



# Year 8 Information Booklet



**ST AUGUSTINE'S**  
SCHOOL

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# Subject Resources

## English

<a href="#">Educake</a>	Students can create their own quizzes on SPAG, Reading and Writing (both fiction and non-fiction). The quizzes are auto-marked, so students can see immediately where they have been successful and where they need to improve. Students can login via their school Google account
<a href="#">BBC Bitesize English</a>	BBC Bitesize English has a range of quizzes, worksheets, videos and information on both Language and Literature, as well as a SPAG area. No login is required.
<a href="#">School Reading List</a>	Students who read widely are more successful in English than those who don't. This website has a plethora of information to inspire students to read, including recommended books and reviews

## Maths

<a href="#">Mathswatch</a>	Mathswatch has videos and self-marking electronic worksheets on all areas of the curriculum. It also has printable worksheets. Students login using their school Google account.
<a href="#">Pinpoint Learning</a>	Students can access their personalised feedback and target booklets from their assessments. Students have a personalised login.
<a href="#">Corbett Maths</a>	Corbett Maths contains videos, worksheets, exam questions and solutions for each topic. There are also “5 a day” worksheets to support with retrieval of knowledge. There is no login required.

# Science

## Educake

Students can create their own quizzes on various topics they have covered within Science using the “revision wizard” function. The quizzes are auto-marked, so students can see immediately where they have been successful and where they need to improve. Students can login via their school Google account.

# RE

## CATHOD

Students can use the CAFOD website to look at additional resources, including real life case studies, videos, and illustrated scripture.

# History

## BBC Bitesize History

BBC Bitesize has a range of resources and activities including videos and graphics with key concepts

# French

## BBC Bitesize

BBC Bitesize has a lot of useful resources and activities to support with learning Key Stage 3 French

## Duolingo

All students are in a Duolingo class monitored by their class teacher to support with learning vocabulary

## Quizlet

Quizlet has sets of vocabulary from the class teacher specifically tailored to our SAS curriculum

# Geography

## [Internet Geography](#)

Internet Geography has a full range of interactive resources for Geography to support with lesson content and revision. These include flash cards, multiple choice questions and short answer questions for students to check their understanding. As well as revision resources to test student knowledge there are full topic content learning resources and quizzes for students to access.

## [BBC Bitesize - Geography](#)

BBC Bitesize has a range of resources including videos and graphics with key concepts for Geography

# Music

## [Musicca](#)

A virtual piano to assist learning and note recognition

## Treble Cat Lite, Bass Cat Lite

These are both free apps available for Apple and Android via App stores. They teach note recognition very quickly.

## [Theta Music](#)

Theta Music contains a lot of free music games not requiring subscriptions or payment.

# Art & Design

## [Tate](#)

The website of the renowned gallery provides extensive information about artists, art movements, and guidance on different techniques

## [Met Kids](#)

The website of the renowned gallery provides extensive information about artists, art movements, and guidance on different techniques

## IT

Hour of Code	Programming activities to help with students' coding skills.
Scratch/Thonny/Google Colab for programming	These are the software that students use to programme at school. They are accessible at home to practice the skills they have learnt in lessons
BBC Bitesize	BBC Bitesize has useful revision for all IT topics.

## DT

BBC Bitesize	BBC Bitesize has a wide variety of interactive notes for the DT curriculum
DTBASE	Specifically designed for Design Technology, DTBASE offers a variety of resources
Technology Student YouTube	YouTube features many DT resources. Search for specific topics or longer revision videos from channels like Mr Ridley's Design and Technology, which has playlists covering topics such as plastics, metals, and sustainability.

# Food

BBC Bitesize	Provides subject-specific revision resources
<a href="#">Food a Fact of Life</a>	Developed to be used to stimulate pupil's interest in food, as well as support key food qualification specifications across the UK.

# PE

<a href="#">Top End Sports</a>	Pupils can use this website to help guide any additional learning rules and knowledge about some of the different activities they will be covering throughout the year.
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# Memory Techniques

Using strategies to help memorise key information can be really helpful. It is most useful when you have to memorise a list of things or need to recall key words to trigger more information recall. Here are some little tips that will help you memorise and recall key information.

## Picture stories

Thinking of a strong visual image to associate with each word and linking them together in a story (the more unlikely and the more silly the better). For example, to remember the order of scenes in a play you could use one picture to symbolise each scene, or to remember the pathway of blood through the body you could think of one picture for each stage to help you recall the correct order.

## Mnemonics

Make up a silly sentence to help you remember the order of something e.g. Never Eat Shredded Wheat (North, South, East, and West).

## Acronyms

An acronym is a word formed by using the first letter of words to make a single term. For example, NASA (National Aeronautics and Space Administration). Are there some interesting and memorable acronyms you can create in your revision? If so, share them with your peers and teachers.

## Question practice

Try some past exam questions. Make sure you set the appropriate time limit and try to work under exam conditions. It is worth looking at them early to get an idea of the sort of question you will be answering – essays, multiple choices etc. You can ask your teacher for these or source them online – be sure to use the correct Exam Board.



# How to support your child with studying at home

Learners' success in school is a team effort which involves parents/carers, the school and learners working together and so there are many things you can do to support your child at home.

## Supporting your child with studying at home and preparing for assessments

Research indicates that completing additional work at home for secondary school students has an excellent impact, which can advance learning by an additional 5 months of progress over a year (EEF, 2021).

There are a lot of different approaches to supporting your child at home and you should choose the ways that work best for your child, your family, and your situation. Below are a few suggestions of different approaches to support your child;

- Talk to your child about their work and upcoming assessments. Ask them how you can help. Be prepared to be told that your help is not required (this can be disheartening) – but don't take this to mean you shouldn't do anything at all.
- Keep in regular contact with school. If you are in doubt about anything to do with your child's school work or assessments please contact the school office who will pass your query to the relevant member of staff.
- Try to provide a quiet space for your child to complete school work/revision. Avoid tidying up their work/books, it may look like a mess to you but they may have a 'system' and your tidying could cause them frustration.
- Talk to your child about having their mobile phone in another room when completing school work/revision. Even phones 'on silent' cause distraction.
- Ensure your child gets enough sleep. Regular bedtimes, and wake times, will benefit children. They should avoid having a mobile phone in their bedroom at night, where possible.

# How to support your child with studying at home

- Set your child challenges. For example, you could ask them to revise a short topic; using the revision resources, you could then ‘test’ them on what they have just revised.
- Encourage your child to exercise.
- Encourage your child to drink lots of water and to eat a healthy diet full of fruit and vegetables
- Think about whether rewards and incentives could work for your child.
- Ensure they take adequate breaks, we recommend approx. 20-30 minute sessions with breaks in between.
- Encourage your child to use the resources provided by each subject (contained within this booklet). They should avoid ‘just’ reading a revision guide. The trick is to do something with what has been read. For example: summarise in their own words, draw and label diagrams, get someone to test them.
- Stay positive. Look for ways in which you can help them to believe in themselves by reminding them of the successes they have had. It will help if they focus on the short-term task of revising rather than thinking about the final results.
- Remind your child that the purpose of assessments is to practise, and to inform their teacher of what they do and do not know. We can then work together to improve their performance.





# BENEFIT OF READING



## Knowledge and Information

Reading broadens your understanding of the world, exposing you to new ideas, cultures, and perspectives. It's a gateway to acquiring knowledge on virtually any topic imaginable.

## Enhances Critical Thinking

Engaging with literature challenges your mind to think critically, analyze situations, and evaluate arguments. It fosters logical reasoning and problem-solving skills.



## Memory Improvement

Reading regularly exercises your brain, improving memory retention and cognitive function. It helps you remember details, plotlines, and character developments.



## Connection and Community

Sharing books and discussing them with others fosters connections and builds communities. It creates opportunities for meaningful conversations and bonding experiences.



## Boosts Creativity and Imagination

Reading stimulates the imagination, transporting you to different worlds, eras, and scenarios. It ignites creativity and inspires new ideas.



## Stress Reduction and Relaxation

Reading can be a therapeutic escape from the stresses of everyday life. Immersing yourself in a good book can provide a sense of calm and relaxation, reducing stress levels.



## Inspire your child to read more



Books tied to films or TV series.



Books with visually appealing covers.



The freedom to choose what they could read.



Hearing recommendations from friends, family or teachers.



Encouraging reading through a variety of formats.

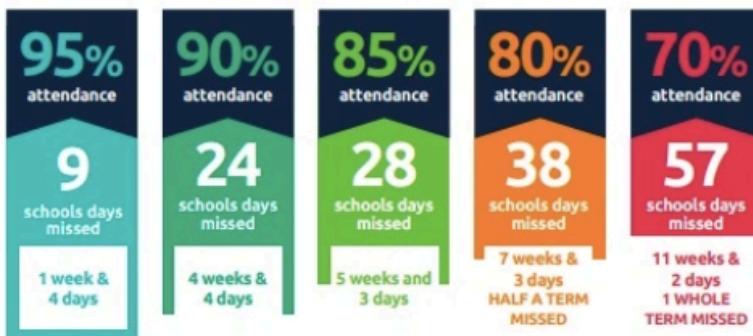


Consider using digital formats.

# The importance of school attendance

School attendance all day, every day, matters for all young people. Regular and consistent attendance forms good habits and promotes better outcomes. All pupils should try their very best to aim for 100% attendance and will be supported to do so.

## Every day in school counts...



## and every minute counts...



# Top Tips for Wellbeing

## 1. Establish a Routine

Create a daily schedule for bedtime, wake-up time, meals and studying to provide stability and help reduce anxiety

## 2. Prioritise Sleep

Adequate rest is crucial for mental health. Limit screen time and create a wind-down routine before bedtime.

## 3. Foster Open Communication

Encourage expressions of feelings and concerns. Listen carefully and validate emotions to help provide support

## 4. Set Realistic Goals

Set achievable goals to foster a sense of accomplishment. Break larger tasks into manageable steps to prevent feeling overwhelmed

## 5. Monitor Screens

Set limits of screen time to ensure it doesn't interfere with sleep, study and physical activity

# Top Tips for Wellbeing

## 6. Encourage Social Activities

Encourage involvement in different activities and socialising with friends

## 8. Build Resilience

Encourage perseverance and a positive growth mindset. Help your child to view challenges as opportunities to learn and grow

## 7. Stay Informed and Involved

Keep in touch with school if you have any concerns, want to inform us of anything and for guidance and support. We are always here to help.

## 9. Model Positive Behaviour

Model healthy coping strategies and positive attitudes. Show empathy and patience, as children mimic adult behaviours.

## 10. Seek Help when Needed

Be aware of signs such as changes in mood, behaviour or academic performance. If you have any concerns please let us know. We are here to help



# ST AUGUSTINE'S

SCHOOL

St Augustine's School

Sandybed Lane,

Scarborough,

YO12 5LH

T: 01723 363280

E: [admin@sasyorks.org](mailto:admin@sasyorks.org)

W: [www.sasyorks.org](http://www.sasyorks.org)