

Aldercar High School Newsletter

March 2023

This Spring term has proved to be an extremely busy one for both our students and our staff as can be seen throughout this newsletter.

As we approach the Easter holidays, our Year 11 and Year 13 students who are due to sit terminal exams in May and June are working increasingly hard on their revision. It is really important that students in these year groups take every opportunity available to them to thoroughly revise for their exams as well as complete coursework to the very best of their ability.

Our Year 9 students have completed their options process allowing us to build their timetables for Key Stage 4. It was brilliant to see so many students and their parents attending the Options Evening in order to get to grips with the subjects on offer.

We thank you for your support over the last few weeks. We wish you and your family a happy Easter and we look forward to welcoming students back on Monday 17th April 2023.

Mrs Hatto Head Teacher

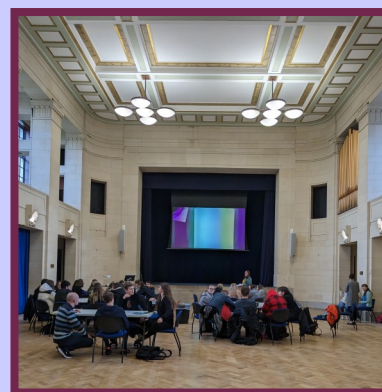


Post-16 news

It has been a busy term for Post-16 students with university applications finally being finished. Congratulations to all the Year 13 students who have secured places to study subjects as diverse as pharmacy, professional policing, physics, maths and occupational therapy from York to Salford! Year 12 students have also been beginning their process of thinking about their next steps after Post-16.

Nottingham College

In January, Mark from Nottingham College was able to join us to offer a presentation to Year 12 students about higher level apprenticeships. It was a really useful talk and allowed students to consider alternatives to university. He will be back again in the summer term as we get the applications started.



Nottingham University

We were really lucky to be able to take Year 12 and selected Year 10 students for a bespoke day at Nottingham University. This allowed them to see how university works, experience a psychology lecture and get a feel for the campus and the benefits of studying at university. Despite all feeling like our feet were on fire after the tour - Nottingham University is a huge campus - a quick Subway from the campus takeaway gave us renewed energy for the afternoon lecture. It was a fabulous day which really inspired the students to start looking into open days and potential courses.



Derby University

Every year Derby University hold their 'build your career day' and this year we took 15 Year 12 students to collect their goodie bags and experience the wide variety of stalls and lectures on offer, again giving our students a chance to think about where they see themselves in life after Aldercar High School Post-16 Centre.

Post-16 news

R and BE

One of the things Post-16 students can start to do is to think about their role in society and helping others. The charity RandBE aims to encourage and support teens and young adults in donating blood and becoming stem cell donors. In January, Year 12 and Year 13 students had a fascinating and heart-breaking talk from the charity, where they then had the chance to sign up to the stem cell and bone marrow donors register if they wanted to.



Student council

Our student council have been focused on food this term. Following the re-opening of the refectory this academic year, we are looking at how the service can be built on and improved over the next year. Some of the issues have already been addressed but we are considering other changes such as students being able to help in the refectory, students as 'midday supervisors' amongst other things. The student council has also been getting feedback on end of year trips and visits. Year 12 will already have their London trip opportunity but we are hoping to organise a post-exams fun day for Year 13 - watch this space.

Year 11 transition

We have had a fantastic year for applications from the Year 11 cohort and are looking forward to welcoming so many of them into Year 12 in September. To help prepare students for this, anyone who has put in an application will be invited to an induction afternoon just after Easter where they will be given information about Post-16, including more on the exciting new developments to the Post-16 area next year. It will also give them an opportunity to ask questions and find out about things that might be concerning them. There will also be coffee, tea and cakes at the end as well as a 'meet the student' session where current Year 13 students will be on hand to answer questions about specific subjects. This will be followed with a longer session in June once exams have finished.

If you are still considering your options, applications may still be put in - come and chat to Miss Cracknell or Mrs Brighton if you need more advice. You can also pop to the Post-16 office or go online for an application form.

World Book Day

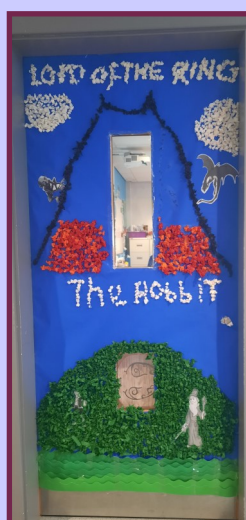
On Thursday 2nd March it was World Book Day and we celebrated in style! Both staff and students came dressed up as their favourite book character - we had a fabulous turn out with some really great costumes. The best dressed prizes went to Blake in Year 7, Katie in Year 8, Henry in Year 9 and Pyper in our Y12 level 1/ 2 provision. Well done to you all!



Throughout the day, Key Stage 3 students completed an activity booklet on a variety of books and had the opportunity to take part in a book swap. Prizes for the best booklet went to Mia in Year 7, Madison in Year 8 and Ashanti in Year 9.

Congratulations also goes to Grace in Year 8 for winning the art competition for the best book cover design. The standard of all the entries was really high and it was difficult choosing an overall winner.

We also held a 'Decorate your Door' competition where all forms worked together to dress up their form door to represent their favourite book or author. The results were impressive. It was so difficult to pick winners as they were all so imaginative but in the end Miss Addison's form in Year 8, Mr Waite's form in Year 9 and the Hearing Impaired Department were victorious! Have a look below at some of the brilliant designs.



Overall, Our World Book Day events raised a fantastic £94 which will be used to buy new books for the library. Thanks to all who donated.

Book and biscuit morning Friday 3rd March

As an extension of our World Book Day celebrations this year, we invited Year 7 Parents and Carers into school to read with their child. The turnout was fantastic and the atmosphere was amazing! It was wonderful to see so many parents supporting their child's reading progress. Thanks to all who came to help make it so successful. Look out for further reading events later in the year.



Embark World Book Day Activity

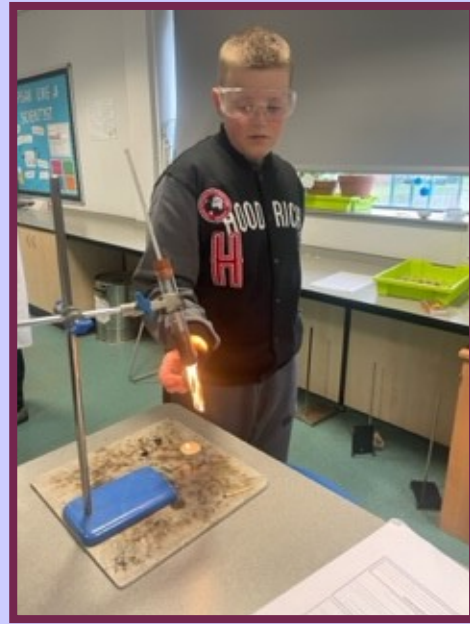
Following the success of our World Book Day activities, students from Year 7 were invited to take part in the Embark World Book day event at the New Horizon Church here in Langley Mill. The day consisted of workshops run by musicians and actors who have performed on London's West End. The event enabled our students to learn how to sing, dance and act like real professionals. A fantastic time was had by all who attended, and we can't wait for next year's event.

Visit to Aldercar Infant School

As part of our World Book Day celebrations, we took a group of Year 8 and Year 9 students to read to the children at the local infant school. Our students were fabulous role models, reading to children in Nursery, Reception, Years 1 and 2 as well as joining in with their World Book Day activities. The infant school made us feel very welcome and we look forward to returning soon.

Year 8 Physics

Students in Year 8 have been studying Energy in food this term. One of the Physics practical lessons was looking at how much energy there is in different crisps. The students used a selection of crisps - cheese puffs, Monkey Faces, salt and vinegar sticks and onion rings. They set fire to each one in turn and heated a measured amount of water with each flame to see the temperature difference. Which crisps do you think contained the most energy?



Year 9 Geography field trip

On Tuesday 28th February and Friday 3rd March, Year 9 students went to Heanor to conduct their GCSE Human Geography fieldwork. Students had to research the area in order to decide whether or not Heanor can be classified as a clone town.



Year 11 History Revision Workshops

To help boost Year 11 revision before the mock exams we welcomed to school the fantastic @tinetraveledu who carried out interactive revision session on medicine in WW1, students revisited the unit of work through the life of Sergeant Parsons and Virtual Reality headsets which immersed them in the history of this period.



Cosford RAF visit

Some Year 11 historians visited Cosford RAF to take part in a Cold War debate revision workshop in preparation for their mock exams. They used their learning in lessons to evaluate evidence on the impact of events during the Cold War.



Proud performing poets

Our students represented the school at a poetry slam event held at Rotherham Civic theatre this month. They were all fantastic, very supportive of each other and showed off the school in a very good light. A big well done to all!

The Year 7 winning poem:

The Team of Dreams

Derby, unbeaten for 18 games,
Derby, toe clenching banter with Forest,
Derby, spine tingling atmosphere of Pride Park.

Derby, the skull-smashing headers,
Derby, the stomach churning, teeth shattering Pukka Pies,
Derby, the home of many casualties.

Derby, the world of incredible adventures,
Derby, the team formed in 1884,
Derby, the Rams of destiny .

The Year 8 winning poem:

Candyland

Full of candy,
Full of taste and delight,
To addiction and sickness and toothache combined.

Full of sweetness,
Full of sugar,
To internal pain and soreness; rotting inside.

Full of happiness,
Full of emotion,
To sink into hell and dread tonight.

Full of candy,
Full of murder.
From happiness to death.

They rise again....



Sports news

On February 9th, a team of Year 8 students went to a dodgeball competition at Heanor Leisure Centre, the teams came 2nd and 4th and they had a good enjoyable afternoon. Well done Year 8!

In early March we had a Football House Competition after school, students all played really well, with some cracking goals.

Scores on the night were:

Gregg 2 - 2 Ormonde

Howitt 2 - 1 Shipley

Gregg 2 - Shipley

Howitt 0 - 2 Ormonde

Ormonde 1 - 1 Shipley

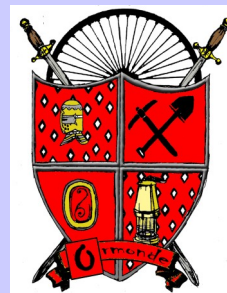
Howitt 0 - 1 Gregg

1st place Ormonde

2nd place Shipley

3rd place Gregg

4th place Howitt



Congratulations to all of our Year 9 students who took part in a football competition on the evening of Tuesday 21st March. Coming out on top with 2 draws and a win with no goals conceded, the team were fantastic all night.

Results:

Aldercar vs Heanor Gate - 0-0

Aldercar vs John Flamsteed 0-0

Aldercar vs Ripley Academy 1-0

Head teacher commendation awards

This has been another brilliant half term for the students at Aldercar High School. The Headteacher Commendation Awards were given out to students who have excelled in each subject. Teachers in all subject areas nominate individual students whose work they feel shows evidence of excellent levels of effort and progress and the awards were presented in a special assembly on 17/02/23. Mr Parry, Mrs Powdrill and the Heads of Year were all present at the awards ceremony.

We continue to be both impressed and inspired by the excellent work that our students produce in lessons, homework and in their independent learning. It is a great pleasure to reward students with the Headteacher Commendations.



Aldercar High School detention system

Most students are not issued with detentions regularly, but in the event that a student is issued with an after school detention:

A member of staff issues a C2-Detention for an infringement of the school rules.

The member of staff will verbally notify the student of the detention being set.

A text will be sent to the parent to notify them of the detention having been set.

Detentions are held in C4 from 14:25 to 15:25 (30 minutes) the following day.

Students who fail to attend their detention (without legitimate reason, such as illness) will be issued a 60 minute reset the next night.

Students who fail to attend their reset detention (without legitimate reason, such as illness) will be issued with Seclusion plus a 60 minute detention.

If you have any queries concerning detentions, these should be directed to the issuing member of staff, or your child's Form Tutor in the first instance.

Detentions for lateness are issued by the Attendance Team and are in C4 on the same day as the lateness, and are also for a duration of 30 minutes (14:55-15:25).

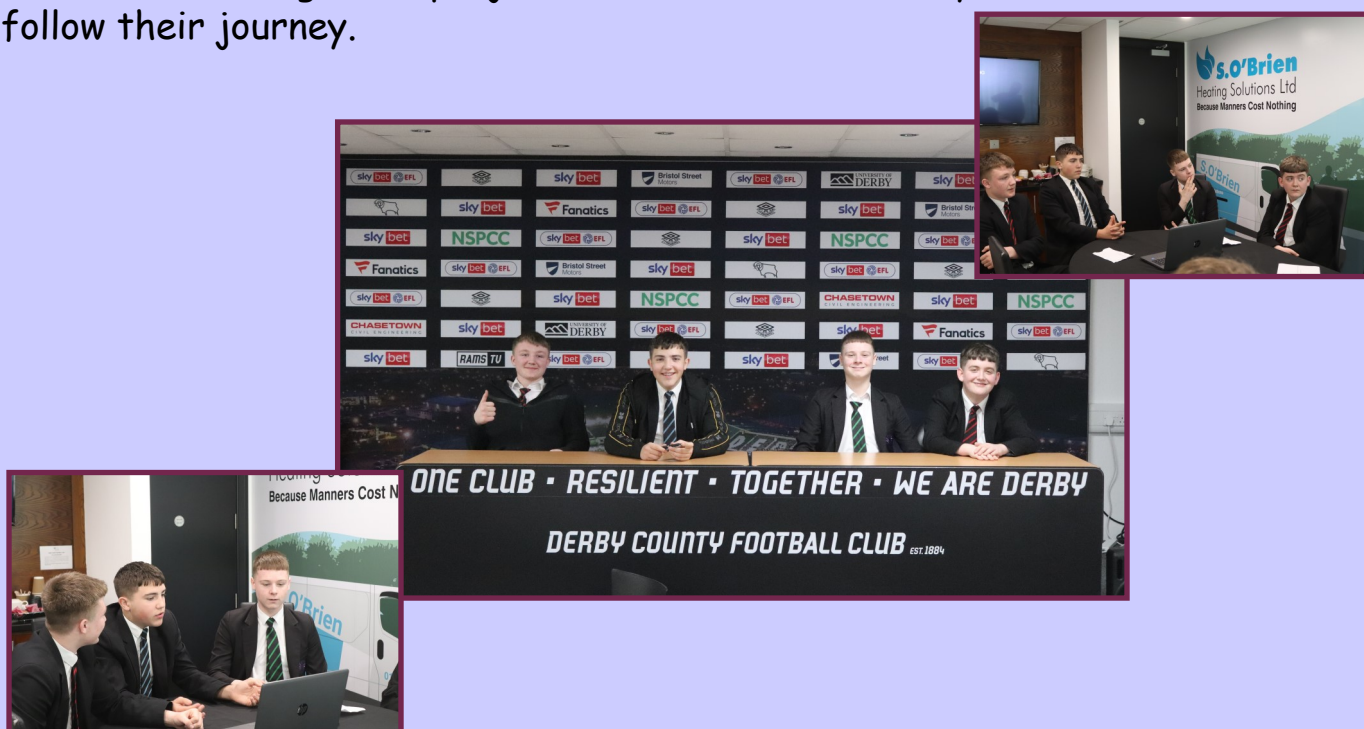
Outdoor Inspires programme

Our amazing Year 9 and Year 10 students, Jake, Kieran, Dylan and Harvey-Leigh were involved in the Premier League Inspires project, on Friday the 17th of February.

The Premier League Inspires project is the Premier League's Charitable Fund project delivered by Derby County Community Trust in secondary schools in Derby City and Derbyshire. The focus is to support students to fulfil their potential, raise aspirations and develop a positive relationship with peers and school. A large part of the project is focused on the Inspires Challenge this is where each school/cohort develops an idea around social action and a specific topic. This year's topic was Protect the Planet, students had to come up with a social action project that looked to improve the environment, promote change, raise awareness or encourage volunteering.

Our students worked on their project through the sessions in school and delivered a PowerPoint presentation to a panel of judges at Pride Park stadium, the other schools involved in the project were Da Vinci Academy, Chellaston Academy and Noel Baker. The judges voted on Aldercar High School's project as the winner, identifying the validity and impact of their social action project as key points. The project was to raise awareness in school of recycling plastic bottles and to run assemblies/workshops in infant and primary schools in order to have a wider impact and learn how to make bird feeders out of plastic bottles.

As project winners they will now represent DCCT in the next events, a virtual project development day and then a regional celebration event. This will all support the students as their project now comes to life, the students will work on delivering their project before the end of July and we will record and follow their journey.



Attendance matters

Attendance Threshold	Descriptor	Days of Attendance	No. of whole days absent	Lost learning hours
100%	Excellent	190 Days	0	0
99%	Good	188 Days	2	10
98%		186 Days	4	20
97%	Satisfactory	184 Days	6	30
96%		182.5 Days	7.5	37.5
95%		180.5 Days	9.5	47.5
90%	Cause for concern	171 Days	19	95
89%	Unsatisfactory	169 Days	21	105
88%		167 Days	23	115
87%		165 Days	25	125
86%		163 Days	27	135
85%	Serious cause for concern	161.5 Days	28.5	142.5
84%	Critical	159.5 Days	30.5	152.5
83%		158 Days	32	160
82%		156 Days	34	170
81%		154 Days	36	180
80%		152 Days	38	190

Effect of attendance on academic progress

Attendance Band	Average of Best 8 Qualifications	Achieving Grade 4 and above English & Maths	Attendance Groups
100%	Average grade 9/8/7	90%	Green Group 97% - 100% No risk
97% - 99%	Average grade 7/6	70%	Yellow Group 95% - 96.9% risk of underachievement
93% - 96.90%	Average grade 6/5	45%	Amber Group 93% - 94.9% Serious risk of underachievement
90% - 92.9%	Average grade 5/4	26%	Pink Group 90% - 92.9% Severe risk of underachievement
0% - 89.9%	Average grade 4/3	5%	Red Group 0% - 89.9% Extreme risk of court action

Attend today - Achieve tomorrow

Every minute counts

Minutes Late per Day	Equivalent of Missing	How many lessons that are missed
5 Minutes	3.4 School days per year	17 Lessons
10 Minutes	6.9 School days per year	35 Lessons
15 Minutes	10.3 School days per year	51 Lessons
20 Minutes	13.8 School days per year	69 Lessons
30 Minutes	20.7 School days per year	104 Lessons

Be punctual - One thing you cannot recycle is wasted time.

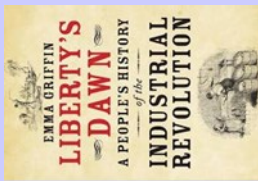
Digging Deeper: Year 8

Below are some suggestions to enhance your understanding of topics we are studying in history this year for passionate historians to enjoy.

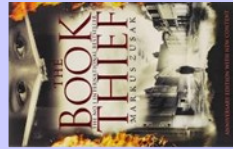
Scholarship and Fiction



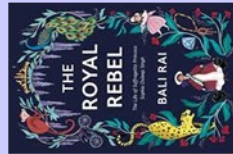
Did life improve for everyone 1750 to 1900?



How did the Holocaust happen?



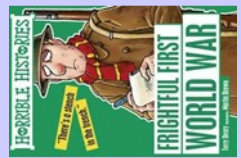
How effective were the tactics of the Suffragettes?



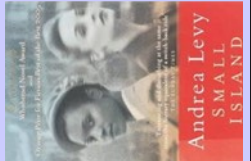
What were the turning points of WWII?



What were the consequences of WWI?



How tolerant was post war Britain?



TV & Film



- The Suffragette
- War Horse
- Dunkirk
- The Longest Day
- Band of Brothers
- The Book Thief
- Schindler's List
- Pearl Harbour
- Oliver Twist

Podcasts



- You're Dead to me by Greg Jenner - look for the episodes on The Harlem Renaissance, Harriet Tubman, The Haitian Revolution, The Notting Hill Carnival.
- Homeschool History by Greg Jenner

History enhancement for Year 8

Exploring Further

Year 7 Geography

**Make a
Contour
Model**



In our **Map Skills** we learn about how geographers show height on a map. To help you understand contour lines you could make a model of a hill using layers of card.



Visit the website worldatlas.com to travel the world with great **maps**, pictures, articles and facts.

**Explore
the world**

**Watch
TV**



Physical geography series such as the Perfect Planet and films like **Ice Age** will help you this year.



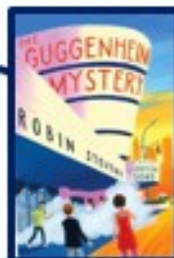
These two books are based on **Africa** - which we will study in the summer term.



Read a book



This series is set in London and New York about a weather-obsessed boy who becomes a detective. It links with our topic on **cities**, **crime** and **weather**!



Exploring Further in Year 8

Tectonics



Film: Dante's Peak, San Andreas and The Impossible are brilliant film introductions to this topic. There are lots more disaster films to discover!

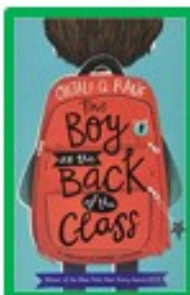
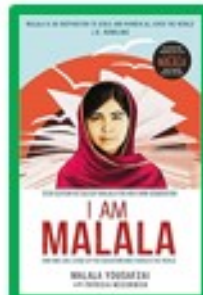
Books: The 'I survived' series of books includes many tectonic hazard stories but there are many non-fiction books on volcanoes that are well worth reading too.

TV series: The David Attenborough 'Perfect Planet' series includes a volcano-featured episode. There are many more documentaries e.g. see 'Into the inferno' currently on Netflix or 'Japan – between earth and sky' on Disney+.



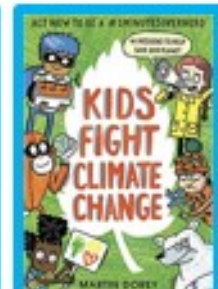
The difference between rich and poor countries is the theme of many fiction and non-fiction books. Here are some of them.

Development

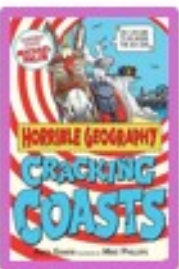


Climate Change

Follow Greta Thunberg as she challenges world leaders to take climate change seriously. Then learn more with Ade Adepitan on this issue. Or find out how you can help!



Rivers and Coasts



Russia

Visit the website worldatlas.com to discover Russia with great maps, pictures, articles and facts.

Year 9, Year 10 and Year 11 History

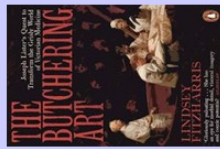
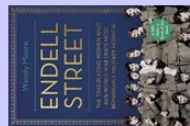
Digging Deeper: Year 9, 10 and 11

Below are some suggestions to enhance your understanding of topics we are studying in history this year for passionate historians to enjoy.

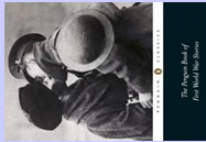
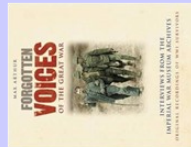
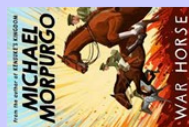


Scholarship and Fiction

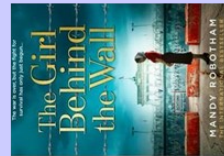
Medicine Through Time:



WWI:



Cold War:



Civil Rights:



Vietnam:



TV & Film

- 13 days
- Bridge of Spies
- The Help
- Pus, blood and Poison – BBC documentary
- The Trial of the Chicago 7
- Mississippi Burning
- Selma
- The Butler
- War horse
- 1917
- We We're Soldiers
- Full Metal Jacket



Podcasts

- Homeschool History by Greg Jenner – look for the episodes on Mary Seacole, Florence Nightingale, The Space Race
- History Extra Podcast – The Cold War: Everything you wanted to know. The war America could never win, opposition to the Vietnam War

Ski Trip to Andorra

On Saturday 18th February, Mrs Hatto, Mr Parry and Mrs Powdrill embarked upon our first ski trip in 3 years. Along with 38 fantastic students from Year 8 to Year 13, we travelled the long 27 hour journey down to Dover, through France and on to Andorra. On our first day, Sunday, we arrived at the hotel, quickly unpacked and then travelled to our ski hire shop to get fitted with our boots and skis!



6:30am Monday morning! The alarms were going off and we excitedly had a lovely breakfast in the hotel and got ready to go for our first day of skiing. The biggest job that day was making sure all 38 students all had their gloves, helmets, boots and skis and got to their ski lesson for 9:00am. We were treated to blue skies and gorgeous sunshine for the whole day and we sat in 20C heat at lunchtime. Everyone had a great day getting to know their ski instructors and getting to grips with the snow plough!

3:00pm and back to the hotel for a quick shower and change. Mr Parry then wanted to show us the sights of Andorra so we all had a few hours to explore the town, shops and local eateries.

8:00pm: back to the hotel for our evening meal, buffet style! Everyone had plenty to eat, an hour in the games room and then an early night ready for the 6:30am start the next day.

And that is how the week continued, lots of fun skiing, brilliant weather: snow, sunshine (we had it all) and lots of time with friends both new and old, eating, shopping and having great fun.

Everyone on the trip did fantastically well with their skiing. Our complete beginners were coming down from the top by the end of the week, and our expert group were skiing all over the resort. At the end of the week, all students received their certificates from their instructors who had been amazing.

A big thanks to Mr Parry for organising such an amazing trip and such a wonderful opportunity for our students!



Students in The Army Cadet Force

I am Lance Bombardier Haggerty with 7 Troop, Eastwood, Nottinghamshire Army Cadet Force and I am going to explain what cadet life is like, what the day of a Non-Commissioned Officer/senior cadet involves, and the most recent camp I have attended.

There are roughly over 67,000 cadets in the whole country with over 1,600 detachments to join. There is a whole new life to live in the Army Cadet Force. We learn about fieldcraft, medical training, physical training, skill at arms and map and compass training. When joining the cadets, you start off as a basic cadet and earn your way to senior cadet. Every cadet is taught discipline and respect so we are very approachable. Visit the website to learn more: <https://armycadets.com/>

A typical day in the life of an NCO [non commissioned officer] on camp would start at 6am; we wake up to then proceed to parade where we are told what our timings are for the day and we also have to drink a litre of water to make sure we are hydrated for the day ahead. We also sing the first verse of the National Anthem. We would then be expected to brush our teeth, have a shower and proceed to breakfast. After breakfast we would then do training until 12:30pm and then we would have lunch; after lunch it is back to training until 18:30pm when we would then have our dinner and proceed on with training till 21:00pm at which point we are then stood down for the night so we can go to bed or socialise with our fellow cadets.

The weekend of 10th March, C Battery of Nottinghamshire Army Cadet Force visited Chilwell army camp. While there, the NCO's/Seniors conducted training at the neighbouring base of Chetwynd Barracks. The NCO's went through various training exercises with the 3rd Regiment, Royal Horse Artillery. In this training we did multiple physically demanding tasks over the weekend and it pushed us all to our limits mentally and physically. On the final day we started our final 7 phase training exercise. I was pulled out during the 3rd phase of the training due to a leg injury; I wish I could have carried on but it would have only put strain on my leg further. In the end it was all worth it as we finished with our heads held high and our morale even higher.

The training available on this camp was thanks to Captain Jed Buxton of the 3rd regiment Royal Horse Artillery and Bombardier Punchard with the Home Defence Regiment. There are many camps like this thanks to Captain Buxton and his team who take their own time to train us as if we are soldiers. Some camps may be more interesting than others, but it's the experience that counts.

There are four Non-Commissioned Officers who are students at Aldercar High School including myself. If you wish to learn more about the Army Cadet Force, please ask any of the following members:

LBDR T. Haggerty
LBDR J. Wardle

LBDR B. Harris
SGT J. Wardle

Cadet nights are on Thursdays
7pm-9pm, you are welcome to come
along and visit Eastwood detachment.

Year 5 experience day

On Monday 13th March, Year 5 students from Marlpool Junior School visited our school for an 'Aldercar Experience Day'. This included a tour of the school, breaktime treat and lessons in Science, Maths and Art. Some of the fantastic pictures created can be seen here.



Architecture

Year 9 student, Luke, loves Architecture. He has recently been making buildings from cardboard which he designed, he hopes one day to transfer his skills and learn new ones to be able to design real buildings. Here's what he has to say about it:

'Architecture has always been my passion and I have always enjoyed making things based on it. I have loved architecture since Year 6 and have only recently discovered that it can also be a job and applied as a career.

I asked my dad if he could help me look into this and, after chatting for a while he bought me the software, Sketchup.

With this 3D modelling software I have been able to practise and get a new understanding of how to design buildings and transfer them into 3 dimensional designs in real life using scrap cardboard and tape. I am hoping to be able to pursue this when I leave school and go to college to study it and work towards a career in architecture.'



Breakfast club

The breakfast club team would like to say a huge thank you to Langley Mill food bank, Aldercar and Langley Mill Parish Council, Sainsbury's, Warbutons and Asda for their donations and continued support. This has enabled us to continue to offer the breakfast club to the students. The breakfast club has been a huge success and we are very proud of it.

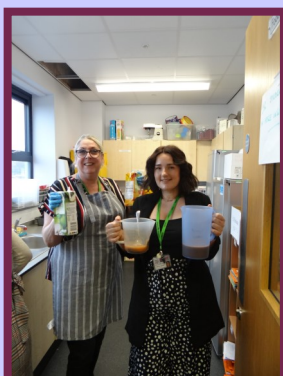
Here's what our students have to say about it:

"Breakfast club is really good for the people who don't get time to eat at home in the morning. The starting time for the club is 8:00am to 8:25am, so there is plenty of time to eat. The food is good, there are plenty of options to choose from and when you have finished your food you can have a piece of fruit to start your day."

"Brilliant service at breakfast club and the food tastes nice."

"It's amazing!"

"It fills you up and gives you a good start to the day."



Ormonde charity event

Students from Ormonde cycled the distance to the North Pole to raise money for their chosen charity, Cancer Research UK. They also did a bake sale. The total money raised was £248.68. Well done team Ormonde!



Food bank donation

Aldercar High School donated to the food bank, so that we may help others in the community who are struggling at the moment with rising costs. Mr Nisbet delivered our donations and they were greatly received.



Duke of Edinburgh award

A massive well done to Will and Toby who received their Duke of Edinburgh Bronze award after lots of hard work and a challenging expedition!

Excellent work.



Year 7 pancake making

Students in Year 7 have been making pancakes for shrove Tuesday as part of their Food Technology lessons. Some amazing ideas and very tasty pancakes!



Comic Relief

Students will have a £1 donation non-uniform day on the last of term to raise money for comic relief.



ERS trip to Center Parcs

A fabulous week was spent in Center Parcs with our Post-16 Phoenix Centre Students.

We had all kinds of weather, sunshine, wind and snow. The snow was brilliant we were all swimming outside with the snow falling, it was amazing.

Mr Parry, our Deputy Head, also joined us for a few hours surprising the students and taking some of them down the slides and rapids.

We all had great fun.



Boccia competition

A group of Post-16 students entered the Boccia competition which took place at Alferton Leisure Centre. This is a yearly event organised by Amber Valley School Sports Partnership. It is especially for students with high support needs.

The students didn't win, however they had a great time taking part and they all played brilliantly.



Top Tips for preparing for summer exams



Not feeling good about exams?



Need some tips on approaching them positively and coming out of them feeling on top of the world?



Read on!

1. Make a realistic revision schedule. Work out how much you have to do and the time you have to do it in, then break it down into manageable chunks. Aim to do a few hours of revision each day, and mix up your subjects so you do not get bored.

2. Find a revision style that suits you. Studying alone in a quiet room suits some people, but not everyone likes working in silence. Try playing music quietly in the background, or revising with a friend (but do not let them distract you!).

3. Customise your notes to make them more personal. Experiment with colour coding, notes on postcards, diagrams or whatever helps you learn your topic.

Put the phone away!



4. Make sure you understand everything. If you come across something you do not understand, try to find a new source of information that will help you understand it. Just memorising it will not help you in your exam. Do not be afraid to ask your teacher or a friend for help if you need it.

6. Take regular short breaks. Studying for hours and hours will only make you tired and ruin your concentration, which may make you even more anxious. A break every 45 to 60 minutes is about right.

5. Look at past exam papers. It means you can familiarise yourself with the layout and type of questions you'll be asked. Practise completing exam papers in the set time limit to improve your exam technique.

7. Reward yourself. For example, you could take a long bath or watch a good movie once you have finished your revision session.

8. Do something physical. When you're not revising, use your spare time to get away from your books and do something active. Exercise is good for taking your mind off stress and keeping you positive, and it will help you sleep better.



9. Ask for help. If you're feeling stressed, it's important to talk to someone you trust, such as a family member, teacher or a friend. Lots of people find exams difficult to deal with, so do not be embarrassed to ask for support.

PSHE curriculum

Personal, Social, Health and Economic Education

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Employability skills Employability and online presence
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication including in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	

PSHE Curriculum

Personal, Social, Health and Economic Education

We are currently working towards the BERT (Building Effective Relationships Together) Award and have listened to student and teacher feedback on current provision in PSHE lessons. This is our new long-term plan to ensure more consistency, coverage and signposting to our students so that they learn about the issues that have, might or will affect them now and in the future. We are passionate about giving our students the information and tools to be able to be

'school ready - life ready'.

However, we would welcome your views as parents/carers as you have an in depth knowledge of your children and community. If you would like to get in touch please contact Mrs Murray or Mrs Cleveley.

Sex education

As a parent, you are the missing link in your child's sex education. Talking openly helps with safeguarding, improves mental health and strengthens the parent-child connection. Sex education begins at home - and it's one of the most important jobs in the world.

Please follow the link for tips on how to support you with these conversations with your children.

<https://www.outspokeneducation.com/>



Outspoken Sex Ed

Outspoken Sex Ed gets parents talking openly with their children about sex and relationships issues

www.outspokeneducation.com

What are Year 7s learning this term?

We have another exciting term ahead of us, below you will find details of the topics which Y7 students are studying between February half term and Easter along with some suggestions of how you can support your pupils learning or extra reading to challenge them beyond the taught curriculum.

Subject	Topic	How can you support your child with their learning?
English	Introduction to Shakespeare	
Maths	Perimeter, Area and Volume	corbettmaths.com mathsgenie.co.uk
Science	Chemical reactions	. https://www.bbc.co.uk/bitesize/courses/zhkkky
History	'Why has the Elizabethan era been known as the Golden Age?'	Listen to this podcast on Mary Queen of Scots. https://www.bbc.co.uk/programmes/m000hv9f
Geography	Glaciation	'Frozen Planet II' David Attenborough Series on iplayer
Morals and Ethics	The Principles of Islam	bbc.co.uk/programmes/p02mwkxn bbc.co.uk/bitesize/topics/zpdtbkb/articles/zrxxgwx Book idea: Islam: The Basics By Colin Turner
Languages	Talking about school	Bbc bitesize and languages online to revise the present tense.
PE	Basketball	Familiarise yourself with the rules and regulations http://news.bbc.co.uk/sport1/hi/other_sports/basketball/4184748.stm / https://www.youtube.com/watch?v=oyjYgmsM00Q
Art and Design	Hundertwasser	https://en.wikipedia.org/wiki/Friedensreich_Hundertwasser
Computing	Programming in Scratch	www.scratch.mit.edu

What are Year 8s learning this term?

We have another exciting term ahead of us, below you will find details of the topics which Y8 students are studying between February half term and Easter along with some suggestions of how you can support your pupils learning or extra reading to challenge them beyond the taught curriculum.

Subject	Topic	How can you support your child with their learning?
English	Non-Fiction—Reading, writing and interpreting the news	
Maths	Perimeter, Area and Volume	corbettmaths.com mathsgenie.co.uk
Science	Energy.	https://www.bbc.co.uk/bitesize/topics/zc3g87h
History	'Did everyone's lives improve in Nazi Germany?'	
Geography	Rivers	'Earth's Great Rivers II' on iplayer Read Horrible Geography 'Raging Rivers'
Morals and Ethics	Animal Rights and the concept of Stewardship	bbc.co.uk/ethics/animals/rights/rights_1.shtml bbc.co.uk/bitesize/guides/zxc9fcw/revision/7 Book idea: Animal liberation by Peter Singer
Languages	Free time - using mobile phones, films and music	Bbcbitesize and languages online to revise the present tense. And past tense.
PE	Basketball	Familiarise yourself with the rules and regulations
Art and Design	Jon Burgerman	https://jonburgerman.com/
Computing	Vector graphics	www.inkscape.org

What are Year 9s learning this term?

We have another exciting term ahead of us, below you will find details of the topics which Y9 students are studying between February half term and Easter along with some suggestions of how you can support your pupils learning or extra reading to challenge them beyond the taught curriculum.

Subject	Topic	How can you support your child with their learning?
English	Play script—The Curious Incident of the Dog in the Night-time	
Maths	Foundation - Decimals and Fractions Higher - Transformation, Construction and Loci	corbettmaths.com mathsgenie.co.uk
Science	Electricity.	https://www.bbc.co.uk/bitesize/topics/zp3ftv4
History	'Why was there dramatic change in medicine 1700 – 1900?'	Read 'The Butchering Art' by Lyndsey Fitzharris
Geography	Urban Issues	'Race across the world' series 2 on iplayer Read the Adventuresome Teengars Guide to London
Morals and Ethics	'Do you have to be religious to be moral?'	youtube.com/watch?v=sEQulDqY6Cc youtube.com/watch?v=UisxYorDNr4 Book idea: The Quest for a moral compass: Kenan Malik
Languages	Work and jobs	Bbcbitesize and languages online to revise the present tense, past and future..
PE	Basketball	Familiarise yourself with the rules and regulations http://news.bbc.co.uk/sport1/hi/other_sports/basketball/4184748.stm / https://www.youtube.com/watch?v=oyjYgmsM00Q
Art and Design	Pop Art	https://en.wikipedia.org/wiki/Pop_art
Computing	Digital representations	https://www.audacityteam.org/

What are Year 10s learning this term?

We have another exciting term ahead of us, below you will find details of the topics which Y10 students are studying between February half term and Easter along with some suggestions of how you can support your pupils learning or extra reading to challenge them beyond the taught curriculum.

Subject	Topic	How can you support your child with their learning?
English	Literature—Romeo and Juliet	
Maths	Foundation - Linear Equations Higher- Accuracy and Surds	
Science	Chemical changes and Ecology.	https://www.bbc.co.uk/bitesize/topics/zcdj97h https://www.bbc.co.uk/bitesize/topics/zxfd3k7
History	'Why did the USA escalate involvement in Vietnam?'	Movies to watch: Born on the 4 th July, Full Metal Jacket
Geography	Economic World Nigeria	'Life at 50 degrees C' on iplayer Read 'Slumdog Millionaire' by ViKus Swarup
Morals and Ethics	The Just War Theory and the concept of pacifism	bbc.co.uk/ethics/war/just/cause_1.shtml http://www.activepacifist.world/for-and-against-pacifism.html Book idea: In defence of war by Nigel Biggar
Spanish	Free time	Bbcbitesize and languages online to revise the tenses.
Art and Design	Narrative	https://en.wikipedia.org/wiki/Narrative_art
Computing	Year 10: Collecting, presenting and interpreting data	https://www.youtube.com/watch?v=XyvWSy8KkMs <i>Digital Information Technology Student Book ISBN 978-1-292-20837</i>
Btech Sport	Components of skill related fitness / physical fitness	Research key components

What are Year 11s learning this term?

We have another exciting term ahead of us, below you will find details of the topics which Y11 students are studying between February half term and Easter along with some suggestions of how you can support your pupils learning or extra reading to challenge them beyond the taught curriculum.

Subject	Topic	How can you support your child with their learning?
English	Literature—Revision of An Inspector Calls	
Maths	Foundation - Powers and Standard Form Higher - Graphs	corbettmaths.com mathsgenie.co.uk
Science	Now moving on to revision in each discipline.	Use GCSE pods.
History	‘How did William change England after 1066?’	Watch movies William the Conqueror and 1066
Geography	Coasts	'Coast' TV series on iplayer Read 'A Life on Planet Earth' by David Attenborough
Spanish	Topic of work and future plans	Use BBC bitesize and revise the topics with oak academy. Use their vocabulary books and speaking questions to help them revise.
Art and Design	Art & Design Unit 2 Spirit of a place	https://buryartmuseum.co.uk/Spirit-of-a-Place https://en.wikipedia.org/wiki/Spirit_of_place
Computing	Year 11: Computer systems	<i>Digital Information Technology Student Book ISBN 978-1-292-20837</i>
Btech Sport	Students are creating a 6 week training programme designed around their own fitness strengths and weaknesses.	

It's about me

Derbyshire County Council are pleased to announce that the booking system for It's About Me- Derbyshire's Holidays and Activity and Food Programme is now open!

It's About Me is a FREE Holiday Activity and Food Programme funded by the Department for Education for children aged between 4-16, eligible for benefits-related free school meals. It will be running over the upcoming school holidays between Monday 3rd April- Friday 14th April.

Please find further details of the Spring Programme and how to book on their website: <https://itsaboutmederbyshire.co.uk/>

HOW TO BOOK STEP 1

it's about me
Derbyshire's Holiday Activity
and Food Programme



1. Go to www.itsaboutmederbyshire.co.uk and click **BOOK NOW**

2. Enter your criteria E.g Location, participant age, date and click **SEARCH**
To view the session details click **MORE INFORMATION**

3. Once you've found a holiday club you like, click **BOOK NOW**
and choose a date and time that works for you

4. Enter your child's details- you can add more than one child
You may need to add 'Supplementary Information'. Please write 'none' in any fields that do not apply.

Repeat to
add more
sessions!



STEP 2

1. Once you have chosen all your sessions, go to your cart and click **CHECKOUT**

2. To complete your booking you will need to create a log-in. You can then view/ edit and add any additional bookings at any time by logging in.

Create a Log-In

- ☒ Add your details
- ☒ Sign up for session reminders
- ☒ Enter your child/s details
- ☒ Sign up to our It's About Me newsletter



STEP 3

1. Click **COMPLETE BOOKING**

No longer able to attend your session?

Please contact the organiser if you are unable to attend one of your booked activities. Places are limited and the venue will be able to open up the space for other children and young people.

Diary Dates

Event	Date
Easter break	3rd April - 15th April
Students return to school	17th April
Year 9 Twycross Zoo trip	20th April
Year 12 parents' evening / Year 7 trip to Magna	26th April
Bank holiday	1st May
Bank holiday for King's Coronation	8th May
First exam on common timetable	15th May
Last day of half term	26th May
Half term	29th May - 2nd June
Students return / Year 6 start of weekly transition clubs	5th June
Year 10 Natural History Museum trip	6th June
Year 7 Theatre trip	8th June
Year 10 and Year 12 exams	19th June - 29th June
Year 7 parents evening	20th June
Inset day 4/ Year 13 leavers meal	23rd June
Inset day 5	26th June
Languages trip to Barcelona	26th -30th June
Year 11 Post-16 induction days	27th and 28th June
Year 6 transition day 1	28th June
Year 6 transition day 2 and Year 6 open evening	29th June
Inset Day 6 / Year 11 prom	30th June
Shipley celebration evening	3rd July
Post-16 ERF Skegness trip	3rd July - 7th July
Post-16 London trip / Sports day / Howitt celebration evening	4th July
Year 8 English overnight trip to London	6th - 7th July
Year 10 Post-16 taster day	7th July
Ormonde celebration evening	10th July
Year 10 and Year 12 work experience	10th July - 14th July
Gregg celebration evening	11th July
Post-16 celebration evening	12th July
Last day of term	21st July
Summer Break	26th July - 2nd September
A level results	17th August
GCSE results	24th August