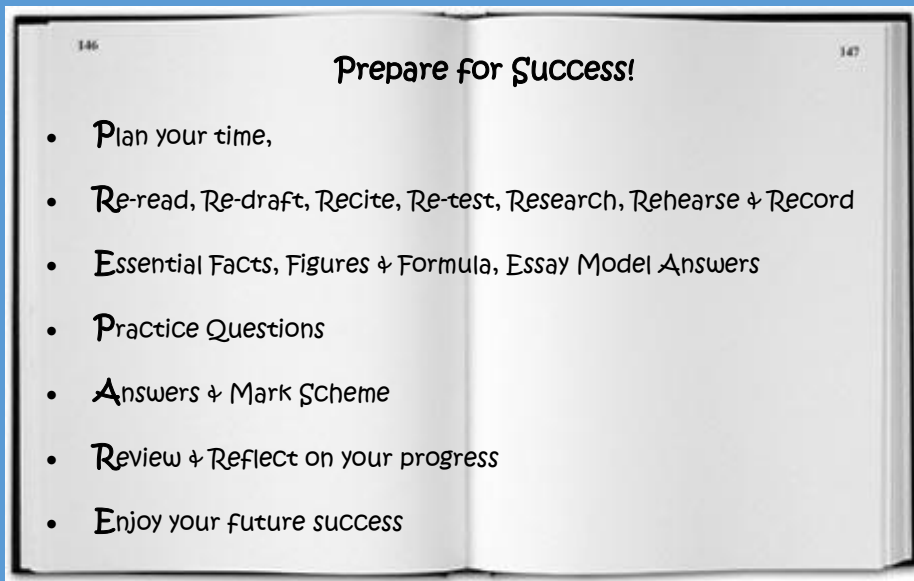




Shenfield High School



PREP Newsletter Year 8 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:

- **Plan** your time,
- **Re-read**, **Re-draft**, **Recite**, **Re-test**, **Research**, **Rehearse** & **Record**
- **Essential Facts**, **Figures & Formula**, **Essay Model Answers**
- **Practice Questions**
- **Answers & Mark Scheme**
- **Review & Reflect** on your progress
- **Enjoy** 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.


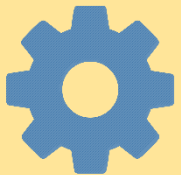

We hope you find this newsletter useful and welcome any feedback on how we can improve it.


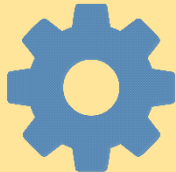

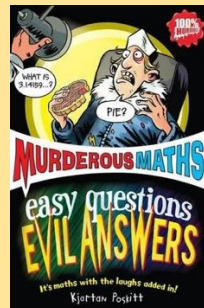
A French Bulldog with brown and white fur is wearing gold-rimmed glasses and is positioned behind an open book. The background is a light gray surface covered with various colorful educational icons, including a rocket, a globe, a microscope, a paint palette, a basketball, a potted plant, a purple umbrella, 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 capital letters at the top left, followed by the text "is not optional" and "It's a way of life..." in white with black outlines. 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

[illegible]

English	The Gothic	 Challenge Task	<p>Our current topic is ‘The Gothic.’ Write the opening of a gothic story set in the most unusual location you can think of. Be descriptive to build a picture in the mind of the reader.</p>
		 Collaboration Task	<p>Create a collage of gothic pictures to inspire/help another student write their own gothic narrative. Label your pictures with language for effect.</p>
		 Contribution Task	<p>Write a book review based on a short story/gothic text you have read to encourage your peers to also read it.</p>

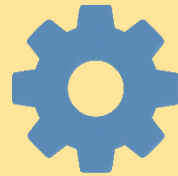
Mathematics	Goat on a rope	 Challenge Task	<p><i>Play with rounding...</i></p> <p>https://nrich.maths.org/10945</p>
		 Collaboration Task	<p><i>Check out some maths themed art...</i></p> <p>https://www.maths.ox.ac.uk/about-us/art-and-oxford-mathematics/oxford-mathematics-online-exhibition-2021</p>
		 Contribution Task	<p><i>Dive into a good read...</i></p> <p>http://www.murderousmaths.co.uk/books/bkmm13.htm</p> 

Science



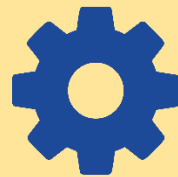
Challenge Task

Create a model of the human respiration system. Use whatever means you like (no food related models) to create a model of the human respiration system that includes all the features of the organs of the body used in the respiration system. The best models will be displayed around the department




Collaboration Task


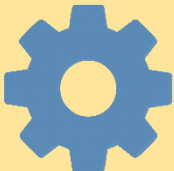

In groups of no more than 3, create a 1-minute video to highlight the important of being safe in the laboratory environment. This could include why we stand during experiments, why we wear safety goggles/spectacles, why long hair should be tied back or any other safety precaution that is taken in the lab. You should highlight the precaution that is taken and explain what danger that precaution tries to prevent. You can make it as serious or humorous as you like but it should portray the message in a way that will be memorable to students.







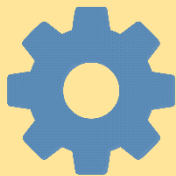

Contribution Task




Create a revision aid for students that will help them to recall the main differences between solids, liquids, and gases.
This could be a series of flash cards, a game, a mnemonic or even a song. Try to come up with something that is different and original. This should be something that teachers could use with their classes or give to their students that will help them to recall the structure, energy and transitions between solids, liquids, and gases.


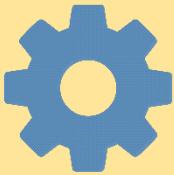

Subject	Topic	PREP Tasks	Further Research /Reading
Science	Biology: Respiration Chemistry: Rates of Reactions Physics: Density	<p>Biology</p> <ul style="list-style-type: none"> Prep will be set once a fortnight to be reviewed in a prep quiz in a following lesson. The Respiration prep project will be introduced by the class teacher and put on Go4schools to run alongside the unit. <p>Chemistry</p> <ul style="list-style-type: none"> Prep will be set once a fortnight to be reviewed in a prep quiz in a following lesson. The Rates of Reactions prep project will be introduced by the class teacher and put on Go4schools to run alongside the unit. <p>Physics</p> <ul style="list-style-type: none"> Prep will be set once a fortnight to be reviewed in a prep quiz in a following lesson. The Density prep project will be introduced by the class teacher and put on Go4schools to run alongside the unit. 	<p>For more about how animals have evolved to suit their environment watch The Blue Planet. Search You Tube for 45-minute clips.</p>
			<p>Super-Curricular Activities</p> <p>Watch the documentary on BB2 on The Spanish Flu</p> <div>  <div> <p>Visit the Body Worlds Exhibition in London</p> </div> </div>
			<p>Media & Other Links</p> <ul style="list-style-type: none"> https://quizlet.com/_4va8yj https://quizlet.com/_4vb5uf https://quizlet.com/_4viblz https://quizlet.com/_4vi8gn https://quizlet.com/_4vicrm https://quizlet.com/_4viif4 https://quizlet.com/_4vifl9 https://mathsmadeeasy.co.uk/gcse-science-revision/ https://www.bbc.com/bitesize/examspecs/z8r997h

Art	Animals in Art	 <p>Challenge Task</p>	<p>Research Cubist Art.</p> <p>Use your knowledge of Cubist Art along with your animal photos to create your own cubist animal. This can be done using any material and can be any scale [HI].</p>
		 <p>Collaboration Task</p>	<p>With a responsible adult organise venues to visit that have animals.</p> <p>Take a series of photos of different animals.</p> <p>Consider composition and overall lighting when taking your photographs. Make the images as clear as possible.</p> <p>Email or print off your photos to show to your teacher [HI].</p>
		 <p>Contribution Task</p>	<p>After researching into Cubist Art – create a mood board of information based on this theme. [HI]</p> <p>Things to include:</p> <p>Names of Cubist artists with facts about each one</p> <p>Pictures of Cubist artwork</p>

Computer Science	Programming in RUR-PLE	 Challenge Task	Create a PowerPoint explaining why it is important to be a good digital citizen.
		 Collaboration Task	Create a poster that Mr Maling can put up in his room about all the career opportunities in Computer Science. The best one will be selected and displayed in C72.
		 Contribution Task	Create an activity/worksheet that Mr Maling can set his class to teach them about hacking. The best one will be selected and used in class.


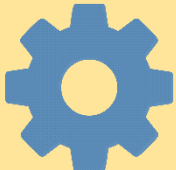

Drama	ERNIE'S INCREDIBLE ILLUCINATIONS	 Challenge Task	<p>To create an informational poster/ leaflet on the skills we have learnt do far in our year 8 Drama lessons.</p> <p>You need to say what each skill is and give an example to show your understanding.</p> <p>It needs to be well presented and decorated.</p>
		 Collaboration Task	<p>In preparation for your practical assessment, book out a studio (in your free time) and rehearse your group performance.</p>
		 Contribution Task	<p>For your next performance in class, bring in a suitable prop that you think would add to/ develop your group's performance. You may also want to find a piece of music from YouTube that would add to your performance.</p> <p>Make sure you have permission to bring an item from home.</p>

Geography	Population	 Challenge Task	<p>Make a research fact file on China's One child policy and compare it to Thailand's anti Natalist policy, write a PEE paragraph explaining the differences and similarities between countries.</p>
		 Collaboration Task	<p>Use attached vocabulary list to begin revising and create a quiz for another student in the classroom https://www.bbc.com/bitesize/guides/zkg82hv/test</p>
		 Contribution Task	<p>Use Gapminder website to explore how the population over time and explore links between indicators Pick three things to upgrade your knowledge on. Create an answer sheet and bring into lesson to share with class https://www.gapminder.org/</p>

History	The Reformation	 Challenge Task	[ER] Challenge yourself to create a Mnemonic device to help remember the names of Henry's wives and then learn them off by heart.
		 Collaboration Task	[RT] Join up with a friend to complete a project on Henry VIII and his six wives. Include information about each wife, for example their backgrounds, why Henry married them and why they fell from their positions as queen. You can create your project in any way you like, for example as a news report, a PowerPoint presentation or even as a play!
		 Contribution Task	[HI] Create a piece of display work, focusing on the changes Henry made to religion in England, which can be used to contribute to the displays within the history department.

Subject	Topic	PREP Tasks	Further Research /Reading
MFL – Spanish	Module 1 – Mi familia y mis amigos Talking about family and friends	<p>Contribution Task: Are you a champion? In preparation for the <i>MFL Vocabulary Bee</i> that takes place every three weeks during Form Time, learn the vocabulary associated with this Module – this list of vocabulary can be found in your Spanish exercise book.</p> <p>Challenge Task: Be a word-nerd! 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>Collaboration Task: 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! 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>Visit the local library or check their online catalogue. There are plenty of free resources: comic books, novels, books to complement students’ learning... Some favourite story books are available in Spanish too! Spanish newspapers online. www.elpais.com www.marca.com www.20minutos.es www.bbc.com/mundo</p>
			<p>Super-Curricular Activities</p>
			<p>Visit a local Spanish restaurant in your area – what do you recognise on the menu? Ask if you can take one home!</p>
			<p>Media & Other Links</p> <ul style="list-style-type: none"> • www.collinsdictionary.com/spanish • www.quizlet.com/ashaunak (website or app) • Duolingo (app) - aim for 10-15 minutes/daily. It’s a mix of writing, translating, practicing different vocab, and listening – all in one! It gets competitive and fun. • Memrise (app) - aim for 10-15 minutes/daily. Look for sets that are based on Mira (textbook used for Spanish at KS3) • www.language-gym.com/#/ to practise verbs in all tenses • BBC Bitesize for Spanish

Subject	Topic	PREP Tasks	Further Research /Reading
MFL – French	Module 1 – Ma vie de famille Talking about family and friends	<p>Contribution Task: Are you a champion? In preparation for the <i>MFL Vocabulary Bee</i> that takes place every three weeks during Form Time, learn the vocabulary associated with this Module – this list of vocabulary can be found in your French exercise book.</p>	<p>Visit the local library or check their online catalogue. There are plenty of free resources: comic books, novels, books to complement students’ learning... Some favourite story books are available in French too!</p> <p>French newspapers online; www.lemonde.fr www.lefigaro.fr www.lequipe.fr www.20minutos.fr www.bbc.com/mundo</p>
		<p>Challenge Task: Be a word-nerd! 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>Super-Curricular Activities</p>
		<p>Collaboration Task: 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! 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>Visit a local French restaurant in your area – what do you recognise on the menu? Ask if you can take one home!</p>
			<p>Media & Other Links</p> <ul style="list-style-type: none"> • www.collinsdictionary.com/french • www.quizlet.com/ashaunak (website or app) • Duolingo (app) - aim for 10-15 minutes/daily. It’s a mix of writing, translating, practicing different vocab and listening – all in one! It gets really competitive and fun. • Memrise (app) - aim for 10-15 minutes/daily. • www.language-gym.com/#!/ to practise verbs in all tenses • www.bbc.co.uk › languages › french › french_connection

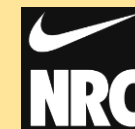
Music	Reggae	 Challenge Task	<p>The Music Department provide many different Extra-Curricular opportunities throughout the week. Over the next few weeks why not try and attend at least one of the year 8 activities?</p> <p>You may wish to attend Year 8 Keyboard Club which takes places on Thursday lunchtimes. This will give you an opportunity to work collaboratively with your partner in ensuring that your Reggae song is the best that it can be.</p>
		 Collaboration Task	<p>Ask the people who you live with what they know about Reggae music and see if they know anything in addition to what you have learnt in class.</p> <p>If you can't remember any information from class, undertake some research to inform your understanding.</p> <p>Create a fact file based on the knowledge and your understanding of Reggae Music.</p> <p>See if there are any links between the Reggae facts and the values of your house. How can you include some of those in your Reggae song lyrics?</p> <p>An example would be that Reggae music encourages people to look out for each other and show a caring nature. This would link perfectly to the Nightingale house values.</p>
		 Contribution Task	<p>Over the next few lessons, you are going to be writing a catchy Reggae song which is based on your House (Attenborough, Nightingale, Harry and Parks). Each of your houses is based on two fundamental elements. These elements are to be the basis of the lyrics to your catchy Reggae song.</p> <p>Start thinking about what it means to be in your House. What are the key values and what do they mean to you both inside and outside of school?</p> <p>Have a go at writing some lyrics that could be used in your Reggae song.</p>



Challenge Task

Running challenge!

Download a running app on your phone e.g Nike run, MapMyRun, Apple smartwatch 'activity/Fitness', Fitbit, Strava.



1 – Run 2 km : 2 – Time your run : 3 – Re-run and try to beat your time. Challenge points will be awards for evidence of improving your time.



Collaboration Task

Create your own Sports Game!

1. Find an appropriate space
Garden : Bedroom : Living room

2. Choose the number of people. Can everyone in your home be involved?



3. Decide on the *type* of game:

Target

e.g

Bowling



Net/Wall

e.g

Tennis



Invasion

e.g

Football



Striking

e.g.

Cricket



4. Decide the rules: How do you use the equipment? What are the playing areas? What is the scoring system? Who wins?

**5.
PLAY!**

6. What's next?

Name your game




Teach it to someone

Create a poster showing how to play



Contribution Task

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. 7 Signatures from staff will result in a contribution point!

Social Science	Multiculturalism	 Challenge Task	<p>You could complete extra research on the equality Act of 2010 which aims to give legal protection and equality to people</p>
		 Collaboration Task	<p>Talk to the others in your class to help you understand all the new ideas and concepts. At the end of the topic, we will have a fact check in class to see what we can remember. In advance of this, you could produce a mind map or revision card with the main points included and then test yourself or get others to test you</p>
		 Contribution Task	<p>This topic has had lots of new key terms. Three main ones are stereotype, prejudice, and discrimination. Aim to learn to spell them correctly and use them in writing for other subjects. This shows how learning in one subject contributes to success in others.</p>