

KS3 Rutlish Weekly



Message from Ms Botha-Smith, Associate Headteacher KS3

Dear Parents and Carers,

We hope that you and your family are well and we would like to thank you for all the positive feedback and support that we have received.

We have been taking into account your feedback together with that of staff and students and we are now aiming to enhance the provision for your son.

Over the coming week, we will be simplifying the process for all students and will be looking to reduce the amount of information and tasks provided at any one time with clear guidance and deadlines.

We are all adapting to the challenges of this new way of working which the school was required to put into practice with two working days' notice. We are now in a position to make positive changes which we hope and believe will better support all students in the coming weeks.

We will also encourage your son to access websites such as BBC Bitesize or the Oak Academy resources to further support his learning.

As Ms Howarth mentioned in her letter to parents last week, school budgets have been cut year on year which has meant that we have not been able to provide every teacher with a school lap top and so many are using their own devices at home. A number of devices used by staff do not have webcams or microphones and nor do the computers at school therefore it is not possible for us to create video clips or sound bites for students or deliver a consistent online learning package. We are also mindful of the safeguarding guidance around this topic where we must protect all our Rutlish families by not enabling webcams or video conferencing between our students in their homes.

We will continue to review home-learning in the coming weeks.

Stay safe,

Jolande Botha-Smith (Associate Headteacher, KS3 Lead)



Year 7

Hello Year 7,

We continue to keep you and your family in our thoughts.

We are so very impressed with how you are accessing, completing and submitting work via Fronter/your teachers. Your teachers are trying very hard to make Fronter easier to manage for you.

It is important that you are **trying your very best** during this time to get your work completed.

We know and understand that some of you have technical/ICT difficulties so work has been posted home for you. Please read the letter.

Some students have asked about what a Home Learning Day should look like; below is a suggestion:

8am	shower and breakfast
9am	physical activity e.g. Joe Wicks, Couch to 5 K
9.40am	home learning tasks
11.45am - 12noon	break
12noon - 1pm	home learning tasks
1pm - 2pm	lunch
2pm - 3pm	something creative, no screens: eg reading, baking
3pm	go for a walk or bike ride

Fronter tutor rooms.

We are now expecting you to visit these rooms for announcements/activities.

On Monday 27.4.20 you will have noticed an activity on your Tutor Fronter room.

This will be an important weekly tutor task, which should take you 10 mins at the most.

These should be uploaded to your Fronter room.

From Monday 4.5.20 onwards you will be required to review, plan and submit for week ahead.

Look out for Mr Ross' examples!

Challenge: Think and tell a family member of x3 things you are grateful for.

Any issues, questions or concerns please contact us.

Keep smiling, keep washing your hands and stay safe!

Mrs Edwards and Mr Ross

Year 9

Good Morning Year 9,

Well done to all of you for completing your exams so far. It is amazing how we have all adapted so quickly.

By the end of the week you should be close to finishing, if not finished the exams. We understand that you may have some situations at home that are limiting your ability to do the exams on the time and day that they are set. Please do not worry about this, just do the exams as soon as you can and submit them straight away.

Your tutors, Ms Casey and I will be coming up with some activities that we can do as tutor groups to keep some competition between houses going after the exams.

Until then, good luck with the rest of the exams!

Take care,
Mr Price and Ms Casey



Year 8

Hi Year 8,

I hope this finds you and your families well. You'll find a version of this week's message on Fronter too. I've been missing my friends and family over the last week, 5 weeks in and it's so strange not socialising with people. I know you'll be finding this tough too. So it's even more important we look after ourselves and our friends and family when we can. Here's a few challenges for the week ahead:



1. Have you spoken to all of your friends? Is there someone you should get in touch with/touch base with/make up with, do that this week.
2. Can you plan and cook a meal for your family (with or without help) Or simply make something in the kitchen – my brownies are currently in the oven!
3. Paint a picture, build something, create something or make some music.
4. Spend a whole day away from the computer... That doesn't mean you have to stop working, just think of a different way of doing it.
5. Start every day with a positive quote that you share with your family, write on a piece of paper and stick in the window. share with your friends.

I started today by listening to "Ain't no Mountain High Enough" by Marvin Gaye and Tammi Terrell – check it out.

We are so proud of how our boys have responded to lockdown and home learning, please feel free to share examples of their work with us but I wanted to share this wonderful poem by Dory as part of his English work this week. Sums it up for us all I think. Well done Dory!

Any of those you can do to keep positive, happy and healthy.

Feel free to ask your parents to email me and share your week with me. We miss having you around.



Take care, stay safe, work hard, be happy,
Ms Pearce and the Year 8 Team

Wellbeing

Strategy to support your mental health during lockdown:

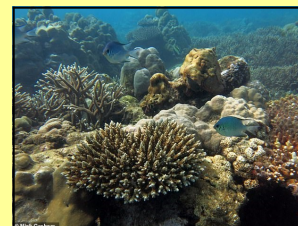
1. **Seek a change of scenery** Get away from the area you are in when you first feel stressed to clear your head
2. **Mini meditation** Take a few minutes out, close your eyes, take deep breaths. You can do this anywhere.
3. **Imagine** Close your ideas, picture yourself somewhere you love - maybe the beach, warm breeze on your face, sand in your toes, the smell of the sea air.
4. **Distraction** Go and make a drink, have a snack, talk to a household member.



Finding the good around the world:

Australia's tourism economy is currently at a standstill, leaving the tour boats empty and bobbing in the harbors. Some of those companies have repurposed their idle vessels - and staff - for coral restoration missions along the Great Barrier Reef.

They have set up "nurseries" where baby coral is being grown and harvested. The new coral is fused with the old to revive it. So far, about 1000 pieces have been planted.



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Thought for the week

"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't"

- Nikki Rogers

Science Challenge

This is a great time of year to study some ecology – there's a lot going on in nature at the moment! Have a go at these activities when you're out for exercise, in your garden (for those that have them) or looking out of the window.

1. See how many different types of tree there are in your area. Try to identify them using their leaf shapes (take a photo and look them up when you get home if needed). You can also try taking bark rubbings using some scrap paper and crayon, chalk or charcoal.
2. Go on a mini-beast safari. See how many invertebrates you can identify. Why do different invertebrates live in different habitats? What features do they have that help them adapt to their environment?
3. Try to identify some birds by sight and sound. The birds are being very chatty at the moment – see if you can learn any of their calls. Look out for birds you don't normally see – there was a heron on my roof last week!

Ms Ryan, Head of Physics

Learn to code at home </>

As we are now learning from home, several opportunities are available to really extend your skills in programming. Why not take the time now to build the skills that are so valuable and sought after by industry.

Amazon Future Engineer has launched a free virtual coding programme to help build computer science skills for students learning at home. Students can sign up to access 20 hours of content which includes flying drones, designing smart cities and creating chat bots. The free resources use a Python Programming Platform, exploring 'Fourth Industrial Revolution' themes, plus a moderated forum and handy FAQs. Students can also earn experience points for completing the work and earn badges when they unlock skills.

Amazon Future Engineer's virtual coding programme will be available for two months from 3 April to 3 June 2020, and the resources cater for students aged 12 to 17, covering computer programming aspects in line with Key Stage 3 and 4 of the English National Curriculum. By the end of the course students will have solved problems of an equivalent level to GCSE Computer Science courses.

Access this link to get started: [Amazon Future Engineer](#)

Weekly Python live coding with live.withcode.uk - This website provides a weekly programming video tutorial aimed at KS 3 using Python. You can follow along with the teacher as he codes a program. At the end of the live coding tutorial, why not try out the suggested activities.

Access this link to get started: [live.withcode.uk](#)

Mrs Slabber, Head of IT

Gifted and Talented (open to all)

I hope your first week back to learning has proved fruitful and you're really getting the hang of it now. As I said before, this is the perfect time to follow your own interests and research a subject you could become an expert on. I've been researching some space facts. Did you know that 99.8% of all of the solar system's mass is in the Sun itself? I was astounded to learn that! So 0.2% of the solar system's mass accounts for all other planets, including us. And two thirds of that is taken up by Jupiter. Keeping with this theme, here are the teasers for this week:

What percentage of the universe is dark matter?

How many moons are in our solar system? (Hint: it's over 50)

I am the beginning of the end, as well as the end of time and space. I am essential to creation and I surround every place. What am I?

Answers to last week:

Complete the sequence... A, Z, B, Y, C, X, D, W, E... V

A farmer has five haystacks in one field and four haystacks in another. How many haystacks would he have if he combined them all in one field? One – they're all combined in to one

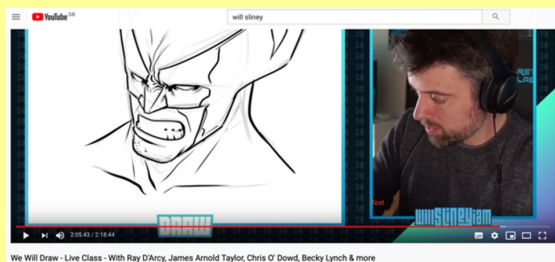
How can you drop a raw egg onto a concrete floor without cracking it? An egg is never going to crack a concrete floor!

Mr. Gibson, G&T Coordinator

Art Challenge

Live Drawing Classes
with Marvel comic artist
WILL SLINEY

Follow this [link](#) to learn to draw well known characters from the Marvel Franchise.
Submit your attempts to your Head of Year for a feature in the Rutlish Weekly!



Rutlish Wins Awards!

We have received a letter and four awards from Sue Williamson, Chief Executive of the SSAT; "congratulations to everyone at your school on your excellent performance last year".

Two of our awards were for attainment and progress at KS4, in recognition of our students making well above average progress, and being in the top 10% of non-selective schools nationally for student attainment at KS4.

The other two awards were for KS5 - our RR6 students. Rutlish has been recognised as being in the top 10% of schools nationally for attainment at KS5, and recognised for exceptional student progress in applied general subjects where student progress was significantly higher than the national average in non-selective schools.

We are very fortunate to have a community full of hardworking and dedicated staff and students - a community that has been recognised for their fantastic outcomes. Well done!



Student Showcase

'Family on the edge' by Dory

*We are all locked down in one house,
tensions are running high,
We are trying to live our life as time passes
by.
I like to stay in my room playing games with
my mates,
I get pretty loud which my mum really hates,
She wants me to do my work everyday,
I wish I could go to the football pitch and
play,
The day seems long as the hours tick by,
And dinners are usually pasta, rice or pie,
By the time we sit down on the sofa at night,
We don't want to argue, bicker or fight,
It's hard and stressful and sometimes I've
had enough,
But at the same time it's a house that is full of
love.*

Carrot Cake made by Saleh 7T

