



Hawarden High School
Ysgol Uwchradd Penarlâg

Year 7 Distance Learning Plan

Week Commencing 6th July 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, 6 July 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, 7 July 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, 8 July 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, 9 July 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, 10 July 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

6th July

Subject	Topic	Overview of work set	Suggested offline activity where possible.
English	Theme Park Project	Students will receive an email from their class teacher with tasks and instructions.	All work can be completed on paper.
Maths	Statistics: Finding and using the median from a data set. Finding and using the mode from a data set. Finding and using the mean from a data set.	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	Space	Mrs Griffiths will email work that will contain information, a starting point for research and some questions. There will also be an optional craft activity.	Complete questions on paper and the craft activity.
Technology	Ice-cream Challenge	Design and make your own ice-cream. Be creative with your flavours developing a new recipe. This could be sweet or savoury. Details will be e-mailed on Monday with some fun activities for you to complete. Submit your work and an image of your ice-cream to Mrs Evans: Helen.evans@hawardenhigh.flintshire.sch.uk	Sketch your ice-cream designs. Make your own creative ice-cream flavour.
Geography	#geographyskillshallenge	Students will receive an email with links to a range of activities to choose from this week. Students are encouraged to try a variety of the tasks offered.	Many of the tasks this week can be completed on paper without an internet enabled device.
History	Tudors	Investigate the main changes in the reign of Elizabeth I. Both in terms of changes in religion and society.	Research can be written into books.
RE	RE Summer Bingo Challenge	Students have already received a 'menu' of activities and must choose one or two to complete each week.	There is a variety of activities and many not requiring any writing or device.
Welsh	Linguascope and Duolingo (password and class code needed)	Class teachers will email specific tasks.	
Art	Cartoon Characters	Pupils will receive an email from their teacher with a visual example attached. Pupils will need to create and then draw or photograph a cartoon character made from found objects.	Pupils will need paper, pens and a camera to complete the activity.
Drama	Timothy Winters	Pupils will be in the role of costume designer, creating costumes for characters within the play. Pupils will be sent an email from their teacher with guidelines for the task.	Pupils can complete their work on a word document or on paper, take a photograph and email it to their teacher.
PE	Fartlek training	Pupils to complete week 5 of the logbook and the work set linking to fartlek training in sport and exercise.	Pupils to physically complete week 5 of the logbook, considering 60 minutes of exercise, 5 times a week where possible.

'Menu A' week commencing

6th July



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Subject	Topic	Overview of work set	Suggested offline activity where possible.
Resilience	Juggling	Mr MacDonald will email specific instructions and guidance for the work.	Practice only week. No written work required. Try and master the art of juggling 3 balls through dedicated practice this week, underpinned by a huge amount of resilience.
MFL	Choose a challenge activity and achieve the Duolingo weekly XP target.	Class teachers will email the challenge choices and set the class Duolingo target.	The challenges can be completed on paper and the work can be scanned or photographed then emailed to the class teacher.
IT and Computer Science	Email	Email etiquette – Refer to the attached document on the email which will be sent to you and use it to produce a poster on email etiquette. This work can be submitted to Miss Garlick via email.	
Music	Rhythm and Pulse	Pupils will be emailed a 'Musical Maths' worksheet to complete to practice the time values of musical notes	Pupils can calculate and record their answers on the worksheet or on paper.

'Menu B' week commencing

6th July



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

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.

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 indoor or outdoor activity, unless you're are feeling particularly helpful in which you can choose both!

Indoor:

Can you help anybody out in your house? Could you help a younger sibling with school work or help out with something that your parents/ carers need help with. This could be making a meal, washing up or anything else that needs doing (adult supervision may be required).

Outdoor:

Can you help anybody outdoors? Do any neighbours need help with their garden? Ask your parents if they need any help with the garden or cleaning cars or tidying outdoor spaces.

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
bbc.com/news/topics/c40rjmqqdjljt/children
newsforkids.net
bbc.com/news
itv.com/news
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
Actionforchildren.org.uk
Mentalhealth.org.uk
Nurtureuk.org.uk
Nutrition.org.uk
NHS.uk
Kidshealth.org

Activity

Looking at many of the images shown in the news and online at the moment you could be forgiven by thinking Lock Down was over. Sadly, it definitely is not and the more people who break the rules and regulations by getting together in large crowds and forgetting about social distancing rules, the more likely it is that we might see a second wave of the virus and things will have to go back into stronger Lock Down again.

Design a campaign that is intended to encourage people to continue to keep to the Lock Down rules.

This could use posters, leaflets, short films, an online campaign, TV adverts or any combination of these.

Make it age specific if you want to or keep it general and aimed at everyone.

Make sure it is factual and is clear and easy to understand.

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 –

Culture Perth and Kinross libraries are open online. The digital library is free to join and there are over 300 books available for children!

J.K. Rowling, Jacqueline Wilson, Roald Dahl, Matt Haig and Anthony Horowitz are just some of the authors who have books available on the CPK Libraries RB Digital catalogue.

And best of all, this collection is completely free to use.

You can join the library online and get instant access to the collection of e-books and audiobooks, all provided to your device through your CPK Libraries account and RB Digital.

Your library membership also gets you access to PressReader, where you can access 100s of newspapers and magazines, again completely free.

'Menu B' week commencing

6th July

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.



CLOSE TO 1000

Directions: Using the digits 1 to 9 exactly one time each, place a digit in each box to make the sum as close to 1000 as possible.

$$\square\square\square + \square\square\square + \square\square\square$$

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

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

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.

Take the opportunity to watch a streamed performance from The National Theatre on Thursday 9th July at 7pm free of charge.

Why not test your knowledge and take part in The National Theatre quiz, join hosts Imelda Staunton, Jim Carter, Lucian Msamati, Meera Syal, Simon Callow, Tamsin Greig and Jessie Buckley for questions on topics including Maths, Science and Nature, Literature and Theatre. You can play on Facebook or YouTube.

The National Art Gallery in London are not currently open, but their amazing collection and stories are open to explore. Take a look:

www.nationalgallery.org.uk. Why not have a look, get inspired and try creating your own masterpiece at home!

Why not have a virtual Whodunit evening at home, with family and/or friends. Your chance to be creative and have fun at the same time. Help on how to do this can be found at: www.ehow.com/how/4448968_host-clue-party.html Watch concerts from your couch. Take a look at www.billboard.com for listings of virtual livestreamed concerts. Try writing a music review for an imaginary music magazine on your experience of the concert. Would you recommend it to a friend?

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))

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

