



Year 8 Distance Learning Plan

Week Commencing 4th 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, 4 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, 5 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, 6 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, 7 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, 8 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 4th

May

Subject	Topic	Overview of work set	Suggested offline activity where possible.
English	Florence Nightingale/NHS	Students will receive an email from their teacher with a ppt attached containing the tasks and instructions.	All work can be completed on any device or on a piece of paper.
Maths	Sequences Nth term Substitution into expressions	Students will receive an email from their teacher with 2 worksheets attached, video explanation links, a microsoft form link and My maths exercises.	The worksheets provided can be completed in pupils exercise books or on the worksheet itself.
Science	Earth and Space.	Students will receive an email from Mr Lewis with their work attached.	The main task is to be completed offline.
Technology	VE Day Challenge	To honour the 75 th anniversary of VE day and to celebrate our war heroes such as Colonel Tom Moore design and make a celebratory product or a wartime inspired dish using 'rationed foods'. Further information will be e-mailed to all KS 3 students.	Design ideas can be sketched and products made at home.
Geography	Satellite and OS mapping	Students will receive an email from their teacher a web link to help investigate their local area by comparing Google satellite images and OS maps	Work can be completed using any device with a web browser.
History	Why is it important to learn about the 'Transatlantic Slave Trade'?	A small project on the Slave Trade. It will focus on life in Africa before the Slave Trade, capture, the Middle Passage and life for the slaves on plantations. At the end, pupils can look into the Civil Rights Movement.	An email has been sent to pupils with links and tasks. Pupils can complete work however they see fit, either in their books or computers. I would suggest watching films such as 'Roots' together and discussing the issue.
RE	What is 'religion'?	Students will receive an email with a PowerPoint and word document both containing the instructions and tasks.	All work can be completed on any device or on a piece of paper.
Welsh	Using 'Gan' for possession	Students will receive an email from the teacher with a ppt attached with information about the 'Gan' pattern and 3 tasks to complete. pupils will be sent a link to practise 'Gan' patterns on Quizlet. Students will also be asked to continue to use Duolingo and update their teacher with their progress.	The ppt can be opened from any device, work can be completed on paper or slides printed as a worksheet. Quizlet and Duolingo can be accessed from any device.
Art	Portraiture using line and tone	Students will receive an email from their teacher with a visual example attached to help them complete the activity.	This work can be completed on paper using a pencil or pen.
Drama	Mime and Non-Verbal Communication	Students will receive an email from their teacher with a link to a Youtube clip, alongside a variety of questions to be answered based on the video clip.	Work can be completed on paper. Any problems with accessing Youtube, students are given an alternative activity.
Music	Music and Space	Students will receive an email with a worksheet in the form of a pdf document and an mp3 audio file to listen to as they complete it.	All work can be completed on any device or on a piece of paper.
PE	Goal Setting	Week 5 of logbook - Pupils are to set themselves two personal fitness goals to achieve by the end of their 8-week fitness plan (refer to logbook for example). Explain what they need to change in their plan to achieve their fitness goals.	Complete week 5 of their 8-week fitness plan (practical). Using the logbook, complete goal-setting work (week 5).
Resilience			
MFL	Duolingo	Pupils will receive an email from both of their languages teachers with joining instructions and class codes so they can start earning points towards their weekly goal	
IT	Branding challenge	Create your own cereal brand using previous information and research gathered. An email has been sent regarding this task.	All tasks can be completed on a PC using software students are comfortable with or on designed paper.

'Menu B' week commencing 4th

May



<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 Take a walk locally - what do you see, hear, smell? 'Fitness Fifteen' - walk / run for a quarter of an hour around the garden, up and down the 'drive' Football, netball / or basket (bin as basket) skip How about exercising on a trampoline or pogo stick?</p> <p>Indoor workouts Take part in Joe Wicks 'workout' – search Joe Wicks on Youtube Cosmic kids yoga – search on Youtube</p>	<p>Choose out of the indoor and outdoor activity:</p> <p>Outdoor</p> <p>Tidy up your outside areas at home. Put all of your things away tidily and then give all of the pathways/ driveway a good brush</p> <p>Indoor</p> <p>Volunteer to do the washing up after lunch or dinner. Don't forget this includes cleaning all of the worktops as well!</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>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 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/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. 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 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">Activity</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. This can be one time or a combination of several sessions e.g. 3 x 5 minutes.</p> <ul style="list-style-type: none"> Make a note of the main stories of the day and the key facts about them- What is the lead story? Who, what, when, why and how has it happened? <ul style="list-style-type: none"> What is the funniest or most positive story of the day? <p>Keep a record of these either in a written diary (actually on paper!!!!), an electronic diary/journal or even film your own Vlog. Send copies if you can for Mr Hughes to see to - geraint.hughes@hawardenhigh.flintshire.sch.uk</p>	<p align="center">Activity</p> <p align="center">MINDFULNESS – spend 15 minutes each day and complete the following task. DEVELOP YOUR SPIDER SENSES</p> <p>Find somewhere quiet and away from things like lots of noise, TV, computers, games consoles etc. Get comfortable. For about 3 minutes each concentrate and focus on what each of your senses is experiencing at that moment - Look straight ahead – without moving your eyes or head, what can you see at the edge of your vision? Close your eyes – what sounds can you hear around you? What smells can you notice? What is your breathing like? How do you feel? Can you feel the surface you are sitting on or the grass/ floor under your feet? Can you taste anything or are you hungry/thirsty? As each day passes think about how you feel today compared to the day before. What is different? Has anything changed?</p>

'Menu B' week commencing 4th

May



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.

Develop number fluency:

- TT Rockstars (all year 8 pupils have a username and password to access) <https://play.ttrockstars.com>

Numeracy Ninjas (free access at all times) http://www.numeracyninjas.org/?page_id=163

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

Revision of an area of mathematics:

- BBC bitesize, daily lessons and revision <https://www.bbc.co.uk/bitesize/subjects/zqhs34i>

MyMaths (all year 7 pupils have a username and password) School ID – Hawarden, Password – Factor <https://www.mymaths.co.uk>

Corbett Maths <https://corbettmaths.com/>

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:

Family-based STEM tasks <https://www.stem.org.uk/elibrary/resource/32069>
British Science Week – KS3 Activity Pack https://www.britishsienceweek.org/plan-your-activities/activity-packs/?gclid=EAAlaQobChMI1tLzS4HU6AIVCbrtCh1FigkQEAYAAAEgICkfD_BwE
Guide Dogs for the Blind STEM projects - Series of bilingual resources for all phases covering all STEM subjects https://www.guidedogs.org.uk/resources/learning-resources/stem-projects?gclid=CjwKCAjwguzsBRBiEiwAgUOFT3BGaFwGg1V7-8ZuuaBQad1y2-XhwzsHLMNR_C9cW2Nz05HgBOLRzBoCj
Big Ideas -How can engineers help project the planet ? <https://www.big-ideas.org/join1851/>
NASA - <https://www.jpl.nasa.gov/edu/teach/tag/search/Pi+Day>
Dyson foundation – STEM challenges that can be completed at home <https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.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.

Tate for kids <https://www.tate.org.uk/kids>

Arts council for Wales https://creativelearning.arts.wales/creative-learning/creative-learning?_ga=2.119794184.1449904586.1586256682-427205998.1586256682

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

