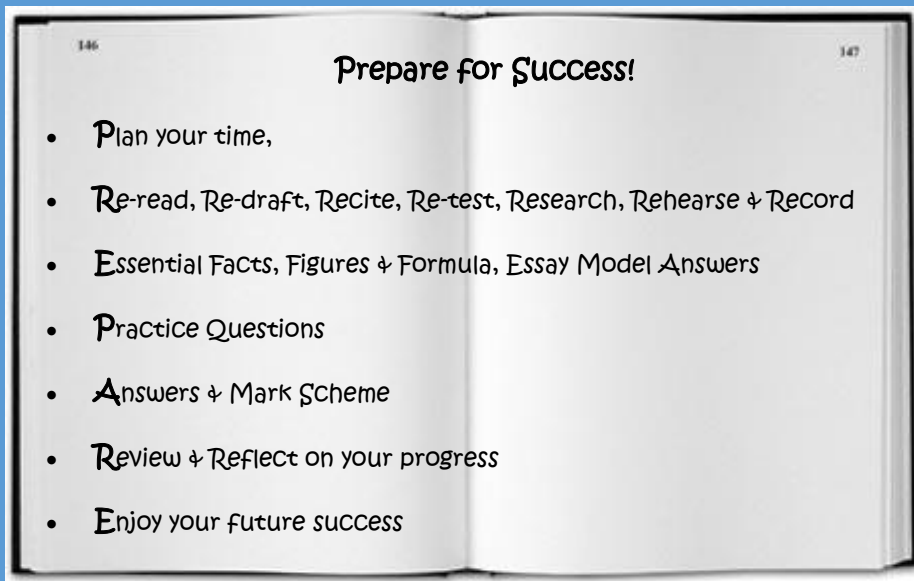




Shenfield High School



PREP Newsletter Year 7 Spring Term 1



What is 'PREP'?

'PREP' is a model for learning. We know that success comes from hard work and that does not stop at 3pm on a school day. We want students to build good habits in order to be successful in their education and this model is the key to that success.

'PREP' is short for PREPARE:

- **P**lan your time,
- **R**e-read, Re-draft, Recite, Re-test, Research, Rehearse & Record
- **E**ssential Facts, Figures & Formula, Essay Model Answers
- **P**ractice Questions
- **A**nswers & Mark Scheme
- **R**evue & Reflect on your progress
- **E**njoy your future success

Types of PREP

- **EduLink PREP** – This is curriculum aligned work that has a deadline. This is work set by the class teacher that will need to be handed-in or completed for a certain lesson. This will be recorded on EduLink, but should also be handwritten in student planners.
- **Wider PREP** – This is on the PREP newsletter each half term and is there to broaden understanding, deepen knowledge and improve the hinterland. We want students to explore their subjects in greater detail and be inspired. The wider PREP is linked to 'C Points' which will be awarded for completion. Students can only be 'Exceeding' for Attitude to Learning if they complete Wider PREP on a regular basis.
- **Super-Curricular** – Supported through the PREP Newsletter and House competitions. This is a way to direct parents to additional learning opportunities such as historical sites, museums, galleries, theatre, media, tv etc that can help to cement a fuller understanding of the curriculum. There are many ways to learn and these provide one of the most active ways to improve learning.

Attitude to Learning Score includes PREP

Attitude to Learning Overview

	Behaviour	Effort	PREP
Exceeding Expectations	Highly motivated, engaged and mature approach to classroom learning.	Consistently working to the best of their ability, striving to learn more and improve.	Regularly completes Wider PREP from the PREP Newsletter.
Meeting Expectations	Hardworking and committed approach to classroom learning.	Work hard to complete all tasks within the lesson.	Has completed EduLink PREP, by the deadline set, to a good standard.
Occasionally Below Expectations	Sometimes distracted and does not meet the expectations of the classroom.	Work is sometimes incomplete or not given the care and attention required.	Has missed the EduLink PREP deadline and/or the PREP lacks care and attention.
Consistently Below Expectations	Poorly motivated and often distracting others. Does not meet classroom expectations consistently.	Work is often incomplete or not given the care and attention that is required.	Has consistently missed EduLink PREP deadlines and/or the PREP consistently lacks care and attention.

A French Bulldog wearing gold-rimmed glasses is sitting on an open book. The background is a light gray surface covered with various colorful educational icons, including a rocket, microscope, globe, potted plant, umbrella, palette, scissors, notebook, basketball, boots, and the equation $E=MC^2$. The word "PREP" is written in large, bold, blue letters at the top left, followed by the text "is not optional" and "It's a way of life..." in white. In the bottom right corner, the hashtags "#PREP4Success" and "#Burning4Learning" are displayed.


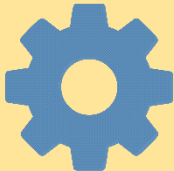

PREP is not optional
It's a way of life...


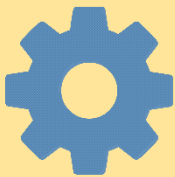

#PREP4Success
#Burning4Learning




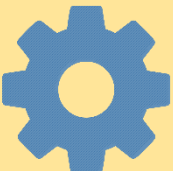


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PREP is not optional
It's a way of life...

#PREP4Success
#Burning4Learning


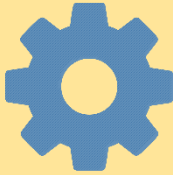

English	The Novel	Wider PREP		<u>Super-Curricular Activities</u> <ul style="list-style-type: none"> • Go to the library and choose a book that isn't your usual genre. • Watch a TV series or a film that links to a book you have read. • Interview members of your family about their books.
		 Challenge Task	<p>Students should complete some research based on an author that interests them. They should then create a fact file that incorporates all of the interesting information they have discovered about them.</p>	
		 Collaboration Task	<p>Plan an idea for a story or a film for people of your age. You may plan this out using a detailed mindmap, a mood board or a storyboard.</p>	
		 Contribution Task	<p>Write the opening chapter of a novel. Consider the following carefully: setting, introduction of character, mood, language and structure.</p>	


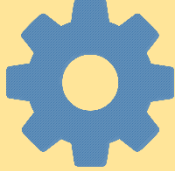

Mathematics	Negative numbers/reflection and rotation/expressions	Wider PREP		Super-Curricular Activities
		 Challenge Task	<p>Mrs Taneja's Excellence Challenge:</p> <p><u>Head Turner</u></p> <ul style="list-style-type: none"> Make this equation correct just by moving the digits about: $26 = 74$ Powers, roots and even turning numbers upside down, is allowed! 	<p>Visit the Wonderlab at the Science Museum in London.</p> <p>"This unmissable interactive experience will ignite your curiosity, fuel your imagination, and inspire you to see the world around you in new and exciting ways."</p> <p>Wonderlab: The Equinor Gallery Science Museum</p>
		 Collaboration Task	<p>Miss Albery's Excellence Challenge:</p> <p><u>Mathematical photo wall</u></p> <ul style="list-style-type: none"> Bring in a photo/picture with an explanation of what maths can be seen. Really great examples might make it to Miss Albery's 'Mathematical Photo Wall' 	<p>Get Baking!</p> <p>Find a recipe for 6 people, and use it to cook or bake for 12, 18 or 21! All cakes greatly appreciated by the Maths department!</p>
		 Contribution Task	<p>Mrs Jahromi's Excellence Challenge:</p> <p><u>Circle of Apollonius</u></p> <p>The point A has coordinates (5, 16) and the point B has coordinates (-4, 4). The variable point P has coordinates (x, y) and moves on a path such that $AP = 2BP$. Show that the Cartesian equation of the path of P is:</p> $(x + 7)^2 + y^2 = 100$	<p>What Number Comes Next? – Numberphile</p> <p>https://www.youtube.com/watch?v=OeGSQggDkxI</p>


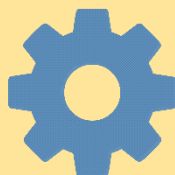

Science	Investigations	Wider PREP		Super-Curricular Activities
		 Challenge Task	<p>Watch the following experiment video all the way through. Can Gummy Bears Be Used as Rocket Fuel? https://www.youtube.com/watch?v=fXf9-2JM7IM</p> <p>As you watch the video note down what the independent, dependent and control variables are.</p> <p>Observe and decide if the method and equipment is accurate if it is why? If not how could it be improved?</p> <p>Choose the right type of graph and present the results you would expect to get and explain the science behind why they got the results they did in the video.</p>	<p>Check out these places to visit.</p> <p>Body Worlds London</p>  <p>Bluedot Science Festival July 20-23 2023</p> 
		 Collaboration Task	<p>Complete the “challenge” task and present the information.</p> <p>Present your completed task to a family member or friend and ask them for feedback. Note down a few improvements they suggested you make.</p>	<p>Cambridge Science Centre</p> 
		 Contribution Task	<p>Present everything you have noted down from watching the video in an interesting and engaging way; this can be in the form of a poster or presentation (like PowerPoint).</p>	<p>Fancy a night in-front of the box?</p> <p>Netflix Documentaries</p> <ul style="list-style-type: none"> • <i>Our Planet</i> • <i>72 Dangerous Animals</i> • <i>Unnatural Selection</i> • <i>Explained</i>


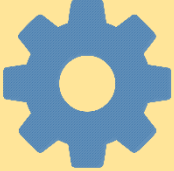

SCIENCE PREP Drop-In Timetable


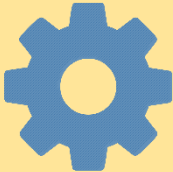

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School					
Break time					
Lunchtime	Science KS3 & KS4 (Science Office) Triple Science KS4 (Mr Hall)	Science KS3 (Science Office)	Science KS3 & KS4 (Science Office)	Science KS3 & KS4 (Science Office)	Science KS3 & KS4 (Science Office)
After School	Chemistry (Mr Richards & Mrs Helim)	Biology (Mr Fletcher S12 & Mrs Masters)			Physics (Dr Pope)

ART	Totem Poles	Wider PREP		<u>Super-Curricular Activities</u> <ul style="list-style-type: none"> • Watch this short Video on Totem poles: https://www.youtube.com/watch?v=hK1AFOD7SUE • Read this webpage on the history of the totem pole: https://indigenousfoundations.arts.ubc.ca/totem_poles/ • Visit the British Museum in London: Room 26 'North America' hold many artefacts from 11000BC to present from native American society, including some carved totems. Great Russell Street London WC1B 3DG • Read this article about contemporary artists who are making totem poles in their work https://artuk.org/discover/stories/highlighting-modern-indigenous-art-of-north-america • Read this guide to making your own totem pole: https://sunnylands.org/article/make-your-own-totem-pole-craft/
		 Challenge Task	<p>Create a visual research fact file or poster about Native American Totem Poles. Think about Where, Why, Who, What and When? And Include as many facts and images as you can. Complete on A3 or A4 paper. (H1)</p>	
		 Collaboration Task	<p>Design a Native American style Totem Pole. The word Totem means kinship group. Talk to people in your family/community to come up with elements to include on your Totem to represent how they link to your identity. Complete on A4 or A3 paper. (H1)</p>	
		 Contribution Task	<p>Build a 3D sculpture of a native American style Totem Pole. Think about what materials you could use-wood, cardboard, paper, paint, plastic, clay etc. Would you use a combination of materials or use throw away/every day items? How will you assemble the sculpture, what techniques could you use to hold it together?</p> <p>Bring your sculpture in and be prepared to tell us why you chose the materials and techniques you did. (H1)</p>	

Computer Science	Spreadsheets	Wider PREP		<u>Super-Curricular Activities</u> <ul style="list-style-type: none"> Visit Bletchley Park - https://bletchleypark.org.uk/ Visit the Centre for Computing History http://www.computinghistory.org.uk/ There is a plethora of Computer Science based films and documentaries across the common streaming services. Suggestions include: The Imitation Game, The Social Dilemma, The Social Network and The Great Hack (age restrictions apply. Consult parents or carers before watching)
		 Challenge Task	<ul style="list-style-type: none"> Create a piece of media explaining what spreadsheets are and why they are commonly used. 	
		 Collaboration Task	<ul style="list-style-type: none"> Use spreadsheets to record the number of subscribers of your 5 favourite YouTubers. 	
		 Contribution Task	<ul style="list-style-type: none"> Create a poster that can be displayed in the department that describes the below functions in Excel: SUM AVERAGE COUNT 	


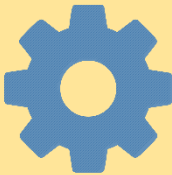
Drama	Welcome to Theatre	Wider PREP		Super-Curricular Activities
		 Challenge Task	Create a poster which contains all the details and conventions of Pantomime. You will need the following information: <ul style="list-style-type: none">• Conventions• Stock characters• Any other interesting facts you can research about this style of Theatre Decorate neatly and the best will be displayed in department!	<ul style="list-style-type: none">• Try and see a production at your local theatre, if you can – Panto season is upon us! https://brentwood-theatre.co.uk/whats-on/ https://chelmsfordtheatre.co.uk/ https://www.thebroadwaybarking.com/sales
		 Collaboration Task	Work with a friend/someone from home to create your own Pantomime play. You will need to write a script for the actors to follow, with stage directions.	<ul style="list-style-type: none">• Stream a Panto performance on YouTube for free! https://www.youtube.com/watch?v=oFYcdNKwXvc&t=638s https://www.youtube.com/watch?v=usoGRi8mz4s&t=153s• Stream professional Theatre productions for free! (Please be aware we have made suggestions on <i>age appropriate productions</i> for Year 7 pupils to stream. Not all the productions on these streaming platforms will be age appropriate)
		 Contribution Task	This half term you are working on your Pantomime performances in Drama: <ul style="list-style-type: none">• Design the set of your Pantomime performance. This could be in a collage style, or on A4 paper. You could even create a 3D miniature set inside a shoe box! Remember that Pantomime sets are very colourful, very exaggerated and fun! If you're not sure, Google "Pantomime sets".	Digital Theatre Details: https://edu.digitaltheatreplus.com/ Login: student.Shenfield password: @plenty5268 Watch : Alice in Wonderland, Peter Pan Drama online Library Details: https://www.dramaonlinelibrary.com/ Username: 97QG8Dg)y+ Password: 2He(6Ed%Rv Watch: War Horse


Geography	Rivers	Wider PREP		Super-Curricular Activities
		 Challenge Task	<p>[HI] Research news stories about extreme weather events and flooding in the UK, for instance Storm Arwen. Use your research to write your own newspaper report about flooding and extreme weather in the UK.</p>	<ul style="list-style-type: none"> • Museum of London Docklands: Visit the 'Secret Rivers' exhibition https://www.museumoflondon.org.uk/discover/secret-rivers-digital-catalogue-docklands • Environment Agency: Check the flood risk in your local area https://www.gov.uk/check-long-term-flood-risk • National Geographic: Investigate the impact of rising sea levels https://www.nationalgeographic.com/magazine/2013/09/rising-seas-ice-melt-new-shoreline-maps/ • BBC Bitesize: Guides to rivers https://www.bbc.com/bitesize/to/pics/zs92tfr • Our Planet: Watch a documentary on Fresh Water https://www.youtube.com/watch?v=R2DU85qLfIQ
		 Collaboration Task	<p>[HI] Visit a local river. Draw a sketch of the river and label key features that you have studied in class. You could include images or explanations of the processes and landforms.</p>	
		 Contribution Task	<p>[HI] Create a poster to show the journey of any river, across the world, from source to mouth. Include maps, key features and management strategies.</p> <p>If you choose the River Thames, you could visit the Thames Barrier.</p>	


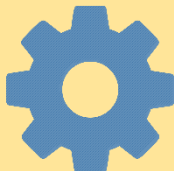
History	Medieval Britain and Castles	Wider PREP		<u>Super-Curricular Activities</u>
		 Challenge Task	[RT] Why was religion so important to people living in Medieval Britain? See what you can find out about doom paintings. Can you make your own modern day version of a doom painting? Maybe we could display your work in our classrooms!	
		 Collaboration Task	[RT] See what you can find out about the Crusades. Pair up with a friend to find out what a crusade is? Why did people go on the Crusades? Present your findings as a PowerPoint presentation, on a poster, as a film or in your own unique and interesting way.	
		 Contribution Task	[HI] Join in with the year 7 house competition for this half term and create a castle which will contribute points to your house and contribute a castle for display in the department. Speak to staff from the history department for more information.	

Visit any, or all, of the following castles. All are different in one way or another:

- Stansted Mountfitchet castle. A wonderful example of a Norman Motte and Bailey
- Leeds castle
- Hever castle
- Edinburgh castle (if you fancy going a little bit further afield)
- The Tower of London

French	Module 2 – Mon temps libre	Wider PREP		<p><u>Super-Curricular Activities</u></p> <ul style="list-style-type: none"> Visit a local French restaurant in your area – what do you recognise on the menu? Ask if you can take one home! <p><u>MFL Film Club</u></p> <ul style="list-style-type: none"> Come and join us to watch popular films and TV shows in French - every Wednesday lunchtime in H14! <p><u>MFL PREP Club</u></p> <ul style="list-style-type: none"> If you need any help with anything related to PREP or anything you'd like to go over from lesson time, come along to MFL PREP Club – every Wednesday lunchtime in H12.
		 Challenge Task	<p><u>Tune in your eyes and ears...</u></p> <p>Practice your listening and reading skills! Try watching your favourite television shows on Netflix (or similar) with the French subtitles. Alternatively, you could change the audio setting to French and have English subtitles!</p> <p>You could even try this with your games console e.g. PlayStation or Xbox, but remember how to change it back to English when you need to!</p> <p>You could always come along to MFL Film Club on Wednesday lunchtimes in H14 and talk about what you've watched or played!</p> <p>Simply email your French teacher with a photo showing off your viewing or gaming activity in French.</p>	
		 Collaboration Task	<p><u>Be a 'word-nerd'...</u></p> <p>Find an article on the internet about anything that you are particularly interested in (e.g. sport, music, film, television) and make a list of new words and their meanings in English from what you find in the article. You can use Collins online French dictionary to help you with the definitions.</p> <p>Be proud and bring you work to lessons for your teacher to review!</p>	

		 <p>Contribution Task</p>	<p><u>Are you a roving reporter...?</u></p> <ul style="list-style-type: none"> • Using your own research create a fact-file of a famous city in France or any other French-speaking country and include the following information; • The population (how many people live there) • Where it is on a map of France (include the map) • Three interesting landmarks/places to see • Three interesting facts about the city • Pictures to make your work more interesting • Why is this city so renowned? • Anything else you want to include! <p>We'd love to put your creation on display in the MFL Department, so get creative and make it interesting, colourful and informative!</p>	
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Spanish	Module 2 – Mi tiempo libre	Wider PREP		<u>Super-Curricular Activities</u> <ul style="list-style-type: none"> Visit a local Spanish restaurant in your area – what do you recognise on the menu? Ask if you can take one home! <u>MFL Film Club</u> <ul style="list-style-type: none"> Come and join us to watch popular films and TV shows in Spanish - every Wednesday lunchtime in H14! <u>MFL PREP Club</u> <ul style="list-style-type: none"> If you need any help with anything related to PREP or anything you'd like to go over from lesson time, come along to MFL PREP Club – every Wednesday lunchtime in H12.
		 Challenge Task	<u>Tune in your eyes and ears...</u> <p>Practice your listening and reading skills! Try watching your favourite television shows on Netflix (or similar) with the Spanish subtitles. Alternatively, you could change the audio setting to Spanish and have English subtitles!</p> <p>You could even try this with your games console e.g. PlayStation or Xbox, but remember how to change it back to English when you need to!</p> <p>You could always come along to MFL Film Club on Wednesday lunchtimes in H14 and talk about what you've watched or played!</p> <p>Simply email your Spanish teacher with a photo showing off your viewing or gaming activity in Spanish.</p>	
		 Collaboration Task	<u>Be a 'word-nerd'...</u> <p>Find an article on the internet about anything that you are particularly interested in (e.g. sport, music, film, television) and make a list of new words and their meanings in English from what you find in the article. You can use Collins online Spanish dictionary to help you with the definitions.</p> <p>Be proud and bring you work to lessons for your teacher to review.</p>	






Contribution Task



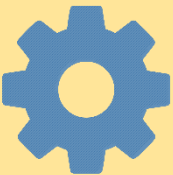

Are you a roving reporter...?


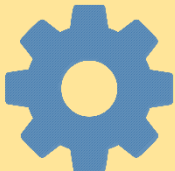

Using your own research create a fact-file of a famous city in Spain or (any other Spanish-speaking country and include the following information;

- The population (how many people live there)
- Where it is on a map of Spain (include the map)
- Three interesting landmarks/places to see
- Three interesting facts about the city
- Pictures to make your work more interesting
- Why is this city so renowned?
- Anything else you want to include!

We'd love to put your creation on display in the MFL Department, so get creative and make it interesting, colourful and informative!

Music	Folk Music	Wider PREP		<u>Super-Curricular Activities</u> <ul style="list-style-type: none"> Listen to the Folk Show with Mark Radcliffe (BBC Sounds - HERE) Listen to the Bonfire Radicals on Apple Music, Spotify or YouTube. Attend Year 7 Keyboard Club to be able to practice the folk music songs that you are learning in class and/or work on your own Folk Music arrangement.
		 Challenge Task	<p>[HI] Folk songs traditionally told a story about a local news event or about the life story of an interesting person.</p> <p>Using the lyric writing techniques, you have learnt in class, write the lyrics to your own folk song. The song should tell a story of a news event or the life of a famous person. Don't forget to use balanced syllables and rhyme.</p>	
		 Collaboration Task	<p>[HI] Ask a family member what their favourite folk song is. Then, spend some time researching what the song is about. Does it tell a story? What was the inspiration behind it? Once you have discovered all you can, bring your findings to your Music Teacher.</p>	
		 Contribution Task	<p>[HI] Create a poster for one of our extra-curricular music clubs. If you don't attend usually, pop along and discover what the club is all about to help build the information you need for the poster advert.</p>	

PE	Half term three	Wider PREP		Super-Curricular Activities
		 Challenge Task	 Creative task! Buy some straws, split pins, cotton buds, anything you like! Cut them up and create a skeleton. Be creative and allow the different joints of the body to move e.g. the ankle, knee, hip, elbow and wrist!	<ul style="list-style-type: none"> • Watch some sporting events live (if possible) or watch on the television: January & February: 2023 in sports - Sport Calendar of the major events of the year 2023 (the-sports.org) • Register for the Vitality 5km parkrun: register parkrun UK • Mindfulness activities: https://www.youtube.com/watch?v=pcrA7QV_Jxg https://biglifejournal.com/blogs/blog/5-fun-mindfulness-activities-children-breathing-exercises • Continue the couch to 5km: Couch to 5K Training Plan -A Complete Guide for Beginners (runtothefinish.com) • Sports to try in Brentwood: Sports and activities Brentwood Council • Sports complexes in Essex: https://www.tripadvisor.co.uk/Attractions-g186278-Activities-c56-t131-Essex_England.html
		 Collaboration Task	TALK SPORT! – Have a discussion! You and a partner have been selected for a LIVE radio interview of talk sport, you need to decide which sport you are going to talk about and then: Discuss the players within different teams Discuss who teams are most successful and why Each person should present their side of the discussion and ask questions to their partner. e.g. The starting team for England, were these players the correct team to take, did anyone not go to the world cup who should have? You then need to record your discussion and show your PE teacher!	
		 Contribution Task	Attend extracurricular clubs or represent the school in a fixture!	

Social Science	PSHE - Body Image	Wider PREP		Super-Curricular Activities
		 Challenge Task	<p>The topics we are covering this half term are real life ones which relate to our choices of lifestyle. If you are up for the challenge, you could try to make one change in your life.</p> <ul style="list-style-type: none"> • Get an extra hour's sleep • Cut down on screen time and think of healthy ways to use the extra time instead. • Pick one change to mean that you are eating more healthily. • Choose a new exercise activity and build it into your weekly routine – either a school club or something on your own. <p>Write up something to hand to your teacher about the change you have made.</p>	<p>You could watch an episode of TV shows such as “America’s Next Top Model” or “You are what you eat” and discuss with friends or family the messages which they put across.</p> <p>Research the help available if people are struggling with mental or physical health issues, through websites such as:</p> <ul style="list-style-type: none"> • https://www.childline.org.uk/ • https://www.mind.org.uk/ • https://www.nhs.uk/ <p>https://www.youtube.com/watch?v=IEXBxijQREo Watch this You tube video on how sugar affects the brain, write up your thoughts and hand to your teacher.</p>
		 Collaboration Task	<p>At the end of this topic, you will be asked to show your knowledge through a Fact Check. In order to do really well on this, you could work with a partner to produce a mind map of all the work which you have done in class, covering topics such as healthy eating, sleep, good teeth and eye care. You could then revise together to test your understanding.</p>	<p>https://www.youtube.com/results?search_query=supersize+me Investigate the experiment conducted by Morgan Spurlock where he ate McDonalds every day for a month.</p> <ul style="list-style-type: none"> • Write up the results of his personal research.
		 Contribution Task	<p>In order to inform class discussions, it would be helpful to have some ideas of what we see in the Media on the topic of how we should look. Look on the TV, YouTube, social media platforms or any other types of media and decide if they are giving us positive or negative messages about how we should look and how we should feel about our bodies.</p>	<ul style="list-style-type: none"> • Research the history behind thinking a tanned skin is more attractive – where did that come from? what do your peer group think about it? what are the dangers of different ways of achieving a tan?