor Athletics team through to the Cheshire finals after winning the Macclesfield and District Event
- Year 7 Boys Indoor Athletics team came 3rd at the Macclesfield and District Event
- Year 7 Rugby Competition at Laurus Cheadle Hulme



Dance

Year 7 Dance club members have been working really hard to prepare for our Dance Showcase on the 28th March at 6pm. They have all been involved in choreographing work for the evening and it will be a great celebration of their work alongside the GCSE Dance students performing their practical examination pieces.

Music

This term Year 7 have been learning about the importance of pulse and how it is fundamental to almost all musical activity. We have reinforced their learning through a variety of experiences including pulse games and other rhythmic activities, the creation of patterns including obstinate, repetitive rhythmic textures - cyclic polyrhythms, listening activities and group performance pieces.

As usual, the students have enjoyed the “Do It Nows” performing classic rock tracks as soon as they walk into the classroom with some new competitive rhythm games where they have to try and stay in to the end!

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

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>

How to revise part 1 and How to revise part 2 are currently on the Yr7 google classroom page, which you can look through with your young person to try different techniques and work through strategies to support their revision.

Students are encouraged to work through **3 P's**

Preparation – creating a revision resource

Performance – testing themselves

Progress – did they improve or get better in a test – if not let's look at a different strategy

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.

In particular, girls' skirts need to be at an appropriate length where the school badge is on show, jewellery is not be worn for school, white socks over tights are not part of the uniform and shirts must be tucked in.

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

Child and Adolescent Mental Health

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 half term – Friday 16th February 3.15pm

School re-opens – Monday 26th February (week 2 timetable)

Parents Evening (face to face) – Thursday 18th April 4-7pm

NB. appointments will go online after half term and a letter will be sent home with instructions on how to book.

Student development day – Thursday 29th February

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



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 26th February 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

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

Alistair Hunter

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