



Springwood

High School

WELCOME!

TO YEAR 7

CONTENTS

Page	
3	Welcome from Mrs Williams, Head of Year 7
4	Key Stage 3 Enrichment Programmes
5	A HERO
6	ENDEAVOUR
7	Extra-curricular Activities
8-15	Faculty Pages
16	ATL Grades

WELCOME TO YEAR 7 AT SPRINGWOOD HIGH SCHOOL

I hope you settle quickly and happily into your new school and always try your best and work hard in lessons.

To make the most of your new school you will also need to be proactive, trying out different school clubs. We run clubs for Sport, Drama, Maths, Languages, Art, Cooking, STEMM (Science, Technology, Engineering, Maths and Medicine) and Music. We also have a school choir and orchestra who often perform at public events. If a club is not available that you want to be part of; you could start one!

A homework club is also available from Monday to Thursday after school so that you have somewhere quiet to go and will receive support in keeping up with the demands of secondary school.

There will be plenty of competitions to get involved in as well as working hard to achieve your 'A HERO' award; more details on page 5 of this booklet. We are already looking forward to celebrating and rewarding your success in assemblies!

Should you have any concerns, your form tutor is here to look after you and should be the first point of contact for your parents in school. Your form tutor will with you until you take your GCSEs in 2024, monitoring your academic performance and guiding you through your early teenage years.

Finally, should your parents have questions that your form tutor cannot answer, they can contact myself or Mrs Saxby, the Year 7 manager on, 01553 778092 and r.saxby@springwoodhighschool.co.uk

Let's make the most of our time at Springwood!

Mrs Williams.

Head of Year 7

KEY STAGE 3 ENRICHMENT PROGRAMMES

Y
E
A
R



Challenge



<p>⇒ Maximum "hero score" = 15.</p> <p>⇒ Anyone with at least 10 points has met the challenge.</p> <p>⇒ Those with less than 10 points are only trainee heroes and will have to "up their game".</p>	<p>A=</p> <p>H=</p> <p>E=</p> <p>R=</p> <p>O=</p>	<p>ATLS</p> <p>HOMEWORK</p> <p>EQUIPMENT</p> <p>READING</p> <p>ORGANISATION</p>
--	--	--

YEAR 8 Challenge



	1 POINT	2 POINTS	3 POINTS
A	ATL has improved over the course of the two terms.	ATL has a total score of 28 or below for all reporting sessions.	ATL has a total score of 21 or below for all reporting sessions.
H	HW ATL has improved over the course of the two terms.	HW ATL has a total score of 28 or below for all reporting sessions.	HW ATL has a total score of 21 or below for all reporting sessions.
E	Formal equipment checks show a student who is fully equipped to learn at least half the time throughout the year. Spot-checks likewise.	Formal equipment checks show a student who is usually fully equipped to learn throughout the year with the occasional exception.	Formal equipment checks show a student who is fully equipped to learn throughout the year. Spot-checks likewise.
R	One book has been read and a brief review written and submitted to form tutor.	Two or three books have been read with good reviews written and submitted to form tutor.	Four or more books have been read with excellent reviews written and submitted to form tutor.
O	Formal uniform checks show a student who is in full uniform at least half of the time. Spot-checks likewise. Records of lateness have become less frequent during the two terms.	Formal uniform checks show a student who is usually in full uniform throughout the year apart from the occasional lapse. Spot-checks likewise. Records of lateness are rare throughout the year.	Formal uniform checks show a student who is in full uniform throughout the year. No records of lateness are reported.



ENDEAVOUR is one of the most fun things that you do at Springwood. It is a series of nine challenges that really put you outside your comfort zone. It might sound hard, but that's the point, it's a really good experience and gets you up and trying fun new things. SpringFest is an afternoon of fun which celebrates completing the ENDEAVOUR programme. Not only are there some fantastic activities, but there will be awesome live music and free burgers and ice cream!

Extra-Curricular - Attend extra-curricular clubs or outside school activities at least 10 times in Years 7 and 8.

Numeracy & Literacy - Complete your Mental Maths Passport. Read 4 books in Year 8 and create a brief Powerpoint about them.

Display - Get your work displayed or publicised around the school in at least 3 different areas, on the website or in the local press.

Explore - Participate in the three day trips or a residential activity with the school or another organisation. Write a short summary of each trip.

ATL - Attitude to Learning - Show excellence or significant improvement in your ATL grades on your reports throughout Years 7 and 8.

Value Others - Make a difference by taking an active part in organising and promoting a charity fund-raising event in Years 7 and 8.

Orate - Take an active part in performing or presenting in an assembly, helping with a parents' evening or take part in a school performance in Years 7 and 8.

Understand - Complete your online safety project in Year 7 and your Careers project in Year 8 with at least an ATL2

Represent - Your House, School or Tutor Group in at least 2 different activities in Year 8.

EXTRA – CURRICULAR ACTIVITIES

Below are some examples of some of the clubs and activities which have run in previous years, get your child involved in everything Springwood has to offer.

LACROSSE	KWIK CRICKET	JUNIOR SAX ENSEMBLE
STRING GROUP	ZUMBA	JUNIOR SWING BAND
BADMINTON CLUB	CRICKET	STEMM CLUB
SAXOPHONE ENSEMBLE	DOUBLE REED GROUP	TENNIS
FIELD ATHLETICS	STRING ORCHESTRA	HIGH JUMP
MATHS	SCIENCE	CHOIR
CRAFT CLUB	GOLF	ART
NETBALL	JUNIOR BRASS	STRING QUARTET
JIGSAW CLUB	GARDEN CLUB	ROUNDERS
TRACK ATHLETICS	SPRINGWOOD WARRIORS	DANCE
DODGEBALL	CROSS COUNTRY	DRAMA
CONCERT BAND	SENIOR BRASS	FOOTBALL
RUGBY	ICT CLUB	TABLE TENNIS
BASKETBALL	SOFTBALL	



ENGLISH

At Springwood, reading underpins our entire curriculum. We believe that good readers make successful students, not just in English, but across many other subjects, too. We are also eager for our students to enjoy their reading, both in class and in their own time, and develop a life-long love of literature.

During the first few weeks of the Autumn term, teachers are keen to get to know the students through an exploration of their reading habits. We begin with a short transition unit entitled 'My History as a Reader', which encourages autobiographical writing about books that have played a significant part in students' early childhood: for example, the first book you can remember or a book you read at primary school. This culminates in the formation of their reading journals that they will add to as the year progresses.

Following this and for the remainder of the Autumn term, students will read a text connected to a particular theme, beginning to embed vital reading and writing skills needed for GCSE. Alongside their reading, they will explore poetry and non-fiction texts appropriate for the context in order to expose them to a range of writing forms.

Homework is reading based to help develop and enhance skills and foster a strong reading culture. We are also fortunate to have a well-stocked library that the students have access to on a regular basis, as well as a licence for Accelerated Reader: a programme which further encourages the development of good, effective reading habits.



MATHS

In Year 7, you will enjoy lots of variety in your maths lessons. For the first few lessons, you may not even realise you are doing maths as we look at puzzles and investigations and make sure you know what to do when you get stuck. In your maths lessons, you will build on all the things you learnt at primary school. You will extend your understanding of the number system and practise lots of different types of calculations. You will also learn how to use algebra to solve everyday problems.

Parents can help prepare their children for maths at Springwood by making sure they know their times tables as this will really make a difference. They can also help by making sure their child has a scientific calculator for every lesson, along with the usual maths equipment; a pen, a pencil, a ruler, a rubber, a protractor and a pair of compasses.

The maths department runs a drop-in revision/support club every Tuesday, Wednesday and Thursday from 3.30 to 4.30pm to which everyone is welcome. We subscribe to www.hegartymaths.com and at the beginning of September you will be issued with a username and password for this really useful website.

If you ever have any questions or concerns, you can contact us directly using the email maths@springwoodhighschool.co.uk



SCIENCE

When starting Science in Year 7 at Springwood High School, you will have two science teachers. Each teacher will complete a variety of units that will develop your thinking, questioning, practical, analytical and evaluative skills.

You will be issued with a booklet at the beginning of the academic year which will contain the core knowledge that we believe is the foundation of understanding for each of the topics taught in Year 7. You will be required to learn a selection of these questions each week for homework. Your teacher will then carry out regular quizzes to check your progress. The first 20 questions in an assessment will always come directly from this booklet so that those who have applied themselves to revision will always be rewarded by predictable questions. We suggest that pupils work with each other or with adults at home to memorise a few at a time in much the same way you may have prepared for spelling tests in the past.

Your parents can support you in this exciting subject by encouraging you to ask why. Inquisitiveness and wanting to know how and why things work the way they do is exactly what we need within Science lessons. If students are asking why, we can enable them to be able to find or work out the answers.



HUMANITIES

Welcome to Humanities at Springwood! We are three distinct but closely linked subjects in year 7 and include History, Geography and Religious Studies. All are taught by subject specialists and we welcome parents taking an active interest in our subjects and supporting you at home by encouraging you to watch the news and documentaries on television and talking to you about your homework and what you are studying at school. Many of our current students have enjoyed reading the Horrible History and Horrible Geography series of books and found these useful for background knowledge of both subjects.

History - We will start with an investigation into what History is and the mystery of the Mary Celeste and continue with the Norman invasion of Saxon England where you will be asked to make a shield and participate in a battle! From here, we will jump through time to study the Tudors and you will produce a project on the Spanish Armada, before studying the English Civil War and the Industrial Revolution. Our Year 7 students always play a central role in the annual November Remembrance commemorations at Springwood.

Geography - In your first unit in September, you will follow Bear Grylls to some of the earth's most extreme environments. You will follow Bear to the desert, rainforest and polar environment to learn about the survival techniques required in these extreme environments. You'll advise Bear on the specific location and climate conditions in these ecosystems before learning about how people, animals and plants adapt to the extreme conditions. You'll then contrast each environment before making a judgement on which is the most extreme.

Religious Studies - We begin by considering the role of religion in society including ceremonies to celebrate birth, the coming of age, rules, rights and responsibilities. Our aim in all our subjects is to encourage you to develop your own opinions while empathising with others and inspiring you to want to learn more.

MODERN FOREIGN LANGUAGES

Everyone in Year 7 learns either French, German or Spanish. We cover lots of topics in the first few weeks such as the alphabet, colours, school bag items, classroom vocabulary, numbers and greetings. When you come across new vocabulary, learn the words off by heart and get parents to help as much as possible. Buying a small pocket dictionary and bringing it to class will help you learn your new language. Using a dictionary correctly is an important skill.

Try to find out as much as you can about the country speaking the language. Facts, culture and traditions, famous places and people, food, geography and cognates.

Join language clubs and competitions once you start Springwood. There are lunchtime and after school clubs in French, German, Spanish and Chinese. There are really useful websites you can try at home and they are free after 4.00pm. Get language learning APPS on your phone such as 'duolingo'.

The websites:

www.gut.languageskills.co.uk (German)

www.zut.languageskills.co.uk (French)

www.olé.languageskills.co.uk (Spanish)

مرحبا العالم! **Hallo Welt!**
Hej Värld! **Hello World!**
Ciao Mondo
ハローワールド!
¡Holá mundo! **世界您好!**
Salut le Monde!



DESIGN and TECHNOLOGY

Design and Technology (D&T) teaches you a range of design and practical disciplines. You will develop your subject knowledge in Design and Technology using a range of materials, tools and equipment.

Year 7 Projects:

D&T Workshop Project: Free Standing Wooden Mitre Joint Frame -

You will develop workshop skills in a range of materials including wood and acrylic.

Graphics/Smart Materials Project: Battery Tester Packaging - A

design task and introduction into smart materials, electronics (soldering) and packaging.

Textiles Project: Fabric Animal Theme Keyring - You will develop hand embroidery stitches and construction skills.

Year 8 Projects:

D&T Workshop: Bird Box - You will develop workshop skills and learn about carpentry joints as you design and construct a bird box and learn about sustainability issues.

Graphics Project: Packaging - A design task and introduction to Graphics.

Textiles Project: Fabric Mini T-Shirt - You will develop your creative skills as you design and construct a fabric product using embellishments and natural fabrics.

FOOD PREPARATION and NUTRITION

In Years 7 and 8, all students take part in food lessons which are a mix of practical sessions and theory. On completing the KS3 Food Journey you will be able to:

- understand and apply the principles of nutrition and health
- cook a repertoire of predominantly savoury dishes so that you are able to feed yourself and others a healthy and varied diet
- become competent in a range of cooking techniques [for example, selecting and preparing ingredients; using utensils and electrical equipment; applying heat in different ways; combining ingredients; adapting and using your own recipes]
- understand the source, seasonality and characteristics of a broad range of ingredients

You will be required to bring in ingredients for the practical sessions. Parents will be given advanced warning of cooking days through Show my Homework. Recipe booklets are issued to all students at the start of the term and an online copy of the recipe booklet can also be found.

It is important for parents to ensure that you are well organised, especially for Food lessons where you are required to weigh out ingredients at home before bringing them into the lessons.



ARTS

Welcome to the Arts at Springwood. Here, you will have lots of opportunities to explore new skills and experience different ways to be creative.

Our subjects include: **Art, Dance, Drama and Music.** As you get older, you may be able to do Performing Arts, Photography and Music Technology too!

In all of your Arts subjects in Year 7, you will be expected to try new things and work with others on mini projects. If you enjoy the work in your first year, you will almost certainly be able to build upon these new skills in the future.

The Arts Faculty is well equipped with a Photography dark room, a recording studio and dedicated spaces for both Dance and Drama.

Try to take part in at least one “Arts” activity if you can – there are lots to choose from:

Arts events after school include Art Club

Kickstart and Kinetic Theatre Company with rehearsals after school.

Music ensembles, bands and individual lessons with our superb music team (woodwind/brass/singing)

Join the Junior Choir

Dance Club



ATTITUDE TO LEARNING

Attitude to Learning Grade Descriptors

ATL 1— A highly motivated and ambitious student who seeks advice, acts upon it and wants to be the best they can be. They will set themselves challenging targets and are surpassing Springwood’s minimum expectations.

ATL 2—A student who is seeking to do well, is reaching their targets and knows how to achieve them. They are achieving Springwood’s minimum expectations and know what they need to do to improve.

ATL 3— A student who understands what they need to do to improve and is capable of making improvement but is lacking the desire or motivation to make the change. Currently, this student is not achieving Springwood’s minimum expectations.

ATL 4—A student who is significantly below Springwood’s expectations. This student sees little value in setting personal targets and challenges. They are unwilling to accept the help and support offered to realise their goals.

Homework Grade Descriptors

Grade 1—Continued outstanding effort and quality above what is expected and shows clear progress has been made. Homework is always completed and on time.

Grade 2— Homework is in line with their expected progress and shows good effort. Homework is always completed and on time.

Grade 3— Homework is below expected progress and shows signs of poor effort. Homework can be late on occasion and may be incomplete.

Grade 4— Little or no progress is being made through homework tasks. Homework is often late, incomplete or not handed in.