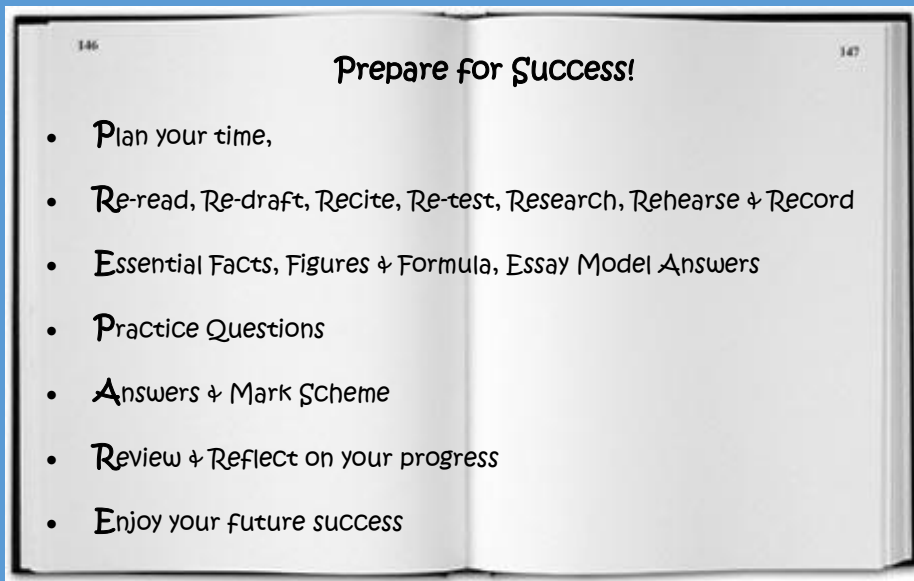




Shenfield High School



# PREP

## Newsletter

### Year 9

### 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, hand-drawn 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 lightbulb, 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. In the bottom right corner, the hashtags "#PREP4Success" and "#Burning4Learning" are displayed in white.


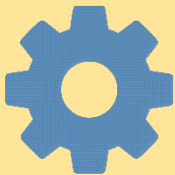

**PREP** is not optional  
It's a way of life...


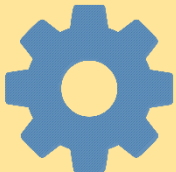


#PREP4Success  
#Burning4Learning




[illegible]







## Year 9 - PREP Guide – Half Term 1

English	The Struggle for Survival	 <b>Challenge Task</b>	<p>Our current topic is ‘The Struggle for Survival.’ Write a speech for your House assembly informing your peers about what they should do if they see a friend struggling with something in school. You should include what it means to struggle, the signs to look out for, individuals they could speak to in school, how they as a friend might be able to help and how important it is to confide in an adult if they are worried about something.</p>
		 <b>Collaboration Task</b>	<p>Think of a famous person that you admire and believe to have very good survival/motivational skills. Create a fact file about them explaining what they are good at, their experiences and a little bit about their past and what inspired them to become who they are.</p>
		 <b>Contribution Task</b>	<p>Research a moment in history or the present time where people/an individual are struggling. Give them a voice and tell their story. You can be creative with your format – a narrative piece, a diary entry, a letter, a series of pictures etc.</p>

Mathematics	Polygonangles	 Challenge Task	<p><b><i>Prickly problems with polygons...</i></b></p> <p><a href="https://nrich.maths.org/5642">https://nrich.maths.org/5642</a></p>
		 Collaboration Task	<p>Visit Isaac Newton's birthplace and the location of his famous apple tree...</p> <p><a href="https://www.nationaltrust.org.uk/woolsthorpe-manoor">https://www.nationaltrust.org.uk/woolsthorpe-manoor</a></p>
		 Contribution Task	<p><b><i>Dive into a good read...</i></b></p> <p><a href="http://www.murderousmaths.co.uk/books/BKMM9.htm">http://www.murderousmaths.co.uk/books/BKMM9.htm</a></p> 

Science		 <b>Challenge Task</b>	<p>The development of the microscope is probably the biggest contributor to biological science. Microscopes have enabled scientists to see the features of cells and how the cells operate in real time. Your challenge is to create a timeline of the main developments of the microscope from its first conception as a miniature telescope to the amazing electron microscopes we have today.</p>
		 <b>Collaboration Task</b>	<p>In groups of no more than 3, create a 1-minute video to highlight the importance 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.</p>
		 <b>Contribution Task</b>	<p>Create an information poster on a global scientific development. The scientific world is changing all the time. Huge discoveries are being made on a regular basis. Choose one area of the scientific world that you have learned about and create an information poster to inform the rest of the school of it. This could be anything from the discovery of new medical treatments to diseases such as motor neurons disease (MND), to the development of new high temperature superconducting materials. Any scientific topic that interests you is acceptable. The best posters will be displayed around the department.</p>

Subject	Topic	PREP Tasks	Further Research /Reading
<b>Science</b>	<b>Biology:</b> Plant and Animal Cells <b>Chemistry:</b> Atomic Structure & The Periodic Table <b>Physics:</b> Energy	<ul style="list-style-type: none"> <li>Students will be issued with PREP on a week-by-week basis via their Go4School account. This will be subject specific and will relate to the content that is being covered in lessons during that week.</li> <li>Students are advised to download the PREP work (normally consisting of a 2 A4 pages) print it off (reduced to A5 to save paper) and complete the work set.</li> <li>The PREP work consists of multiple-choice questions and link directly to the End of Unit Tests later in the course.</li> <li>Students should print off and attempt this PREP work as soon as they can access it and bring any issues they are having with the PREP to the attention of their teacher or to the PREP drop-in sessions.</li> </ul> <p>In addition to the PREP that is set weekly students are also encouraged to investigate the additional PREP work for each subject shown below: -</p> <p><b>Biology</b> Try the retrieval roulette questions and daily revision tasks that are in the student area.</p> <p><b>Chemistry</b> Command words are the words and phrases used in exams that tell students how they should answer a question. Study the meaning of the words on the command words sheet on the student drive. Complete the accompanying worksheet to test your understanding.</p> <p><b>Physics</b> Students can download resources from the students drive including flash cards they can use them to aid in the recall of key terms unit and equations. There are also recall questions and exam style questions they can try with the answers available so work can be checked.</p>	<p>For more about how animals have evolved to suit their environment watch The Blue Planet. Search You Tube for 45-minute clips.</p>
			<b>Super-Curricular Activities</b>
			<p>Watch the documentary on BB2 on The Spanish Flu</p> <div>  <div> <p>Visit the Body Worlds Exhibition in London</p> </div> </div>
			<b>Media &amp; Other Links</b>

Art	Natural Forms	 <b>Challenge Task</b>	<p>Create an abstract piece of artwork based on the theme of nature. Use your knowledge of the colour wheel to help depict what colours to use in the work.</p> <p>When composing your overall design/ shape. You could consider using your photography as inspiration for your design. [HI]</p>
		 <b>Collaboration Task</b>	<p>With a responsible person, go for a walk and take a series of photographs exploring nature. Approx. ten photos. Consider composition and overall lighting when taking your photographs. Make the images as clear and as interesting as possible.</p> <p>Email or print off your photos to show to your teacher. [HI].</p>
		 <b>Contribution Task</b>	<p>After researching into Natural Forms, Abstract Art– create a mood board of information based on this theme. [HI]</p> <p>Things to include:</p> <p>Names of Natural form-based artists with facts about each one.</p> <p>Pictures of Natural Form, Abstract artwork.</p>



# Computer Science

## Programming in Python



### Challenge Task

Create a Powerpoint explaining what data sanitisation is.




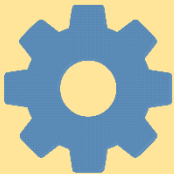

### Collaboration Task


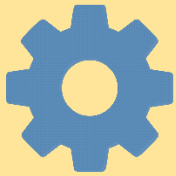

Create a poster that Mr Maling can put up in his room about the importance of having a positive digital footprint. The best one will be selected and displayed in C72.



### Contribution Task

Create an activity/worksheet that Mr Maling can set his class to teach them about a digital footprint. The best one will be selected and used in class.

<b>Drama</b>	<b>Styles of theatre</b>	 <b>Challenge Task</b>	<p>To create an informational poster/ leaflet on the 3 styles of Theatre we are covering this half term – Surrealism, Political and Verbatim Theatre.</p> <p>You need to explain the conventions of each style.</p> <p>It needs to be well presented and decorated.</p>
		 <b>Collaboration Task</b>	<p>In preparation for your practical assessment, book out a studio (in your free time) and rehearse your group assessment performance.</p>
		 <b>Contribution Task</b>	<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>

<b>Geography</b>	<b>Rocks and Soil</b>	 <p><b>Challenge Task</b></p>	Create a report on how mining can be important to a country's economy, a good example could be Chile, South Africa, or Australia.
		 <p><b>Collaboration Task</b></p>	<p>Using this resource, compare the geology of your local area to someone else you know (family member or friend) that lives in a different place. You should include details of the type(s) of rock, the age(s) of the rock, and other interesting features of the geology.</p> <p>The best work will include how the geology impacts on the local landscape and human activity within it.</p> <p><a href="http://mapapps.bgs.ac.uk/geologyofbritain3d/index.html">http://mapapps.bgs.ac.uk/geologyofbritain3d/index.html</a></p>
		 <p><b>Contribution Task</b></p>	Create a piece of display work that either; explains the differences between the three main types of rock, different ways that humans can use rocks, an annotated diagram of the rock cycle, or explain why it is important that we learn about rocks in Geography.

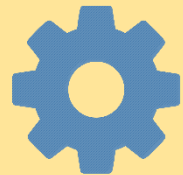
# History

## The Industrial Revolution



### Challenge Task

[HI] Who was more important in helping medicine to progress during the Industrial Revolution, John Snow or Louis Pasteur? Use your knowledge of these two individuals and the impact of their work to explain your answer.



### Collaboration Task

[HI] During the Industrial Revolution, some people started to realise that the conditions children were working in were unfair and extremely dangerous. Work with a friend to create a news report into the conditions children were working in down the mines, in the factories and up chimneys. What is wrong with these conditions and what changes need to be made?




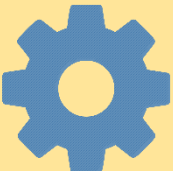

### Contribution Task

[RT] Historians have debated who they think Jack the Ripper was for many years. Contribute to this debate by researching into the suspects and then explaining who you think Jack the Ripper was.

Subject	Topic	PREP Tasks	Further Research /Reading
MFL – Spanish	Module 1 – Mis vacaciones: Talking about holidays	<ul style="list-style-type: none"><li><b>Contribution Task:</b> Are you a champion? In preparation for the <i><b>MFL Vocabulary Bee</b></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.</li><li><b>Challenge Task:</b> 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.</li><li><b>Collaboration Task:</b> 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!</li></ul>	<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!</p> <p>Spanish newspapers online. <a href="http://www.elpais.com">www.elpais.com</a> <a href="http://www.marca.com">www.marca.com</a> <a href="http://www.20minutos.es">www.20minutos.es</a> <a href="http://www.bbc.com/mundo">www.bbc.com/mundo</a></p>
			<b>Super-Curricular Activities</b>
			<p>Visit a local Spanish restaurant in your area – what do you recognise on the menu? Ask if you can take one home!</p>
<b>Media &amp; Other Links</b>			
<ul style="list-style-type: none"><li><a href="http://www.collinsdictionary.com/spanish">www.collinsdictionary.com/spanish</a></li><li><a href="http://www.quizlet.com/ashaunak">www.quizlet.com/ashaunak</a> (website or app)</li><li>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.</li><li>Memrise (app) - aim for 10-15 minutes/daily. Look for sets that are based on Mira (textbook used for Spanish at KS3)</li><li><a href="http://www.language-gym.com/#!/">www.language-gym.com/#!/</a> to practise verbs in all tenses</li><li>BBC Bitesize for Spanish</li></ul>			



Subject	Topic	PREP Tasks	Further Research /Reading
MFL – French	Module 1 – J’adore les fêtes!: Talking about festivals and celebrations	<ul style="list-style-type: none"><li><b>Contribution Task:</b> 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.</li><li><b>Challenge Task:</b> 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.</li><li><b>Collaboration Task:</b> 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!</li></ul>	<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.</p> <p><a href="http://www.lemonde.fr">www.lemonde.fr</a> <a href="http://www.lefigaro.fr">www.lefigaro.fr</a> <a href="http://www.lequipe.fr">www.lequipe.fr</a> <a href="http://www.20minutos.fr">www.20minutos.fr</a> <a href="http://www.bbc.com/mundo">www.bbc.com/mundo</a></p>
		<b>Super-Curricular Activities</b>	
		<p>Visit a local French restaurant in your area – what do you recognise on the menu? Ask if you can take one home!</p>	
<b>Media &amp; Other Links</b>			
<ul style="list-style-type: none"><li><a href="http://www.collinsdictionary.com/french">www.collinsdictionary.com/french</a></li><li><a href="http://www.quizlet.com/ashaunak">www.quizlet.com/ashaunak</a> (website or app)</li><li>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.</li><li>Memrise (app) - aim for 10-15 minutes/daily.</li><li><a href="http://www.language-gym.com/#!/">www.language-gym.com/#!/</a> to practise verbs in all tenses</li><li><a href="http://www.bbc.co.uk › languages › french › french_connection">www.bbc.co.uk › languages › french › french connection</a></li></ul>			

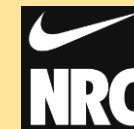
Music	Pop Culture	 <p>Challenge Task</p>	<p>Over the next few lessons, you are going to be composing a song in class that uses the chords from Wonderwall by Oasis. The lyrics for your song will be based on your House (Attenborough, Nightingale, Harry, and Parks). Each of your houses is based on two fundamental elements. These elements are to be the basis of the lyrics to your 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 song. Each line of your song must have a set number of syllables. An example might be:            Lines 1 &amp; 3= 10 syllables            Line 2 &amp; 4 = 8 syllables.            Your teacher will give you the required amount in class.</p>
		 <p>Collaboration Task</p>	<p>Ask the people who you live with what they remember and know about BritPop from the 1990s. Using their knowledge, understanding, memories and your own research, create a timeline featuring the key musical events of the 1990s.</p> <p>You may wish to focus on the following bands:</p> <ul style="list-style-type: none"> <li>- Oasis</li> <li>- Spice Girls</li> <li>- Blur</li> </ul> <p>Think about how the information that you have learnt/researched of the music from the 1990s can be used when composing your own song in class. What features of the BritPop era might you want to include.</p>
		 <p>Contribution Task</p>	<p>Think about attending Music Tech Club on Wednesday lunchtimes for a chance to:</p> <ul style="list-style-type: none"> <li>- improve your understanding of how to use GarageBand more efficiently and effectively</li> <li>- chance to use GarageBand to continue with your work from class</li> <li>- be part of the Music departments technical team for the concerts and other school events.</li> </ul>



### Challenge Task

#### Running challenge!

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



**1** – Run 3 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.



### 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


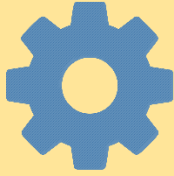

Teach it to someone

Create a poster showing how to play



### Contribution Task

Bring your 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!

Social Science	Morality	 Challenge Task	Research the life (and death!) of Jeremy Bentham – the man who founded the moral theory of utilitarianism and the life and views of Joseph Fletcher who came up with the moral theory of Situation Ethics
		 Collaboration Task	<p>As we complete this topic in class, you could produce a revision card or mind map of all the key concepts and ideas. This will help you in our class fact check at the end of the half term.</p> <p>To help you learn these new ideas, you could work with others, either your classmates or a family member at home to see if they can test you on your knowledge</p>
		 Contribution Task	Research the science and psychology behind the idea of the conscience, what does that mean and explore the scientific and religious links and ideas. This will allow you to contribute more to our lesson on the conscience or how this contributes to the other related topics which we study