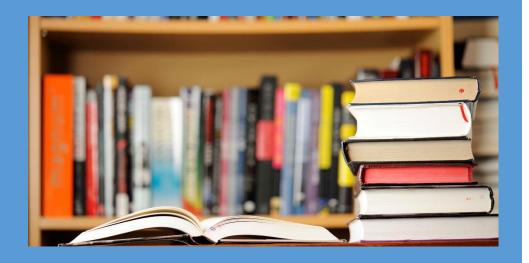
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Prepare for Success!

14

- 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

PREP Newsletter Year 8 Autumn Term 1





Shenfield High School

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.

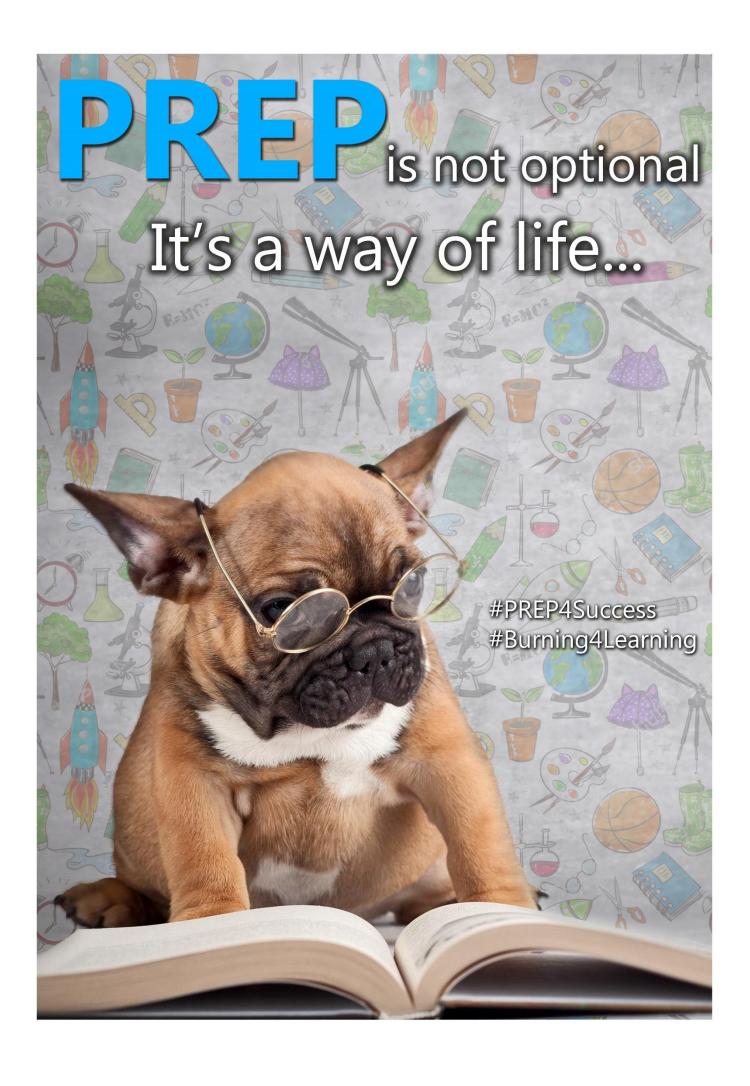
- Improving Memory Skills & Understanding PREP
- Funs Ways to PREP

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.



| | | V | Vider PREP | Super-Curricular |
|--------|--------|--------------------|--|---|
| sh | ic | Challenge Task | Write a gothic story using one of the following titles: The Cracked Mirror - The Cupboard Under the Stairs - The Lost Meadow - The Path into the Mountain Remember to use language for effect in your work. | Activities Watch a play at the Theatre that has a gothic theme. Research some well-known gothic texts/writers. Make some notes on your findings. Watch a TV series or film that demonstrates |
| Englis | Gothic | Collaboration Task | Create your own gothic mood board with a series of pictures. Use this to write a plan for your own gothic story. | elements of the gothic. Go and visit 'The London Dungeon' or another gothic themed day out! |
| | | Contribution Task | Make your own vocabulary bank of words that you could use in gothic writing. Try to use challenging vocabulary to improve the quality of your writing. Ensure you try to learn the definitions of any new words! | |

| thematics |
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| | | | Wider PREP | Super-Curricular Activities |
|--------------|------------------------|------------------------------------|---|---|
| Viathematics | Indices/Sequences/Data | Challenge Task Collaboration Task | Mr Dennehy's Excellence Challenge: Maths: Discovered or Created? 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. TED ED "Is math discovered or invented? - Jeff Dekofsky" (https://www.youtube.com/watch?v=X xR5Kes4Rs) Miss Albery's Excellence Challenge: Mathematical photo wall • 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' | 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 |
| 2 | Indice | Contribution Task | Mrs Ballington's Excellence Challenge: In Rugby what is the highest score that can be made in only one way? 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? | |

| | | Wider PREP | Super-Curricular |
|----------------|--------------------|--|--|
| SI | Challenge Task | Watch the following experiment video all the way through approx. 3mins Science Max Have You Tried THIS?! Paper Rolls Experiment Mini Max - YouTube. 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. | Activities Check out these places to visit. Body Worlds London Body Worlds London Body Worlds London Duxford Museum Cambridge |
| Investigations | Collaboration Task | 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. | The Science Museum |
| | Contribution Task | 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). | Fancy a night infront of the box? Netflix Documentaries Our Planet 72 Dangerous Animals Unnatural Selection Explained |

| | | W | ider PREP | Super-Curricular Activities |
|-----|-----------------|-----------------------|--|--|
| | | Challenge Task | [HI] Find an Artist you haven't heard of before who uses ANIMALS as a theme in their work. There are so many artists out there, you could start by looking on some Gallery websites and searching 'animals to find relevant artists. | Visit an Exhibition of art: V&A: Beatrix Potter, Drawn to Nature, ends 8th January 2023 Visit an exhibition: Natural History Museum: Wildlife photographer of the year, 14 Oct-2 July 2023 |
| Art | ARTIST RESEARCH | Collaboration Task | Try: tate.org.uk or nationalgallery.org.uk [HI]Pick one of the artists pieces, print off a picture of it and write about: 1. What media and techniques have they used? 2. What does it portray, why did the artist choose this theme or subject? 3. Why has the artist chosen to focus on animals? 4. What do you like about the piece? | Watch this video from Textile Artist Dani Ives: https://www.youtube.com/shorts/IaU8WqOAjr4 Watch this video on the hyper real work of Ivan Hoo: https://www.youtube.com/watch?v=E6LpjmMirRg Read this info from the Tate on animals in Art https://www.tate.org.uk/art/teaching-resource/animals-art |
| | ⋖ | Contribution Task | [HI]Taking the artist picture you have found, use it to make a new piece of your own- print off the image, once or multiple times and use this to make a new piece of art. You could cut it up and use collage, add paint over or round it, make it 3D. You can add other materials and change it any way you like. | Read this Guide from BBC bitesize on how to write about Art https://www.bbc.co.uk/bitesize/guides/z2hp3k7/revision/4 on/4 |

| | | W | ider PREP | Super-Curricular Activities |
|---------------|----------------|--------------------|---|--|
| ence | Award | | Create a piece of media explaining the positives and negatives of social media. Get creative with how you present this (video, PowerPoint, poster etc). | Visit Bletchley Park - https://bletchleypark.org.uk/ Visit the Centre for Computing History http://www.computinghistory.org.uk/ |
| Computer Scie | IDEA Bronze Av | Collaboration Task | Create a 10 question job interview style quiz, to ask of your parents, testing their knowledge on things to be wary of when online. | 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 |
| | IDI | Contribution Task | Create a poster that can be displayed in the department that describes the importance of a strong password. | restrictions apply. Consult parents or carers before watching) |

| | | | | Super-Curricular Activities |
|------|----------|---------------|--|--|
| | | | Wider PREP In lessons you will be working with a range of different stimuli to | |
| | | | create improvisations. You need to challenge yourself to listen to the following stimulus and then be inspired to create your own | Audition for the Whole School Musical! Wednesday 5th October – 3pm – 5pm in X1 |
| | | 205 | script, with characters and a storyline. Remember, a stimulus is a | |
| | | 7,45 | starting point and your ideas and imagination may go off at a tangent – this is what we expect! Be as creative and imaginative | Try and see a production at your local theatre, if you can – Panto season is |
| | | Challange | as you can! Your script will need at least 2 characters, a clear beginning, | upon us! |
| | | Tack | middle and end. You can to use the following website to remind | https://brentwood-theatre.co.uk/whats-on/ |
| | ns | TO SIX | yourself on how to format your script correctly. https://www.bbc.co.uk/bitesize/topics/zkgcwmn/articles/z6hhcqt | https://chelmsfordtheatre.co.uk/ |
| | Stimulus | | Work with a friend/someone from home to create an audio play based on a stimulus you have been exploring in class. This is a play | https://www.thebroadwaybarking.com/sales |
| | Stir | | that only requires the voice of the actors. You will need to use a | Stream professional Theatre productions for free! (Please be aware |
| na | Ø | 446 | 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 | we have made suggestions on age |
| rama | from | Collaboration | also need to use objects around the house (or a sfx website such as the BBC sound effects Library) https://sound- | appropriate productions for Year 8 pupils to stream. Not all the productions on |
| ٥ | fre | Task | effects.bbcrewind.co.uk/search . You can email your audio clips to your Drama teacher. | these streaming platforms will be age |
| | ing | | | appropriate) |
| | Devising | | Contribute to your group's in class performance, by helping to organise the following: | Digital Theatre Details: |
| | De | | An additional stimulus from home (with an adult's permission!) Bring props and costumes from home (with an adult's | https://edu.digitaltheatreplus.com/ |
| | | | permission!) | Login: student.Shenfield password: dt123 |
| | | 7.5 | Organise sfx and send your Drama teacher the links, ready for the performance lesson https://sound- | Watch: Alice in Wonderland, Wind in the |
| | | Contribution | effects.bbcrewind.co.uk/search Write a script for the performance, to help your group | Willows |
| | | Task | members to remember their lines. | Drama online Library Details: |
| | | Idak | Design the set or costume elements of your performance. This sould be in a college style, or on A4 paper. You could even | https://www.dramaonlinelibrary.com/ Username: 97QG8Dg)y+ |
| | | | could be in a collage style, or on A4 paper. You could even create a 3D miniature set inside a shoe box. | Password: 2He(6Ed%Rv |
| | | | | Watch: Peter Pan, Treasure Island |

| | | | Wider PREP | Super-Curricular Activities |
|-----------|------------|-------------------|--|---|
| Geography | Population | Challenge Tools | [HI] Overpopulation (too many people) or overconsumption (using too much)? Research both sides of this population debate. Use your research to write paragraph that contributes to this debate. | Migration Museum: You could visit the Migration Museum in Lewisham shopping centre. The museum is free to enter. Gapminder: Use this website to |
| | | Collaboration | [HI] Geography in the News: Find and read a news article on population. Highlight key information and links to our topic. Bring it to lesson with you and be prepared to summarise the article to your classmates and teacher. | test your worldview and research population statistics. How many people can the Earth handle?: Read this article Population: Use this BBC Bitesize Revision Guide Don't Panic: The Truth about |
| | | Contribution Task | [HI] Compare the 2011 census data to the 2021 census data. Create a resource that demonstrates how the UK's population geography has changed between 2011 and 2021. | Population: A documentary from Hans Rosling about population. Migration Observatory: Research from the University of Oxford. CIA World Factbook: https://www.cia.gov/the-world-factbook/ |

| | | V | Vider PREP | Super-Curricular |
|---------|-----------------|------------------------|---|--|
| History | The Reformation | Challenge Task | [ER] Challenge yourself to create a mnemonic device to help you remember the names of Henry VIII's wives and then learn them off by heart. Tell it your teacher when you are ready. | • You could visit Henry VIII's famous ship the Mary Rose in Portsmouth. You can also learn all about the ship on their website – |
| | | Henry VIII and his six | [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! | Click HERE Tower or London – Click HERE Hampton Court Palace – Click HERE Hever Castle – Click HERE At the National Portrait |
| | The Re | Contribution Task | [HI] Create a piece of display work which focuses on the changes Henry made to religion in England. This can then be displayed within the History department. | Gallery you can view portraits of the Tudors. You can also view the artwork online – Click HERE Tilbury Fort, built by Henry VIII – Click HERE Henry VIII – Youtube Link Horrible Histories – Youtube Link BBC Bitesize – Click HERE |

| | | | Wider PREP | Super-Curricular |
|--------|-----------------------|-----------------------|---|--|
| French | 1 – Ma vie de famille | Challenge Task | Tune in your eyes and ears 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! You could always come along to MFL Film Club on Wednesday lunchtimes in H14 and talk about what you've watched or played! | Activities 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? |
| | . Module | Collaboration Task | 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. Be proud and bring you work to lessons for your teacher to review! | |



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!

| | | V | Vider PREP | Super-Curricular |
|---------|-------------------------|--------------------|---|--|
| Spanish | Mi familia y mis amigos | Challenge Task | Tune in your eyes and ears 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! You could always come along to MFL Film Club on Wednesday lunchtimes in H14 and talk about what you've watched or played! | Activities 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? |
| | Module 1 – I | Collaboration 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. Be proud and bring you work to lessons for your teacher to review! | |



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!

| | Film Music | Wider PREP | | Super-Curricular | |
|-------|------------|------------------------------------|--|---|--|
| Music | | Challenge Task Collaboration Task | [HI] Choose a famous film theme to learn on an instrument of your choice. This could be on a virtual keyboard via a computer or tablet. Research how to play it by searching for the music or using YouTube tutorials to learn it. Once ready, you should perform it to your teacher. You may wish to come to Year 8 Keyboard Club on Thursday lunchtimes to practice. [HI] interview a family member about their favourite film. Think of 10 questions to ask them about: How the music supports the on-screen action? If the music is one of the reasons they enjoy the film. How they might feel if the musical score was revamped from the film. From the answers they give, compile a list of key musical | • Visit a 'Film in Concert' screening at the Royal Albert Hall. A list of films and showings can be seen using the following link: https://www.royalalberthall.co m/tickets/?Genres%5B9%5D=9 \alpha Remember to document your visit writing down what impact seeing and hearing a live orchestra had on you. Consider how different the film was by hearing a live orchestra performing the soundtrack. | |
| | | Contribution Task | [HI] Make a list of all the film concerts taking place in London and the surrounding areas. List the date, location and price. Turn this into a post. The poster will be shared with the class to highlight the huge number of listening to live film music. | SCORE: A film Music Documentary - see trailer HERE - Watch via streaming services. John Williams & Steven Spielberg Orchestra LIVE - Full Concert available to watch Home The Power of Music in Film - YouTube link Film Music - BBC Bitesize | |

| | | Wider PREP | | Super-Curricular |
|----|---------------|------------------------------------|---|---|
| PE | Half term one | Challenge Task Collaboration Task | Running challenge - Download a running app on your phone e.g Nike run, MapMyRun, Apple smartwatch 'activity/Fitness', Fitbit, Strava. STRAVA 1 - Run 2 km : 2 - Time your run : 3 - Re-run and try to beat your time. Challenge points will be awarded for evidence of improving your time. Create your own Sports Game! 1: Find an appropriate space 2: Choose the number of people. Can everyone in your home be involved? 3: 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? 4: PLAY THE GAME! 5: What's next? Name your game. Teach it to someone Create a poster showing how to play. | Activities 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 |
| | | 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. 6 Signatures from staff will result in a contribution point! | 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. |

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Diversity and Multi-culturalism

| | | Wider PREP | Super-Curricular Activities | |
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| | You could complete extra research on the Equality Act of 2010 which aims to give legal protection and equality to people. Who is protected by this law? Can you give 3 examples of how the law might work? Can you find any newspaper articles of when the law was tested or challenged? | | Following the ideas discussed in class, see if you can choose a fiction book for your general reading about the topic of prejudice and discrimination – such as Refugee Boy by Benjamin Zephaniah or "The Boy at the back of the Class" by Onjali Rauf The life and works of Rosa Parks | |
| | Collaboration Task | One way we see diversity in our society is through food. Plan and cook a meal from another culture, write out the menu, take photos of the finished meal. Try to explain why you like that food. | https://www.youtube.com/watch?v=9iQV MWGE3 s • Malala's Story BBC News https://www.youtube.com/watch?v=Fnlo KzEAX70 • Write all about this organisation. What do they try to achieve? https://www.kickitout.org/ | |
| • | Contribution Task | 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. Show your social science teacher how you have used them in a cross – curricular way | Walk along your local high street, write down or take photos to show where you can see evidence of influences from other cultures – faith buildings, food outlets and supermarkets, entertainment from other cultures research the annual event of the Notting Hill Carnival – How did it develop? what are the organisers hoping for with this cultural event in London do you think? | |