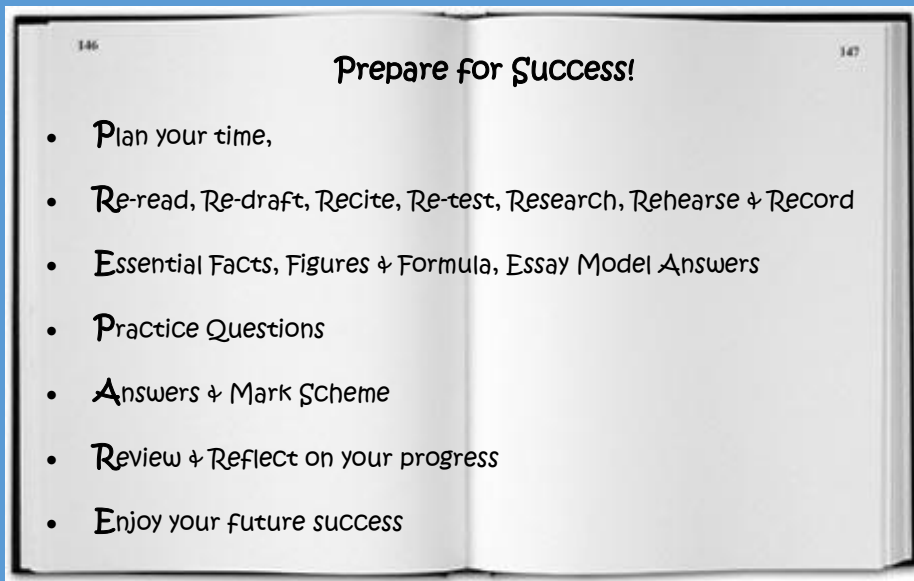




Shenfield High School



PREP

Newsletter

Year 9

Autumn Term 2



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.


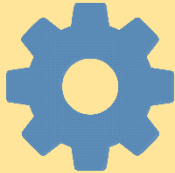

It is important the students find the right PREP strategy for them and use them consistently.

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

[illegible]

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

#PREP4Success
#Burning4Learning

English	The Struggle For Survival	 Challenge Task	Our current topic is 'The Struggle for Survival.' Create a list of ten different ways you intend to challenge yourself this year. This could be at home/school/hobbies etc. – what do you hope to achieve? For example, to regularly attend gymnastics/ to read for twenty minutes every night etc. Keep referring to this list to help you achieve your goals.
		 Collaboration Task	Write a story about someone who has to survive in the wild. This could be someone stranded on a dessert island/someone lost in a rainforest/someone who has decided to go on a survival expedition etc. Ensure that you build language and structure for effect into your writing.
		 Contribution Task	Think back to when you studied 'Of Mice and Men' or 'To Kill a Mockingbird.' Write a chapter from a perspective of the character who you felt faced the biggest struggle in the text. Use this to help reflect on the ideas you are learning this half term.
		PREP [HI]	'All young people should undertake some army training before they leave school to help with essential life skills.' Write a persuasive article for a school magazine arguing either for or against this statement.
		PREP [R4A]	Complete some research about what struggles young people today are facing. Make a bullet point list and be ready to use these ideas in class to enhance your understanding of struggles in the modern world.

Maths

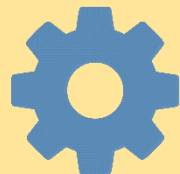
Polygonangles



Challenge Task

On a roll, with Rolling Triangles...

<https://nrich.maths.org/678>



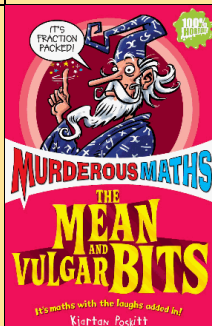
Collaboration Task

Try the Miura Fold...

<https://www.mathsontoast.org.uk/activities/try-the-miura-fold/>



Contribution Task



Dive into a good read...

<http://www.murderousmaths.co.uk/books/BKMM4.htm>

PREP [HI]

[HI] tasks will appear on your Hegarty account at 3pm on Monday, Wednesday and Thursday. This timing is to get you into the good PREP habit of working little and often.

PREP [R4A]

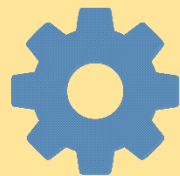
Hegarty Maths Tasks: 332-334, 178-183, 190-195, 821,822, 477-480, 485-487, 560 - 565

Science



Challenge Task

The issue of climate change has been an issue for years and is very much in the news of late. Your challenge is to create a poster to explain the issues that climate change is bringing and the ways in which mankind can combat climate change. Consider the increase in CO₂ and the changes that we can make in our everyday lives to reduce this. How are these increases changing the global environment?



Collaboration Task

In groups of no more than 3, create a 1-minute video to about the life of Edward Jenner. This was the man who was responsible for the first understanding of bacteria and virus and was paramount in the scientific community taking its first steps into research into anti-virus treatments and vaccinations. Without the work that Jenner did the COVID-19 vaccine would have never existed.



Contribution Task

Create a revision aid for students that will help them to recall the different forms of energy store and the ways in which energy is transferred in different devices.

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 different energy stores and the ways in which energy is transferred in different devices

Art	Natural Forms	 <p>Challenge Task</p>	<p>Find an artist you haven't heard of before relating to NATURAL FORMS</p> 
		 <p>Collaboration Task</p>	<p>Pick one of the artists pieces and write about:</p> <ol style="list-style-type: none"> 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 Nature? 4. What do you like about the piece?
		 <p>Contribution Task</p>	<p>Taking the artist picture you have found, use it to make a new piece of your own- you could cut it up and use collage, add paint over or round it, make it 3D.....be creative!</p> 

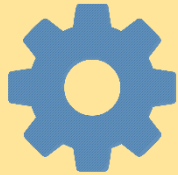
Computer Science

Programming in Python



Challenge Task

Create a Powerpoint explaining what Python is and where it is used




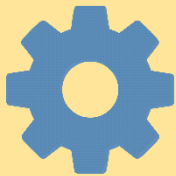

Collaboration Task

Create a poster that Mr Maling can put up in his room about all the career opportunities in programming. 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 WHILE Loops. The best one will be selected and used in class

Drama	HORROR AND TENSION	 Challenge Task	<p>Use the website to mix and create your own horror/tension soundscape for a performance.</p> <p>Try searching for wind/ crows/ creaking/ footsteps and other sound effects of your choice to mix them together to create an eerie soundscape. Use the “share” button to email it to your Drama teacher.</p>
		 Collaboration Task	<p>In a small group, record a “movie trailer” for your own horror/thriller style movie. There is a free app called iMovie which you can use to edit the trailer. Email the finished trailer to your Drama Teacher</p>
		 Contribution Task	<p>For your Horror/Tension final performance in class, bring in a suitable prop/ costume. 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

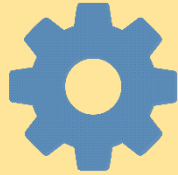
Factfulness



Challenge Task

Using ideas from your lessons about our 'overdramatic world view' Complete the quiz using the link below and see if you can score more highly than the chimps!!

[Gapminder Worldview Upgrader](#)



Collaboration Task

Make your own quiz using the pictures and resources from the dollar street section of the gapminder website.
Use pictures of different aspects of life (toilets, bedrooms, back yards, etc.) and see if your friends or family can match them to the correct countries. Maybe choose just 5 countries to start with and then 4 or 5 different aspects of life to compare.

[Dollar Street - photos as data to kill country stereotypes \(gapminder.org\)](#)



Contribution Task

Make a newspaper article using the title "Why we should not use stereotypes". Present your work on a sheet of A4 paper in the format of maybe the front page of a newspaper. Try to include facts and details from your lessons on why there is danger in only considering a single point of view.

PREP [RT]

Compare the UK to one Asian and one African country and see how they compare. Are they as different as you'd expect?

PREP [ER]

Read the book Factfulness – available from the school and local libraries.

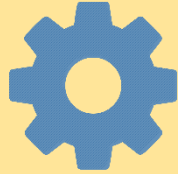
History

Crime and Punishment



Challenge Task

Read all or parts of 'Oliver Twist' by Charles Dickens. What does it reveal to us about life in Victorian towns?



Collaboration Task

Research the eye witness accounts of 'Jack the Ripper'. Work with a partner to create a photo fit.



Contribution Task

A lot of people began to criticise the Victorian justice system for being ineffective. What do you think? Using your classwork and any research about punishment in Victorian England, discuss your ideas with your teacher. This will enable you to contribute to the historical debate.

PREP [RT]

Research the CID in 1888. What problems would they have had catching Jack?

PREP [ER]

What was Whitechapel and the East End like in 1888? Why would this make it difficult to catch Jack? Write a paragraph to explain.

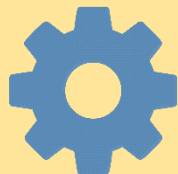
MFL - French

Module 1 – J’adore les fêtes! Talking about festivals and celebrations



Challenge Task

Are you a champion? In preparation for the **MFL Vocabulary Bee** 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.



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.



Contribution 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!

PREP [HI]

Complete the written tasks as instructed by French Teacher as part of this Module. Don't forget to organise your time and resources to help you meet the PREP deadline, and if you need any help with anything, please see your French Teacher well before you are due to hand in your work.

PREP [R4A]

Learn and apply the French Grammar concepts contained in your revision checklist in preparation for your forthcoming assessment. The Grammar List can be found in the front of your exercise books as part of your Revision Checklist. Speak to your French Teacher if you need any help with this.

MFL - Spanish

Module 1 – Mis vacaciones

Talking about holidays



Challenge Task

Are you a champion? In preparation for the **MFL Vocabulary Bee** 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.



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.



Contribution 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!

PREP [HI]

Complete the written tasks as instructed by Spanish Teacher as part of this Module. Don't forget to organise your time and resources to help you meet the PREP deadline, and if you need any help with anything, please see your Spanish Teacher well before you are due to hand in your work.

PREP [R4A]

Learn and apply the Spanish Grammar concepts contained in your revision checklist in preparation for your forthcoming assessment. The Grammar List can be found in the front of your exercise books as part of your Revision Checklist. Speak to your Spanish Teacher if you need any help with this.

Music	Hip-Hop	 <p>Challenge Task</p>	<p>Over the next few lessons, you are going to be composing your own Hip-Hop track using a Bob Marley song as the basis of your backing track. Once you have composed your back track, you will be adding lyrics over the top.</p> <p>Start to think about writing lyrics for your Hip-Hop song. The lyrics can be on any subject you wish as long as there are appropriate for school. You will need a verse, chorus and bridge. Think about the social context behind Hip-Hop and research content from other Hip-Hop raps.</p>
		 <p>Collaboration Task</p>	<p>Ask the people who you live with what they remember and know about Hip-Hop and its popularity in the 1990s. Using their knowledge, understanding, memories along with your own research, create a timeline featuring the key musical events of the 1990s Hip-Hop scene.</p> <p>You may wish to focus on the following bands:</p> <ul style="list-style-type: none"> - Sugarhill Gang - Lauryn Hill - Jay-Z <p>Think about how the information that you have learnt/researched from the above tasks, consider how this can be added to your own Hip-Hop track.</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"> - improve your understanding of how to use GarageBand more efficiently and effectively - chance to use GarageBand to continue with your work from class - be part of the Music departments technical team for the concerts and other school events.

PE

Cycle Challenge

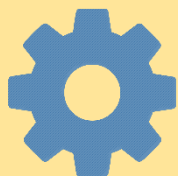


Challenge Task

Cycling challenge!
Download a workout app on your phone e.g Nike , MapMyRun, Apple smartwatch 'activity/Fitness', Fitbit, Strava.



1 – Cycle 7.5km : **2** – Time your cycle : **3** – Re-cycle and try to beat your time. Challenge points will be awards for evidence of improving your time.




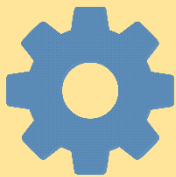

Collaboration Task

Create your own Sports Kit and Badge - Can you design a new Sports Kit for Shenfield High School and design a badge? Use any design and colour scheme you like.



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

Social Science	Crime and Punishment	 Challenge Task	<p>Many of you may be interested in jobs within the legal system. Complete some additional research on -</p> <ul style="list-style-type: none"> • The differences between a magistrate's court and crown court • The jobs of solicitors, magistrates and judges • How are laws made in this country?
		 Collaboration Task	<p>In advance of our lessons on the death penalty, you could collaborate with others by asking for their opinions. You could aim to talk to friends and family members and ask them if they agree or disagree with the use of the death penalty and ask them for their reasons on either side. You could present this work in a table of the opposite arguments.</p>
		 Contribution Task	<p>In order to support your learning further, you could contribute to lessons by researching what the world faiths think about the types of punishments used, especially the death penalty.</p>

Improving Memory Skills & Understanding PREP

1. Self-Testing

Self-testing is an effective tool if you have a large amount of information to learn for an assessment or exam.

Let's say you had to remember the definition of 20 key words.

Start by writing out five key words and their definitions. Study them for 2 or 3 minutes, then put the sheet away.

On another piece of paper, try to write down the key words and definitions from memory.

If you were not able to recall all 5, then repeat the process again. Study the definitions and re-test.

Once you are able to recall 5 key words and definitions, add another 5 to the original sheet.

Give yourself 4 or 5 minutes to study the 10 key words and definitions. Put the sheet away and re-test but this time with 10.

Build this up until you can recall all 20 key words and definitions.

More importantly, re-test yourself a week later. Review your progress and go back to any definitions or words you were unable to write down. Then, re-test yourself a month later with the same words.

The more you re-test, the more you will retain and the easier it becomes.

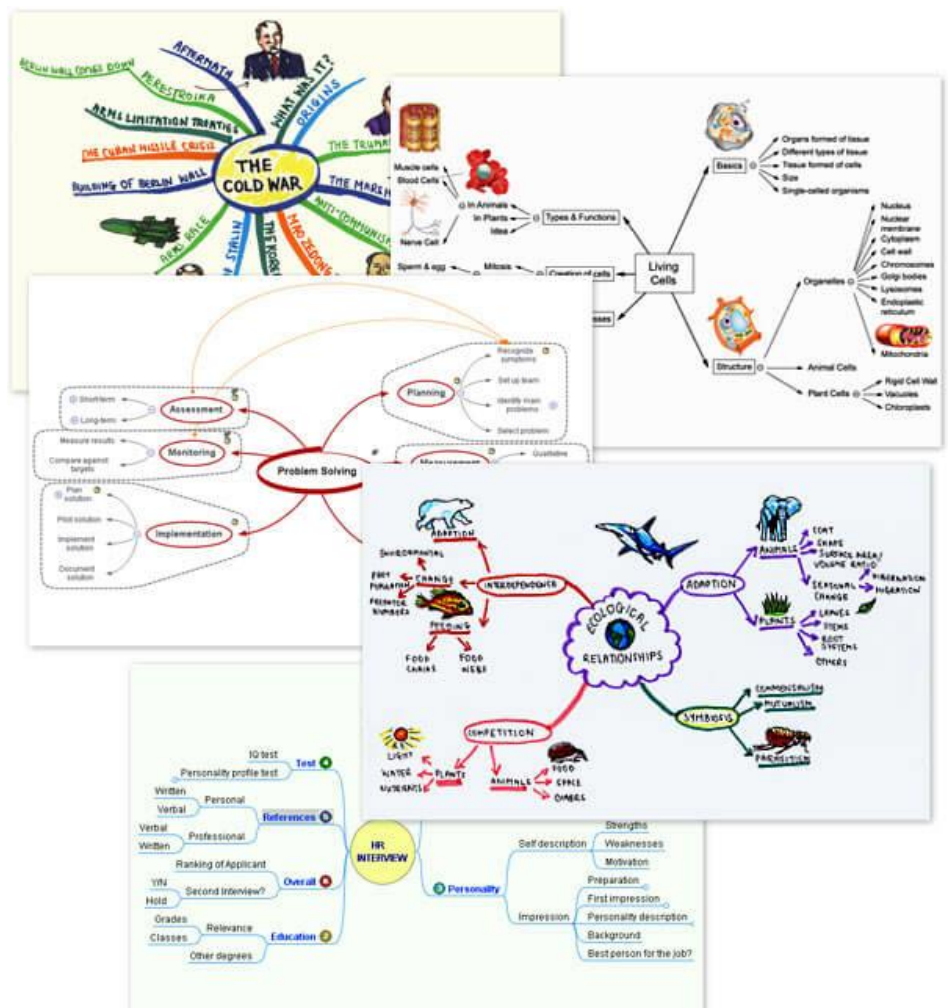
These techniques could be applied to:

- Key Information for an Essay
- Character names and profiles
- Formula
- Translations
- Case Studies
- Experiment processes
- Arguments or Quotations
- And many more!

2. Mind Mapping

Mind Mapping is a highly effective way of getting information in and out of your brain. Mind Mapping is a creative and logical means of note-taking and note-making that literally "maps out" your ideas.

All Mind Maps have some things in common. They have a natural organisational structure that radiates from the centre and use lines, symbols, words, colour and images according to simple, brain-friendly concepts. Mind Mapping converts a long list of monotonous information into a colourful, memorable and highly organised diagram that works in line with your brain's natural way of doing things.



- Think of your general main theme and write that down in the centre of the page. i.e. Food

- Figure out sub-themes of your main concept and draw branches to them from the centre, beginning to look like a spider web i.e. Meats, Dairy, Breads
- Make sure to use very short phrases or even single words
- Add images to invoke thought or get the message across better
- Try to think of at least two main points for each sub-theme you created and create branches out to those

3. Revision Cards

Revision cards are small handheld cards that contain key information. The cards should have a title at the top with 5 or 6 key words, formula or sentences. Try and keep the colour consistent for each topic e.g. green cards for the Environment.

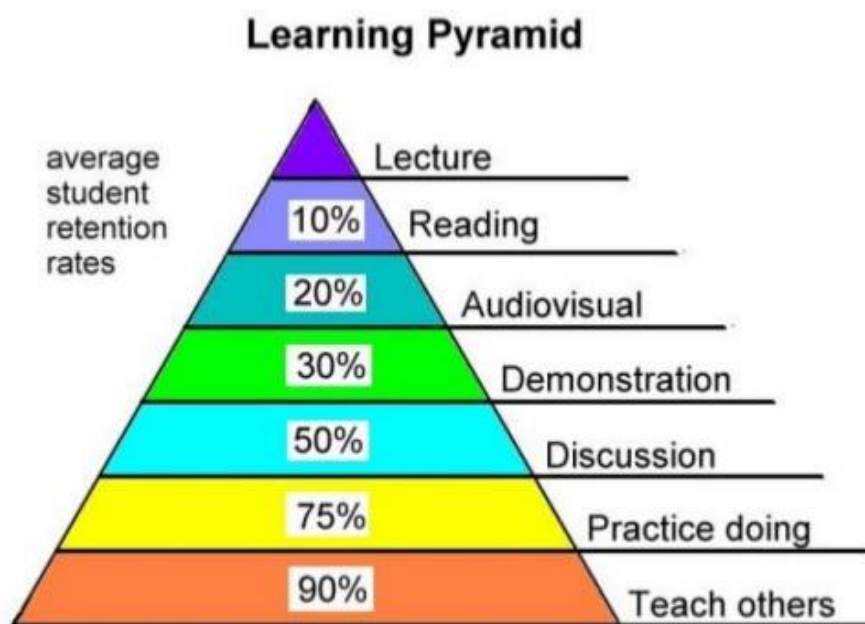
TIP: On the back of the revision card, write the title from the front. Then, after you have read through your cards a number of times, turn them over. Look at the title and self-test yourself on the information. Once you have recalled all you can, turn the card back over and check your answers.

4. Complete the Sentence

If you have a large number of facts to learn for an essay, write out ten key sentences you wish to memorise for the essay. Then, on a separate piece of paper, write out the first half of the sentence and leave the other half blank. Take a break, make a cup of tea, then come back and try to complete the sentences from memory.

If you managed to complete all ten, try and add more sentences and repeat the exercise.

TIP: Once you can complete the sentences with ease, test yourself further by trying to write out all the key sentences from memory without the sentence starters!



Fun Ways to PREP

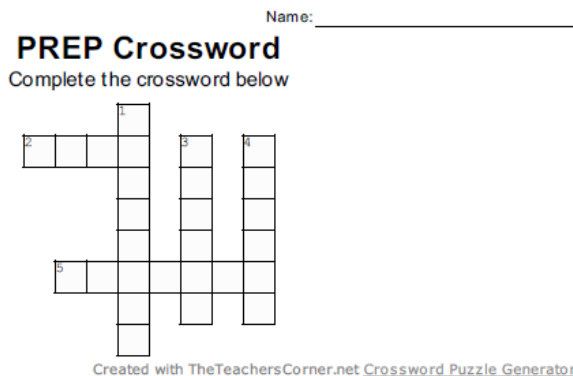
1. Key Words Crossword Puzzle

Choose a subject and write down all the key words you need to learn. Find an online Crossword creator, there are a huge number of web sites that can do this for you.

For the clues, write the definition of the key word.

Once the crossword has been created, leave it for a few days/weeks. Then, try and complete it. Don't forget to print out the answer sheet so you can self-check the answers!

Here is an example below:



ACROSS

2. What does the 'H' in SHS stand for?
5. What is 'PREP' short for?

DOWN

1. In what year group do you take A Level exams?
3. What is the surname of our Headteacher?
4. In what Year group do you take GCSE exam?

2. Key Word Pictionary

For this game you will need at least one other person. With a friend or group of friends, decide which subject and set of Key Words you wish to learn or revise. Write them down on individual cards. Try to have a large number so they are not too obvious.

Take it in turns to draw (without using words, symbols or speaking) something that represents the key word you wish to learn.

Want to Make the Game Harder?

The other player who is trying to guess the key word can't say the key word, but must give the correct definition of it!

Here is an example below:



The Easy Answer: **An Atom**

***The Definition Answer:**

The smallest particle of a chemical element that can exist.

3. Write a Short Story

If you have a large number of facts, figures or key words to remember, write a short story that you can recite to yourself in the exam. The more interesting and funny your story is, the more likely you are to remember the facts.

Here is an example:

To begin our adventure into storytelling, start by reading the paragraph below, which recounts a brief and chaotic story. Your task is simply to understand what happens:

"A man called Nigel is sat next to his enormous, 300lb pet squid as they travel around in the back of his lime-green limo. They're arguing over what to watch on the limo's TV: Coronation Street, or Sesame Street. It soon turns into a fight, which the squid wins by using its eight limbs to empty eight pepper-grinders on to Nigel's head. Nigel leaps from the car in terror and runs away towards the sea, cleverly heading through a thick yellow field of rapeseed to stop the squid from following. On reaching the beach, he meets Prince Harry, who is celebrating his 25th birthday. Prince Harry persuades Nigel to help him confront two Gallic dancers who have eaten a beautiful "she-swan" (without the Queen's permission). After the attack, Nigel jumps into the sea and swims out towards, as luck would have it, the Lady of Shalott, who is bobbing up and down in a boat made from a giant orange pepper. She invites him on board and they fall in love."

It will have taken you perhaps a minute to read through this. This should demonstrate just how quickly and effortlessly your mind can imagine elaborate scenes it has never encountered before.

Your next step is to see how much of the story you recall. First, close your eyes and repeat the story as well as you can in your head. When you're done, open your eyes and write down all the items you have successfully recalled. This will give you a sense of how many useful memories you can store in around a minute or so. Hopefully you'll have impressed yourself again.

Now, you'll perhaps be wondering what the point of remembering a random list of objects like this might be. But here we can reveal that the story you've learned is not at all random, but in fact encodes the ingredients for a Nigel Slater recipe. Hooray! The 300lb squid represents 300g of squid; the lime-green limo is a lime; Coronation Street stands for coriander; Sesame Street for sesame oil; eight pepper grinders for eight crushed peppercorns; the rapeseed field for rapeseed oil; Prince Harry celebrating his birthday for 25g ginger; two Gallic dancers for two cloves of garlic; the "she-swan" for Szechuan pepper; the sea for salt; the Lady of Shalott for shallots; the orange pepper boat for one large orange pepper.

Have a look over these connections. Your last task is to try to remember the ingredients that correspond to each element in the story. Once you've done that, you're ready to make your squid and pepper stir-fry ...

1. <https://www.theguardian.com/lifeandstyle/2012/jan/15/story-lines-facts>

4. Key Term Word Search

Choose a subject and write down all the key words you need to learn. Find an online Word Search creator, there are a huge number of web sites that can do this for you.

For the clues, write the definition of the key word.

Once the word search has been created, leave it for a few days/weeks. Then, try and complete it. Don't forget to print out the answer sheet so you can self-check the answers!

Here is an example below:

PREP WORDSEARCH

Use the definitions to find the key words!

C	B	U	T	D	P	B	G	P	W
H	H	W	T	B	A	K	N	M	G
O	I	M	T	N	L	E	O	C	X
I	G	S	U	E	V	U	X	I	S
V	H	M	H	E	R	M	A	N	I
H	B	R	L	T	L	Y	N	Z	G
W	S	E	P	R	E	P	A	R	E
C	J	E	V	I	K	C	T	U	Z
M	S	M	G	H	T	L	C	Z	N
K	G	S	B	T	B	N	D	D	E
PREPARE	HERMAN	ELEVEN							
THIRTEEN	HIGH								

1. What is 'PREP' short for?
2. What is the surname of our Headteacher?
3. What year group take their GCSE exams?
4. What year group take their A Level exams?
5. What does the 'H' in SHS stand for?

5. Write a poem

If you have a large number of facts, figures or key words to remember, write a poem that you can re-cite to yourself in the exam. Try and make it rhyme on the key words and throw in their definitions if you can.

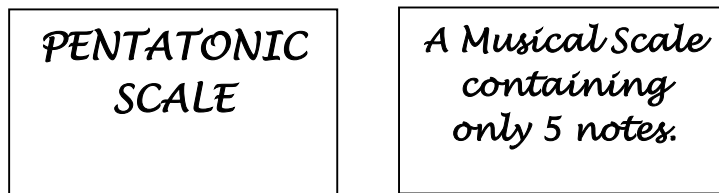
6. Card Matching Game

Use revision cards. They must all be the same size and colour. On half the cards, write a key word on each. On the other half of the cards, write their definitions on each.

With a friend, turn all the cards so they face down on the table. Each person takes it in turns to turn over two cards. If they turn over the key word and the correct definition, they get to keep them. If the two cards do not match, they must be turned back and it is the next persons turn. The winner is the person with the most cards at the end.

You not only have to remember where the key words and the definitions are, but match them as well!

Here is an example:



7. Name That Tune!

Choose a song from the charts that you know really well and enjoy singing along to.

Now, re-write the lyrics so they contain all the facts and key words you need to remember. Try to keep to the same number of syllables for each line! Then, sing the words out loud as many times as you need to remember the lyrics.

TIP: Go to youtube or karaoke site and use the backing track/instrumental so you can sing your lyrics along to the beat!

8. Alphabet Prep

Challenge yourself to write a key fact, definition or key word for each letter of the alphabet. It works best with a single topic or area. Once you have completed it, memorise it using some of the techniques in this book.

Finally, challenge yourself to recall all the information using the alphabet as your guide and prompt!

