

Great by Choice





**Welcome to Form 1
Parent Information
Evening**



M.C.B.

Miss McDonald
Head of Junior
School

Mrs Lendrum Principal



Great by Choice





M.C.B.

**Mrs Bell
Head of Form
One**

HOMework

Methodist College Belfast

ABOUT METHODIST ADMISSIONS IN THE CLASSROOM BEYOND THE CLASSROOM DEVELOP & FLOURISH

Preschool & Preparatory Junior School Middle School Senior School

Methodist College Belfast

ABOUT METHODIST ADMISSIONS IN THE CLASSROOM BEYOND THE CLASSROOM DEVELOP & FLOURISH

HOME IN THE CLASSROOM JUNIOR SCHOOL

In the Classroom

Home Systems & Tables

Reporting Absence

Homework Timetables and Assessment Information

Forms & Resources

Junior School

In the Junior School, all pupils study the same broad range of subjects: Art, Biology, Chemistry, Drama, English, Food and Nutrition, French, Geography, History, Information and Communication Technology, Latin, Mathematics, Music, Physical Education, Religious Education and Technology. All forms have Games afternoon. Our teaching programme ensures that our pupils develop their thinking skills, personal capabilities and creativity within the context of all subjects.

In line with the Revised Curriculum of Northern Ireland, all our pupils in the Junior School have classes which add citizenship, personal and social development, health education, employability and careers. In the second year, pupils have the opportunity to choose two languages from French, Latin, Spanish, German and Russian (one must be a European language).



THE HOMEWORK DIARY



**Methodist College
Belfast**


Methodist College Belfast

**Homework Diary
2022 - 23**

Name: Polly Whitmore

Tutor Group: 1X

**P
2022/23
STUDENT PLANNER**

Diary & Weekly Planner - Aug/Sept 2022 B

Did you know that your brain has no pain receptors or pain fibres and the brain itself technically cannot feel? Pain is felt through the coverings around the brain and the scalp.

Monday 29	Remember -	Date	Done
No homework			
English	None set		
English			
Maths	None set		
Science			
Science			

Tuesday 30	Remember -	Date	Done
No homework			
LE	None set		
History	None set		
Drama	None set		
IT	None set		
Art	None set		
Art			

Wednesday 31	Remember -	Date	Done

Thursday 1	Remember -	Date	Done
English	None set		
English	None set		
Technology	get safety rules signed by parent		
Technology			
F.N			
F.N			

Friday 2	Remember -	Date	Done
French	by 10 get signed into grade classroom / get off sign		
PE			
Maths			
Geography			
Games			
Games			

Parent/Carer & Teacher Comments / Other ☐ Message Home ☐ Received

Student Signature

PW

Parent/Carer Signature

SM

Tutor Signature

Il. Conigan



Rolls & Records

Mrs K Brand
Admin Office 4



What do I help with?

- School Gateway app
- Free school meals – apply via EA website each year
- Travel passes – apply via EA website
- Lost locker keys - £3.50
- Lost bus passes - £20.00 fee to Translink
- Lost homework diaries - £3.50
- Signing in and out of school
- Pupil records and attendance
- SAN Cover
- School Health Immunisations



Pastoral Care – Junior School

Dr. F. Quinn



Pastoral Care – Junior School

- Head of Pastoral Care – Mrs A Kennedy
- Deputy Head of Pastoral Care (Junior School) – Dr. F. Quinn
- Pastoral Support Worker – Mrs C Service
- Head of Form 1 – Mrs B. Bell
- Deputy Head of Form 1 – Mrs S. McKay
- Form Tutor – Mrs M. Corrigan



Main issues affecting Junior School pupils

- Settling issues – making new friends
- Lack of sleep
- Too much screen time
- Need for parental controls on devices and monitoring of social media





M.C.B.

**Junior Drop In –
Thursday lunch time**

**Global Village –
Monday, Wednesday
and Friday**

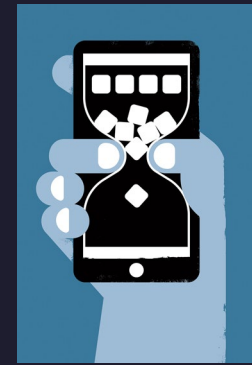
**6th Form buddies –
break time and lunch
time throughout the
week**

Recommended sleep

- NHS recommends 12 years olds should get 9 -12 hours of sleep per night
- Good sleep hygiene – devices emit light which suppress natural sleep hormones
- Lack of sleep associated with
 - Poor concentration
 - Fatigue
 - Irritability
 - Feeling overwhelmed



Screen time



- As children start post primary school and take advantage of their independence, it is likely that they will be spending more time on their devices.
- This is a crucial time to talk to them about how to manage their screen time and give them strategies to find a healthy balance between their life on and offline.
- Useful information –
 - www.internetmatters.org
 - www.parentingni.org



Use of Social Media and phones

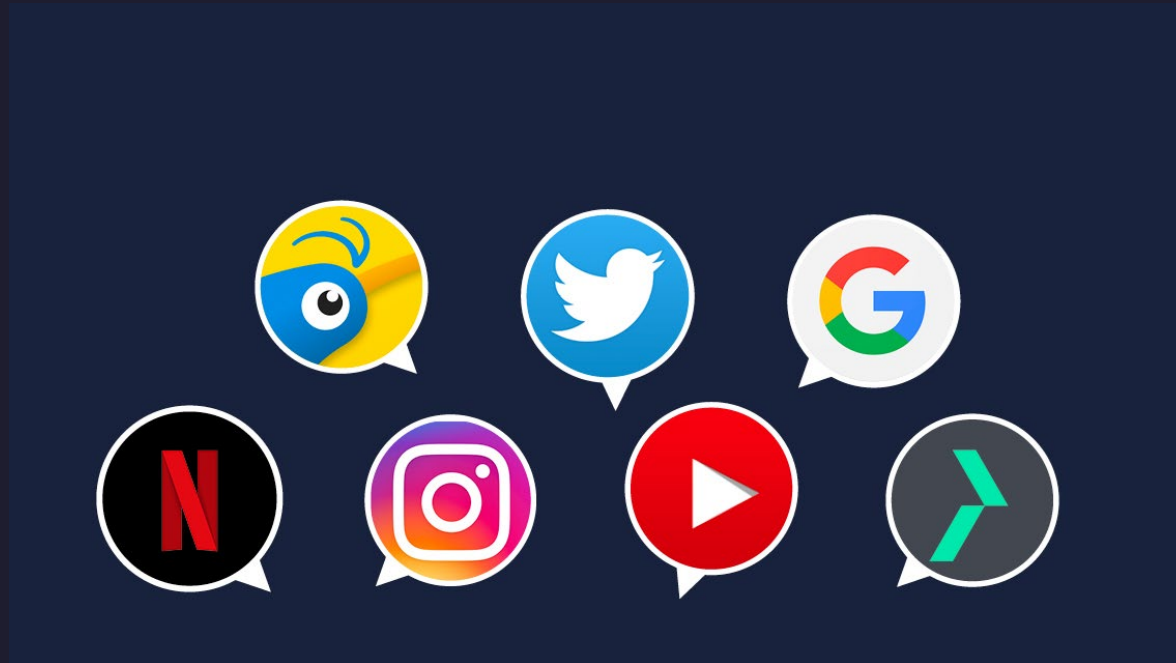
- Age restrictions on platforms – usually 13 years and over
- Phones can be a great way to stay connected
- In our experience, some pupils are not mature enough to handle social media and messaging services such as Whatsapp
- Be open with your child and regularly talk about what they are viewing and messages they are sharing
- Be aware of content on their phone / device



Parental controls and time limits can be set on devices

There are many websites offering advice

UK safer Internet Centre and NSPCC website offer some practical advice and tips about how to talk to your child about staying safe online





Support in School

Positive messages at
weekly assembly

Four week e-safety
programme with Miss
Richmond, Head of
Computing

Assemblies throughout
the year focusing on e-
safety and being kind
online

If you have a concern ...

- Allow pupils to self solve – builds confidence and resilience
- First point of contact – tutor
- Relationships with peers / friends – Deputy Head of Form and Head of Form – Mrs McKay and Mrs Bell
- More significant pastoral concerns – Deputy Head of Pastoral Care / Head of Pastoral Care – Dr. Quinn and Mrs Kennedy



Pastoral Care Department

Work closely with teaching and non teaching staff to support pupils

Meet regularly with School Nurse

School Counsellor available through FamilyWorks

Pastoral Support Worker - Mrs Service





M.C.B.

Useful resources for parenting

Parenting NI


**Kathy Weston Tooled
Up Education**

School Website




Richard McReynolds
Director of Studies


Factfile



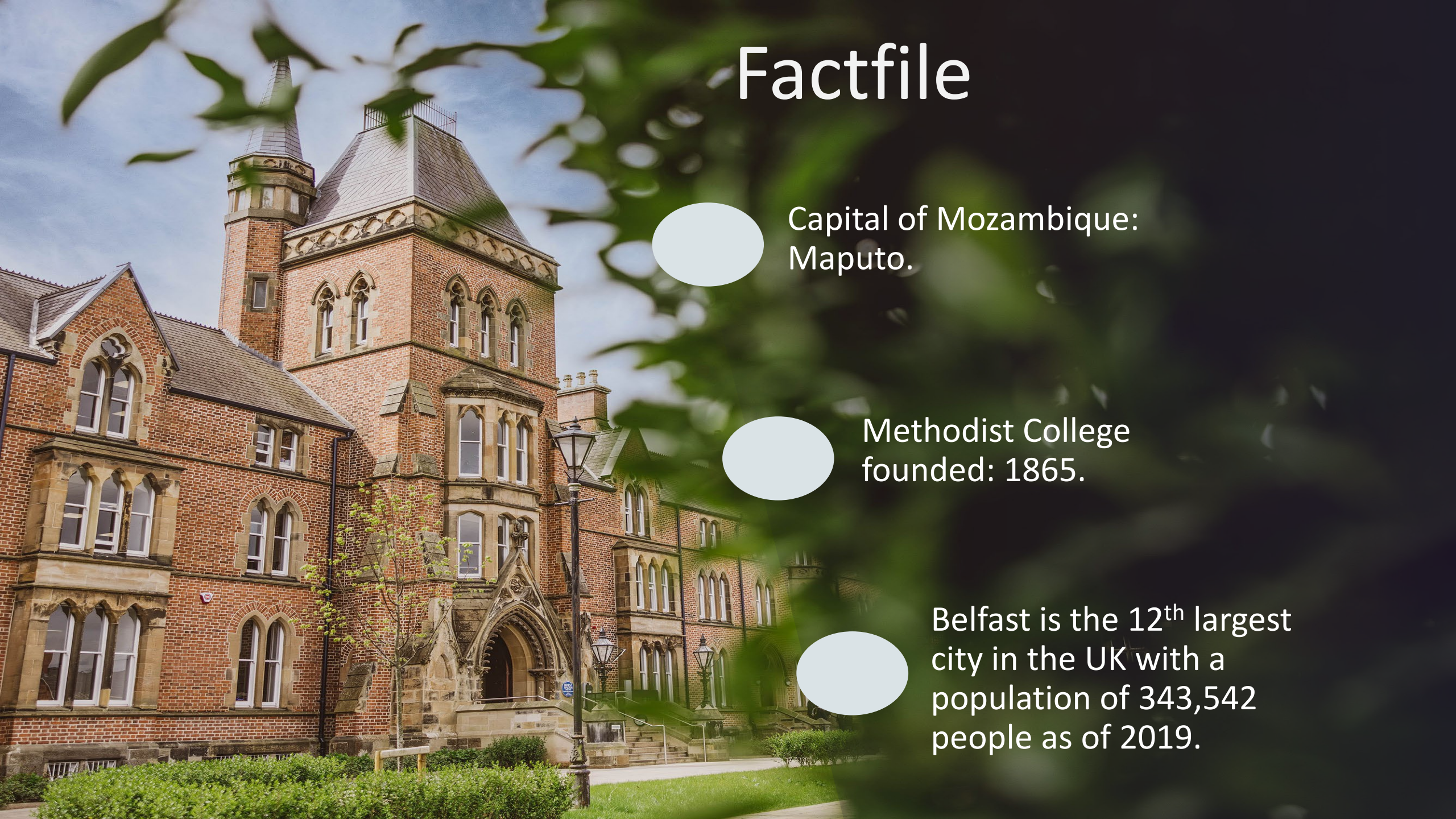
Capital of Mozambique:
Maputo.

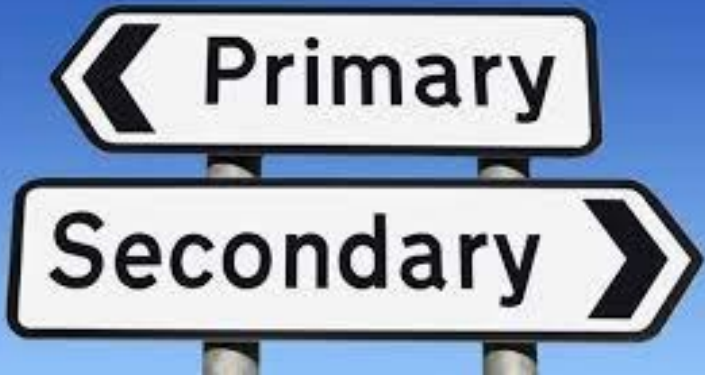


Methodist College
founded: 1865.



Belfast is the 12th largest
city in the UK with a
population of 343,542
people as of 2019.





Time of change

The Northern Ireland Curriculum aims to empower young people to achieve their potential and to make informed and responsible decisions throughout their lives. The learning opportunities provided should help young people to develop as individuals, contributors to society and contributors to the economy and environment.

Art & Design x3

Drama x2

English x7

French x4

Food & Nutrition x 3

Geography x4

History x4

IT x2

Latin x2

LLW x2

Maths x7

Music x2

PE x2

RE x3

Science x6

Technology x3



"Retrieval practice is a learning strategy where we focus on getting information out. Through the act of retrieval, or calling information to mind, our memory for that information is strengthened and forgetting is less likely to occur. Retrieval practice is a powerful tool for improving learning."

Factfile

Capital of Mozambique:

Methodist College
founded:

Belfast is the 12th largest
city in the UK with a
population of
people as of 2019.

What are we doing in school?

Subject: History, Spanish Armada

Step 1: Based on a recent topic you have studied write as much as you can remember from memory in box 1.

Step 2: Look back on your notes and see how much you remembered. Then, in box 2 write down everything you remember again, including what you read in your notes.

Step 3: Look back on your notes again and in a different coloured pen write down what you forgot to include in box 3.

Box 1

Recent Topic: Failures of the Spanish Armada

1. The formation of the Spanish Armada was weak and the English had better tactics.
2. Their captain was not a sailor.
3. The weather made it difficult for the Spanish as they were sailing into the wind.

Box 2

Recent Topic: Failures of the Spanish Armada

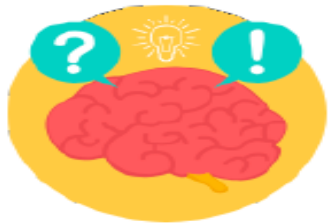
1. The formation of the Spanish Armada was weak and the English had better tactics.
2. Their captain was not a sailor.
3. The weather made it difficult for the Spanish as they were sailing into the wind.
4. The Spanish quickly ran out of supplies such as food & water and many of them died on board.
5. The Spanish did not have the ability to fire cannons as much as the English did.

Box 3

What I forgot:

1. The English had better built ships.
2. Many of the Spanish sailors couldn't swim.
3. The Spanish failed to stop at the Netherlands to pick up more soldiers to help them win against England.



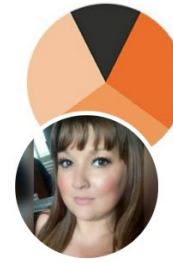


Use your class notes & textbooks to make a list of the important information & content that you need to know across different subjects.

Then close your books & test yourself. You can create quizzes, use flashcards or complete past exam papers. **Make sure you don't use your notes!**

Retrieve as much information as you can then check your answers. It's important to know what you know and what you don't know ... yet!

Use your answers to inform the next stage of your revision, focus on the areas that you struggled to recall from memory.



Evidence Based
Education



Kate Jones
@KateJones_teach

