



## Poynton High School



### Year 7 Parent and Carer Bulletin – October 2024

Dear Parents and Carers,

Welcome to our first half term bulletin and what a half term it has been! We have been so impressed with our students in Year 7 with their ability to adapt to high school life. Students have been collecting a phenomenal amount of house points with many students reaching their bronze award and no doubt there will be plenty more next term. Students have been attending lots of extra-curricular clubs from the sports teams to science club to Kendama in languages. It is truly wonderful to see the students get so involved and I was particular impressed with having over half the year group volunteer for open evening.

**Please note: School closes at 3.15pm on Friday 25<sup>th</sup> October**  
**School reopens on Monday 4<sup>th</sup> November on week 1 of the timetable**

What to expect to find in the bulletin?

- Subject updates
  - What is coming up?
  - How can you support specifically in each subject?
  - Challenge activities to stretch your young person
  
- CATS tests
- How to help your young person with their learning
  - Uniform
  - Free School Meals
  - Mental Health support
  - Important dates
  - Review week information
  - Travel to and from school
- Mobile phone and social media safety advice

## Subject updates...

### MATHS

Our year 7 students have settled well into Maths. They were tested and put into sets within the first few weeks of joining us, and have started working on new topics in their new sets. Our first topic was Sequences, where students looked for patterns with objects and numbers. Next, they moved onto Algebra, learning how to distinguish between  $5y$  and  $y + 5$  and looking at function machines. Some classes have been using Algebra tiles to help with their understanding. Next, we move onto Equality, going from “equals gives the answer” to considering that it shows that either side of the equals sign is equivalent. After half term, students will review their knowledge on place value and fractions, decimals and percentages.

Students should be getting regular written homework and by half term should have been introduced to Dr Frost Maths <http://drfrostmaths.com>. This is the online platform for maths homework. Students can complete tasks set by their teacher, but also do some independent practice to help prepare them for the work to come. Click on the **Start a Practice** button on the home page or on the **Year 7 Course** to keep your skills at their best. Please support your young person in accessing and completing their homework.

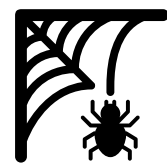
After half term there will be another assessment to show us how much they have learned since arriving at Poynton. This will be based on all of the topics taught so far which are listed above.

### Halloween Maths Challenge



How many different ways can you rearrange the letters in the following words

- a) BAT
- b) FANG
- c) GHOST



Without listing them, can you predict how many different ways there are to rearrange the words in the word SPIDER.

Bring the answer to your maths teacher after half term for house points.

## ENGLISH

Students have spent the first half-term studying a scheme of work name 'Stories through Time.' In this we explore where stories come from and why humans tell stories. We take a tour through Greek Mythology, Norse Mythology, and traditional fairy tales before ending with the students creating and subverting their own versions of these classic stories.

We encourage all students to read for pleasure in their own time, and encouraging reading is the most effective way to support your child's English progress. Use <https://schoolreadinglist.co.uk/category/reading-lists-for-ks3-pupils/>; it's a great resource for discovering new YA fiction.

All Y7 students have been given a reading log to fill in and we encourage them to share this with you as well as their teacher.

### **Challenge Task: Read a Classic Book**

A classic book is a book considered to be 'canon'; this means that these books are important to our culture. These books can be very challenging because the style of writing and the ideas they hold can seem old fashioned. However, once you learn to read them, they can be extremely enjoyable.

- The Secret Garden, Francis Hodgson Burnett
- I Capture the Castle, Dodie Smith
- Narnia Series, C.S Lewis
- The Time Machine, H.G. Wells
- Swallows and Amazons, Arthur Ransome
- Lord of the Rings Series, J.R.R Tolkien
- Treasure Island, Robert Lewis Stephenson
- Little Women, Louisa May Alcott
- Noughts and Crosses, Malorie Blackman

## SCIENCE

This term students have completed the transition unit on bubbles and started their first 3 Science topics which include the following:

7B1 – Cells

7C1 – Particles

7P1- Magnets

In each topic, students have been set a TMA (teacher marked assessment) which provides them with written feedback on how they have performed, along with a mini quiz on Google Classroom. In the Cells topics students have had the opportunity to make a 3D model of a specialised cell of their choice. House points were given for the best models and some of these will be displayed in science labs!!!

Students will complete their first assessment on the above topics in November. To help them prepare for this the following pages in the revision guide will be useful:

7B1 Cells- revision guide pages 1-3, practice questions pages 5-6 Q1,3,4 Page 175 Q3

7C1- Particles- revision guide pages 48-56, practice questions pages 53-4 Q1,2

7P1- Magnets- revision guide pages 158-159, practice questions page 160 Q1,2

We recommended that students purchase the CGP Key Stage 3 revision guide. Information went out about this on sims in touch and payment through myEVOLVE. This revision guide is suitable for Y7 and 8. If students haven't already bought this they can online, on amazon.

Using this link:

<https://www.cgpbooks.co.uk/secondary-books/ks3/science/shs35-new-ks3-science-complete-revision>

### **Challenge activities:**

To support their current science topics students may want to watch the following activities. Manchester Science and Industry Museum is also a great day out and free!! There are lots of hands on interactive activities which students can try, some of these will support their learning of current topics covered in school.

7B1- Cells <https://www.youtube.com/watch?v=M1wdIdCOk-Y>

7C1- Particles <https://www.youtube.com/watch?v=0lUDh6rrb6E>

7P1- Magnets <https://www.youtube.com/watch?v=av7VrSezpHg>

## **MFL**

Year 7 students will sit their first formal assessments in MFL. These will be Listening and Reading this term.

Each teacher will give the students dates for the assessments in their classes.

[A PHS guide to MFL for parents](#) –here are some ideas to help our students at home, on the school website

### **Challenge activities:**

Sign up to Duolingo, if you haven't done so already, in French or Spanish. Try and keep a 7 days streak over half-term. Can you complete the November challenge?

## HUMANITIES

### RS

Next half term Year 7 will start looking at Religion in the Community. To support with this, parents/carers can encourage their young person to look around their local community when out and about and see how many different places of worship are visible.

#### **Challenge activities:**

As a challenge they can see if they can work out what all 6 of the different churches are within the Poynton area.

### History

Year 7 will be completing their first unit on What was the Roman Empire and will be completing a factual test on the topic to check their learning. Students will then be starting their next unit on Why people died so young in the Middle Ages.

Please encourage your young person to create revision material for their text on the Roman Empire. This could be in the form of flash cards with key information summarised, factual questions which they can use to quiz themselves, mind maps or revision clocks. The revision material they create can be kept and used again in the summer examination.

#### **Challenge activities:**

Students could complete a poster on a Roman God or Goddess to stretch their understanding of what people believed in the Roman Empire. This poster can be shared with teachers after half term.

### Geography

Our year 7 geographers have settled in brilliantly to their studies with enthusiasm and have brought lots of geographical expertise with them! We are revisiting our map skills from KS2 but based around Fantastic Places around the world, such as the city of Rio de Janeiro and the great River Ganges which is so important to the people who live along its course.

We will be studying the frozen landscapes of Svalbard and the mighty Victoria Falls – using skills and ideas that will underpin all of their geography studies in the future. We will be guiding students through their first piece of extended writing and showing them how to

create written work that really shows their knowledge. They will have the opportunity to create their own 'Landscape in a Box' of an amazing geographical location that they have already visited or would love to visit one day.

As ever we encourage our students to watch programmes around the subject such as the brilliant documentaries on YouTube by David Attenborough here <https://www.youtube.com/playlist?list=PL1YxUBRBoo8aZ9OJLVLCK4KaFMwRmvAo> and visit websites that show them how amazing our earth is such as this one <https://www.bbc.co.uk/bitesize/articles/z3dkkty> 'Six of the most wonderfully coloured places around the earth'.

### **Challenge activities:**

Have a go at some of the brilliant online quizzes on this website <https://www.geoguessr.com/vgp/3459>

## **TECHNOLOGY**

### **Product Design**

This half term started with students looking at Health and Safety in Product Design and how to be safe in the workshop. This is something that we really value so that students are able to use the workshop safely throughout their time at PHS.

Following on from this, students have started the Blockhead project. Each student throughout Year 7 will design and make a blockhead out of pine and decorate it once they have created their block.

This half term students have learnt and practiced their isometric skills and starting to design their Blockhead.

Next half term, they will begin to make their Blockhead.

## **Textiles**

During this academic term Year 7 have been researching cultures and designing their device holders. Their device holders will include techniques such as, tie-dye, stencilling, hand embroidery and use of the sewing machine for construction. Recently students have practiced the four different tie-dye techniques and are analysing their samples to decide which technique would be the most suitable for their product. After the half term break students will be tie-dyeing their chosen technique for their product. We will then begin our stencilling sampling to perfect the technique for our final products.

There are two clubs running available to year 7. These include, Chat and Craft, every Thursday lunch in room 59. The second is an Electronics and Textiles club, every Wednesday after school in room 60.

## **Food Preparation and Nutrition**

During this academic term Year 7 have been focusing on key skills in Food. These include, knife skills, using the grill, using the oven, rubbing in method. Next term we will continue to work on skills through practical lessons. Please can I remind students that they must bring labelled containers big enough to take home their food products at the end of the day. If students have left their containers in the department please can these be collected at the end of term.

## **ART**

This term, the Year 7 artists have been learning about Tonal Value in their lessons. They have learnt how to make objects appear three dimensional by using a range of shading techniques. The students have been practicing with paper blenders and different pencils to achieve the correct tones in their drawings. They have also just begun to look at the work of Tim Burton and his use of dramatic tonal contrasts, effective lighting techniques and gothic style in his films and character designs.

Next term, the students will have their own portrait photos digitally transformed into a Tim Burton Ai character and learn how to use the grid method technique to accurately draw it in proportion and demonstrate their understanding of tone.

After the half term, our KS3 Art club will continue to run after school on Thursdays in room 61 (3.15-4.15pm). If your child would be interested in attending, please ask them to speak to their Art teacher for more information.

## **Computing**

Students have settled in brilliantly in their Computing lessons. They have got to grips with how to log onto the school network as well as how to use Google Classroom and all its features. After half term, students will be moving onto programming with Scratch. They will learn all about programming and sequencing. They will also learn some important Computing techniques including; selection, iteration and important operators. They will get the chance to create their own games and solve problems using this graphical, block-based programming language.

The computing overview can be found on the Poynton High website, if you would like to familiarise yourself with it and further support your young person.



### Challenge activities:

Over the half term, students could be encouraged to download <https://scratch.mit.edu/> They could spend some time over the holidays familiarising themselves with the software in preparation for the next half term.

All Year 7 are invited to come along to our extra-curricular STEM Club. It runs on Friday lunchtime, in rm 29. Students will get the opportunity to build their own robots and programme them to do fun things. Numbers are limited, please email Mrs Bemowski Head of Computing if you'd like to attend [db@phs.cheshire.sch.uk](mailto:db@phs.cheshire.sch.uk)

## PE

- Students will change the activity that they are on. Activities include netball, fitness, badminton and dance.
- Our extra-curricular activities are as follows:

 <b>PHS PE After School Activities 2024</b>  Half Term 2			
All pupils welcome to attend any PE extra-curricular club. Make sure you have your full PE kit to take part in after-school clubs			
Day	Activity	Time	Location
Monday	Netball Training (ALL YEARS) (AKE)	3.15pm—4.15pm	Leisure Centre / Hard Courts
	Boys Football Training (ALL YEARS)	3.15pm—4.15pm	Field
Tuesday	Year 9 Dance Club (CLH)	3.15pm—4.15pm	Dance Studio
	Basketball (ALL YEARS) (KAS)	3.15pm—4.15pm	Leisure Centre
Wednesday	Year 8 Dance Club	3.15pm—4.15pm	Dance Studio
	Year 7 Netball Training (AKE)	3.15pm—4.15pm	Hard Courts
	Netball Fixtures (AKE)	Tbc	Teams will receive info
Thursday	Badminton (ALL YEARS) (CEW)	3.15pm—4.15pm	Leisure Centre
	Girls Football (JLH)	3.15pm—4.15pm	Field
	Year 7 Dance Club	3.15pm—4.15pm	Dance Studio
	Rugby (ALL YEARS) (CME)	3.15pm—4.15pm	Field
	CNAT Study Hour	3.15pm—4.15pm	Room 7

### How you can support your young person

- Encourage them to attend an extra-curricular club
- Encourage them to take part in exercise out of school
- Encourage them to pack PE kit in school bag the night before (and label all items of PE kit)

### Challenge activities:

- Do 30 minutes of exercise per day for example, dog walk, run, football etc.

## Dance

It is absolutely fantastic to see all the students involved in Dance club. There are over 30 students who are working on dances for our Annual Dance Showcase in March (date to be confirmed). It is also wonderful to see how they interact with older student who are helping with the club. Keep it going Year 7!

## Year 7 CATs Tests

During the first few weeks after half term, all of Year 7 will be sitting the online CAT4 test. The Cognitive Abilities Test (CAT4) is an assessment that is designed to help students and their teachers understand how they learn and what their academic potential might be. It assesses how students think in areas that are known to make a difference to learning. Students will complete the online test during two of their scheduled lessons between Wednesday 6<sup>th</sup> to the 20<sup>th</sup> November. There is no need for students to prepare for the test in any way. Students will be given all instructions needed during the assessment, both on screen and via verbal instructions delivered through headphones.

For further information please read the FAQ sheet at the end of this bulletin or click on this link to view a short video:

<https://youtu.be/U0DDUKuQtKc?si=6RhDvcl1QmPVmeCO>

## Helping your young person with their learning

A guide to support your child with their learning can be found on our website in the 'Parents' section via the following link: <https://www.phs.cheshire.sch.uk/parents/helping-your-child-with-learning>

Support with google classroom can be found here

<https://www.phs.cheshire.sch.uk/pastoral/year7>

## Uniform

As we approach the colder/wetter months we encourage students to wear a coat to and from school. Therefore, please make sure it is labelled.

Please note that hoodies are not part of the school uniform and must not be worn under blazers.

Equally, for PE students are encouraged to wear layers which are appropriate underneath their PE kit but no hoodies.

We appreciate parents and carers invest a lot of money in school coats and uniform, please make sure that all items are named to make them easier for them to be returned if they are misplaced.

## Free school meals info

Please click the link to see if you qualify for FSM

[https://www.cheshireeast.gov.uk/schools/school-meals/free\\_school\\_meals.aspx](https://www.cheshireeast.gov.uk/schools/school-meals/free_school_meals.aspx)

## Child and Adolescent Mental Health

[www.MyMind.org.uk](http://www.MyMind.org.uk)

Cheshire and Wirral Partnership NHS Foundation Trust's (CWP) nationally recognised Child and Adolescent Mental Health website 'MyMind' has been refreshed and relaunched in time for this year's World Mental Health Day.

MyMind is a dedicated website for young people across Cheshire and Wirral experiencing mental health difficulties. With support from local young people from our Child and Adolescent Mental Health Services (CAMHS), MyMind has now been given a modern makeover!

<https://www.justdropin.co.uk/>



Just Drop-In is a registered charity that supports children and young people aged 11-25 who live in the north of Cheshire East (Macclesfield, Bollington, Wilmslow, Knutsford and Poynton.) Our expertise and operating model is embedded in Early Help and Prevention.

All of our services are free of charge.

We are here to help and support children and young people who are finding life hard. We have a heartfelt commitment to improve their mental health and wellbeing, helping them to find their feet.

## Important dates

INSET day – School closed – Friday 29<sup>th</sup> November

Effort grades issued – Monday 2<sup>nd</sup> December

Review week – Tuesday 3<sup>rd</sup> December – Friday 6<sup>th</sup> December

School closes for Christmas – Friday 20<sup>th</sup> December at 12.30pm

*Student Development Day – Tuesday 26<sup>th</sup> November*

## Review week

The review week is an opportunity to find out how your young person has settled into High School. It will be a chance for you to discuss how they are getting on and what are their strengths and successes so far. Each form has been allocated a specific date please see the table below.

We offer morning appointments online and afternoon appointments face to face.

Appointments will be 10 mins with the form tutor

Time slots will be available to book 2 weeks before the review week and a notification will be sent about this.

<b>Tuesday 3<sup>rd</sup> December</b>	7JLB	7PCA
<b>Wednesday 4<sup>th</sup> December</b>	7RHU	7RFA
<b>Thursday 5<sup>th</sup> December</b>	7WLE	7CWI
<b>Friday 6<sup>th</sup> December</b>	7JIN	7MNS

Further details will follow.

## Travel to and from school...

A late bus will continue to run at 4:30pm Monday-Thursday to encourage as many students as possible to attend extra-curricular activities after school. Tickets can be purchased from student services and on Evolve at a cost of £3 per ticket. The bus has drop off points in Hazel Grove, High Lane and Disley.

## **Walking and cycling to school**

It is fantastic to see so many students walking and cycling to school. Please remind your young person to make sure they are thinking about other road users and their own safety on their journey in to school.

## **Mobile phone and social media safety**

With the age at which children get a phone becoming younger and younger, how can you, as a parent, ensure your kids practise mobile phone health and safety?

We understand the benefits of young people having a mobile phone especially as the nights draw in and you can keep an eye on their whereabouts. Here are some useful tips on keeping your young person safe online and with the use of their mobile phone.

### **1. Set boundaries**

It's important to set boundaries and limits with your kids. Talk to them about the boundaries themselves, and your reasons for setting them.

These boundaries could include screen time limits, restrictions on what apps they can use or where they can use their phone.

By setting these limits, you can encourage children to still enjoy activities that stimulate their minds in other ways, such as sports, board games or reading. It also allows you to reclaim family time and ensure your child isn't using age-inappropriate apps.

### **2. Utilise parental controls & engage with your child's phone usage**

Parental controls allow you to see exactly what sites and apps your child is accessing on their smartphone, tablet or computer. It also lets you see how long they are spending on these devices.

While there are many parental control apps to choose from, the standard choice is Google Family Link. Free to use, Google Family Link works with both Apple and Android devices.

While you still may want to use a parental control app to check what your child is doing online, it's always good to engage with them directly as well. By encouraging them to share what they are doing on their phone, you may get a better insight into risks such as cyberbullying or their social network use.

### **3. Teach your children phone security**

By teaching your child a few security measures now, you will help them keep their devices secure in the long run. Examples include:

- Don't connect to public wi-fi as that may give hackers access to your child's phone and information.
- Don't share passwords with friends or strangers.
- Don't overshare online – once a photo or video is out there, it can't be taken back.
- Keep your phone close in your bag or on-hand rather than leaving it in public places where it can be stolen.
- Password protect the phone so that if it is stolen, personal photos or messages can't be easily accessed.

## Social Media Age Restrictions



For further advice and support please see our website.

We hope you all have a lovely half term break and we look forward to seeing you back in school on Monday 4<sup>th</sup> November on a week 1 timetable.

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