

KS3 Rutlish Weekly

Message from Ms Botha-Smith, Associate Headteacher KS3

I hope you and your families are well! Please note that there will be **no centralized end of year exams for Year 7 and 8**, however, departments will create a variety of assessment opportunities for your son to complete over the next 5 weeks. At the start of next week I will send out a KS 3 booklet with information for Year 7, 8 and 9 students regarding the **content** that will be covered in every subject this half term. The booklet will also contain **deadlines** for tasks to be completed as well as when and how your son will receive **feedback** from his class teacher. I hope the information booklet will be useful in supporting you and your son in structuring his time effectively and efficiently until the end of this academic year.



Sancte, "pursue righteousness"

On the 25th May 2020, African-American man George Floyd, was killed whilst in police custody in Minneapolis, Minnesota, USA; a death that has spurred a global civil rights movement and international calls for anti-racist action. As members of the human race, we are all entitled to human rights; to live as equals, free from prejudice and discrimination regardless of race, religion, sexual identity etc. Many people have shared experiences which demonstrate that this privilege is not afforded to all. The roots of prejudice and discrimination run deep within society; calls have been made for systemic change.

Global movements can make us question what we can do in support. How can we at Rutlish demonstrate our support of a world where all people are free and equal? Those who fight against discrimination today are not superheroes; they're people. Children, mothers, fathers, teachers. Free thinking individuals who refuse to be silent, who realise that human rights are not a history lesson or words on a page. They are the choices we make every day as human beings, and the responsibility we all share to respect each other, to help each other and to protect those in need. As Rutlishians our motto is *Modeste, Strenue, Sancte*: be modest, be thorough, pursue righteousness. We work to foster a community that consciously embraces and accepts the beauty of living amongst people of different backgrounds and identities. This brings us a responsibility as educators in the local community. We have a responsibility to ensure our curriculum has opportunities to learn about and learn from the diversity in the human race; and to ensure our students are empowered members of our diverse society, who can work against discrimination in pursuit of righteousness.

Rutlish School is committed to supporting this call for systemic change through education. The Rutlish Pastoral Team will deliver assemblies to their respective year groups via Fronter. All students will then be set a reflection activity by their Head of Year. Additionally, the PSHE team will put a lesson on Fronter on prejudice and discrimination. In due course, the Leadership Team will work with curriculum leaders to develop more diverse schemes of work in order to provide a more inclusive opportunity for learning.

As Eleanor Roosevelt said, *"Where, after all, do universal rights begin? In small places close to home. So close and so small they cannot be seen on any maps of the world, yet they are the world of the individual person, in the school they attend or the factory they work in... such are the places where every man, woman and child seeks equal justice, equal opportunity, equal dignity, without discrimination. Unless these rights have meaning there, they have little meaning, anywhere."*

Year 7

We sincerely continue to hope you and your families are safe and well. We love seeing the wonderful work you are sending into us and we are thrilled to share within this bulletin. Please do keep connecting to us and be proud of your achievements/accomplishments. Within the next few weeks as a pastoral team we are looking forward to speaking to you on the phone (more information to follow next Wednesday)

Traditionally this half term we would be preparing for Year 7 End of Year Exams. Given the current situation, these will not be happening; though each subject will have some form of assessment tasks by the end of this term. Your parents will be receiving a booklet with all the topics and resources for the next few weeks; do discuss this booklet with your adult. As it is stated every week please do your best in your learning – have you followed the suggested timetables in previous bulletins especially last week's one? It really is important to log into Fronter each day and meet subject deadlines. ('SCALE the week, SCALE the week SCALE the week. Gents, take care of yourselves and each other – keep smiling J
Mrs Edwards & Mr Ross

Year 8

I wrote this to you this morning after doing a 7am run and thinking about motivation. I know your parents will be talking to you about motivation and keeping on going with work but it really is so important. Last week I talked about routine and I failed at that myself. This week I have made a conscious effort to get up, have a routine, get motivated and keep positive. It's even more likely now that we won't see you until September and now that your exams are cancelled, you need to stay motivated. How? It'll be different for each of you; If running in the rain at 7am is your thing, do it! Why not have a think about ways to motivate yourself or goals for every day. If you're behind in your work as you've struggled to keep on top; there's still time. 6 working weeks until the summer, plenty of time to ensure all your work is completed. Just because there are no exams it's not an excuse to give up, where's the self-motivation in that?

I'd love to be telling you this in assembly, love to be popping around the school seeing you in lessons but we all have to adapt to the 'new normal', and it'll likely be this way for some time. So this week - work on your motivation and routines, set goals to ensure all your work is done before the summer. As lockdown eases over the coming weeks, balance work and pleasure and try to keep on top of your learning. As always, share your news with us and email me any work you are proud of. Stay safe boys,
Ms Pearce and Mr Holt



Year 9

We hope you are settling into the final half term of the year well. Apart from reiterating the message from the newsletter last week to keep focused and maintain your structures and routines, there are a couple of points to consider this week.

Firstly, have a think about how you can continue to help your families at home and people in your community. There are still plenty of things you can do to help!

Another good idea would be to start looking at the options you selected for Year 10 and start doing some prep for this. Some subjects have already provided resources for you to use online. The options will be confirmed later in the term, if there are any changes then students will be informed straight away.

Finally, there have been some questions on Exam feedback following the assessment that were done after Easter. Year 9 students and parents will be receiving Summer Data shortly and all will be made clearer in each subject with this information.

Have a great week!
Mr Price and Miss Casey



Modeste, Strenue, Sancte

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Quote of the week

"Do what you can, with what you have, where you are."
Theodore Roosevelt

Merton Schools Sports Day/ Rutlish School Sports Day

The Sports days for Merton and Rutlish have moved online this year! Please check frontier for all the details on how to submit your scores for the seven events. The more students that enter the more points for Rutlish and your house! Any questions then please contact sam.adcock@rutlish.merton.sch.uk Good luck to all participants!

Mr Adcock, PE

MFL challenge for the week...

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, MFL

G&T (open to all!)

Music this week. Music has fascinating effects on our brains and bodies, not all of which are fully understood by science. For example, music can modulate your cardiovascular system, meaning your breathing and heartrate moves towards mimicking sound patterns, which in turn affects your mood and perception. Music can trigger your brain to release dopamine, the "pleasure chemical" that is also released during eating and other enjoyable activities, giving your feelings a boost. Music stimulates and activates the entirety of your brain, including emotional, motor and creative areas, and has long been used in therapy for people who have suffered brain damage. There is evidence it can help people with memory loss or Parkinson's to recall memories from their earlier life. Finally it can even boost your workouts – listening to music can divert your mind from fatigue and heighten positive mood states like the feeling of being invigorated, meaning you can work harder and have a better time doing it. A win-win! Want to try out some of these strange musical effects? Try Marconi Union – Weightless (a song scientifically created to reduce stress, blood pressure and anxiety). Everlong by Foo Fighters and Machinehead by Bush, with their high tempo, are good choices for a high intensity workout. Finally Pavarotti's Nessun Dorma will activate a dopamine rush as it builds up to the climax.

Here are your riddles and teasers:

1. What has many keys but cannot open a door?
2. What musical instrument can you hear but not see or touch?
3. I appear once in a xylophone, twice in some bagpipes, and at the end of a harp. What am I ?

Answers to last week

1. What animals are known as 'modern dinosaurs', because they didn't go extinct alongside the others 66 million years ago? Birds
2. I can crawl, I can fly, I have hands but no legs or wings either. What am I? Time
3. Which dinosaur had notoriously terrible eyesight? The Doyouthinkhesaurus

Mr. Gibson, G&T Coordinator

Student Shoutout

During lock down, Étienne Turner, 7P, has climbed the equivalent height of Ben Nevis (1,345 m) over the course of a couple of weeks, mostly by repeatedly walking up stairs. He did this as part of a challenge set by his scout group, and has now begun an ascent of Mount Fuji (3,776 m), Kilimanjaro (5,895 m) and finally Everest (8,848 m) will be his ultimate challenge. Attached is a photo of him during a gorge climb when he did 800m of vertical ascent in a single day - 13 kms and 6 hours top to bottom.



Art Department

Year 9 students were asked to use recyclable materials and to create their own 3D foods.



Jake
Gilson
9R



Ben
Hutton
9S



Matthew
John
9C

Ms Sharma, Art

Student Shoutout

Jonathan from 9P has been volunteering for the Wimbledon Guild each week of lockdown to help deliver fresh homemade meals to people in isolation who normally visit the Wimbledon Guild Cafe. Jonathan said "This is very rewarding as the older people who can not get out at the moment are extremely grateful for the delicious meals & enjoy a chat to a friendly face when the meals are delivered."



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Reading

Lucky for us, there are lots of e-books and audio books we can have free access too. Check out the Merton Library website and join to gain access to their provision. https://libraries.merton.gov.uk/client/en_GB/merton

Amazon is also providing free audio books in 6 different languages - why not use reading to improve your linguist skills? <https://stories.audible.com/start-listen>

David Walliams is reading his stories every morning at 11am. Listen at bit.ly/AudioElevenses

Virtual Tennis

During lockdown Aryan in 9A has been taking part in virtual tennis Tournaments. This was a completely new experience created to help take the tennis students through the extremely difficult lockdown. It was a completely new experience for everyone including the organisers. It was organised by Ten Pro Global - one of the biggest international tennis tournament organisers for Junior tennis. They held it to keep the tennis students motivated, connected and extremely busy during lockdown. They had participants from all over the world.

Aryan came third in the first tournament. And won the second tournament.

Well done Aryan!



Sweet Science

This week some of the Y7 students have been making DNA models from sweets.



Ms Ryan

Music

Luca Buccellato in 8V has been working hard in the last few months and has created lots of music of his own plus his own versions of songs we've studied in music lessons. He has made his own version of 'One Love' by Bob Marley and he created a piece from scratch last week. In this strange time it's so nice hearing from the boys and seeing how keen they are to keep making music.



Ms Pearce

E-Learning Resources

Our recommendations in addition to your Fronter resources:

BBC Website - <https://www.bbc.co.uk/teach/secondary/zkqp47h>

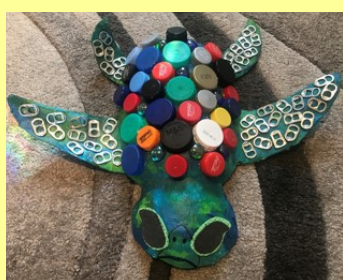
BBC Bitesize - <https://www.bbc.co.uk/bitesize>

Doddle - <https://www.doddlelearn.co.uk/english/>

Linguascope - <https://www.linguascope.com/>

Art Department

As part of a project that involved Up cycling and endangered sea creatures , I was so impressed by the numerous responses especially Jack Rees , who went that extra mile! His English teacher should be happy with him too! The thought and effort is brilliant, plus saving our planet by recycling under these strange times is wonderful.



Ms Subhani