

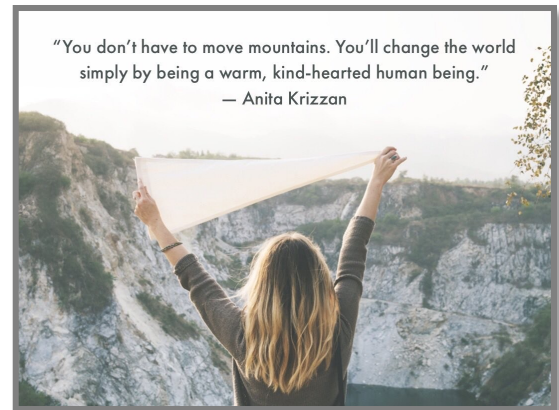


Dear Parents/Guardians

I hope you have had a good week. We have had a great week at school and were delighted to welcome back some of our Year 10 pupils. Even though lots of things are different in school, the pupils and staff have been amazing and without a doubt the pupils who have returned have greatly benefited from their sessions in English, maths and science.

As you will be aware, since lockdown we have started to use Instagram in addition to Twitter to celebrate the fantastic work our pupils have been producing. We felt it was timely to re-visit some guidance for parents and pupils around Instagram, I hope you find this information useful.

I hope everyone has chance to reflect on this week's Thought for the Week. In these current times it seems more important than ever to remind ourselves what a difference we can all make by, 'being warm, kind-hearted human beings'. I have seen so many examples of this during this week, particularly how Year 10 have supported each other in their return to school; as always I am extremely proud of our young people.



"You don't have to move mountains. You'll change the world simply by being a warm, kind-hearted human being."
— Anita Krizzan

Mrs Amanda Ryan

Instagram Safety Tips

Instagram has a minimum age of 13.

Profiles can be public or private. By default they are set to public. Click on the settings button to check. By making an account private, it means only people you have approved will be able to see what they post on your grid and stories.

Username, photo and bio are always public. Check that these are all appropriate and that you would be happy for your parents to see them.

Location tagging. If this is enabled, all images posted will include a tag showing where they were taken / posted. It is important that this is switched off so that people can't trace you from your posts.

Managing Content—Community guidelines regarding what can / can't be posted can be found on help.instagram.com. If you see anything that worries you, makes you feel uncomfortable or that you think is inappropriate, **you must discuss with a trusted** adult who may advise you to do one of the following:

Unfollowing—If you are viewing content you don't want to see then you should unfollow that person.

Blocking— When you block a user, they are not allowed to see any content you post. They do not receive a notification to say they have been blocked.

Reporting Content—If a post breaks community guidelines then it can be reported so that it can be reviewed and permanently deleted is necessary. This is completely anonymous.

Before you post anything, remember the golden rule:

"If you wouldn't show it to your parents then you shouldn't post it online"

Hello Year 9,

How are you all? Time is going so quickly and I can't believe I am writing to you all again so soon! I hope that you and your families are safe and well. I have enjoyed looking at school's Twitter and Instagram pages over the last few weeks and I am very pleased when I see a Year 9 pupil's name; I am really impressed with the amazing effort that you are all making. I have also spoken to a couple of your teachers who have said how impressed they are with your hard work and with keeping in touch. This is fantastic; well done! Keep up the good work!

After hearing about so many of you who are baking at home, I decided to do some baking at the weekend. I made some cupcakes and a Caramac and Biscoff cheesecake. They were all so tasty, and I have to say, everyone in my household thoroughly enjoyed them that much that everything was eaten within a couple of days! Baking is something new for me and I think it may be a new found hobby of mine. As the weeks tick on, I think we are all finding it difficult to stick to what was our "normal" routine, but trying out new activities gives you a positive mindset; new activities give you a sense of achievement and confidence, even if it's tidying up or sorting out your wardrobe. They may not be the most enjoyable activities, but once all chores are finished, it will give you a good feeling and it sets you up for the day ahead. I'm sure you will have heard, some of our Year 10s have started to come back into school from 22nd June to carry on with their studies. This is an exciting time for Year 10 as I know that they have missed studying for their very important GCSEs. School may not be the same as what they are used to as there are 2m social distancing measures in place, but I know that they will have the full support from all staff at Hillside.

I'm really looking forward to when we can all be together again Year 9, I'm missing you all everyday! Stay safe and keep smiling.

Miss Banks

Year 9—Weekly Timetable

Subject	Year Group	This week you will be learning about ...	To help you can use...	This week you should spend a maximum time of ...
English	9	Dialogue – punctuating speech. The Lion, The Witch and the Wardrobe by C. S Lewis; how does the writer create a sense of confusion.	Pages 18-21 in your work-pack; email from Mrs Symes. Complete all activities from Page 18 to Page 21 in your home learning work-pack.	2 hours
Maths	9 FT 9 HT	General GCSE Skills Perimeter, Area and Volume	Hegarty Maths, Corbett Maths, BBC Daily Lessons Hegarty Maths, Corbett Maths, BBC Daily Lessons	4 hours 4 hours
Science	9	Chemistry – Bonding	Complete the Chemistry activities along with Biology and Physics retrieval via Seneca. Please check your emails for the class code. Continue to read through your revision booklets and make notes in your exercise book. Watch this week's BBC Bitesize science lessons and write a review for each Science. https://www.bbc.co.uk/teach/bitesize-daily-schedules-teach/zdtwjhv	4 hours
Art	9	Challenge	Continue to work on your journal challenge.	2 hours
Photography	9	Editing	Work on editing your selected photographs. Make sure you record your processes for reference.	2 hours
Computer Science	9	Continue working on the workbook which has been emailed to you. Answer the questions and email these to your teacher. You have also been emailed links to help you.	Your teacher will email you a link. Business Studies – Research online about the topic of the economy. Complete the economy task. Tutor 2 U website ICT —Complete a visualization diagram for your cinema poster—Watch how to do a visualisation diagram video on YouTube.	60 mins 60 mins 60 mins
DT	9 9 (3D)	The key principles of Design Technology. Experimentation.	Work through the task choice sheet on the school website. Use WWW.technologystudent.com To support learning. Mini practical project. See Mr Smith's email. Using all of the information you have found for your lockdown/isolation project and all of your experimentation, produce 3 ideas that you could use for your final piece. See Mr Smith's email for further information.	2 hours 2 hours
Drama	9	Practical technique workshop from LIPA	The link emailed to you on Tuesday morning.	60 minutes
Geography	9	How does Human Activity affect River Landscapes?	The information from Lesson 4 - How does Human Activity affect River Landscapes? on pages 20-23 from the Rivers and River Management booklet. Once finished log onto Seneca and take part in the Estuaries and the River Clyde assignment. To join the 9H/Gg1 class type in the class code: 1dwjm8nk82	2 hours
Music	9	Careers in Music and Sampling. Work through the Careers booklet and explore the resources on Sampling.	School Website, Use BBC KS4 Music Resources: Use the online resources to read, watch videos and complete end of topic quizzes based on the units covered so far. Concentrate on the Music Theory topics. Follow this link: https://www.derbyshiremusicclub.org.uk/get-involved/music-at-home/secondary/week-4.aspx	3 hours per week
RS	9	The Qur'an AND the Just War Theory	One of this week's lesson is to be completed through the Oak National Academy link - https://www.thenational.academy/year-9/religion/what-is-the-quran-and-why-it-is-prized-above-other-revelations-year-9-wk6-1 The second aspect should utilise the booklet of knowledge organisers and exam questions (page 6) saved on the school website – Pupils, Learning Resources, Subject Resources, RS, Year 9. If you require a printed version, please collect one from school.	30 mins 1 hour
History	9	Renaissance medicine revision.	Seneca Learning at least 60 mins Renaissance Medicine assignments 2.1-2.3 Using the paper revision guide and notes from Seneca Learning to complete the revision grid.	2 hours
PE	9	Fitness – Strength, coordination, cardiovascular endurance, agility, speed, power, reaction time.	Create your own circuit at home using the exercises and 'difficulty' levels on the attached website. You don't need any equipment at all and these will get your heart rate up and keep you healthy whilst you're at home! Let your PE teacher know in an email how you have got on and if you want more exercises to throw in as well! https://www.livestrong.com/article/115989-circuit-training-exercises-equipment/	30 mins at a time.
Dance	9	Lets really focus on our performing skills this week – this dance tutorial is based on Arianna Grande – enjoy!	https://youtu.be/gmohgMYlieQ Use the link to access the tutorial.	1 hour
MFL	9	Entertainment and Leisure	Go to, https://www.bbc.co.uk/bitesize/guides/z72fd6f/revision/1 complete revision activities on TV, film and music.	1 hour