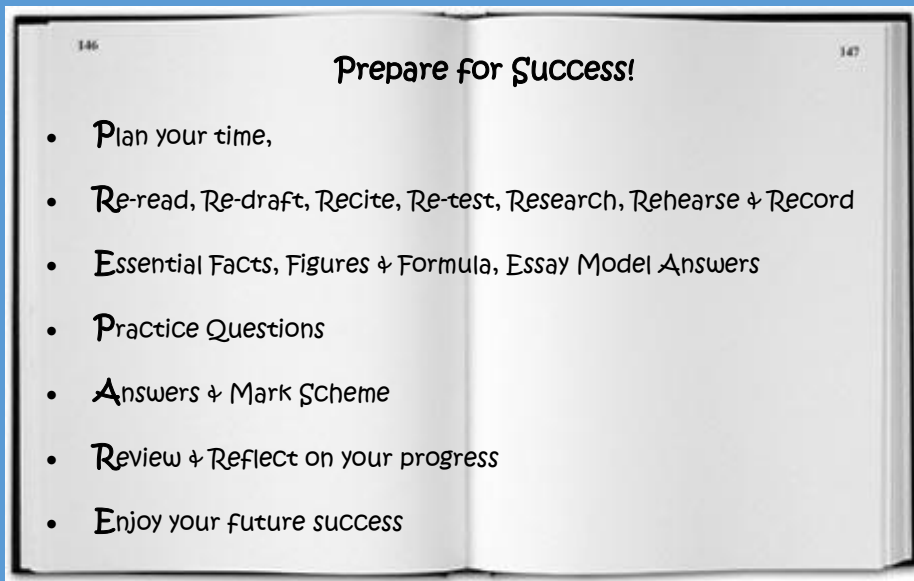




Shenfield High School



PREP Newsletter Year 7 Autumn Term 1



What is 'PREP'?

'PREP' is what we do with the information we have learnt during the school day and how we prepare for the next day of learning. Evidence suggests that we only retain 50% of the information we learnt yesterday and after a week, we only retain 10%. The only way we can move the information we have learnt into the long-term memory is through re-visiting the information 4 or 5 times over a number of weeks.

In order to improve learning retention we are encouraging students to 'PREP' each evening after school. The focus of the time should be on the learning from the day and learning from the previous week, month and/or year.

'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**evise & Reflect on your progress
- **E**njoy your future success

Each department has uploaded Go4Schools and the X: Student Drive with resources, practice questions and the answers.

Students should use the resources to PREP each evening and review any areas that they still don't understand. If students require feedback, help or guidance with their prep, they are encouraged to visit their teacher in a PREP Drop-In time.

The PREP Drop-In Timetable is available on our website and in this Newsletter.

Regular 'PREP' will lead to successful exam and assessment results.

How to use this Newsletter

Each subject has an explanation of the key assessment areas and where to find the resources for their subject. There are also extra websites, books, APPs, links and Super Curricular opportunities listed if you would like to look at a subject in greater depth.

The final part of the newsletter is filled with tips and strategies on how to 'PREP' successfully.

- Improving Memory Skills & Understanding PREP
- Funs Ways to PREP

All the tools, strategies and games listed can be applied to almost any subject. It is important to use the strategies to improve understanding and information retention before you have a go at practice questions. It is essential to have the knowledge first, before you apply it to an exam/assessment situation.

Don't try and tackle all the resources at once. Students will be guided by their teachers through explanations and feedback from assessments. There is a curriculum map on our website if you would like to look ahead and start looking at the next topic.

It is important the students find the right PREP strategy for them and use them consistently.

We hope you find this newsletter useful and welcome any feedback on how we can improve it.

A French Bulldog with brown and white fur is wearing gold-rimmed glasses and is positioned behind an open book. The background is a light gray surface covered with various colorful educational icons, including a rocket, a globe, a microscope, a paint palette, a basketball, a potted plant, a purple umbrella, a pair of boots, a notebook, a pencil, a pair of scissors, a clock, a tree, a pair of glasses, a beaker, a telescope, and the formula $E=MC^2$. 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 with a black outline. At the bottom right, the hashtags "#PREP4Success" and "#Burning4Learning" are displayed in white.


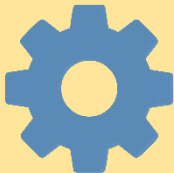

PREP is not optional
It's a way of life...


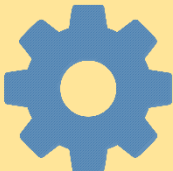

#PREP4Success
#Burning4Learning

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





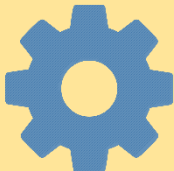

#PREP4Success
#Burning4Learning


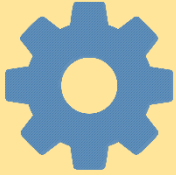

English	Around the World	Wider PREP		<u>Super-Curricular Activities</u> <ul style="list-style-type: none"> • Read a book that teaches you about another part of the world/another culture. • Research a country that you have always wanted to visit. Create a mood board to show other people what it is like there. • Go and watch a play at the Theatre that is set in a foreign place. • Watch a TV series that shows you what it is like to live in another part of the world.
		 Challenge Task	<p>Our current topic is 'Around the World.' Your challenge is to read a novel/short story/poem in order to learn more about another place/culture. When you have finished reading, complete some further research about this place (if you wish) and create a word wall on A4 paper with keywords that will help you remember what this place is/was like.</p>	
		 Collaboration Task	<p>Create a blog for young people to read that informs them about a trip you have taken. Remember to include facts, experiences, and opinions, use the senses to set the scene, statistics and a triplet if you can!</p>	
		 Contribution Task	<p>Go for a walk in nature and make a note of all of the things you notice around you. Notice what appeals to your senses – what can you see/hear/taste/smell/touch? Write a short diary entry about how this walk made you feel.</p>	


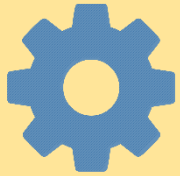

Mathematics	Indices/Sequences	Wider PREP		Super-Curricular Activities
		 <p>Challenge Task</p>	<p>Mr Dennehy's Excellence Challenge:</p> <p><u>Maths: Discovered or Created?</u></p> <p>Watch the video below and think of three examples that support the argument that maths was invented and three examples that support the argument that that maths was discovered.</p> <p>TED ED "Is math discovered or invented? - Jeff Dekofsky" https://www.youtube.com/watch?v=X_xR5Kes4Rs</p>	
		 <p>Collaboration Task</p>	<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>Contribution Task</p>	<p>Mrs Ballington's Excellence Challenge:</p> <p><u>In Rugby what is the highest score that can be made in only one way?</u></p> <ul style="list-style-type: none"> • Rugby scores are either 3 (a kick), 5 (a try) or 7 (a try and conversion). • For example, the score of 14 can only be made two ways (2 tries and 2 conversions OR 3 kicks and a try) and the score of 7 can only be made one way (try and conversion). • What is the highest score that can be made in only one way? 	


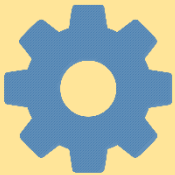

Super-Curricular Activities


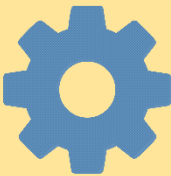

- Visit the Royal Observatory in Greenwich, London. Home of Greenwich Mean Time (GMT), the Prime Meridian of the world and London's Planetarium.
<https://www.rmg.co.uk/royal-observatory>
- Learn how Binary Code works
<https://ed.ted.com/lessons/how-exactly-does-binary-code-work-jose-americo-n-l-f-freitas>




Science	Investigations	Wider PREP		<u>Super-Curricular Activities</u> Check out these places to visit. Body Worlds London  Duxford Museum Cambridge  The Science Museum  Fancy a night in front of the box? <u>Netflix Documentaries</u> <ul style="list-style-type: none"> • <i>Our Planet</i> • <i>72 Dangerous Animals</i> • <i>Unnatural Selection</i> • <i>Explained</i>
		 Challenge Task	<p>Watch the following experiment video all the way through approx. 3mins (1) Science Max FRICTION SCIENCE Experiments - YouTube</p> <p>As you watch the video note down what the independent, dependent and control variables are. Observe and decide if the method and equipment is accurate if it is why? If not how could it be improved? 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>	
		 Collaboration Task	<p>Complete the “challenge” task and present the information. 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>	
		 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>	


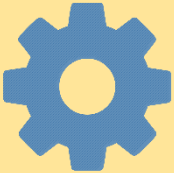
Art	ELEMENTS OF ART	Wider PREP		<u>Super-Curricular Activities</u> <ul style="list-style-type: none"> Watch this Video Tutorial on using Tone: https://www.youtube.com/watch?v=m21bl53H8nl Watch this Video Tutorial on creating Texture: https://www.youtube.com/watch?v=W5I00W8qM4o Visit an Exhibition of art: V&A: Beatrix Potter, Drawn to Nature, ends 8th January 2023 Watch this video with collage examples from artist Deborah Shapiro: https://www.youtube.com/watch?v=fzpOildnDHA Watch this video of a Fabric Collage being created by artist Susan Carlson: https://www.youtube.com/watch?v=ZyaXOrw7428
		 Challenge Task	<ul style="list-style-type: none"> [HI] Create a collage of fruits, showing texture and colour. For the collage: choose fruits that will allow you to incorporate as many different types of texture as you can. Use different medium to create your collage/drawing. EG recycled items, fabrics, pen, scrap paper. 	
		 Collaboration Task	<ul style="list-style-type: none"> [HI] Borrow an object from a friend or family member to draw from life, focussing on tone. Find something unusual with lots of angles and curves, and object you are unfamiliar with. For the drawing: use the widest possible range of light and dark. You might want to use artificial light- set up a lamp to get some good shadows Take care with the perspective. Fill the page to create an interesting composition, and make sure you get a really good range of tone. 	
		 Contribution Task	<ul style="list-style-type: none"> [HI] Make 3 drawings using only line- with no shading at all. Set up a still life with at least 3 objects. Focus on drawing the objects edges- look for the shapes of the objects and the spaces between them AND don't take your pen/pencil off the paper, make one continual line. Write a few lines about how it went- what was difficult/easy, and how you feel about the outcome. 	

Computer Science	IDEA Bronze Award	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 the positives and negatives of social media. Get creative with how you present this (video, PowerPoint, poster etc). 	
		 Collaboration Task	<ul style="list-style-type: none"> • Create a 10 question job interview style quiz, to ask of your parents, testing their knowledge on things to be wary of when online. 	
		 Contribution Task	<ul style="list-style-type: none"> • Create a poster that can be displayed in the department that describes the importance of a strong password. 	

Drama	Welcome to Theatre	Wider PREP		Super-Curricular Activities
		 <p>Challenge Task</p>	<p>In lessons you will be working towards creating short improvisations (scenes) with characters Challenge yourself to write a script for a short performance you have either/ or would like to perform in class. Your scene will need at least 2 characters, a clear beginning, middle and end. You will need to use the following website to format your script correctly.</p> <p>https://www.bbc.co.uk/bitesize/topics/zkgcwmn/articles/z6hhcqt</p>	<ul style="list-style-type: none"> Audition for the Whole School Musical! Wednesday 5th October – 3pm – 5pm in X1 Try and see a production at your local theatre, if you can – Panto season is upon us! <p>https://brentwood-theatre.co.uk/whats-on/ https://chelmsfordtheatre.co.uk/ https://www.thebroadwaybarking.com/sales</p> <ul style="list-style-type: none"> 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) <p>Digital Theatre Details: https://edu.digitaltheatreplus.com/</p> <p>Login: student.Shenfield password: dt123 Watch : Alice in Wonderland, Peter Pan</p> <p>Drama online Library Details: https://www.dramaonlinelibrary.com/ Username: 97QG8Dg)y+ Password: 2He(6Ed%Rv Watch: Peter Pan , Wonder.Land</p>
		 <p>Collaboration Task</p>	<p>Work with a friend/someone from home to create an audio play. This is a play that only requires the voice of the actors. You will need to use a voice memo app on your phone, or you may borrow a Dictaphone. You will need to write a script for the actors to follow, and you will also need to use objects around the house (or a sfx website such as the BBC sound effects Library) https://sound-effects.bbcrewind.co.uk/search . You can email your audio clips to your Drama teacher.</p>	
		 <p>Contribution Task</p>	<p>Contribute to your group's in class performance, by helping to organise the following:</p> <ul style="list-style-type: none"> Bring props and costumes from home (with an adult's permission!) Organise sfx and send your Drama teacher the links, ready for the performance lesson https://sound-effects.bbcrewind.co.uk/search Write a script for the performance, to help your group members to remember their lines. Design the set or costume elements of your performance. This could be in a collage style, or on A4 paper. You could even create a 3D miniature set inside a shoe box! 	

Geography	Our Planet	Wider PREP		Super-Curricular Activities <ul style="list-style-type: none"> • The Natural History Museum: You could visit the museum to explore exhibits about life on Earth. The museum is free to enter https://www.nhm.ac.uk/ • The Science Museum: You could visit the museum to explore exhibits about space. The museum is free to enter https://www.sciencemuseum.org.uk/ • Seven Worlds, One Planet: A documentary series from David Attenborough exploring uniqueness of each continent. Available via BBC IPlayer. • Charles Darwin: Research his life and work here • Dinosaurs: The Final Day: Watch this documentary about the extinction of the dinosaurs. Available on BBC IPlayer. • Changing Earth: Research how the Earth changes here
		 Challenge Task	[HI] Different faiths and cultures have different views about how Earth began and life on Earth. Research the different views and perspectives. Create a resource with your findings to share with your teacher.	
		 Collaboration Task	[HI] Use the keywords and facts we have learned in Geography to make a revision quiz for your classmates in preparation for the Our Planet assessment.	
		 Contribution Task	[HI] What is Geography? Create a poster or a leaflet that shows what Geography is, why Geography is so important, what topics you can study and what jobs people can do with Geography. The best work could be on display at Open Evening!	

History	Early Britain	Wider PREP		<u>Super-Curricular Activities</u> <ul style="list-style-type: none"> Colchester Castle – Click HERE The Museum of London has an excellent exhibition about Roman London – Click HERE You can still see the remains of Roman occupation hidden around London. Take a self-guided tour using the guide which can be found HERE The British Museum also has an excellent gallery about Roman Britain. You can also take a virtual tour on the internet – Click HERE BBC Teach Romans – Youtube Link BBC Teach Celts – Youtube Link BBC Teach Vikings – Youtube Link BBC Bitesize – Click HERE
		 Challenge Task	<p>[RT] Can you name the four groups of people that settled in Britain between 500BC & 800AD in chronological order? Research each group of people and select 3 significant facts about each group. Tell your history teacher what you have found out. You can research using the internet or books in the school library. There are also books and magazines available to use in the history department. Ask your teacher for more information.</p>	
		 Collaboration Task	<p>[HI] With a friend choose someone to interview from one of the four groups of people we have been studying in class. What questions would you ask (at least 5)? What do you think the answers might be? Write a script and give it to your history teacher. You might get a chance to perform your interview in class.</p>	
		 Contribution Task	<p>[HI] For our class wall displays choose a group of people from our settlers in early Britain and make a poster - for example a Roman soldier or gladiator. You should label your chosen person with their different types of clothing and equipment. You might want to challenge yourself and make a 3D version.</p>	

MFL - French	Module 1 – La rentrée	Wider PREP		<u>Super-Curricular Activities</u> <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! Take a look at the labels on your clothes, food items and other items around the home – what does the writing in French say? Can you work it out?
		 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>	
		 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>	




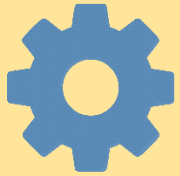
Contribution Task


Are you a roving reporter...?


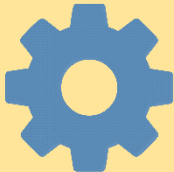

Using your own research create a fact-file of a famous city in France or any other French-speaking country and include the following information;







- 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!


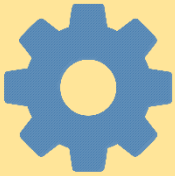

We'd love to put your creation on display in the MFL Department, so get creative and make it interesting, colourful and informative!

MFL - Spanish	Module 1 – Mi vida	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! • Take a look at the labels on your clothes, food items and other items around the home – what does the writing in Spanish say? Can you work it out?
		 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 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>	
		 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 Spanish dictionary to help you with the definitions.</p> <p>Be proud and bring your work to lessons for your teacher to review!</p>	

		 <p>Contribution Task</p>	<p><u>Are you a roving reporter...?</u></p> <p>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;</p> <ul style="list-style-type: none"> • 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! <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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Music	What Makes a Good Song?	Wider PREP		<u>Super-Curricular Activities</u> <ul style="list-style-type: none"> Listen to a 2010s playlist on any streaming service such as Spotify or Apple Music. A YouTube playlist can be found HERE Listen to this acoustic version of PriceTag. Now listen to the original version. What are the main differences between the two versions? Which one do you prefer and why? Attend Pop Choir and/or Year 7 Keyboard Club to be able to practice the pop songs that you are writing in class.
		 Challenge Task	<p>[HI] You have learnt/are learning how to play and perform the chords to 'PriceTag' in class.</p> <p>Your challenge now is to choose/write your own pop song lyrics and chords. You should then research how to play these chords and learn how to play them on the piano/keyboard.</p> <p>You should create a document showing your research to give to your teacher. You will then be asked to perform the chords of your chosen song to your teacher!</p> <p>If you wish to add the bass line then you can do.</p>	
		 Collaboration Task	<p>[HI] Collaborate with the rest of your group to write an additional verse/bridge section for your House Competition song.</p> <p>To take this to the next level, have a go at writing your own chord sequence and explore different ways of playing the chords.</p>	
		 Contribution Task	<p>[HI] Create a revision material booklet of all the new key terms that you have learnt since starting this scheme of work. This will be shared with other students in your class and also used for new displays in the classrooms.</p>	

PE – Year 7	Half term one	Wider PREP		<u>Super-Curricular Activities</u> <ul style="list-style-type: none"> Watch some sporting events live (if possible) or watch on the television: September: 2022 sporting calendar: Big events from Winter Olympics to the World Cup - BBC Sport Register for the Vitality 5km parkrun: register parkrun UK Download the 'Headspace App' and take part in some different activities. Join the couch to 5km: Couch to 5K Training Plan -A Complete Guide for Beginners (runtothefinish.com) Complete a home workout: 30 Minute No Equipment Home HIIT Workout The Body Coach TV - YouTube Watch some live sport in London: Sport in London - What's On - visitlondon.com Play competitive sport! Join a new sports team, find a facility and go out and play sport with your friends. Watch some sport in your local area.
		 Challenge Task	<p><u>Running challenge</u> - Download a running app on your phone e.g Nike run, MapMyRun, Apple smartwatch 'activity/Fitness', Fitbit, Strava.</p>    <p>1 – Run 1.5km 2 – Time your run 3 – Re-run and try to beat your time. Challenge points will be awarded for evidence of improving your time.</p>	
		 Collaboration Task	<p>Create your own Sports Game!</p> <ol style="list-style-type: none"> Find an appropriate space Choose the number of people. Can everyone in your home be involved? Decide the rules: How do you use the equipment? Will it be a mixture of equipment from other sports? What are the playing areas? What is the scoring system? Who wins? PLAY THE GAME! What's next? Name your game. Teach it to someone. Create a poster showing how to play. 	
		 Contribution Task	<p>Bring you school planner to extra-curricular clubs. Once the morning, lunch or after school club has finished, ask a member of PE staff to sign on the day you attended that club. 4 Signatures from staff will result in a contribution point!</p>	

Social Science	Introduction to Social Science	Wider PREP		<u>Super-Curricular Activities</u> <ul style="list-style-type: none"> • My biggest challenge to you would be if anyone can manage to visit Speakers' Corner whilst in London. you could e-mail your teacher a photo • You could spend time using this digital resource on Speakers' corner Speakers' Corner - Hyde Park - The Royal Parks • Another aspect of our subject is PSHE which includes learning how to manage our money. Go food shopping with a parent or carer and shop for a family meal. Show your teacher a plan of how much that meal costs • For the RE aspect, show evidence of visiting a religious building in your local area
		 Challenge Task	<p>Research the history of Speakers' Corner in Hyde Park, London. When did it first start? Which famous people have spoken there? why was that location chosen? You could also include your own views on its importance</p>	
		 Collaboration Task	<p>Ask your parents and grandparents what they think Social Science is and whether they studied any of the topics we cover when they were at school. If they are not sure, explain to them what we do. Do they think the subjects studied at Shenfield are useful?</p> <p>Ask them to suggest 5 things that they think schools should teach to young people which would help you in later life</p> <p>You could design your own ideas for what sort of topics should be covered in Social Sciences lessons together with them to hand into your teacher</p>	
		 Contribution Task	<p>In class, we will be completing an assessment at the end of this half term where you have to write a give a speech on a topic of your choice which you feel strongly about. You could complete some further research on your topic once we get started in class</p>	