



A message from Mr Brewer, and all staff at Pembroke.

If you have struggled a bit for motivation this week, please let me re-assure you that you are very much not alone in feeling like this: 11 school weeks away from your normal school routine is a very long time. Everybody: students, staff & parents, will have days or moments in days when they struggle to pick up where they left off the day or the week before & carry on.

I have put together some advice that I have certainly been sharing with many other students in Lower School when they have also been having good and not so good moments. Some of the advice below you will find very relevant to how you are currently feeling, and some of the advice less so at this particular moment in time. I hope this helps to reassure you:

- As a school, it is better for us to offer too much work, rather than too little: as a result, there is no requirement for you to tackle absolutely everything in one go, especially when you a hardworking student anyway
- As far as work completion is concerned, we would always favour quality rather than quantity (a house point is allocated to you for each piece of work sent to your subject teachers, just to help with motivation)
- Routine is good (as a teacher, I'm sticking to a school routine (8-4pm) from home, breaking for Joe Wicks and a blast of daily exercise – just like you!)
- As part of your routine, I would stick with tackling core subjects in the morning, when the brain is fresher & switch to more creative methods of learning in the afternoon
- Have a look at some of the online learning opportunities that are posted on the '[Home learning](#)' tab of our website too (Bitesize & Oak National Academy resources)
- Remember that Education, in the form of life skills, is everywhere around us – cooking, baking, reading, listening to music, gardening, cleaning.... You could set yourself some daily life skill tasks too, which I am sure your parents/carers would appreciate too!
- The most important thing at the moment during this extended shutdown is to look after ourselves (physically and mentally), whilst keeping the brain in the habit of daily learning
- Staying connected with school is also important, so keep sending an email each week or have a chat with the member of staff who calls, just to let us know how you are getting on and how you are feeling (some students email me like this every day!). A list of staff emails can be found on the Student Support page of [Sharepoint](#).
- Remember to pace yourself: this situation is sadly going to continue for some time yet, so if you feel that too much is set to get through, you have lots of time to approach tasks diligently, professionally and at your own pace

Finally, you should be very proud of your achievements during this enforced closure.

Please keep this message and re-read the advice on other days when you may be feeling a bit flat.

<b>Subject</b>	<b>Home Learning Task (please go to the subject sharepoint page to access the resources and links)</b>
<b>Assembly</b>	This week's Oak National assembly is led by The Duchess of Cambridge, who wants to share the importance of spreading a little kindness for our mental wellbeing. This assembly is based on a lesson plan which is available on the Mentally Healthy Schools Platform. It was developed in collaboration with children's mental health charity Place2Be and encourages children to explore ways in which they can show kindness, and recognise the benefits of kindness to others. <a href="https://classroom.thenational.academy/assemblies/kindness">https://classroom.thenational.academy/assemblies/kindness</a>

Whole School Task	<p>Don't forget to check the Competitions and Challenges page in the Home Learning section of the Pembroke Website.</p> <p><b>Wednesday 24<sup>th</sup> June is National Writing Day.</b> Every year Priory Pembroke and the Priory Federation contribute to the Writing Challenge. This year the question is "What are you grateful for?" Thinking about the current difficulties in the world, and any reading or watching you have been doing to boost your empathy recently, "what are you grateful for?" Have a go at some free writing for approximately 30-45 minutes to tell us what you are grateful for - or what unjust situations you are glad you are not in.</p> <p>Please email your completed writing to the following: <a href="mailto:nationalwritingday@prioryacademies.co.uk">nationalwritingday@prioryacademies.co.uk</a> and to your English teacher as well. Parents and siblings can also have a go! The best writing will be collated together by the Priory Trust. Watch the introductory video on <a href="https://www.priorypembroke.co.uk/page/?title=Challenges+and+Competitions&amp;pid=162&amp;action=saved">https://www.priorypembroke.co.uk/page/?title=Challenges+and+Competitions&amp;pid=162&amp;action=saved</a></p>
National School Sport Week	<p>This week, 22<sup>nd</sup> June to 28<sup>th</sup> June, it is <b>National School Sport week!</b></p> <p>As we are unable to enjoy being active in school this week, the PE department have put together some activities and challenges we would like all of you to have a go at!</p> <ul style="list-style-type: none"> <li>- National School Sport week QUIZ</li> <li>- Create and share your own fitness workout</li> <li>- Virtual mini Olympics</li> </ul> <p><b>The full instructions can be found in the Home Learning area of the website and you can also find the activities listed above in the <a href="#">PE Share Point area – Pembroke PE at home – National School Sport week 22<sup>nd</sup> – 28<sup>th</sup> June</a></b></p> <p>This is a House competition, therefore House points will be awarded for every activity you try. All you need to do is have a family member take a picture or a short video clip of you doing the activity and send to either Mr Selby or Miss Whelan (if you do not want to be in a picture/ video, just email us your scores/ times for the activities you took part in, <b>by 4pm on Sunday 28<sup>th</sup> June!</b> Every entry will earn you 3 house points! Please also say on the email if you are happy for us to share your amazing attempts on our school social media.</p> <p>Have fun everyone, and enjoy doing these challenges in the sun this week!</p>
Maths	<p>1) Compete your 5 a day sheets</p> <p>2) Please go to the maths <a href="#">SharePoint</a> site. Here you will find some <b>mini video lessons</b> created by staff at Pembroke, please watch/complete these in order (there are activities within the lesson for you to do). As well as the videos there will be a worksheet of questions for you to complete (with answers provide for self-marking). <b>Please keep any work you do to be collated into a folder once we return.</b></p> <p>Any problems please e-mail <a href="mailto:sburnett@prioryacademies.co.uk">sburnett@prioryacademies.co.uk</a></p>
English	<p>KS3 <a href="#">Greek Mythology Booklet</a></p> <p>For this module, Year 7 will be learning about Greek myths. The focus this week is Lesson 9-10. At the start of the document is a link to a video guide by Mr Dominy to help you with the tasks.</p> <p><b>Everybody</b> needs to email their teacher at the end of each week with all of the lessons for that week completed. If you have completed your work on paper you could email a photograph of your work. If you cannot email, please tell the member of staff who calls each week so they can update your English teacher. All English teacher emails can be found on the English Sharepoint page.</p>
Science	<p>Click the link below, open the document for this week and complete the lessons as instructed. Open the PowerPoint first and then use the other resources as it says. Any issues email <a href="mailto:gwilson@prioryacademies.co.uk">gwilson@prioryacademies.co.uk</a></p> <p><a href="#">Year 7 Science Home Learning</a></p>
Reading	<p>Please watch <a href="#">Mrs Coggan reading</a> part 5 of <i>Smart</i> on the YouTube channel or read the pdf extract on the English <a href="#">Sharepoint</a> page (also emailed out Monday morning).</p> <p>Please answer the questions on the worksheet and email to <a href="mailto:JCoggan@prioryacademies.co.uk">JCoggan@prioryacademies.co.uk</a> if you are able to.</p>

Drama	<p>Students are reminded that all work that is already on <a href="#">SharePoint</a> should be completed and emailed over to Mr Lawson – <a href="mailto:rlawson@prioryacademies.co.uk">rlawson@prioryacademies.co.uk</a></p> <p>Your Drama Home Learning for Module 6 will consist of a variety of theory based activities, leading up to a practical project for the final two weeks of term. The work being covered will also help you for when we return back to school.</p> <p>For this week, I would like you explore the PowerPoint within the <a href="#">Home Learning folder</a>, focusing on set design. I would like you to work through the PowerPoint, ensuring that you are familiar with the different aspects of set design, and what a designer needs to take into consideration.</p> <p>I would also like you to look at the Glossary that has been included. Using this, I would like you to simplify this in a way that makes it easier for <b>YOU</b> to understand.</p> <p>After you have completed the PowerPoint, I would like you to test your knowledge on the quiz, which again can be found in the <a href="#">Home Learning folder</a>.</p> <p>This work will help you when it comes to working on the final project for this module.</p> <p>In preparation for the final task, commencing on Monday 29<sup>th</sup> June, you will need a small box (preferably a shoe box), colouring pencils or pens, paper or card, scissors and glue or selotape.</p> <p>Additional tasks, challenges and links can be found on <a href="#">Sharepoint</a></p> <p>When completing elements of practical work, I understand that it can be difficult to evidence it. Therefore, please could you email Mr Lawson informing him of any practical task you are completing.</p>
Geography	<ul style="list-style-type: none"> <li>• Challenge and Opportunities in the UK: Energy. Please read the section on energy and carry out Activity 4 on page 139 and Activity 9 on page 141. Copies of the textbook pages and tasks can be found on the Geography <a href="#">Sharepoint</a> page.</li> <li>• For the next two weeks I would like you to complete some of the activities that I have downloaded from The Geographical Association website. These geographical activities have been designed specifically for the lock down and can be divided into HOME, GARDEN &amp; LOCAL AREA. These can be found on <a href="#">Sharepoint</a>.</li> </ul>
History	<p><b>The Tudors.</b> Continue working through The Tudors workbook which can be found in Year 7 Home Learning section of the <a href="#">History Sharepoint</a> page. This booklet will take the full module. Aim to complete 2 sections per week.</p> <p>Additional projects and Enrichment opportunities are available on the History <a href="#">Sharepoint</a> page including: previous workbooks; ‘Meanwhile Elsewhere’; ‘Meanwhile They’; Documentaries you can watch; and museums you can visit virtually (with a project)</p>
MFL - Spanish	<p>Go to the MFL <a href="#">Sharepoint</a> Student Page. In the Year 7 folder you will find 2 worksheets that must be completed. <i>Standard Vocabulary extra revision for KS3</i> and <i>Revision KS3 Spanish</i>. The worksheets have instructions on them.</p> <p>Additional learning: <a href="https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html">https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html</a></p> <p>You will need to access this website through the Google Chrome browser or it might not work otherwise. Complete exercises and games in Caminos book 1</p>
PSHMRE	<ol style="list-style-type: none"> <li>1. As we continue in a socially distanced world, online communication is very important, however it brings with it a number of dangers. Please complete the Oak National lesson on <a href="#">Cyber Bullying</a></li> <li>2. Focus on your mental health and wellbeing by completing another <a href="#">daily challenge</a> from the grid. Tick them off as you complete them. You could make a scrapbook or journal with photos and notes of the challenges completed.</li> </ol>

Art	<p>1. In line with National Writing Day - we would like you to draw what you are grateful for during these strange times. In other words what could you not live without during lockdown? What is making it more bearable?</p> <p>It could be your phone because it enables us to stay in touch and see the people you miss (if this is the case then please draw a person or app on the screen), it could be having no alarm clock going off at 6.30am and getting more sleep, it could be your trampoline or paddling pool? it could be the weather? it could be the contents of the cupboard because you can do lots of baking? it could be being able to walk the dog everyday, it could be school because you are able to attend due to your parents being key workers? it could be the NHS? it could be Netflix?</p> <p>You may choose to illustrate what you have written for the English Home learning which is the Nation Writing Day task. You may decide to draw things around or in between your written words, you could replace some of the words with drawings or even write your English work in the shape of something you are grateful for?</p> <p>Whatever you draw (and it can be in any media) please photograph it and send it to Miss Neal or Miss Gibbs so they can log it on our home learning trackers, and also send it to this email address <a href="mailto:nationalwritingday@prioryacademies.co.uk">nationalwritingday@prioryacademies.co.uk</a></p> <p>Your work will then become part of an online gallery and remain a piece of history for future generations. How exciting!</p> <p>2. Photography: <a href="https://www.startaskill.co.uk/course-area.html">https://www.startaskill.co.uk/course-area.html</a></p> <p>Follow the series of lessons on the link above introducing the basics of photography. This is absolutely ideal if you are considering GCSE Photography or GCSE art &amp; design in the future or are already doing so. Your own photographs when mounted up will sit nicely in your portfolio as part of component 1 of the course. In fact if they are awesome then we can enlarge them and put them on display in frames in the hall. Save all your photos to your own user area in school and we can print them when you return.</p> <p>I hope you enjoy working through these lessons and taking fantastic photographs as a result. No flashy camera needed either - all can be done using your phone.</p>
ICT and Computing	<p>Resources, updates and full instructions for your ICT tasks are available on the ICT <a href="#">Sharepoint</a> page</p> <p>TASK 1: Research a series of 'ICT in the News'</p> <p>TASK 2: Create an A-Z glossary of ICT Key words</p> <p>TASK 3: AWESOME ANIMATION TUTORIAL BOOKLET</p> <p>TASK 4: New Task – Touch Typing Tutorials</p> <p>TASK 5: New Task – Office Software Video Tutorials</p> <p><b>TASK 6: New Task Use the tutorial to create a games using SCRATCH</b></p>
Technology Timber	<p>Read through the 'Health and Safety Info' sheets then complete the 'Health and Safety worksheets'</p> <p>The Home learning Worksheet booklet has been updated, please check to make sure you have completed all tasks within this.</p> <p>Copies of all tasks can be found in the Technology <a href="#">Sharepoint</a> page.</p>
Food Technology	<p>Complete the "Imported of Local Ingredients?" worksheet. A copy can be found this the Food Home learning folder on the Technology <a href="#">Sharepoint</a> page</p> <p>Please send any completed tasks to <a href="mailto:gbaker@prioryacademies.co.uk">gbaker@prioryacademies.co.uk</a> (if possible)</p>
Music	<p>Can you complete the <b>A - Z of Music Challenge?</b></p> <p>You can complete the challenges in any order, and should aim to complete at least 2 per week.</p> <p>Please send any completed tasks to <a href="mailto:gbaker@prioryacademies.co.uk">gbaker@prioryacademies.co.uk</a> (if possible)</p>

PE	<p>Keeping active at home is very important.</p> <p>The PE department have put together a series of challenges and links to activities you can complete at home. You can find the details in the PE <a href="#">sharepoint</a> page: PE at Home: <a href="#">PE Games</a></p>
Careers	<p>Complete the STEPS booklets to help consider future careers and employment. A copy of the booklet can be found within the Careers area of <a href="#">Sharepoint</a></p>
New Challenge Introduction to	<p>Latin is a root language for the English language. While it is no longer in common use, it helps us to understand our language and make connections when learning new technical vocabulary. If you would like to challenge yourself to learn a new language, please log onto <a href="https://www.thenational.academy/online-classroom/year-7/latin#subjects">https://www.thenational.academy/online-classroom/year-7/latin#subjects</a> (scroll to the bottom of the page to find lesson 1, and then work your way up the page.)</p>
Live Theatre Opportunities	<p>During this time of uncertainty, it's impossible to watch a piece of live theatre, especially within a theatre. As a result of the Coronavirus Pandemic, theatres across the UK have come together to make theatre performance available for you to watch from the comfort of your own home! A handy spreadsheet of the different performances currently available for you watch has been put together for you, within the <a href="#">Live Theatre</a> folder on SharePoint. This document will be updated regularly, ensuring that you are kept up to date with the different performances that are available.</p> <p>So... why not have a family movie night? Dress up nice, grab some snacks and replicate the theatre experience from the comfort of your living room!</p> <p>It is also worth keeping an eye on the following websites as they are updated daily, with links to shows that are made available for only a short period of time.</p> <ul style="list-style-type: none"> <li>• National Theatre at Home - <a href="https://www.nationaltheatre.org.uk/nt-at-home">https://www.nationaltheatre.org.uk/nt-at-home</a></li> <li>• The Show Must Go on, Youtube - <a href="https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag/videos">https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag/videos</a></li> <li>• <a href="https://www.franticassembly.co.uk/">https://www.franticassembly.co.uk/</a></li> </ul>