



## Poynton High School



### Year 7 Parent and Carer Bulletin – February 2025

Dear Parents and Carers,

Our Year 7 students are very much settled into our high school community and are thriving in all areas. We have a high percentage of students taking part in an extracurricular club but we want 100%. Students are encouraged as best as possible to enter house events, attend clubs and get involved. Please see our extracurricular link below to see if there are any that interest your young person. It is never too late and they can just turn up.

<https://www.poyntonhigh.org.uk/attachments/download.asp?file=1455&type=pdf>

**Please note: School closes at 3.15pm on Friday 14<sup>th</sup> February**  
**School reopens on Monday 24<sup>th</sup> February 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

This half term we've been learning about addition, subtraction, multiplication and division in lots of different contexts. Students reviewed their number skills by practicing key arithmetic then linked this to geometry topics including finding area and perimeter. There were lots of great discussions on financial maths which is an important life skill.

Coming up next half-term, students are focusing on directed number which means calculations with positive and negative values. This will be followed by fraction arithmetic and constructions. Make sure your young person comes prepared to these lessons with their full maths set and equipment!

Students finished the term with a recent assessment to check their understanding of the topics covered this term. This gives us an opportunity to review their learning and what we need to address. There may be some set movements after this test.

### How you can support your young person...

Here are some hints on how to revise maths for future tests. It's not long before your end of year tests.

#### Prepare

- Get the revision list from Google Classroom
- See where each of the topics are in your maths books
- Can you find the knowledge organiser for each topic?
- Which topics do you need to practice most?

#### Perform

- Cover up the answers on some of your questions and try to do it again.
- Did you get any homework questions wrong – can you try them again?
- Use sparx to complete independent learning.
- Can you reproduce parts of your knowledge organiser from memory?
- If you can't do any question, or don't understand something, it's time to speak to your teacher.

#### Progress

- Can you now do a question that you couldn't do in lesson?

- Can you recall the knowledge organiser facts from memory?
- Can you make up a 'difficult' question then answer it?

If you can.... You're ready for the test!

Well done to Isabel C , Jessica D, Lucy H, Francesca H and Ingrid C for scoring the top points in January on Sparx.

### Challenge

Google the following - Transum Pancake day

Can you complete all the levels by flipping the pancakes?

Bring in a screenshot of the finished level to get House points from your teachers.

## ENGLISH

Students are currently learning about the various forms of poetry. Years 7s are completing a Term 2 assessment and will receive feedback on how they did after half-term;

We have been learning about (and writing) haikus, sonnets, and ballads and are working towards an assignment that will encourage pupils to reflect on the various forms of literature.

Also, be aware: all homework assignments for the year group are set centrally on Google Classroom. We are moving towards all students submitting work digitally; if homework is done in exercise books, we are asking for pupils to take a photo and upload the file to the Assignment.

### Challenge

Please encourage your child to get involved with World Book Day – an announcement will be posted on Google Classroom as we get closer to Thursday 6<sup>th</sup> March!

## SCIENCE

This half term students have completed their second science test and are now starting their third 3 topics of Y7, these are:

7B3- Variation

7C2- Solubility and separation techniques

7P3- Forces

Students have been set a TMA (teacher marked assessment) on each of these topics, providing them with written feedback on how they have performed. They have also been set a GC form mini quiz for each topic which self-marks to give both them and staff instant feedback of how they have performed.

After Feb half term students will complete the remaining lessons of these topics. In preparation for their end of year exams in June we will complete 6 revision lessons with each class. We will provide students with different revision materials to help teach them different ways to revise. These will include mind maps/points tests/ Q&A/ Que cards etc. More information will follow on this before May half term.

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 have also been set assignments on 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 the assignments set by their teachers.

### **Extra reading:**

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

7B3: Variation [https://www.youtube.com/watch?v=DjGZp\\_IU5EY](https://www.youtube.com/watch?v=DjGZp_IU5EY)

7C2- Solubility and separation techniques <https://www.youtube.com/watch?v=VLKKN41vhHk>  
and <https://www.youtube.com/watch?v=dBb0aWXhArk>

7P3- Forces <https://www.youtube.com/watch?v=CyHTYdgWXzl>

### **MFL**

Y7 have just finished their reading and Writing assessments and have now started the new unit on Free time in French and in Spanish they are working on the topic of school.

**How you can support your young person...**

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

### **Challenge**

Over the half-term holidays, why not make a presentation about a famous sports person in French or find out about the Spanish school system?

### **Keep following us on Twitter too:**

Mr Farrell- @MonsieurFarrell

French Department - @PH\_rench

German Department - @PHS\_GERMAN

Spanish Department@PHS\_Spanish

## **HUMANITIES**

### **RS**

After half term we will be looking at Jesus' Last Week and the events that took place leading up to his crucifixion.

**How you can support your young person...**

Please encourage your young person to start thinking about what visible signs there are of Jesus with UK culture.

### **Challenge**

Research how the upcoming event of Easter is focused around the life of Jesus.

## **History**

Year 7 have begun their unit of work on Why religion was a matter of life and death in the Tudor period. This unit will look at pivotal moments in English history like the creation of the Church of England and the reversal of these policies under Mary I. The unit will also include a written assessment on whether Henry VIII made the most significant changes to religion in the period and students are expected to be writing this up before Easter.

### **How you can support your young person...**

Students will need to revise for their assessment on religious changes in the Tudor period, please support your young person by reminding them that they should be creating revision notes to help them in the assessment.

### **Challenge**

Students could conduct extra research on the religious changes during the Tudor period by using the BBC bitesize website or English Heritage.

### **Geography**

This term our geography students have started their Pole to Pole unit of work, looking at the processes that create glacial landscapes and landforms.

Students will be looking at issues facing the Arctic in terms of climate change and oil extraction as well as looking at Antarctic issues– very topical!

### **How you can support your young person...**

In preparation for our revision strategies we have looked at activities to ‘Geog Your Memory’ as well as how to effectively use revision clocks and creating revision cards of key terms where needed.

There is always something exciting to watch and read to enhance your geography knowledge and understanding. We always recommend that our students watch BBC Newsround if they miss it in school but there are also programmes looking at our great world from David Attenborough documentaries.

### **Challenge**

We recommend that students watch something such as the Simon Reeve documentary series especially the episode on Patagonia.

<https://www.bbc.co.uk/iplayer/episode/m001tkg6/wilderness-with-simon-reeve-series-1-2-patagonia>

## TECHNOLOGY

### Product Design

This half term students have been manufacturing their blockhead. Students have been introduced to a range of tools which they have then applied to the manufacture process. Students have now been introduced to the following:

- Steel ruler
- Tri-square
- Chisel
- Mallet
- Tenon saw
- Marking gauge

As part of this students are required to create a 'Making Diary'. The should include a step by step of how they have made their blockhead. This it to be completed in between each lesson.

Students will be assessed on their making skills and how their knowledge has been applied.

### Textiles

During this term Year 7 have been creating their final tie dye, stencil and practicing their embroidery techniques. For our in-class assessment students have been set a revision sheet on Google Classroom with named Textile equipment. Our Chat and Craft Club runs every Thursday lunchtime in room 59 if you would like to join. We are currently making tote bags.

### Food Preparation and Nutrition

During this term Year 7 have been focusing on key skills in Food. Practical have included flapjack and bread and butter pudding. If students have left their containers in the department please can these be collected at the start of term or they will be disposed of accordingly.

We have noticed a number of students have been coming to practical lessons unprepared, with no containers to take home their products. Please ensure your young person comes completely prepared for their Food Preparation and Nutrition lessons with all ingredients **and** containers big enough to take their products home in. We will no longer be able to provide disposable containers. If your young person qualifies for pupil premium funding a container will be provided but this must be brought back to school for each practical lesson. If students bring in their ingredients but no container they will be not be able to make their product. Suitable written work will be provided.

## Computing

This half term, students have been introduced to Binary. They have been working on binary conversion, binary addition and binary images.

Next half term, students will be introduced to programming through the BBC micro:bit. This pocket-sized computer has introduced the students to how software and hardware work together. They will be using the LED light display, buttons, sensors and input/output features to programme and interact with.

### How you can support your young person...

Over the half term holidays, students could be encouraged to look at resources on the Internet on the BBC micro:bit <https://microbit.org/get-started/what-is-the-microbit/> 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 Gymnastics, Basketball, and Orienteering
- Our extra-curricular activities are as follows:



# PHS PE After School Activities 2025



Half Term 4

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)

## Challenge

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

## Dance

Students have been working really hard in clubs to create Dances for our Annual Dance Showcase. This will take part on Friday 7<sup>th</sup> March starting at 6pm in the Hall. Tickets will £4 and a QR code will come out after half term to purchase them. Well done to all involved and good luck for the show.

## High Expectations

At Poynton High School, we uphold very high expectations of our young people throughout all aspects of school; how they wear their uniform, their conduct on their way to and from school, their attitude and manner throughout the school day and their commitment to and engagement with their learning. As a school, we work hard to ensure our young people are aware of our expectations of them and we are grateful for the support from parents and carers in reiterating this message.

Students should arrive on time to school each day, dressed in full and correct uniform. We have a very small and very limited supply of spare uniform that can be borrowed by students, but this should be a rare occurrence. Form time starts promptly at 8:45am and students should be in form at this time, ready to start their day. Your continued support for our high expectations is appreciated.

## 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, 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.

Fluffy bed socks are also not part of the school uniform, which some are choosing to wear over their tights.

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.

Please work with the PE department if your child has misplaced an item or a full kit, they may bring in an alternative to change into and a note to explain. This solves any problems with students unable to participate.

## 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

Effort grades issued – Friday 7<sup>th</sup> March

School closes - Friday 14<sup>th</sup> February

School reopens - Monday 24<sup>th</sup> February

*Student Development Day – Thursday 27<sup>th</sup> February*

## **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**

We are experiencing a number of issues with regards to the Year 7 students' use of social media outside of school during evenings and weekends.

There are several groups of pupils using social media to be persistently unkind about other pupils over programs such as Snapchat, WhatsApp and other social media platforms. We understand that this has included both sharing unkind comments about pupils and sharing unkind images or memes of the pupils. This is leading to a lot of upset and polarisation of some pupils within school and is not in line with our ethos or values.

Most Social media apps are for pupils 13 years and over. If you do allow your child to access social media, we ask for your vigilance. Just like their interactions in person, online interactions require supervision and support.

What is right will vary from family to family but some strategies that are known to be successful include:

- Monitoring their phones for the apps that are downloaded
- Enacting parental controls on phones and consoles
- Reviewing the messages they send on platforms and apps – making monitoring part of a daily or weekly routine
- Setting expectations about what space (preferably communal) and times they have access to devices

- Encouraging them to share or discuss with you what they are doing.

Whilst we appreciate the benefits (and prevalence) of these forms of communication, some of our pupils are struggling when any problems or conflict arise as a result of what is being shared. We are asking for your partnership in dealing with this, as this is happening outside of school.

We have spoken to the year group in assemblies, during form, student development days and in Learn to Learn about their responsibilities in how they act with their peers both in person and via social media. However, we also need your support at home to educate your young person about the use of these platforms and the responsibility when using these.

We thank you in advance for your support in helping managing this situation.

For further advice and support please see our website.

<https://www.poyntonhigh.org.uk/keepingsafeonline>


We hope you all have a lovely half term break and we look forward to seeing you back in school on Monday 24<sup>th</sup> February on a week 2 timetable.



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