



Hawarden High School
Ysgol Uwchradd Penarlâg

Year 7 Distance Learning Plan

Week Commencing 8th 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, 8 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, 9 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, 10 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, 11 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, 12 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

8th June



Hawarden High School
Ysgol Uwchradd Penarlâg

Subject	Topic	Overview of work set	Suggested offline activity where possible.
English	Nature	Students will receive an email from their class teacher that will contain a PowerPoint with instructions for activities and learning around the topic of nature. The work will last for two weeks.	All activities can be completed on paper.
Maths	Area: Area of triangles. Areas of parallelograms. Area of trapeziums and some compound shapes.	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. Design your own colour by numbers competition is still running. More than one entry per person allowed.
Science	Plants	Email from Mr C Lewis will contain PowerPoint with instructions for activities and learning around planting and germinating seeds.	Activities can be done on paper and alternative will be provided for practical element.
Technology	Food practical task – Artist inspired focaccia bread	Taking inspiration from your favourite artist, design and make your own artist inspired focaccia bread. Further details and a recipe will be e-mailed to all students. Photographs of your final product to be submitted to Mrs Evans via e-mail by Friday 12 th June https://www.tasteofhome.com/article/bread-art/	Design ideas can be hand-drawn.
Geography	The True Size Of...	Using the weblink email out, students should explore the way our world maps distort the size of countries and screen shot what they find out. How many 'big' countries can you fit inside Africa? How has your perception of the world changed?	Geogglebox – a handy run down of this week's TV to help support geographical learning
History	Henry VIII	Powerpoints have been e-mailed out to pupils. Pupils have been asked to look at the character and life of Henry VIII. This is designed to set up a good understanding of the Reformation.	Create a poster with facts about the life of Henry VIII.
RE	'Beyond the Big Six': Humanism	Pupils will be sent a Power Point with two main tasks to complete and some information to read. There are also 2 video links built into the PowerPoint.	All work can be completed on a device or on paper.
Welsh	Connectives and Idioms	Pupils will receive an email with 1 attachment which will contain language to study and 3 tasks. Pupils can also continue to use Duolingo and Quizlet.	Powerpoint, Duolingo and Quizlet can be opened from any device. Tasks can be printed and completed as worksheets.
Art	Creating characters from your imagination.	Pupils will receive an email from their teacher plus a visual example to help with the completion of the activity.	Pupils can complete the work using pencils, pens and paper.
Drama	'Timothy Winters'	Pupils will receive an email from their teacher outlining the task. They will be asked to write a letter from Timothy Winters, in role, using clues from the poem they have read.	Pupils may complete the work on paper or on a word document.

'Menu A' week commencing

8th June



Hawarden High School
Ysgol Uwchradd Penarlâg

Subject	Topic	Overview of work set	Suggested offline activity where possible.
PE	An introduction to the methods of training.	Pupils to create a new 6-week exercise plan, demonstrating consideration for their strengths/weaknesses of their previous plan. In addition, plan a weight training session.	Pupils to complete week 1 of the logbook, along with completing 60 minutes of exercise, 5 times a week where possible.
Resilience	Juggling	Students are continuing to learn to juggle. An email with instructions and guidance will be sent out by Mr MacDonald.	You should hopefully be at the stage of bringing a 3 rd ball into the process. Continue to practise using the guidance sent out.
MFL	Activities from BBC Bitesize	Pupils will receive an email from their teachers indicating the specific tasks to complete	
IT and Computer Science	How Spreadsheets work	Follow the link to BBC Bitesize KS3 ICT: https://www.bbc.co.uk/bitesize/guides/zdydmp3/revision/1 Complete the chapter on Spreadsheets and then test yourself to check your understanding.	
Music	The Elements of Music	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

8th June



<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_ebO2e2pEFKge-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>Choose out of the indoor and outdoor activity:</p> <p>Outdoor</p> <p>Help to tidy up outside areas. Brush drive-ways and paths, tidy up any outdoor storage such as garages and sheds. Can you help to tidy up any garden fences or furniture with paint (adult supervision required)?</p> <p>Indoor</p> <p>Prepare lunch for the family one day. This could be sandwiches or putting a salad together. Set the table, clear it after the meal and ensure that you 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">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/c40rjmqljt/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">Activity</p> <p>Write a letter to your future self to explain what life during lockdown was really like. Make sure you keep it factual and accurate as the way we remember things can alter and change over time.</p> <p>What was lockdown like?</p> <p>What was your daily routine and how was it different than your normal life?</p> <p>Are there any positive things about lockdown?</p> <p>What have you found difficult?</p> <p>What did you take for granted before lockdown that you think you will value more afterwards?</p>	<p align="center">Activity</p> <p>One of the best ways to stay relaxed and unstressed can be to be focused on a set task. In fact that is how some aspects of Mindfulness works by making you concentrate and focus on your breathing, body or senses.</p> <p>A similar effect can be found by carrying out a task or challenge and there have been many ideas and new initiatives developed online for people during lockdown.</p> <p>Use the free time you have to take up one of the following challenges –</p> <p>Learn to touch type: Have you seen how you lot type? That two-finger jab thing you do on the keyboard. Learning to Touch Type will speed up your essay work too which will be really handy as you get back into school.</p> <p>Enrol in Stage School: It might sound strange but lockdown is the perfect time to start acting classes. Stage Academy is an established performing arts school, who like everyone else have had to temporarily stop live classes. <i>But</i> they've put together online versions that are so good they actually stand alone as a way of taking drama lessons on an ongoing basis. They cover all ages from 4-18, it costs £10 a month you get a free 7 day trial.</p> <p>Use this link - https://actuallymummy.co.uk/2020/04/15/childrens-drama-classes-online/</p>

'Menu B' week commencing

8th June

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:

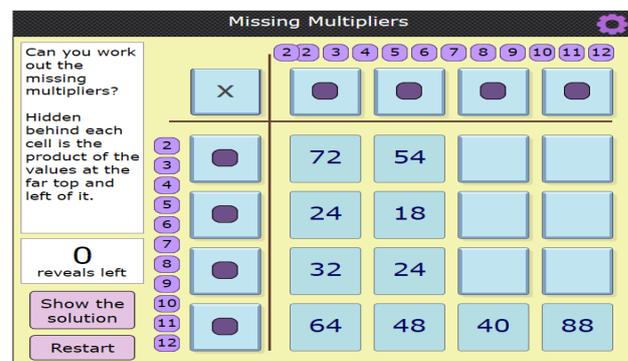
I'm sure few of you need an excuse to 'talk,' but think about the quality of what you're saying and how you're saying it. When you've read some of your book, have a chat with a sibling or parent about what happened in it. What are your predictions about what might happen next?

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/mobile>

The aim of the game is to drag the purple numbers around the edges into the purple boxes so that the number on the left and the number on the top multiple to make the number revealed in the middle. Click the web link above to take you to the game home page.

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.

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.britishscienceweek.org/plan-your-activities/activity-packs/?gclid=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>

Photograph any challenges and practical tasks you complete and email your science and your design technology teacher. Please keep an eye on our twitter accounts for updates and entries. ([twitter@designoutthebox](https://twitter.com/designoutthebox)) and ([twitter@hawardenscience](https://twitter.com/hawardenscience))

Creative (30 minutes)

Looking at different artwork, performances and listening to a variety of styles of music allows us to explore the world we are living in from our own homes. By creating our own work, it allows us to express our emotions and feelings. This could be work done with siblings / family members rather than individually.

Why not try learning a musical instrument?

There has never been a better time to learn to play your favourite instrument. Music can be a reliever of stress and anxiety and could be the source of relaxation you need to get through this difficult period. Virtual instruments can be downloaded online eg. Keyboards. Lessons can be done online or there are plenty of Youtube tutorials to get you started.

Learn to dance

If you have a passion for dancing, but have never quite been good at it, why not take part in some online classes to stay active? Plenty of experts are running classes to get you moving and relieve some of the stress, with varying styles and rhythms. Professionals at Sadlers Wells Theatre in London have launched a new platform called Digital Stage where it will present performances and curate classes for children and older people to complete at home.

Create your own film

IntoFilm provide support to help young people aged 5 to 19 to experience film creatively. Recently they announced their 50 film guides for all ages, to get kids to learn and think about film. They also have their Review 100 competition, which encourages kids to submit a review online to be in with a chance to win a £20 amazon voucher. There is loads of amazing stuff on their website that is fun while also educational! A win-win for parents.

Try recording a soundscape of the noises you can hear in and around your house. In what ways do you think the noises have changed during lockdown. For example, are there more birds about? Is the road quieter?

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

