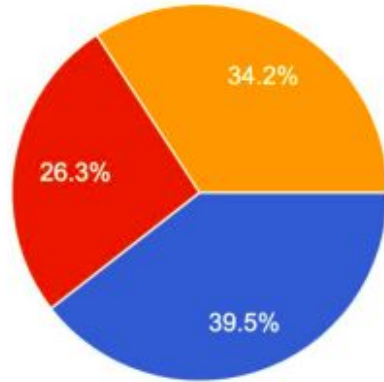


# Power Hour:

A lot of you are finding Power Hour positive. It's helping you embed excellent work routines ahead of your GCSEs.

Are you finding that the work you do in Power Hour is helping you in class?



- Yes
- No
- Not sure

it has not really helped but it helped me build a routine.

With Re we done one lesson similar to are Re work in our power hour booklet which helped me remember answers

On Tuesday we did re and yesterday I had re and i recognized the definitions

It has helped me in my English lessons to expand my vocabulary.

When I do English I used the synonyms for a word for my test that I done In homework. Also reading has helped me read more fluently as well as speaking.

In my science lessons it helps me remember what i have done which is why I got a really good score on my test.

## A reminder of why we introduced Power Hour:

- To raise your attainment by building **foundational knowledge**
- To develop more efficient **study habits** outside of the classroom
- To improve your **writing resilience**
- To remove the dependency of **screens**
- To **embed reading and numeracy** as daily “habits”

# What does good work look like?

## PSHCE

Complete the tasks below using your knowledge and skills.  
Reflect back to the previous PSHCE lesson ON Black History Month to support you.

<b>Why is celebrating Black History important?</b> It's important to promote understanding, challenge stereotypes and helps foster a more inclusive society.	<b>What does independence mean?</b> It can refer to a nation achieving self-government or an individual having freedom.	<b>What does it mean by decolonisation?</b> It involves not only political power and independence but colonizing a country's mind.
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1. Who is Malorie Blackman?  
A British writer who is best known for her young adult fiction.

2. When and where was Malorie Blackman born?  
Malorie Blackman was born in London, England on February 8, 1962.

3. What is the Noughts and Crosses series about?  
About crosses - black people, Noughts - white people exploring themes of racism, discrimination & love.

4. Why did Malorie Blackman want to become a writer?  
Because she loved reading but rarely found stories with black characters.

5. What challenges did she face growing up?  
Growing up, she faced challenges with racism and a lack of representation.

6. What is the Children's Laureate, and why was it important that she received it?  
Because she was the first black woman to achieve this award.

7. What themes does Malorie Blackman often explore in her writing?  
She explores themes of racism, injustice, love, and social class.

8. Why do you think her work is important for young people today?  
It encourages empathy, challenges prejudice and provides diversity.

9. Can you name a TV show she has written for?  
Byzantium and Noughts & Crosses series.

## Science

### C2: The Periodic Table

**Task 1: Fill the Gap (Recall Practice)**  
Complete the sentences using the correct word or phrase from the word bank.

Word Bank: alkali metal, decrease, outer, undiscovered, halogens, increase, atomic, displacement, noble

- In the modern Periodic Table, elements are ordered by atomic number.
- Mendeleev left gaps in his table for undiscovered elements.
- Group 1 elements are called the alkali metals.
- Group 7 elements are called the halogens.
- The noble gases are very stable because they have full outer shells.
- Reactivity of the alkali metals increases down the group.
- Reactivity of the halogens decreases down the group.
- The boiling points of the noble gases decrease as you go down the group.
- More reactive halogens can displace less reactive halogens from compounds.
- Elements in the same group have the same number of electrons in their outer shell.

#### 2. Multiple Choice Questions (Mid-Level Challenge)

Circle the correct answer.

Which scientist developed the Periodic Table that left gaps for undiscovered elements?

A) Dalton B) Mendeleev C) Rutherford D) Bohr

Which group of elements is found on the far right of the Periodic Table?

A) Group 1 B) Group 7 C) Group 0 D) Transition metals

What happens to the melting and boiling points of Group 1 elements as you go down the group?

A) They increase B) They decrease C) They stay the same D) They vary randomly

#### 4. Academic Writing - Structured Scientific Response (6 marks)

Compare the properties and reactivity trends of Group 1 and Group 7 elements. (6 marks)

Hints:

- Describe the general properties of Group 1 and Group 7.
- Explain how and why reactivity changes down each group.
- Include an example of a chemical reaction for each group.
- Mention differences between metals and non-metals.

Group 1 elements, the alkali metals, are soft, low density metals that become more reactive as you go down the group because they easily lose their single outer electron, while group 7, the halogens, are non-metals that become less reactive because they gain one electron to complete their outer shell.

#### 3. Longer Written Answer Section (High Challenge)

Answer in full sentences.

Why did Mendeleev swap the order of some elements in his Periodic Table? (2 marks)

He swapped the order of some elements because they fitted better with their chemical properties, not just atomic mass.

Explain why alkali metals are so reactive. (2 marks)

They are very reactive because they have one electron in their outer shell, which is easily lost.

State one property of the noble gases and explain why they have this property. (2 marks)

They are unreactive because their most full outer electron shells make them stable.

- Neat
- Thorough

## New student folders:

Congratulations to **Milla Quadri (8R)** who won last terms Jack Petchey for the most consistent approach to Power Hour.

Thanks to Milla, all KS3 students have now got one red folder each to store their Power Hour booklet in.

Students will only be provided with one red folder, you need to take care of it. You will need to re-use it each term when they receive a new Power Hour booklets.

Remember, you should be storing all Power Hour booklets safely at home - they have knowledge organisers at the back which you can use to revise for the end of year assessments.



# Power Hour Champions:

Last term, your tutor nominated one member of your form to act as Power Hour Champion.

Those people (well done!) will be provided with a special badge which will represent this responsibility.

Your responsibility:

- Remind your teachers when you have completed their subjects Power Hour work
- Teachers will then give your class the answers, which you can green pen



# Rewards:

You will receive a certificate for 100% completion of Power Hour each term.

Students will be regularly nominated for Jack Petchey awards.

On top of this, teachers will regularly reward you for good work using SIMS.



# You will receive sanctions for:

- Completing Power Hour in the playground - students should use the LRCs or do this at home
- Copying Power Hour work
- Not having Power Hour booklet in lesson
- Incomplete Power Hour work
- Losing Power Hour booklet - speak to tutor/HOY if they lose your booklet



## Using technology:

Sadly, we are aware that some of you are still using technology to complete Power Hour work.

We have designed the homework so that you don't need to look anything up on the internet or use AI.

Doing so is only holding you back. Imagine if you used AI to complete every single piece of Power Hour work over the three years of KS3 ... that's 570 opportunities your missing to improve your knowledge, get better for assessments and grow your brain.

# Power Hour

## How does it work?



Find a quiet and tidy space to work.

As well as the Power Hour Booklet, you will need a pen, pencil, highlighter and reading book.

Put your phone in another room.

Read the daily blessing.

Complete 20 minutes Numeracy

Complete 20 minutes Subject Homework.

Read for 20 minutes and log which page you got to.

Parent/carer should sign off your work.

Pack your Power Hour booklet ready for school.

Show your completed Power Hour to your tutor at line up.

If you have not completed your homework, your name will be logged by your tutor.

You will attend the Learning Zone at 8am the next morning to complete the work.

Show your completed Power Hour to your tutor at line up.

If you don't attend the Learning Zone, a behaviour point will be logged.

If you miss two Power Hours in a week, a behaviour point will be logged.

If you have finished reading a book, let your tutor know in silent reading and they will give you a sticker for your reading log.