

# KS3 Rutlish Weekly

## Message from Ms Botha-Smith, Associate Headteacher KS3

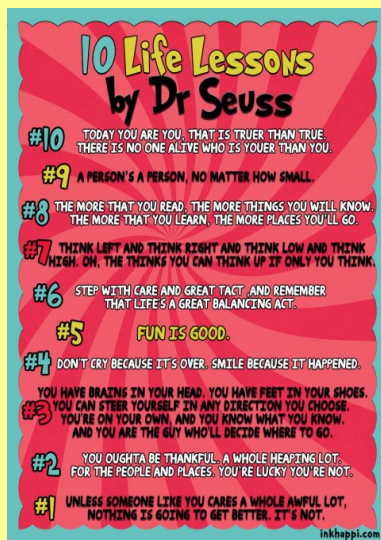
I hope you and your sons are doing well during these challenging times. The KS3 pastoral team will send out a weekly KS3 bulletin to keep the communication open between Rutlish and all our KS3 parents. There will be messages from the three Heads of Year, and some tips and advice regarding constructive activities to do at home with your sons. This is a time of pulling together, being creative and caring for others. Please support you son in keeping a balance between completing school work, doing a form of exercise, reading and relaxing. If you have some positive stories to share, please share it via your son's Head of Year and we will add that to our next bulletin. Till next week, stay safe and stay healthy!



## Year 7

During this time, it is important that we stay as healthy as possible, keep washing our hands and practicing social distancing. Call a relative to stay in touch. Remember that this time is difficult for all of us in different ways so be kind on social media. Learning from home for a length of time is a new challenge for you all and requires lots of self-discipline. Try your best with all your school work.

Best wishes,  
Ms Edwards and Mr Ross



## Year 8

I know this is a difficult time for us all but everyone is pulling together to help out. Keep working hard but do remember to take breaks away from screens and get outdoors if you can.

On your return, staff will be asking to see the work you've done or look over those pieces that have been uploaded; it is expected this is completed by you all.

Any project work you'd like to share with me you can ask your parents to email me and show me what you've done. Stay healthy and stay happy, don't forget to keep in touch with your friends also.

As we've been doing Reggae in Music this year, I thought this song may be appropriate.

<https://www.youtube.com/watch?v=L3HQMbQAWRc>

Stay safe boys,  
Ms Pearce and Mr Holt



## Year 9

Thank you for being so understanding during this time and to those that have already uploaded work. I've put a few tips on Fronter to help you with your home-learning. Don't forget to check regularly for updates. This is a completely new and strange position for everybody to be in. We are all learning more every day about how to deal with it and it has never been so important that we stick together. Make sure that you speak to your friends as much as possible and do individual or group video calls when you can. You can still communicate with each other and make each other laugh. We will get through this, however long it takes. I can't wait until we are all back at school enjoying each other's company. For now though we must think about our responsibility to protect the NHS and our community, and stay at home to prevent the spread of the virus.

Stay safe and happy,  
Mr Price and Miss Casey



## Wellbeing

Working for home, studying at home, social distancing can be very challenging for all of us.

Feeling frustrated, anxious, bored or lonely is completely normal. Remember that you are helping everyone by doing this.

Wellbeing Wednesday top tip:

### **Practice gratitude**

*Practicing gratitude helps to alleviate some of the mental pressures people will be feeling when faced with challenges like this. Throughout the day, make a list of all the things you are grateful for, even the smallest things, and read it before you go to sleep.*



*Finding the good around the world:*

In Iran, a 103-year-old woman makes a full recovery after being infected with the COVID-19 virus.

A London start-up company has sent 2000 handwritten letters to those isolated to boost morale.

# KS3 Rutlish Weekly

## Quote of the week

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

## Reading

Lucky for us, there are lots of ebooks 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](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](http://bit.ly/AudioElevenses)

## Virtual School Trips

This week we are heading to Tate Britain, an art gallery in Milbank, London. The galleries here are full of beautiful artwork from throughout history. Use the link below to explore some of the pieces.

Which piece of art is your favourite?

Why do you like it?

Could you draw your own copy of it?

<https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art>



## Moments with Milo

Milo, the school dog, has been in school this week with Mr Curran and some of our students.

Milo has been doing a lot of exercise and practicing his retrieval skills with the tennis ball.



## 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/>

## Get Active



Join Joe Wicks every morning at **9am** for a PE lesson. Access through his youtube channel.

## House Competition

Caption that photo!

You have until next Monday (30th March) to submit a caption that could go with this photo. It could be creative, funny etc.

Caption entries can be posted on Fronter.

Winner will be announced in next week's bulletin. House points will be awarded.



*Modeste, Strenue, Sancte*