



Year 8 Distance Learning Plan

Week Commencing 1st June 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 hmail@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, 1 June 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, 2 June 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, 3 June 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, 4 June 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, 5 June 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

1st June



Hawarden High School
Ysgol Uwchradd Penarlâg

Subject	Topic	Overview of work set	Suggested offline activity where possible.
English	Charities	Continue with the two weeks' worth of work set before half term.	Work can be done on paper or in your book
Maths	Area: Area of rectangles. Areas of compound shapes. Area of triangles.	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	Surface Tension	You will be emailed the task sheet by Mr Lewis.	This task is to be completed offline in the student's exercise book.
Technology	3D Pop up Card.	Design a three-dimensional pop up card for a future celebration, using a theme to influence the design.	This can be completed on paper or card. Detailed instructions and examples will be emailed out.
Geography	Coastal flooding	Students should visit the link below (also emailed to them) and play through the flooding mini game a few times to try and find the best solution for coastal defence in California. https://www.latimes.com/projects/la-me-climate-change-ocean-game/	The mini game works well on iOS and Android devices running mobile browsers. Students have also received an activity sheet with offline tasks if needed.
History	End of the Transatlantic Slave Trade.	Students were emailed some resources about the Transatlantic Slave Trade. They should still be working through the information and the tasks. They should focus on the end of the Slave Trade and issues around Civil Rights.	Work can be completed in books/paper.
RE	Rastafarianism	Pupils will be sent an email with a PowerPoint and word document both containing the tasks to complete.	All tasks can be completed on a device or on paper. Any extra research is optional as the relevant information will be provided.
Welsh	Verbs	Pupils will be sent an email with a powerpoint and word document attachment with tasks to complete. Pupils should continue to go on Quizlet and Duolingo regularly and send updates to their teachers.	This can be completed on the word document or done on paper and photographed and emailed back to the relevant teacher.
Art	Portraits-Features/eyes	This work will be emailed to you by your teacher. You will need a camera, paper and pencils. A visual example will be attached for you to use as a guide.	The activity can be completed using a camera, paper and art materials.
Drama	Theatre-in-Education	Pupils will receive an email with an imaginary scenario and instructions, where they are in the position of a playwright creating a performance for a Year 6 target audience.	Work can be created on a word document or on paper.

'Menu A' week commencing

1st June



Hawarden High School
Ysgol Uwchradd Penarlâg

Subject	Topic	Overview of work set	Suggested offline activity where possible.
PE	Step into Sport Week – Inter-house competition	Pupils are to record how many steps they make in a week. Each day pupils add up their steps and email the identified teacher at the end of the week with their total number of steps.	Walking/running as much as possible for the week to increase the number of steps for their team.
Resilience	Juggling	Students are continuing to practise their juggling skills. An email will be sent by Mr MacDonald with further instructions.	Introducing a third ball- if you are confidently juggling two then introduce a third and keep practising until you are really confident with it.
MFL	Duolingo	Earn 100XP points per language	
IT and Computer Science	Rapid Router/ Computational Thinking Worksheets	<p>Continue to complete the progressive levels on Rapid Router. You can use the videos on the shared drive for guidance and you can refer back to the emails you received from Mr Roberts for support.</p> <p>Video tutorials covering next section of RR – Shortest Route – to follow. This next section challenges your ability to plan and program the shortest route in a set scenario for your vehicle.</p> <p><i>You are also challenged to come up with your own level / challenge that you can share if you wish</i></p> <p>You are also, not restricted to the section specified – Shortest Route - and can progress further if you wish</p>	Complete the next Computational Thinking worksheet which has been provided for you on the shared drive by Mr Roberts.
Music	Music and Space	Pupils will be sent an email with an audio file to listen to and a worksheet to complete.	Worksheet answers can be written on paper or in a word document. They can then be photographed and emailed back to the teacher.

'Menu B' week commencing

1st June



<p style="text-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 style="text-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 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! Gardening! A great way to exercise muscles and develop endurance.</p> <p>Indoor workouts Take part in Joe Wicks 'workout' – search Joe Wicks on YouTube Personal circuit (8-week session plan set by the PE department). 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. Please see the link below as an example: https://www.youtube.com/watch?v=hfY4y1fMkY&list=PL_ebO2e2plEFkgE-p313uMwC7ru6InFDi 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 style="text-align: center;">Can you help in maintaining the garden? Cutting the lawn, hedges, shrubs or bushes? (all require adult supervision)</p> <p>Indoor</p> <p style="text-align: center;">Your challenge is to prepare a workout for the whole family. Design the exercise involve, create a soundtrack and make sure that you lead from the front offering encouragement.</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 style="text-align: center;">Current Affairs and General Knowledge (15 minutes)</p> <p>We are currently living through unique and unusual times and we hear a lot of new information each day about what is happening in the world. Some of this information is false and causes us to worry and get more anxious about things that are going on which can then affect how we feel, sleep and behave. It is important to take some interest in what is happening but make sure you stick to sources that are reliable. The internet, social media and family and friends can be good sources of information but sadly there is also a huge amount of gossip, lies and false information so always use recognised and respected sources to get information</p>	<p style="text-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. 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. It is also important to look after your physical health with exercise and eating well.</p>
<p>RELIABLE online NEWS SOURCES - bbc.co.uk/newsround bbc.com/news/topics/c40rjmqdljt/children newsforkids.net bbc.com/news itv.com/news channel4.com/news</p> <p>You can also read newspapers and listen to the radio. Talk to your parents and other adults for their views and see what they think is going on. 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 style="text-align: center;">Mind.org.uk Actionforchildren.org.uk Mentalhealth.org.uk Nurtureuk.org.uk Nutrition.org.uk NHS.uk Kidshealth.org</p>
<p style="text-align: center;">Activity</p> <p>The situation is changing again with lots of discussion happening about how the government are going to lift lockdown. However, the media are still unfortunately guilty in many cases of helping to spread inaccuracies about what we can and cannot do. Your task is to research how the next phase of lockdown will affect us and what we should do to help. To do this spend about 15 minutes each day researching what the changes are and how they affect us. Consider the following - What are the main changes to lockdown in Wales? What can we now do that we couldn't before? Why is it important we follow these guidelines? When will these changes be reviewed next? Remember, having the correct information helps us to keep an accurate sense of what to do and when.</p>	<p style="text-align: center;">Activity—Make a now bucket list</p> <p>One of the biggest issues that young people are reporting during lockdown is struggling with boredom and missing 'normal life'. Remember this will not last forever but will be something we will all share for the rest of our lives. A good exercise for teenager is to start to take some control and plan what happens day to day. To start to do this you need to make a bucket list of things you promise yourself you will do whilst lockdown continues. By making and committing to the list you will build some control and organisation into your day which will make you feel better. Make your list then tick them off each time you complete an item or challenge. An example bucket list could look like this : Establish a routine. – your normal routine is temporarily on hold and so you start to drift and get lost in what to do. Get up at a reasonable time. Have meals at set times. Do school work at the same time each day. Facetime or Zoom at set times and so on. Interact with the community. We cannot go out like normal but you can still connect with people. Get out of your bedroom. Talk to people in your household. Use social media to talk to others about common interests. Offer to get some shopping for elderly relative or neighbour or take their dog for a walk – just remember about how important social distancing is. Sort out that run down corner of the garden/garage/spare room – this just doesn't give you a focus but it will also make you feel good when you achieve something.</p>

'Menu B' week commencing

1st June



Hawarden High School
Ysgol Uwchradd Penarlâg

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.



<https://nrich.maths.org/6499>

Click the link above to play the numbers game from the TV show countdown. Get your parents or siblings to play with you.

The aim of the game is to pick 6 numbers and then using add, subtract, multiply or divide try to make the 3 digit number shown, the person who has the closest number wins!

This video shows you how to do it! <https://www.youtube.com/watch?v=sCqNY-k9jho>

Also check out this week's edition of the Daily Rigour Newsletter. Can you answer all the questions posed?

<https://www.cdmasterworks.co.uk/the-daily-rigour/>

Please feel free to share your answers with Miss Peters via email.
Email c.peters@hawardenhigh.flintshire.sch.uk

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.britishtscienceweek.org/plan-your-activities/activity-packs/?qclid=EAlaIqobCBig> Ideas -How can engineers help project the planet? <https://www.big-ideas.org/join1851/>

Love my science – a series of different experiments you can undertake at home <http://www.lovemyscience.com/experiments.html>

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.

Have a look at The National Theatre site on YouTube, which is streaming high quality free performances over the next few weeks. This week there is the opportunity to see 'A Streetcar Named Desire' <https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw>

Try creating your own unique instrument. Percussion instruments can easily be created using recycled boxes filled with pasta or rice, or you could be more adventurous by creating your own guitar with recycled boxes and elastic bands. See www.wikihow.com/Make-a-Simple-Musical-Instrument for some inspiration.

Practise your photography skills next time you go for a walk. It's amazing what you see when you look closely. Or try taking a portrait photo of yourself or a member of your family, copy and paste it several times onto MSPaint. Convert the photo to a negative image and click the OK button. In the menu bar, click Image and select the Invert Colours option to change the picture to look like a negative. You will end up with your very own Andy Warhol painting!

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

