



Springwood

High School

WELCOME!

TO YEAR 7

CONTENTS

Page	
3	Welcome from Mr Hobbs, Head of Year 7, and Miss Craig, Year 7 Pastoral Manager
4-6	Year 7 and 8 Enrichment Programmes: A HERO (Year 7) and ENDEAVOUR (Year 8)
7	Extra-curricular Activities
8	AMBITIOUS
9	STEPS
10-20	Faculty Pages

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 a 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, 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. If you read it carefully, you will come to Springwood with quite a lot of background information. 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.

We look forward to meeting you very soon.



Mr Hobbs
Head of Year



Miss Craig
Year Manager

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.

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>ATTENDANCE</p> <p>HOUSE CONTRIBUTION</p> <p>EXTRA-CURRICULAR ACTIVITIES</p> <p>READING</p> <p>ORGANISATION</p>
---	--	--

	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	Total Conduct points have a positive balance. There is a reduction in the number of Behaviour points over two terms	Total Conduct points have a positive score of 50 or more with less than 10 Behaviour points at the end of the second term.	Total Conduct points have a total score of 100 or more, with less than 5 Behaviour points at the end of the second term
E	The student's involvement in extra-curricular activities has increased over two terms. The student is keen to become more involved.	The student regularly attended at least 1 extra-curricular activity across at least one half term. The student plans to try a new activity.	The student is fully involved in at least one extra-curricular activity across two terms and has tried a wide variety of new activities.
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 and equipment checks show a student who is in fully equipped and in the correct uniform at least half of the time.	Formal uniform and equipment checks show a student who is usually fully equipped and in correct uniform throughout the year, apart from the occasional lapse.	Formal uniform and equipment checks show a student who is always in full uniform and is fully equipped throughout the year.

YEAR 8 Challenge



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 that are available at Springwood. We strongly encourage you to get involved and try something new.

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



AMBITIOUS STEPS!

Here at Springwood, we want everyone to be their best. We understand that we are all capable of making mistakes but that it is important that we learn from those mistakes and try again.

We have created two acronyms to help you remember some of the qualities and characteristics we value, along with good manners.

During your time at Springwood, we will sometimes ask you to talk about times when you have been AMBITIOUS or when you used your STEPS or when someone was polite to you.

AMBITIOUS

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

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.

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, equip you with the knowledge and skills you will need to be able to confidently tackle GCSE examinations... and all of this starts with 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 active reading, annotation, organisation of notes, and editing.

At Springwood, we want our students to be enthusiastic and thoughtful readers. To support this, we are very fortunate to have a well-stocked library, which you will have access to both as part of your timetable and outside of lesson time. To help you further develop good reading habits, we also have a licence for Accelerated Reader.

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.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

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 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 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

<http://retrievalroulette.syedkhairi.com>

www.freesciencelessons.co.uk

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

r.davies@springwoodhighschool.co.uk or 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 they are 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)

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



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 (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 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. 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 (ie self-esteem) and social health (ie 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.



SCRATCH



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 Thursday lunchtime so get as involved as you can!

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/>

