

Year 7 Curriculum Guide

Sapere Aude

I came to give life - life in all its fullness

High expectations - no excuses



Introduction

Year 7 is an important year when starting secondary school. The transition from primary to secondary is a vast change and comes with its own challenges. Our focus for the students is to develop skills that will help with their organisation, planning and time keeping. This will develop as they settle into the Academy through attending a range of classes and meeting their new teachers.

I began this year with having high expectations from year 7 and will continue this during the course of their journey through the Academy. These students have the ability and drive to develop themselves into well rounded citizen's and will have various opportunities to showcase themselves as individuals and as a community.

Abigail Cartwright - Head of Year 7

Mentors:

- 7.1 Mr B Shooter Ben.Shooter@tbowa.org
- 7.2 Mr T Gilbert/ Miss E Jose Toby.Gilbert@tbowa.org Emily.Jose@tbowa.org
- 7.3 Miss Osborne Emma.Osborne@tbowa.org
- 7.4 Mrs S Mull Seema.Mull@tbowa.org
- 7.5 Miss M Jones Melanie.Jones@tbowa.org
- 7.6 Miss E Sandford Emma.Sandford@tbowa.org
- 7.7 Miss S Charles Sandra.Charles@tbowa.org
- 7.8 Mr B Morgan Ben.Morgan@tbowa.org

Key Dates:

- Virtual mentor meetings between Tuesday 22nd September and Friday 2nd October 2020
- KS3 Information Evening – Wednesday 13th January 2021
- Year 7 Parents Evening – Tuesday 23rd February 2021
- KS3 Information Evening – Wednesday 21st April 2021

Homework Club:

Homework helps students overcome the forgetting curve. Homework club will be held every evening after school for an hour in C004.

Rewards

Students earn House Points in lessons, and can achieve Bronze, Silver and Gold awards throughout the year

Knowledge Organisers

30 minute daily tasks must be completed according to the timetable in the KO folder

Frequently Asked Questions:

How can I login to Show My Homework?

Show My Homework can be accessed through the internet. Students are to login through the office 365 button and enter their school email and school password. This will be the same login they use to access the school computers.

How can I access Hegarty Maths?

Hegarty Maths can be accessed through the internet. Students need click the login button and enter the academy's name. They will be asked to enter their full name and create their own password. Tasks will be set for them by their maths teacher, which will include a video to watch and a quiz at the end. Students are advised to take notes throughout the video.

Who can I speak to if I have a problem?

Students see their mentors every morning for 30 minutes. Mentors are your first point of contact as a parent and a student. Students are encouraged to discuss any concerns or worries that they have with their mentor or another member of staff they feel comfortable with.

Intent for the year:

At the Bishop of Winchester Academy, the English curriculum equips students with the communication skills needed to flourish in a relational world.

We teach reading strategies through presenting students with challenging, relevant historical and contemporary texts that cover a range of topics and forms, both fiction and non-fiction. We encourage students to become strong, independent readers.

We aim to help students become passionate, confident, talented writers by providing opportunities to write in a range of forms; for a range of purposes; and for a range of audiences. Helping students broaden their vocabulary through specific teaching in every single lesson and providing opportunities for students to 'free write' – so they have a concerted focus on writing skills each half term – is built into our curriculum.

From frequent classroom discussion and working in pairs, or small groups, to individual and group presentations, we encourage students to develop their skills with oracy and attenuated listening. We explicitly teach skills that are used by good public speakers including effective annunciation and the use of rhetoric to persuade.

In Year 7, specifically, this is addressed through approaching a Shakespeare play that deals with issues about relationships and responsibility, a substantial fiction text dealing with emotional and social issues and a classic from Charles Dickens that still has relevance for today's reader. Students are taught literacy skills in all lessons and are taught ambitious vocabulary that they use in their communication. Students in year 7 have weekly spelling and vocabulary tests and will take regular reading tests in order to develop their literacy skills.

Topics covered

	Topic		Topic:
Michaelmas 1	Fantasy: <ul style="list-style-type: none">➤ Shakespeare: 'A Midsummer Night's Dream'➤ Stagecraft and staging➤ Character➤ Narrative	Lent 2	Resilience: <ul style="list-style-type: none">➤ Independence➤ Social standards and political systems➤ Contemporary attitudes➤ Conflict and debates
Michaelmas 2	Fantasy: <ul style="list-style-type: none">➤ Themes➤ Non-fiction texts➤ Modern/classic interpretations➤ Writing critically	Pentecost 1	Identity: <ul style="list-style-type: none">➤ "Oliver Twist"➤ Victorian England➤ Character and narrative➤ Setting, tone and atmosphere
Lent 1	Resilience: <ul style="list-style-type: none">➤ 'Private Peaceful'➤ Interpreting meaning➤ Writer's perspective➤ Narrative voice	Pentecost 2	Identity: <ul style="list-style-type: none">➤ Personal identity and role within society➤ Crime and punishment➤ Religious beliefs➤ Responsibility

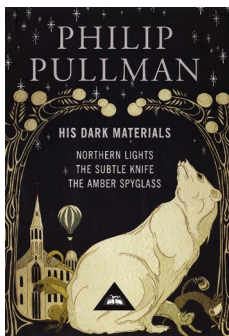
Parents / Carers can help by:

- Discussing the themes that occur within the texts and relating them to current events, thus helping the student to understand the application of texts in the real world.
- Encouraging the student to read independently. Selecting appropriate, but challenging texts and completing Accelerated Reader quizzes as texts are completed to monitor understanding.
- Ensuring homework tasks are completed on time and to a suitably high standard.

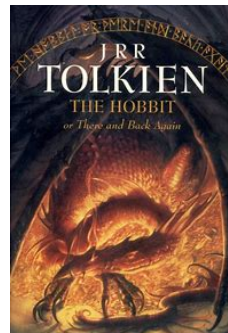
Useful websites:

- <https://www.bbc.co.uk/bitesize>
Deals with several of the texts that we are exploring, but also has several useful sections on skills, including self-testing segments
- <https://www.arbookfind.co.uk/UserType.aspx>
Accelerate Reader – 'Book' Find'. Allows students to see if a particular book is rated and tested for the Accelerated Reader programme.
- <https://www.satchelone.com>
The homepage for every student that shows what their homework is each week, including any necessary resources and help sheets. Work is often submitted through SMHW as well.
- <https://senecalearning.com/en-GB/>
Free, interactive learning platform.

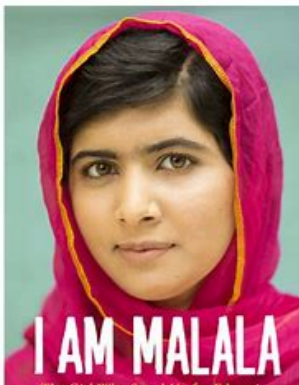
Recommended reading:



Consisting of Northern Lights (1995) (AKA The Golden Compass), The Subtle Knife (1997), and The Amber Spyglass (2000). It follows the coming of age of two children, Lyra Belacqua and Will Parry, as they wander through a series of parallel universes.



The Hobbit is set within Tolkien's fictional universe and follows the quest of home-loving Bilbo Baggins, the titular hobbit, to win a share of the treasure guarded by Smaug the dragon. Bilbo's journey takes him from light-hearted, rural surroundings into more sinister territory.



The book details the early life of Yousafzai, her father's ownership of schools and activism, and the assassination attempt made against Yousafzai, when she was aged 15, following her activism for female education.



A fairy tale retelling / mashup of *Sleeping Beauty* and *Snow White*, but with darkness and twists the reader may not expect. Riddell's illustrations, presented in black, white and gold, give a very traditional and magical feel to a very modern fairy tale.

Extra-curricular opportunities:

- 10:10 Club: Accelerate Reader Reading Club
- 10:10 Club: Creative Writing Club
- 10:10 Club: Moving Image and Fiction Club (films and reading)



Subject: Mathematics and Statistics

Intent for the year:

Maths counts. Maths is the universal language by which we make sense of the world around us and the means by which its problems are solved. The key to unlocking the potential of young people and to solving the biggest threats to humanity are found in our classrooms.

But, not everything that counts can be counted. Students must be equipped to develop their independence and to understand that there is a purpose to maths beyond the classroom which is vital to them playing their full part in society. Students will be Mathematically fluent, financially numerate, statistically competent young people who are able to use Maths to model the world around them.

In Year 7 pupils will broaden their understanding of the basic mathematical concepts that they were taught in Key Stage 2. They will have opportunities to develop a conceptual understanding through application and problem solving including real-life concepts. In addition, the introduction of new topics including algebra, graphs and statistics, will strengthen their skills in reasoning and interpretation. Year 7 pupils will independently model mathematical situations and start to make connections between different areas of mathematics alongside their other subjects. Pupils will begin to become confident in their use of mathematical language to reason in number, geometry and algebra problems.

Topics covered

	Topic		Topic
Michaelmas 1	<ul style="list-style-type: none"> ➤ Place value ➤ Calculating with positive integers ➤ Calculating with positive decimals ➤ Estimating and Rounding ➤ Types of Numbers ➤ Order of operations ➤ Powers & Roots 	Lent 2	<ul style="list-style-type: none"> ➤ Volume ➤ Operations & inverses ➤ Introduction to expressions ➤ Introduction to sequences ➤ Using sequences ➤ Introduction to equations
Michaelmas 2	<ul style="list-style-type: none"> ➤ Applied Mathematics: The Maths of War ➤ Introduction to fractions ➤ Operating with fractions ➤ Introduction to percentages ➤ Operating with percentages (including percentage change) ➤ Introduction to ratio ➤ Operating with ratios 	Pentecost 1	<ul style="list-style-type: none"> ➤ Volume ➤ Operations & inverses ➤ Introduction to expressions ➤ Introduction to sequences ➤ Using sequences ➤ Introduction to equations
Lent 1	<ul style="list-style-type: none"> ➤ Exploring 2D shape properties ➤ Perimeter & area 	Pentecost 2	<ul style="list-style-type: none"> ➤ Introduction to probability ➤ Experiments

	<ul style="list-style-type: none"> ➤ Transformations ➤ Circle properties ➤ Exploring angles ➤ Exploring 3D shape properties 		<ul style="list-style-type: none"> ➤ Frequency tables, pictograms, vertical line charts ➤ Bar charts and pie charts ➤ Introduction to central tendency (averages) ➤ Introduction to spread (range)
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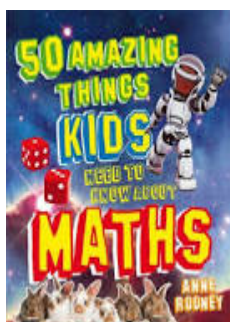
Parents / Carers can help by:

- Ensuring that your child has the correct equipment for every lesson including the Casio FX991 scientific calculator.
- Supporting your child with their weekly Hegarty Maths and knowledge organiser activities.
- Attending parent's evenings to discuss your child's progress in their maths learning.
- Attending any parent workshops offered by the maths department.
- Talk about and embrace the maths that surrounds us in everyday life.

Useful websites:

- <https://hegartymaths.com/>
- <https://www.mathscareers.org.uk/sport/>
- <https://wonderopolis.org>
- <https://wild.maths.org>
- <https://explore-math.weebly.com>
- <https://www.mathsisfun.com>

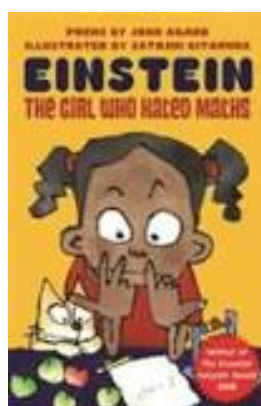
Recommended reading:



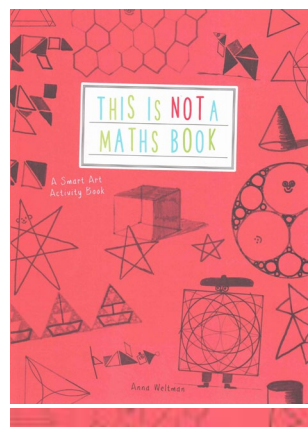
Have you ever wondered why you need to study math? Does it bore you? What good are fractions, decimals, and angles anyway? 50 Amazing Things Kids Need to Know about Math is the book that makes math cool! It will help you realize that math is important and fascinating.



A mathemagician is a mathematician who is also a magician. The name "mathemagician" was probably first applied to Martin Gardner, but has since been used to describe many mathematician/magicians.



From the mysterious power of the decimal point to the oddity of odd numbers, fun and wonder are the essence of these remarkable poems. The winner of the Queen's Gold Medal for Poetry takes us through the delight and silliness maths has to offer



Discover how maths can be artistic and art can be mathematical with this awesome activity book, full of fun drawing challenges with a mathematical basis

Extra-curricular opportunities

- After school maths club for key stage 3 pupils.



Subject: Science

Intent for the year:

Science is an essential part of a curriculum because an understanding of scientific vocabulary, processes and concepts is useful for everyone in a society, especially the developed technological society we currently, and will continue to live in. Science in school is the basis for anyone interested in careers in any fields in health, technology, engineering, agriculture, etc. but also will help anyone outside of those fields to understand better an increasingly complex world. The modern general public relies increasingly on social media for its news, where there is an abundance of information but rarely any verification of 'facts' and often the broadcasting of opinions of anti-science personalities as fact. A fundamental scientific education will help everyone to approach public issues objectively and rationally.

Students in year 7 will learn how to become a scientist. They will learn to follow the scientific enquiry processes method, developing their investigative skill and becoming able to assess risk securely. They will then learn about Life on Earth, and discover how organisms are structured as well as how they interact. Finally, Chemistry at the Core will develop students' understanding of the building blocks of matter, and how their actions may influence the climate on Earth.

Topics covered: Enquiry Processes, Life on Earth, Chemistry at the Core

	Topic		Topic
Michaelmas 1	Enquiry Processes <ul style="list-style-type: none">➤ Asking Questions➤ Planning Investigations➤ Collecting Data➤ Analysing/Evaluating	Lent 2	Life on Earth <ul style="list-style-type: none">➤ Variation➤ Plant Reproduction➤ Animal Reproduction
Michaelmas 2	Enquiry Processes <ul style="list-style-type: none">➤ Communicating Science➤ Reviewing Evidence➤ Risks and Benefits of New Ideas➤ Reviewing Theories over Time	Pentecost 1	Chemistry at the Core <ul style="list-style-type: none">➤ Elements➤ Periodic Table
Lent 1	Life on Earth <ul style="list-style-type: none">➤ Cells➤ Movement➤ Interdependence	Pentecost 2	Chemistry at the Core <ul style="list-style-type: none">➤ Earth's Resources➤ Climate

Parents / Carers can help by:

- Encourage your child to use Seneca Learning for their revision.
- Engage in reading from the Science Reading List below.

Useful websites:

- <https://app.senecalearning.com/login>



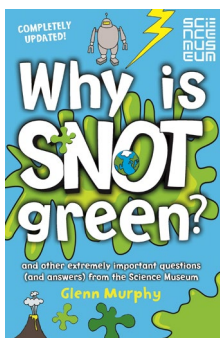
- <https://www.bbc.co.uk/bitesize/subjects/zng4d2p>



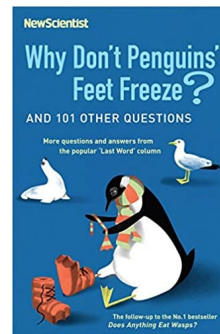
- <https://www.kerboodle.com/users/login>



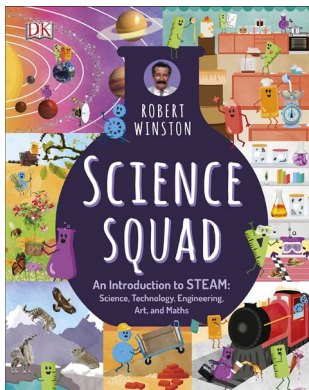
Recommended reading:



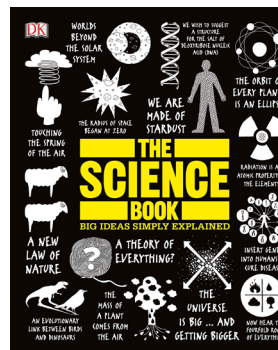
Why is snot green? Do rabbits fart? What is space made of? Where does all the water go at low tide? Can animals talk? What are scabs for? Will computers ever be cleverer than people? Discover the answers to these and an awful lot of other brilliant questions frequently asked at the Science Museum in this wonderfully funny and informative book.



Why Don't Penguins' Feet Freeze? is the latest compilation of readers' answers to the questions in the 'Last Word' column of New Scientist, the world's best-selling science weekly. Yet again, many seemingly simple questions turn out to have complex answers. And some that seem difficult have a very simple explanation. This new selection is popular science at its most entertaining and enlightening.



The zany characters of the Science Squad will guide kids through this engaging, fact packed kid's book from Robert Winston all about the key subjects – science, technology, engineering, art, and maths. An excellent introduction to understanding these concepts, Science Squad is a colourful, well-presented education book for children.



Discover 80 trail-blazing scientific ideas, which underpin our modern world, giving us everything from antibiotics to gene therapy, electricity to space rockets and batteries to smart phones. What is string theory or black holes? And who discovered gravity and radiation?



Subject: RS

Intent for the year:

Religious Studies is unique in the sense it is an academic subject with the opportunity to contribute so much to the holistic development of students. Our vision is that all students have a depth and breadth of knowledge and understanding of the world religions and world views outlined by the Bournemouth and Poole locally agreed syllabus. Students will learn from these religions and world views in a way that contributes to their personal development. This includes the Spiritual, Moral, Social and Cultural capital (SMSC), British Values, and Community Cohesion which focuses on preparing pupils for life in the 21st century, engaging pupils in a contemporary and relevant context.

In Yr. 7 students study Christianity and Buddhism. This starts with an introduction to Christianity through a unit of work called 'The Big Story'. Lessons form a narrative from Genesis through to the incarnation of Jesus through the lens of Christianity. Students continue their study in Yr.7 through investigating the life of Siddhartha Gautama and the beliefs and practices of Buddhism. Key concepts are identified and questions of belief, practice, and identity can be raised. Key knowledge of the two units is retrieved and compared through the application to two thematic topics, Life after Death and Environment and Animals.

Topics covered

	Topic		Topic
Michaelmas 1	<ul style="list-style-type: none"> ➤ Introduction to RS: What is RS? ➤ The Bible ➤ LApps ➤ John 10:10 'life in all its fullness' ➤ The Big Story: Creation ➤ The Fall ➤ The 10 Commandments 	Lent 2	<ul style="list-style-type: none"> ➤ The Sangha ➤ Meditation ➤ Wesak ➤ The Five Moral Precepts ➤ Buddhist Statues ➤ Different traditions in Buddhism
Michaelmas 2	<ul style="list-style-type: none"> ➤ King David ➤ Sacrifices ➤ Exile ➤ Messiah ➤ The New Adam ➤ The Jewish Law ➤ Justice 	Pentecost 1	<ul style="list-style-type: none"> ➤ Life After Death: Resurrection & Funeral Service ➤ Judgement ➤ Reincarnation ➤ Karma ➤ The Wheel of Life ➤ Philosophical Immortality
Lent 1	<ul style="list-style-type: none"> ➤ Buddhism: Introduction ➤ Sidhartha Gautama ➤ The Four Sights ➤ Asceticism ➤ The Four Noble Truths ➤ The Eightfold Path 	Pentecost 2	<ul style="list-style-type: none"> ➤ Environment & Animals: St Francis ➤ The work of the charity 'A Rocha' ➤ The Monkey King in Buddhism ➤ Trees In Buddhism & Christianity ➤ Dominion & Stewardship

Parents / Carers can help by:

- Recognise that at TBOWA RS is an academic rigorous subject where students study religious, non-religious and ethical world views.
- Having a discussion with their child each week about their RS lesson, and any ethical topics in the news.
- Support their child by developing a broad sense of the world, not just the views of an individual.
- Read, share and discuss any communication received with regards RS

Useful websites:

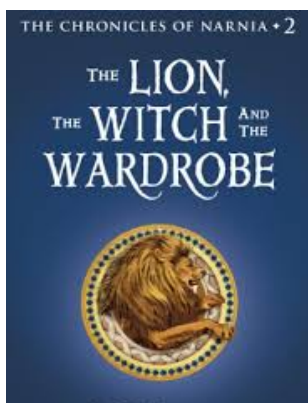
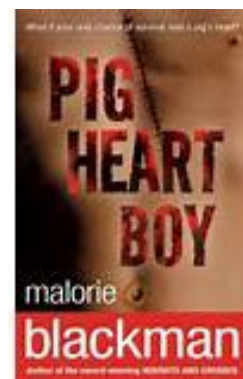
- <https://www.bbc.co.uk/bitesize/subjects/zh3rkqt>
- <https://quizlet.com/en-gb>
- <https://www.kerboodle.com/users/login>
- <https://www.educationquizzes.com/ks3/religious-education/>

Recommended reading:

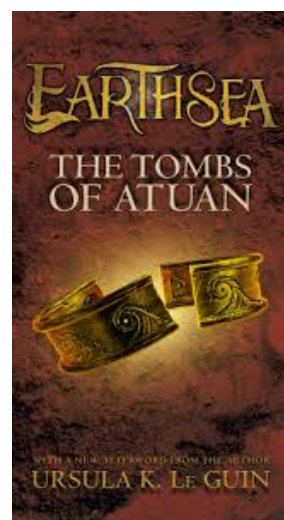


A Wrinkle in Time is the first in a series of four books that follow the adventures of Meg Murry.

You're thirteen. All you want is a normal life. But most normal kids don't need heart transplants.



When the Pevensie children - Peter, Susan, Edmund and Lucy - step through a wardrobe door in the strange country house.



Tenar is chosen as high priestess to the ancient and nameless Powers of the Earth, and everything is taken from her--home, family, possessions, even her name.

Extra-curricular opportunities

- Guest speakers from PACE
- Spirited Arts competition
- Guest Buddhist and Christian speakers
- Email a believer



Subject: Geography

Intent for the year:

Geography has an important place in The Bishop of Winchester Academy curriculum as it develops in students a sense of place in the natural and physical landscape surrounding them. It fosters within them a sense of awe and wonder that will remain with them for the rest of their lives. By studying Geography students will be able to understand the interaction between physical and human processes, how humans have shaped the planet and the effect they are having on it. It provides a vital life skill of allowing students to understand the world around them which can be applied through everyday activities such as travel, work and education. The Geography curriculum will equip students with the necessary skills for a variety of careers, education opportunities beyond The Bishop of Winchester Academy.

In Year 7 students will be introduced to the subject as a separate discipline, understand that geography is all around them and develop life long skills of map work and photo analysis. Students will be encouraged to focus on awareness, empathy and independence. In this year students are working at a local scale.

Topics covered

	Topic		Topic
Michaelmas 1	What is Geography: <ul style="list-style-type: none"> ➤ Differences between human, physical and environmental Geography ➤ Map skills 	Lent 2	Settlement: <ul style="list-style-type: none"> ➤ How were sites chosen? ➤ How do settlements change? ➤ Why are there different patterns of land use?
Michaelmas 2	Our local area: <ul style="list-style-type: none"> ➤ Describing places ➤ What is Bournemouth like? ➤ Decision making – where should Bournemouth build a new stadium? 	Pentecost 1	Brilliant Britain: <ul style="list-style-type: none"> ➤ Human and physical factors of UK ➤ How do we define the British today? ➤ How does geology impact on the UK
Lent 1	Rivers: <ul style="list-style-type: none"> ➤ How do rivers shape the land? ➤ Why is flooding a problem? ➤ Can flooding be reduced? 	Pentecost 2	Geographical enquiry: <ul style="list-style-type: none"> ➤ What to study ➤ How to collect data ➤ How to present data ➤ How to reach a conclusion

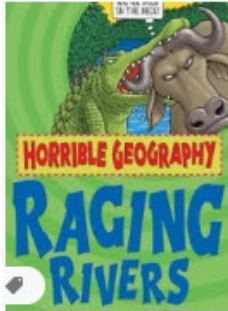
Parents / Carers can help by:

- Talking about places – maybe those in the news, having an atlas or map handy to locate them
- Visiting local areas – for example Hengistbury Head, use a map to navigate around it
- Go for a walk along the River Stour watching the river processes at work
- Discussing where your family came from and the reasons you live in Bournemouth now

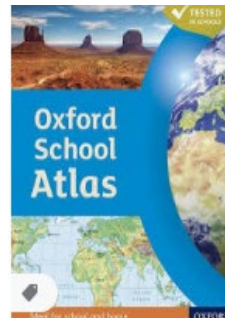
Useful websites:

- www.bbc.co.uk up to date news events and weather forecasts
- www.bournemouthecho.co.uk local news and events
- www.ordnancesurvey.co.uk free online maps
- <https://www.ordnancesurvey.co.uk/mapzone/> games and map skills
- <https://www.gov.uk/government/organisations/environment-agency> rivers and flooding information

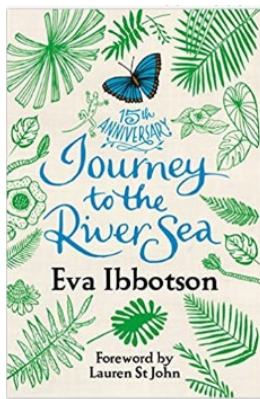
Recommended reading:



Discover the weird and wonderful creatures lurking below the river's surface, from the Amazon's crushing anaconda snake and naughty nibbling piranhas to the electric eels that will give you a nasty shock!



Ideal for locating places in the news or to visit. Any up to date Atlas is good, these are the ones used in TBOWA.



An Amazon adventure set in the wilderness of Brazil, *Journey to the River Sea* is filled with mystery and memorable characters.

It is 1910 and Maia, tragically orphaned at thirteen, has been sent from England to start a new life with distant relatives in Manaus, hundreds of miles up the Amazon. She is accompanied by an eccentric and mysterious governess who has secret reasons of her own for making the journey. Both soon discover an exotic world bursting with new experiences in *Journey to the River Sea*, Eva Ibbotson's highly colourful, joyous adventure.

Extra-curricular opportunities

- Take part in Geography's very own photographic competition
- Enter a picture on BBC South's Weather Watcher



Subject: History

Intent for the year:

The Bishop's' History education aims to inspire students with a deep fascination of history and furnish them with the talents that great historians possess to help them succeed in life. We know that studying History is an essential life-skill. Through knowing and understanding our past and how our past has been (or can be) our students are able to: develop a sense of identity and respect for our place in the world; defend against misinformation and prejudice in a changing and diverse world; develop knowledge and understanding of different historical periods and the arcs of historical change, and the complexities of historical debates; understand the connections across subjects allowing students to remember more and accomplish more in all aspects of their curriculum.

In Year 7 specifically this is addressed through exploring: Medieval Britain and the role of the Church; The Tudors; and early modern and nineteenth century Britain.

Topics covered: Medieval Britain, The Tudors, early modern Britain and nineteenth century Britain.

	Topic		Topic
Michaelmas 1	Medieval Britain: <ul style="list-style-type: none">➤ The Norman invasion➤ The Norman consolidation of power	Lent 2	The Tudors: <ul style="list-style-type: none">➤ Edward IV and Mary➤ Elizabeth I➤ The Spanish Armada
Michaelmas 2	Medieval Britain: <ul style="list-style-type: none">➤ The role of the Church➤ The Black Death➤ The Peasants Revolt	Pentecost 1	The British Civil War: <ul style="list-style-type: none">➤ The causes➤ The key battles➤ The death of Charles I
Lent 1	The Tudors: <ul style="list-style-type: none">➤ The Reformation➤ Henry VIII➤ Using interpretations in History	Pentecost 2	Early modern History: <ul style="list-style-type: none">➤ The Restoration➤ The Empire

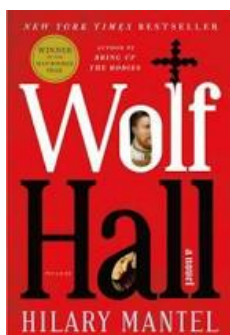
Parents / Carers can help by:

- Encourage him / her to complete extra reading around the topics they are studying in class.
- Check what homework is set and that it is being done.
- Encourage your child to re draft work.
- Question your child on key events and topics that they have studied and support them in learning the key figures and chronology.

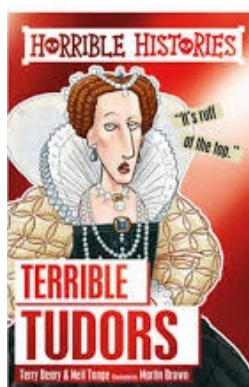
Useful websites:

- www.senecalearning.com
- BBC Bitesize
- The History learning site
- Spartacus educational

Recommended reading:



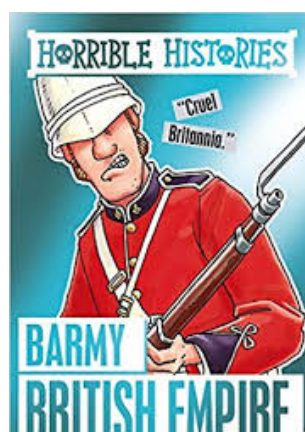
This is a piece of historical fiction set in the time of Henry VIII as he searches for a male heir. It gives students a good idea of the context of the period.



This book gives students a greater understanding of Tudor England and all that went on in society.



This book gives students an understanding of the Norman invasion and the changes made in England under the Normans.



This book gives students a greater understanding of the formation and conduct of the British Empire.

Extra-curricular opportunities

- Corfe Castle trip TBC
- Corfe Castle project competition



Subject: Spanish

Intent for the year:

Being able to communicate in more than one language, opens-up a world of opportunities to students in regards to personal travel, friendship and employment opportunities. The academic rigour involved in the acquisition of a second language, facilitates the development of memory and reasoning skills and gives students a broader perspective that contributes to success in other academic areas.

Our vision is that all language learners develop linguistic skills and self- confidence in their role as a “World Citizen” Ultimately, we want our students to have a love of Spanish language and culture as they work towards developing mastery and an enduring curiosity to build upon their knowledge after they have left our school.

In Year 7 specifically this is addressed through the introduction of four modules which aims to give students opportunities to communicate in a second language around personal information, family, free time and school. The teaching of those topics will allow students to also develop the four main skills of language learning: listening, speaking, reading and writing.

Topics covered: Mi Vida (My life), Mi Tiempo Libre (My free time), Mi Instituto (My school), Mi Familia y mis amigos (My Family and friends)

	Topic		Topic
Michaelmas 1	<u>Mi Vida (My life)</u> <ul style="list-style-type: none"> ➤ Greetings ➤ Introducing yourself ➤ Talking about personality ➤ Using adjectives that end in - o/ -a ➤ Talking about age, brothers and sisters ➤ Saying when your birthday is ➤ Using numbers and the alphabet ➤ Understanding dates 	Lent 2	<u>Mi Instituto (My school)</u> <ul style="list-style-type: none"> ➤ Saying what subjects you study ➤ Describing your school ➤ Using the words for “a”, “Some” and “the” ➤ talking about break time ➤ Using “er” and “ir” verbs
Michaelmas 2	<u>Mi Vida (My life)</u> <ul style="list-style-type: none"> ➤ Revision and Assessments <u>Mi Tiempo libre (My free time)</u> <ul style="list-style-type: none"> ➤ Saying what you like to do ➤ Giving opinions using me gusta + infinitive ➤ Saying what you do in your free time ➤ Instruments and lessons 	Pentecost 1	<u>Mi Instituto (My school)</u> <ul style="list-style-type: none"> ➤ Understanding details about schools ➤ Using predictions as a listening strategy ➤ Revision and assessments <u>Mi Familia y amigos (My Family and friends)</u> <ul style="list-style-type: none"> ➤ Describing your family ➤ Using possessive adjectives ➤ Describing your hair and eyes ➤ Using the verbs “ser” and “tener”
Lent 1	<u>Mi Tiempo libre (My free time)</u> <ul style="list-style-type: none"> ➤ Using “AR” verbs in the present tense ➤ Talking about weather ➤ Saying what sports you do ➤ Using the verbs “Hacer” and “Jugar” ➤ Reading about different hobbies ➤ understanding more challenging texts ➤ Taking part in a longer conversation ➤ Using question words ➤ Revision and assessments 	Pentecost 2	<u>Mi Familia y amigos (My Family and friends)</u> <ul style="list-style-type: none"> ➤ Describing your family ➤ Saying what other people look like ➤ Describing where you live ➤ Prepositions ➤ Using the verb “estar” ➤ Revision and assessments

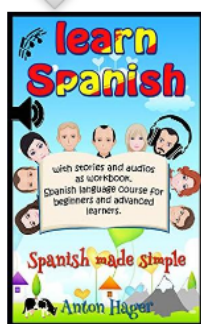
Parents / Carers can help by:

- Having a conversation each week with your child regarding their Spanish work
- Requesting to see your child's book and Knowledge Organiser to acknowledge what has been learnt
- Encouraging your child to create flashcards to put up around the house to facilitate memorising of the vocabulary
- Making Spanish alive at home by testing in a "fun way" the vocabulary learnt in class
- Engaging in short conversation in Spanish to facilitate confidence and interest for the subject
- Discussing the importance of learning a language for the future

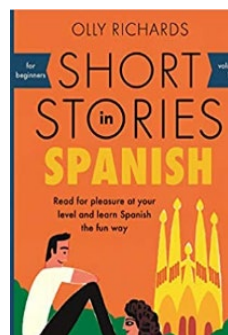
Useful websites:

- <https://www.memrise.com>
- <https://www.duolingo.com/course/es/en/Learn-Spanish-Online>
- www.quizlet.com
- www.bbc.co.uk/languages
- <https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#Topics>

Recommended reading:



Spanish language course made easy for beginners. Learn Spanish with stories and audios as workbook.



A collection of short stories for beginning Spanish as an additional language learners.

Read for pleasure at your level and expand your vocabulary.

Spanish Short Stories for Beginners



By Claudia Orea

Listen as you read along to short stories written in Spanish, Volume 1.



Spanish national television

<https://www.rtve.es/directo/la-1/>

Extra-curricular opportunities:

- Take part in a competition "Spelling Bee"
- Become an ambassador for an international student
- Watch Spanish movies after school



Subject: Creative Arts

Intent for the year:

At the Bishop of Winchester Academy, Creative Arts educates all students to develop their knowledge, skills and attributes to manage opportunities, challenges and responsibilities they will face as they mature into adulthood. Creative Arts intends to develop all students' understanding of how to **stay safe, be healthy** and **build self-esteem, resilience, empathy** and become **confident** members of their community. Life skills that are covered at 'The Bishop' can support students' understanding and knowledge of how to tackle barriers to learning, raise aspirations and the life chances for **all**!

Year 7 Creative Arts encourages students to explore different avenues, opening their minds to the creative and imaginative pathways. Providing all students with endless opportunities to develop their imaginative, skill set, understanding and knowledge, taking them on a historical and culture journey that will excite, enthuse and inspire them. This will open their eyes and minds to the greater world, familiarising themselves with historical and contemporary progression in art.

Topics covered:

	Topic		Topic
Michaelmas 1	<ul style="list-style-type: none">➤ Picasso and Cubism➤ Collage & Photography➤ Cubist 3D exploration➤ Completion of personal outcome and evaluation	Lent 2	<ul style="list-style-type: none">➤ Carousel with other subjects
Michaelmas 2	<ul style="list-style-type: none">➤ Monet and Painting➤ Visual recording & colour➤ Final Outcome completion➤ Personal Evaluation	Pentecost 1	<ul style="list-style-type: none">➤ Carousel with other subjects
Lent 1	<ul style="list-style-type: none">➤ Carousel with other subjects	Pentecost 2	<ul style="list-style-type: none">➤ Carousel with other subjects

Parents / Carers can help by:

- Having a discussion each week with their child regarding their Creative Arts work and to support with monitoring progress outside of school.
- To support with encouraging their child to attend gallery visits to support with wider learning about Creative Arts.
- Attend relevant school events/information evenings which are Creative Arts related.
- Read, share and discuss any communication received with regards to Creative Arts related topics.

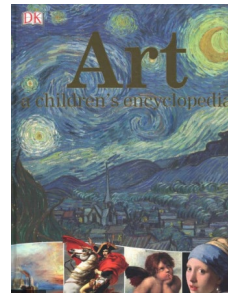
Useful websites:

- <https://www.tate.org.uk/visit/tate-modern> - to support with inspiration and gallery visits
- <https://www.npg.org.uk/> - to support with inspiration and gallery visits
- <https://www.artsy.net/> - to support with research and wider context, generating inspiration for student
- <https://www.sitebuilderreport.com/inspiration/artist-websites> - artist websites, to explore and discover new artists
- <https://www.bbc.co.uk/bitesize/subjects/z6f3cdm> – to learn new key art terminology

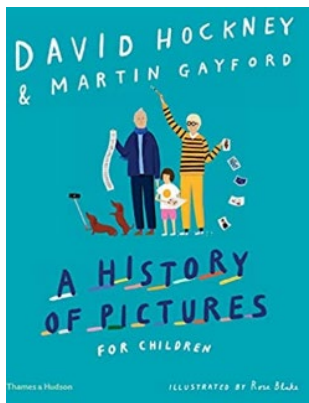
Recommended reading:



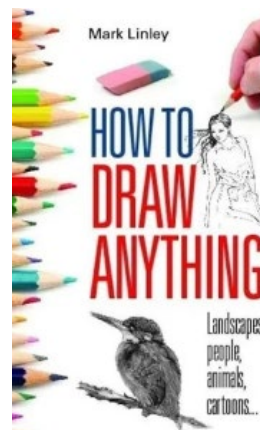
Whether it's Leonardo da Vinci's mysterious Mona Lisa, Vermeer's vibrant depictions of light, the art featured here is introduced in a format and style that will appeal to any student. The book proceeds chronologically, accompanied by a timeline to offer helpful historical context.



This beautiful art book charts the evolution of the greatest cultural achievements in painting, sculpture and photography. With amazing facts, clear explanations, and stunning photography, it is the essential introduction to the art world for students.



This read takes you on a journey through art history, from early art drawn on cave walls to the images we make today on our computers and phone cameras.



If you can write your name, you have enough touch to learn to draw. Let Mark Linley inspire you to pick up your pencil and create a magical masterpiece. His positive approach secures quick, accurate results and ever-growing confidence.

Extra-curricular opportunities:

- Young Photographer's Competition
- South West Dorset Competition



Subject: Computer Science

Intent for the year:

Students will receive a high-quality Computer Science education, equipping them to use computational thinking which is the ability to break down large problems into more manageable chunks and create step by step algorithmic solutions to understand and change the world. In order that our learners are best prepared for their digital future, all year 7 and 8 students study a programme that covers both an introduction to computational thinking, the use of Microsoft Office, components of a computer system, an introduction to web technologies and block-based programming.

Topics covered

	Topic		Topic
Michaelmas 1	Introduction to Computer Science <ul style="list-style-type: none"> ➤ File Management ➤ Cloud Computing ➤ Microsoft Outlook ➤ Netiquette 	Lent 2	Web Technologies <ul style="list-style-type: none"> ➤ HTML ➤ Basic formatting tags ➤ Create a webpage ➤ Create hyperlinks
Michaelmas 2	Hardware <ul style="list-style-type: none"> ➤ Input and Output Devices ➤ Process and Storage ➤ CPU ➤ Fetch, Decode, Execute Cycle ➤ Microsoft PowerPoint 	Pentecost 1	Principles of Web Design <ul style="list-style-type: none"> ➤ Purpose and Audience ➤ Evaluating designs ➤ Creating Wireframes ➤ Digital Assets ➤ Online Safety
Lent 1	Software <ul style="list-style-type: none"> ➤ Operating System ➤ System Software ➤ Application Software ➤ Microsoft Word 	Pentecost 2	Programming with the Micro:bit <ul style="list-style-type: none"> ➤ Key Components ➤ Programming an Output ➤ Programming an Input ➤ Use of Variables

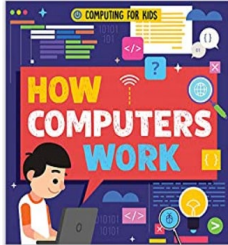
Parents / Carers can help by:

- Allowing students time to practice on a computer
- Discuss staying safe online
- Attend relevant school events/information evenings
- Read, share and discuss any communication received with the Computer Science department

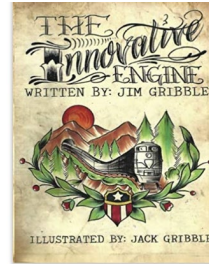
Useful websites:

- <https://www.thinkuknow.co.uk/parents/>
- <https://www.bbc.co.uk/bitesize>
- <https://makecode.microbit.org/>
- <https://www.w3schools.com/html/>
- <https://www.office.com/>

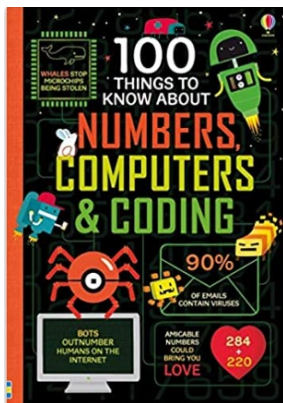
Recommended reading:



This book introduces kids to the design and function of the hardware and networks that digitally connect us. It makes learning about computers easy for young readers, and it is sure to inspire your budding engineers.



This book is fiction and follows child bloggers who travel by train and meet characters along the way. A good book to encourage students who enjoy Computer Science to read.



This fascinating book is filled with 100 fascinating facts, bright, infographic illustrations, a glossary and index and links to specially selected websites to find out more.



This book will help students get started with the Micro:bit. Using Microsoft Code Blocks, the book provides a progressive introduction to coding as well as interfacing with sensors and transducers for those students who would like to build knowledge from the classroom.

Extra-curricular opportunities

- Code Club



Subject: Drama

Intent for the year:

In their first year of Drama at The Bishop of Winchester Academy, our students will have the opportunities to practically explore a diverse range of theatre styles and genres. They will develop their understanding of characterisation, performance and theatre design skills needed to develop performance work from page to stage. The opportunity to analyse and evaluate professional works of live theatre including examples of physical theatre, monologue, storytelling, pantomime, and puppetry will be embedded throughout our students' learning to enhance their creative and reflective learning process.

Drama is a collaborative form of art, which means our students will gain vast experience in developing their communication and group working skills when shaping their ideas, building resilience and the ability to compromise and create group consensus when working with others. Underpinned within our curriculum vision is the fundamental purpose of Drama to enable students to explore emotions and express ideas that are deeply felt through a creative and collaborative learning process.

Topics

Rotation 1 - Introduction to Character

In the first rotation students will develop their understanding on how drama skills and theatrical techniques can be used to devise original performance work from a stimulus based on characterisation.

Topics covered:

- What physical and vocal skills are needed to present a character for performance?
- How does an actors express emotions through their physicality?
- How does an actors express emotions through their use of voice?
- How does an actor present emotions in a naturalistic way?
- How does an actor present emotions in a symbolic way?

Rotation 2 – Theatre for Children

In the second rotation students will expand and develop their understanding of characterisation and archetype when interpreting script and exploring pre-existing professional work with a targeted audience for children.

Topics covered:

- Why are archetypes and stock characters used in theatre targeted at children?
- How does an actor develop and perform a stock character using their characterisation skills?
- How does an actor interpret a script from page to stage?
- How can an actor use exaggerated characterisations skills to engage an audience of children?
- What is the role and responsibilities of a puppeteer in theatre?

Parents / Carers can help by:

- Having a discussion with their child each week about their drama lessons, enquiring on what ideas they developed in class.
- Having discussions with your child about acting performances you view as a family through a television series or film production

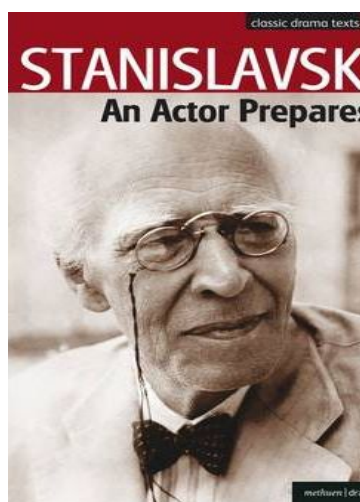
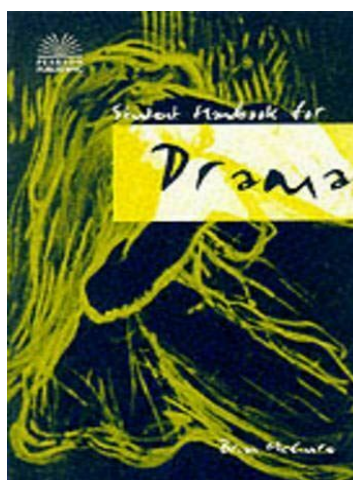
- Engaging with theatre either with exposure to live theatrical events such as local pantomimes and musicals, including our school production held annually at The Bishop of Winchester Academy or online
- Supporting their child with homework, including learning lines and supporting practical rehearsals in the home by encouraging them to perform any work they need to be prepared for class/performance to build confidence and resilience

Useful websites, including online theatre productions:

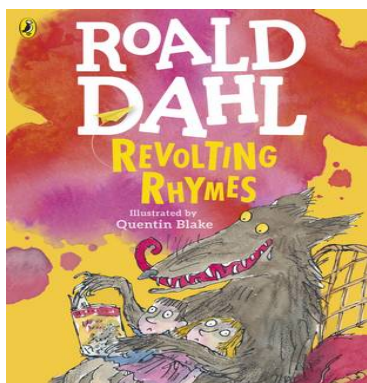
- <https://www.bbc.co.uk/bitesize/subjects/zbckjxs>
- <https://www.rsc.org.uk/education/about-rsc-education/home-learning-with-the-rsc>
- <https://www.bing.com/videos/search?q=half+moon+theatre&&view=detail&mid=C2A5C2A834B98302395EC2A5C2A834B98302395E&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dhalf%2520moon%2520theatre%26qs%3Dn%26form%3DQBVR%26sp%3D-1%26pq%3Dhalf%2520moon%2520theatre%26sc%3D8-17%26sk%3D%26cvid%3DC20AA16EF83D44CA82B8C02DF9CAE852>
- <https://www.vam.ac.uk/articles/the-story-of-pantomime>
- <https://www.kneehigh.co.uk/>

Recommended reading:

This book provides a reference source for key-stage 3 and 4 drama students. It gives an understanding of improvisational drama techniques, helps students structure an improvisation and supports writing about their drama work. The book includes forms to help them make notes and provides definitions of theatrical terms and other information.



This book provides a reference to Stanislavski guide to acting. This book explores the process of Method Acting to create believable characters on stage.



This classic retelling of children's fairy tales by Roald Dahl will be used as part of the exploration part of the exploration of Theatre for Children.



This scripted version of Hansel and Gretel, is re-invented the Kneehigh way, through Carl Grose, to have pertinent messages for the modern world. These messages are both political and about human nature. Extracts from this script will be part of students' exploration of Theatre for Children in class.

"Kneehigh are a company who have always taken a sideways look at classic tales, as they create their own ramshackle myth and magic... A madcap pleasure." - Lyn Gardner, *The Guardian*

Extra-curricular opportunities

- Drama Club
- Glee Club
- Take part in our School Musical
- Attending a Theatre Trip – arranged by the Performing Arts department



Subject: Food

Intent for the year:

At the Bishop of Winchester Academy, our Food curriculum educates all students to develop their knowledge, skills and attributes to manage opportunities, challenges and responsibilities they will face as they mature into adulthood. Food and Cookery intends to develop all students' understanding of how to **stay safe, be healthy** and **build self-esteem, resilience, empathy** and become **confident** members of their community. Life skills that are covered at 'The Bishop' can support students' understanding and knowledge of how to tackle barriers to learning, raise aspirations and the life chances for **all**!

Year 7 Food intends to develop all students' knowledge and understanding of how to consume food in order to keep one healthy and physically fit, educating them about the kitchen and social and environmental factors. Exposing their minds to a world of food and health, where they will familiarise themselves with how to hygienically and safely use a kitchen and consume a balanced diet for a healthy lifestyle.

Topics covered:

	Topic		Topic
Michaelmas 1	<ul style="list-style-type: none"> ➤ Health & Safety of self in Kitchen ➤ Risk Assessment of Kitchen ➤ Eat well Guide ➤ Nutritional Categories & Age Groups 	Lent 2	<ul style="list-style-type: none"> ➤ Food Poisoning ➤ Handling & Manufacture of Meat ➤ Origin/Fairtrade of Meat ➤ Bolognese Demonstration & Practical
Michaelmas 2	<ul style="list-style-type: none"> ➤ Knife Skills Demonstration & Practical ➤ Yeast/Fermentation ➤ Gluten ➤ Dough Practical ➤ Soup Demonstration 	Pentecost 1	<ul style="list-style-type: none"> ➤ Adapting a Recipe ➤ Quorn Practical/Meat Substitute ➤ Addition of Flavour Practical/Adding and subtracting Ingredients ➤ Pastry - Shortcrust
Lent 1	<ul style="list-style-type: none"> ➤ Presentation of Soup and Bread ➤ Bacteria ➤ Cross-Contamination 	Pentecost 2	<ul style="list-style-type: none"> ➤ Shortcrust Pastry Practical ➤ Shortcrust Pastry Practical Demonstration & Filling ➤ Theory Evaluations ➤ Practical Evaluations

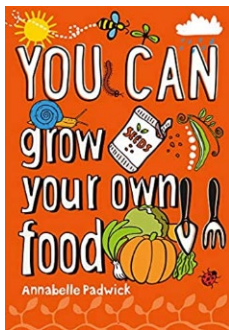
Parents / Carers can help by:

- Having a discussion each week with their child regarding their Food and Cookery work and to support with monitoring progress outside of school.
- Attend relevant school events/information evenings which are Food & Cookery related.
- Read, share and discuss any communication received with regards to Food & Cookery related topics.
- To support with the purchasing and preparing of ingredients at home, so child is prepared for Food and Cookery Practical lessons.
- To encourage your child to cook with you at home so they become more confident in the kitchen.

Useful websites:

- <https://www.bbcgoodfood.com/> - to discover new and interesting recipes
- <https://www.bbc.co.uk/food/recipes> - inspiring recipes for one's diet
- <https://www.supercook.com/#/recipes> - planning balanced dishes
- <https://www.epicurious.com/> - vast range of recipes, primers on baking bread and making pies
- <https://www.bbc.co.uk/bitesize/topics/zrdsbk/resources/1> - to view a range of topics to support Food and Cookery learning

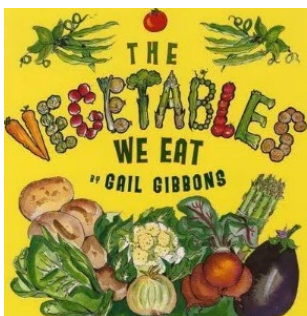
Recommended reading:



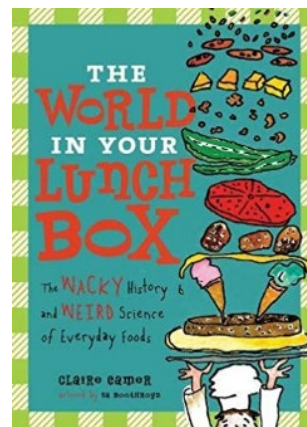
Get muddy, get green fingers and get growing! Tips on how to grow all kinds of fruits, vegetables and herbs indoors and outdoors. Packed with fun gardening activities guaranteed to get your hands dirty!



Follow Julia Child, chef, author, and television personality, from her childhood in Pasadena, California, to her life as a spy in WWII, to the cooking classes she took in Paris, to the publication of *Mastering the Art of French Cooking*, to the funny moments of being a chef on TV!



Learn how they grow, how they get to stores, and how many kinds there are!



Explore a week of lunches, from apples to pizza, by taking a romp through thousands of years of extraordinary events.

Extra-curricular opportunities:

- South West Dorset Competition



Subject: Music and Music Tech

Intent for the year: “Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.” – Plato.

All students receive a high quality and well-rounded music curriculum and we immerse them in an extensive range of culturally rich and diverse music that enables the practical skills and theoretical knowledge both in the traditional sense and the technological. We advance our students learning journeys by offering the traditional aspect of music making and the more technological for a full rounded experience. With this in mind, and as the creative industries continue to evolve in an ever changing landscape of technological advancements, we engage our learners in using industry standard music making software. Apple’s Logic software is one of the leading and cutting edge music software programmes which not only supports our learners in the more technological aspect of music creation, it also improves overall IT skills whilst gives our students the ability to experience the industry it thrives in for their future.

In year 7, students will study a variety of styles of music; past and present that will enable them to appreciate the creative side of music both through traditional and technological formats. They will develop their instrumental skills on the keyboard, African drumming and vocal skills in order to become comfortable in performance. They will have opportunities to discover the world of music technology in our purpose equipped Apple Mac Music room, and learn how to compose their own music using industry standard software logic. They will also be able to listen critically to a wide variety of music and analyse music in a musical way which will widen their understanding of the cultural significance which encapsulates this broad art form.

Topics covered:

	Topic		Topic
Michaelmas 1	<ul style="list-style-type: none">➤ Elements of Music➤ Voice works➤ African Drumming➤ Keyboard skills	Lent 2	<ul style="list-style-type: none">➤ Carousel with other subjects
Michaelmas 2	<ul style="list-style-type: none">➤ Apple Mac Logic➤ Dance Music➤ Music theory	Pentecost 1	<ul style="list-style-type: none">➤ Carousel with other subjects
Lent 1	<ul style="list-style-type: none">➤ Carousel with other subjects	Pentecost 2	<ul style="list-style-type: none">➤ Carousel with other subjects

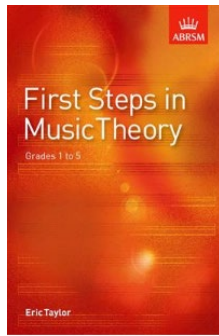
Parents / Carers can help by:

- Having a discussion each week with their child regarding their own musical journey and work and to support with monitoring progress outside of school.
- Listen to a variety of music in a variety of different styles.
- To support with encouraging their child to attend concerts and visits to theatres to support with wider learning about Performing Arts.
- Attend relevant school events/information evenings which are Performing Arts related.
- Read, share and discuss any communication received with regards to Performing Arts related topics.

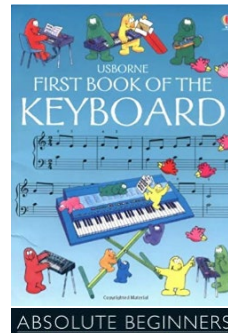
Useful websites:

- <https://www.focusonsound.com/>
- <https://www.soundonsound.com/>
- <https://www.musictheory.net/>
- <https://musictechstudent.co.uk/>
- <https://www.usefulmusic.com/>

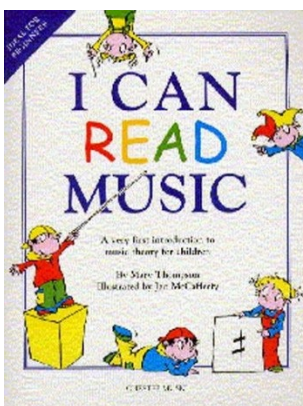
Recommended reading:



This introduction to essential elements of music is ideal for students preparing for examinations, as well as an excellent resource for everyone learning to read music. In this book you will find: a step-by-step presentation of the basic facts of music theory; a grade-by-grade format; clear, easily-understood explanations; vital information suitable for music students of all ages and abilities



Absolute Beginners has been designed to tell you everything you need to know from the very first time. A look and learn course that uses clear pictures instead of long explanations.



The simplest introduction to learning to read music. This book looks at basic musical theory - note names, signs and symbols, what they look like and what they mean.

No musical knowledge is needed - ideal for children starting to learn to sing or play an instrument.



Music Technology from Scratch provides a complete beginners guide to recording, mixing, and mastering music. It is an essential book for anyone studying or interested in music technology, and those wishing to create their own professional-quality recordings.

Extra-curricular opportunities:

- Variety of music groups including Vocal Group, Music Tech club, Ukulele group, TBOWA Radio, Strings and Things, African Drumming group, School of Rock
- Whole Academy production
- Performance throughout the year in the form of concerts



Subject: Healthy Living

Intent for the year:

At The Bishop of Winchester Academy, learning how to live a healthy lifestyle is a non-negotiable and is imperative to ensure students live life to the full. This vision means teaching students not only about the benefits of a healthy, active lifestyle for their physical health but for their mental and social health as well. In Healthy Living students will have develop the knowledge and understanding to allow them to achieve three main aims –

1. Develop a culture where participation is for all by experiencing a broad and balanced practical curriculum
2. Students will learn how to lead a healthy, active lifestyle
3. Understand various careers in sport through high quality provision

In Year 7 students will learn the core and advanced skills of a variety of sports throughout the year. They will also learn fundamental knowledge about health, fitness and well-being, physical training and anatomy and physiology. The practical sports are taught on rotations throughout the year.

Topics covered

	Topic		Topic
Michaelmas 1	<ul style="list-style-type: none"> ➤ Netball ➤ Football ➤ Badminton ➤ Dynamics ➤ Health, fitness and well-being 	Lent 2	<ul style="list-style-type: none"> ➤ Badminton ➤ Dynamics ➤ Netball ➤ Rugby ➤ Physical training
Michaelmas 2	<ul style="list-style-type: none"> ➤ Dynamics ➤ Rugby ➤ Football ➤ Badminton ➤ Health, fitness and well-being 	Pentecost 1	<ul style="list-style-type: none"> ➤ Athletics ➤ Anatomy and physiology
Lent 1	<ul style="list-style-type: none"> ➤ Football ➤ Badminton ➤ Dynamics ➤ Football ➤ Physical training 	Pentecost 2	<ul style="list-style-type: none"> ➤ Tennis ➤ Rounders ➤ Cricket ➤ Anatomy and physiology

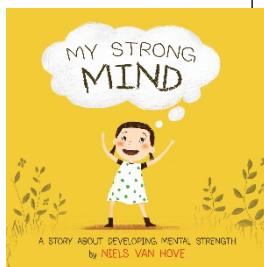
Parents / Carers can help by:

- Ensure students have the correct PE kit for every lesson
- Encourage students to participate in 10:10 clubs and teams
- Encourage students to participate in clubs outside of school
- Using KO's to quiz students on key terms

Useful websites:

- <https://www.bbc.co.uk/bitesize/subjects/zxf3cdm>
- <https://www.youtube.com/user/thebodycoach1>

Recommended reading:

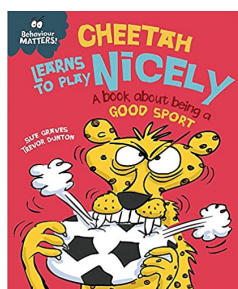


Develop mental strength to overcome any sports challenge!



How to become a top sportsman from a student's perspective – managing homework, pressure and fears!

Learning to play games and sport fairly and the importance of sportsmanship and fair play!



How you can use sporting techniques such as thinking, completion and resilience, and apply them to overall life!



Extra-curricular opportunities

- Netball
- Football
- Rugby
- Fitness
- Trampolining
- Badminton
- Basketball
- Athletics
- Rounders
- Cricket
- Tennis



Subject: PSHE Year 7

Intent for the year:

'The Bishop's' PSHE education aims to help students to develop the knowledge, skills and attributes they need to manage many of the **opportunities**, **challenges** and **responsibilities** they will face as they mature into adulthood. It intends that students are taught how to stay safe, be healthy and build **self-esteem**, **resilience**, **empathy** and become **confident** members of their community. Life skills that are covered at 'The Bishop' can support students understanding and knowledge of how to tackle barriers to learning, raise aspirations and the life chances for all.

In Year 7, specifically this is addressed through exploring life in the wider world, relationship and sex education, and health and wellbeing. These topics will give the students a greater understanding of the world around them and develop their sense of independence. Students will link these topics to their personal, social and emotional wellbeing.

Topics covered

	Topic		Topic
Michaelmas 1	: Living in the Wider World <ul style="list-style-type: none"> ➤ Aspirations ➤ Self Esteem ➤ Stereotyping ➤ Social Media ➤ Ethical Financial Decisions 	Lent 2	: Relationship and Sex Education <ul style="list-style-type: none"> ➤ Cyber Bullying ➤ Relationships ➤ British Citizen ➤ Radicalisation
Michaelmas 2	: Living in the Wider World <ul style="list-style-type: none"> ➤ Budgeting ➤ Savings ➤ Financial Products ➤ Transactions 	Pentecost 1	: Health and Wellbeing <ul style="list-style-type: none"> ➤ Healthy Lifestyle ➤ Balanced Diet ➤ Food Groups ➤ Impact of poor health
Lent 1	: Relationship and Sex Education <ul style="list-style-type: none"> ➤ Friendships ➤ Families ➤ Relationships ➤ Bullying 	Pentecost 2	: Health and Wellbeing <ul style="list-style-type: none"> ➤ Mental Health ➤ Anger ➤ Puberty

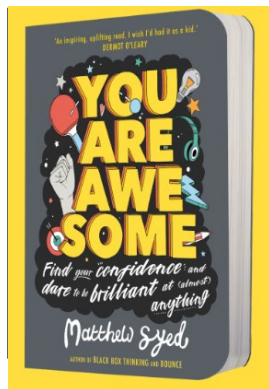
Parents / Carers can help by:

- Having a discussion with their child each week about their PSHE lesson, being mindful that there will be some sensitive and challenging topics
- Support their child by developing a broad sense of the world, not just the views of an individual
- Attend relevant school events / information evenings which are PSHE related
- Read, share and discuss any communication received with regards PSHE related topics

Useful websites:

- <https://youngminds.org.uk/> - mental health and emotional wellbeing for young people
- <https://www.nhs.uk/change4life> - Healthy Living
- <https://www.bbc.co.uk/bitesize/subjects/ztvg9j6> - PSHE & citizenship educational support
- <https://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/> - Puberty
- <https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1> - Transition from Primary to Secondary.
- <https://www.kooth.com/> - Counselling Service

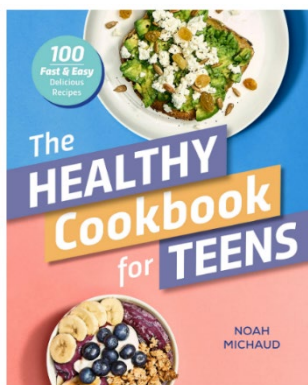
Recommended reading:



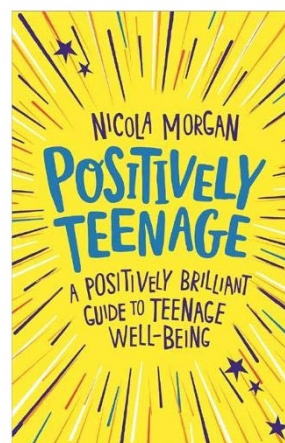
A book that helps to develop the growth mind-set of a child. Practical, insightful and positive, this is the book to help children build resilience, embrace their mistakes and grow into successful, happy adults.



From your first day to your final exams, this handbook will have you achieving, succeeding and being the best you can be!



Whether your goal is to learn a few fast and easy recipes, start eating healthier, or to create your own YouTube cooking channel one day, *The Healthy Cookbook for Teens* is the perfect place to start. This cookbook for teens will get you into the kitchen right away with basic techniques that will have you feeling like a master chef in no time.



this book shows you how to approach these years far more positively so that you can really flourish and be in control. You'll find simple strategies to develop a positive attitude, growth mindset, self-understanding, determination and resilience and you'll see how those strengths will help you cope with any challenges, enjoy life and achieve your potential.