

ALAMEDA MIDDLE SCHOOL



INSPIRE • ACHIEVE • EXCEL

HOME LEARNING OVERVIEW YEAR 8

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Year 8
Week Beginning 01.06.2020

Information	This is the last week that the home learning overview will be produced. All work can now be accessed on google classroom. Below are some messages from staff.
English	Please see the work set to you on Google Classroom. There is also a recording linked to this week's work on Alameda TV.
Maths	<u>Accuracy</u> - Follow the work set for you in Google Classroom where you will be directed to video clips and work sheets relating to accuracy, significant figures and approximation. - Work has also been set on both MathsPad and MathsWatch
Science	Hi Year 8! This week you will continue with your work on light. All the lesson materials are available on google classroom. Tasks overview: Once you have been through the lesson notes..... Task 1: Complete the quiz assigned on google classroom – seeing colour Task 2: An A4 page on your understanding of light (instructions within the lesson notes).
Art & DT	Hi everyone, This week the tasks are Art based. Miss Jiggles has added all the tasks to google classroom. Please keep uploading the D&T and Art tasks you complete to google classroom. It is fantastic to see the amazing work. Mr Henry
French	<u>Topic: Food- Ordering food at a restaurant</u> 1) Complete the different activities which have been set on Google Classroom. 2) Complete any outstanding tasks on Active Learn.
PE	This week's work is accessible via Google Classroom: This week we would like year 8 to look at mastering the correct technique for the shot put. Have a look at the attached video from AlamedaTV from Mrs Nelson-Cole and then have a go at practicing the technique. We don't expect you to have a shot put at home but you could try with a tennis ball, or even a rolled up pair of socks. Just make sure that you are pushing and not throwing! Once you have practiced the technique please can you answer the questions below.



	**Important - Please can you make sure you attach your answers in a document (word doc, powerpoint, pdf etc). Do not answer in the private comments and make sure you do not click 'turn-in' without answering the questions. Q1. Which occurrence is a foul in all throwing events? 1 Leaving the circle from the back half after the throw has been marked 2 Bringing the foot in the air over the outside of the circle 3 Touching any area or surface outside the circle or on the scratch line before the throw is marked. 4 Passing up one of the final throws Q2. Finish this coaching point for holding the shot put. Clean palm, _____ Q3. Explain how to generate power for the shot put. Q4. Where should the shot put be measured from? Q5. Where did shot put originate from?
Wellbeing	Continue the 60 day wellbeing challenge at the following link. http://www.alamedamiddleschool.org.uk/page/?title=Wellbeing&pid=228



GUIDE TO HOME LEARNING – FOR PUPILS

Here are some tips to try to help you while schools are closed for most pupils:

Try to structure and plan your days. You could use the schedule below (or adapt it to suit your daily routine). This will help you when the world returns to normal and we all come back to school.

Suggested Daily Schedule

Before 9am	Wake up	Eat breakfast, make your bed, brush your teeth etc.
9am - 10am	Morning exercise	Live PE workouts with The Bodycoach TV YouTube channel or Alameda YouTube channel.
10am - 11am	Academic study	Select some of the activities from the website – focus on English, math, science & computing. Look for activities on Instagram – the Alameda maths and English pages. Look for activities on the Alameda YouTube channel.
11am - 12pm	Academic study	Select some of the activities from the website – focus on foundation subjects. History projects, geography projects.
12pm - 12:30pm	Lunch time	Eat and relax



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12:30pm - 1pm	Carry out some chores	Help out at home.
1pm - 1:30pm	Quiet time	Read for pleasure
1:30pm - 3:30pm	Creative time	Eg. Art, DT, music. Either choose activities from the website or any practical activities that interest you linked to these key areas.
3:30pm - 4pm	Exercise	Walk, jog or cycle (in a safe environment). Follow a workout.
4pm - 5pm	Social time	Board games, puzzle, reading together, card games.
5pm - 6pm	Dinner time	

BBC Bitesize have set up daily lessons at <https://www.bbc.co.uk/bitesize/dailylessons>

Oak National Academy have also set up some really useful resources and plans for you to use. Your teachers will provide links to relevant parts of this – but you can also have a look round to find anything that interests you. <https://www.thenational.academy/>

Reading is a great activity. Use this time as a chance to catch up on some reading.

- Central Bedfordshire libraries have provided ebooks for free at www.centralbedfordshire.gov.uk/libraries
- Apple and Audible have made hundreds of audio books and e-books free. You can access them via the Apple Books App or <https://stories.audible.com/discovery>.
- You can send any book reviews to Mrs McKinnon, your English teacher or Miss Warner and we will share these in our weekly updates with other pupils. This is really helpful if you find a great book that may interest others.



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YouTube

- Our new YouTube channel, Alameda TV has been created for you. There are PE activities, assemblies, English activities and activity ideas from other subjects. Your teachers will provide weekly links, but you can always go and have a look to see what interests you.
<https://www.youtube.com/channel/UCKbkQFGOqIF0tYEuM3gh-jg/featured>
- Kooth – If you need to access help or support, you can contact Kooth and access their free online advice. Go to <https://www.kooth.com/>

And now for the most important bit....the most important thing at this time is to look after yourself. Stay safe! Try the activities, but don't panic if you can't do them or don't think you are doing as much as other people. As always, we just ask that you try your best.

Stay safe – we look forward to seeing you again soon.



GUIDE TO HOME LEARNING – FOR PARENTS AND CARERS

The emotional wellbeing of your child is far more important than their education right now. If they are settled and able to focus, then completing some school work is great, but if they are struggling and need some time, that is fine too. Don't compare your child to someone else's, you know them best and can judge accordingly.

Let your child lead the learning. If they are struggling to organise, encourage them to use (or adapt) the timetable we set out above.

Free online resources are great but the choice can be overwhelming and confusing. Let your child choose one or two and stick to those for now. We have shared a lot; so don't feel you need to use all of them.

Don't feel that you need to work with your children all of the time, they should be independent – in class, they probably wouldn't get 1:1 teacher support. You are likely to have work and other responsibilities.

While a lot of activities are online, be mindful of too much screen time. Physical activity and time away from the screen is really important.

BBC Bitesize have set up daily lessons at <https://www.bbc.co.uk/bitesize/dailylessons>

Oak National Academy is a new collection of high-quality lessons and online resources. Backed by the Government, it has been created in response to the coronavirus lockdown. It offers free access to teachers and parents, delivering video lessons, quizzes and worksheets. It covers a range of subjects. All of the lessons are ordered so your child can learn along a clear plan. <https://www.thenational.academy/>

Reading is a great activity. Central Bedfordshire libraries have provided ebooks for free at www.centralbedfordshire.gov.uk/libraries

Apple and Audible have made hundreds of audio books and e-books free. You can access them via the Apple Books App or <https://stories.audible.com/discovery>.

There is not a need to produce pages of paper based work. In most cases, work can be done online.



As a society, we have very little time for family time, we spend our lives rushing to and from work, taxiing children to and from clubs, eating in the car on route, let's accept this new challenge with open arms. Let's embrace time with our immediate family and learn to talk to one another and play games with one another in a courteous manner. Do not place unnecessary pressure on your family to be an academic genius, instead trust that your children will catch up and value the skills that can be learned and nurtured by spending time together in your home.

You are not "home schooling" as this is a very different thing and something you would have chosen and taken time to prepare for.

Maths and English on Instagram

The Maths and English departments are adding content regularly to our Instagram pages. While pupils should be 13 years or older to access these directly, we know that a lot of parents/carers will want to do this on their behalf. There are quizzes, questions of the day (with answers provided later on) and other activities designed to engage everyone with their learning.

- To access these via Instagram, please search our page names:
 - English: AMSTeamEnglish
 - Maths: ams_maths_team

YouTube

Our new YouTube channel, Alameda TV, has been created by the PE department to act as a hub for a wide range of ideas and resources to help keep your children active whilst they are not at school: <https://www.youtube.com/channel/UCKbkQFGOqIF0tYEuM3gh-jg/featured>

An English stream has now also been added, where you will see guided reading and spelling and grammar activities led by Mrs O'Grady and Mrs McKinnon. Ms Fielden will soon be adding some writing content. The aim of this is to support you and the pupils in structuring tasks, it should also provide some revision for pupils and generally try to provide a break from worksheet based activities.

Other subject will be joining too. Assemblies have recently been added.

Online Safety

Following our visit to the BETT show, we bought into nationalonlinesafety.com which provides resources for children, parents and teachers. You can register for this by following the link: <http://nationalonlinesafety.com/enrol/alameda-middle-school>

You can select parent/carer for the registration type. As with all other resources, I am mindful of the sheer volume, but wanted to share this in case you find it useful, particularly at this time.



Marking and Feedback

For all work, our teachers will be happy to look through any points, but it will not be possible, or indeed beneficial to mark all items. We therefore encourage pupils to self mark where they can and to check their work using answers where provided. We advise that you keep as much as work as possible online to reduce the amount of paper used.

Our feedback and marking policy under normal circumstances was already under review in order to focus only on providing feedback that makes a difference to pupils' learning. The teacher "proof reading" or writing comments about how that particular item could be improved were it to be done again are less beneficial and not a good use of a teacher's time. We prefer to "live mark" – i.e. talk to the pupils about their work as they are doing it, which isn't possible at present and give verbal feedback. This is something that you can do with your children if you feel confident to do so.

Some of you have requested some feedback from your child's teachers via email, and this is fine, but please bear with us as response times may not be as quick as during normal school times.

Praise for Effort and Success

During normal school times, it would be usual for any work that teachers were really pleased with, or if pupils had put in lots of effort, for this to be shared with a subject leader, year leader, one of our deputy heads or with Miss Warner for a Headteacher's "Wow" award. If parents/carers would like to share any work with any of us, please do so.

We would really like to be able to share examples of where pupils have tried really hard or done something they are proud of. Please send it to us, or send a picture or description via email and we will share it via Facebook or in a weekly update.

For a Wow award – if you think it demonstrates that a child has been really inspired by their learning, demonstrated genuine achievement or have excelled, then please email Miss Warner.

