



NEWSLETTER

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**FRIENDLY
FEBRUARY 2023**

DEAR PARENTS AND CARERS

I hope you are well and find this edition of the newsletter informative. We are now half way through the academic year and we have achieved an incredible amount and our students continue to impress me. Our **Year 11** cohort are working hard towards their next set of mocks in March and also preparing for their summer examinations. Their attendance to the super curriculum and over the weekends and holidays has also been excellent. I am very grateful to the staff that have given their time to plan and lead these sessions.

In this edition you will see sporting successes, especially that of our **Year 9** football team that are now in the last 8 of the national competition. We wish them well for their quarter final tie.

We have also including information in regards to our focus on **Children's Mental Health Week** and also information on external support for families. We all know this is a difficult time for families and we are always looking at ways we can support you, our students and this community. We want more parents and carers to join our school forum to share ideas and I would encourage you to contact us should you need additional help through our **Household Support Fund**.

Finally, over the last pages you will see the revision mats for the next round of P2S assessments.

Please can you ensure that your children are aware of the dates they begin and they also use the information provided to prepare well for these assessments.

Please note that **Monday 20th February** is an **INSET** day so students return on **Tuesday 21st February** at the normal time. Can you support us in ensuring that your child has all the necessary equipment, their bag and are adhering to the uniform policy.

I hope you all have a restful half term.

Best wishes,

Mr I Critchley,
Principal



A GREAT
PLACE
TO BE A
PART OF

KEY DATES 2023

Monday 13th - 17th February	Half Term
Monday 20th February	Inset Day
Tuesday 21st February	Students Return
Thursday 9th March	Year 9 Parents' & Options Evening

ATTENDANCE CELEBRATIONS



HALEWOOD ACADEMY

Attendance is still not where we would like it to be, or where it needs to be. However, there are some strong signs of recovery and clear improvements in attendance so far this year. We are really proud of this and have been celebrating the achievement with pupils and staff in our assemblies this week.

Overall attendance is up **2.1%** compared to this point last year. The large majority of our Year Groups have better attendance now, than compared to their own attendance at this point last year. Additionally, two of our Year Groups are above national average, meaning that pupils in those Year Groups have better attendance compared to their peers from across the country. One other Year Group is broadly in line with national average. So, you can see why we are really pleased with the efforts from our pupils!



On Friday 10th February, we will be holding an Attendance Prize Draw to celebrate good attendance. Winners will receive £30 Nando's vouchers. One winner per year group, so remember you have to be in to win!

Attendance Prize Draw

You need to be in to win!

£30 voucher per year group

Every pupil who is in school on **Friday 10th February**, will be entered into a raffle.

What can parents/carers do to ensure good attendance?

At Halewood Academy we believe that by improving attendance we will -

- ✔ Ensure your child attends every day, on time, equipped and ready to learn
- ✔ Ensure school has up-to-date addresses and telephone numbers
- ✔ Contact school on the first morning of absence by **8:30am** on **0151 477 8830 (option 1)** or via email **admin@halewoodacademy.co.uk** and provide your reason for absence
- ✔ Contact the school each day of absence until your child returns to school
- ✔ If contact is not made for an absence, it is recorded as unauthorised. The school is responsible for deciding if the absence is acceptable or not
- ✔ Provide medical evidence for any absence exceeding 5 days (10 sessions) or more
- ✔ Ensure medical appointments are made outside of school time. If this is not possible, your child needs to be in school prior to and after the appointment. We will need medical evidence upon their return
- ✔ Holiday requests during term time will not be authorised. Parents who take their children out of school for a holiday may be issued with an Education Penalty Notice
- ✔ Contact school if you are experiencing difficulty in getting your child into school
- ✔ Work with the school and any other agencies to resolve any difficulties which may affect regular school attendance

DAYS OFF COST GOOD GRADES

RESEARCH SUGGESTS THAT EACH 17 DAYS MISSED FROM SCHOOL, YOUR GCSE RESULTS WILL GO DOWN ONE GRADE!

Attendance Matters - *Attend Today, Achieve Tomorrow*

CHILDREN'S MENTAL HEALTH WEEK 6TH-12TH FEB



This week Halewood Academy have been acknowledging Children's Mental Health Week.

This year's theme is 'Let's Connect'.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week, and beyond.

People thrive in communities, and this connection is vital for our wellbeing.

When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely which can have a negative impact on our mental health.

Throughout this week, we're encouraging our pupils and community to connect with others in healthy, rewarding and meaningful ways.



Please find a selection of short videos and helpful downloads using this link:

<https://www.dragonflyimpact.com/MHweekvideos>

The short videos are aimed at busy Parents/Carers who want to know how to further support their children's mental health and wellbeing on the following areas:



Helping our children to manage feelings of anxiety - three tips to support them.



How helping our children ditch distractions can support their mental health and wellbeing.



Have you heard of autistic fatigue? It's a term that was created by autistic adults.



How knowing about the magic power of sleep, can make it a priority.



Have you heard the phrase 'you are what you eat'?

If you have any concerns or questions about your children's mental health, then please get in touch with school to look at what support is available.

Mr A Roberts

Assistant Vice Principal

SAFEGUARDING INFORMATION

HALEWOOD
ACADEMY

Parent/Carer/Pupils

Need support for when it is out of school hours?

Please see below some useful websites/information to support young people and their parents/carers.

MASH

The Knowsley Multi Agency Safeguarding Hub (MASH) brings together agencies from services that have contact with children at risk to make the best possible use of their combined knowledge to keep them safe from harm. The MASH provides a 'first point of contact' for Early Help, Children's Social Care (CSC) and Adults Social Care enabling members of the public and professionals to raise concerns about the safety and welfare of children or adults. This may include children or adults identified as potentially being in need of support or as being at risk of suffering abuse

Knowsley Multi-Agency Safeguarding Hub (MASH) on 0151 443 2600 (*during office hours*)

If you urgently need help outside office hours you can contact the Emergency Duty Team on 0151 443 2600 Please note if you believe a child or young person is at immediate risk of harm, you should contact the police urgently, CALL 999 Emergency

<https://www.knowsleyscp.org.uk/children-and-young-people/what-should-i-do-if-i-am-worried/>

Careline child services

Careline child services manages all child social care enquiries and referrals. You can contact us 24 hours a day, 7 days a week on the above link or telephone 0151 233 3700.

If you have concerns about a child at risk (if a child is at immediate risk call 999)

<https://liverpool.gov.uk/children-and-families/childrens-social-care/getting-help/careline-child-services/>

Young minds

Youngminds is a Mental Health Charity for Children and Young People. It provides Information, advice & support for young people affected by mental health. Youngminds also offer support to parents.

Parents contact 0808 802 5544 - Young person text YM to 85258 for free 24/7 support

<https://www.youngminds.org.uk/>

NSPCC

The NSPCC helpline is staffed by trained professionals who can provide expert advice and support. We're here if you're concerned about a child, if you're a parent or carer looking for advice.

Contact number 0808 800 5000

<https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/>

SAFEGUARDING INFORMATION

HALEWOOD
ACADEMY

Childline

Childline is a free, private and confidential service where you can talk about anything. They are available online, on the phone at any time. Get help and advice about a wide range of issues, call on 0800 1111, talk to a counsellor online, send *Childline* an email or post on the message boards.

<https://www.childline.org.uk/>

Papyrus

Papyrus is a national charity dedicated to the prevention of young suicide. We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

Contact us on 0800 068 4141

<https://www.papyrus-uk.org/hopelineuk/>

Kidscape

Offer friendly, impartial, non-judgmental information, advice and support to parents, carers, family members or professionals who are concerned about a child - either because they are being bullied, or because they may be involved in bullying others. Bullying can happen anywhere - inside and outside of school, in the community, in the home, and online.

Advice for parents: 020 7823 5430

WhatsApp: 07496 682785

Email: parentsupport@kidscape.org.uk

<https://www.kidscape.org.uk/>

NHS

The NHS website is a great source of support for the mental health needs. Visit the site below for further information.

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

<https://youtu.be/cyEdZ23Cp1E>

E-Safety

Internet Matters – this is the main online safety advice site for parents in the UK. Internet Matters has a wealth of information for parents including simple tutorials on how to set up the internet filter on your broadband, settings for all devices, advice and guidance, and much more, the link is below:

www.internetmatters.org/

Common Sense Media – a huge site which allows you to search on a game or app to learn more about it. It also includes books and TV shows too.

www.common sense media.org/

SAFEGUARDING INFORMATION



HALEWOOD
ACADEMY

Think you know website is also a great source of support, which sends out tasks and activities that families can complete together to get adults and children addressing concerns around staying safe online.

<https://www.thinkuknow.co.uk/>

<https://www.thinkuknow.co.uk/>

<https://www.thinkuknow.co.uk/parents/articles/what-is-live-streaming/>

<https://www.thinkuknow.co.uk/parents/articles/what-is-the-internet-of-things-iot/>

<https://www.thinkuknow.co.uk/parents/articles/Has-your-child-shared-a-nude-selfie-subtitled/>

www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/

Net-aware is very informative in terms of understanding the apps children are using.

<https://www.net-aware.org.uk/>

During school hours

If you have a safeguarding concern, please contact school via the following email addresses or by contact the school via telephone.

Role	Name	Contact Number	Email
Designated Safeguarding Lead	Ms J Gallagher	0151 477 8830	jgallagher@halewoodacademy.co.uk
Deputy Designated Safeguarding Lead	Mrs F Campbell	0151 477 8830	fcampbell@halewoodacademy.co.uk
Deputy Designated Safeguarding Lead/ Designated Teacher (LAC)	Mr D Day	0151 477 8830	dday@halewoodacademy.co.uk

If it is a particular Year group, you can email your child's SG Learning Mentor/Assistant Progress Leader.

Safeguarding Leads Year 7	Miss C Price	0151 477 8830	cprice@halewoodacademy.co.uk
	Miss L Heath		lheath@halewoodacademy.co.uk
Safeguarding Leads Year 8	Miss C Price	0151 477 8830	sdodgson@halewoodacademy.co.uk
	Miss R Evans		revans@halewoodacademy.co.uk
Safeguarding Leads Year 9	Miss K Clarke	0151 477 8830	kclarke@halewoodacademy.co.uk
	Miss VMorgan		vmorgan@halewoodacademy.co.uk
Safeguarding Leads Year 10	Mrs S Dodgson	0151 477 8830	cmurray@halewoodacademy.co.uk
	Mr Bailey		abailey@halewoodacademy.co.uk
Safeguarding Leads Year 11	Mrs F Campbell	0151 477 8830	fcampbell@halewoodacademy.co.uk
	Miss L Martin		lmartin@halewoodacademy.co.uk

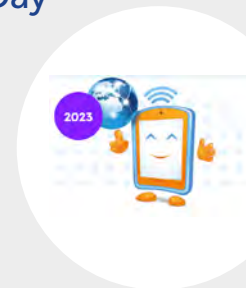
SAFER INTERNET DAY 2023



- Safer Internet Day 2023 will take place in February, with celebrations and learning based around the theme 'Want to talk about it? Making space for conversations about life online'.
- Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.
- In the UK, we are celebrating by putting children and young people's voices at the heart of the day and encouraging them to shape the online safety support that they receive.
- That is why we are asking parents, carers, teachers, government, policymakers, and the wider online safety industry to take time to listen to children and young people and make positive change together.

About Safer Internet Day

- Over the years, Safer Internet Day has become a landmark event in the online safety calendar. Starting as an initiative of the EU SafeBorders project in 2004 and taken up by the Insafe network as one of its earliest actions in 2005, Safer Internet Day has grown beyond its traditional geographic zone and is now celebrated in approximately 170 countries worldwide.
- From cyberbullying to social networking to digital identity, each year Safer Internet Day aims to raise awareness of emerging online issues and current concerns.



- **B**e aware of who you are contacting. Do you know them?
- **E**veryone does not need to know personal information so keep it safe
- **T**hink before you click online
- **T**ell a responsible adult or teacher if something or someone makes you feel unhappy online
- **E**njoyable. you should feel happy, secure and comfortable online
- **R**eliable. Make sure you check the information is true and accurate



HALEWOOD ACADEMY

Do you know who your child is talking to/connecting with?

Use the poster on the left to start a conversation with your child/children.....

SPORTS UPDATE



HALEWOOD
ACADEMY

All pupils have practical PE lessons each week where they need their Halewood kit. Please remind your child each week to bring their full kit and trainers. If they are ill or injured, they will need a note to be excused, however many pupils can still have a try at the activity, so please encourage them to still bring their kit. They will be offered other roles in the lesson, so they don't miss out on any learning opportunities.

CONGRATULATIONS TO FAYE & GRACE

Congratulations to **Faye** and **Grace** who competed in the Merseyside Schools Cross Country race last week. The girls were competing against some who were in the above age group and did really well; **Grace** finished 26/65 and **Faye** placed 39/65. *Well done girls!*



8A BOYS VS ST HILDA'S

Superb game at the Academy last night! Our Year 8A boys football team played St Hilda's. We started strongly but two excellent through balls and finishes gave St Hilda's a 2 goal lead. We were still playing really well but the chances were missed until Low capitalised on an error and pulled a goal back. Game on! We continued to press and Low scored again. The pressure was building and another excellent individual strike by Low put us into the lead! A superb volley by Densmore completed the scoring. *What a comeback! Congratulations boys! MOTM Low.*

WHAT ARE THE BENEFITS OF PE AND SPORT IN SCHOOL

@BelievePHQ

- GREATER BONE STRENGTH
- REDUCED ANXIETY AND DEPRESSION
- STRENGTHENS PEER RELATIONSHIPS
- IMPROVES PHYSICAL FITNESS
- DEVELOPS PHYSICAL SKILLS
- REDUCES STRESS
- Improves brain functioning
- Improves classroom behaviour
- Improves concentration
- Increased cognitive functioning
- Reduces obesity rates
- Improves memory
- Teaches important life skills to students
- Makes children feel valued
- Increases confidence

NATIONAL CUP REPORT

Halewood Year 9 football team have currently qualified for round 8 of the National Cup. Out of 708 teams there is 8 teams left and the next fixture is the quarter final against either St John Fisher or Walker Riverside Academy from Newcastle. The team have performed excellently along the way with fantastic results coming against Liverpool College, Sale Academy, Chesterfield, Priestnall and Upton Grammar school. The team has just conceded one goal in 7 rounds so far and has displayed unbelievable work rate and attitude throughout the tournament. Star players to date have been Denny McGee, Daniel Hanley, Ben Pollock and Archie Connolly.



ENGINEERING, MANUFACTURING & LABORATORY APPRENTICESHIP

OPEN EVENING

TUESDAY 7TH FEBRUARY 2023

4.30PM - 8.30PM

COME AND MEET OUR EMPLOYERS,
APPRENTICES & TRAINING
OFFICERS.

ADVANCED APPRENTICESHIPS

- Electrical
- Instrumentation
- Mechanical
- Process Operations
- Laboratory Operations
- Employed by Multi-National Companies in the North West
- Earn While You Learn
- Excellent Career Opportunities

To book a place please
call: 0151 357 6100

Website: www.ttelttd.co.uk
Email: information@ttetraining.ltd.uk

TTE Training Limited, New Horizons House, New Bridge Road, Ellesmere Port, CH65 4LT



Year 7 P2S2 Revision Mat

Your P2S2 assessment window opens **WB 27th February**.

Use the information to guide your revision. You should make sure that you understand each topic listed for each subject area. See your class teacher for more support. Good luck!



Maths

- Averages and Range
- Understanding grouped data
- Drawing and interpreting charts
- Number Skills
- Simplifying Expressions and Substitution
- Length, mass and capacity
- Area and Perimeter

Geography

What is a Geographer? - Human and physical, Halewood, countries, Asia - diversity, development and TCs

History

- Norman Invasion
- Medieval Religion
- Medieval Power
- Black Death

RE

- Judaism
- Christianity

Science

- Food chains
- Cells
- Diffusion
- Elements, Compounds, and Mixtures
- Atomic Structure
- Circuits

Spanish

- Counting up to 100 in Spanish
- Saying if you have any brothers or sisters
- Saying if you have any pets
- Describing hair and eyes, as well as other facial features
- Describing what you and others look like
- Describing personality traits

Drama

- To revise the stock characters within a fairy tale.
- To learn lines from the script you have explored in the lesson and rehearse a range of physical and vocal skills.

Dance

Study the style Barn Dance and think of ideas to help you choreograph your own dance using the choreographic devices (unison, canon, levels and mirror image).
Revise expressive skills in dance.

Computer Science

- Digital personality
- E-Safety - Self image
- Copyright and ownership
- Privacy and security
- Programming Fundamentals

Art

- 'Observational Drawing skills - select items of food and place them in front of you draw.
- Look carefully at the basic outline shape, then start to add areas of detail and tone.
- What is tone? How do we use it in Art?

English

This assessment you will be tested on your ability to write creatively using empathy for a character in your faster reading novel.
You should revise and practise writing stories focusing on spelling, grammar, vocabulary, punctuation, sentence types, figurative language, effective structure and 'show not tell'.

Music

- Keyboard technique & keyboard layout.

TOP TIPS!

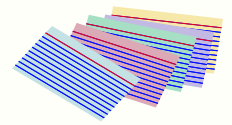
- Ask your class teacher for further revision support**, such as; knowledge organisers, useful websites, your workbook, revision guides etc.
- Plan your revision** - be specific on what topics you are going to revise and when by using a timetable. Don't leave revision till the last minute.
- Use a variety of strategies** - Try to find a strategy that works well for you, for example, mind maps, flash cards, past exam questions and many more. See the school website for more support.
- Revise somewhere quiet and with little distractions** - To avoid temptation try not to revise with a TV on in the background, or with your phone close by.
- Take regular breaks** - try to revise in short 20-30 minute spells with breaks for fresh air and a change in scenery.



Revision Strategies

RETRIEVAL PRACTICE

Retrieval practice is one of the most effective ways to revise. By answering questions rather than merely reading or highlighting information, you're putting yourself in the best position possible to succeed and remember as much of your subjects as possible.
Past papers, essays, multiple choice tests and flashcards are a great way of doing it.



BRAIN DUMP

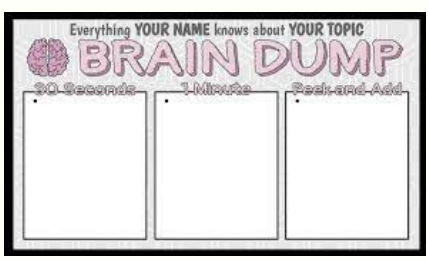
Simply 'dump' all the information you can remember on a topic.

How To:

Choose a topic and write down as much as you can remember, without referring to your notes.

Check your notes and see what you missed then try fill the gaps without the notes.

Check your notes a third time and add the missing information.



QUIZZES

How To:

Write a set of questions and answers and ask someone to test you. Its important to either write or say your answers aloud.

Quizzes are a fun way to identify your strengths and weaknesses on a topic. Make sure the quizzes are 'no stakes', so you don't worry about the outcome/score, but use the incorrect answers to support the next step in your revision.

Use past exam papers to support you.

Alternatively you could use the below useful websites:





Year 8 P2S2 Revision Mat



Your P2S2 assessment window opens **WB 6th March**. Use the information to guide your revision. You should make sure that you understand each topic listed for each subject area. See your class teacher for more support. Good luck!

Spanish

- Talking about school subjects
- Giving more detailed opinions about school subjects
- Describing a timetable in a Spanish school
- Describing your school environment
- Talking about extracurricular activities
- Discussing future plans

Geography

- **Natural Hazards** - Earthquakes, volcanoes, Tropical storms, climate change.
- **Extreme environments** - tropical rainforests, hot and cold deserts.

History

- Slave Trade
- British Empire
- Industrial Revolution

RE

- Islam
- Prejudice and discrimination

Maths

- Calculations and Divisibility
- Negative numbers
- Properties of Number
- Area of 2D shapes
- Volume and surface area Measures
- Using and comparing charts
- Simplifying algebraic expressions Factorising Expressions
- Solving Equations

Science

- Respiration
- Breathing
- Plant and Animal Cells
- Metals and Non-Metals
- The Periodic Table
- Acids and Bases
- Atoms, Elements and Compounds
- Forces
- Magnets and Electromagnets
- Motion- Speed, Distance, and Time

Drama

- To revise the key characters in Romeo and Juliet.
- To learn lines from the script you have explored in the lesson and rehearse a range of physical and vocal skills.

English

This assessment you will be tested on your ability to write creatively using empathy for a character in your faster reading novel.

You should revise and practise writing stories focusing on spelling, grammar, vocabulary, punctuation, sentence types, figurative language, effective structure and 'show not tell'.

Dance

- Research Merce Cunningham and 'Chance Dance'.
- Think of movements you could use in your chance dance.
- Practice physical skills such as control, balance and strength.
- Revise the expressive skills to help you when you perform.

Art

Symmetry in Art. Look at different examples of insects and consider and look at the details and patterns. Practise drawing an insect on a larger scale, ensuring that the insect is symmetrical.

Computer Science

- Digital personality
- E-Safety - Self image
- Copyright and ownership
- Privacy and security
- Programming Fundamentals

Music

- Keyboard technique & Music notation.

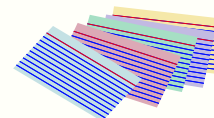
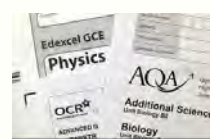
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Revision Strategies

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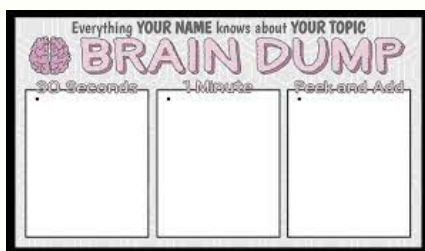
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Use past exam papers to support you.

Alternatively you could use the below useful websites:

Quizlet

Kahoot!

GetRevising
part of The Student Room

OUTGROW



Year 9 P2S2 Revision Mat

Your P2S2 assessment window opens **WB 13th March**.

Use the information to guide your revision. You should make sure that you understand each topic listed for each subject area. See your class teacher for more support. Good luck!



Maths

- Indices
- Calculations and Estimates
- Standard Form
- Solving Equations
- Substituting into expressions
- Writing and Using Formulae
- Using and Rearranging Formula
- Index Laws & Brackets
- Expanding Double Brackets

RE

- Ethics** - abortion, euthanasia, medical ethics.
- Does God Exist?** - evil and suffering, miracles, Holocaust.

Geography

- Geology Rocks** - rock cycle, soil, mass extinctions.
- Crime and conflict** - Afghanistan, Eastern Europe.

Spanish

- Discussing the Internet and social media
- Discussing TV programmes
- Watching films at the cinema and at home
- Discussing musical tastes
- Creating an online profile
- Discussing jobs and careers

Science

- Health and Lifestyle
- Photosynthesis
- Diet and Digestion
- Muscles
- Periodic Table
- Physical and Chemical Reactions
- Particle Model of Matter
- Circuits
- Space
- Conduction, Convection, Radiation/Energy Transfer
- Space

History

- Inter-War Years
- World War II
- Holocaust

Drama

- To revise the script 'Fault' ensure you lines are learnt for the character you portray.
- Rehearse physical and vocal skills that you have applied to your role.

Art

Self Identity.
Select items that are personal to you and draw them from direct observation. This can include footwear, clothing, food items etc. You must include detail and at least 3 levels of tone.

Computer Science

- Digital personality
- E-Safety - Self image
- Copyright and ownership
- Privacy and security
- Programming Fundamentals

Dance

- Watch the video Thriller and look at how he uses expressive and physical skills.
- Think of ideas for when you choreograph in the dance lesson/assessment using space, relationships and actions.

Music

- The origins, history and influence of Reggae.
- Practice keyboard skill and technique.

English

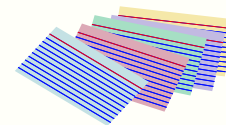
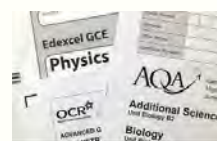
This assessment you will be tested on your ability to write creatively using empathy for a character in your faster reading novel. You should revise and practise writing stories focusing on spelling, grammar, vocabulary, punctuation, sentence types, figurative language, effective structure and 'show not tell'.

TOP TIPS!

- Ask your class teacher for further revision support**, such as; knowledge organisers, useful websites, your workbook, revision guides etc.
- Plan your revision** - be specific on what topics you are going to revise and when by using a timetable. Don't leave revision till the last minute.
- Use a variety of strategies** - Try to find a strategy that works well for you, for example, mind maps, flash cards, past exam questions and many more. See the school website for more support.
- Revise somewhere quiet and with little distractions** - To avoid temptation try not to revise with a TV on in the background, or with your phone close by.
- Take regular breaks** - try to revise in short 20-30 minute spells with breaks for fresh air and a change in scenery.

RETRIEVAL PRACTICE

Retrieval practice is one of the most effective ways to revise. By answering questions rather than merely reading or highlighting information, you're putting yourself in the best position possible to succeed and remember as much of your subjects as possible.
Past papers, essays, multiple choice tests and flashcards are a great way of doing it.



Revision Strategies

BRAIN DUMP

Simply 'dump' all the information you can remember on a topic.

How To:

Choose a topic and write down as much as you can remember, without referring to your notes.

Check your notes and see what you missed then try fill the gaps without the notes.

Check your notes a third time and add the missing information.



QUIZZES

How To:

Write a set of questions and answers and ask someone to test you. Its important to either write or say your answers aloud.

Quizzes are a fun way to identify your strengths and weaknesses on a topic. Make sure the quizzes are 'no stakes', so you don't worry about the outcome/score, but use the incorrect answers to support the next step in your revision.

Use past exam papers to support you.

Alternatively you could use the below useful websites:



Quizlet

Kahoot!

GetRevising
part of The Student Room

OUTGROW

MENTAL HEALTH WEEK LIBRARY ACTIVITIES



HALEWOOD
ACADEMY

Mental Health Week (6th – 12th February 2023)
In the Library we will have...

Monday	Tuesday	Wednesday	Thursday	Friday
Before School 8.00am - 8.30am	Before School 8.00am - 8.30am	Before School 8.00am - 8.30am	Before School 8.00am - 8.30am	Before School 8.00am - 8.30am
Mindful Meditation Focus and start your day off right with gentle breathing and meditation.	Coping with Disconnection and Differences Learn and discuss adjustments and differences and consider how to improve friendships and relationships.	Connecting Safely Online Learn how to stay safe while connecting online.	Mindful Colouring Focus and colour away as you listen to calming music.	Shared Reading Learn and listen to some short stories about how to deal with stress and anxiety.
After School 2:45pm - 3:45pm	After School 2:45pm - 3:45pm	After School 2:45pm - 3:45pm	After School 2:45pm - 3:45pm	After School 2:45pm - 3:45pm
Movie Monday Come and join us for movie Monday. Enjoy a special film and enjoy yourself to some tasty treats!	GoNoodle Get your body moving and follow the story with our dance and movement!	Well being Wednesday Come and join us for a bit of fun and a chance to talk. Enjoy a board game and a bit of breathing!	Music that Connects Us Listen to learning and relaxing music and discuss the importance of music in your life!	Cosmic Kids Yoga Focus and enjoy a short cosmic yoga session!

HOUSEHOLD SUPPORT FUND - APPLY NOW!

Knowsley Council has once again awarded a 'Household Support Fund' to schools to support families during the ongoing cost of living crisis. At Halewood Academy we want to ensure that this funding supports families within our school community in the most effective way. As well as referrals from staff, we are also asking families to make us aware of any support they need directly.

The Household Support Fund can provide vouchers or purchases for families in a range of areas, such as support with purchasing large items / kitchen appliances or contributions towards food or utility bills for those who need it. To apply for the Household Support Fund please email HouseholdSupport@HalewoodAcademy.co.uk with a brief outline of the support required. Please email by Monday 20th February 2023, to be considered in the second round of allocations. All emails will be treated in the strictest of confidence and pupils will not be made aware that an application has been made by their family. Please do let us know if you would benefit from this additional support.



Friendly February 2023

MONDAY



6 Get back in touch with an old friend you've not seen for a while

TUESDAY



7 Show an active interest by asking questions when talking to others

WEDNESDAY

1 Send a message to let someone know you're thinking of them

THURSDAY

2 Ask a friend how they have been feeling recently

FRIDAY

3 Do an act of kindness to make life easier for someone

SATURDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

SUNDAY

5 Make time to have a friendly chat with a neighbour

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Give sincere compliments to people you talk to today

30 Be gentle with someone who you feel inclined to criticise

31 Tell a loved one about the strengths that you see in them

32 Respond kindly to everyone you talk to today, including yourself

33 Share something you find inspiring, helpful or amusing



ACTION FOR HAPPINESS

Happier · Kinder · Together