



# Year 9 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](mailto:hmail@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, 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 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, 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



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Subject	Topic	Overview of work set	Suggested offline activity where possible.
English	Travel	Students will receive an email from their class teacher that will contain a PowerPoint with instructions for activities and learning around the topic of travel. The work will last for two weeks.	All work can be completed on paper.
Maths	Area: Area of triangles and parallelograms. Area of trapeziums. Area of circles 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	Biology – Cells and transport	Email from Miss Simon on Monday with instructions for completing a research task based on the Cells topic.	Can be completed on paper with research done on a phone or any books available.
	Physics – Graph Skills	A worksheet will be emailed out for students complete.	Complete the worksheet offline, you cannot complete online this week.
	Chemistry – Ever-changing Earth	A summary activity of the Earth and the atmosphere will be emailed by Miss R. Williams	This can be done digitally or on paper.
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 <sup>th</sup> June  <a href="https://www.tasteofhome.com/article/bread-art/">https://www.tasteofhome.com/article/bread-art/</a>	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	American West	Homesteaders – how did they adapt to live on the Great Plains. Information booklet and links sent to pupils.	Watch the Homesteaders episode of America: The History of US, if possible.
RE	Humanism: Happiness	Pupils will receive an email with a PowerPoint and some tasks to complete. There are some video links built into the PowerPoint.	All work can be completed either on a device or on paper.

# 'Menu A' week commencing

## 8th June



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Subject	Topic	Overview of work set	Suggested offline activity where possible.
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	Ice sculptures	Pupils will receive an email from their teacher plus a visual example to help them with the completion of the activity.	Work can be completed using found items and final outcome can be photographed or drawn.
Drama	'Teachers' by John Godber	Pupils will be asked to create a mind map of stereotypical characters that can be found in the play 'Teachers' and describe in further detail one of the stereotypes. They will receive an email with guidelines on how to complete the task.	Work can be completed on paper or on the word document.
PE	The theory behind sport and exercise.	Pupils to create a new 6-week exercise plan, demonstrating consideration for their strengths/weaknesses of their previous plan.	Pupils to complete week 1 of the logbook, along with completing 60 minutes of exercise, 5 times a week where possible.
MFL	Activities from BBC Bitesize	Pupils will receive an email from their teacher indicating which tasks to complete	
IT and Computer Science	ICT in Organisations	Follow the link to the BBC Bitesize KS4 ICT WJEC specification pages: <a href="https://www.bbc.co.uk/bitesize/topics/zhxyf4j">https://www.bbc.co.uk/bitesize/topics/zhxyf4j</a>  Read through the section called 'ICT in Organisations' and create a set of notes or a poster on what you have learned.	
Music	Ostinati	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



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### Physical Activity (30 minutes)

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.

#### 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+

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.

#### 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\\_ebO2e2pIEFkgE-p313uMwC7ru6InFDi](https://www.youtube.com/watch?v=hfY4y1fMkY&list=PL_ebO2e2pIEFkgE-p313uMwC7ru6InFDi)

Family Fun? Why not try some races in the garden, sounds simple but adding obstacles like situp'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.

Keep a record of your physical activity – and make sure that you vary the types of activity over the course of the week.

### Support (15 minutes)

Being a part of the community and displaying support for each other and acts of kindness are important during this challenging time.

Choose either the outdoor or indoor activity:

#### Outdoor

The rain last week should help to trigger some growth of grass and vegetation. Help out by cutting the lawns (adult supervision required).

#### Indoor

Time to tidy your room. A clean and tidy room means a clean and tidy mind! Make sure that you polish wooden surfaces and Hoover carpets.

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.

### Current Affairs and General Knowledge (15 minutes)

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.

#### RELIABLE online NEWS SOURCES -

[bbc.co.uk/newsround](http://bbc.co.uk/newsround)

[bbc.com/news/topics/c40rjmqdIljt/children](http://bbc.com/news/topics/c40rjmqdIljt/children)

[newsforkids.net](http://newsforkids.net)

[bbc.com/news](http://bbc.com/news)

[itv.com/news](http://itv.com/news)

[channel4.com/news](http://channel4.com/news)

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!

### Wellbeing and Mindfulness (15 minutes)

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.

Some useful resources worth checking out -

[Mind.org.uk](http://Mind.org.uk)

[Actionforchildren.org.uk](http://Actionforchildren.org.uk)

[Mentalhealth.org.uk](http://Mentalhealth.org.uk)

[Nurtureuk.org.uk](http://Nurtureuk.org.uk)

[Nutrition.org.uk](http://Nutrition.org.uk)

[NHS.uk](http://NHS.uk)

[Kidshealth.org](http://Kidshealth.org)

### Activity

Not everyone is aware but there is a time capsule buried into one of the walls in the main foyer at school. This is due to be opened at some point this year and it will contain information and things typical of 1997 when it was sealed up.

Think about what we would put into a time capsule now to be opened in 2050. What would you include about how we are living at the moment but also what would you include to describe 'normal' life in 2020 if Covid-19 had not arrived?

### Activity

One of the best ways to stay relaxed and unstressed can be to be focussed 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. 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.

Use the free time you have to take up one of the following challenges – **Build a website:** Why not learn to code? [Code Academy](http://CodeAcademy.com) offers free coding classes online. You could build your first ecommerce site, or start a blog!

**Cook dinner:** Lots of parents say their teenagers are taking it in turns to cook dinner, and now is the perfect time but, it needs to be better than beans on toast or a Pot Noodle. The internet is full of websites with recipes and ideas.

# '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:

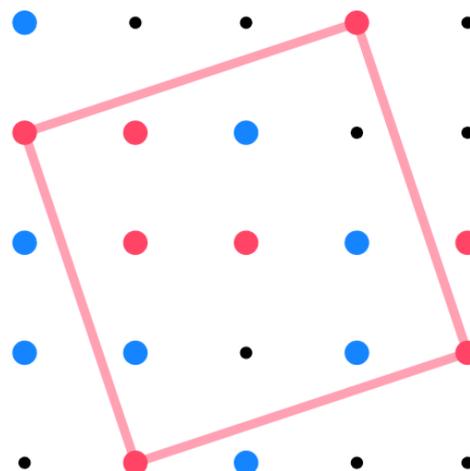
I'm sure few of you need an excuse to 'talk,' but think about the quality of what you're saying and how you're saying it. When you've read some of your book, have a chat with a sibling or parent about what happened in it. What are your predictions about what might happen next?

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/squareit>

Taking it in turns against the computer you choose a dot to claim as yours. The aim of the game is to make a square of your own before the computer does. Tilted squares also count.

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.britishscienceweek.org/>

[www.britishscienceweek.org/plan-your-activities/activity-packs/?qclid=EAlaIqObCBig](https://www.britishscienceweek.org/plan-your-activities/activity-packs/?qclid=EAlaIqObCBig) Ideas -How can engineers help project the planet ? <https://www.big-ideas.org/join1851/>

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/?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 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](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)

