



# Year 9 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](mailto:hhmail@hawardenhigh.flintshire.sch.uk) and technical queries to [ictsupport@hawardenhigh.flintshire.sch.uk](mailto: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 Menu B
Wake up/Work out	Physical activity – See Menu B
30 mins	Mathematics – See Menu A
30 mins	STEM activity– See Menu B
30 mins	Science– See Menu A
Mindful Midday	Wellbeing and Mindfulness – see Menu B
15 mins	IT– See Menu A
15 mins	Welsh– See Menu A
15 mins	MFL– See Menu A
15 mins	Personal Reading—See Menu C
15 mins	Numeracy– See Menu B

## 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	William Shakespeare	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	Volume Substitution Pythagoras	Students will receive an email from their teacher with video explanation links and specific My maths exercises depending on their class.	Some optional Substitution and Pythagoras worksheets will be provided as an offline option.
Science	Physics  Chemistry  Biology – Cell transport	Students will receive an email from Mr Lewis with attached instructions. Educake quiz on the structure of the Earth and tectonic plates. Email Miss R Williams for help with login Active Transport and Osmosis – Pupils will receive an email from Miss Simon with instructions with a powerpoint and worksheet.	The physics work can be completed on any device or on a piece of paper.  The worksheet can be printed or answers written out on paper or in books.
Technology	VE Day Challenge	To To honour the 75 <sup>th</sup> 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	Why is China building so many cities?	Students will receive an email with video links and a worksheet to complete investigating China's 'ghost cities.	All work can be completed on any device or on a piece of paper.
History	Frontiers: The American West	Pupils will investigate the lifestyles of Native Americans and the birth of 'Modern America' and all the cultural implications this has.	An e-mail has been sent to all pupils with resources, links and suggested objectives. This is a popular course and there are many resources online. I would suggest watching films such as 'Dances with Wolves' (there is one brief nude scene) and discussing the issues.
RE	Is there a God?	Looks at different viewpoints and some key words. Students will receive an email with a PowerPoint containing instructions and tasks.	All tasks can be completed on any device or on paper. There is a choice of main task so students can do what is most suitable for them.
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	Surrealist/ abstract portraits and objects.	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 pen, pencil and coffee.
Drama	Devising from a Stimulus	Students will receive an email from their teacher with a task to be completed on devising performance work based on song lyrics.	The work set can be viewed on any device and completed on a piece of paper.
Music	Hooks and Riffs	Students will receive an email with a worksheet in the form of a pdf document based on listening to popular songs.	All tasks can be completed on any device or on 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). Goals must be specific and achievable.	Complete week 5 of their 8-week fitness plan (practical). Using the logbook, complete goal-setting work (week 5).
MFL	Duolingo	Pupils will receive joining instructions and class codes from their French / German / Spanish teacher 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



Hawarden High School  
Ysgol Uwchradd Penarlâg

<p align="center"><b>Physical Activity (30 minutes)</b></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"><b>Support (15 minutes)</b></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><b>Outdoor Activity</b> 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><b>Indoor workouts</b> 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><b>Outdoor</b> Assist with the garden, either helping to cut the lawn, weeding paths and flower beds or trimming back overgrown vegetation (with adult supervision)</p> <p><b>Indoor</b> Assist, or lead on cooking or preparing a meal for the whole family (with adult supervision). This could be as simple as a sandwich or as creative as a curry depending on your confidence levels. Don't forget though that even the best chefs have to wash 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"><b>Current Affairs and General Knowledge (15 minutes)</b></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. 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. 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"><b>Wellbeing and Mindfulness (15 minutes)</b></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"><b>Mind.org.uk</b> <b>Actionforchildren.org.uk</b> <b>Mentalhealth.org.uk</b> <b>Nurtureuk.org.uk</b> <b>Nutrition.org.uk</b> <b>NHS.uk</b> <b>Kidshealth.org</b></p>
<p align="center"><b>Activity</b></p> <p align="center">Be a news journalist.</p> <p align="center">Spend approximately 15 minutes each day.</p> <p>Imagine you have been employed to be a writer for a new magazine for teenagers. The magazine will be published and sold in shops but also available electronically online. You are responsible for a news summary page of what the most important, stand out news and events of the week. Spend approx. 15 minutes each day making note of the main news stories and then combine these together to be published together on the news summary page. You don't need lots of detail but much check the information is correct and you include the main key bullet-points/information. Make sure to include some positive, happy and humorous stories as well. If you can scan your work or have completed it electronically, please share copies with Mr Hughes at: geraint.hughes@hawardenhigh.flintshire.sch.uk</p>	<p align="center"><b>Activity</b></p> <p><b>MINDFULNESS</b> – Spend 15 minutes each day doing the following but take longer if you want to</p> <p align="center"><b>Body Scanning</b></p> <p>Body scans are perhaps one of the best mindfulness meditations for beginners. It is easy to follow. It can help you to relax and feel refreshed. You can find body scans for beginners on YouTube to get an idea of how body scans go. Find somewhere quiet and peaceful and sit comfortably allow the eyes to close. Starting up at the top of your head, slowly move your attention slowly down through each part of your body until you reach your toes. As you come to each point in your body, stop and really focus on how that part is feeling and be aware if it is relaxed, tense, if your breathing is fast or slow, can you feel temperature or a breeze etc. Body scanning works by making you focus just on that one thing at that time which then allows the brain and your emotional state to settle and reset. 15 minutes is a good starting point and you can do it at any time and in any place it is safe.</p>

# 'Menu B' week commencing 4th

## May



<p style="text-align: center;"><b>Literacy (15 minutes)</b></p> <p>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.</p>	<p style="text-align: center;"><b>Numeracy (15 minutes)</b></p> <p>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.</p>
<p><b>Reading:</b> 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 <a href="https://ukhosted72.renlearn.co.uk/2145350/">https://ukhosted72.renlearn.co.uk/2145350/</a>.</p> <p>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.</p> <p><b>Writing:</b> 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.</p> <p>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...</p> <p><b>Oracy:</b> 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?</p> <p>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?</p>	<p>Develop number fluency:</p> <ul style="list-style-type: none"> <li>• TT Rockstars (all year 7 pupils have a username and password to access) <a href="https://play.trockstars.com">https://play.trockstars.com</a></li> </ul> <p>Numeracy Ninjas (free access at all times) <a href="http://www.numeracyninjas.org/?page_id=163">http://www.numeracyninjas.org/?page_id=163</a></p> <ul style="list-style-type: none"> <li>• Daily rigour numeracy newsletter <a href="https://www.cdmasterworks.co.uk/the-daily-rigour/">https://www.cdmasterworks.co.uk/the-daily-rigour/</a></li> </ul> <p>Revision of an area of mathematics:</p> <ul style="list-style-type: none"> <li>• BBC bitesize, daily lessons and revision <a href="https://www.bbc.co.uk/bitesize/subjects/zqhs34i">https://www.bbc.co.uk/bitesize/subjects/zqhs34i</a></li> </ul> <p>MyMaths (all year 7 pupils have a username and password) School ID – Hawarden, Password – Factor <a href="https://www.mymaths.co.uk">https://www.mymaths.co.uk</a></p> <p>Corbett Maths <a href="https://corbettmaths.com/">https://corbettmaths.com/</a></p>
<p><b>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...</b></p>	<p>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.</p>
<p style="text-align: center;"><b>STEM (30 minutes)</b></p> <p>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.</p>	<p style="text-align: center;"><b>Creative (30 minutes)</b></p> <p>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.</p>
<p>Project ideas as a family: Family-based STEM tasks <a href="https://www.stem.org.uk/elibrary/resource/32069">https://www.stem.org.uk/elibrary/resource/32069</a> British Science Week – KS3 Activity Pack <a href="https://www.britishsienceweek.org/plan-your-activities/activity-packs/?gclid=EAlaIqobChMI1tLzS4HU6AIVCbrtCh1FigkQEAYAAEgICkfD_BwE">https://www.britishsienceweek.org/plan-your-activities/activity-packs/?gclid=EAlaIqobChMI1tLzS4HU6AIVCbrtCh1FigkQEAYAAEgICkfD_BwE</a> <b>Guide Dogs for the Blind STEM projects</b> - Series of bilingual resources for all phases covering all STEM subjects <a href="https://www.guidedogs.org.uk/resources/learning-resources/stem-projects?gclid=CjwKCAjwguzsBRBiEiwAgUOFT3BGaFwGg1V7-8ZuuaBQad1y2-XhwzsHLMNR_C9cW2Nz05HgBOLRzBoCj">https://www.guidedogs.org.uk/resources/learning-resources/stem-projects?gclid=CjwKCAjwguzsBRBiEiwAgUOFT3BGaFwGg1V7-8ZuuaBQad1y2-XhwzsHLMNR_C9cW2Nz05HgBOLRzBoCj</a> Big Ideas -How can engineers help project the planet ? <a href="https://www.big-ideas.org/join1851/">https://www.big-ideas.org/join1851/</a> NASA - <a href="https://www.jpl.nasa.gov/edu/teach/tag/search/Pi+Day">https://www.jpl.nasa.gov/edu/teach/tag/search/Pi+Day</a> Dyson foundation – STEM challenges that can be completed at home <a href="https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html">https://www.jamesdysonfoundation.co.uk/resources/challenge-cards.html</a></p>	<p>Tate for kids <a href="https://www.tate.org.uk/kids">https://www.tate.org.uk/kids</a></p> <p>Arts council for Wales <a href="https://creativelearning.arts.wales/creative-learning/creative-learning?_ga=2.119794184.1449904586.1586256682-427205998.1586256682">https://creativelearning.arts.wales/creative-learning/creative-learning?_ga=2.119794184.1449904586.1586256682-427205998.1586256682</a></p>
<p>Summarise your learning as a spider diagram (together with other members of your family if working together).</p>	<p>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.</p>

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](mailto:sally.young@hawardenhigh.flintshire.sch.uk) or the Accelerated Reader Coordinator [susan.barnard@hawardenhigh.flintshire.sch.uk](mailto:susan.barnard@hawardenhigh.flintshire.sch.uk)

