



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.

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 if 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 7,

I hope that you and your families are all keeping well. This has been another unusual week with some of the Year 10s returning to Hillside. Mrs Ryan and other staff members are here, working very hard to make this happen. As I sit typing, I would like to give a special 'shout out' to our wonderful cleaners. We wouldn't be able to function without them working behind the scenes making our environment clean and safe.

My week has continued with making calls to all my families and again it's been lovely speaking to many of my Year 7s and receiving some very exciting emails. Please keep them coming.

I have to say my jigsaw is certainly taking shape now. Since my son returned to his rugby training last week, it's been my guilty pleasure to sit and ponder over the puzzle, ignoring my washing pile that is waiting to be ironed. However, one day I also ignored the oven timer going off, only to burn our dinner. At least I'm no longer a danger on the roads and my bike is still firmly locked away.

Remember to stay in touch and keep up with all the hard work that I know many of you are doing. Stay safe and hopefully we will be back together soon.

Mrs Harper



Year 7—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	7	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	7	Data	Hegarty Maths, TT Rockstars, Corbett Maths, BBC Daily Lessons.	4 hours
Science	7	Can we edit genes to rid the world of pests?	Read the news article from 'The Day' found in the folder and complete the 'You Decide' questions. Complete the additional worksheet, also in the folder.	3 hours
Art	7	Plan	Create a plan for our own matchbox art. You must have a character, an inspiring quote and colour on your plan.	1 hour
Computer Science	7	Complete the searching for data task.	Watch a YouTube video on how to perform better searches on Google. Your teacher will email you the link.	30 minutes
DT	7	Practical techniques and the 'bionic arm'.	Use www.technologystudent.com to research practical skills and follow the instructions available on the school website.	1 hour
Drama	7	Clocking technique and creating a monologue	The clocking technique video https://vimeo.com/398909402 The resource emailed to you or in the home learning subject folder.	30 minutes
Geography	7	Places around the World and the Natural World	The information from Lesson 4 - Places around the World and the Natural World on pages 16-20 from the Becoming an Outstanding Geographer booklet. <i>Extension - log onto Seneca and take part in the Weather & Climate assignment. To join Year 7 type in the class code: z0sicb3ygk.</i>	1 hour
Music	7 & 8	Performing, Listening and Composing. Complete the activities for each area. Follow this link: https://www.derbyshiremusic.org.uk/get-involved/music-at-home/secondary/week-4.aspx	BBC Bitesize. Try to play your keyboard, ukulele, or guitar every day using the resources available on YouTube to guide your learning. YouTube	1 hour
RS	7	Oscar Romero, a priest who was murdered for protesting against corruption of his government.	The information and video links contained in pages 19-21 of the work booklet (this can be found in the subject resources, RS folder). You can consult pages 22 & 23 of the booklet for further support and guidance for you and your child.	30 minutes
History	7	Causes, events and consequences of the Spanish Armada.	Pupils are to complete the code breaker and card sort activities in their work booklet on the Spanish Armada. Also use www.bbcbitesize.co.uk armada activities to help with their understanding.	2 hours
PE	7	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/	15 mins at a time
Dance	7	Let's really focus on our performing skills this week – this dance tutorial is based on Camilo Cabello: Havana – enjoy!	https://youtu.be/CQpBfEhF9Uc Use the link to access the tutorial.	1 hour
MFL	7	Days and months	Go to, https://www.bbc.co.uk/bitesize/topics/zfgt6v4/articles/zjh292p Complete the revision activities on days, months and dates.	1 hour