

HILLCREST MESSENGER

102nd Edition

October 2016



Year 11 Fix Up Day

Year 11 students were involved in a number of inspirational sessions with members of the Fix-up Team who visited Hillcrest during PSD Day 1 on 14th October, 2016. The students were shown how to motivate themselves to work for their GCSE exams as well as being taught strategies for revision, reviewing their learning and being confident to tackle their studies. They were encouraged to DANCE to their GCSE examinations.

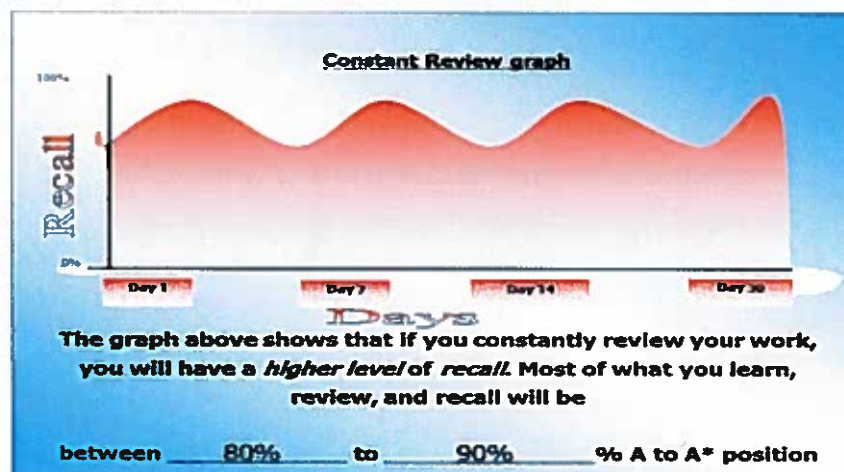
Dream big

Act now

Never give up

Confidence

Enjoy life



Good luck with your reviewing and revising Year 11. Best wishes Mrs Penn & Hillcrest staff.

MONTHLY MATHS

@ HILLCREST



NEW!

Did you know?

A little bit of maths each day will affect your daughter's exam outcomes?



THE PROGRAMME



One question, every day, when it suits you. It all adds up.

THE RESOURCE

- Put it somewhere central
- on the fridge?
 - back of the front door?
 - on a laptop screen?!

Remind your daughter to tackle her daily task at a regular time

- before breakfast?
- as soon as she gets home?
- before dinner?

Support her learning - share in her success



OCTOBER 2016

A LITTLE BIT OF MATHS EVERY DAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Write these in order of size 0.14 0.744 0.104 0.7 0.01	Simplify $3 + 4 + 2 + 5$	Solve $6x - 5 = 10$	Calculate $18 \times 10^2 = 12, 10^2$	Timeline $3 \frac{1}{2} - 2 \frac{1}{2}$	2 on 1000 of 4 numbers that are different factors of 100 1 add these numbers together and get a number that is greater than 20 but less than 25 What were the 4 numbers? (one finding 4?)	A number makes 20 higher every hour The number makes higher for 2 hours and then for 3 days of the week The higher are positive integers that will have 8 fractions that they share are named for all the fractions that will work!
Write 0.00001 in standard form	Write 20 as a product of prime factors	If 1 is a whole number, draw the largest value of 1 that satisfies $3 - 1 < 1 + 10$	Calculate $13678 - 8789$	Round and simplify $31.4 - 2.1 - 1$	Calculate =	Start out the shaded area
Simplify $4x^2 + 2x^2 + 3x^2 + 4$	Draw a the subject of the formula $y = u + 4t$	Emma walks for 6 hours and covers 12 miles. What is her average speed?	Write 0.016 as a fraction	What is the smallest number 5008×10^2 or 30×10^2	Mark out the shaded area	Three shapes each have parallel sides & a right angle Two have 40 more parallel lines How many of each of the three shapes are there? The size number of each of the three shapes is more than twice the number of parallel lines in each of the three shapes How many of each shape are there?
Expand & simplify $6 + 2(x + 4)$	Simplify $\frac{(x-2)^2}{x-2}$	Calculate $\frac{1}{7} + \frac{3}{4}$	The ratio of red counters to blue counters is 5:9 What fraction of the counters are red?	Mark out 2.8×0.4		
Mark out $428 \div 11$ without a calculator						

REMEMBER: THE BEST WAY TO REVISE MATHS IS TO "DO MATHS"!

Questions/Queries?

Contact:

Mrs. Kanona - Head of Maths
rkanona@hillcrest.bham.sch.uk

Mrs. Penn - Intervention Co-ordinator
jpenn@hillcrest.bham.sch.uk

Monthly Maths - it all adds up!

A LITTLE BIT OF MATHS EVERY DAY ...

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

OCTOBER 2016

3 Write these in order of size
0.74 0.744 0.704
0.7 0.07

4 Simplify
 $5 \times f \times 2 \times g$

5 Solve $6x - 5 = 16$

6 Calculate
 $46 \times 10^2 + 32 \times 10^3$

7 Factorise
 $3x^3y^4 - 18y^2$

8 A machine makes 36 trophies every hour.
The machine makes trophies for 8 hours each day on 5 days of the week

9 The trophies are packed into boxes that each holds 8 trophies
How many boxes are needed for all the trophies made each week?

10 Write 0.000111 in standard form

11 Write 28 as a product of prime factors

12 t is a whole number.
Write down the largest value of t that satisfies
 $3t + 1 < t + 12$

13 Calculate
 $19876 - 6789$

14 Expand and simplify
 $3(t - 4) - 2(4t - 1)$

15 Calculate x



17 Simplify
 $4a^2 + 2a^2 - 3a^2 + 4$

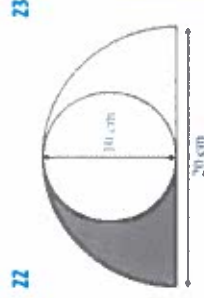
18 Make v the subject of the formula
 $v = u + at$

19 Emma walks for 6 hours and covers 15 miles.
What is her average speed?

20 Write 0.016 as a fraction

21 Which is the smallest number:
 0.038×10^2 or 380×10^{-3}

22 Work out the shaded area.



24 Expand & simplify
 $(x + 2)(x + 4)$

25 Calculate:
 $\frac{(x + 2)^2}{x + 2}$

26 The ratio of red counters to blue counters is 5:9
What fraction of the counters are red?

27 Work out
 5.6×0.24

28 Three students count their pencils. Al has x pencils
Ben has 48 more pencils than Al
Connor has four times as many pencils as Al
The total number of pencils Al and Connor have is more than twice the number of pencils that Ben has
Work out the least possible number of pencils that Al could have

29

30

31 Work out 426×17 without a calculator

REMEMBER: THE BEST WAY TO REVISE MATHS IS TO "DO MATHS"!

Friends of Hillcrest Sponsored Walk



On the afternoon of Wednesday, 5th October, the Friends of Hillcrest Sponsored Walk took place at Hillcrest. The students, staff, and Friends of Hillcrest who took part in the walk managed to complete 20 laps of the school playing field! Very well done to all who took part and thank you very much for all of the donations we have received!

Students collected their prizes for taking part in the Sponsored Walk in Assembly on Tuesday 11th October.



Hillcrest 2016 Christmas Market

Our annual Christmas Market will take place between 1.45 and 2.45 on Thursday 15th December. A special part of the event is the tombola organised by the Friends of Hillcrest each year. We would welcome any donations of gifts and prizes that could be won in the tombola. We would also like to invite all parents/carers to join us on Tuesday 13th December (6.00-7.00) at Hillcrest to wrap the prizes in preparation for the event on 15th December.

If you would like any further information about the event or the work of the Friends of Hillcrest throughout the year please contact Mr Connor-Hemming.



The Benefits of Exercise

Step right up! It's the miracle cure we've all been waiting for -

It can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%.

It's free, easy to take, has an immediate effect and you don't need a GP to get some. Its name?

Exercise

Exercise is the miracle cure we've always had, but for too long we've neglected to take our recommended dose. Our health is now suffering as a consequence. Whatever your age, there is strong scientific evidence that being physically active can help you lead a healthier and even happier life.

People who do regular activity have a lower risk of many chronic diseases, such as heart disease, type 2 diabetes, stroke, and some cancers.

Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia and Alzheimer's disease.

"If exercise were a pill, it would be one of the most cost-effective drugs ever invented," says Dr Nick Cavill, a health promotion consultant.

Health Benefits

Given the overwhelming evidence, it seems obvious that we should all be physically active.

It's essential if you want to live a healthy and fulfilling life into old age.

It's medically proven that people who do regular physical activity have:

- **up to a 35% lower risk of coronary heart disease and stroke**
- **up to a 50% lower risk of type 2 diabetes**
- **up to a 50% lower risk of colon cancer**
- **up to a 20% lower risk of breast cancer**
- **a 30% lower risk of early death**
- **up to an 83% lower risk of osteoarthritis**
- **up to a 68% lower risk of hip fracture**
- **a 30% lower risk of falls (among older adults)**
- **up to a 30% lower risk of depression**
- **up to a 30% lower risk of dementia**

What Counts?

To stay healthy, children and adults should try to be active daily and aim to achieve at least 150 minutes of physical activity over a week through a variety of activities.

For most people, the easiest way to get moving is to make activity part of everyday life, like walking or cycling instead of using the car to get around. However, the more you do, the better, and taking part in activities such as sports and exercise will make you even healthier.

For any type of activity to benefit your health, you need to be moving quick enough to raise your heart rate, breathe faster and feel warmer. This level of effort is called moderate intensity activity. One way to tell if you're working at a moderate intensity is if you can still talk but you can't sing the words to a song.

If your activity requires you to work even harder, it is called vigorous intensity activity. There is substantial evidence that vigorous activity can bring health benefits over and above that of moderate activity. You can tell when it's vigorous activity because you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

Extra-Curricular Opportunities for Term 1B

Your child has the opportunity to stay fit and healthy by regularly attending one or more of the extra-curricular clubs below next term.

	Lunch	After school
Monday	Badminton Club	
Tuesday	Senior Netball Year 7 and 8 Dance	Football Club - all years.
Wednesday	Year 7 Netball	Basketball Club - all years
Thursday	Year 8 Netball	Performance Dance Group Gymnastics Club
Friday	Badminton Club	



Miss L. Taylor

Physical Education News

Hillcrest School Achieves Silver Kite Mark Award

Hillcrest has been awarded the Silver School Games Award for the second time.

Congratulations to all of the staff and students involved at Hillcrest and our partner primary schools.

The award recognises schools for their commitment to school sport and opportunities for students to take part in a range of activities.



Hillcrest Cross Country Team

Congratulations to Hillcrest Year 7 and 8 cross country teams who competed in the South Birmingham Championships. Aliyah in Year 7, finished second overall.

The students also got to meet Hannah England, a GB Olympic distance runner. A great event!



Year 11 Netball Team

Congratulations to the Year 11 Netball team for winning their first game of the league 21-7 against Shenley Academy. The player of the match was Taddisha. Let's hope this is the first of many wins to come!

Year 7 Dance Project

Well done to all Year 7 students for taking part in the dance project promoting British Values, there was some great work produced. An example of this work will be performed in assembly.

Next School games event: Level 2 rowing competition. Please see Miss Taylor or Miss Reeves in the PE department for more information.

Miss L. Taylor



Hillcrest Welcome Day



80 students who have joined Hillcrest since May 2016 took part in a special day on Friday 7th October, 2016. The students shared their life experiences before they arrived at Hillcrest and took part in activities to make Hillcrest even more welcoming to the students who join us from around the world. As well as students who were born in the UK, amongst the 80 students are those who have travelled to Hillcrest from over 30 different countries including the USA, Eritrea, Italy, France, Romania, Syria, Iran, Zimbabwe, India, Thailand and Nigeria.

The Year 7, 8, 9,10 and 11 students were involved in a number of activities to celebrate the diversity of our Hillcrest community. The students have produced subject signs and timetables in their first languages for new students joining us in the future to use.



VEKA A	LECTION 1	LECTION 2	LECTION 3	LECTION 4	LECTION 5
Mandag	Matte 27 	Dansa 12 	Historia 21 	Franska 4 	Vetenskap 53
Tisdag	Engelska 39 	Engleska 39 	Media studier 	Matte 27 	Drama 12
Onsdag	Fransa 4 	Idrott 16 	Vetenskap 53 	Religiosa studier 30 	Religiosa studier 30
Torsdag	Dansa 12 	Historia 21 	Media studier 	Media studier 37 	Drama 12
Fredag	Religiosa	Vetenskap	Matte 27	Matte 27 	Engleska

A Message from the Headteacher

We are quickly approaching the end of this half term and as you can see from this edition of the Hillcrest Messenger, it has been a very busy seven weeks. I am pleased to see how well Year 7 have settled in and quickly become part of the Hillcrest community and also how well all students are working towards their examination targets. We were delighted with our best ever results in August 2016, and I would like to thank all of you for your support and the students and staff for their hard work.

As we move into the second half term and the mornings and evenings become darker, we will be reminding students about keeping safe as they travel to and from school, and to take extra care crossing roads and making sure they are 'visible' to drivers. I would be grateful if you would also remind your child about aspects of safety, especially relating to listening to music or checking phones whilst walking to school and crossing roads and also the importance of walking or travelling with a friend.

Have a safe and restful holiday.
Ms Davies



Key Dates

Term Begins	-	Monday 31st October @ 08.45
Sixth Form Open Evening	-	Tuesday 1st November @ 18.00 - 20.00
Friends of Hillcrest Annual General Meeting	-	Wednesday 2nd November @ 18.00
Year 9 Progress Review Week	-	21st - 24th November
PSD Day 2	-	Thursday 24th November
Teacher Day	-	Friday 25th November
Year 8 Progress Review Week	-	5th - 9th December
Christmas Concert	-	Thursday 8th December
Year 7 Progress Review Week	-	12th - 15th December
Friends of Hillcrest Christmas Market	-	Thursday 15th December @ 12.30 - 15.00
Term Ends for students	-	Friday 16th December @ 12.30