



The Winchester School

Year 7- Family Learning Newsletter – February- 2026

SUBJECT	FOCUS	ACTIVITIES	WEBSITES
ENGLISH	<p>Topic : The Gold-Bug</p> <p>Learning Objectives:</p> <ul style="list-style-type: none">❖ To analyse the concept of ciphers and codes, similar to the one used in Edgar Allan Poe's <i>The Gold Bug</i>.	<ul style="list-style-type: none">❖ Ask your child to recall the cipher used in the story (the substitution cipher). If needed, guide them by discussing how characters in the story use symbols to represent letters.❖ Have your child design their own cipher using symbols, shapes, or pictures that represent the letters of the alphabet. For example, they might choose to represent vowels with stars or use simple geometric shapes for consonants.❖ Using their cipher, your child will write a secret message. They should make sure to write the message clearly and legibly.❖ Now it's time for your child to give their parent the secret message to decode. The parent should try to figure out the message by comparing the symbols to the cipher. Once the message is decoded, you can both discuss its meaning!❖ After the message is decoded, discuss how it felt to use a cipher, just like the characters in <i>The Gold Bug</i> did. Was it easy or hard to create and decode the cipher? How did Poe use the cipher in the story to reveal hidden information? Discuss how the use of a code helps make the plot more exciting and mysterious.	<p>https://michaelmacherablog.com/2024/06/08/poes-hidden-gem-the-gold-bug/</p>



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<p>MATHS</p>	<p>Topic: Sequences and solving equations</p> <p>Learning Objectives:</p> <ul style="list-style-type: none">❖ To generate and describe number sequences.❖ To consolidate understanding of sequences by applying term-to-term and position-to-term rules, identifying patterns, and finding the nth term of a sequence.❖ To solve one-step equations involving addition, subtraction, multiplication, and division, and apply these skills to solve real-life problems.❖ To solve two-step equations involving addition, subtraction, multiplication, and division, and apply these skills to solve real-life problems.	<p>Activities: - Encourage your child to</p> <ul style="list-style-type: none">❖ Design a mobile or web-based application that utilizes sequences in a creative and engaging way. Mathematical art -create artwork using sequences as the underlying structure. Sequencing in Music: Compose a musical piece that incorporates sequences.❖ Analyse the Fibonacci sequence and determine the rule that governs the transition from one term to the next. Investigate the concept of the nth term in a sequence. Determine the formula or expression that can be used to calculate any term in the sequence based on its position. Create equation puzzles where students need to rearrange the pieces to form a correct equation. Students can work individually or in pairs to solve the puzzles and determine the value of the variable.❖ Conduct online research, refer to textbooks, or consult reliable educational resources to gather information about solving two-step equations. Pay attention to the following aspects: Definition and examples of two-step equations.	<p>https://numberdyslexia.com/arithmetic-sequence-real-life-examples/</p> <p>https://piacademy.co.uk/gcse-maths-topic/algebra/linear-equations/</p> <p>https://www.transum.org/Maths/Activity/Matchstick_Patterns/</p> <p>https://thirdspacelearning.com/gcse-maths/algebra/arithmetic-sequence/</p>
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SCIENCE	<p>Topic: Digestive System</p> <p>Learning Objectives:</p> <ul style="list-style-type: none">❖ To examine the importance of each component of a healthy diet- test the components❖ Identify the causes and effects of some deficiencies in the diet;❖ Describe what is meant by chemical and physical digestion;❖ Explain the importance of enzymes	<p>Activities:</p> <ul style="list-style-type: none">❖ A. Encourage your ward to look into the parts of digestive system and stages of digestion.❖ https://www.bbc.co.uk/bitesize/topics/zf339j6/article/s/zv8m7yc#zmy4r2p❖ B. Motivate your ward to answer test about digestive system.❖ https://www.bbc.co.uk/bitesize/topics/zf339j6/article/s/zv8m7yc#zt6ysk7❖ C. Make an interactive mind map connecting all the keywords:❖ food group, nutrient, balanced diet, starch, sugar, protein, fat, risk, energy, respiration, kilojoule (kJ), obesity, starvation, malnutrition, deficiency disease, vitamin, scurvy, rickets, anaemia.❖ D. Motivate your ward to use Venn diagram to compare and contrast physical and mechanical digestion.❖ E. Help your ward to use PADLET and make a 1-week food menu showing balanced diet and food groups.	<p>http://www.bbc.co.uk/schools/gcsebitesize/pe/performance/0_performance_nutrition_rev1.shtml</p> <p>https://www.thenational.academy/teachers/programmes/science-secondary-ks3/units/human-digestive-system/lessons/the-parts-of-the-human-digestive-system#worksheet</p> <p>https://thenational.academy/pupils/lessons/absorption-and-transport-of-nutrients-in-humans?share=true</p> <p>Digestive enzymes and absorption - Nutrition, digestion and excretion - KS3 Biology - BBC Bitesize - BBC Bitesize</p> <p>https://thenational.academy/pupils/lessons/digestion-and-enzymes?share=true</p>
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		❖ F. Encourage your ward to make mind map for digestive enzymes	
ARABIC (Arabs)	<p>Topic: قيمة العلم</p> <p>Learning Objectives:</p> <ol style="list-style-type: none">1. يحدّد التلميذ الفكرة العامة للنص الشعري.2. يوضّح التلميذ قيمة العلم كما وردت في الأبيات الشعرية.3. يستنتج التلميذ أثر العلم في رفعة الفرد والمجتمع من خلال النص.4. يفسّر التلميذ بعض الصور الجمالية في الأبيات الشعرية.5. يميّز التلميذ بين الألفاظ الدالة على العلم والجهل في النص.6. يبدي التلميذ رأيه في قيمة العلم بأسلوبه الخاص.7. ينشد التلميذ الأبيات إنشادًا صحيحًا مع مراعاة المعنى.	<p>Activities:</p> <ol style="list-style-type: none">1. تسجيل فيديو قصير يعبر فيه التلميذ عن قيمة العلم وأثره في حياة الفرد والمجتمع.2. يكتب التلميذ موضوعًا قصيرًا يوضّح فيه أهمية العلم ودوره في التقدّم.3. إلقاء الأبيات الشعرية إلقاءً معبرًا يبرز المعنى والجمال.4. تصميم ملصق (Poster) يعبر عن قيمة العلم باستخدام عبارات من النص الشعري.5. مناقشة صفية حول الفرق بين حياة الإنسان بالعلم وحياته بالجهل.6. استخراج كلمات من النص الشعري تدل على العلم وشرح معانيها.7. تمثيل موقف قصير يوضّح أثر العلم في حل المشكلات.	<p>https://youtu.be/nJzvK1uaQ8g</p>



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<p>ISLAMIC STUDIES (Arabs)</p>	<p>Topic: من علامات الساعة</p> <p>Learning Objectives:</p> <ol style="list-style-type: none">1. يعرف معنى الساعة تعريفًا صحيحًا.2. يوضح المقصود بعلامات الساعة.3. يميز بين علامات الساعة الصغرى والكبرى.4. يذكر أمثلة من علامات الساعة الواردة في القرآن والسنة.5. يستنتج أثر الإيمان بالساعة في سلوك المسلم.6. يربط بين الاستعداد للأخرة وحسن العمل في الدنيا.	<p>Activities:</p> <ol style="list-style-type: none">1. ابحث عن معنى الساعة في الإسلام.2. استخرج آية قرآنية تدل على قرب الساعة. 3. اكتب فقرة قصيرة: كيف يؤثر الإيمان بالساعة في سلوك المسلم؟ / <p>الكتاب ص https://ar.wikipedia.org</p> <ol style="list-style-type: none">1. عرّف علامات الساعة الصغرى.2. عرّف علامات الساعة الكبرى.3. صمّم جدول مقارنة بينهما. <p>https://islamqa.info/ar/answers/78329/</p> <ol style="list-style-type: none">1. اذكر خمس علامات صغرى.2. حدّد ما الذي وقع منها.3. اربط إحداها بواقعا اليوم. <p>https://www.islamweb.net/ar/article/13531/</p> <p>الكتاب ص.</p> <ol style="list-style-type: none">1. «فسّر حديث: «بعثت أنا والساعة كهاتين».2. استنتج ماذا يعني قرب الساعة.3. اذكر سلوكين يجب أن يحرص عليهما المسلم.	<p>https://www.aljazeera.net/blogs/2023/3/5/%D8%B9%D9%84%D8%A7%D9%85%D8%A7%D8%AA-%D8%A7%D9%84%D8%B3%D8%A7%D8%B9%D8%A9-%D8%A7%D9%84%D8%B5%D8%BA%D8%B1%D9%89-%D9%88%D8%A7%D9%84%D9%83%D8%A8%D8%B1%D9%89-%D9%83%D9%85%D8%A7-%D9%88%D8%B1%D8%AF%D8%AA</p> <p>https://d1.islamhouse.com/data/ar/ih_book/single6/ar_Signs_of_the_Resurrection_summary.pdf</p> <p>https://www.islamweb.net/ar/article/13531/</p> <p>https://islamqa.info/ar/answers/78329/</p>
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		https://sunnah.com/bukhari:6503	
ARABIC (Non- Arabs)	<p>Topic: وسائل الإعلام</p> <p>Learning Objectives:</p> <p>يصنف التلميذ أنواع وسائل الإعلام</p> <p>يوضح التلميذ رأيه في التلفاز والراديو</p> <p>يناقش استخدام الهاتف بطريقة صحيحة</p> <p>يصف التلميذ الحياة بدون وسائل الإعلام</p> <p>يوضح التلميذ أهمية وسائل الإعلام في حياتنا</p> <p>يناقش التلميذ أهمية الإنترنت في حياتنا</p> <p>يقارن التلميذ بين وسائل الإعلام القديمة والحديثة</p> <p>يستنتج سلبيات وإيجابيات وسائل الإعلام</p> <p>يبيد التلميذ رأيه في وسائل الإعلام</p> <p>ينشئ التلميذ موضوعًا عن أهمية وسائل الإعلام</p>	<p>Activities:</p> <p>تسجيل فيديو يوضح أنواع وسائل الإعلام المختلفة وأهمية الإنترنت في حياتنا</p> <p>يكتب موضوعًا يوضح أهمية وسائل الإعلام</p> <p>قراءة القصة الثانية : أريد أن ألعب كرة القدم</p> <p>pdf.أريد أن ألعب كرة القدم</p>  <p>قراءة القصة الثالثة: رحلة إلى الصحراء</p> <p>pdf.رحلة إلى الصحراء</p> 	<p>وسائل الإعلام 2020 3 22</p> <p>yr 7 22-3-2020 أهمية الإنترنت</p> <p>إيجابيات الهاتف 3 24</p> <p>2 Radio 7B 6 4 2020</p>



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<p>ISLAMIC STUDIES (Non- Arabs)</p>	<p>Topic: GOOD MORALS</p> <p>THE BATTLE OF BADR</p> <p>Learning Objectives:</p> <ul style="list-style-type: none">❖ To analyze the significance of developing a moral character and its effects on an individual and a society.❖ To analyze the reasons of the Battle and how did tawakul help believers to face the challenge	<p>❖ Activities: Prepare a short scenario involving a moral dilemma (for example, choosing between telling the truth or lying to avoid trouble). Individually, they write a paragraph explaining what the morally correct action is, why it is important to choose it, and how such a choice benefits both the individual and society.</p> <p>❖ Write a paragraph identifying two moral and spiritual lessons from the Battle of Badr (such as reliance on Allah, discipline, and courage) and explain how these lessons can be applied in their own lives today.</p>	<p>https://www.quranreading.com/blog/good-morals-in-islam-list-of-some-good-morals</p> <p>https://zamzam.com/blog/battle-of-badr/</p>
<p>UAE Social Studies</p>	<p>Topic: المواطنة الإيجابية</p> <p>Learning Objectives:</p> <ul style="list-style-type: none">❖ يحدّد التلميذ الفكرة العامة .❖ يوضّح التلميذ قيمة المواطنة كما وردت في الأبيات الشعرية.❖ يستنتج التلميذ أثر المواطنة في رفعة الفرد والمجتمع .❖ يبدي التلميذ رأيه في قيمة المواطنه بأسلوبه الخاص.	<p>❖ Activities:</p> <ul style="list-style-type: none">❖ يكتب التلميذ موضوعًا قصيرًا❖ تصميم ملصق (Poster) يعبر عن قيمة المواطنة	<p>https://mrsasmaa.com/files/download/%D8%A7%D9%84%D9%85%D9%88%D8%A7%D9%84%D9%86%D8%A9-7%D8%B7%D9%86%D8%A9-%D8%A7%D9%84%D8%A5%D9%8A%D8%AC%D8%A7%D8%A8%D9%8A%D8%A9-%D8%A7%D9%84%D8%AF%D8%B1%D8%</p>



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		<ul style="list-style-type: none">❖ مناقشة صفيّة حول الفرق بين حياة الإنسان بالمواطنة وحياته بالجهل.❖ تمثيل موقف قصير يوضّح أثر المواطنة في حل المشكلات.❖	<p>A7%D8%B3%D8%A7%D8%AA-%D8%A7%D9%84%D8%A5%D8%AC-5/</p> <p>https://seraj-uae.com/file/2723/</p>
PSHCEE	<p>Topic: Rights and Responsibilities</p> <p>Learning Objectives:</p> <ul style="list-style-type: none">❖ To distinguish the difference between rights and responsibilities	<p>Activities:</p> <ul style="list-style-type: none">❖ Discuss with your child which are useful rights and responsibilities	<p>https://u.ae/en/information-and-services/education/school-education-k-12/student-code-of-conduct</p>
Moral Education	<p>Topic: Mental Health</p> <p>Learning Objectives:</p> <ul style="list-style-type: none">❖ To explore the issues surrounding mental health, including recognising how to deal with mental health issues and interact with those suffering from mental health issues.	<p>Activities:</p> <ul style="list-style-type: none">❖ Discuss with your child the importance of maintaining good mental health.❖ Encourage your child to engage in some activities which can improve their overall health.	<p>https://u.ae/en/information-and-services/health-and-fitness/mental-health</p>



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HISTORY	<p>Topic: Society, Economy & Culture (1400-1500)</p> <p>Learning Objectives:</p> <ul style="list-style-type: none">❖ To examine about the goods traded and the trade routes used by English merchants.❖ To examine the impact of agriculture changes in Britain.	<p>Activities:</p> <ul style="list-style-type: none">❖ Motivate your child research and answer the question:❖ To what extent OFS in Britain improved agriculture?	<p>Win History Workbook</p>
GEOGRAPHY	<p>TOPIC – Water cycle - Precipitation</p> <p>Learning Objectives:</p> <ul style="list-style-type: none">❖ To examine the formation of precipitation.	<p>Activities:</p> <ul style="list-style-type: none">❖ Motivate your child differentiate between relief, convectional and frontal rainfall.	<p>https://www.google.com/search?sca_esv=599359342&rlz=1C1GCEU_en-GBAE1001AE1002&sxsrf=ACQVn08rVwA6oGTxWpUa7xAk_7PWZspvew:1705553834611&q=precipi</p>



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Moral Science and Cultural Studies	<p>Topic: The Age of Discovery</p> <p>Learning Objectives: To analyze the reasons for the Age of Discovery and evaluate its impact on different groups of people, including explorers, indigenous populations, and European societies.</p>	<p>Activities:</p> <ul style="list-style-type: none">❖ The student explains to their parent what the Age of Discovery was (when and why it happened).❖ Together, choose one explorer (e.g., Christopher Columbus, Vasco da Gama, Ferdinand Magellan).	<p>Yr 7 MOE TB for Moral, Cultural and Social studies</p>
FRENCH	<p>Topic: C'est la forme</p> <p>Learning Objectives:</p> <ul style="list-style-type: none">❖ To say what is good or bad for your health❖ To make imperatives❖ To understand and give basic advice on healthy living.❖ To revise negatives	<p>Activities:</p> <ul style="list-style-type: none">❖ Listen together to French radio stations while doing household chores.❖ Motivate your child by Surprising them with some French vocabulary you have learnt. Discuss with your child what she/ he thinks about a healthy way of living: - why is it too important to take a good care of your body and mind?❖ Share with your child your ways to stay fit. Praise any little effort she/ he makes to practice healthy habits.	<p>https://www.francaisfacile.com/exercices/exercice-francais-2/exercice-francais-48516.php</p> <p>Language Nut & French workbook</p>



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ICT	Topic: Ms. Excel Learning Objectives: <ul style="list-style-type: none">❖ Analyse the role of Microsoft Excel in organizing, calculating, and analysing data.	Activities: <ul style="list-style-type: none">❖ Motivate your child to create Top 10 real-world uses of MS Excel.❖ Encourage your child to calculate data using formulas and functions.❖ Help your child to format the worksheet using different fonts, colours, and borders.	Excel help & learning
STEAM	Topic: <ul style="list-style-type: none">❖ Tinker cad -Design a Biome Terrarium Learning Objectives: <ul style="list-style-type: none">❖ Research on the UN Sustainable Development Goal 15, Life on Land.❖ Digital Safety Learning Objective <ul style="list-style-type: none">❖ Apply safe online practices to protect their personal information while using the internet.	Activities: <ul style="list-style-type: none">❖ Along with your child Investigate two strategies that can be used to solve a global problem.❖ Encourage the students to design a biome terrarium based on research and ideas.❖ Inspire your child to create a prototype based on idea using tinker cad application Activities: <ul style="list-style-type: none">❖ Encourage your child to research and list at least ten online safety rules, then design a digital poster or slide presentation that includes real-life examples, warning signs of online risks (phishing, fake profiles, unsafe links), and actions to take to stay safe while using websites, apps, and emails.	https://www.tinkercad.com/lessonplans/design-a-biome-terrarium https://beinternetawesome.withgoogle.com/en_us/families/?utm_source=chatgpt.com



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Leadership
GEMSTONES

Week 1



Leadership GEMSTONES

Focus for the Month of February

LEADING WITH Compassion (EMERLAD)

Inspires kindness, understanding and care toward others.

FEBRUARY – WEEK 5
LEADING WITH COMPASSION
EMERALD
Inspires kindness, understanding and care toward others.

“ See the person, not just the problem. ”

MESSAGE: Behind every challenge is a person with their own story, struggles and strengths. When you focus on understanding the person rather than just fixing the problem, you build trust, empathy and stronger relationships. This mindset creates a positive and collaborative environment where everyone feels valued and respected. Great leaders don't just solve problems—they connect with people, empowering them to overcome challenges together.

REFLECT: How can I better understand the people I'm leading or working with? What steps can I take to show empathy and create a team where everyone feels heard and appreciated?

February - Quote for Week 1

“See the person, not just the problem.”

MESSAGE: Behind every challenge is a person with their own story, struggles and strengths. When you focus on understanding the person rather than just fixing the problem, you build trust, empathy and stronger relationships. This mindset creates a positive and collaborative environment where everyone feels valued and respected. Great leaders don't just solve problems—they connect with people, empowering them to overcome challenges together.

REFLECT:

How can I bring my team or classmates closer together?
What can I do to make sure everyone feels valued and included in what we do?

How can I better understand the people I'm leading or working with?
What steps can I take to show empathy and create a team where everyone feels heard and appreciated?



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Leadership
GEMSTONES

Week 2

Leadership GEMSTONES

Focus for the Month of February

LEADING WITH Compassion (EMERLAD)

Inspires kindness, understanding and care toward others.

FEBRUARY - WEEK 6
LEADING WITH COMPASSION
EMERALD
Inspires kindness, understanding and care toward others.

“Look beyond the surface to recognise silent struggles and extend your support with empathy and care.”

MESSAGE: Silence is where clarity is born. In moments of stillness, your mind can process challenges, ideas and emotions with greater depth. Leaders who embrace silence often uncover solutions and insights that get lost in the noise of constant activity.

REFLECT: How can I create regular moments of silence to enhance my leadership clarity? What practices can I incorporate into my daily routine to ensure I have the quiet time needed for deep reflection and thoughtful decision-making?

February – Quote for Week 2

“Look beyond the surface to recognise silent struggles and extend your support with empathy and care.”

MESSAGE:

Silence is where clarity is born. In moments of stillness, your mind can process challenges, ideas and emotions

with greater depth. Leaders who embrace silence often uncover solutions and insights that get lost in the noise of constant

activity

REFLECT:

How can I create regular moments of silence to enhance my leadership clarity?

What practices can I incorporate into my daily routine to ensure I have the quiet time needed for deep reflection and thoughtful decision-making?



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Leadership
GEMSTONES

Week 3

Leadership GEMSTONES

Focus for the Month of February

LEADING WITH Compassion (EMERLAD)

Inspires kindness, understanding and care toward others.

FEBRUARY – WEEK 7
LEADING WITH COMPASSION
EMERALD
Inspires kindness, understanding and care toward others.

“Listening is just as important as speaking.”

MESSAGE: Listening deeply allows others to feel seen and heard. When we truly listen, we validate the experiences and emotions of those around us, fostering a sense of belonging and trust. Deep listening is an act of empathy that goes beyond hearing words; it involves understanding the underlying feelings and perspectives. By creating a safe space for open and honest communication, we empower others to share their struggles and insights without fear of judgment.

REFLECT: How can I improve my listening skills?

Focus for the Month of RAMADAN

LEADING WITH PURPOSE (AMETHYST)

Reflect, serve and hold oneself accountable.

February – Quote for Week 3

“Listening is just as important as speaking.”

MESSAGE:

Listening deeply allows others to feel seen and heard. When we truly listen, we validate the experiences and emotions of those around us, fostering a sense of belonging and trust. Deep listening is an act of empathy that goes beyond hearing words; it involves understanding the underlying feelings and perspectives. By creating a safe space for open and honest communication, we empower others to share their struggles and insights without fear of judgment

REFLECT:

How can I improve my listening skills?

Ramadan – Quote for Week 1:

“Purpose gives meaning to the smallest of actions.”

MESSAGE: Ramadan reminds us that even the simplest actions can have great significance when done with purpose. Leaders inspire others by showing how every contribution matters.

REFLECT:

How can I make sure my daily actions align with my goals?
How can I help others see the value in their efforts?



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RAMADAN – WEEK 1
LEADING WITH PURPOSE
AMETHYST
Reflect, serve and hold oneself accountable.

“Purpose gives meaning to the smallest of actions.”

MESSAGE: Ramadan reminds us that even the simplest actions can have great significance when done with purpose. Leaders inspire others by showing how every contribution matters.
REFLECT: How can I make sure my daily actions align with my goals? How can I help others see the value in their efforts?

Leadership GEMSTONES
Week 4

Leadership GEMSTONES
Focus for the Month of February
LEADING WITH Compassion (EMERLAD)
Inspires kindness, understanding and care toward others.

FEBRUARY – WEEK 8
LEADING WITH COMPASSION
EMERALD
Inspires kindness, understanding and care toward others.

“Compassion builds trust and resilience.”

MESSAGE: Compassionate leaders build trust, strengthen friendships and create a sense of belonging within their groups. Showing kindness and understanding, even during tough times, takes courage but has a lasting impact. When compassion is at the heart of your leadership, it not only helps others feel valued and supported but also inspires them to do their best. Compassion creates a ripple effect, encouraging others to show care and understanding in return, which strengthens the entire group.
REFLECT: How can I make compassion a key part of how I lead others or classmates? What simple acts of kindness can I show in my daily interactions? How can I encourage my group to treat each other with care and understanding?

February – Quote for Week 4

“Compassion builds trust and resilience.”

MESSAGE:
Compassionate leaders build trust, strengthen friendships and create a sense of belonging within their groups. Showing kindness and understanding, even during tough times, takes courage but has a lasting impact. When compassion is at the heart of your leadership, it not only helps others feel valued and supported but also inspires them to do their best. Compassion creates a ripple effect, encouraging others to show care and understanding in return, which strengthens the entire group.

REFLECT:
How can I make compassion a key part of how I lead others or classmates?



The Winchester School

Year 7- Family Learning Newsletter – February- 2026

Focus for the Month of RAMADAN LEADING WITH PURPOSE (AMETHYST)

RAMADAN – WEEK 2
LEADING WITH PURPOSE
AMETHYST
Reflect, serve and hold oneself accountable.

“A leader’s purpose is to light the path for others.”

MESSAGE: Leadership is about guiding others towards a shared goal. Ramadan teaches us to think about the greater good and lead with a vision that benefits everyone.
REFLECT: How can I help my team or classmates work towards a shared purpose? What steps can I take to guide others in meaningful ways?

What simple acts of kindness can I show in my daily interactions?
How can I encourage my group to treat each other with care and understanding?

Ramadan – Quote for Week 2:

“A leader’s purpose is to light the path for others.”

MESSAGE:

Leadership is about guiding others towards a shared goal. Ramadan teaches us to think about the greater good and lead with a vision that benefits everyone.

REFLECT:

How can I help my team or classmates work towards a shared purpose?

What steps can I take to guide others in meaningful ways?

