



Year 7 Parent and Carer Bulletin – March 2024

Dear Parents and Carers,

Please find below the Easter bulletin for Year 7 as we are now 2/3 through the year. The Year7s are very well established with our routines and procedures around school and so many of our youngest members of Poynton High School community are getting involved with all aspects of school life. We have seen an increase of students attending extra-curricular clubs and we have celebrated students who are achieving the top house points in the school. Students need to maintain the high expectations which we started off with in September to see through our last term into Year 8.

We are looking forward to seeing you in person at parents evening after the Easter break.

Please note: School closes at 3.15pm on Thursday 29th March

School reopens on Tuesday 16th April on week 1 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

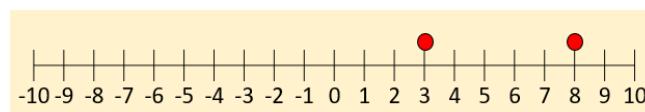
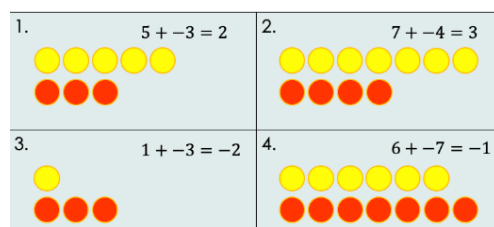
Subject updates...

MATHS

Year 7 Maths

Year 7 have been studying fractions, decimals, percentages and directed (negative) numbers. We use different representations for negative numbers to allow everyone to understand how to work with them.

Here are some of the different representations.



When we've mastered the basics, we move onto algebra with negative numbers.

Maths March

This month we celebrated maths through a variety of activities. Did you know the 14th March is known as Pi Day. Pi is a special variable used in calculations relating to circles. The digits of pi begin 3.14, hence the date! On this date all year 7 students explored properties of circles and were challenged to figure out dingbats relating to pi. All students were invited to compete in a competition reciting as many digits of Pi that they could remember. The winner correctly recalled the first 108 digits!

Every year 7 class have been completing timetables across 7 starter activities. The winning students from each class will compete against one another on the final day of term. There are prizes available for the quickest (and most accurate!), the most improved and more!

Year 7 students also had the opportunity to take part in a house competition to form their own pi ku (a haiku with a mathematical spin!). Every year 7 class was set the challenge to achieve as many points on Dr Frost within March. The more questions answered, the more points gained! Winners will be announced after Easter when all results have been compiled.

Easter Maths Challenge

Bring the values of the bunny, chick and bell to your maths teacher for extra house points.

 +  +  = 24	 =
 +  +  = 19	 =
 +  +  = 17	 =
 x  +  = 31	

ENGLISH

This term students have been studying a scheme of work called 'Literary Forms'. In this scheme students have explored a range of literary forms including poetry, plays and novels. Next term, work will be focused on Shakespeare's The Tempest and travel writing.

We encourage all students to read for pleasure in their own time and believe encouraging reading is the most effective way to support your child's English progress

<https://schoolreadinglist.co.uk/category/reading-lists-for-ks3-pupils/>; it's a great resource for discovering new YA fiction. For more reading recommendations also use the Challenge Packs, available on your child's Google Classroom English page. This term's Challenge Pack links to the Literary Forms scheme of work and has a selection of classic novels perfect for stretching our most ambitious students.

SCIENCE

This half term, as part of Science week, the Y7 students have worked as a form to compete against the other forms in the school, as well as the Y5 and Y6 students within the PTA and the Trust. They have completed a multiple choice science quiz, this included general knowledge questions from Biology, Chemistry and Physics topics.

To celebrate Science week students have also had the opportunity to compete in the House Science competition. They had to design a poster on the theme of 'Time'. This could be on anything, but suggestions included:

- How a certain type of technology has changed over time, or even the advancement of time-telling technology itself!
- How you think the world might look in years to come
- Look at nature – lifecycles, lifespans, evolution and hibernation – nature is full of timely topics!

The winning form and House poster winner will be announced shortly.

Some Y7 students have continued to attend Science club each week. Feedback has been extremely positive and they love all the different hands-on experiments they get to do each week.

This half term students in Y7 have continued with 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 Easter students will complete the remaining lessons of these topics then they will start their final 3 topics of the year. These are:

7B4- Environment

7C3 Acids & Alkalis

7P4 Space

These topics will take them to the end of the academic year.

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 will also be 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=3bAfEfwI3xM>

7C2- Solubility and separation techniques:

<https://www.youtube.com/watch?v=D3CoWjLfw0M> and

<https://www.youtube.com/watch?v=4YBVkRWznRE> and

<https://www.youtube.com/watch?v=MCU4NrnLOG8>

7P3 Forces: <https://www.youtube.com/watch?v=9kMNtZvYmqQ>

MFL

Well done to all Y7 for sitting the latest assessments at the start of this half-term. Students were tested in Listening, Reading, translation into German or French, Writing and Speaking. There were some very impressive scores, especially in the speaking where students had to answer 3 questions from memory.

In German and French students have started the topic of school, giving opinions on subjects and teachers, describing their school day and their uniform. These topics will carry on after the holidays before moving onto hobbies in German and on talking about family members in French.

We hope you have a restful holiday filled with chocolate!

Joyeuses Pâques, Frohe Ostern and Felices Pascuas from the MFL team!

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 in RS this half term looking at Jesus' Last Week and the events that took place leading up to his crucifixion. After half term we will be looking at the places of worship that are used by different faiths, with a focus on Christianity, Judaism and Hinduism.

History

Year 7 have successfully completed their unit on Why religion was a matter of life and death in the Tudor period which included writing an assessment on why Henry VIII broke from Rome. Students showed a good understanding of the topic, prepared well for the assessment and demonstrated that they are developing their essay writing skills.

We have now begun looking at the Industrial Revolution and we will be assessing whether or not lives improved during this period. Students could extend their understanding of this topic by visiting Quarry Bank Mill which was developed during the Industrial Revolution or visiting town centres like Manchester and Stockport to view the buildings that were developed in the period.

Geography

This term our geography students have been studying the great continent of Africa, where students have been challenging any misconceptions that they might have about the continent of Africa as well as learning about the many biomes and varied climates found there. We have also been studying issues facing regions of Africa in terms of uneven development and learning about development indicators which are a key concept in studying places in geography. Our classes will then move onto a topic where they learn how physical processes shape our land in the Water on the land topic.

Year 7 have recently completed a map skills-based assessment and in preparation for that we have looked at tasks to 'Geog Your Memory' as well as revision clocks and creating revision cards of key terms where needed.

There is always something exciting to watch and read to enhance our student's 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 to 'Race Across the World'. The BBC Bitesize website is a really useful location to find all sorts of revision topics and questions to try. This link to the Rivers topic is especially useful <https://www.bbc.co.uk/bitesize/topics/zs92tfr>

TECHNOLOGY

Product Design

Depending on your young person's teacher, students have been working on the blockhead project, dice tower or a range of design challenges.

Dice towers - Students have been completing a project themed around dice towers, a product used to roll dice fairly. This has included prototyping existing designs, use of ACCESS FM to evaluate designing, an introduction to various product Designers and their products, various 3D technical sketching techniques, production of designs, and card modelling of their final solutions.

Blockhead – Students have been working on their blockheads. Students will have been using a wide range of tools in the workshop such as tri-square, steel rule, tenon saw, hand drill & coping saw. Students will have measured out the neck area of their block head as well as measuring and drilling the hands and feet. The next step will be to paint and decorate the blockheads to fit the students chosen character.

Textiles

Recently in Textiles students have been manufacturing their device holder. They have chosen a tie-dye technique suitable for their design and applied this to their polycotton fabric. They have also produced a stencil inspired by their chosen culture and printed this onto their prepared fabric. We are currently working on hand embroidery techniques and experimenting with colour and pattern. After Easter students will be learning about the sewing machine. We will firstly focus on terminology and threading up the machine and then students will complete a 'driving test' to practice their accuracy using the machine. This will prepare them for the construction element for their device holders.

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.

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 been introduced to programming through the BBC micro:bit. This pocket-sized computer has introduced the students to how software and hardware work together. They have been using the LED light display, buttons, sensors and input/output features to programme and interact with. Students can continue investigating the capabilities of the micro:bit by visiting www.microbit.org and using the MakeCode editor.

Students will not be sitting a Computing Examination next half term, but can still use BBC Bitesize and Google Classroom resources to recap topics covered in class.

Unfortunately, the Robotics Club on Thursdays after school has now finished at the end of this half term. Mr Darbyshire have thoroughly enjoyed these sessions, but now have to use this time to help the Year 11s prepare for their examinations. Friday lunchtime STEM is still running with Mr Choi

PERFORMANCE

Dance

Year 7 Dance Club have been working really hard to create two pieces to perform at our annual Dance Showcase. Tickets are available on Evolve but you can also pay on the night, £5. After Easter students will then begin to create their own pieces for our House Dance Competition in July, students can work with anyone, it can be a solo or a group and it can be any style.

Music

This term our Year 7 have been investigating some of the different techniques of Musical Accompaniments through the exploration of Folk Songs. The students have focussed on Pedal notes (octave), Drone, Ostinato, Chords as Triads, Broken Chords, Arpeggios and Alberti Bass patterns. The unit takes *"The Wellerman"* Sea Shanty as its case study where pupils sing and perform the melody and add different forms of Musical Accompaniment patterns. We have also sang some traditional classics such as *"Drunken Sailor"*, *"Soldier Soldier"*, and

“Scarborough Fair”. During this unit, pupils have developed their knowledge and understanding of Folk Music as a “traditional” musical genre, explored the musical instruments, timbres and sonorities commonly associated with Folk Music performance, the texture and basic form and structure of Folk Songs and further their knowledge of performing Chords in different Accompaniment patterns on either keyboard or guitar.

Our Junior Choir has had a fantastic term, performing at Congleton Town hall in the Cheshire East Secondary School Choirs’ Music Showcase event on 20th March. In addition, the Junior Choir leaders have also performed in a community event. They joined with SingZest adult choir, which is based in Poynton at Poynton Methodist Church, and performed a number of songs with them and to them with an audience of family and friends. Both performances were a huge success and very well received.

PE

Students have now settled into our routines for PE lessons and are really beginning to develop their skills in a range of activities. They will now have completed 8 different activities and after the Easter break will move on to the summer activities. Activities will continue to be outside and it is therefore important that students ensure they are prepared for these lessons, as the weather is unpredictable and we hope for warmer weather students should consider additional items to keep warm or protect from possible warm weather. Students can wear any of the following in addition to PHS PE kit 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
- Cap (sunny conditions)
- Sun cream

It has been fantastic to see so many students getting involved in the PE extracurricular activities at both lunch and afterschool. The year 7 teams have had some fantastic results

throughout this year in numerous sports, indoor athletics, Boys' and girls' football, basketball, rugby, netball and cross country to name a few.

Activities will change after the Easter holiday which will be advertised in form rooms, on the school website and twitter @PHS_PhysEd.

Why not give these books a read?



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

Next term we will be focusing our form time activities working through revision strategies and how to prepare for exams as the Year 7 end of year assessments will take place the Wednesday, Thursday, Friday after May half term.

We are consistently encouraging this practice to embed routines of revising so that students are prepared and well equipped for future examinations.

Creating a revision space, organising equipment and preparing a timetable are things that you can encourage at home over Easter.

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 Easter – Thursday 28th March 3.15pm

School re-opens – Tuesday 16th April (week 1 timetable)

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

Travel to and from school...

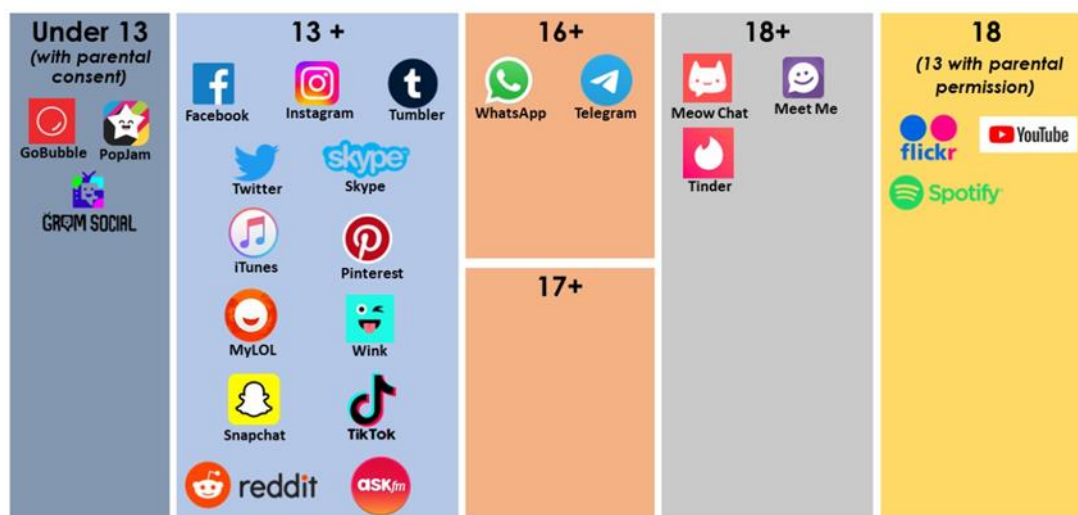
a cost of £3 per ticket. The bus has drop off points in Hazel Grove, High Lane and Disley. A late bus will continue to run at 4:30pm Monday-Thursday to encourage as many students as possible to attend extra-curricular activities after school. Tickets can be purchased from student services and on ParentPay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

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 Tuesday 16th April on a week 1 timetable.

A handwritten signature in black ink, appearing to read 'Annie Kennedy', written in a cursive style.

Annie Kennedy

Director of Learning: Year 7 & Transition
ake@phs.cheshire.sch.uk

A handwritten signature in black ink, appearing to read 'Alistair Hunter', written in a cursive style.

Alistair Hunter

Student Welfare Officer: Year 7 & Transition
ahu@phs.cheshire.sch.uk