Highfields School
BE THE BEST YOU CAN

FORM TIME ACTIVITES AND ASSEMBLIES

Year	Monday	Tuesday	Wednesday	Thursday	Friday
7	R & R	AOTW	Assembly	SMSC	Literacy
8	R & R	Assembly	Literacy	SMSC	AOTW
9	R&R	Assembly	AOTW	SMSC	Literacy
10	Assembly	R+R	SMSC	AOTW	Highfields Hustle
11	Y11 Core Study	Y11 Core Study	Y11 Core Study	Y11 Core Study	Assembly

EXTRA CURRICULAR TIMETABLE

LOWER SITE

GET INVOLVED
STAY ACTIVE
BE YOUR BEST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH (1pm - 1:25pm)	—	—	**Basketball Y7 - Y8** Gym (TBC)	**Gymnastics Y7 - Y8** Gym (ASI)	—
AFTER SCHOOL (3:20pm - 4:20pm)	**Girls Football Y7 - Y8** Field (CS) **Tag Rugby Y7 - Y8** Field (6th form sport studies students TBC)	—	—	**Netball Y7 - Y8** Courts (ASI & Mrs Biggs) **Boys Football Y7 - Y8** Field (JWL)	—

EXTRA CURRICULAR TIMETABLE

UPPER SITE

GET INVOLVED
STAY ACTIVE
BE YOUR BEST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH (1pm - 1:25pm)	—	—	**Basketball** Sports Hall (Mr Briddon)	—	**Badminton** All years - Sports Hall (JSE)
AFTER SCHOOL (3:20pm - 4:20pm)	—	—	**Girls Football Y9 - Y13** Astro (CS) **Boys Football Y9 - Y11** Astro (JSE & JWL) **Netball Upper** Sports Hall (AGE)	**Contact Rugby Y9 - Y11** Field (Matlock RFC TBC) **Netball Upper** Sports Hall (AGE)	—

HIGHFIELDS SCHOOL CLUBS

GET INVOLVED. TRY SOMETHING NEW.
MAKE FRIENDS. BUILD SKILLS. HAVE FUN!

UPPER SITE

MONDAY	Lumsdale Senior Band	Lunchtime	Room MU1
MONDAY	Junior Choir	Afterschool	Room MU1
MONDAY	Homework Club	Lunchtime	Library
MONDAY	Drama Club	Lunchtime	Room P1
TUESDAY	Musical Theatre	Lunchtime	Room P1
TUESDAY	Reading Club	Lunchtime	Library
TUESDAY	Y11 Science Revision	Lunchtime	Room H4
WEDNESDAY	Wellbeing Club	Lunchtime	Library
THURSDAY	Board Game Club	Lunchtime	Library

BE YOUR BEST. EVERY DAY.

HIGHFIELDS SCHOOL CLUBS

GET INVOLVED. TRY SOMETHING NEW.
MAKE FRIENDS. BUILD SKILLS. HAVE FUN!

LOWER SITE

MONDAY	Art Club	Lunchtime	Library
MONDAY	Junior Choir	Lunchtime	Music Room
TUESDAY	Drama Club	Lunchtime	Parts Mob
TUESDAY	Reading Club	Lunchtime	Library
WEDNESDAY	Crochet and Knitting	Lunchtime	Library
THURSDAY	Dance Club	Lunchtime	Parts Mob
FRIDAY	Band	Lunchtime	Music Room

BE YOUR BEST. EVERY DAY.

Your latest results:

"Should fireworks be quieter?"

***60,005** voters had their say*

Yes
63.1%



No
36.9%

See more about this topic in this week's VOTESFORSCHOOLS Assembly


This week you are voting on...
Is the Be Ready campaign a good idea?
VOTESFORSCHOOLS

1 Why are we talking about this?



The Government has announced its **Be Ready** campaign.

1 Why are we talking about this?



Let's take a **closer look** at the **what**, **why** and **when** of **Be Ready**.

At the end of the session, you'll vote Yes or No to: **"Is the Be Ready campaign a good idea?"**

2 Taking stock

The Government's Be Ready campaign is meant to **encourage** British households to **prepare for emergencies**.

Class activity (4-5 mins)
Let's **play** some **true** and **false** to understand a bit more about the campaign.



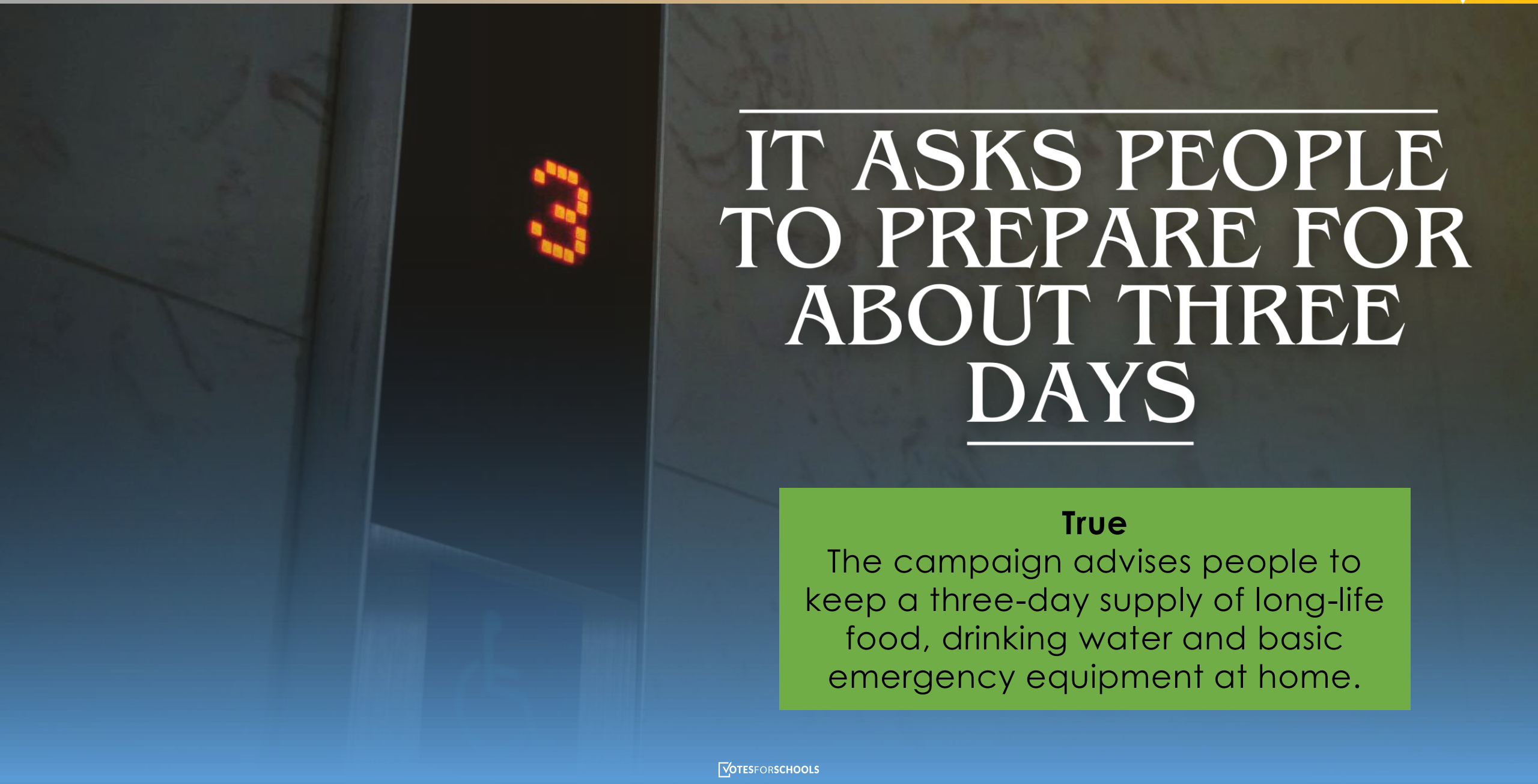
2 Taking stock



False

Be Ready is meant to prepare people for other things too, like extreme weather and disruptive cyber attacks.

2 Taking stock



IT ASKS PEOPLE TO PREPARE FOR ABOUT THREE DAYS

True

The campaign advises people to keep a three-day supply of long-life food, drinking water and basic emergency equipment at home.

2 Taking stock



False

Similar strategies have already been adopted in Ireland, France and the Netherlands.

2 Taking stock



False
The advice is to purchase items gradually to spread the cost. You should also check what's in the kit every six months.

YOU'RE SUPPOSED TO BUY THE WHOLE KIT ALL AT ONCE

TRUE OR FALSE?

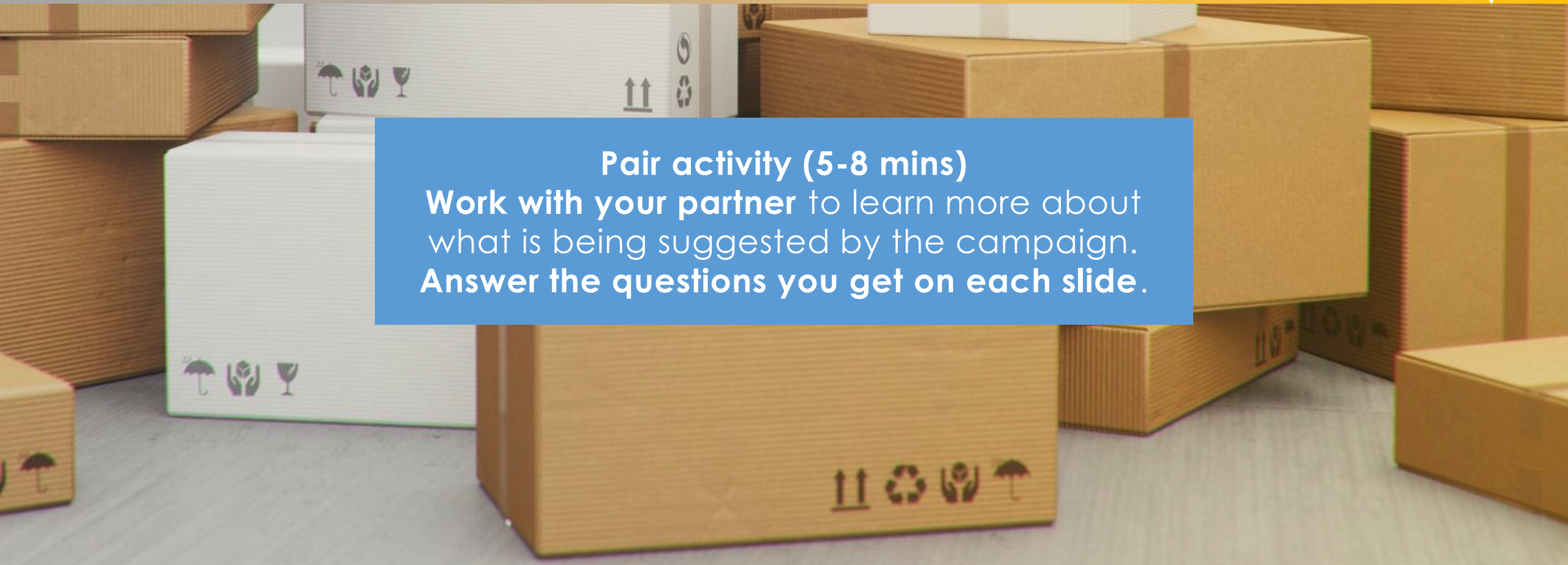
2 Taking stock

False
Be Ready is meant to last for three years.

IT'S A ONE-WEEK CAMPAIGN

TRUE OR FALSE?

3 The bare necessities



Pair activity (5-8 mins)
Work with your partner to learn more about what is being suggested by the campaign.
Answer the questions you get on each slide.

We are being **asked** to **be ready** for an **emergency** such as a natural disaster, conflict or technology failure.

So, what are the **key essentials** the Government has focused on…?

3 The bare necessities



How much water should be stored for the Be Ready campaign?

3 The bare necessities



The Government advises that we each need bottled water for three days. Three litres per person per day for drinking. More would be needed for other tasks such as cooking and washing.

3 The bare necessities

What features should this tech have? Why is it a part of the kit?



VOTESFORSCHOOLS

3 The bare necessities

An FM radio is a part of the recommended kit. It should be wind-up or battery powered. This would mean you also need spare batteries!

But why a radio? Traditional broadcast radio continues working when power grids, broadband and mobile networks fail. This is how we can hear what is happening in an emergency.



VOTESFORSCHOOLS

3 The bare necessities



What foods does this make you think of?

3 The bare necessities



3 The bare necessities



A torch appears in the Government's advice on light and warmth. It also advises we should have blankets, sleeping bags and warm clothes.

VOTESFORSCHOOLS

4 Kicking the can down the road

Shortly you'll vote Yes or No to:
"Is the Be Ready campaign a good idea?"



Class activity (5-7 mins)
Take a read of some statements. Decide if you feel **the point suggests the campaign is a good idea** with a **thumbs up** 👍, or a **thumbs down** 👎 if you feel **it suggests the campaign is a bad idea**.

4 Kicking the can down the road



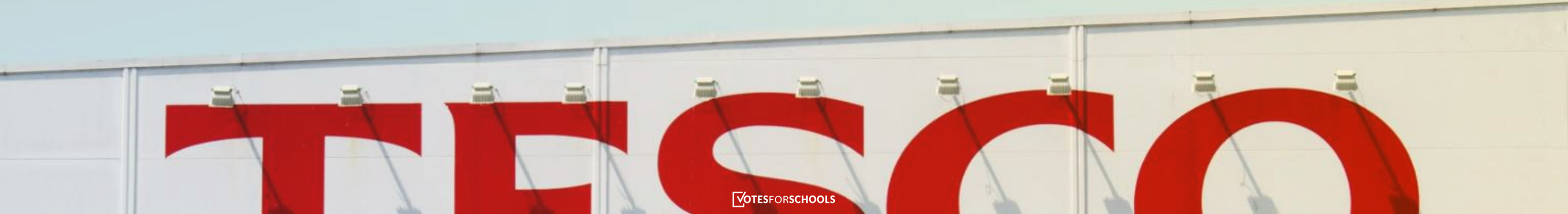
4 Kicking the can down the road



4 Kicking the can down the road

After the launch, baked beans, water and batteries flew off supermarket shelves.

Does this suggest the Be Ready campaign is a good idea? 👍 or 👎?



4 Kicking the can down the road



Not every family has spare money or space for extra supplies.

Does this suggest the Be Ready campaign is a good idea? 👍 or 👎?

4 Kicking the can down the road



The campaign also encourages people to connect with their community and help those in need.

Does this suggest the Be Ready campaign is a good idea? 👍 or 👎?

4 Kicking the can down the road



The Government wants people “alert but not alarmed”.

Does this suggest the Be Ready campaign is a good idea? 👍 or 👎?

Now's your chance to vote Yes or No on: "Is the Be Ready campaign a good idea?"

It's better to be safe than sorry. It's like having a first aid kit, you hope you never use it.

We had a flood near us a couple of years ago and nobody was prepared. This would've actually helped.

It's not just about you, it says to look out for your neighbours too. Like my nan lives on her own, so that's quite sensible.

Everyone just panic-bought baked beans and water. The campaign caused the shelves to empty.

Not everyone has spare money for extra food. Some families are already struggling to buy everyday stuff.

Shouldn't the Government be fixing the power and water systems instead of telling us to sort ourselves out?

We will be sharing your thoughts on this topic with British Red Cross, Cabinet Office, Trussell Trust, Groundwork and Local Government Association.

Log in to your VotesforSchools account to submit your vote and leave a comment.

AOTW Questions:

- **Loud bangs or silent displays:** If you take away the big bangs, do fireworks lose their magic, or are the visuals enough?
- **Your fun vs. their fear:** Should a few nights of celebration outweigh the distress fireworks cause to pets, wildlife, and people with sensory needs?
- **Private gardens vs. public events:** Should loud fireworks be banned from back gardens and only allowed at official, licensed displays?
- **Time limits over volume limits:** Is the real problem how *loud* fireworks are, or the fact that people set them off late at night and for weeks after the actual holiday?
- **The gender gap:** Over 74% of secondary school boys voted to keep fireworks loud compared to 51% of girls—why do you think there is such a big split in opinion?

Word of the Week!

Can you answer the riddle?

Where does today come before yesterday?

The dictionary!

Word of the Week!

Do you know this word?

Talk to the person next to you.
How would you explain to them what this word means?

Catalyst

Word of the Week!

Copy down the word and its definition:

Catalyst: (noun)

1. Something that makes a chemical reaction happen more quickly without itself being changed.

2. An event or person that causes great change.

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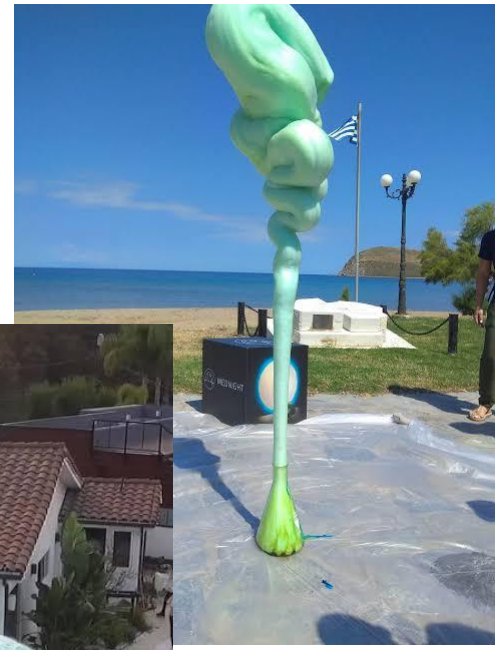
See it in Action:

Winning the school science competition was the **catalyst** for Mia's interest in engineering. After her success, she began reading books about technology, joined the robotics club, and entered more competitions. That one achievement gave her the confidence to follow a new path and work towards her future goals.

Catalyst: (noun)
1. Something that makes a chemical reaction happen more quickly without itself being changed.
2. An event or person that causes great change.

OR!

When yeast or potassium iodide is added to hydrogen peroxide, it acts as the **catalyst** and helps break the hydrogen peroxide down into water and oxygen much more quickly. The oxygen gas becomes trapped in the washing-up liquid, creating lots of bubbles and a large column of foam that looks like toothpaste big enough for an elephant. The **catalyst** makes the reaction happen faster but remains unchanged at the end.





Catalyst: (noun)
1. Something that makes a chemical reaction happen more quickly without itself being changed.
2. An event or person that causes great change.

Use it:

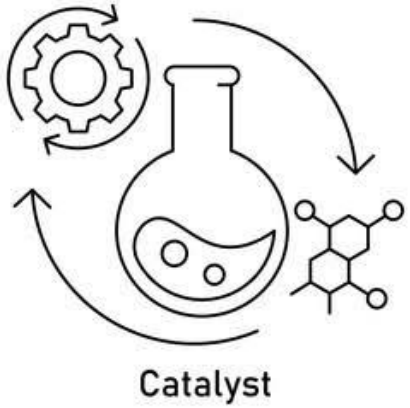
Write your own sentence using the word **'catalyst'.**
(**catalytic**)

Be prepared to share!

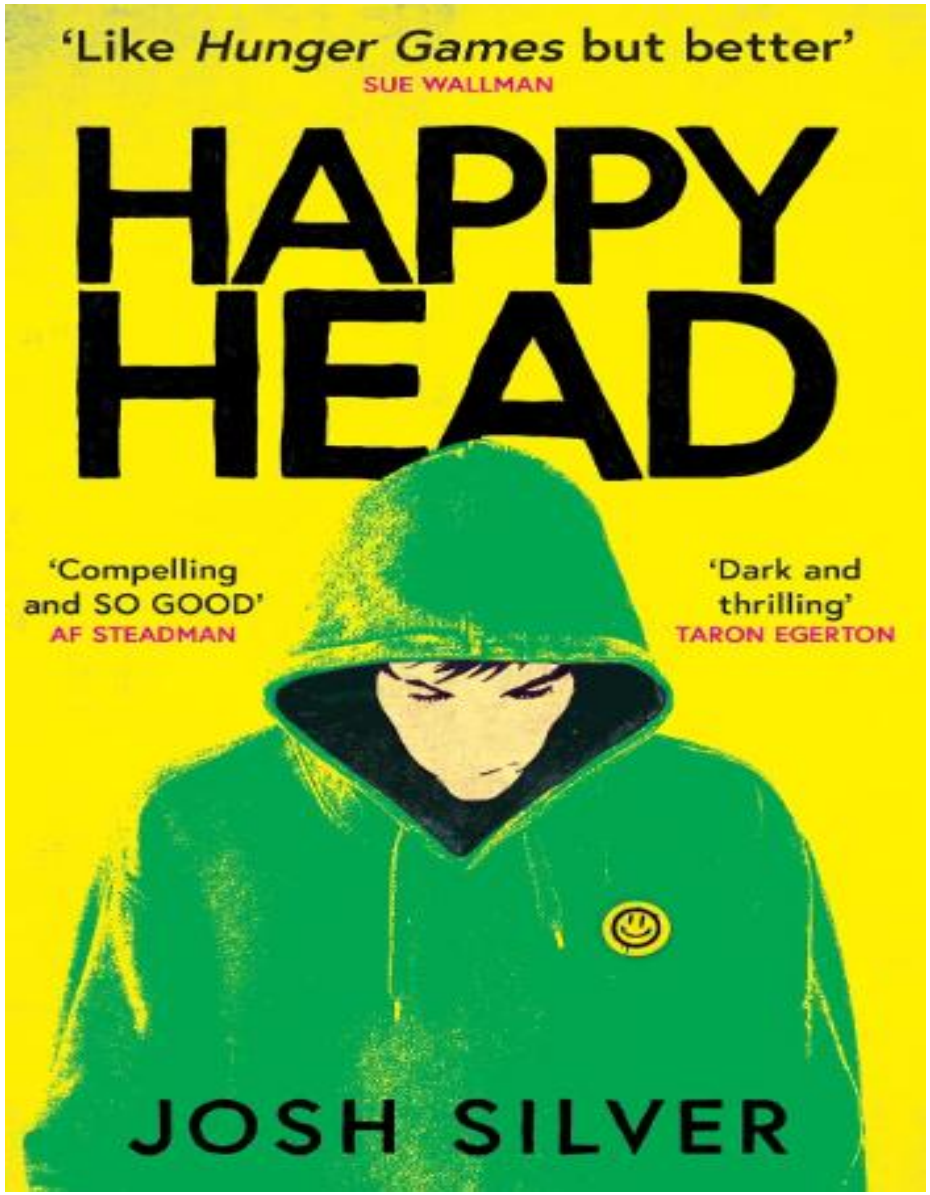
Catalyst: (noun)
1. Something that makes a chemical reaction happen more quickly without itself being changed.
2. An event or person that causes great change.

Visualise it:

Draw a picture which would help someone understand the meaning of the word '**catalyst**'.







Book Recommendation

HAPPY HEAD

When Seb is offered a place on a radical retreat designed to solve the national crisis of teenage unhappiness, he is determined to Change how people see him and make his parents proud. But as he finds himself drawn to the enigmatic Finn, Seb starts to question the true nature of the challenges they must undergo. The deeper into the programme the boys get, the more disturbing the assessments become, until it's clear there may be no escape...

A truly thought-provoking thriller, channelling the menace of dystopian favourites such as *Maze Runner* and *The Hunger Games*.'