



Springwood

High School

WELCOME!

TO YEAR 7

2024 – 2025

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WELCOME TO YEAR 7

Dear Year 7 Student

It is with great excitement that we welcome you as a Springwood High School pupil.

Naturally, you may be feeling a little anxious or nervous about moving from primary school to secondary school but remember that nerves are not a bad thing! We all feel nervous when we care.

Through our secondary school journey together over the next 5 years, you will experience many new and exciting challenges and opportunities. Our message to you is to throw yourself in! Try something you have never tried before: in fact, try lots of new things. Don't be put off if you struggle or don't pick it up straight away; the fun is in the learning. Remember, your teachers and friends are all here to help.

This booklet is designed to help, too. If you read it carefully, you will come to Springwood already knowing quite a lot. The big message, once again, is simple: grasp every opportunity. We firmly believe that the more you put into school, the more you will get out, so always put in 100%.

There are clubs and activities for everyone and we want you to join in and get involved. Not only will you learn new skills, you will meet new friends with similar interests and quickly feel part of the Springwood community.

At Springwood, we have high standards and high expectations. We want you to do your best and be the best version of yourself! Approach each day with kindness, honesty, resilience, and effort.

Now is the time to start looking forward to the year ahead and to get planning for all of the exciting experiences that lie ahead of you.

During the Summer holidays, I would love to hear what activities you have planned and what you have taken part in. Please email your photos and stories to:

classof2029@springwoodhighschool.co.uk

We are very much looking forward to meeting you in September.

Mrs R Davies-Mays
Assistant Headteacher, Head of Year 7
01553 778092

Mrs C Isle
Pastoral Manager for Year 7
01553 778092

SPRINGWOOD'S ENRICHMENT PROGRAMMES

We have designed the following programmes in order to help you make the most of all of the opportunities you will have at Springwood as well as being organised and maintaining the high standards we all strive for. During your first two years, we will support you in completing these programmes and reward your efforts and success.

YEAR 7



A HERO is a Year 7 challenge with a focus on the following: attendance – are you in school every day; having a go – are you getting involved in clubs and activities; equipment – are you ready to learn; reading – are you broadening your horizons and extending your vocabulary; organisation – are you presenting the best version of you?

YEAR 8



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!

YEAR 9

Achieve

Achieve is a Year 9 programme where students start to focus on developing the key skills, experiences and characteristics which will help them to be successful. Students start to focus on the importance of careers and this program aids preparation for their Subject Choices at Key Stage 4 too.

YEAR 7

What is A Hero?

Attendance
Having a go
Equipment
Readings
Organisation

Are you are A Hero?

Point scoring

9 points or less
= not heroic
enough!

10-14 points =

A HERO



15 Points = Superhero

**CALLING ALL
SUPERHEROES!**

	1 POINT	2 POINTS	3 POINTS
A	Attendance has improved over the course of two terms. Records of lateness have become less frequent throughout the two terms.	Attendance is above 95%. Records of lateness are rare throughout the two terms.	Attendance is 100% and there are no recorded late marks.
H	Some maths homework tasks have been completed and submitted on time. Knowledge organiser checks show some use of the booklets.	Most maths homework tasks have been completed and submitted on time. Knowledge organiser checks show good use of the booklets.	All maths homework tasks have been completed and submitted on time. Knowledge organiser checks show excellent use of the booklets.
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 always 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 always in full uniform throughout the year. No records of lateness are reported.

YEAR 8



Endeavour task	Bronze	Silver	Gold
Present	Create a presentation regarding a topic of your choice and share it with your form tutor.	Create a presentation regarding a topic of your choice and present it to your form.	Create a presentation regarding a topic of your choice and present it to the year group.
Charity	Support or organise one charity event (including Springfest) in school throughout the year.	Support or organise two charity events (including Springfest) in school throughout the year.	Independently or in a small group organise a charity event for a local charity.
Careers	To attend one careers talk and complete your careers passport during tutor time.	To attend two careers talks and complete your careers passport during tutor time.	To attend multiple careers talks, complete your careers passport during tutor time and interview someone regarding their job role.
Represent	Represent your House in one whole school House competition.	Represent your House in two whole school House competitions.	Represent your House in three whole school House competitions.
Numeracy	Complete 2 Tutor Time Numeracy booklets or score over 1000XP on Sparks	Complete 3 Tutor Time Numeracy booklets or score over 2000XP on Sparks	Complete 4 Tutor Time Numeracy booklets or score over 3000XP on Sparks
Reading	Read 4 books during Year 8 and create a brief report about them.	Complete 50% of the Reading Passport and create a brief report about them	Complete the Reading Passport and create a brief report about them
ATLs	Average an ATL 2 for all of your school reports	Average and ATL 1 for one of your school reports	Average an ATL 1 for all of your school reports

YEAR 9

Record of Achievement

- A** - Academic
- C** - Career
- H** - Health and Society
- I** - Independence
- E** - Education
- V** - Volunteering
- E** - Extra-curricular

Over the course of this programme you will need to complete tasks that demonstrate the different components of ACHIEVE

These areas focus on developing the key skills, experiences and characteristics that help us to be successful.

IF YOU GET HURT OR FEEL UNWELL AT SCHOOL

If you feel unwell whilst you are at school please go to your Year Office.



PLEASE MAKE SURE WE HAVE AN UP TO DATE CONTACT NUMBER IN CASE WE HAVE TO CONTACT PARENTS/CARERS.



LOST PROPERTY

If you lose something report it to your Form Tutor, Year Office.

You can look for lost property at Reception, in Year Offices, in the Caretaker's Office, in the PE Department, the Canteen and the LRC.

**PLEASE REMEMBER
TO LABEL ALL OF
YOUR PROPERTY**



Above all have respect for other people, other people's property, school property and your environment.

EXAMPLES OF OUR EXTRA-CURRICULAR ACTIVITIES

Please find below examples of some of the clubs and activities that have been available at Springwood. We strongly encourage you to get involved and try something new.

DEBATE CLUB	WALKMEN	SAX CHOIR	FITNESS
JUNIOR WOODWIND	FRENCH BOARD GAME	JUNIOR SAX ENSEMBLE	
MATHS	DANCE	SEOUL SOCIETY	CHOIR
ICT CLUB/CODING	PHOTOGRAPHY	MASTER BLASTERS	
ART	ROCK CLUB	NETBALL	
STRING QUARTET	STRING ORCHESTRA	HUMANITIES CLUB	
JUNIOR BRASS	GERMAN CLUB	GREEN SOCIETY	
JUNIOR CANTABENE	STEMM CLUB	COOKERY CLUB	
STRING GROUP	BADMINTON	FASHION CLUB	BAKING
SENIOR CANTABENE	RUGBY	PRIDE CLUB	
CHESS CLUB	SENIOR BRASS	FOOTBALL	
BASKETBALL	CONCERT BAND	TABLE TENNIS	MUSIC THEORY
KINGSMEN (MALE VOICES)	POLITICS SOCIETY	SCHOOL MUSICAL	
SPARX MATHS CLUB	DESIGN & TEC CLUB	ENGLISH EXAM PREP	
KEYBOARD CLUB	BIG BAND	ROCK CLUB	ETHICS FOR MEDICS
DUKE OF EDINBURGH	BUSH CRAFT	SENIOR WOODWIND	

Please visit the link below for further information regarding: -

Our Music/Drama Clubs, PE Clubs, Environment Committee, STEMM Club, Duke of Edinburgh and for our Trips & Overseas Residential Visits

<https://www.springwoodhighschool.co.uk/page/?title=Extra+Curricular+Activities&pid=93>

Should you have any queries regarding our Extra Curricular Activities please contact Mr Wisniewski on a.wisniewski@springwoodhighschool.co.uk



Springwood High School students are:

ARTICULATE:

able to communicate confidently with
peers and adults alike in a range of
settings

MOTIVATED:

determined and enthusiastic to achieve

BRAVE:

unafraid to challenge themselves

INDEPENDENT:

responsible for their own success

THOUGHTFUL:

kind, considerate and respectful to others

INQUISITIVE:

curious to learn

ORGANISED:

good managers of their own time

UNSTOPPABLE:

resilient to the challenges they encounter

SERIOUS:

about fulfilling their potential

AMBITIOUS



STEPS

Sir or Miss - every time

Thank you - every time

Excuse me - every time

Please - every time

Smile - every time

S = Pupils refer to teachers and all members of staff as Sir or Miss. It is a sign of respect and is polite.

T = When someone shows us kindness by doing something for us – holding the door open, picking up a dropped item - we say “Thank you”.

E = We don’t push past or interrupt people. If we want to get past, we say “Excuse me” very politely. Then we wait patiently if necessary. Similarly, if we want to talk to somebody, we say “Excuse me”.

P = Pupils and teachers show an ‘attitude of gratitude’ every day and in every interaction, they have. We say Sir/Miss, thank you, excuse me and please very naturally.

S = We always smile. We are polite and welcoming. When we greet somebody, we smile. When somebody says hello, we reply with a polite greeting and a smile.



CARE

Together, we all have our part to play in keeping everyone safe and happy at Springwood

Challenge

Act

Report

Educate

Together, we **CARE**



ANTI-BULLYING POLICY

School statement on bullying

The aim of the anti-bullying policy is to ensure that we all can learn in a supportive, caring, and safe environment without fear of being bullied. Bullying is anti-social behaviour and affects everyone; it is unacceptable. We are committed to providing a caring, friendly, and safe environment so all of us can learn in a relaxed and secure atmosphere. If bullying does occur, everyone should be able to tell and know that incidents will be dealt with promptly and effectively.

This school is a place where every person has the right to be themselves and to be included in a safe and happy environment. Everyone at our school is equal and should be treated with respect.

What is bullying?

Bullying is hurtful or unkind behaviour which is deliberate and repeated. Bullying can be done by one person or by a group of people towards another person or a group of people where the bully or bullies hold more power than those being bullied.

What does bullying look like?

Bullying can be:

- **Physical** – such as hitting or physically intimidating someone, or using inappropriate or unwanted physical contact towards someone
- **Attacking property** – such as damaging, stealing or hiding someone's possessions
- **Verbal** – such as name calling, spreading rumours about someone, using derogatory or offensive language or threatening someone
- **Psychological** – such as deliberately excluding or ignoring people
- **Cyber** – such as using text, email or other social media to write or say hurtful things about someone

Remember that bullying isn't just physical, and it can happen outside or inside school. If someone is deliberately and repeatedly being hurtful or unkind towards you or someone else, whatever that looks like or for whatever reason, it is bullying.

What kinds of bullying can happen?

Bullying can be based on any of the following things:

- **Race or ethnicity** - racist bullying
- **Religion or belief**
- **Culture or family background**
- **Gender** - sexist bullying
- **Sexual orientation** - homophobic or biphobic bullying
- **Gender identity** - transphobic bullying
- **Special educational needs or disability**
- **Appearance or health condition**
- **Home or another personal situation**
- **Related to any other vulnerable group of people**

Not every type of bullying is on this list. If someone is deliberately and repeatedly being hurtful or unkind towards you, for whatever reason, that is bullying.

What should I do if I'm being bullied or someone else is being bullied? It is important to report bullying whether this takes place inside or outside of school including school holidays.

It won't make the situation worse and it will help to stop the bullying whether it is happening to you or to someone else. If you know that someone is being bullied, try to reassure and support them, tell them that what is happening is wrong and help them to tell a trusted adult. There are many different ways to report bullying:

- **Report to a teacher** – such as a form tutor, head of year, a member of the safeguarding team or any other teacher.
- **Report to a member of the Safeguarding Team** – Safeguarding Office is in the LRC.
- **Report** bullying by emailing bullying@springwoodhighschool.co.uk
- **Report to other school staff** – every adult has a responsibility for the safety of all of our students

You can call ChildLine at any time for free on 0800 1111 to speak to a counsellor. Remember your call will be confidential which means they will not tell anyone else about what you have said.

School staff will make sure that the bullying is recorded and taken seriously and provide any necessary support to those involved. They will also act to sort out the situation with the bully and any others involved.

The Springwood Diversity Pledge



No matter your:

- Age
- Sex
- Ethnicity
- Race
- Religion and belief
- Sexual Orientation
- Gender
- Disability

You are all welcome at Springwood and are all free to be accepted as you are.

INDIVIDUAL MUSIC LESSONS

Music has always been an integral, and well-known, aspect of life at Springwood High School with extra-curricular activities that include Concert band, Big band, Orchestra, Rock Club and 4 different vocal groups (plus much more...). It is one of the busiest departments in the school and you can normally find the sounds of music-making in the area before and after school as well as at break and lunchtime.

However, alongside the ensembles and extra-curricular we also value individual instrumental and singing lessons with over two hundred happening every week. The whole range of instruments are available to our students and we are pleased to be able to subsidise lessons for the majority of students at the school including fully-funded free tuition 'scholarships' on the minority instruments such as Viola, Cello, Double Bass, Oboe, Bassoon, French Horn, Trombone and Tuba.

Our highly experienced and qualified team of peripatetic teachers are second to none and work tirelessly to inspire a lifelong love of music-making and love of music. This has resulted in a regular stream of students going on to study Music at GCSE, A-Level and beyond with many now full-time musicians in West End Theatres, Professional Orchestras and other musical groups.

Why should my child play an instrument?

There is extensive research that shows that playing a musical instrument is one of the few things that exercises both sides of the brain, strengthening mental capacities that allow the young person to develop other key skills such as hand-eye coordination, comprehension and memory. This research has shown that young people involved in instrumental lessons tend to perform better in GCSE exams than those who do not.

However, it is not just about the academic side. Music is so much more! Here are just some other key skills that music lessons build in young people:

- Creativity
- Discipline
- Memory

It also relieves stress, lowering blood pressure and heart rates.

But, above all, Music gives you the opportunity to work and collaborate with other people. Through Music you will make new friends and have fun!

What instruments could my child learn?

The lessons available at Springwood fall into three categories; Orchestral, Non-Orchestral and 'Endangered Species'. We currently offer the following:

Orchestral

Violin, Flute, Clarinet, Saxophone, Trumpet, Orchestral Percussion

Non-Orchestral

Singing, Piano/Keyboard, Guitar, Bass Guitar, Ukulele, Drum-Kit

'Endangered Species'

Viola, Cello, Double Bass, Oboe, Bassoon, French Horn, Trombone, Euphonium, Tuba



How do I apply?

If you would like lessons please can you complete the online application form

<https://forms.gle/g1ar5asd5rH2Ximt6>

STEM @ Springwood

STEM at Springwood focuses on giving students the opportunity to explore Science, Technology, Engineering and Mathematics beyond the curriculum. Often working with a range of departments within the school.

For students in Years 7 & 8 we run a weekly STEM club focusing on different areas of science, reflecting the interests of the participants. Students attending regularly are able to earn a Discovery CREST Award as they take part.

In addition, we are able to provide dedicated curriculum time during Year 8 to allow students to complete the Bronze CREST Award in small groups. This continues into Year 9 and 10 with the Silver CREST award, and engineering projects.

Students are rewarded for their participation through invitations to special events, award ceremonies and school trips. And as a result, we have been awarded the STEM clubs Quality Mark.



Example activities from STEM club:

Coding and codes: Creating code breakers for secret messages and via Microbits - mathematics and computers.

Space: Exploring the ISS, tests for astronauts and space themed escape room - science and technology.

Food science: Energy in food, backing and testing cookies - science and collaborative work with Tech Department.



BUSHCRAFT YEAR 8



We invite applications from year 8 students for a place on a Residential Adventure with Explore4More, working with nature and the wonders of the natural world. Students will learn from the vastly experienced staff about how to live, thrive and survive in the wild, including how to make an emergency shelter and how to feed yourself using centuries old techniques.

During the time they will sleep in a camp environment under canvas and practice some cooking over camp fires.

Activities are traditionally focussed around Bushcraft and survival skills, you will learn new skills and enjoy our beautiful surroundings within the Kings Forest and Thetford Forest.

The learning will be fun based activities with opportunities for personal and team development.

DUKE OF EDINBURGH BRONZE AWARD – YEAR 9

Once you are in year 9 you can start your DofE programme with the Bronze award!

Every section gives you something different- that's the fun of it! You will enjoy a lot of new experiences, discover talents you never thought you had, challenge yourself... Plus you will do things you love. It is a real buzz!

Then there is the rest...

- Achieving an award will give you skills, confidence and a view on life that everyone is looking for, from employers to colleges and universities.
- You are getting recognised for doing things you want to do...and may even be doing already!
- You will make a difference to other people's lives and your community, be fitter and healthier, make new friends and have memories to last you a lifetime.

You will spend 3 months on two of your sections and 6 months on the third. The sections are: Volunteering, Skills and Physical.

After training, you will participate in your final Expedition for 2 days and one night. This will be held locally. You will work as part of a team carrying your food, clothes and kit. The aim is to be independent whilst navigating a set route through the countryside until you arrive at a designated campsite.

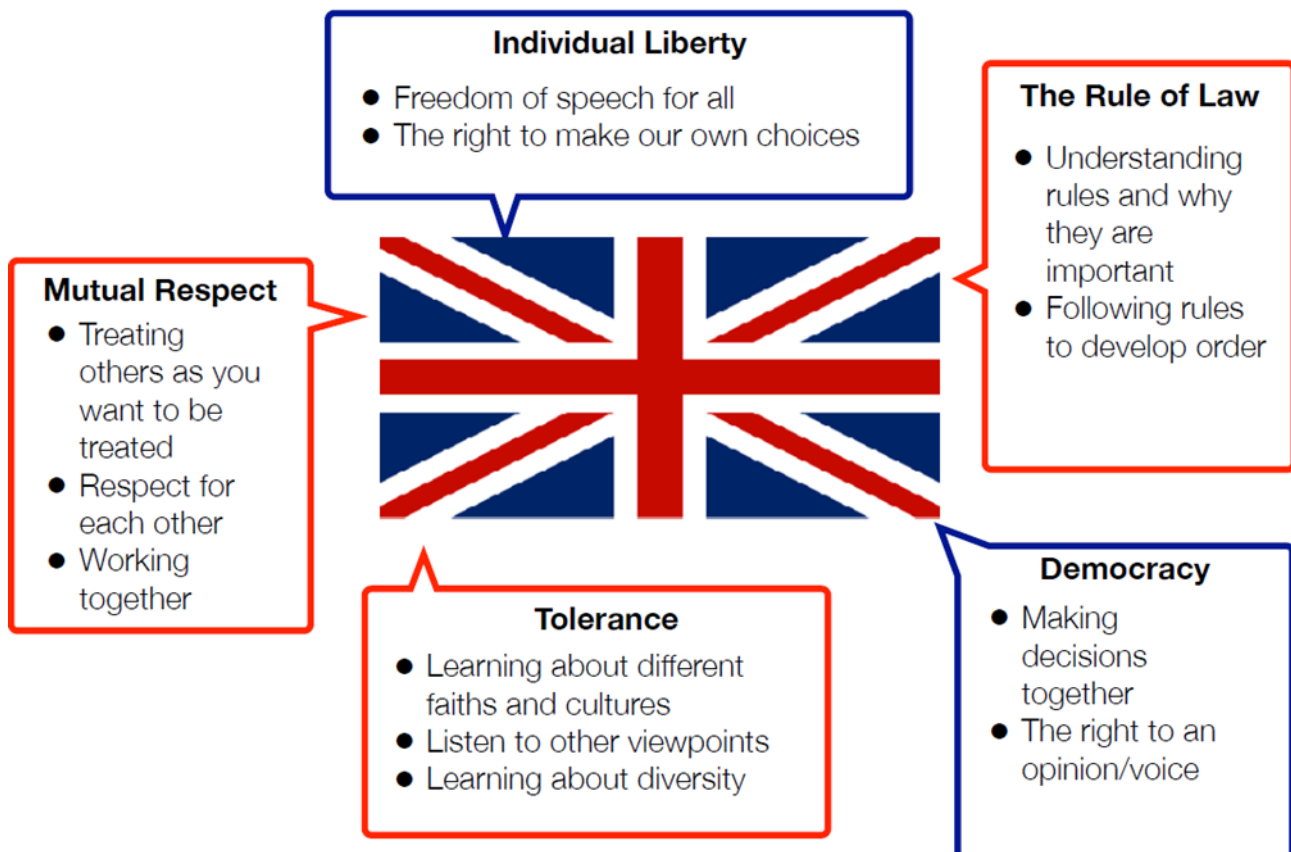
It is great fun and a real chance to do something different!



PERSONAL, SOCIAL, HEALTH AND ECONOMIC (PSHE)

PSHE education at Springwood is delivered in your subject lessons, by your form tutor during tutor time, assemblies and specific drop-down days called Super Learning Days.

Within your first half term at Springwood your form tutor will guide you through topics entitled; getting to know each other, road safety, well-being, the environment and being organised. You will also be taught about British Values and our high expectations of you as a Springwood student.



Further support and advice about some of the issues we cover in PSHE can be found on the inside front cover of your knowledge organiser or by speaking to your form tutor, year office or safeguarding team.

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

ENGLISH

In English, we seek to broaden your perspective—through the texts we read—on history, culture, religion, art, society and the world in which we live, whilst at the same time equipping you with the knowledge and literacy skills you will need to be able to confidently tackle GCSE examinations... and all of this starts from your very first lesson in Year 7!

We have lots of exciting and challenging prose, poetry, drama and non-fiction texts that we will read together. We will teach you how to be excellent students of English. You will be able to show your understanding that writers create texts for a reason, and you will be able to express your ideas in a critical manner. You will also have the opportunity to write your own creative and non-fiction texts.

There is an expectation that you will bring all essential equipment to school every day. For English, you will definitely need to make sure that you have a blue or black pen, a ruler, highlighters, and a coloured pen. This equipment is not only important for presentation, but also for self-assessment, active reading, annotation, organisation of notes, and editing.

At Springwood, we want our students to be enthusiastic and thoughtful readers. To support this, we use www.sparxreader.com to set weekly reading homework. Furthermore, we are very fortunate to have a well-stocked library, which you will have access to both as part of your timetable, and social times.

We can't wait to share our love of English language and literature with you!



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.sparxmaths.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

During your first year of Science at Springwood High School, you will study the following six units; Cells, Ecology, Matter, Chemical reactions, Forces and Electricity.

We will give you a booklet at the beginning of each topic, which will contain the core knowledge that we believe is the foundation of understanding for the content taught in Year 7. You will be required to learn a selection of these questions for homework, which is set fortnightly. 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 you 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.

Online support can be found at:-

BBC Bitesize

www.senecalearning.com

www.freesciencelessons.co.uk

If you ever have any questions or concerns, you can contact us directly using the following email:

l.dawson@springwoodhighschool.co.uk



MODERN FOREIGN LANGUAGES

Everyone in Year 7 learns either French, German or Spanish. We cover many 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 ask your 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.

There are also really useful websites you can try at home and many of them are free. You could even get language-learning Apps on your phone such as 'duolingo'.

Some websites to try:

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

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

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



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

In Year 7, we cover over a thousand years of History from Roman Britain, all the way until the end of the Tudor period. Along the way we will look at the reasons for the Romans leaving, the arrival of the Anglo-Saxons and Vikings, and the invasion of William the Conqueror in 1066. By the Spring term we will be studying the later Middle Ages and will look at the daily lives of people and the long-lasting consequences of the Black Death, as well as the great and not so great monarchs of the period. Finally, in the Summer term, we will look at the Tudor dynasty, some of England's most iconic kings and queens. 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 focus on developing your map skills. You will learn how to use an Ordnance Survey map, develop navigation skills, and expand your knowledge of the location of different places across the globe. In your second unit you will be taken on a journey across the UK, investigating the varied landscape and people of our home country. The third unit you will study will be weather, investigating different climates and how to survive a tropical storm! At the end of the school year, your lessons will allow you to travel through Asia, looking at the unique cultures and way of life found in this continent.

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 of our subjects is to encourage you to develop your own opinions while empathising with others and inspiring you to want to learn more.

DESIGN and TECHNOLOGY

Design and Technology, teaches you a range of design and practical disciplines. You will develop your subject knowledge using a range of materials, tools, machinery and equipment.

Year 7 Projects:

Develop Design Skills – Freehand sketching, tonal shading and isometric projections.

Graphics Project: Battery Tester Packaging - A design task inspired by Pop Art and introduction into smart materials, electronics (soldering) and packaging. Learn about sustainability Issues considering materials and the impact on the planet as a designer.

Timber Project: Bookends - You will develop workshop skills and learn about carpentry joints and surface finishes. Promoting love of reading!

Year 8 Projects:

Textiles Project: Felt Bookmark - You will develop your creative skills as you design and construct a fabric product using embellishments, hand embroidery. Learning about the difference between natural and synthetic fabrics. Promoting love of reading!

Electronics & Polymers Project: Steady Hand Game - Develop subject knowledge in polymers and learn about industrial processes, electronics, circuit boards and components.

Year 9 Projects:

Mixed Media - You will develop design skills. Experiment with a range of materials. Develop advance practical skills & techniques: metals, fashion construction, packaging, timbers.



FOOD PREPARATION and NUTRITION

In Years 7, 8, and 9 all students take part in food lessons, which are a combination 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 via SMHW. 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, for example:

Art Club

Kickstart and Kinetic Theatre Company with rehearsals after school

Music ensembles and bands

Junior Choir

Dance Club



PHYSICAL EDUCATION

In Year 7, you will build on your physical development and skills learned at primary school. You will become more competent, confident, and expert in your techniques, and apply them across different sports and physical activities. You will be given lots of opportunities to experience a variety of activities, from individual (eg athletics) to team (eg netball, rugby, cricket) and indoor (eg gymnastics and basketball) to outdoor (eg football and rounders).

You will analyse and build on your own performances, developing skills such as teamwork, communication, and perseverance along the way to achieving your personal best.

You will be encouraged to get involved in many roles within the lesson, not just as a performer, but as a coach, official and leader.

Our aim is to teach you how physical activity has vital benefits not just for your physical health, but just as important for your emotional (i.e. self-esteem) and social health (i.e. teamwork); giving you as many enjoyable experiences to develop a lifelong interest and involvement in exercise, sports and activities outside of school through community links and/or sports clubs.





COMPUTING

Welcome to the Computing Department at Springwood. Here, you will have lots of opportunities to explore new skills, improve problem solving and learn how to be safe on the Internet.

Our subjects include: **Computer Science and Information Technologies.** Computer Science is about programming and problem solving whilst Information Technologies is about learning to use software. During Year 7, you will experience a mixture of these skills building a starting point for future studies depending on your interests and skills.

We have four large computer laboratories running Windows 10 and a wide variety of software. Many of these are free to download so you can practice your skills at home to really impress your new peers!

Throughout the year there are many competitions running against the Trust schools as well as being within Springwood. We also have Scratch off competitions against schools in Norfolk with the finals being held at the university of East Anglia. These help to promote team work as well as new skills.

We have a coding club every Wednesday lunchtime so get involved!

SENECA Learning - Free to sign up (make sure you use your school email address). Lots of content on the computer science KS3 course. Year 7 - Online safety & security, Hardware & Software.

BBC Bitesize - Free to sign up (best if you use your school email address) Loads of content here. Year 7 - Safety & responsibility, Hardware and software.

Hour of Code/Scratch/Kodu - Year 7 - Basic programming website/software to build programming knowledge/skills.

<https://hourofcode.com/uk>. <https://scratch.mit.edu/>



USEFUL INFORMATION

YEAR 7 OFFICE

Mrs R Davies-Mays, Assistant Headteacher, Head of Year 7

Mrs C Isle, Pastoral Manager for Year 7

Direct dial 01553 778092 email classof2029@springwoodhighschool.co.uk

English - www.sparxreader.com

Maths - www.sparxmaths.com Email - maths@springwoodhighschool.co.uk

Science email – l.dawson@springwoodhighschool.co.uk

Some useful Language websites to try:

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

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

Music/Singing Lessons application form <https://forms.gle/g1ar5asd5rH2Ximt6>

To report bullying please email - bullying@springwoodhighschool.co.uk

MY NOTES