

# KS3 Rutlish Weekly



## Message from Mr A Redzepagic: Acting Assistant Headteacher KS3

It is such an enormous privilege to be taking over from Mrs Botha-Smith (who has moved on to new endeavours) as KS3 Lead and be a witness of such an amazing start that we all have made in 2021! Regardless of all difficulties, government U-turns and other distractions we have placed our learning experience to be our main priority from the very start! The remote learning via Teams and Fronter is fully on from the very first minute and we have seen lessons running according to published timetable on a calendar and our KS3 curriculum mapping across all subject areas! This clear and uncompromising message shouts clear and loud that whilst we take all precautions to remain safe and healthy, we are all doing our utmost to ensure the learning remains intact! In order to continue to maintain the momentum I would like to bring attention to all our students that we continue to honour the remote protocols as prescribed by Rutlish school so that necessary disruptions and distractions are non-existent.

To this end, can I please ask that you all ensure that your microphones and webcams are in a good working order and that Behavioural for Learning policy applies as usual. Please ensure that you enable your camera when attending all your lessons! Any issues with this please contact your tutor in the first instance.

I now look forward to hearing how some of you venture on with different projects and competitions but also any of your experiences during the lockdown such as helping with cooking at home, taking on a new hobby or anything else. If so, please email [administration@rutlish.merton.sch.uk](mailto:administration@rutlish.merton.sch.uk). If you are sending us any photos, please ensure you have asked your parents for their permission.

I cannot stress enough how proud I am of every single one of you for making such an impressive start! By doing so, you have shown true grit, determination and willingness to succeed that builds a great character! Again, a huge thank you for making such a strong start and making most of your learning in those challenging times! Ultimately, we continue to be **modest** in our quest to succeed in our learning endeavours, by doing this **thoroughly** and as such continue to pursue **righteousness**!

Mr A Redzepagic, Acting Assistant Headteacher

To accentuate our strong start to Remote Learning, please see below some commentary on our first week of Remote Learning:

### Year 8 Parent:

'I wanted to say thank you to you and all the teachers for everything you have done to get online classes up and running.

My son had a good day today and just told me how much better it is than the last lockdown. He also said he feels excited about the next few weeks of online school. I'm sure there will be ups and downs and challenges, but as I am a single parent and work full time from home it is a massive comfort to know he is engaged and learning during the day. My son has been committed and self-sufficient with his learning right the way through and I can really see this ability to learn independently and his positive attitude will pay off in years to come.

Please pass on my thanks to the rest of the staff. I know how hard it must be for you all and how much work goes into doing the best for our boys.'

### Year 7 Parent:

Happy New Year. I hope you are both well and had a good break. I just wanted to drop a note to say how impressed I was with the home-schooling today. Please convey our appreciation to the staff. Obviously there will be teething issues but to be up and running on day 1 is impressive.

### Year 8 Parent

I just wanted to take this opportunity to say how impressed and grateful my partner and I are for the excellent remote provision our son is receiving during lockdown.

I know how stressful and tiring the situation is for teachers, and how much pressure is coming from forces beyond your control. Whilst my son would always rather be in school, he is motivated and engaged with his learning, feels supported by his teachers and is in the best position he can be at this time.

..... and a most recent tweet:

SortMyLifestyle @sort\_lifestyle · 8m

Super impressed with year 7 online learning at Rutlish School @RutlishSchool 🙌👍👏 Thank you teachers for all you do

## Student protocol for virtual learning via Teams

**Please be aware all lessons are recorded**

- Log in for lesson on time as per your calendar
- Ensure your camera is working and you have blurred your background
- Ensure audio is muted on entry to the meeting and use the 'hands up' or chat functions to ask questions
- Ensure that appropriate language is used throughout the lesson both in chat and via audio
- Only use the chat function to communicate with your teacher, it is not to be used to communicate with other students in the lesson
- Ensure laptops/computers are in an appropriate place (avoid loud areas)
- Do not enter a lesson if you are not a student in that lesson
- Do not use your own personal devices to record or share any of the information or discussions from the meeting outside of the team
- Do not disrupt the learning of other students
- Complete tasks associated with your learning on the platform you teacher request e.g. Fronter or Classnotebook. (CNB)
- The school's safeguarding, behaviour and acceptable use policies will apply. Any student found in breach of these rules will be dealt with according to the behaviour policy

*Modeste, Strenue, Sancte*

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## Year 9

Here we are again! I am hoping this finds you and your families safe and well. It is now more important than ever that you stay at home, stay local, protect your families, friends and the NHS and help save lives.

Last week was a real positive seeing you logged in for 8.30am and ready to start your online learning. Your tutors will log in every day and lead 3/5 tutor times per week with the weekly quiz, literacy tasks, general chat etc. You all need to log on to register every day. In the event that you do not log on, your tutor will contact home, if you are unwell your parent needs to contact the school the normal way. Obviously we are all really busy setting up lessons so in order to support your tutor, let's get logged on and sorted asap so there is no need for follow up.

We had lots of positive feedback on lessons last week and it was nice for me to teach so many of you in Music also. Remember your mental health, health and well-being are important, especially at this time. It's important you take breaks and get up out of your chair, eat well, drink lots of water and get good sleep. You'll find the next few weeks challenging if you don't do that. The routine of your school day should help.

I challenged you to this before but what can you start up again? What can you do for you and your well-being? Mr Embling, Mr Holt and I have signed up to run or walk the 874 miles from Lands' End to John O'Groats (virtually) this year – it gives us a goal and a reason to get out and exercise. Run, walk, jog, design things you are interested in, read a book, sort your room out – so much we now have time to do. Be careful how much time you spend on the screen and listen to your parents; they are in this too remember.

Any concerns you have please message your tutor or me on Fronter.  
Take care, work hard, stay safe, stay positive.

**Ms Pearce**



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## Quote of the week

"An investment in knowledge pays the best interest

Benjamin Franklin

Task from PE Department:

## Task 1 – Netflex workouts

Scan the QR code or Click on the [Netflex](#) Video.

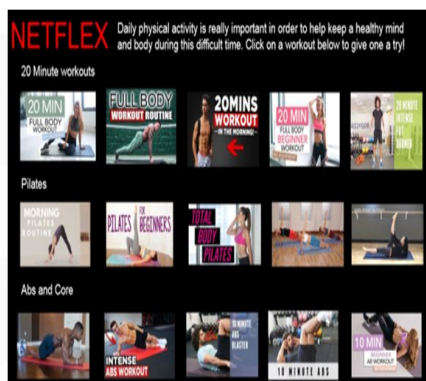
Choose a workout to complete, there are lots to choose from!

You can complete more than 1 if you want!



### Think about:

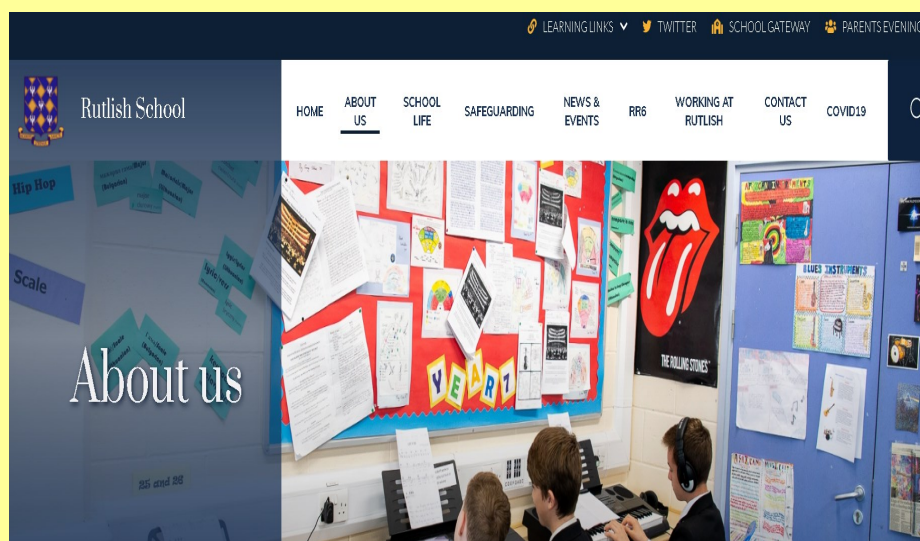
- Which areas you want to work on the most. Is it fitness, strength, flexibility?
- Have you got specific areas you need to concentrate on to keep you ready for getting back to sports?
- Having a fun but focused time.



PLEASE REMEMBER TO STAY HYDRATED, WEAR CLOTHING THAT YOU CAN MOVE IN AND IF POSSIBLE FIND A SPACE WHERE YOU CAN MOVE AROUND SAFELY.



If you haven't done so, please check our brand new website! It looks amazing!



## MFL Weekly Challenge

MFL challenge for the week... this week, can you try and teach some French/German/Spanish vocabulary to a willing sibling/family member?

Ms Minier



Message from Mrs Jones, our Literacy Coordinator:

The KS3 focus for this half-term could be to look at the Literacy Fronter page and select an activity per week from the National Literacy Trust resources posted there.

Although students are working on computers to a large extent at the moment, they should also be continuing to keep their handwriting in good shape by writing as neatly as possible when they use their books for written tasks. There are handwriting tips posted on the Literacy page.

Mrs K Jones

*Modeste, Strenue, Sancte*



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House Competition and current overall standings

## Design a necktie results

Position	House Name	Design a Necktie
1 <sup>st</sup>	Trojans	200
2 <sup>nd</sup>	Argonauts	175
3 <sup>rd</sup>	Kelts	150
4 <sup>th</sup>	Parthians	125
5 <sup>th</sup>	Vikings	100
6 <sup>th</sup>	Romans	75
7 <sup>th</sup>	Carthaginians	50
8 <sup>th</sup>	Spartans	25

## Current Overall Standings

Position	House Name	Overall House Total
1 <sup>st</sup>	Trojans	1225
2 <sup>nd</sup>	Argonauts	950
3 <sup>rd</sup>	Kelts	900
4 <sup>th</sup>	Parthians	800
5 <sup>th</sup>	Carthaginians	725
6 <sup>th</sup>	Spartans	600
7 <sup>th</sup>	Vikings	575
8 <sup>th</sup>	Romans	400



## Message from the LRC:



Many of you will have books borrowed from the LRC which due to the current situation, you are unable to return. We would like you boys to hang on to the books maybe read them again and see if there is something new in the book that you may not have read the first time round. Hopefully you enjoyed reading the book and once you have finished with it, make sure that you put it into your school bag ready to be returned to the LRC next term. Please be assured that we will quarantine all books returned to ensure all are safe to use in the future.

All return dates for books will be extended until the Spring term and you will not receive any late notifications from the LRC.

Mrs Higginson

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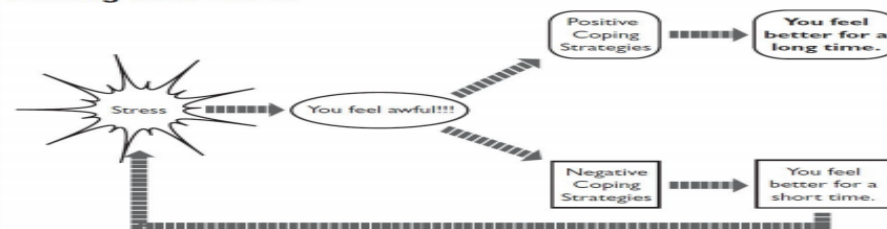


EDUCATION  
is the MOST  
Powerful  
weapon for  
CHANGING THE  
WORLD.

## TYPICAL COPING STRATEGIES:

- **Humour.** Using humour to see the lighter side of life. Watching something funny to release tension
- **Seeking support.** Asking for help, or finding emotional support from family members or friends, can be really effective in coping with stress
- **Problem-solving.** Problem solving is an instrumental coping mechanism that aims to find the source of the problem and work out solutions.
- **Relaxation.** Engaging in relaxing activities, such as arts and crafts, gardening, baking, singing, and learning calming techniques such as meditation, yoga, breathing techniques etc. can help to manage stress and improve overall coping.
- **Physical recreation.** Regular exercise, such as running, or team sports, is a good way to reduce stress.
- **Adjusting expectations.** Preparing for a potentially stressful situation by taking pressure off ourselves to 'do everything as normal' can help
- **Denial.** Avoiding the issue altogether may lead to denying that a problem even exists. Denial is usually maintained by distractions, such as excessive alcohol consumption, overworking, overeating, or sleeping more than usual.
- **Self-blame.** Blaming ourselves (beyond just taking responsibility for our own actions), leads to low-self esteem and low mood
- **Venting.** Venting is the outward negative expression of emotions, usually in the company of friends or family. It can lead to strained relationships over time

### Dealing With Stress



CONNECT

BE  
ACTIVE

TAKE  
NOTICE

KEEP  
LEARNING

Give

*Modeste, Strenue, Sancte*