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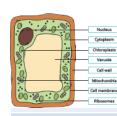
Idea

Plant Cell

Make some flash cards or PowerPoint slides. Make top trumps.

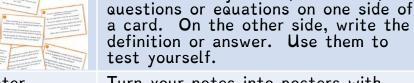


Make a poster.



Draw spider diagrams, or for the adventurous mind maps.





Explanation

Turn your notes into posters with lots of colour and illustrations. Summarising the key information in a different way is an effective way of learning and your brain will remember the colours more easily. Do the title last!

Write down key words, auotation,

Write the topic/keyword in the centre of your page. Add everything you know in subtopics. Then explore each subtopic in turn adding more ideas. Colour/pictures help you recall.

Are there songs that stick your head. Change the lyrics to the information you want to learn. If you record and listen back it will be a more fun way of revising.

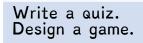
If you teach something to someone else the chance of recalling it is really high. This has been found to be the most effective way of learning something for the long term.

Take the keywords or facts that you need to learn and turn them into a story or a cartoon. The sillier the story the more likely you are to remember it.

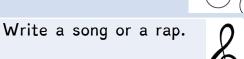
Playing is how we learn as young children and it is a very powerful way of learning throughout life. If we enjoy the game it helps us remember.

Just reading through your books or a knowledge organiser is not always an effective way to revise. Instead, you should do something with the information. Choose an example of the revision methods on the pages or see if you can come up with another method.

Subject	Page Number	Subject	Page Number
Food	3	German	22
DT	9	History	24
PE	10	English	26
Science	11	Maths	31
Computer Science	14	RE	35
Geography	15	Drama	37
Art	17	Wellbeing	38











Write a story or comic strip.



<u>Nutrients</u>

Macro nutrients - Needed in <u>large</u> quantities in the diet

- 1. Protein
- 2. Fats
- 3. Carbohydrates

Micro nutrients - needed in small quantities in the diet

- 1. Vitamins
- 2. Minerals

Dietary related health problems

Too much <u>sugar</u> can cause:

- 1. Weight gain (which can lead to obesity)
- 2. Tooth decay
- 3. Diabetes (your body cannot produce enough/any insulin to regulate your blood sugar levels)

Too much <u>salt</u> can cause:

1. High blood pressure (this can increase your risk of heart disease and a stroke).

Too much <u>saturated fat</u> can cause:

- 1. Weight gain (which can lead to obesity)
- 2. High cholesterol (this narrows arteries making it harder for the blood to travel around, putting you at risk of heart disease).

Example exam questions:

Explain three causes of obesity (3 marks)

What is the function of sugary and starchy carbohydrates (2 marks)

Why is protein especially important for children? (2 marks) What are the functions of fat? (3 marks)

List 5 food sources of plant based protein (5 marks)

Nutrition

Protein

Food sources

<u>Animal</u> -beef, pork, lamb, poultry (chicken, turkey, duck), fish, cheese, butter milk <u>Plant</u> - beans, chickpeas, lentils, peas, nuts, seeds, found in smaller amounts in some vegetables such as spinach and broccoli.

Function

Grown and repair of muscles and cells

Carbohydrates

There are two types of carbohydrates, complex and simple. They are also known as starchy (complex) and sugary (simple).

Food sources

<u>Starchy</u> – bread, rice, pasta, potatoes, bagels, oats, flour, cereal and some vegetables. Simple – fruit, some vegetables, chocolate, sweets, biscuits, cakes

Function

Starchy/complex carbohydrates are digested slowly and provide long term energy. Sugary/simple carbohydrates are digested slowly and provide short term energy

<u>Fat</u>

There are two types of fat, saturated and non saturated.

Saturated fats are classed as 'unhealthy fats', they are solid at room temperature and are generally animal based.

Unsaturated fats are classed as 'healthier fats' and are liquid or soft at room temperature and come from plant based sources.

Food sources

<u>Animal</u> -beef, chicken skin, processed meat (sausages, salami, pepperoni), bacon, butter, cheese, full fat milk

<u>Plant</u> - vegetable oils (sunflower, olive, rapeseed), avocado, nuts, seeds

Function

Keeps us warm (provides insulation), secondary source of energy, protects vital organs and bones.



The Eatwell guide



<u>The Eatwell guide</u>

The Eatwell guide is a government guide designed to show you the proportions of different foods groups you should eat over a day or more.

Tips on making healthy choices from the eatwell guide:

<u>Fruit and vegetables</u>: eat 5 portions of fruit and vegetables a day, this should make up 1/3 of your plate a day, fresh, canned dried and fruit juice/smoothies all count, don't exceed 150ml of fruit juice/smoothie a day as it can cause tooth decay, try snacking on fruit over high sugar and fat foods,

<u>Potatoes, bread, rice, pasta and other starchy carbohydrates:</u> choose non-sugary cereals, leave the skin on potatoes, choose wholemeal options of foods such as bread, rice and pasta.

<u>Oils and spreads</u>: choose unsaturated fats such as vegetable oils and margarine over butter, use in small amounts. <u>Dairy and alternatives</u>: choose lower fat options such as skimmed milk and low fat and salt cheese, choose low sugar yogurts and add fruit as a natural sweetener.

<u>Beans, pulses, fish, eggs, meat and other proteins</u>: eat more beans and pulses as they are high in fibre and fill you up for longer, cut the visible fat off meat, choose lower fat meat options, eat 2 portions of fish a week. Water: drink 2-3 litres of water a day, choose lower sugar option drinks.

Reference intake

Example exam questions:

How can I make healthy choices when choosing foods from the 'beans, pulses, fish, eggs meat and other proteins' section of the guide? (3 marks) How much of my plate should be made up of fruit and vegetables per day? (1

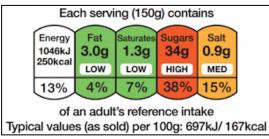
mark)

How many grams of saturated fat is it recommended not to exceed per day? (1 mark)

Why is recommended not to exceed 6g of salt per day? (2 marks)

How can someone use the traffic light system to help them make healthy choices? (6 marks) You'll see reference intakes referred to on food labels. They show you the maximum amount of calories and nutrients you should eat in a day. Most packaging has a colour coded label on the front to help you make healthy choices.

Reference in take amounts: Kcal (calories) - 2000 Total Fat -70g Saturated fat - 20g Sugar - 90g Salt - less that 6g



Red means HIGH in that nutrient Amber means MEDIUM in that nutrient Green means LOW in that nutrient

Reference intakes are not meant to be targets. They just give you a rough idea of how much energy you should be eating each day, and how much fat, sugar, salt and so on.

The percentages represent how much of your reference intake is in the product, e.g. the product has 3.0g of FAT in it, that is 4% of 70g of fat.

Puff pastry pesto tarts

Ingredients

1 x ready rolled puff pastry

 $\frac{1}{2}$ jar of pesto <u>OR</u> tomato puree

1 pepper

1 tomato

1 red onion

100g cheese

<u>Equipment</u> Chopping board Knife

<u>Skills</u> Slicing Dicing Baking



1. Pre-heat the oven to 180°C. Finely slice your onion, pepper and tomato.



5. Spread the pesto on to the tarts



2. Cube your cheese



6. Next add your vegetables and the cheese. Bake in the oven for 20 minutes on 180C.



4. Cut your puff pastry into even squares. Place the squares onto a baking tray with baking paper.

Planning your own recipe:

- Change the base (red pesto, BBQ sauce etc)
- Change the toppings (you MUST include at least 2 vegetables).
- Change the cheese.

Look at: Pizza pinwheels, sausage rolls/veggie sausage rolls.

Make sure you print off a recipe or write it down!

Next lesson you will be making your own puff pastry recipe.

Rock Buns

Ingredients

125g plain flour

60g margarine

2 tbsp caster sugar

1 egg

1 tbsp milk or water if needed

Optional filling:

- Chocolate chips
- Raisons

Equipment

Bowl wooden spoon Scales Jug baking tray

<u>Skills</u>

Weighing

Mixing

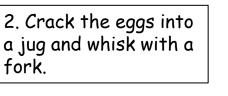
Shaping

baking



1. Pre-heat the oven to 200°C Cream butter and sugar together until creamy.







3. Add the egg a little bit at a time, mixing every time you add some.



4. Add the flour and other dry ingredients.



5. Mix into a batter. Add a tbsp. of milk if its too dry.



6. Divide into 4 rough heaps onto grease proof paper on a baking tray. Bake for 15mins until golden brown.

Ingredients

250g couscous 300ml boiling water 150g chorizo **OR** Chicken breast

1 yellow pepper

1 courgette

1 garlic clove

1 tomato

Handful of each fresh

parsley, basil and mint

(or dry mixed herbs)

 $\frac{1}{2}$ lemon (for juice)

1 tbsp. olive oil

Salt and pepper

<u>Optional</u>

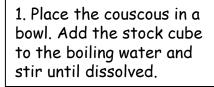
Handful of olives

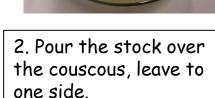
<u>Equipment</u> Chopping board Knife Saucepan Frying pan Wooden spatula Mixing bowl

<u>Skills</u> Seasoning Boiling Frying

Flavoured couscous











3. Chop the pepper, courgette, tomato, garlic and fresh herbs on a white chopping board. On a red board chop the chorizo or chicken breast.



4. Fry the peppers, courgette, garlic and chorizo or chicken in a little oil for 3 minutes. If using chicken fry for a further 5 minutes.



5. Add the tomatoes, herbs, olives, lemon juice, olive oil, salt and pepper. Cook for 2 minutes.



6. Add the chorizo and vegetable mix to the couscous and mix well.

Fairy Cakes

Ingredients

1 egg 75g Self raising flour 75g caster sugar 75g margarine Optional filling:

- Chocolate chips
- Dried fruit

Equipment Mixing bowl Weighing scales Wooden spoon Jug Cup cake cases Cupcake baking tray

<u>Skills</u> Weighing

Whisking Folding Portioning Baking



1. Collect all your equipment and turn your oven to 180°C or gas mark.



2. Cream the margarine and sugar until light and creamy.



3. Whisk the eggs in a jug. Add the egg a little at a time and mix well.



4. Fold in the flour and any other dry ingredients.

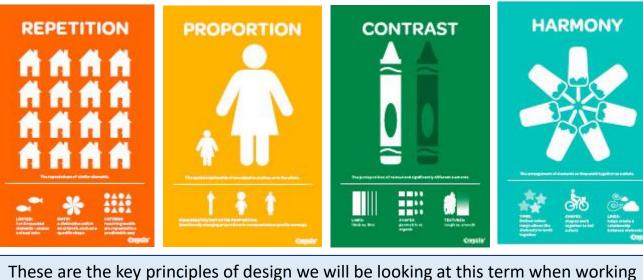


5. Half fill the paper cases with the mixture using two teaspoons.



6. Bake in a preheated oven for 15-20 minutes or until firm to touch and golden brown.

Year 7 Design and Technology



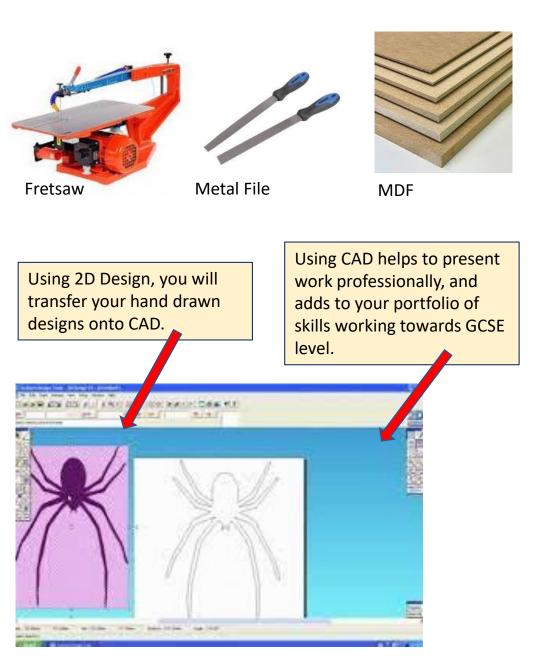
These are the key principles of design we will be looking at this term when working in the Workshop. The project is to design and make a key hook in the shape of an animal of your choice.

Key Questions?

- What is the function of a key hook? Will it have any extra practical design features?
- What key aesthetics do you need to consider when designing?
- How will you turn it from a 2D product into a 3D product?

<u>Word Ban</u> Material	<u>ık</u>			
properties	Aesthe	tics Mea	asurements	
Template	Product			
Analysis	Fretsaw	Sander	Relief	





1. Improves fitness

If you take part in a SPORT regularly, your fitness will overall improve. This means you will improve your physical health, which helps with reduction of the chances of long term health conditions.

Examples of team

sports:

- Rugby
- Netball
- Football
- Hockey
- Basketball
- Cricket
- Volleyball

2. Meet new people

If you take part in a TEAM SPORT you're going to be socialising and making new friends. This will help you develop your communication skills. In all sports you will have to communicate with your coaches/officials to understand how to develop your skills to improve.



What are the benefits of taking part in a SPORT?



3. Develop leadership skills

In your SPORT you might be asked to lead a warmup or become a captain of the team. This will develop your confidence in leading and showing your knowledge to others.

Examples of individual sports:

- Swimming
- Gymnastics
- Tennis
- Golf
- Boxing
- Cycling

4. Resilience

When you join a SPORT, you might not win all the time. This means that you will have to develop your resilience to try hard and motivate your team/others to carry on. You also might have to learn a new move or skill in your SPORT. Sometimes skills might take months to perfect, you will have to be resilient and preserve with this to accomplish the skill.



ENERGY – SUMMER 1

Key points			
 Energy stores 	Energy store	Description	Examples
 can be described as being in different 'stores'. Energy cannot be created or 	Magnetic	The energy stored when repelling poles have been pushed closer together or when attracting poles have been pulled further apart.	Fridge magnets, compasses, maglev trains which use magnetic levitation.
 destroyed. Energy can be transferred from one store to another. <u>ENERGY STORES</u> 	Internal (thermal)	The total kinetic and potential energy of the particles in an object, in most cases this is the vibrations - also known as the kinetic energy - of particles. In hotter objects, the particles have more internal energy and vibrate faster.	Human bodies, hot coffees, stoves or hobs. Ice particles vibrate slower, but still have energy.
magneticinternal (thermal)	Chemical	The energy stored in chemical bonds, such as those between molecules.	Foods, muscles, electrical cells.
•chemical	Kinetic	The energy of a moving object.	Runners, buses, comets.
kineticelectrostaticelastic potential	Electrostatic	The energy stored when repelling charges have been moved closer together or when attracting charges have been pulled further apart.	Thunderclouds, Van De Graaff generators.
gravitational potentialnuclear	Elastic potential	The energy stored when an object is stretched or squashed.	Drawn catapults, compressed springs, inflated balloons.
	Gravitational potential	The energy of an object at height.	Aeroplanes, kites, mugs on a table.
	Nuclear	The energy stored in the nucleus of an atom.	Uranium nuclear power, nuclear reactors.

Transferring energy

END

Energy in

kinetic store

of toy train

Transferring energy

In each of these examples, energy is transferred by one of the following four types of energy transfer:

•mechanical work - a force moving an object through a distance

•electrical work - charges moving due to a potential difference
•heating - due to temperature difference caused electrically or by chemical reaction

•radiation - energy tranferred as a wave, eg light and infrared - light radiation and infrared radiation are emitted from the sun

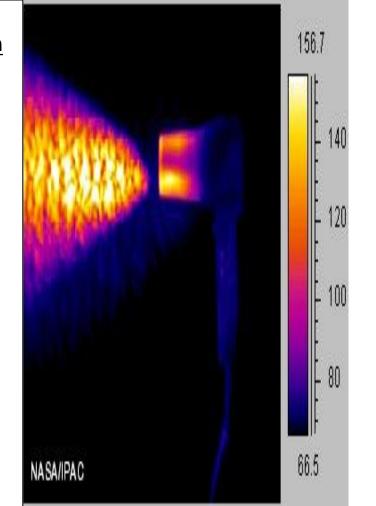




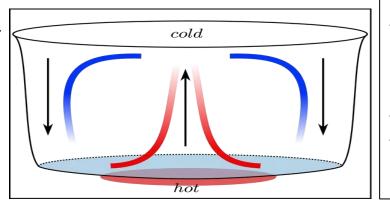


Thermal energy transfer by radiation

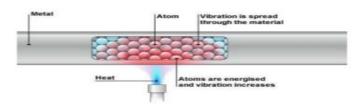
All objects give out some infra red radiation, but the hotter they are the more radiation they give out. All objects can also absorb infra red radiation: when they do, they heat up. Radiation can travel through empty space - so this is how the Sun heats up the Earth. The objects don't have to be touching, unlike in conduction, and there are no particles involved.



HEAT ENERGY TRANSFER



Conduction



Heat energy is conducted through the solid in this way. As the atoms of the solid gain kinetic energy the temperature of the solid increases.

Thermal energy transfer by conduction

Hot materials can transfer thermal energy to other materials that they are touching. This is called conduction of thermal energy. As the diagram shows, the particles that are heated increase in kinetic energy when they are heated. They bump into neighbouring particles and pass on (transfer) thermal energy. This is why a table feels warm after a hot cup of tea is lifted from it, and the reason why thermal energy can pass through the bottom of a saucepan to cook your dinner.

Convection

Heat can be transferred from one place to another by convection.

Fluids

Liquids and gases are fluids because they can be made to flow. The <u>particles</u> in these fluids can move from place to place. Convection occurs when particles with a lot of heat energy in a liquid or gas move and take the place of

particles with less heat energy. Liquids and gases expand when they are heated. This is because the particles in liquids and gases move faster when they are heated than they do when they are cold.

Knowledge Organiser: Year 7 Summer Term

Summary

The internet has changed the way we work and play. It allows us to communicate, to share data and to look for I information in a matter of seconds. All this is possible through the use of computers and networks.

The internet is a global network of computers. All computer devices (including PCs, laptops, games consoles and smartphones) that are connected to the internet form part of this network. Added to gether, there are billions of computers connected to the internet, all able to communicate with each other. Today, the internet is a massive part of our daily lives. When you chat to somebody on the internet or send them an e-mail, do you ever stop to think how many different computers you are using in the process? There's your computer/smartphone, of course, and another one at the other end where the other person is ready to communicate with you. But in between your two machines, making communication between them possible, there are probably about a dozen o ther computers bridging the gap. Collectively, all the world's linked-up computers are called the Internet. How do they talk to one another?

Careers include Cloud Computing Engineer, Computer Network Specialist, Information Security Specialist, Computer Support Specialist, Software/Application Developer, Games Designer and Web Developer

So how does information move around the internet?

Let's imagine you are visiting a webpage with an image on it. How does the image get to your computer? The image is stored on a web server. Your computer sends a request to the web server for the image.

The request is sent in a 'packet'. Special computers called **routers**, and **devices** direct the **packet** from your computer to the web server. The web server might be close by or on the other side of the world.

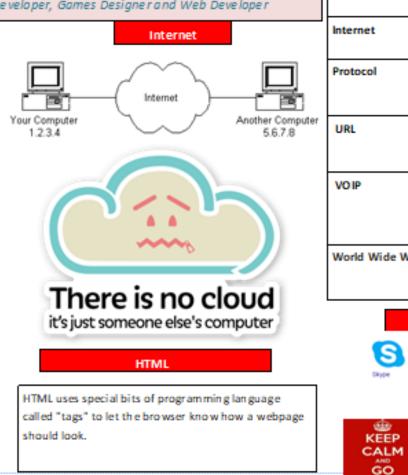
The packet can be sent across the **world** through fibre optic cables under the sea or even by satellite.

Now that the packet has arrived the web server opens it and reads your computer's request, in this case 'please send me this image'.

The web server sends these packets back to your computer and once again routers and s witches direct them.

The routers try to find the fastest possible route for each packet. They **might take different routes** and might not arrive in the same order they were sent. Now that all the packets have been received the information attached to them tells your computer how to put them back togeth er and the image will display on your screen.

This whole process of sending a request and receiving the packets usually takes less than a second!



Key Vocabulary			
Hyperlin k	Websites and webpages are joined together using hyperlinks. Clicking on a hyperlink takes us to another site or page.		
Http	Tells the computer to use the hyper text transfer protocol for communicating with the website		
HTML	Hypertext Markup Language.		
Internet	The internet is a global network of computers.		
Protocol	A set of rules or procedures for transmitting data bet ween electronic devices		
URL	A website's address .Each address contains the prefix 'http:' which tells the computer to use the hypertext transfer protocol for		
VOIP	Internet protocol (VoIP) is the technology that allows us to video conference. Many companies offer free VoIP services, including Skype, Apple Facetime and Whats App.		
World Wide Web	World Wide Web is the part of the internet that can be accessed through websites		



https://bbc.in/2scPjly

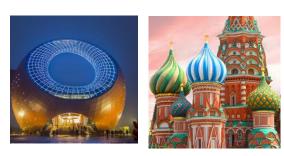






Topics covered

- ✓ Asia facts
- \checkmark Main physical features
- ✓ SE Asia/'far east'
- ✓ Middle East
- Russia/China and Japan –
 main differences
- ✓ How Asia is changing



Year 7 Knowledge Organiser: Asia

Key Ideas:

- 1. I can describe the location of Asia and identify several of its main regions/places
- 2. I can describe and contrast the 3 main countries of Russia, China and Japan
- 3. I can describe regions of the Middle East and their countries
- 4. I can describe the physical geography of Russia, including its landscape and physical resources, and locate some of the major human geography e.g. cities
- 5. I can explain the importance of Japan, Russia and China in the current world
- 6. I can explore how Asian countries are changing in the future

Skills

- \square To research amazing facts using ICT
- $\hfill\square$ To use mapping to investigate features
- $\hfill\square$ To understand different opinions and
 - viewpoints
- □ To write a detailed piece of extended writing
- □ To draw/label line graphs
- □ To use ICT/MS Office to present to my class

Places and Environments

- Shanghai
- ✤ Honshu
- ✤ Plateau of Tibet
- ✤ Himalayas
- ✤ Yangtze River
- ♦ Mount Fuji
- ✤ Moscow
- Lake Baykal
- Middle East
- ✤ Siberia✤ Tokyo
- ✤ Tokyo
 ♦ Caspian Sea
- ♦ Aral Sea
- ✤ Black Sea



Key Terms Used in this Unit

□ Latitude □ Longitude/time zones □ Far East □ Middle East □ Former Soviet Union □ Hong Kong □ Plateau of Tibet □ Oligarchs □ Yangtze River **Climate Cold War** □ Provinces □ Communism □ Communism □ Economic growth □ Standard of Living □ Exports

□ Technology

China





China has experienced rapid 'economic growth' in the last 25 years.

China has the worlds second largest Population

Many poorer people continue to live and work in the countryside

The city of Shanghai has grown rapidly and has a number of unique skyscrapers





Russia has huge 'coniferous' forests, this biome is called the 'Taiga' Russia has nomadic tribal peoples in the north

Russia is the largest

country in the world



Russia

Russia has large fossil fuel resources

The worlds largest city is Tokyo in Japan



Japan is a mix of traditional and futuristic landscapes on volcanic islands in the Pacific Ocean.



Japanese culture includes unique traditions, beliefs, foods and modern technology.

The 3 gorges dam was built on the

Yangtze river in China, it is the

worlds largest dam





Middle Eastern people are descended from ancient tribes and the earliest civilisations

The Middle East connects Asia to Africa.

This is a region of huge 'instability' but also huge wealth





UAE is a futuristic small state in a desert

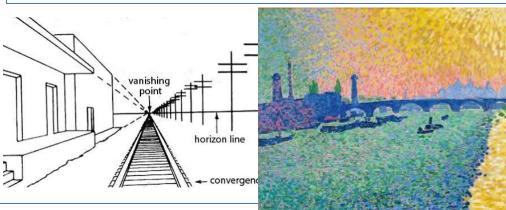
Middle East



Year 7- perspective landscape

Overview:

Students learn about one and two point-perspective and how it can create the illusion of distance in Art work. You will draw a chequered table cloth surface using one point perspective and behind this will paint a Impressionist style landscape in the background using paint and oil pastel.



Artists' studied:

Andre Derain- He does bold colourful landscapes in the style of "Fauvism" which is a French word for wild beasts.

Key words:

Linear Perspective: A technique that uses a vanishing point to create the illusion of distance in pictures. Tone: Using a pencil to clearly show the direction of light so items appear 3D.

Blending: Smoothing out pencil lines to create a gradual tone Colour Wheel: Showing the relationship between colours Complimentary: Colour opposite one another on the colour wheel Primary: Red, Yellow, Blue – from which all other colours are made Secondary: Green, Purple, Orange-Colours made from mixing two primary colours

open occodemy

Materials / Techniques to be explored:

Perspective drawing, mixed media painting, Dot painting,

One and Two-point Perspective Year 7 Art

Perspective

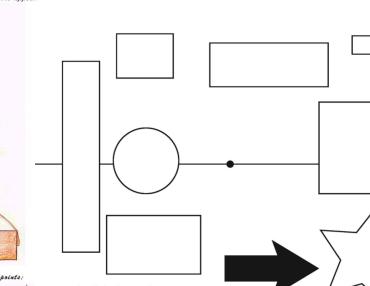
* Perspective is a drawing method that shows how objects appear to get smaller as they get further away:

- * Objects are drawn disappearing towards Vanishing Points':
- * Vanishing Points are located on a "Horizon Line" (or 'Eye Level Line'). This is an imaginary line, level with the viewer's eyes:
- * Objects drawn above the eye level line appear as if you are looking up at them: those below the eye level line appear as though you are looking down upon them.

ONE POINT PERSECTIVE

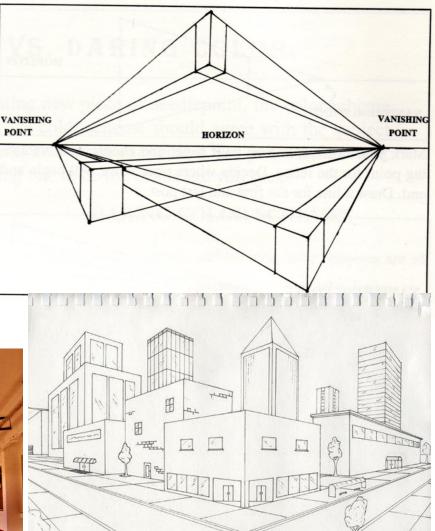
* Lines converge towards one vanishing point:

- * Generally used when looking down something long, like a road or corridor:
- * Front and back face of the object appear 'flat' or 'front on': * Sides. top and bottom of objects
- scaes, cop ana pottom of objects converge towards vanishing points.



One Point Perspective Use the vanishing point in the center to create 3D forms

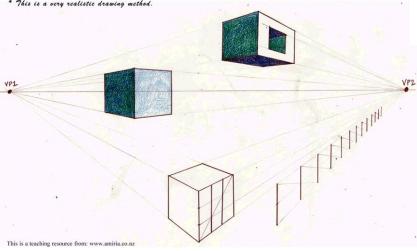




TWO POINT PERSECTIVE

* Two vanishing points are used, both located on the Horizon Line:

All lines (except curving or irregular lines) are drawn as either vertical, or going towards the vanishing points;
 This is a very realistic drawing method.



Ì	Methods of Recording	
	Observational drawing	Drawing from looking at images or objects
	First hand observation	Drawing directly from looking at objects in front of you
	Second hand observation	Drawing from looking at images of objects
	Photographs	Usinga camera or smartphone to record images will class as first hand observation
	Sketches	Basic sketches and doodles can act as a starting point for development
	Stages of Drawing Basic shapes Accurate sh	apès Detail Shade
2		
	Tonal shade Produce a range of tones by vathe pressure and layering consusing softer pencils for darker	sider
	Alternative shade technic	ques Stippling Scribble Pattern

Annotation

3

Describes writing notes, using images and explaining your thoughts to show the development of your work.

Step 1Describe What is this an image of? What have you done here? What was this stage of the project for?

Step 2Explain How was this work made? How did you produce particular effects? How did you decide on the composition?

Step 3Reflect

Why did you use these specific methods? Why do particular parts work better than others? Why might you do things differently next time?

Formal elements are taught e.g. how to sketch and use tone to create a 3D effect. You will explore the colour wheel and how to use the basic materials in Art.
 "The Greenman" – This project introduces you to facial proportions and how to blend oil pastels effectively. We also learn about clay and create small 3D Greenman faces. Examples of world renowned pieces of art are discussed.

3-"Perspective Landscapes"- This project introduces students to the concept of perspective and distance in Art. You learn about the technique of one-point perspective to create a feeling of depth in a landscape.

						_			
1 Media		The subst to make a	tance that an artist use art	2) Pencil		The k work		
				e as media but can also ne basis of the art work		Biro		Draw using	
				eg, canvas, paper, clay		Pa	Pastel (chalk/oil)		Oil ar smoo
		art work,		ood used to complete the can be generic such as		Coloured pencil	O	Color some	
				blending	nting or more focus such as nding		Acrylic paint		A thi creat
		Processe	es	artwork t	nod used to create hat usually follows a		Watercolour		A sol dowr
				range of s one skill	steps rather than just		Gouache		A pui wate
(3	Colour Theory		vertiand primary lennary	lertion primary lertian	Pressprint		A pol white		
		ary= YELLOW,	Complimen Colours oppo	osite on the	La primary and the	krew k	Monoprint		Whe over
		ndary= ary+Primary	colour whee Harmoniou		primary primary	tertiary	Collograph		A pri
	Tertia		wheel Monochror		secondary		Card construction		Sculp fittin
	ry	idary+Prima	shades, ton of one colo	ur	lertiary secondary tertiary		Wire		Thick form
	black		Hue – the p				Clay		A sof be gl
	Tint - white		Warm; RED YELLOW. Cold; BLUE,				Batik		A fab inks
			PURPLE				Silk painting		Fabri an ou
					•				

		The basic tool for drawing, can be used for linear work or for shading
		Drawings can be completed in biro and shaded using hatching or cross hatching
⟨∕oil)		Oil and chalk pastels can be used to blend colours smoothly, chalk pastels give a lighter effect
ncil	0	Coloured pencil can be layered to blend colours, some are water soluble
:		A thick heavy paint that can be used smoothly or to create texture
r		A solid or liquid paint that is to be used watered down and layered
		A pure pigment paint that can be used like watercolours or more thickly for an opaque effect
		A polystyrene sheet that can be drawn into to print white lines – can be used as more than 1 layer
		Where ink is transferred onto paper by drawing over a prepared surface
		A printing plate constructed of collaged materials
uction		Sculptures created by building up layers of card or fitting together
		Thick or thin wire manipulated to create 2d or 3d forms
		A soft substance used for sculpting, when fired can be glazed to create shiny colourful surfaces
		A fabric technique using hot wax to resist coloured inks
;		Fabric inks painted onto silk, Gutta can be used as an outliner to prevent colours mixing



¹ Formal Elements of Art

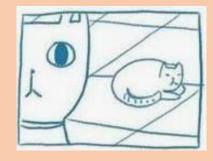
LINE	the path left by a moving point, e.g. a pencil or a brush dipped in paint. It can take many forms. e.g. horizontal, diagonal or curved.
TONE	means the lightness or darkness of something. This could be a <u>shade</u> or how <u>dark</u> or <u>light a colour</u> appears
TEXTURE	the surface quality of something, the way something feels or looks like it feels. There are two types : <u>Actual</u> and <u>Visual</u>
SHAPE	an area enclosed by a <u>line</u> . It could be just an outline or it could be <u>shaded</u> in.
PATTERN	a design that is created by repeating <u>lines</u> , <u>shapes</u> , <u>tones</u> or <u>colours</u> . can be <u>manmade</u> , like a <u>design</u> on fabric, or <u>natural</u> , such as the markings on animal fur.
COLOUR	There are 2 types including Primary and Secondary . By mixing any two <u>Primary</u> together we get a <u>Secondary</u>

(3)

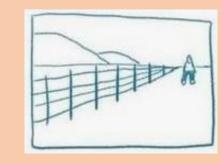
A Rough	A Visual/ Maquette	Final Piece
A basic sketch of a final idea	A small image or model created in selected materials	An image or sculpture pulling all preparatory work together

Composition Layouts

Rule of thirds – Place focal objects at 1/3 or 2/3 of the image horizontally or vertically. Not in the middle



Simplify and fill. Enlarge or crop the image to fill the space



Use lines. Lines will draw the viewer in, they don't have to be straight, consider S or C

11110 Inn. 11100

Balance elements. If there is an emphasis on one side balance it out with smaller objects on the other







German Module 4: Schuleistklasse! (School is class!)

Here is the vocabulary you will need for Module 4.

Đ

It is also on Memrise - www.memrise.com

<u>www.textivate.com</u>

Username: openacademy Password: surname800 Go to 'my resources' to find your work.

Schulfächer • School subjects

Deutsch	German
Englisch	English
Erdkunde	geography
Geschichte	history
Informatik	ICT
Kunst	art
Mathe	maths
Musik	music
Naturwissenschaften	science
Sport	sport, PE
Technik	technology
Theater	drama



the week
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
What do you have on Monday?
I have on Tuesday
We have no school on Sunday:

In this Module you will learn how to:

- talk about school subjects
- talk about days and times
- describe your teachers
- talk about school facilities and rules
- Read longer texts.





In der Schule • In school

die Lehrerin(-nen) teacher (female) die Deutschlehrerin(-nen) German teacher (female) der Lehrer(-) teacher (male) der Sportlehrer(-) sports teacher (male) Was gibt es? What is there? Es gibt einen/eine/ein ... There is a ... Es gibt viele ... There are lots of ... das Klassenzimmer(-) classroom der Tisch(-e) table der Stuhl(-e) chair der Computer(-) computer das Whiteboard(-s) whiteboard das Poster(-) poster das Fenster(-) window die Wand("e) wall die Tür(-en) door der Korridor(-e) corridor



German

Eigenschaften • Characteristics		
Er/Sie ist	He/She is	
alt	old	
fair	fair	
freundlich	friendly	
jung	young	
launisch	moody	
lustig	funny	
nervig	annoying	
streng	strict	
unpünktlich	unpunctual	

Die Zeit • Time	
Wann?	When?
Um wie viel Uhr?	At what time?
Um 8:30 Uhr (acht Uhr dreißig).	At 8:30.
Wie viel Uhr ist es?	What time is it?
Es ist 9:50 Uhr (neun Uhr fünfzig).	lt's 9:50.
in der ersten Stunde	in the first lesson
vor der Pause	before break
nach der Mittagspause	after the lunch break

Read the Strategy Box for ideas for remembering vocabulary.

Oft benutzte Wörter High-frequency words weil because sein/seine his ihr/ihre her zu 100 sehr VERV ziemlich quite, fairly abit ein bisschen nicht not haben to have tobe sein in in at, by, on (wall) an auf on (top of) near, next to neben heute today morgen tomorrow before vor nach after

Strategie 4

Memory room

To help you remember vocabulary, try associating it with places in a room, such as your bedroom. In your mind, place the words you want to remember in different parts of the room. For example, to learn the school subjects, you might put Erdkunde by your computer, Kunst on top of the wardrobe, etc. Then you look round the room and say Erdkunde when you get to the computer and so on.

Mnemonics

If the spelling of a particular word just doesn't seem to stick, you could invent a mnemonic - a rhyme or saying that sticks easily in your mind. Here's an example, but it's best to make up your own because you'll find them easier to remember

cable to remember.
Sit
Tight
Until
Henry
Leaves

Year 7 History - Native Americans, Tudor England and the Reformation

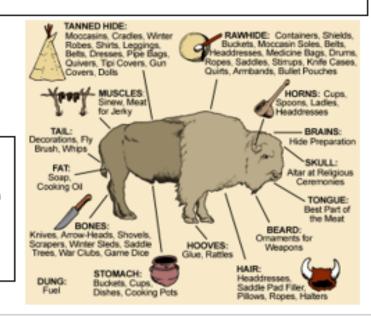
Key words		
Native Americans	General term used to describe the hundreds of different tribes who have lived in North America for thousands of years, long	
	before it was settled by white Europeans	
Buffalo	A large mammal living in North America. Many tribes relied on the Buffalo as a source of food, shelter, clothing, medicine and many other uses	
Nomadic	A way of life in which a tribe or group travels and settles temporarily rather than setting up towns, villages or cities	
The Great Plains	An area of the USA covered mostly with grassland - once home to Buffalo and tribes such as the Sioux and Apache.	
The Reformation	A process of religious change in early modern Europe, where much of Europe converted from Catholicism to Protestantism	
Catholicism	A type of Christianity that believes that the Pope is the head of the Church and that the Bible and church services should be in Latin	
Protestantism	A type of Christianity that does not believe that the Pope is the head of the Church and that the Bible and church services should be read by people in the own language	
Henry VIII	King of England between 1509 and 1547. Most famous for his six wives, Henry was also important in making England a more Protestant country with himself as head of the English Church	
Martin Luther	A German Protestant who wrote several important books/articles about religion that helped spread the Protestant religion around Europe	

Some tribes lived on the Great Plains (see key words above). These tribes mostly lived nomadically and hunted the Buffalo, of which they used the entire body. For example, they lived in Tipis, a type of tent build from Buffalo hide. Plains tribes also frequently raided each other, and the white settlers once they arrived. It was the Plains tribes who were some of the last to be defeated by the US military around the year 1900. On the right is a diagram showing the many different uses of the Buffalo.

Native Americans

Before white settlers arrived in North America it was known as 'Turtle Island' and was inhabited by millions of people organised into hundreds of different tribes. Each tribe had their own way of life, including different diets, spiritual beliefs, languages and customs.

Some of the largest tribes were the Sioux, Navajo, Cherokee, Apache and Iroquois. Although up to 90% of the population were killed by white settlers, most tribes still remain today. However most of their original territory was taken from them and some now live in different regions to their ancestors.



The Tudors

The Tudors were a family who ruled England between 1483 and 1603. They are remembered for the amount that they changed England. One of the biggest changes they introduced under Henry VIII, Edward VI and Elizabeth I was the English Reformation. This was when England changed from a Catholic country to being a Protestant country.

Causes of the Reformation	Consequences
The Reformation in Europe	Protestants throughout Europe like Martin Luther helped spread Protestant ideas. These books reached England and many people began to change their religion.
Anne Boleyn	Henry VIII's second wife and a Protestant, Anne encouraged Henry to end his first marriage and convert to Protestantism. Henry eventually did this and fell out with the Pope.
Corruption in the Catholic Church	Probably exaggerated by Henry VIII, monks and other Catholics were accused of drinking, gambling and being too wealthy. As a result, Henry closed down their monasteries.
Actions of Protestant monarchs	Although Henry VIII was the one to bring in the Protestant Reformation, it was actually under Edward VI and Elizabeth I that Protestant changes occurred much more rapidly. Both introduced a 'book of common prayer' that was in English and preached Protestant ideas.











Henry VII, reigned 1485-1509

Henry VII took the throne by defeating the previous King, Richard III. Henry made efforts to control the barons in England. He taxed them heavily and punished them harshly for disobeying him.

Henry VIII, reigned 1509-1547

Determined to have a son of his own, Henry married six different women and had three surviving children. In the 1530s Henry claimed to have become a Protestant and changed the religion of England to Protestant with himself as head of the Church.

Edward VI, reigned 1547-1553

Henry VIII's only son and just nine years old when he was crowned King and dead by the age of 13, Edward never really had the chance to rule England. Edward was raised as a Protestant so England became more Protestant during his reign.

Mary I, reigned 1553–1558

Mary was Henry VIII's eldest daughter and a strong Catholic. Nicknamed 'bloody Mary' she is often remembered for executing many Protestants but was also a strong eueen in a difficult time.

Elizabeth I, reigned 1558-1603

Elizabeth was Henry VIII's youngest child and a Protestant like her brother. Often remembered as one of England's greatest queens, she continued to make England more Protestant, with increasingly harsh punishments of Catholics who resisted.



READING:PLOT AND STRUCTURE KEY VOCABULARY

PLOT

A connected series of events that make up the story.

STRUCTURE

How a story is put together (how the different parts fit together, the order they are placed in ect.)

EXPOSITION

The situation at the start of a story, which may include introducing the main character, or setting the scene.

RISING ACTION

The series of events leading up to the climax of the story.

CLIMAX

The moment of most tension after the build-up of events.

FALLING ACTION

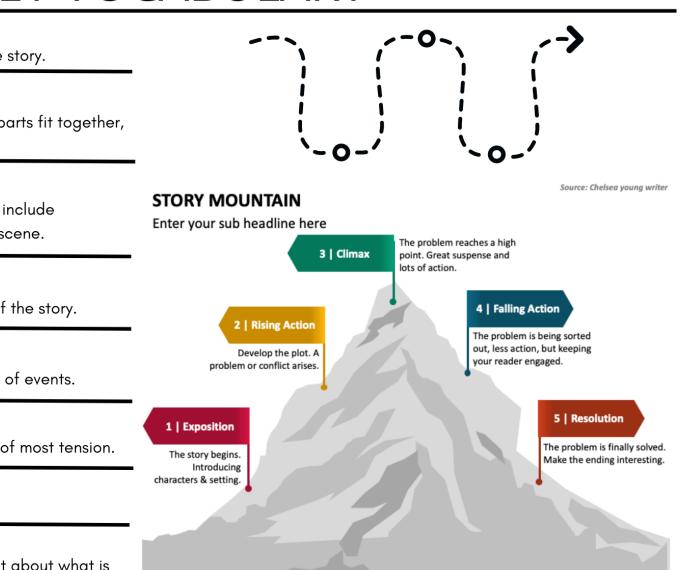
The winding down of a story after the moment of most tension.

RESOLUTION

The way in which a story ends.

SUSPENCE

Creating uncertainty and a sense of excitement about what is going to happen next.



Context

George Orwell was born to British parents in 1903 in Bengal, India. At that time India was a British Colony. He and his family moved back to England in 1907. A bright boy from a family that was in no way wealthy, he earned scholarships to Eton College. At Eton he gained a reputation for being anti-authority. After Eton, Orwell chose not to go to university but became a policeman in Burma. Before he had even landed in India, he began to have second thoughts when he saw a policeman being applauded by rich Englishmen for kicking a native. He came to hate the idea of imperialism, where the British ran the country and dominated the native people.

Russian Revolution - Before the revolution of 1917, Russia was a dictatorship. The tsar had absolute power and made all of the decisions; he basically told everyone what they could and could not do.

Russia was also a capitalist society at this time. Capitalism is an economic system based on business - selling things to make a profit. The business owners kept most of the profits for themselves and paid workers very little; consequently, the owners became very rich while the workers lived in poverty and often went hungry. The powerful tsar, Nicholas II, became very unpopular with the Russian working classes because he did nothing to help them.

Vladimir Lenin led the revolution against the tsar's government and Nicholas II was overthrown. Lenin wanted the working classes to have more power so he made Russia into a democracy - this is where all the citizens of a nation make decisions through voting. His organisation and leadership of Russia was inspired by the communist ideas of Karl Marx.

Karl Marx was a German philosopher and politician. He believed that capitalism was wrong because the poor were exploited by the rich to get even richer. Marx believed that everyone in society should be equal and everything should be shared - this is called Communism.

Life was much better for the working classes under Lenin's communist and democratic leadership and he had many loyal supporters. The success of the Russian Revolution started to go wrong when Lenin died in 1924. Leon Trotsky, Lenin's right-hand man, was the obvious successor, but Joseph Stalin, who had built a secret power base behind the scenes, seized power from right under Trotsky's nose. Stalin used Trotsky as a scapegoat and later used his power to exile him from Russia.

Stalin spread propaganda about his own 'great' leadership and banned criticism against him. He was in complete control of the communist party and Russia. He altered the communist principles of the party to suit his own interests and anyone who dared to speak out against him was tortured and sent to labour camps or shot - sometimes publicly. Under Stalin's rule Russia became a dictatorship once again and the working classes were in a more desperate situation than before the revolution.

Plot Summary

- 1. The animals gather to listen to old Major. He gives them a vision of a life without man.
- 2 The animals rebel and overthrow Jones. The commandments are written.
- 3 The animals' first harvest is a success. The pigs keep the milk and apples to themselves.
- 4 The Battle of the Cowshed: Jones attempts to reclaim the farm.
- 5 Snowball and Napoleon debate the windmill. Napoleon uses dogs to chase Snowball from the farm. Napoleon makes himself leader.
- 6 Work begins on the windmill. The pigs move into the farmhouse. Winds destroy the windmill.
- 7 Work on the windmill starts again. Napoleon demands eggs from the hens. Napoleon slaughters animals at the show trials.
- 8 Napoleon betrays Mr. Pilkington and sells timber to Mr. Frederick. Frederick pays with counterfeit money. Frederick attacks the farm. The animals suffer losses in the Battle of the Windmill. The windmill is destroyed.
- 9 Boxer is sold to the knacker's yard.
- 10 The pigs are leaders on the farm. They start walking on two legs and carrying whips. There is no difference between the pigs and the humans they sought to overthrow at the start of the novel.

Key Terminology

Allegory - a story which has a deeper meaning. The deeper meaning is often a moral. It teaches you a lesson about life.

Propaganda - Information that is meant to make people think a certain way. The information may not be true.

Pathetic fallacy - the attribution of human feelings and responses to inanimate things or animals, especially in art and literature

Rhetoric - language used to motivate, inspire, inform, or persuade readers and/or listeners

Dramatic Irony - a literary device by which the audience's or reader's understanding of events or individuals in a work surpasses that of its characters.

Key Themes

Leadership and Corruption

Lies and deceit

Foolishness and naivety

Violence Pride and Ceremony

Dreams, hopes and future plans

Characters

Mr Jones - Drunken owner of Animal Farm. Embodies the tyranny of man

Old Major - Wise, old pig. Inspires the rebellion with his rhetoric.

Napoleon – Expels Snowball. Executes animals. Establishes himself as dictator. Controls with fear. Becomes Jones

Snowball – a more vivacious pig than Napoleon, quicker in speech and more inventive.

Squealer - Mouthpiece of Napoleon. Uses propaganda to control the animals

Boxer - Devoted citizen and immensely strong. Innocent and naïve.

Clover - Maternal, caring and loyal. Senses hypocrisy but cannot articulate it.

Art Links

The Russian Communist Party used early film and media to spread their message across the vast expanse of Russia. They used special cinema trains to distribute films with extreme propagandist messages to the far-flung rural areas. The Communist regime also exploited art in the form of posters to spread their political idealism; therefore making Art political. Their art form was brutal, basic and laced with simple symbols for easy access for an uneducated massive population. Their art also championed not only their leaders (Lenin) and heroes (Yuri Gagarin - the first man in space) but also the average, anonymous working man or woman - representing the glorious Working Class. The simplistic artwork with its reliance on Party Red and its clear narratives are readily recognizable.

Music Links

Stalin was very critical of Western degenerate music and invested in home-grown Russian composers such as Shostakovich and Prokofiev, who created operas and symphonies that supported the values of Communism and saw triumph in unity and brotherhood. Modern pop music was welcomed by the masses but banned by Party in power throughout the 1960 and 1970s and had to go underground, making it all the more exciting to young listeners. The Communist Party didn't like the freedom loving lyrics and idea of individualism in modern pop songs.

The Open Values in Animal Farm:

Courage Aspiration Perseverance Team work

The animals in Animal Farm work closely together as a team to hep make the farm a success. Some show great perseverance and courage in the face of the terrible pigs. Most aspire to be the best they can be and make anappier life for themselves.

Careers https://www.prospects.ac.uk/careers-advice/what-can-i-do-with-my-degree/english



Ambitious Vocabulary

Bourgeoisie (The Haves): Small number of people with control and power.

Proletariat (The Have-Nots): Large number of people working and producing goods with very little power or say over how their lives are run.

Vivacious attractively lively and animated

Ignominious deserving or causing public disgrace or shame

Morose gloomy and ill-tempered

Rebellion - an act of armed resistance to an established government or leader

Prosperity - the condition of being successful or thriving. especially : economic well-being

Tyranny - <u>cruel</u> and <u>oppressive</u> government or rule

Benevolent - well meaning and kindly

Year 7 - Summer 1 - Animal Farm - Task Sheet

Context Questions:

- 1. Create a class quiz on the context of the play. This could include matching characters to historical figures and facts about the Russian Revolution.
- 2. Why was George Orwell so interested in the Russian Revolution.
- 3. What is Marxism? Give an example of how it links to Animal Farm?

Key Themes

- What does tyranny mean? How does it link to Animal Farm?
- 2. Two of the themes are corruption and control. How are they linked to cause chaos on Animal Farm?

Key Terminology

- 1. Explain the difference between communism and capitalism.
- 2. What are the proletariat and the bourgeoisie?
- 3. Define the term 'allegorical novella'.

Character Questions:

- 1. Draw a hierarchy of the animals on the farm.
- 2. Who is Old Major? Who does he represent.
- 3. List three events in Animal Farm that represent

what happens in the Russian Revolution.

4. Using your answer to question 3 to write one

word to describe Napoleon.

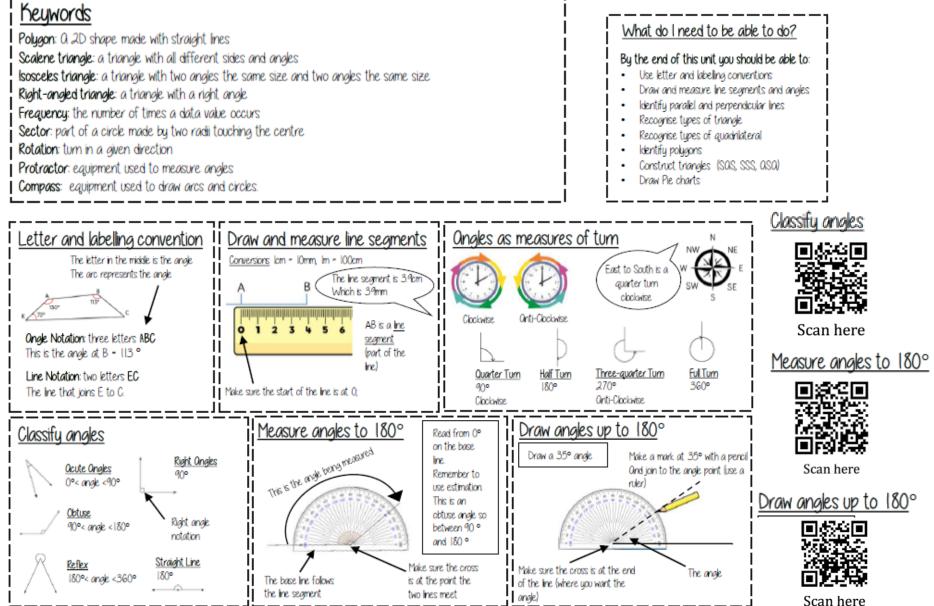
- 5. Snowball is exiled. Why might this be?
- 6. Why does Boxer keep agreeing to do hard work?
- 7. What is the name of animal that escapes the
- farm after the revolution to be looked after by

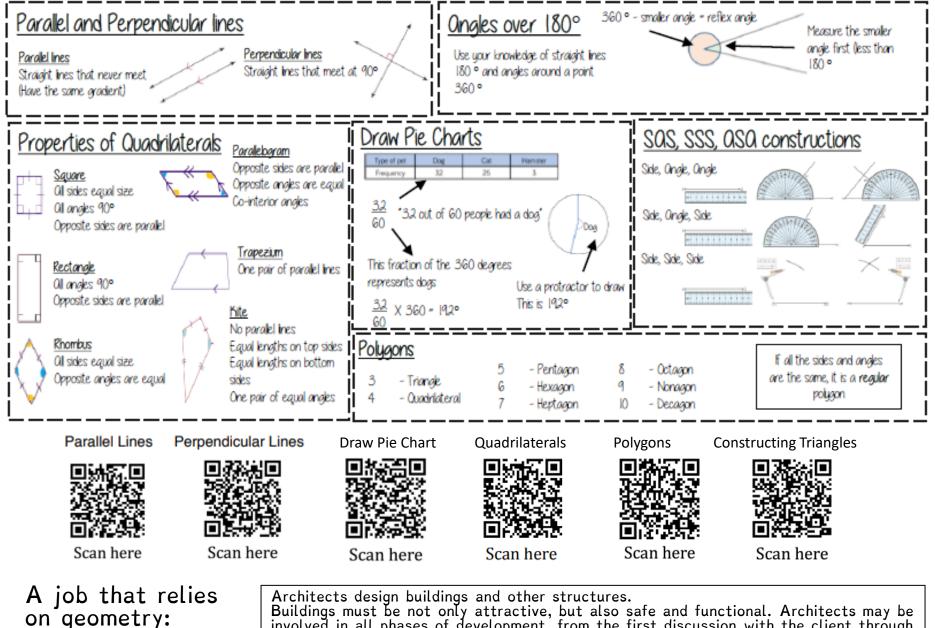
humans?

Plot Summary Questions:
1. What is the name of the farmer
who owns the farm and who does he
represent?
2. What happens to Snowball?
3. What do the animals have to build?
4. Why does Molly escape from the
farm?
5. What are the seven
commandments?
6. What is the battle of the
cowshed?
7. Describe the relationship between
Napoleon and Snowball.
8. Summarise what happens to the
pigs at the end of the novella.

LINES AND ANGLES

Constructing, measuring and using geometric notation





An Architect

Architects design buildings and other structures. Buildings must be not only attractive, but also safe and functional. Architects may be involved in all phases of development, from the first discussion with the client through to construction. Architects sometimes specialize in the design of one type of building, such as hospitals or homes.

YEAR 7 — LINES AND ANGLES

Keywords

Vertically Opposite: angles formed when two or more straight lines cross at a point.

Interior Ongles: angles inside the shape

Sum: total, add all the interior angles together

Convex Quadrilateral: a four-sided polygon where every interior angle is less than 180°

Concave Quadrilateral: a four-sided polygon where one interior angle exceeds 180°

Polygon: Q 2D shape made with straight lines

Scalene triangle: a triangle with all different sides and angles

Isosceles triangle: a triangle with two angles the same size and two angles the same size

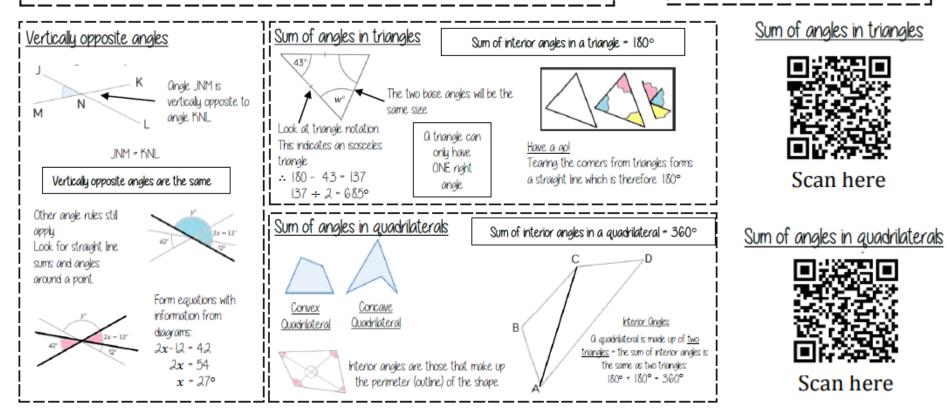
Right-angled triangle: a triangle with a right angle

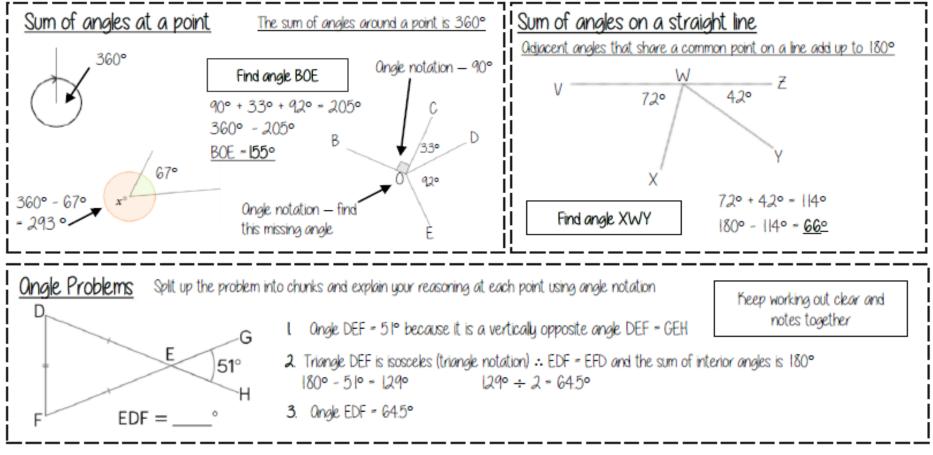
Geometric reasoning

What do I need to be able to do?

By the end of this unit you should be able to:

- Understand/use the sum of angles at a point
- Understand/use the sum of angles on a straight line
- Understand/use equality of vertically opposite angles
- Know and apply the sum of angles in a triangle
- Know and apply the sum of angles in a quadrilateral





<u> Ongle Problems</u>

Scan here

A job that relies on geometry:



A Carpenter

Carpenters work with timber depending on the role and experience. They create window frames, doors and floorboards. They also install shelves, cupboards, countertops and assemble fitted or free-standing furniture. Carpenters install roofing timber, staircases, door frames and they erect wooden supports to hold the setting concrete in place during home construction. They often work on tasks such as creating and fitting interiors in public offices and business premises.

Year 7 RS: Why is Christianity the way it is?

Key words		
Prayer	Communicating with God.	
Meditation	To think auietly, connecting the mind and soul with the divine.	
Hymns	A religious song that gives praise and worship to God.	
Psalms	A book in the Old Testament that contains songs of praise and worship.	
Bible	The holy book for Christians. It has 66 books split into 2 sections. The Old Testament has 39 books and the New Testament has 27 books.	
Mary	The mother of Jesus.	
Resurrection	The belief that Jesus rose from the dead after he was crucified.	
\$in	Going against the laws of God.	
Mercy	Showing compassion or kindness.	

There are many different kinds of prayer, including:

- <u>Adoration</u> praising God for his greatness and admitting dependence on him
- <u>Confession</u> owning up to sin and asking for God's mercy and forgiveness
- <u>Thanksgiving</u> thanking God for his many blessings, e.g. health or children
- <u>Petition</u> asking God for something, e.g. healing, courage or wisdom
- <u>Intercession</u> asking God to help others who need it, e.g. the sick, poor, those suffering in war

What do Christians believe?

Christianity is focused on the life and teachings of Jesus Christ, who Christians believe to be the Son of God. Jesus was born in Bethlehem in the Middle East over 2,000 years ago.

Christians believe there is only one God, but that he is revealed in three different forms:

- God the Father
- God the Son
- The Holy Spirit

Christians model themselves on the life and teachings of Jesus Christ. Jesus taught people to love God and love their neighbour. Christians believe that God sent Jesus to live as a human being in order to save humanity from the consequences of its sins – the bad things humanity had chosen to do which had separated them from God. Christians believe that through the death and resurrection of Jesus this broken relationship with God is restored.

The Christian holy book is the Bible. It is divided into the Old and New Testaments.

The New Testament explains how God sent his only son, Jesus Christ, to restore the broken relationship between people and God which had been caused by human wrong-doing.



Different Christian denominations worship in different ways:

Anglicans, Roman

Catholics and Orthodox Christians have a set form of worship. It is a formal ritual based around the sacraments, particularly Moly Communion. This type of worship is called liturgical worship.

- Other Christian churches practise nonliturgical worship,
- e.g. Baptists and Quakers. This kind of worship has no set form and often does not involve Holy Communion. It is usually centred on Bible readings, a sermon, music and prayers. It can be structured or unstructured and spontaneous.

Whatever style of worship is used, most Christians believe it is important to come together to share acts of devotion and honour to God.

Public worship helps Christians to achieve a deeper understanding of the Bible, the life of Jesus and Christian teachings. It also enables those who receive Moly Communion to welcome Jesus into their hearts.

Where do Christians worship?

Many Christians worship in churches. Some groups meet in homes and other buildings. 'Church' means the gathering of Christians as well as the building in which Christians worship. Their leaders are called priests or ministers.

Many churches hold a service called Communion, Eucharistor Mass, in which bread and wine are shared together, just as Jesus did with his followers before his death.

Worship is about giving worth to something. Christians worship God in order to thank him for his love, ask for forgiveness for their sins and to try to understand what God wants from them

Worship is an essential part of a Christian's faith. Christians worship God to thank him for his love, ask for forgiveness for their sins and try to understand his 'will' for them.

Public worship with other Christians usually takes place in a church, chapel or cathedral. The word 'church' can mean different things:

'The' church is the whole community of Christians, the people of God, also called the 'body of Christ'.

'A' church is a building in which worship takes place.

Private worship gives Christians a chance to spend time alone with God. Prayer, meditation, Bible study and singing hymns may all be done at home. Christians can unite themselves with the Church of God as they pray while not actually going to a physical church. Some Christians belong to the 'house church' movement and meet for worship in each other's homes.



Silent comedy is a style of acting which dates back to the silent movie era of the early 1900s. A time when film could only play pictures with music but did not have the technology to add speech as well.

The biggest stars of the silent movie era were **Buster Keaton** and **Charlie Chaplin**, who is considered one of the most important actors of all time.

Silent comedy is very visual and contains a lot of physical humour to tell story and entertain the audience. It often contains a form of comedy called **slapstick**, which is exaggerated violence such as slipping on a banana skin, being hit in the head by a ladder or a pie being thrown at one person but hitting someone else.







Key Terms

Exaggeration is when you make something bigger and over the top. In silent comedy you need to be able to exaggerate your movements.

Mime is where you act without talking, making the **audience** believe that you have items which aren't there, such as pretending to eat a meal without food or cutlery.

Slow Motion is where you move very slowly, this can add to a comedy effect. Especially if you then move very quickly!

Characterisation is how you use your face and body to show that you are someone other than yourself.

Suspense is where you build to something and leave your audience wanting to know what is going to happen.

Audience Awareness is knowing where the audience is and performing to them.

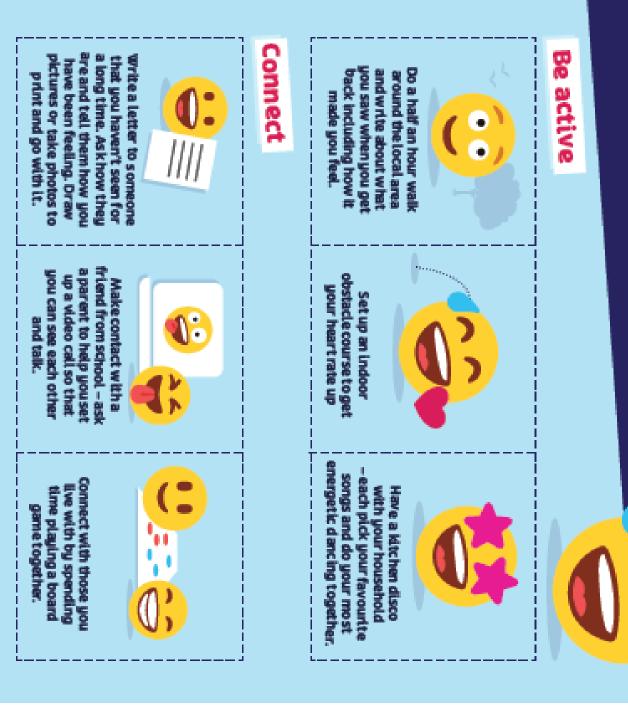


🐺 Herfelk Courty Coundi

Five Ways to **Activity Sheet** Wellbeing

Use the challenges on this sheet to help your child feel better and find ways of managing their own mental wellbeing.

one or two per day to do. Once they have tried them all they can pick their favourites to do regularly. Why not cut them all out and encourage them to choose



Take notice .earn Sit outside and listen to the birds sing, and notice what other ounds you c an hear Write a list of the three things you look forward to doing the most when we are allowed to do them again. colour the leaves are. Write about what you see and how it made you fee! park and look at the trees around you noticing what Go for a walk in your local •



Choose something you are interested in and spend some time reading about it and learning interesting facts to tell people.

Give



Qhoose a country you might like to visit one day and learn five words from the language



If you are worried about a child or young person or would like more information advice and guidance about their mental health and wellbeing visit: https://www.justonenorfolk.nhs.uk/mentalhealth or call 0300 300 0123

Make a homemade card to send to a friend or family member that you can't see at the moment.

Write a list of the things you appreciate most about the people you live with and let them see it

Help with some of the chores around the house whether it's doing the hoovering or pairing the socks. Something to think about....

KEY QUOTE OF THE WEEK:

'Every unselfish act of love whispers God's name.' Bob Goff, Restore International

LISTEN: Where is the Love? by the Black Eyed Peas asks challenging questions about who we should be showing love to and how:

https://www.google.com/search?q=where+is+the+love%3F&ie=&oe=

Reckless Love by Cory Ashby: <u>https://www.youtube.com/watch?v=Sc6SSHuZvQE</u> This Christian worship song is about God's unconditional love for mankind. It uses the analogy of the lost sheep to describe the Christian belief that God loves everyone so much, that he will come and find us.

Love Divine, All Loves Excelling by Charles Wesley:

https://www.youtube.com/watch?v=sw5ZCZeS32M The words of this favourite hymn describes the love Christians believe that God has for mankind and how they see Jesus as the ultimate demonstration of this love.



What does this picture make you think of?

Is it better to give or to receive love?

How would you characterise the love of the parent, and the love of the child?

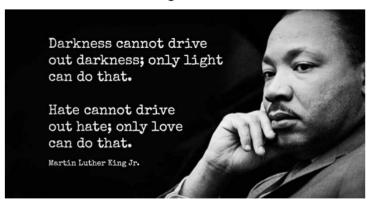
Which do you need right now?



BIBLE STORY OF THE WEEK: The Good Samaritan: Luke 10:25-37 & Mark 12: 28-31

"Of all the commandments, which is the most important?" "The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbour as yourself.' There is no commandment greater than these."

But the expert in the law wanted to justify himself so he asked: 'And who is my neighbour?'



THINK:

ACTIVITIES that can help develop **PRACTICES-HABITS**:

Your nearest neighbours are in your family. **Read** about love languages and ask a family member how you can show that you love them today.



EMOTIONAL INTELLIGENCE DEVELOPMENT PROGRAMME FOR KIDS AGES 3 - 18

Love Things to AC+IONS HOW to Language to take **AVOId** communica+e Say I love you Encourage, affirm, Write notes saying you (\heartsuit) Non-constructive appreciate, empathize, are proud of them. criticism, not Praise them in front of compliment. recognising or WOLDS OF others. Be specific in Listen actively appreciating effort. Affirmation your praise m Hold hands, give hugs. Non-verbal - use body pats on the back. Physical neglect. language & touch to Read stories together abuse of any kind. Physical emphasize love. Give family group hugs TOUCH Give thoughtful gifts & Ĥ Forgetting special Gifts & gestures show gestures. Small things occasions. that you are known. matter in a big way. unenthusiastic gift Receiving loved and cared for. Express gratitude when receiving. GiftS receiving a gift. Create special Distractions when Uninterupted and (1) focuses one-on-one moments together. spending time Make eye contact together. Long stints time. Give undivided QUALITY Pay attention to details without one-on-one attention. Watch as Time Eat togther as a family. time. they are playing. S Use action phrases like Making the requests of Do chores together. "I'll help..." They want to others a higher priority. Work on projects know you're with them lacking follow -through together. Pick them up AC+S Of and there to help. on tasks big and small. on time. service

Everyone gives and receives love differently, but with a little insight into these differences, we can be confidently equipped to communicate love well. This is true for all forms of relationship – for couples, for children and teenagers, for friends and co-workers, for longdistance relationships, or even – at this time – socially-distanced relationships. Understanding how we give and receive love can help us understand how others might like to be shown love, too. Ideas include: Washing up (act of

Ideas include: Washing up (act of service), playing a game (quality time), giving encouragement (words of affirmation), giving a hug (physical affection), making a small homemade present (gifts).





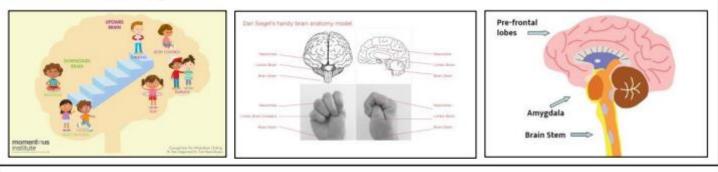
KS3 Knowledge Organiser -Understanding and Training our Brain





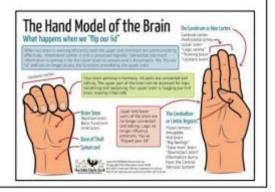
BRAIN STRUCTURE

Be able to use the hand model and the upstairs/downstairs model to explain the brain. Know the term amygdala.



WHEN OUR BODY PERCEIVES A THREAT

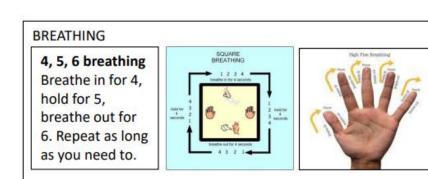
- 1. The amygdala floods our body with the hormones adrenaline and cortisol
- 2. This prompts us to either FIGHT, FLIGHT or FREEZE
- 3. Our heart rate and blood pressure increase
- 4. Our skin pales or flushes
- 5. Our ability to feel pain decreases
- 6. Our pupils dilate
- 7. Our memory might be affected
- 8. We might be trembling
- 9. Sometimes people lose control of their bladder!



WHERE TO SEEK SUPPORT IF YOU NEED IT	HOW TO HELP YOUR BRAIN
 Shelf help books in the library or public library Parent or other adult at home Friends Older student Tutor or achievement leader Learning mentor Wellbeing team (Miss Neal, Mrs Freds, Mrs Dobell, Mrs Crissall, Mrs Horne) Mrs Whitcombe or another member of the leadership team School nurse drop in School nurse referral Kooth Emotional wellbeing hub Dr Hope Samaritans 	 Challenge your brain Be curious and imaginative Deal with stress or anxiety first Drink plenty of water Eat a healthy diet Get enough sleep Take plenty of physical exercise Break your learning into chunks Take brain breaks regularly

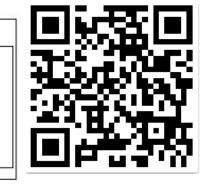
FIVE WAYS TO WELLBEING Know the five; know what they mean; give examples

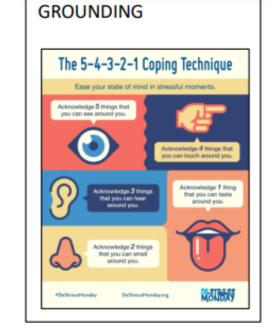




WHAT TO DO WHEN YOU WORRY TOO MUCH

- Stop your worries growing by paying less attention to them
- Fight your thoughts with logical answers
- Use planned worry time
- Imagine and deal with a worry monster
- Re-set your system with exercise
- Re-set your system with relaxation techniques













We aim to keep everyone in our community safe. If you feel worried about yourself or someone else, please speak to someone you trust as soon as you can.

Please find your trusted or an emotionally available adult in the academy who will be there to listen and support you. Our Designated Safeguarding Leads (DSL)

are Mr Davis, Mrs Milroy, Mr Ford, Mr Ward, Miss Wenlock, Mr Fisher, Mr Richardson, Mrs Molloy, Mrs Clayton and Mrs Hewitt-Coleman.

What is abuse in safeguarding concerns?

Physical Abuse - Physical abuse is any way of intentionally causing physical harm to a person or purpose. This could result in injuries such as in bruises, broken bones, burns or scalds or bite marks.

Emotional Abuse - Emotional abuse is any type of abuse that involves the continual emotional mistreatment of a person. It's sometimes called psychological abuse. Emotional abuse can involve deliberately trying to scare, humiliate, isolate or ignore and stopping you from seeing friends or family.

Sexual Abuse - When a child or young person is sexually abused, they're forced or tricked into sexual activities without permission. This include being forced to look at images or videos. Sexual abuse can happen anywhere – and it can happen in person or online.

Neglect - Neglect can be a lot of different things. It is when you do not get enough help or care from someone who should be looking after you. This could include having a lack of food, clothing and attention and medical care.

Bullying is behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone. It can happen anywhere – at school, at home or online. Online bullying is called Cyber-bullying. It's usually repeated over a long period of time and can hurt a child both physically and emotionally.

County Lines is the police term for urban gangs exploiting young people into moving drugs from a hub, normally a large city, into other markets - suburban areas and market and coastal towns - using dedicated mobile phone lines or "deal lines". Children as young as 12 years old have been exploited into carrying drugs for gangs. This can involve children being trafficked away from their home area, staying in accommodation and selling and manufacturing drugs.

Someone who starts to believe in or supports extreme views linked to terrorism and forms of extremism leading to terrorism is linked to **<u>Radicalisation</u>**. Extremism can also be linked to this as extreme views, vocal or active opposition to fundamental British values, including democracy, the rule of law, mutual respect and tolerance of different faiths and beliefs.

Where do I go for help and advice?

Speak to any available adult in school. This could include your Head of Year, Mr Davis, Mrs Milroy, Mr Richardson or Mr Ford. Advice can be found by scanning the QR codes at the top.

If you feel you need support or see or hear something that concerns you, report it! We are here to help.

