



Year 7 Distance Learning Plan

Week Commencing 11th May 2020

Dear Parents and Students

We have produced a weekly Distance Learning Plan for your year group. It aims to provide a **suggested** structure for next week and some details relating to the work that will have been sent from your teachers. We understand that in these difficult times structuring your time and completing work set by teachers can be tricky. Please remember, as far as we are concerned at HHS, your health and wellbeing is of the upmost importance. We are also aware that you are receiving work from lots of different teachers and this weekly learning plan aims to give students and parents an overview of what work will be set by teachers each week, the platform it will be sent to you via, rough time frames you could spend on the work, possible offline activities and other suggestions of useful resources that may help you to stay safe, healthy and intellectually challenged.

This will be updated weekly and published on the school website to provide an overview of the work that will be set and suggested resources for the following week.

'**Menu A**' details the school work that is available for you to complete and '**Menu B**' and '**Menu C**' are the other activities we suggest you become involved with. We have provided a timetable with each of these for you to select from.

Please remember that this is a **suggestion** and that we understand that some students are struggling to complete work set. You can be assured that you **will not** be falling behind your peers. The curriculum has been suspended therefore the work teachers are setting is not essential knowledge or skills required for future learning. It will just complement the work you do in the future.

If you have any queries then please email your subject teacher in the first instance. Remember that general enquiries can be emailed to hhmail@hawardenhigh.flintshire.sch.uk and technical queries to ictsupport@hawardenhigh.flintshire.sch.uk

Parent Support – Basic suggestions to reinforce if you can:

- Set a regular time for your child to get up as they would for normal school day
- Encourage your son/daughter to email the class teacher if they are having difficulty with the topic or are unable to access the resources.
- If possible, create a quiet space for your son/daughter to work away from distractions
- Please do not worry if you feel unable to support with some or all of the work set. There are plenty of people in the same position and the class teacher will be available via email to answer any queries.



Suggested Weekly Timetable

Monday, 11 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	English– See Menu A
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – See Menu B
15 mins	Geography– See Menu A
15 mins	MFL– See Menu B
15 mins	Welsh– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Literacy– See Menu B

Tuesday, 12 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	PE – See Menu A
30 mins	English– See Menu A
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	Art/Music– See Menu A
15 mins	Drama– See Menu A
15 mins	Technology– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Numeracy– See Menu B

Wednesday, 13 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See the box below
Wake up/Work out	Physical activity – See box below
30 mins	Mathematics – See summary in table below
30 mins	STEM activity– See box below
30 mins	Science– See summary in table below
Mindful Midday	Wellbeing and Mindfulness – see box below
15 mins	IT– See summary in table below
15 mins	Welsh– See summary in table below
15 mins	MFL– See summary in table below
15 mins	Personal Reading—See Menu C
15 mins	Numeracy– See box below

Thursday, 14 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	English– See Menu A
30 mins	Creative activity – See Menu B
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	Geography– See Menu A
15 mins	History– See Menu A
15 mins	RE– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Literacy– See Menu B

Friday, 15 May 2020

Recommended Timing	Activity
Let's get going	Current affairs and General Knowledge – See Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	English– See Menu A
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	Resilience– See Menu A
15 mins	IT– See Menu A
15 mins	Support activity– See Menu B
15 mins	Personal Reading—See Menu C
15 mins	Wellbeing and Mindfulness– See Menu B

'Menu A' week commencing 11th

May



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Subject	Topic	Overview of work set	Suggested offline activity where possible.
English	Florence Nightingale/NHS	Work is set on a two-week cycle. Pupils are to continue with the work set via email on Monday 4 th May. Please email your class teacher if you need any further help or guidance.	All work can be completed on a device or on paper.
Maths	Angles: Angles on a straight line : Angles round a point	Students will receive an email from their teacher with specific instructions of what to do. Work includes a video explanation to watch, a worksheet of questions, a Microsoft form to fill out and optional My Maths website task.	Worksheet questions can be done in their book. Optional colour by numbers worksheets related to recent topics.
Science	Organisms and their habitats	Option to make a bug hotel in the garden or identify organisms on a walk or in the garden. Emailed out by Mr C. Lewis with an explanation and some links with information.	All can be done offline. If struggling to access identification resource pupil could draw and make observations. Those without a garden can do it on a walk. If not possible please contact Mr C. Lewis or science teacher.
Technology	Two-point perspective technical drawing	Complete the two-point perspective 'iPod' tutorial, Competition 5 If you wish to enter, using your skills, that you have learnt. Try and design a modern designer chair or gaming chair in two-point perspective.	Paper based activity; detailed instructions will be emailed out.
Geography	How is climate change effecting the oceans?	Students will receive an email containing a link to a live lesson (streaming at 9am on Monday but can be watched later).	Ocean acidification experiment can be completed offline using the instructions from the email.
History	Background of Owain Glyn Dwr.	Research the background of Owain Glyn Dwr. Where was he born? Where did he live? Help has been e-mailed to pupils.	Create a spider diagram of prior knowledge of Owain Glyn Dwr.
RE	What is 'Mormonism'?	Students will receive an email with PowerPoint and Word document task instructions and the information required to answer the questions.	Comprehension task can be completed on paper.
Welsh	noun-adjective order	Students will receive an email from their teacher with a PowerPoint attached. The PowerPoint will contain a full explanation/reminder of how to apply the correct noun-adjective order in their Welsh writing, as well as a number of examples.	A Word document attached containing 3 short tasks to complete and sent back to their individual teachers. Students are also encouraged to use Duolingo regularly throughout the week and update their teacher with their progress.

'Menu A' week commencing 11th

May



Subject	Topic	Overview of work set	Suggested offline activity where possible.
Art	Abstract art using line, tone and colour.	Students will be emailed work by their teacher. A visual example will be attached to help with the completion of the activity.	All work can be produced on paper, using pen, pencils and paint.
Drama	Comedia Dell'arte	Students will be emailed a breakdown of the work set. They will be asked to watch a short video clip and respond to what they have seen.	All work can be produced on paper. If they cannot access the video clip, alternative work has been set.
PE	Warm-up/Cool-down	Week 6 of logbook - Pupils are to reflect on the benefits of a warm-up and cool-down and identify the effects they have on the body. Pupils may need to access the internet to extend their answers.	Complete week 6 of their 8-week fitness plan (practical). Using the logbook, complete the tasks on a warm-up and cool-down.
Resilience		Pupils will receive an email from Mr MacDonald complete with suggested weblinks and videos to watch to assist. We are continuing to learn to juggle. Some students may be able to introduce a 3 rd or 4 th ball this week.	Practise juggling from whichever point you were up to last week, whether that is throwing one ball with accuracy, two or even three. Move onto the next step, introducing an extra ball but remember that accurate throwing is the key.
MFL	Earn at least 100 XP points on Duolingo	See instructions sent by class teacher last week.	
IT and Computer Science	Computer science Practical = programming (problem solving, abstraction & decomposition) Using Rapid Router platform (online) very much like the Scratch platform, providing an excellent entry level setting for young students.	<p>Practical</p> <p>Follow instructional video tutorials (will be added to this group).</p> <p>Request to join Rapid Router classes (AR will accept). Complete as many tasks as you can in the 15-minute session.</p> <p>Of course, do more if you want...but it is entirely up to you.</p> <p>If you join the HHS classes – as per tutorial videos – progress will be logged and house points can then be awarded based on progress / effort.</p> <p>Rapid Router class code = UC985</p> <p>Link to Office 365 group below – could all students request to join this group in order to view tutorial videos</p> <p>https://outlook.office.com/mail/group/hawardenhigh.flintshire.sch.uk/year7hhsictcs2020/email/id/AAQkADNkZDBIMmJiLTNiMDEtNGE3Mi04NWlwLTNjYzkyY2E4MmE0NQAJ6qcBkwCjVBpjpvmjT27pQ%3D</p>	<p>Non-ICT task = computation thinking - topic 1 (fixed loops)</p> <p>Learning focus = problem solving, abstraction and decomposition.</p> <p>Worksheet provided.</p> <p>Again, complete as many of the tasks as you can in the 15-minute work window. If you want to do more then by all means do so.</p> <p>Tutorial video to help with be provided (of course it is understood not all students will be able to access this).</p> <p>Answer sheet can / will be provided the week following the task.</p> <p>These resources are available upon request, so either;</p> <p>Contact school direct or email Mr A Roberts at;</p> <p>alan.roberts@hawadrenhigh.flintshire.sch.uk</p>
Music	The Orchestra	Pupils will be emailed a musical quiz to practice the names of orchestral instruments.	Pupils can either download and complete the worksheet or write the answers on paper.

'Menu B' week commencing 11th

May



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<p align="center">Physical Activity (30 minutes)</p> <p>It is recommended that we take part in 30 minutes of physical activity per day. Vary the types of activities that you take part in as much as possible.</p>	<p align="center">Support (15 minutes)</p> <p>Being a part of the community and displaying support for each other and acts of kindness are important during this challenging time.</p>
<p>Outdoor Activity</p> <p>Steps Challenge – How many steps can you complete in 30 minutes? Use a phone/Fitbit to count the steps if available. If not, on average, you will complete 2000 steps per mile. Bronze = 500-1,000 steps Silver = 1,000-1,500 Gold = 1,500+</p> <p>Outdoor fitness circuit – 6 stations using the equipment you have available safely! Fill a watering can and use it as a weight station....be creative!</p> <p>Gardening! A great way to exercise muscles and develop endurance.</p> <p>Indoor workouts</p> <p>Take part in Joe Wicks 'workout' – search Joe Wicks on YouTube</p> <p>Personal circuit (8-week session plan set by the PE department).</p> <p>On YouTube search for 'School appropriate Just Dance'. Lots of fun work out videos that you can complete alone or with other members of the family.</p> <p>Please see the link below as an example: https://www.youtube.com/watch?v=hfY4y1fMkY&list=PL_ebO2e2pIEFkgE-p313uMwC7ru6InFDi</p> <p>Family Fun? Why not try some races in the garden, sounds simple but adding obstacles like sit up's, star jumps, burpees etc is a great way of getting everyone fit in a fun way. Plus, you get to be the fitness instructor and can choose what obstacles your family have to face.</p>	<p>Outdoor</p> <p>Help tidy up the outside areas by sweeping the paths and putting the bins and recycling out this week.</p> <p>Indoor</p> <p>Assist with preparing lunch one day. This could be anything from you producing some amazing tasting sandwiches through to simply clearing the table and washing up.</p>
<p>Keep a record of your physical activity – and make sure that you vary the types of activity over the course of the week.</p>	<p>Keep your own record of the jobs that you have been helping with and the new skills that you may have learnt along the way.</p>
<p align="center">Current Affairs and General Knowledge (15 minutes)</p> <p>These are very unusual times we are living in and it is far too easy to listen to rumours and false news on social media and the internet.</p> <p>By keeping informed and up to date with what is happening in the world it helps you not to worry about and be anxious about things.</p> <p>Always use sources that are reliable and well respected and try to look at least 3 different sources so that you know information is reliable.</p>	<p align="center">Wellbeing and Mindfulness (15 minutes)</p> <p>In 'normal' times we have large numbers of interactions, meetings, chats and conversations with others throughout every day. This is so normal that we don't really notice it until it has gone.</p> <p>It is really important to keep communicating with others to ensure we stay safe and well but also we should look out for others to keep them safe.</p> <p>It is also important to look after your physical health with exercise and eating well.</p>
<p>RELIABLE online NEWS SOURCES -</p> <p>bbc.co.uk/newsround bbc.com/news/topics/c40rjmqdlljt/children newsforkids.net bbc.com/news itv.com/news channel4.com/news</p> <p>You can also read newspapers and listen to the radio.</p> <p>Talk to your parents and other adults for their views and see what they think is going on.</p> <p>The most important thing though is to keep yourself informed and have your own opinion and not let the world carry on around you. Be a driver and a pilot and not just a passenger!</p>	<p>Some useful resources worth checking out -</p> <p align="center"> Mind.org.uk Actionforchildren.org.uk Mentalhealth.org.uk Nurtureuk.org.uk Nutrition.org uk NHS.uk Kidshealth.org </p>
<p align="center">Start a Daily News Blog/Vlog or Diary</p> <p>Spend about 15 minutes each day looking at the news on TV, online or in newspapers.</p> <p>This can be at one time or a combination of several sessions e.g. 3 x 5 minutes.</p> <p>Make a note of the main stories of the day and the key facts about them-</p> <p>What is the lead story? Who, what, when, why and how has it happened?</p> <p>What is the funniest or most positive story of the day?</p> <p>Keep a record of these either in a written diary (actually on paper!!!!), an electronic diary/journal or even film your own Vlog.</p> <p>Send copies if you can for Mr Hughes to see to - geraint.hughes@hawardenhigh.flintshire.sch.uk</p>	<p>Travel the World</p> <p>We may not be able to leave the house, but we can find out about people in other countries and visit the world from home.</p> <p>Chose a new country to visit, virtually, every day. Learn the things that are special about the new places you go to....</p> <p>What animals live there?</p> <p>What is special about the place and its people?</p> <p>What do they eat?</p> <p>Which continent is it?</p> <p>Identify its location on a map</p> <p>What is its climate like?</p> <p>Flag</p> <p>What other interesting facts did you learn?</p> <p>Keep a diary/log each day and compare things at the end of the week.</p> <p>Which countries do you want to visit for real when you are able to?</p>

'Menu B' week commencing 11th

May



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Literacy (15 minutes)

It is important to develop your literacy every day. This can include using correct language when communicating with others, reading a suitable book/text every day, listening to suitable programmes / podcasts during the day.

Reading:

Make sure that you are reading for at least 15 minutes a day. This can be split into chunks to make it easier if you like. When you've finished a book, remember to quiz on it <https://ukhosted72.renlearn.co.uk/2145350/>.

Mrs Thomas will email out a link to the First News online newspaper each week. This features accessible up to date news articles, along with quizzes and activities. It's a great source of non-fiction reading material.

Writing:

Mrs Thomas will email out a writing 'menu' for you to choose from each week. Simply choose one of the writing skills (extra mild = easy, extra hot = more challenging) to complete each week. We recommend creating a 'literacy' Word document to record these. They shouldn't take more than 15 minutes each and are designed to be fun. It would be good to see you putting these skills into action in the writing you produce for your teachers in all subjects.

A reminder to use capital letters and full stops when sending emails please! You all know how to do this but some of you seem to have got a little rusty...

Oracy:

I'm sure few of you need an excuse to 'talk,' but think about the quality of what you're saying and how you're saying it. When you've read some of your book, have a chat with a sibling or parent about what happened in it. What are your predictions about what might happen next?

Read a First News article and report back to someone about it, taking care to cover the 5Ws (who, what, where, when, why). Discuss an issue or story raised in the news and really listen to the other person's opinion on it. How can you express disagreement with someone while still being polite?

A reminder to use capital letters and full stops when sending emails and in all written work please! You all know how to do this but some of you seem to have got a little rusty...

Numeracy (15 minutes)

It is important that you regularly practice your numeracy skills and this should be a daily event. Richer tasks should happen less often but include more thought and the development of understanding. This should take 15 minutes every day.

Interhouse TT Rockstars competition

We have had some 15 forms
We have had girls vs boys
But now we have HOUSE vs HOUSE

Who will make it through the rounds to be Crown the CHAMPIONS OF CHAMPIONS?
Starting Monday 11th May 2020
Let the games commence!

Round 1 – 11th May to 17th May

Game A
Glynn vs Dwydd

Game B
Lledham vs Gladstone

Round 2 – 18th May to 24th May 2020

Winner A
vs
Winner B

Loser A
vs
Loser B

Champions and runners up

Third place and wooden spoons

Email c.peters@hawardenhigh.flintshire.sch.uk for any log in issues

Keep a record of the numeracy skills updated, and write a notecard for the topic that you have revised. Post your notecard online to your teacher and share with your class.

STEM (30 minutes)

Science, technology and maths working together are critical to our future needs as a nation. Working with members of your family on these ideas is a great opportunity to widen your experiences.

Project ideas as a family:

Quarry reclamation design challenge: A local quarry has now come to the end of its life. The local council are looking for bids to turn this blot on the landscape into an exciting renovation. The quarry is just on the outskirts of Chester and Flintshire. Map attached to print icon or draw your own. <http://www.designoutthebox.com/quarryreclamation.html>

Dyson foundation – STEM challenges that can be completed at home <https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html>

Paper based construction challenges <https://creativepark.canon/en/categories/CAT-ST01-0071/top.html>

A community of curious makers, innovators, teachers, and life-long learners who love to share what they make <https://www.instructables.com>

British Science Week – KS3 Activity Pack <https://www.britishsienceweek.org/plan-your-activities/activity-packs/?gclid=EAlaIqObCBig Ideas -How can engineers help project the planet?> <https://www.big-ideas.org/join1851/>

Summarise your learning as a spider diagram (together with other members of your family if working together).

Creative (30 minutes)

Looking at different artists, sculptures, graffiti, and other mediums of expression provides is with a different medium to express this time that we're living in. This could be work done with siblings / family members rather than individually.

Try creating your own short monologue with the help of <https://hobbylark.com/.../How-To-Create-A-Monologue-Easy-And-Simple>

Have a look at The National Theatre site, which has some interesting interviews with actors, designers, directors etc. about their work. It also often allows you to watch streaming of performances for free. www.nationaltheatre.org.uk

Have a look at <https://www.bbc.co.uk/teach/school-radio/eyfs-listening-skills-music/zrthq3> where you can have fun identifying sounds and playing listening games on the theme of music.

Find out about different artists and their work at <https://www.theartstory.org/artists>

Choose a title from your learning this week, and use an artist's style to create your own work. Write a brief description that would be suitable for your work if displayed in a gallery. Send an electronic picture of your work and the description to your class and ask for others to critique your work.

Obviously feel free to enjoy a book at home. The current lockdown period does make it difficult to complete the recommended 1 book every 3 weeks. However, you are still able to engage with the accelerated reader program and complete quizzes. Also please see below for access to an online free digital library offered by Renaissance for the current period of school closure. There are a wide range of books which can be read digitally according to each student's reading ability.

The following link gives access to the library

<https://readon.myon.co.uk/library/browse.html>

This link gives pupils option to select books according to ATOS book level - Students should know their ATOS level as it should be written in their planner or on their login page, parents can access this using their home connect login.

<https://readon.myon.co.uk/library/search.html>

Here's the link for a parent guide to the AR home connect. Parents can check their child's' reading to date and their ATOS book level. This gives clear details for parents to set up and follow their child's reading. Use your son/daughter's login which should be located in their planner.

<https://help.renlearn.co.uk/HC/HCParentGuideEnglish#ARHC> and you can login through the school website under "students".

The final link enables pupils or parents to check if there is a quiz available on a particular book they may have at home and it will give details of the ATOS book level

<https://www.arbookfind.co.uk/default.aspx>

All pupils have their log in details written in their planners. If there are any issues with this please email the Librarian and she can help sally.young@hawardenhigh.flintshire.sch.uk or the Accelerated Reader Coordinator susan.barnard@hawardenhigh.flintshire.sch.uk

