



Key Stage 4

BULLETIN

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“KS4 Students, building knowledge and skills for their next step in life”



For Parents and Carers:

Click Here for free resources to help you support the mental health of children and young people.

Given that the past year will have left many of us feeling out of control and helpless, supporting children and young people to express themselves is arguable more important than ever.

As parents and carers, you play an important role in your child's mental health.

YOU ARE
enough

After another two productive weeks of remote learning, I feel a sense of routine has been established as our teachers focus on guiding our KS4 students in building knowledge and skills for their next step in life, to ensure that they are ready for whatever exams arrangements the government decide. Please let Heads of Year know of any barriers that may prevent learning from happening, and we will do our very best to provide help and support.



This week is Children's Mental Health Week. At Rutlish School, we are fortunate to have access to Place2Be, a children's mental health charity that provides support in schools. Place2Be launched Children's Mental Health Week in 2015, and this year's theme is 'Express Yourself'. There will be an assembly on this from Monday, 1st February, and resources will be available to students. You can also find free resources such as helpful tips for parents and children, as well as some videos and fun and creative activities by [clicking here](#).

Your mental health is important to us. If you need to speak to someone, please know that your tutors, Heads of year and teachers are all here for you.

Be yourself, express yourself, and never forget that you are enough.

Children's Mental Health Week
1-7 February 2021
EXPRESS YOURSELF

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Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good. It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

[Click Here](#) to check out the inspirational poem, 'Impossible', by George the Poet, about self-belief in the face of personal battles and doubtful outsiders.



Mrs I. Alltraine
Assistant Headteacher - KS4

Messages from the Pastoral Team

“It is vitally important that you start preparing now”

Hello again, Year 10!

Teachers are currently writing up your academic progress data. You will have new predicted grades and there will be a grade that your teachers believe you are working at now, 'WNA'. We have considered the circumstances, of course, but we are trying to keep the process as normal as possible as the online learning this lockdown period has been significantly improved, I'm sure you and your families would agree. You will receive these reports in the next couple of weeks and I hope they reflect your hard work and resilience in these tough times.

Your tutors have been presenting Study Skills activities to you during tutor time on Tuesdays. These have been adapted to help you during your online learning. Please pay close attention to these and consider how you can prepare yourself for any assessment situation. The last two Year 11 year groups have been assessed completely differently to before, as you know, and we do not know how you will be next year. It is vitally important that you start preparing now.

You will have seen the presentation from the Head Boy Team last assembly. Miss Kerr, Ms Doherty and I will now be looking to recruit our Head Boy Team for next year. I can't wait to go through the interview process, see all the outstanding leadership that we have in our year group, and select the team to work with next year!



Mr J. Price - Head of Year 10

“The one who falls and gets up is so much stronger than the one who never fell.”



“Celebrate success and achievement”

Hope you are well and keeping safe with only two weeks left 'till half-term. Again, positive feedback on your online engagement and learning and I encourage you to continue this with recent government news stating that we could still be online past the holiday.



We have recently sent a letter home about webcams and being visible in your lessons. We understand not everyone has one; we have asked parents to consider purchasing one as it is important for you all to switch on your cameras in lessons and show your engagement.

This week is Children's Mental Health week and your tutors will be giving you information and resources to help keep your mental health well in these difficult times. If you feel you are suffering, please do not hesitate to contact any member of staff you trust and can speak to; support is always available and I encourage you to talk about it.

We want to celebrate success and achievement of our peers at any possible moment, and last week Jadan Dunkley and Shunyu Yao attended a virtual event for Jack Petchey. They won their awards for their achievements in and out of school. We all congratulate them and are very proud!



Mr M. Embling - Head of Year 11

House Competition 2020 - 2021

Position		House	Total Score
5th		Argonauts	325
4th		Carthaginians	350
3rd		Kelts	375
1st		Parthians	450
8th		Romans	225
5th		Spartans	325
1st		Trojans	450
5th		Vikings	325



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Gifted and Talented Challenges and Information

A reminder that Year 11 G&T will be taking place every Thursday during tutor time, and Year 10 G&T will be Wednesdays, Week 1. You should attend via the appointment on Microsoft Teams.

In Year 10 G&T this week we revisited a challenge from the Jack Petchey Speakout Competition – a game of Call My Bluff. Students were tasked with inventing a plausible explanation on the spot for made-up words such as Roustabout and Beshucking. It was definitely a way to switch on the brains at 8.30am, and an explanation of Roustabout as a form of Rastafari worship was memorable, to say the least. This let students work on their improvisation and linguistic skills, as they had to make links between the look and feel of the words and identify a possible etymological connection to an existing concept. Call My Bluff translates very well to an online setting, so is recommended for a games evening or catch up with friends!

Year 11 looked at the “the perfectionist trap” – the idea that by always looking at, emulating and idealising perfection, we perhaps don't leave space for necessary failures along the way. By trying something but not succeeding, we build up the realistic skill level and competency that these “perfect” masters of their crafts had to go through first. This applies in all areas of life, beyond just school work, hobbies or careers. For more on this, [Click Here](#) or watch this video: [The Perfectionist Trap](#)

There's no answer to the riddle from previous bulletin on the paradox of lying, so I'll give you a riddle this week that definitely does have answers check back next issue to see if you got it right!



Mr N. Gibson - G&T Coordinator

RIDDLE

There is a word in the English language that does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify a great person, while the entire word signifies a great woman. What is the word?

Health & Lifestyle

Good health is not just the absence of disease or illness, it is a state of complete physical, mental and social well-being.

This means eating a balanced diet, getting regular exercise, avoiding tobacco and drugs and getting plenty of rest. At Rutlish School, we are dedicated to supporting all our children and their families through this pandemic. It has been hard on all of us to keep active during this pandemic. Your body isn't made to sit around.

Your body finds it much easier to deal with threats such as sickness, injury, or the occasional sugary or fatty snack if you are active. Exercise also helps you maintain a healthy attitude to problems and mental pressures. Put simply exercise makes you happy!

How to Keep Fit during Quarantine

As gyms are closed, it can be hard and frustrating for people to have to workout from home. Being able to try out different styles of working out and finding the one that suits you best will help you stay motivated and keen to keep it up.

My Top 4 Tips for Keeping Fit during Quarantine:

1. Just get started! Getting started on that first exercise is all you need to do, try to stop procrastinating!
2. Put on your favourite music to help you get into the mood while warming up
3. Follow a programme – having a programme to follow can help you get started and keep motivated as it sets out a goal for the week/day
4. You don't need to workout for hours a day, even a 15-20-minute workout is efficient as it gets blood flowing into your muscles and it will help boost your mood.

Last lock down, I was obsessed with making cakes. So this time, I wanted to take a different approach. After participating in the couch part for over six months, I have now decided to start the couch to 5k challenge. It is very effective and I have even started to enjoy it!

[Couch to 5K: week by week](#)

With a nudge from Miss Mates, we have also started a 28-day challenge.

[28-Day Flat Tummy Challenge](#)

Keep active and please reach out if you have any concerns.



Miss H. Targuisti - PSHE Lead



CALLING ALL STUDENTS

FOR

BOOK RECOMMENDATIONS

Have you read any great books recently that you would recommend to your friends? Then share your thoughts with me! I would like to create a brand new reading list of Young Adult fiction. All you have to do is send me a short review of any books that you have read and would recommend on the LRC Fronter course, and I will publish the recommendations at the end of each half term.

Whether Gothic romance, dueling family restaurants, West African magic, and much, much more, it sure looks like 2021 is shaping up to be a year of spectacular Young Adult reading. Among the most anticipated books in fantasy are Leigh Bardugo's return to Ravka in Rule of Wolves and Ciannon Smart's hot debut, Witches Steeped in Gold. If realism is more your speed, then you might want to take a little trip down memory lane with Maverick Carter in Angie Thomas' Concrete Rose.

[Click Here](#) to have a look at the list of books.



Ms T. Higginson - LRC Administrator

Media Challenge: Wholesome Memes

Create a wholesome meme – something that is funny but inspiring!

Must be a picture and a caption – original content only!

You can use meme-making apps or websites (there are loads of free ones, e.g. 'mematic') or any editing software you have available if you want to push your creative skills.

Send to Mr. Neesham via Fronter messenger.

Winners to receive a prize and a mention in the KS4 Bulletin!



Mr D. Neesham - Head of Media

Me taking a picture of the coolest person I've seen today:



Message from PTA

Dear Parents and Carers,

Thank you so much to everyone that took part in the Virtual Rutlish Quiz last Friday. It was a lovely evening and a welcome distraction to our current lock down times! The evening raised £520 – which is fantastic.

Special thanks goes to Mike Stallard for hosting the quiz and to the local businesses that supported us with prizes – Old Ruts, Waitrose Raynes Park, Hot Yoga Wimbledon, Wilton Tennis and Wimbledon Brewery.

Thank you for your support.



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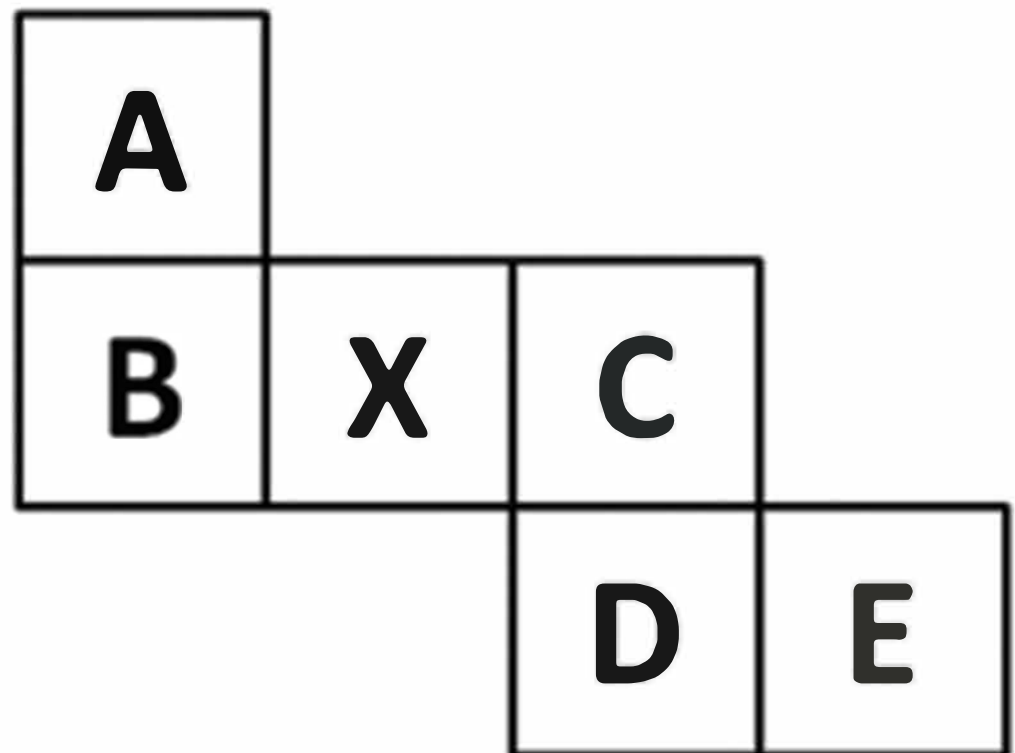
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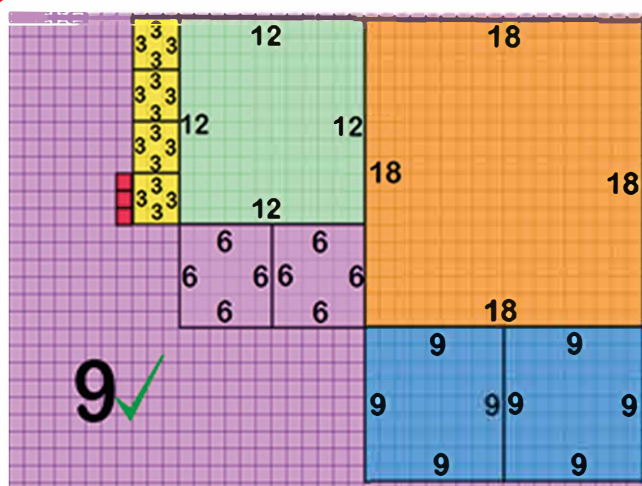
Numeracy Challenge

The net shown here is cut out and folded to form a cube.

Which face will be opposite the face marked **X**?



Last Challenge Result



Answer: 9



Ms C. Eastaugh - Numeracy Coordinator

Woods Crossword

Miss Bhaga-Design Technology

Woods

Date: _____

- Across
- Type of tree that has needle-shaped leaves and produced cones, most common school wood
 - Multipurpose, has been used to toys, toothpicks, paper, furniture...
 - Reddish-brown, durable, expensive, used for furniture
 - Tree with smooth grey bark, fine grained expensive wood
- Down
- Generally unsuitable for timber use, can be pulped for paper and Christmas trees
 - Can be Lebanon, Atlas, Deodar, Cyprus or Siberian
 - Dark brown American hardwood used for furniture, sounds tasty!
 - Used for outdoor furniture due to its high oil content
 - Horse mythology calls this 'the mighty tree that supports the heavens'
 - Most common UK tree, used for expensive furniture
 - Has interlocking grain, doesn't split and is used for seats and coffins

Extra 1: Draw a picture of some of the words and suggest where it is used. You can do this on the back.
Extra 2: Create a poster showing the keyword.

Name: _____

Extra 1: Draw a picture of some of the words and suggest where it is used. You can do this on the back.

Extra 2: Create a poster showing the keyword.



Ms N. Bhaga - Head of DT

Literacy Update: Using Your Voice

Some of you may have watched the electrifying performance by Amanda Gorman, America's National Youth Poet Laureate, at the inauguration of President Biden, of her poem 'The Hill We Climb'. Links to the performance are in the Literacy Fronter room, as well as the full text of the poem and a discussion article. If this has inspired students to perform their own or another's poetry, there are some really useful resources to help, such as English Language GCSE: [How to perform poetry - BBC Teach](#).

The BBC website, [Secondary Teaching Resources - BBC Teach](#), carries an excellent range of resources for students from Primary age to KS5, including workshops on how students can use their voices in presenting, commentating, and marketing. Contributors include scientists, on how to create a successful speech – which Year 10 students will find helps with their understanding of speech-making which they are currently covering in their English studies. There are also short films by musicians, such as Labrinth, on how to use your voice in everyday life: English Language GCSE: [Labrinth's Speak Out - BBC Teach](#). Understanding how to use your voice aloud feeds your understanding of how language works, to the benefit of our students' studies in all their subjects.

In Year 11 English, students are currently learning how to analyse unseen poems and, in the course of this, they watch performances by spoken word artists such as Hollie McNish and George the Poet.

Students might want to learn more about these artists and some of their hard-hitting social commentaries: [George The Poet](#) and [Hollie Poetry](#) – Spoken Word. Poetry. Workshops.

Years 10 and 11 should continue to work through their Literacy booklets, which contain a wide variety of Language and Literature activities. You can dip into these and choose from those activities you enjoy most or those which best support the aspects of Literacy which need development. Reading aloud some of the texts included there is a very effective way of developing your vocal confidence and of checking your own understanding of vocabulary and grammar.

share your
voice



Ms K Jones - Literacy Coordinator

"Understanding how to use your voice aloud feeds your understanding of how language works."

