



Poynton High School



Year 7 Parent and Carer Bulletin – December 2024

Dear Parents and Carers,

We have completed our first full term as Year 7 and we are very proud of the cohort. Students have definitely got involved with high school life from volunteering at open evening, bake sales, sports teams, and extracurricular clubs. We encourage all students to find something and give it a go, which the majority are doing week in week out.

Thank-you for all of your donations towards the food bank – it has been greatly received by our Year 7s along with the elf run, which has helped raised money towards East Cheshire Hospice.

Please note the early finish on Friday and the school buses will collect as normal at 12.30pm.

Please note: School closes at 12.30pm on Friday 20th December
School reopens on Monday 6th January 2025 on week 2 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

- How to help your young person with their learning
 - Uniform
 - Free School Meals
 - Mental Health support
 - Important dates
 - Travel to and from school

- Mobile phone and social media safety advice

Subject updates...

MATHS

Now our year 7 students are in the swing of things this term we've moved onto place value in which students understand the value that each digit represents in a number. With their knowledge of number, we begin to make links to other areas of maths such as data measures such as finding the range and median. After this, we moved onto a vast and fundamental topic Fractions, Decimals and Percentages. The main aspects at this stage include reviewing what our students recall from primary school and building upon this throughout the year.

Coming up next half-term, students will be looking at solving problems involving addition, subtraction, multiplication and division. This will encompass many different topics across maths from arithmetic calculations to financial maths to geometry problems.

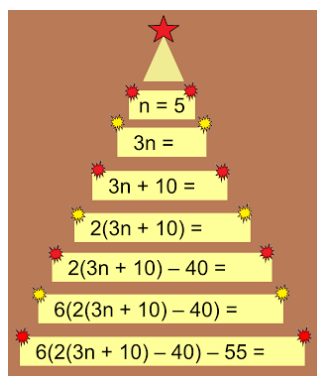
Students will have another assessment towards the end of the next half-term. It is an excellent opportunity for students to review what we have covered so far this year. One of many revision tools students can use are their knowledge organisers for each topic. These are sheets stuck in their exercise books which provides a concise and informative summary about the topic.

Students will have been introduced to the new online homework platform Sparx maths <https://selectschool.sparxmaths.uk/>. Students will receive homework every week on a Wednesday, due for the following Wednesday. The homework is to take approximately an hour. Sparx uses an algorithm to provide a bespoke learning experience tailored to the user. The more questions answered, the better Sparx understands the user. This means homework questions are accessible for all users and every student can aim for 100%. Students can also complete additional practice on any topic they want using the "independent learning" section.

Well done to Isabel C, Elizabeth D, William P, Ingrid C and Charis C for scoring the top points in the Sparx Maths leaderboard.

Christmas Maths Challenge

Bring the answer to the bottom question to your maths teacher after Christmas for house points.



ENGLISH

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 half term students in Year 7 have completed their first science test on the first 3 topics.

Students have now started their second 3 topics of Year 7, which are:

7B2- Reproduction

7C4-Atoms and elements

7P2 -Energy 1

Students will continue to complete these after Christmas. Each topic has a TMA (teacher marked assessment), providing students with written feedback on how they have performed. They will also be set a GC mini quiz for each topic which self-marks to give both them and staff instant feedback of how they have performed.

Students should have purchased a revision guide at the start of Y7. If students have still not purchased one from us they can online using this link:

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

The revision guide includes all of the topics we teach in school and is an excellent revision tool and resource to help them consolidate.

Students also have access to Seneca, an online platform which is an excellent tool to help them revise and consolidate their knowledge and understanding. This is something they can use independently as well as completing any assignments set by their teachers.

Extra reading:

Students could watch these videos on material they are covering in their current science topics:

7B2 Reproduction <https://www.youtube.com/watch?v=8cWH7pIPYIM> and <https://www.youtube.com/watch?v=5OvgQW6FG4>

7C4 Atoms and elements <https://www.youtube.com/watch?v=14BEh2EKrMO> and <https://www.youtube.com/watch?v=DkAXO--BYEw>

7P2 Energy <https://www.youtube.com/watch?v=VUworhvk5rw> and <https://www.youtube.com/watch?v=-btLTehMyuM>

MFL

Y7 have completed their first assessments in French and in Spanish, well done on their hard work this term. They have also involved themselves in lots of different competitions!

After the holidays, in French, we will be finishing our first unit about ourselves and our family to move onto unit 2 about free time. In Spanish, we will be finishing our unit on weather and free time before starting the next unit of work on school life.

How can I support my young person in French or Spanish?

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

A stretch and challenge activity:

Over the Christmas holidays, why not watch a film in French or in Spanish with the subtitles in English? There is a great selection on streaming platforms online. *Asterix and Obelix*, *Family Pack*, *Ferdinand* and *the book of life* are great family watches.

Keep following us on Twitter too:

Mr Farrell- @MonsieurFarrell

French Department - @PH_rench

German Department - @PHS_GERMAN

Spanish Department@PHS_Spanish

HUMANITIES

RS

After the Christmas break we will be moving onto Religion and Equality and how different religious and ethical groups have worked to help see that all people are treated equally and fairly. To support with this, parents/carers can encourage their young person to start thinking about all the different groups of people that are visible in their local community.

A stretch and challenge activity:

As a challenge they can see if they can work out what all 6 of the biggest world religions today.

History

Year 7 have started a new topic this half term focusing on why people died so young in the Middle Ages. They have been looking at fascinating areas of history like the Black Death, the Crusades and Medieval Medicine. In the new year all Year 7 students will be completing their first graded assessment on these topics, information for the assessment will be explained in lessons and will be on Google Classroom.

How you can support your young person:

Students could be encouraged to complete extra research on the Middle Ages on BBC Bitesize History and look at the KS3 topics. This could be used to help them with their first assessment in January.

Stretch and challenge task:

Students could explore what Christmas was like in the Middle Ages. A good site to use is <https://www.historylearningsite.co.uk/medieval-england/medieval-christmas/>

Geography

Where our students are lucky enough to have 2 geography teachers they will have been looking at our Pole to Pole topic where they are learning about glacial landscapes and

landforms as well as how our cold environments are changing due to climate change and the challenges that face the people who live in the Arctic. This topic is to come next term for the rest of the year group where they can also continue to practise those important map skills.

This is how you can support your young person:

To further enhance their learning there are always lots of look at on the BBC Bitesize section of their website here; <https://www.bbc.co.uk/bitesize/topics/zpcqxn> This is the Glaciation topic where there is lots of information as well as quizzes to complete. We also recommend the brilliant Planet Earth programme from the BBC and this clip about Arctic Wolves is amazing when thinking about biodiversity in the Arctic.

<https://www.youtube.com/watch?v=IXj8S0p9STw> .

A stretch and challenge task:

<https://www.youtube.com/watch?v=VF-oY-hRUys> Christmas for us geographers can sometime feel as though there is a lot of waste for a short time experience. Watch this clip on how to have a more sustainable Christmas and make a poster (on the back of wrapping paper maybe?!) to show the main ways that we can have a more sustainable Christmas!

TECHNOLOGY

Product Design

This half term students have been continuing the design process of their blockhead. Students have been introduced to the skill of drawing in isometric and applying this to their blockhead design.

Following on from this, students have begun to manufacture their blockhead. The first step of this was beginning to draw and measure the neck of the blockhead. Students have been introduced to a range of tools such as a steel ruler, tri-square, marking gauge, chisel, mallet and tenon saw. Students have been able to apply their health and safety knowledge from half term 1 to this process and ensuring safety in the workshop.

Next half term students will continue the manufacture process of 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 decided which technique would be the most suitable for their product. After Christmas 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.

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 and decorative skills. As a whole in the food department we have been very impressed with the students decorative skills when decorating the Christmas logs. 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 start of term.

Computing

This half term, students have moved onto programming with Scratch. They have learnt all about programming and sequencing, as well as some important Computing techniques including; selection, iteration and important operators. They have been given the opportunity to create their own games and solve problems using this graphical, block-based programming language. In the New Year, students will be introduced to Binary.

Over the Christmas holidays, students could be encouraged to look at resources on the Internet on Binary, in particular, the BBC <https://www.bbc.co.uk/bitesize/guides/z26rcdm/revision/1> Familiarising themselves with this topic, will help to prepare them for the next half term.

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.

PE

- Students will change the activity that they are on. Activities include Dance, Orienteering, Fitness, Rugby, Basketball.
- Our extra-curricular activities are as follows:



PHS PE After School Activities 2025



Half Term 3

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 (Year 7 Week 1) (AKE)	3.15pm—4.15pm	Leisure Centre / Hard Courts
	Netball Training (Year 8 and 9 Week 2) (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
	GCSE PE Revision	3.15pm—4.15pm	Room 7
Thursday	Badminton (Week 1 KS3, Week 2 KS4) (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)

A stretch and challenge task:

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

Dance

All dance clubs have been working on pieces for our annual Dance Showcase which will take place on Friday 7th March starting at 6.00pm. Tickets will be available closer to the time. There will be a technical rehearsal periods 1-3 on the Friday ready for the evening performance.

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

We encourage students to wear a coat to and from school so 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

Child and Adolescent Mental Health

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

School finishes for half term Friday 14th February @ 3.15pm

Student Development Day – Thursday 30th January

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.

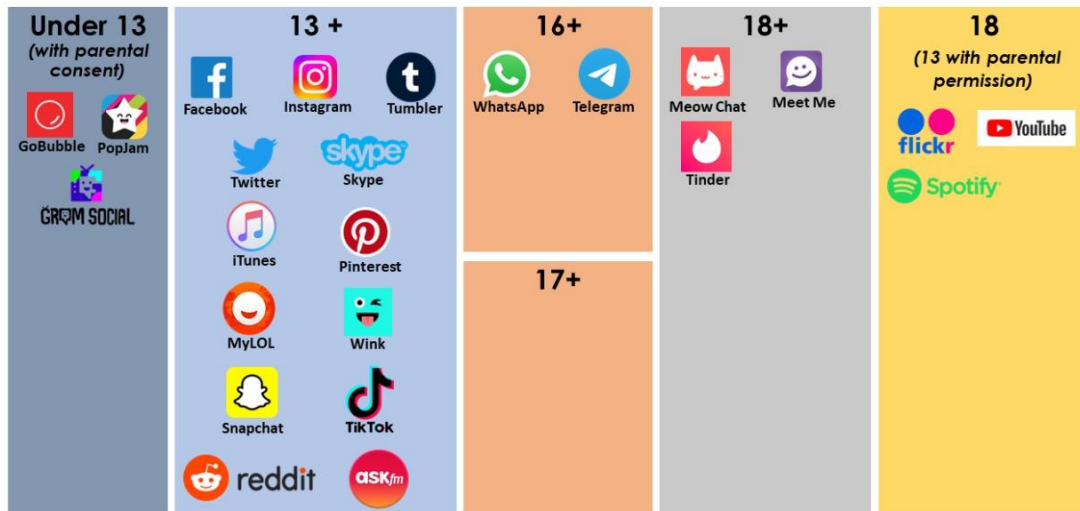
While you still may want to use a parental control app to check what your child is doing online, it's always good to engage with them directly as well. By encouraging them to share what they are doing on their phone, you may get a better insight into risks such as cyberbullying or their social network 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 or click the link below which will take you to the SMBC Safety Hub. It has a whole host of resources to keep you and yours safe when going online.

<https://stockport.onlinesafetyhub.uk/>

We hope you all have a lovely, restful Christmas break and we look forward to seeing you back in school on Monday 6th January on a week 2 timetable.

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