

KS3 Rutlish Weekly



Message from Ms Botha-Smith, Associate Headteacher KS3

I hope you enjoyed the sunshine over the bank holiday weekend as well as the VE day celebrations!

It was clear from the Prime Minister's speech on Sunday that KS3 students will continue with home learning for the foreseeable future. With this in mind, we would like to focus our KS3 bulletin this week on new opportunities.

Upskilling technological skills: All of us have been forced to use technology as effectively and as purposefully as possible over the past few weeks. I am sure all of us developed our range of IT skills massively - skills that are a long term investment!

Opportunities to reconnect with family: My family lives all over the world, with two sisters in Australia, one in America and my parents in South Africa. Since the lock down we have been "zooming" as a family and we even got my parents to cope with the "new" technology! This has been a wonderful way to connect and we will keep on connecting in this way until we will be able to meet together as a family again.

Opportunities to reconnect with friends: I have made a concerted effort to reconnect with friends from school days, from university and those that I met over the last 20 odd years. I ask myself why it took a pandemic for me to make the extra effort to get in touch with them!

Opportunities to go for long walks: I have always loved walking! However, with the pace of life, that is something that I have neglected for many years. Recently I have regained my passion for walking and I enjoy taking my children walking with me. What a joy to be able to walk and talk at the same time! I certainly hope we will keep on walking for many more years to come (lockdown or not)!

Opportunities to be creative: With the additional time over weekends, not having to rush from one activity to another, additional time has been available to be creative. Time to build dens, to do junk modelling, to read, to camp outside, to bake, to grow plants and to master Monopoly! Quality time, indeed. Let's not forget how special and invaluable this time has been and let's continue to be innovative!

Finding new ways of doing old things: We have learnt to do things in a slightly different way and to adapt to a "new normal" (anyway, for the time being!) My daughter now does drumming lessons virtually! It still makes the same amount of noise, but at least the lessons can continue, even though in an unconventional way. We have been forced to think out of the box and to pilot new strategies to continue with those things that we are passionate about. It has proven that human kind can adapt and change their ways of doing things when need be.

My key message is: Every challenge presents you with new opportunities. It is up to you whether you will make the most of them.



Year 7

Hello Year 7s! I still find it somewhat surreal that we are living in the time of a global pandemic and chuckle that one day this time will be a GCSE History question. Sometimes for a brief minute it feels that we are on a half term or on summer holiday! I think you are doing brilliantly adapting - I really do! Take a minute or so and think about what positives have come from this time for you - what new opportunities this time has presented for you? When this is over, and it will be one day, what new habits will you try to maintain? If your answer(s) are limited - you still have plenty of time to put into practice some ideas and embrace this time to undertake new opportunities.

I still want you to be mindful and understanding of others; be kind - especially in your home environment - many of your parents are juggling life in a different way. What 'life skills' are you / could you practice in your home? Do you make your bed each morning? Have you put on a washing load - do you know how to separate the clothes and what temperatures are needed for certain clothes? Have you put away your own clothes? Have you peeled potatoes/carrots? Have you cooked a meal for your family? Do you help out with chores such as hoovering/ dusting? Have you made your parents a cup of tea/coffee? Seriously if not, why not? These are all doable for you and some may help to make to make life less challenging for others in your home. Consider: what new opportunities for learning has this time presented so far? - for a start uploading work on Fronter has been a feat conquered for many. Have you learnt any other skills, sports/ undertaken challenges? Perhaps it's the skills of being patient, sharing and grateful?

At the weekends I love going out and about - I realised that I have five key annual passes to places around London and the UK. My family and friends know that I love 'experiences'. Lockdown has given us as a family some virtual experiences from places around the world from comfort of own home. I also think it is incredible that companies and businesses have also been really creative in adapting - I only found out at the weekend that there is a wealth of online experiences eg people can zoom pasta makers from Italy to give online tutorials.

Within a very short period of time there have been so many amazing benefits on the environment and wildlife - lockdown has presented opportunities for the air to become cleaner, for more species of animals and wildlife to come back to the UK, beeches almost turning tropical and even sheep roaming around villages! Incredible.

Use this time to create opportunities - they just don't happen. Each day is a new day and during this time the world is still your oyster! I firmly believe that completing and reviewing 'SCALE' will support you during this time to embrace new opportunities. Remember any issues/questions/queries please do email us.

Year 7, keep safe and smiling - you are in our thoughts daily,

Mrs Edwards & Mr Ross



Year 8

Dear Year 8,

It was lovely to hear from some of your parents last week on your 'working week' and celebrations for VE Day.

This week we think about opportunities. It's sometimes hard to think about new opportunities when we are all working from home and in such unprecedented times but it's so important we do. We've spent time thinking about being grateful and new things we can do each week so what's next?

I'm taking this time working from home to catch up with friends, figuring out how to do 'virtual chats and meetings' and actually picking up the phone to my friends instead of texting. I've also started playing the Piano again and exercising every day and finding new walks and run routes. With restrictions slightly lifted on exercise outdoors, where can you try out with your family that's different?

I want you to learn from this time at home, relish the opportunities it brings. I know it's hard and you'll all be desperate to escape the house and see friends but we have to stick to the rules given; it's so important you stay safe, well and healthy.

What new opportunities have you been given? Share 3 with your family. What new opportunities can you make? What new skills can you learn?

I feel this time has given me the time to think and with that comes a world of opportunities.

I miss having you all together and our fortnightly assemblies and seeing you around. But let's stay safe, stay well, keep positive and look for new opportunities every day.

Take care all,
Ms Pearce and Mr Holt



Year 9

Dear Year 9,

I'm sure, in one way or another, you will have heard the announcement from the Prime Minister last night. Unfortunately, this means that there is no real change to your education in the near future.

You should be into a good routine at home now and balancing your education with exercise and staying in contact with others. Please continue to work hard and learn to the best of your ability. It is important that you or your parents let me know if you are struggling to work at home.

This week I want to focus on creating new opportunities. I want you to think about how you can use this time to do, learn, create, build, think of, make, write, dance, act, or play something you have never done before. The more imaginative, inventive and out there, the better. To give an example, on Saturday night, one of our neighbours projected onto another building, from their own balcony, the film Jurassic Park. It meant that the whole block of flats could sit in the warm weather and watch the film from each of our balconies or rooftops. A great example of thinking outside the box and sharing in the community!

We do not know what the world will be like following the pandemic, but what is already apparent is that those with the ability to be creative, innovative and adapt to the changing situations the best are those that thrive and make the most out of any situation they are in. This will also be hugely important for you young people and your careers.

Hope you have a fantastic week, I look forward to hear about your new ideas or activities!

Take care,
Mr Price and Miss Casey



Modeste, Strenue, Sancte

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Thought for the week

"Don't count the days, make the days count."

Muhammad Ali



Science Club Competition

Shell is running a cross-curricular schools' competition, the Bright Ideas Challenge, which invites students aged 11-14 to describe an energy problem that a city in 2050 will face and the bright idea that will solve this problem. The competition has recently been adjusted so that students can enter individually from home. Entry is free and there are a number of excellent prizes. Full details are given in the link below (please note that the forms and videos take a few minutes to download). If you wish to enter, please do your research, complete the entry form on the website and email your form and supporting research to me. My email address is caroline.eastaugh@rutlish.merton.sch.uk. The deadline is Friday 19th June. Good luck!

Ms Eastaugh, Numeracy Coordinator

G&T (open to all!)

I hope the Deep Sea Creatures from last week didn't put too many of you off your lunch – the blobfish certainly could have. In fact it was voted the mascot of the Ugly Animal Preservation Society. While this is clearly a bit of fun, their message is serious: lesser-known and 'unattractive' animals are in just as much need of preservation and protection as something like a panda or a polar bear. They're also some of the most interesting – an animal called a Solenodon, found in Cuba, injects venom through its teeth when threatened, the only mammal to do so. Also check out the endangered Dugong, thought to have inspired legends about mermaids. Here's your riddles and teasers for this week:

Scientists estimate that 50% of the world's species could go extinct within the next _____ years.
Complete this phrase, based on an extinct, flightless bird: 'Dead as a _____'.
I am a bird, I am a fruit and I am a person. What am I?

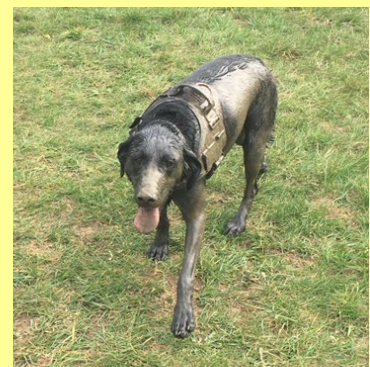
Answers to last week

1. Large as a mountain, small as a pea, endlessly swimming in a waterless sea. What am I? A
meteor in the night sky.
2. If you drop a yellow hat in the Red Sea, what does it become? Wet!
3. What technique do angler fish use to hunt their prey? A bioluminescent (glowing) fleshy
lure protruding from their face!

Mr. Gibson, G&T Coordinator

Moments with Milo

Milo has been out and about in the not-so-glorious weather. Lots of running and playing, and as you can see from his photo, a lot of getting muddy. As always, the most important thing is Milo is happy, healthy and he had fun. Poor Mr Curran now has to give him a bath. Good luck Mr Curran!



MFL challenge for the week

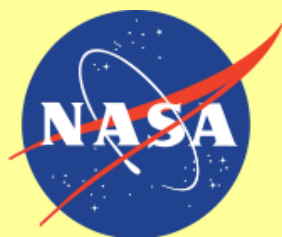
Cook a typical dish from France, Germany or Spain for your family. Take some pictures and send them into school!

Ms Holloway, Head of MFL

Virtual School Trips

This week we are heading off to the Langley Research Center in Virginia, USA. This is where NASA explore flight; the earth's atmosphere and climate; create entry, descent and landing systems for robotic and human space exploration; and connect with groundbreaking ideas, technologies and new ways to work.

Explore the center [here](#).



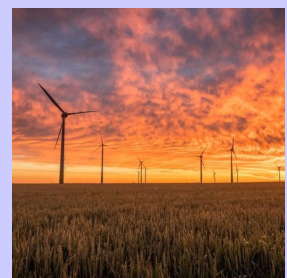
Wellbeing

Every week Merton Youth Parliament issue a local bulletin that is shared in the Fronter Student Wellbeing area. Check out this week's for lots of helpful hints, tips and activities.

Loudmouth, a company that provides education through theatre in schools, have a mental health team that have created this helpful video of [The Five Ways to Wellbeing during Covid-19](#). Watch it and try some of the techniques they suggest to make sure you stay mentally well throughout this challenging period.

What went well in week 7 of lockdown?

The International Energy Agency predicted this week that the fall in demand for energy due to coronavirus will result in a record annual decline in carbon emissions of almost 8 per cent.



Modeste, Strenue, Sancte