

St Martin-in-the-Fields High School for Girls

A CHURCH OF ENGLAND ACADEMY
Inspired to Learn Ambitious for the Future



SIMPLY THE BEST! 2



**HOME
LEARNING**
at St Martin's

ISSUE THREE
29.01.2021

Service Compassion Justice Perseverance

INTRODUCTION

Welcome to our third issue of Simply the Best! 2, our 2021 Home Learning Bulletin. The bulletin showcases examples of excellent work and is a testament to how hard our students are studying during this period of home learning. We want to take this opportunity to share with all members of our school community how proud we are of our students' learning.

We will be producing weekly bulletins. So students, if an example of your learning is not in this edition, there will be plenty more opportunities for you to contribute.

We hope you enjoy reading this issue and we look forward to sharing a Simply the Best! 2 Bulletin with you at the end of every week.

“The motto of the school Caritate et Disciplina - With Love and Learning, is driven by all staff in a common endeavour to improve pupils' life chances” (Ofsted). We are witnessing this commitment first hand as we all continue to pull together during these unprecedented times.

Beverley Stanislaus
Headteacher

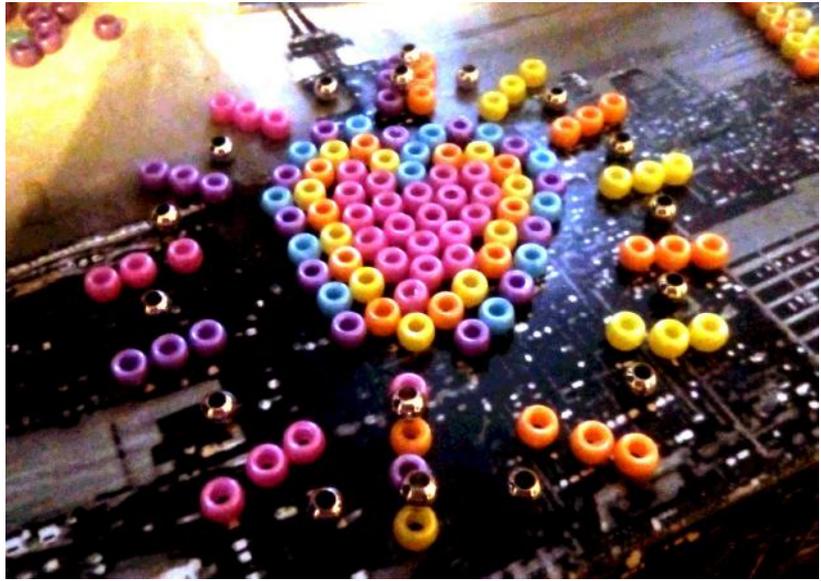


ART

Sofia Year 7



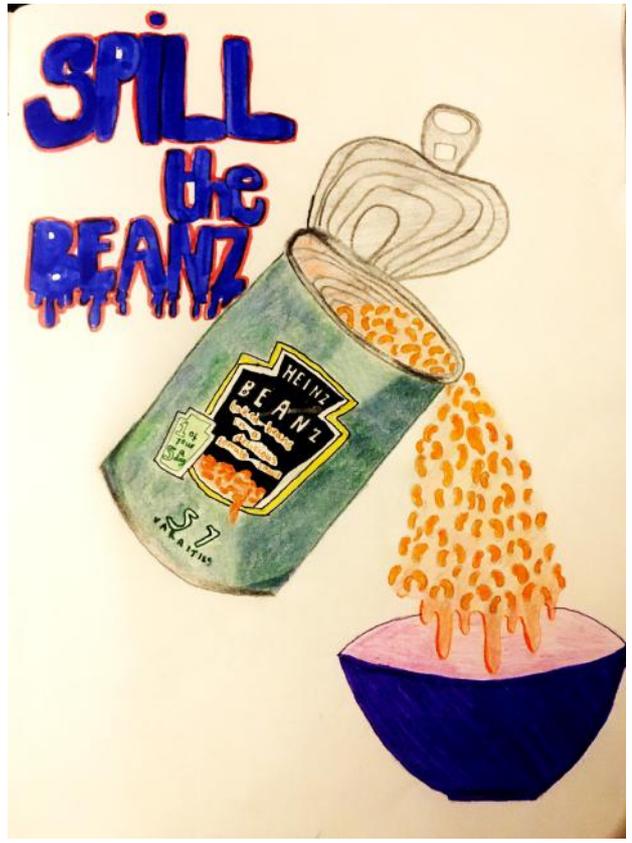
Aida Year 7



Annette Year 8



Beverley Year 8



Almudena Year 9



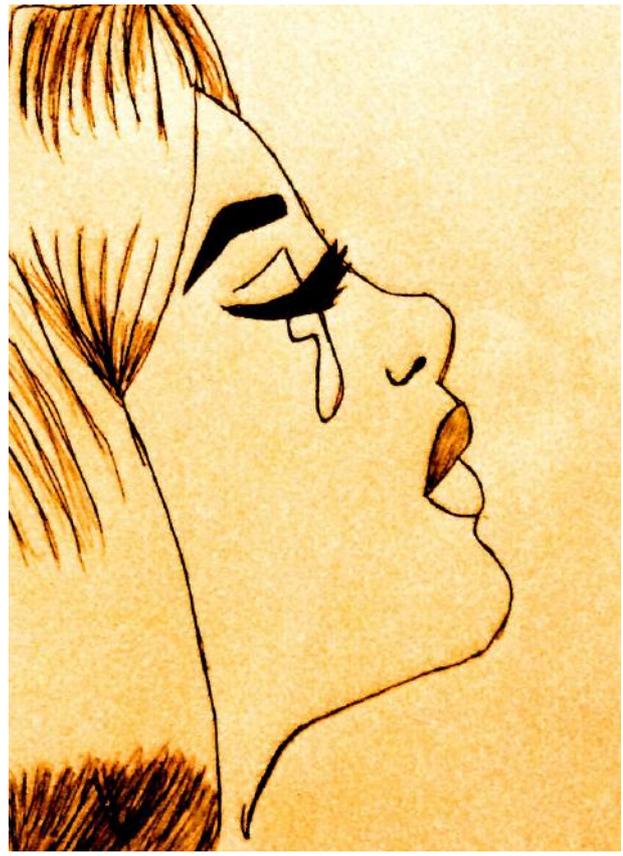
Julieth Year 9



Rachel Year 9



Toluwalope Year 9



BUSINESS STUDIES

Hannah Year 13

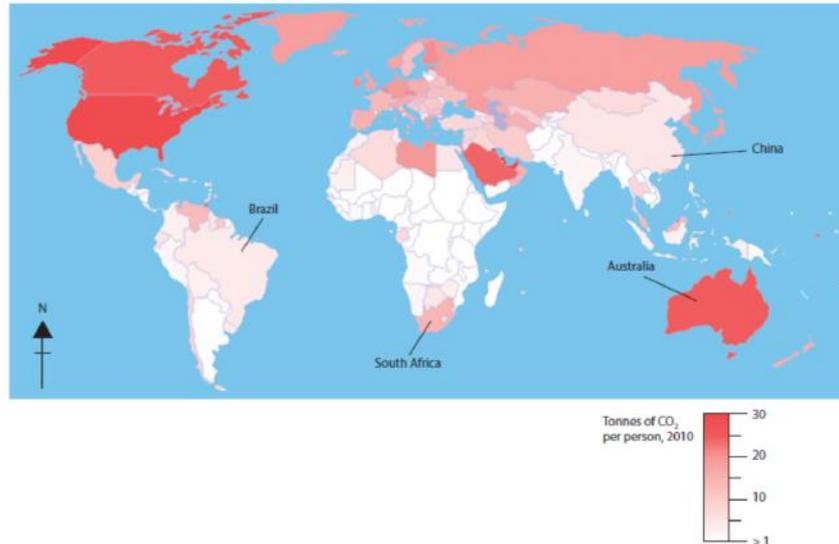
<p>What is my business idea? A social media platform targeted for older people's personal life allowing them to socialise with others from the comfort of their home. The app is specifically designed to combat isolation and anxiety amongst the elderly by connecting them with others based on their tastes and interests.</p>  <p>Mission statement: To provide older people a platform to express, connect and build a community digitally.</p> <p>Sources of finance Business investors would be the key main sources of finances as they are ideal in providing knowledge within the IT market and give perspective information on how to market the app to ensure the it meets the needs of my target market</p>	<p>The current global recession offers new start-ups the chance to grow and capitalise on the adjustments created by the coronavirus pandemic. ComeUnity will combat the issue:</p> <ul style="list-style-type: none"> • 1.2 million chronically lonely older people in the UK and half a million older people go at least five or six days a week without seeing or speaking to anyone • Depression and anxiety caused by social isolation • Combat the stigma that the elderly can't use the internet - research shows older people who do have home access use the internet more than other age groups. The use of technology for enabling social contact and participation can be very successful, but many older people need help at the start and some need ongoing support or reassurance
<p>How does it work? The user is given a simple get to know you quiz to learn their interest and hobbies, it could be from gardening to cooking.</p> <p>They will then be matched up with people who share similar interests, who they are able to talk to through the app via chat, call or video call. Videos and Interactive games which can be played alone or with friends found on the app are introduced which are specialised in improving the users motor skills and cognitive skills.</p> <p>A support group is also available if the user would like support based on their mental health, anxiety, speech therapy or they can schedule check ups.</p>	<p>My ideal consumer Claudia who is 65 and is shielding due to underlying health conditions, she lives alone. Her hobbies are gardening and Yoga. However, due to lockdown her Yoga classes are closed,</p>  <p>ComeUnity would be an ideal app for people like Claudia who are shielding and are at home alone. She will be able to take yoga classes at home whilst making new friends that she may meet after lockdown.</p>
<p>Possible Challenges and solutions</p> <p>How do you get the elderly to know about the app? Through flyers and letters posted to pensioners in the UK Workshops - App volunteer supporters could go into residential homes and care homes to talk about the app and how it operates.</p> <p>How would you help the elderly who don't know how to use the app? For everyone that signs up there will be a pamphlet which explains any icons and symbols on the app if they forget, there will also be supporters who can call the users and thoroughly support them how to use the app effectively.</p> <p>How do you market to the elderly who don't have a smartphone? The app can be used on via computer, Tablet, laptops and Smart TV</p>	

HUMANITIES

Annabelle Year 10

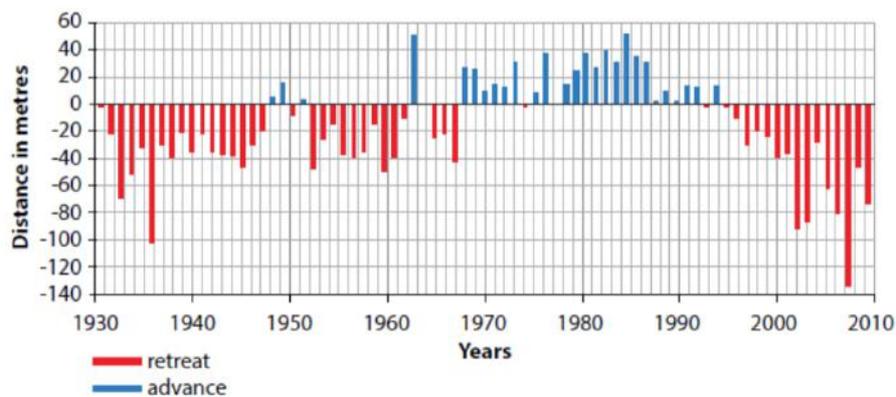
Climate Change ESQs

1. Look at the map below, it shows the global pattern of carbon dioxide emissions per person in 2010. Describe the differences in carbon dioxide emissions per person in 2010 between the northern and southern hemispheres. (2)



In the Northern Hemisphere, there is significantly more carbon dioxide emissions per person compared to the Southern hemisphere where most carbon emissions are below 10 tonnes excluding Australia; its carbon emission is 30 tonnes.

2. Study the bar chart below. It shows the advance and retreat of a glacier in Iceland, between 1930 and 2010. Describe the changes in the glacier over time. (2)



From 1930's the glaciers began to retreat, retreating the furthest; over 100 metres in 1936. In 1963 the glaciers advanced 50 metres, however and this started a period where the glaciers advanced.

3. Study the graph below. Describe the changes in average global temperature between 1860 and 2010. (2)

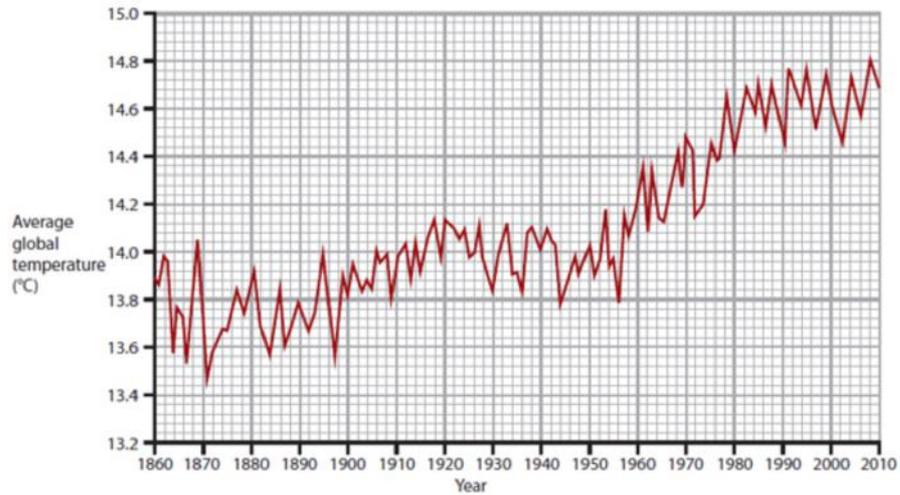


Figure 2 – Average Global Temperature, 1860 to 2010

Overall global temperature seems to be increasing, however the line does fluctuate. For example in 1969 there was drop in temperature from around 14.05 degrees to 13.45 degrees.

- Other than glacial advance and retreat, describe two pieces of evidence that shows that climate change has happened in the past. (4)

Tree stumps can show climate change, wider rings show seasons of good rainfall as there is a lot of growth. Thinner rings show that it may have been too cold for any growth to occur. Another piece of evidence could be ice cores large amounts of carbon dioxide show that there was an increase of temperature.

- Describe how orbital changes and varying solar output can lead to climate change. (4)

The Milankovitch cycle changes the temperature of the earth because as the earth changes its rotation every 1000 years during its rotation where it furthest from the sun its temperature will rapidly drop as the sun's rays are less concentrated in one spot and equally distributed.

- Describe how one human activity can contribute to climate change. (2)

Using individual transport such as cars can release harmful gases into the air like carbon dioxide. These greenhouse gases trap the sun's heat increasing the Earth's temperature.

- Explain how an increase in greenhouse gases can result in climate change. (4)

When greenhouse gases are released into the air they go up into the atmosphere and trap heat from the sun. This heat is then transferred back to the Earth leading to global warming. Greenhouses gases such as carbon dioxide are important to keep the earth at a certain temperature however an excess of these gases can lead to climate change.

- Describe one possible economic impact of future climate change in the UK. (2)

The current Thames barrier may need to be replaced in a few years as due to the rising sea levels, eventually the barrier will become too short to hold back the storm surges. This would mean the UK would have to spend more money on protection than other areas such as education and healthcare.

- Explain why the impact of future climate change is likely to be more severe in developing countries than in the UK. (4)

Developing countries cannot afford to install things that may prevent climate change on a large scale such as solar panels which get rid of the need to use gas or electricity to power you home. Also, low lying countries are severely at risk of coastal flooding however poorer countries such as Bangladesh cannot afford to install coastal defense mechanisms or flood barriers.

MANDARIN

Marta Year 7

Mandarin Homework 20.01.2020

Tā-she, her 她	guó-country, nation 国
Tā-she, her 她	ne-(question particle) 呢
Tā-she, her 她	ne-(question particle) 呢
Shéi-who 谁	ne-(question particle) 呢
Shéi-who 谁	tā-he, him 他
Shéi-who 谁	tā-he, him 他
de-(possessive particle) 的	tā-he, him 他
de-(possessive particle) 的	tóngxué-classmate 同学
de-(possessive particle) 的	tóngxué-classmate 同学
Hányǔ-Chinese language 汉	tóngxué-classmate 同学
Hányǔ-Chinese language 汉	péngyou-friend 朋友
Hányǔ-Chinese language 汉	péngyou-friend 朋友
nǎ-which 哪	péngyou-friend 朋友
nǎ-which 哪	
guó-country, nation 国	
guó-country, nation 国	

Nikera Year 11

12.4:

- 我住在大城市。
- 我家附近的境环境有很多大厦。境也有很树。
- 我家附近有很多博物馆。
- 我长大以后不要留在我的家乡。我将来要住在美国。

11.28:

我不能忘我第一次吃中国面条。我跟朋友一起在餐厅跟朋友一起吃午饭。面条非常好吃！我朋友跟我说：'多吃！'我吃得太多了，头疼。我下次会吃得慢更。

MATHEMATICS

Maleisha Year 10

Thursday 28th January

Title → Scale drawings & bearings
LD → use a bearing to specify direction

Keywords
 Scale
 Convert
 Measurements

Starter → solve
 1) $(6+2)^2 = 64$
 2) $5+3+6 = 20$
 3) $5 \times (3^2 + 16) = 75$
 4) $44 = 4+4 = 15$

A scale drawing is a drawing which is an accurate representation of a real object.
 usually smaller than the original object

Example 1
 The Empire State building is 443m tall.
 Bill has a model of the building that is 88 cm tall.
 a) Calculate the scale of the model. Give your ans in the form 1:n.
 Height of building = 44300cm ← Ans begins have to be in the same units
 Scale factor = $\frac{44300}{88} = 500$
 Change 443m to cm by multiplying by 100.
 Scale factor = height of building / height of model
 Scale of model = 1:500

b) The pinnacle at the top of Bill's model is 12.4cm in length - work out the actual length of the pinnacle at the top of the Empire State Building. Give your answer in metres.
 length of pinnacle on building = $12.4 \times 500 = 6200$ cm
 length on building = length on model $\times 500$
 length of pinnacle on building = 6200 = 62m
 Change 6200 cm to m by dividing by 100.

1) The diagram shows the front of a kennel. It's drawn to a scale 1:30.
 Find
 a) The actual width of the front
 b) The actual height of the doorway

40cm x 30 = 1200cm
 15cm x 30 = 450cm

2) Find the actual distances between the following towns
 a) Brian and Kelly
 b) Brian and David
 c) David and Maim

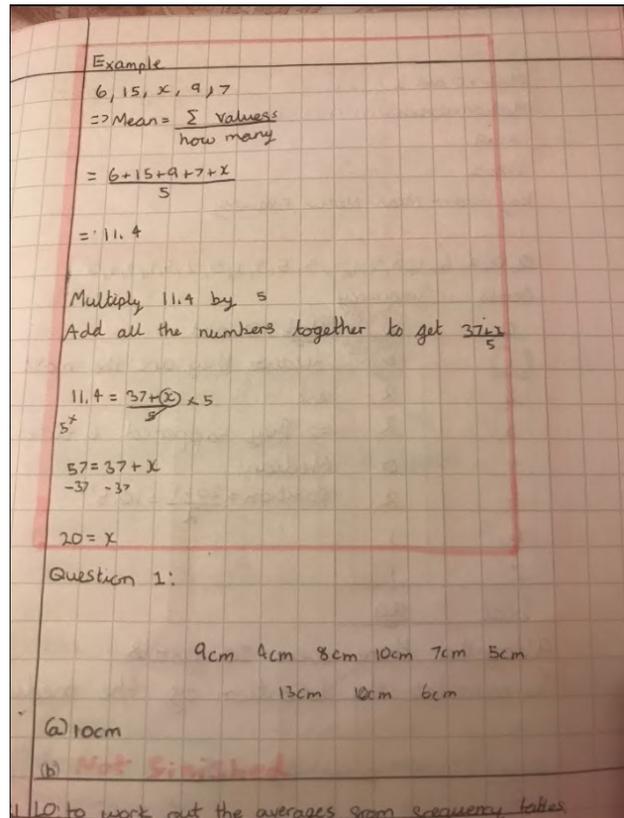
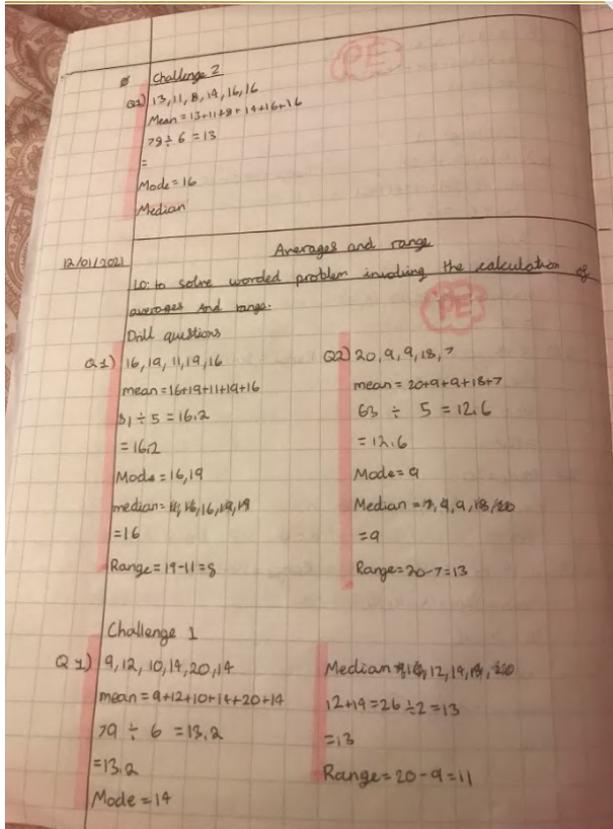
a) $4 \times 2000 = 8000$
 b) $3 \times 2000 = 6000$
 c) $2.5 \times 2000 = 5000$

3) A, B and C are three towns

a) Write down the bearing of B from A and the bearing of C from A.
 b) Use the scale to work out the actual distances between
 i) A & B ii) A & C

a) The bearing of B from A = $360 - 115 = 245$
 The bearing of C from A = $360 - 10 = 350$
 b) i) In the diagram AB is 3cm, so the actual distance between A and B is 30km.
 ii) In the diagram AC is 4cm, so the actual distance between A and C is 40km.

Rhianna Year 8



PE

Agatha Year 9

Hi friend I know you're trying hard to lose weight but maybe you can find a gym and lose weight so would that change your mind.

For you to start losing weight you must drink at least 2 litres of water a day, eat five healthy meals that include fruits, vegetables, cereals, meat, dairies.

You need to exercise at least 20 minutes a day. You could have a nice walk in the park, or some yoga at home.

Obesity can have serious consequences for your body, you could suffer from hypertension, high cholesterol, diabetes and many other serious illnesses. You will also feel uncomfortable and very tired from performing physical activities. Sleeping will also be a problem as most obese people

Edwina Year 9

Dear Tracy Beaker,

As you are my bestest friend, I am worried for your health. I have been watching your diet and I am so so scared for your health. If you continue to eat like this you will find yourself in situations you don't want to be in. You will become unhealthy and your body will not be like it was before. Here are some tips and tricks that will help you with your diet that I have found that will help you keep your body nice and free from sickness.

1. You must follow the healthy eating plate. This plate gives you an idea of how much carbs, fats, and dairy you should be eating to keep you nice and healthy.
2. You shouldn't always eat fatty foods as that is why you are becoming unhealthy. Instead of always buying sweets after school try buying fruits and vegetables to balance your diet.

have some sort of sleeping disturbance, such as apnea.

You better take care of yourself.

But I hope you'll lose weight

- Agatha

3. Also DRINK WATER! Stop filling your body with fizzy drinks but with water. Water has many health benefits. I know that you're trying to get clearer skin. Drinking water helps with clear skin. It also helps with hair growth and helps you feel refreshed and feeling awake.

I hope this letter helped you understand the importance of eating healthy and how your body needs a balanced diet. I am not telling you to stop eating unhealthy foods and drinks but I just ask that you don't eat it all the time.

From your best friend,

Edwina xxx

Zaneta Year 9

I'm writing this letter to talk to you about your diet. I know I don't have the most balanced diet, but neither do you. I am trying to improve my diet so I thought that I can share some things I have learnt about what you put into your body and how it can affect you and your health.

One of the most important things that we lack in our diet is water. You should be drinking 6 to 8 cups of water a day. This will be very beneficial to your health. Benefits include:

- carrying nutrients and oxygen to your cells
- flushing bacteria from your bladder
- aiding digestion
- preventing constipation
- normalizing blood pressure
- stabilizing the heartbeat
- cushioning joints
- protecting organs and tissues.

Another improvement you can make to your diet is decreasing the amount of foods and drinks high in fat and sugar (such as sweets, junk food and fizzy drinks). This food group makes up only 7% of the Eatwell Plate meaning it should not be the most eaten food group in your diet. Consuming many sugary foods and drinks can lead to obesity (which can increase the risk of cancer and many other serious health problems). If you crave something sweet, the best option is to eat fruits or make a smoothie and experiment with different fruits and vegetables to see which one you like the most. Fruits and vegetables contain natural sugars and water which are good for you. This food group makes up a third of the Eatwell Plates. I am not saying that you should not eat sugary foods ever again but be mindful of what you are consuming. According to the NHS, the recommended amount of free sugars we eat a day should be no more than 30g (roughly 7 cubes). Avoid some fizzy drinks such as Coca Cola as a can of this contains 9 cubes of sugar, exceeding the daily limit of sugars.

Another food group that takes up a third of the plate is the food group containing starchy foods. Starchy foods are a good source of energy and the main source of a range of nutrients in our diet. As well as starch, they contain fibre, calcium, iron and B vitamins. Some people think starchy foods are fattening, but that is a misconception. Starchy foods are good for a balanced diet. Foods such as

pasta, rice and potato. The meat and fish food group and the dairy food group are also very important as they are a primary source of protein and other nutrients.

I hope this is helpful and you take the things said in this letter into consideration.

Speak to you soon,
Zaneta.

SPANISH

Rachel Year 9

1. Complete the sentences with the correct form of command of the verb given in brackets.

- 1 Rosa, no ayudes (*help*) a Manolo con sus deberes.
- 2 Pablo y Ricardo, haced (*do*) el proyecto juntos.
- 3 Lucas, comparte (*share*) tu libro con Amelia, por favor.
- 4 Laura, escucha (*listen*) a tu compañero cuando está hablando.
- 5 Chicos, no miréis (*mirar*) por la ventana.

2. Translate the sentences into English.

- 1 Patricia, levanta la mano cuando quieras hablar. *Patricia, put your hand up when you want to speak.*
- 2 Ana y Luis, no hagáis el ejercicio juntos. *Ana and Luis, don't do the exercise together*
- 3 José, busca las palabras en un diccionario. *José, look up the words in a dictionary.*
- 4 Chicos, cerrad las ventanas por favor. *Boys close the window please*
- 5 María, no compartas tu libro con Juan. *Maria, don't share your book with John.*
- 6 Jorge, ayuda a Emir con el problema. *Jorge, help Emir with the problem.*
- 7 Chicas, no corráis en los pasillos. *Girls, don't run in the hallway.*
- 8 Escuchad con cuidado. *Listen carefully.*

CREATING OUR HOLOCAUST MEMORIAL FLAME



During the Holocaust millions of Jews were murdered for who they were. Jews were the main target of the Nazis, and most of the victims were Jewish.

In order to remember them and all the suffering they experienced we decided to take part in recreating The Holocaust Memorial Flame. We started by picking and separating the berries, the berries symbolised the beginning of growth as they were the seeds of nature ready to sprout into a beautiful, healthy tree. We used the bright red berries to also represent the burning flame.

We then picked yellow and green leaves to continue the idea of growth and life. We stuck them down near the berries and the whole image came together, the smaller details (the leaves and berries) really painted out the larger picture beautifully.

The yellow of the leaves really complemented the berries and struck the eye back to when the Jews were oppressed because of who they are. The whole flame also gives us the sensation of hope for the future, it helps realise what happened and take time to reflect on all of it, to make us think how we can make the world a better place, making it a wiser place, making it a happier place, making it a healthier place, and making it better place for everybody.

Beverley 8M

The symbol for Holocaust day is a flame so we made our own Holocaust flame by using berries which resembled the seeds for new beginnings and the leaves which resembled growth, future and hope.

We used colours to resemble a flame, for example: red, orange and yellow. Holocaust Memorial Day, January 27, is to remember the millions of Jews and others that suffered in the Holocaust, under Nazi Persecution. We need to stand up to prejudice and hatred today, our lights are brighter when we work together. #LightTheDarkness

Rihanna 8M