

KS3 Rutlish Weekly

Message from Ms Botha-Smith, Associate Headteacher KS3

I hope you had a good, positive week at home and that your son has embraced all the online learning opportunities on offer to him. Members of staff are going out of their way to make the learning as purposeful, but also as much fun as possible. This bulletin is jam packed with ideas of how your son can spend his time productively at home. We really hope you will find the information useful. The KS3 Heads of Year are also sharing their special Easter messages with Year 7, 8 and 9 boys.

I read one of my daughter's school books *Wonder* over the weekend in which one of the precepts of Mr Brown, the English teacher, is "your deeds are your monuments" - inscription of an Egyptian tomb. Let our deeds during this unprecedented time be our monuments! My challenge for your son is to come up with his own precept during the Easter holidays and e-mail it to his Head of Year. I will announce the best ones in the first bulletin back.

I would like to wish you a restful, peaceful and blessed Easter holiday. Use the time over the holidays to recuperate and enjoy the time together as a family.

NB: Our next KS3 bulletin will be published on Wednesday 22nd April



Ordinarily we would be awarding Resilient Rutlishians awards this

time of the year, asking tutors to nominate. Using the above as inspiration, perhaps you as parents can give your son credit for what he has done well **during the lock down period**. We would love to hear back from you via your son's Head of Year as to what you have given your sons credit for, with examples.



Year 7

Mr Ross and I have been in school only once over the last week and it is so quiet without you all; we do miss speaking to you and seeing your happy faces at break and lunchtimes! However we are so impressed with how you are continuing to adapt in the last week and continuing to adhere to the advice that applies to us all 'Stay Home, protect lives, save the NHS'.

Did you participate last Thursday with the 'Clap for our Carers' initiative? I have to admit it was an emotional moment not only taking stock of the invaluable work all those who are associated with the NHS are doing but how local communities and the nation came together. There are so many positive news stories coming through at the moment – take time each day to read at least one. Which is your favourite? One of my daily websites which has a daily challenge is 'Action for Happiness' <https://www.actionforhappiness.org/active-april>. Today being April Fool's Day – you could email me your favourite jokes? We know you are trying your very best with keeping up with your 'Home Learning Opportunities' through Fronter and other directed activities. For Fronter work, please ensure you click on the actual course/teaching rooms. We continue to suggest that you follow your daily timetable – allowing for 9am PE session with Joe Wicks of course! In addition, we would encourage you to have a look at the various departments' 'Easter Challenges/Competition'. Active Family challenge: 'Who can plank the longest?' see if you can improve your time each day.

Please also take into consideration that from Friday 3rd April we would be breaking up for a holiday – so ensure you take a rest from 'structured learning'. Perhaps this is a time to showcase your talents to your family – help with baking/ playing music, eg Virtual piano/ guitar etc. One of my daily Easter Holiday goals is to revisit learning Sign language with [Learn British Sign language \(BSL\)](#). Remember if you do have any questions/concerns do email us. Last but not least, please not only look after yourselves but also consider others, especially those in your family household (siblings and parents!) Perhaps make a phone call/ make a card to send to a friend/relative?

Take care and remain safe,
Mrs Edwards and Mr Ross

Year 9

Well done for all adapting so quickly to the huge changes over the last two weeks. Hopefully you should be into a routine of learning and exercise at home. You must be spending a good amount of time on your learning each day. As mentioned before, use your timetable to structure your day, including the time spent on each subject too. Don't forget to revise for your Year 9 exams. Mr Gormally will send more information regarding the Year 9 exams.

Have a wonderful and well deserved Easter break. We have missed our Celebration of Achievement assembly but we will certainly find a way to celebrate once we return. Outstanding work and effort both at home and in school will be recognised!

Remember to keep talking and making each other happy. To quote something I heard on a podcast yesterday: "Social distancing doesn't have to be emotional distancing too."

Mr Price and Ms Casey



Year 8

Well done for continuing your learning online, lots of positive feedback from teachers from your work being handed in online. Don't forget to check out the "All Year 8 group".

It's very challenging time for all of us and the thought of not seeing you for several weeks is strange. I read an article the other day which said something like this; "When all this is over we will never forget it, never forget the time we weren't allowed to play outside, to meet friends, to go to work (school), to just be together. But we will also never take things for granted. Hopefully never complain about 'family time', be kinder to our friends, be more adventurous and relish and enjoy the outdoors, enjoy our work and our learning. When all this is over, and it will be over... may we always be grateful for what we have, no matter how small."

This Thursday we should all be together for our Celebration of Achievement Assembly, so on Thursday I ask you to share with your family five things you've achieved this year. You have so much to celebrate. Well done this term and huge well done for learning to cope in this time.

Happy Easter holidays.

Rest, stay safe, stay healthy,
Ms Pearce and Mr Holt



Wellbeing

You have completed your first week of home-learning and social distancing—well done! You can do this. Keep up the great work.

Wellbeing Wednesday top tip:

Grounding

Sometimes we can feel overwhelmed and start to panic. A good way to manage this is to 'ground yourself'. Place your feet on the ground, take a deep breath. Now say out loud, 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste. Repeat until your breathing calms and you feel better.

Finding the good around the world:

An Italian engineer has turned scuba masks into ventilators to support coronavirus patients suffering due to shortages of equipment.

In Thailand, 78 elephants have been permanently freed from tourists walks due to park closures from COVID-19.



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Quote of the week

"Tough times never last, tough people do"
Robert H. Schuller

Virtual School Trips

This week we are heading to StoneHenge. Stonehenge is perhaps the world's most famous prehistoric monument. It was built in several stages: the first monument was an early henge monument, built about 5,000 years ago, and the unique stone circle was erected in the late Neolithic period about 2500 BC. In the early Bronze Age many burial mounds were built nearby. Today, together with Avebury, Stonehenge forms the heart of a World Heritage Site, with a unique concentration of prehistoric monuments.



<https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/>

Home Learning Opportunities

Please continue to work through the tasks set by teachers whether lesson by lesson or project work. Teachers are trying to do their best to provide stimulating learning activities for all students in this ever changing and challenging situation we all find ourselves in. They are also setting additional challenges to keep the boys motivated and interested in their learning.

For safeguarding reasons, staff will not create videos or use live webcams from their homes, but rather set a variety of activities on Fronter.

We are continuing to investigate resources to engage students that do not solely need the internet or screens. We are therefore advertising many opportunities for entering competitions, varying from writing poetry to designing Easter cards in this bulletin.

2020 Charles Causley Trust Young Person's Poetry Competition

The competition is open to all children and young people aged 5 – 18 and the website gives full details of the different categories and how to enter. Please visit <https://causleytrust.org> to find out more. Entry is FREE and prizes will include vouchers, books, and other writing-related treats! Plus, winners will be invited to a prize-giving event hosted by our Patron, Patrick Gale, in October 2020 at the North Cornwall Book Festival.

The theme of this year's competition is **Environment**.

In the current circumstances, we hope our competition can be used as a creative and inspiring resource for children still attending school and for those who are home-schooling. Extra time at home or school could be a great opportunity for children to think about the environment and get down to some wonderful creative writing!

E-Learning Resources

- ◇ Dance with Oti Mabuse at 11.30am daily on Facebook
- ◇ Science with Maddie Moate, weekdays 11am on YouTube
- ◇ Food Tech with Jamie Oliver via [Channel4/keepcookingandcarryon](https://www.channel4.com/programmes/keep-cooking-and-carry-on)
- ◇ Wildlife with Steve Backshall on Facebook, daily at 9.30am
- ◇ Maths with Carol Vorderman on her website www.themathsfactor.com
- ◇ History with Dan Snow on www.tv.historyhit.com

Remember to be vigilant with e-safety when working online. See the school website for guidance.



Moments with Milo

Milo has been doing lots of running around playing tennis with students today. The boys have been great at helping him exercise. Now he needs a nap on his sofa!



Join us on Twitter

Follow @RutlishSport on Twitter for fitness and sport activities from the Rutlish PE team

Don't forget to follow @RutlishSchool for all our guidance, updates and handy info for isolation period.



House Competition

Last week: Caption that photo!

Winner:

Jay-Lucien (7P)



"It's a good job I don't suffer hayfever!"

This week:

The Great Rutlish Bake Off

Bake something - it could be sweet or savory. Take a picture of what you have made and post it on Fronter on your year group page with a description of your bake. Entries by Monday 22nd April.



Ready, set, bake!

Modeste, Strenue, Sancte

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English Challenge

To help your mind stay healthy, you could keep a gratitude diary every day over the Easter holiday. Simply write down 3 things (or more) that you're really grateful for. It will help you to see the positive things that are happening all around you which will have a positive impact on your mind and body. You could also write a thank you letter to someone who has made a positive difference to your life, for example your best friend, your parent or guardian or perhaps a doctor or nurse. A little thank you will make a huge difference for you and for them.

Ms Khan, Head of English

Music Challenge

The two BEST challenges for KS3 Music are:

For composition - Muse Score This is a free software package that allows you to create music at home on your laptop/computer. Muse Score allows you to use a musical score to create a piece of music and plays back what you have written. This is also good for strengthening note reading and rhythm.

Music Theory A really good website is www.musictheory.net which sets questions on reading notes, rhythm and has every aspect on music theory set out as a lesson. This is effective for learning and then testing your knowledge.

Ms Steele, Head of Music

Literacy

There is now a Literacy room on Fronter which contains a number of ideas and activities. One suggestion is to use this time to practise handwriting. Many students struggle to write clearly, and this can affect their ease and enjoyment of writing – and also their exam grades. The challenge is to come back to school with handwriting to be proud of! Prizes for the most improved.

Literacy includes Speaking and Listening. For example, you could challenge yourself to watch a Ted talk (eg https://www.ted.com/playlists/86/talks_to_watch_with_kids) and to make notes about the main points. You could then watch the talk again and see how much you captured in writing. This will help you to listen attentively and to develop your note-taking skills.

In the Literacy room you will see full details of Wimbledon Bookfest's Young Writers' Competition. The theme is 'The Secret' and the entry can be a poem or short story, between 100 and 500 words long. The categories are KS3, KS4, KS5) and entries are to be sent to Karen.Jones@rutlish.merton.sch.uk by 20 April when Ms Jones will choose the best 3 in each category to put forward.

All books borrowed from the LRC have had their return dates extended, so enjoy reading them, then pop them into your school bag ready to return to the library when we all come back to school.

Ms Jones, English

MFL Challenge

By the end of this week we will have set up all KS3 students on some new and exciting websites to support their language learning: *This is Language*, which has short videos of interviews with young people discussing KS3 topics in French, German and Spanish; and *Vocab Express*, which is a vocabulary learning platform with access to all the KS3 vocabulary. We have already set year 7 and year 8 a mini task on each of these websites and year 9 will be set a task on each website over the Easter holidays. Once all students are set up on these websites we will start setting fortnightly learning activities, which will include a combination of worksheets, cultural activities and tasks set on *This is Language* and *Vocab Express*.

We've also moved all KS3 students into new courses on Fronter – instead of being set work in the classes they were taught in, they have been assigned to a Fronter course for their year group.

As a department we'll also set you a weekly KS3 challenge via this bulletin... this week, check if you can put French, German or Spanish audio onto one of your favourite Netflix shows or DVDs? If you can change the audio, try watching an episode in the language you are studying and see how much you can understand! Tip – if you've already seen the episode once in English, you'll find it a lot easier to follow and pick up some new vocab!

Stay healthy and keep learning!

Ms Holloway, Head of MFL

Art

Rutlish School has registered to take part in the **Royal Academy - Young Artists' Summer Show 2020**. Simply take a photograph of your artwork. Register your details and upload your photo to the RA [website](https://www.royalacademy.org.uk/young-artists). Parents can register and submit entries online for students below the age of 12. Students aged 12+ can register and submit their artwork themselves. Entries by 24th April 2020. Online exhibition 12th July 2020.

Ms Sharma, Head of Art



Now in its second year, the Young Artists' Summer Show is an opportunity for students aged 5–19 to exhibit their work online and at the RA.

Students from key stages one to five can submit up to three artworks for consideration. A panel of artists, art experts and curators will judge the works in key stage groups and the selected artworks will be shown in an online exhibition and an exhibition at the RA. Judges will award prizes for two inspiring artworks from each key stage.



Card-making with RE!

Y7 - the time has come to get creative! The RE department challenges you to design an Easter card which demonstrates the significance of the Easter holiday to Christians. You may create it on the computer, or by hand. In your design, try to show the importance of Easter for Christians today. Think about all the special events that it celebrates or commemorates. Submit your design or a picture of it to your Fronter RE room. There will be one winner from each form and one overall winner. Prizes will be given out when we get back to school. Happy designing!

Ms Mates, Head of RE

Numeracy

NRich has some excellent short problems by topic. Try them out on this link to develop your problem solving skills.

<https://nrich.maths.org/11652>

They also have a page with some interactive games. Keep your mind active while practising maths.

<https://nrich.maths.org/9465>

For all your other numeracy practice, make sure you check out the Numeracy Room on Fronter. We have just uploaded some work booklets that will support your practice.

Ms Eastaugh, Numeracy