

ACHIEVE

Help Your Child Succeed

A NEWSLETTER FOR PARENTS OF CHILDREN IN YEAR 7 AND 8 AT THE MILTON KEYNES ACADEMY

We need your help!

We know that you want your child to do as well as they can at the Academy, and your encouragement, help and support is really important.

It would really help your child's progress if you could do the following:

- Check your child's **checklist** and **planner** every day and make sure that they have all the right equipment with them.
- Listen to your child read for **10 minutes** every day.
- Read to your child for **10 minutes** every day.
- Ask your child to sit quietly and read to themselves every day.
- Make sure your child is doing their big homework project and other homework tasks.
- Show an interest in the work your child is doing. Have a look at the sort of topics they are covering and see if you can help them.





QUESTIONS AND ANSWERS

Where will my child be within the Academy?

If your child is in Year 7 they will be based in the **Explore** Learning Village. If they are in Year 8 they will be in the **Discover** Learning Village. Your child will spend most of their time in their own learning village, but will move to other parts of the Academy building for lessons involving special equipment and space such as PE and science.

What will happen about homework?

Homework is going to be very different at the Academy. At the start of every term your child will be given a project and they will then have six weeks to finish the work. They will also have set maths and English homework tasks every week.

In total, they will need to spend around eight hours every week on their homework. It would be very helpful if you could encourage your child to do their homework well, and hand it in on time.

Will my child have to do any exams in Year 7 or 8?

No, there will not be any exams. However, all students will be tested and assessed regularly. We will work with students so they know at what level they are, where they need to be and how to get to their next target level. We will share this information with you.

How do children learn best?

There has been a lot of interesting research done on how children learn best, and how they remember information.

The very best ways are for students to try things for themselves in a practical way, and we will be doing a lot of this at the Academy.

The worst method of learning is for a teacher to stand in front of a class and talk to them for a long time. Of course, there are times when traditional teaching is still best for some topics and classes so we will use this method. However, we will try to use alternative teaching methods whenever we can.

We believe that if lessons are fun, interesting and relevant to them, then students will learn.

THINGS YOU CAN DO WITH YOUR CHILD OUTSIDE SCHOOL

Here are some ideas of things you could do with your child that will give them more understanding of the world and the way things work.

Please help your child learn to do these things:

- Learn a joke
- Bake a cake
- Help someone without expecting any reward
- Recycle things to help the environment
- Always say 'thanks'
- Read more
- Watch less TV
- Learn some basic lifesaving and first aid skills

We expect every child in Year 7 and 8 to be able to do things on this list which give them skills they need for life. The list is for boys and girls.

If your child can't already do any of the skills on the list, please teach them.

The best way to do this is to demonstrate the skill to them first, talking about what you are doing. Then let your child have a go, while you give advice (not too much) and praise (lots). Give them the chance to practice the skill, giving lots of encouragement and praise.

- Sew on a button
- Use a vacuum cleaner
- Iron a shirt
- Clean and dress a small wound
- Change a bed
- Wash a car
- Use a map
- Make a hot drink
- Mow a lawn

- Clean a cooker hob
- Wash the dishes
- Use a washing machine
- Use a screwdriver
- Cook a meal
- Hand wash clothes
- Peel a potato
- Grow a plant
- Unblock a sink
- Go on a bus by themselves
- Look after a pet properly
- Use a phone book and internet search engine
- Go shopping, with a list
- Weed a flower bed
- Sort out the recycling
- Talk politely to a guest



COOK UP A TREAT!



Here are some easy recipes you could try with your child.

Fish fingers

(Makes 6)

250g firm fresh white fish fillet
(cod, halibut or haddock)

60g plain flour

1 egg, beaten

100g white breadcrumbs

Salt and pepper

Vegetable oil for frying

1. Carefully check fish for bones and remove any.
2. Cut fish into finger shapes and sprinkle with salt and pepper.
3. Find three dishes. Spread the flour in one dish, put the beaten egg in another and the breadcrumbs into the last dish.
4. Get the fish and dip it into the flour, then the egg and finally the breadcrumbs.
5. Heat the oil in a heavy frying pan and cook the fish fingers for about 2-3 minutes on each side until nicely browned.
6. Pop them on kitchen paper to soak up the oil.
7. Serve up and enjoy!

Simple spaghetti

(Serves 4)

225g minced beef

4 chopped tomatoes or a tin of chopped tomatoes

3 medium onions, chopped into small slices

1 teaspoon of mixed herbs

600ml (1 pint) beef stock (made up of gravy powder or a stock cube)

350g spaghetti

Grated cheese for the top

Salt and pepper

1. Place beef in a large frying pan or saucepan and cook in its own fat, stir to prevent it sticking until it goes brown.
2. Add tomatoes, onion, salt and pepper and herbs and cook on a very low heat for another 10 minutes, so it is gently simmering.
3. Pour in the stock and bring to the boil.
4. Lower the heat, cover the pan and cook for 20 minutes, stirring now and then.
5. Meanwhile, cook the spaghetti. Bring a large pan of salted water to the boil, then add the spaghetti. Check the instructions on the pack, but it should usually take 10-12 minutes. Drain well.
6. Put some spaghetti on each plate in a circle, leaving a hole in the middle. Pour the meat mixture onto this, and then sprinkle some cheese on the top.

Come and see the Academy

Please come along to our Community Fun Day on **Saturday October 31** from 2-4pm. There will be tours of the Academy throughout the afternoon so you will be able to see where your child is learning. There will also be lots of entertainment with some Halloween fun for children.

Support for Parents

If you would like to talk to a member of the Academy team about any of the items in this newsletter, or about an issue relating to your child, please contact us. Please email at info@miltonkeynesacademy.co.uk

There is lots of useful information on our website at www.miltonkeynesacademy.co.uk