

KS3 Rutlish Weekly

Message from Ms Botha-Smith, Associate Headteacher KS3

Dear parents and carers,

I will step away from the focus on home learning this week and use the opportunity to share my gratitude to you as parents and carers. I have two primary school aged children and totally appreciate the demands on parents and carers to do home schooling! My patience has been tested on numerous occasions over the past few weeks. However, it has also been a wonderful chance to spend quality time with our children in a very different context, the context as a "home teacher". I want to thank you from the bottom of my heart for what you as parents and carers are doing during this tough time to help and support the boys. I want to THANK YOU for:

- * Investing time in helping the boys with their school work
- * Creating as much routine (as is possible) at home
- * Providing opportunities for the boys to do fun activities at home, such as baking (We have made meringues, chocolate soufflés and banana bread!)
- * Getting them to do regular exercise
- * Taking the time to listen to them
- * Being patient
- * Being caring
- * Being understanding

We have taken time to clap NHS workers on Thursday nights. Today I want to clap all the parents and carers at home! - thank you!



Year 7

'Being thankful in unprecedented times'

Over the last few months we've heard terms like "gratitude" and "unprecedented" being used constantly. I thought it was important to examine what connects these words, and to provide some opportunities for reflection. We have all had to make huge changes to our lifestyles; we are prohibited from being with our close friends and family; we are restricted in movement and time outside; and for many of us those closest to us have jobs that have been affected. It could be difficult to be grateful in these times. We must thank those front line workers who are putting themselves at risk, but many of us may struggle to see the light at the end of these troubling times, feeling lost and struggling to show gratitude.

Then there is this word "unprecedented". I, like many, have never heard this word used so regularly in people's vocabulary. Friday 8th May 2020 marks a very important anniversary in history. For me, it marks the last "unprecedented time" in our country's history. Victory in Europe Day commemorates Tuesday 8th May 1945, where the allied powers declared that fighting in Europe was over; the fighting in the largest warzone of WW2 had come to an end. An estimated total of 70-85 million people lost their lives during the war, with many men as young as 18 years old leaving their families, with no phones, no internet, no real means of communicating their safety, to embark on a perilous mission, risking their lives. As well as soldiers, the civilian population was hugely affected by the war. We think of London during *The Blitz*, where families would use tube stations as bomb shelters and wake every morning to learn who had perished in the bombing raids overnight. We often hear how the nation came together with the famous "blitz spirit" during these truly desperate times. People were grateful for their family, a livelihood and the prospect of an end to the war.

So why am I telling you this as we approach VE Day? Well, I think gratitude is often hard to achieve without perspective. Many of you reading this, like me, are typically low on life's current experiences and we may struggle to see the bigger picture. Yes, we are in a struggle; we have lost our routines and we have to take measures to avoid spreading coronavirus. Maybe, this is a time to reflect and compare what we're being asked to do in comparison to our ancestors during WW2. When we place ourselves into other periods of history, we may find we have far more to be grateful for than we first thought.

Stay safe, stay positive, reflect on what you can be thankful for,
Mr Ross & Mrs Edwards

Year 8

Good afternoon Year 8,

I hope this message finds you and your family safe and well. You will find a copy of this on this week's messages on Fronter. Over the past 6 weeks I have been missing my friends and family who I am unable to see but I am very much grateful for the extra time I am able to spend with my daughter and seeing her develop through the teaching we are doing at home. Whilst this new way of life and interaction with others is different to what I am used to, I am also enjoying embracing this new challenge. I am also grateful for the different ways we can interact with our loved ones who we can't see face to face – ranging from facetime to quizzes.

Here are a few challenges I thought for the week ahead...

1. Have you thanked those around you for helping you?
2. Can you start every day saying something you are thankful for?
3. Can you show how thankful you are in different ways?
4. Are you able to lead a quiz for your family or friends?

We are so proud of how well you are all adapting to lockdown and showing the positive nature that we know you have. We can overcome any obstacle that is placed in front of us.

A quote for you... "In a world where you can be anything, be kind".

We hope all of you keep safe and well,
Mr Holt & Ms Pearce



Year 9

Good Afternoon Year 9,

I am hoping you are all well and staying healthy.

Your Y9 exams will be coming to an end this week (yay!), I trust you have all been able to access the test, completed it to the best of your ability and uploaded it to the correct room for your subjects. This week's focus is gratitude and thanking.

Have a look at these three videos of celebrities that have helped make donations to key workers (making their life and jobs easier) and also those in less fortunate circumstances.

- 1) Anthony Joshua – <https://benconews.com/coronavirus-nigerian-boxer-anthony-joshua-shares-foods-items-in-lagos-video-inside/>
- 2) Madonna - <https://www.billboard.com/articles/news/9363607/madonna-reform-alliance-masks>
- 3) Fall Out boy - <https://www.nme.com/news/music/fall-out-boy-donate-100000-to-chicago-covid-19-response-fund-2641219>

Make a list of 10 things you are grateful for amidst this pandemic e.g. comfortable accommodation to stay in, meals throughout the day, running water, family to speak to, a TV etc.

After writing your list, take a moment to reflect on these things. Many people around the world are less fortunate than yourselves and don't even have the basic necessities (hence Anthony Joshua's packs that he handed out).

We also need to be thankful to those that are working hard to keep our communities running, here is a list of some (not all): hospital staff, road sweepers, shop keepers/supermarket workers, delivery drivers, train drivers, social workers, bus drivers, postal workers, school staff, government workers, refuse/rubbish collectors. These workers are essential and without them even the simple things in life would not operate, the next time you are on your short daily exercise don't forget to say thank you.

So remember, although things may not be how you expected/ would have liked, keep in mind that people near and far have it far harder than you so you should always try and be thankful for your situation.

Continue to stay safe,
Miss Casey & Mr Price



Modeste, Strenue, Sancte

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Thought of the week

"Happiness can be found in the darkest of times, if one only remembers to turn on the light"

Albus Dumbledore

Frontier Literacy room

Ms Jones, our Literacy coordinator, has been posting announcements about various literacy-based activities, including family activities for children of all ages. There are also links sharing our literary heritage, such as commemorations of Shakespeare's birthday last week. These are intended to signpost areas that your son might find interesting or useful. None of the activities is compulsory – and these are not part of your son's English subject course - but it is important to know that a higher level of literacy results in improvement in ALL subjects. Following up on any of the suggestions will therefore be beneficial for your son but these are options and not intended to introduce any pressure. There is, for example, advice on how to use this time to improve handwriting. This, of course, only applies if your son's handwriting is difficult to read but would, in that case, be a very beneficial use of any spare time your son has.

English Department

Young Writers' Competition

Well done to the many students who sent in entries to the competition. Every one of them showed creativity as well as the impressive application of writing skills. Ms Jones thoroughly enjoyed reading them and has announced on Fronter that the following students' entries have been submitted to the competition:

KS3 short story: Saleh Faiz Y7, Spencer Grine, Y7, Charlie Sleight Y8.

KS3 poem: Steven Grabowsky Y7, Jack Rees Y7, Kai Fabris Y7.

KS4 story: Artur Ilykshenov Y10, Jonathan Parker Y10, Maxwell MacIntyre Y11.

KS4 poem: Jadan Dunkley Y10, Otto Turner Y10.

KS5 story: Connie Baxter Y12, Chloe Orrow-Whiting Y12.

KS5 poem: Calum Thorne Y12.

Ms Jones, Literacy Coordinator

MFL challenge for the week

Listen to a French, Spanish, German play list on Spotify or YouTube (try searching "best French songs playlist" for example). Pick out your favourite tune and learn the words so you can sing along!

Ms Holloway, Head of MFL

G&T (open to all!)

Last week I was researching deep space facts, and that got me thinking about something (a little!) closer to home: the deep sea. Did you know that 95% of the Earth's living space is in the deep sea? The first 200 metres of the sea are the open ocean, then from 200m-1000m you are in the 'twilight zone', then anything below 1000m is the deep sea. It's tough to explore and research the deep sea as the pressure at the ocean floor can reach over 1200kg per square inch. These pressures can easily crush anything but the most hardened diving vessels, but there are some fascinating creatures living down at those depths. Google 'Deep Sea Creatures' for a look – but be warned, some would put a horror movie to shame! Riddles, teasers and research:

1. Large as a mountain, small as a pea, endlessly swimming in a waterless sea. What am I?
2. If you drop a yellow hat in the Red Sea, what does it become?
3. What technique to angler fish use to hunt their prey?

Answers to last week

1. What percentage of the universe is dark matter? 27%
2. How many moons are in our solar system? (Hint: it's over 50) 181
3. 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?
The letter 'e'

Mr. Gibson, G&T Coordinator

Wellbeing

Welcome to Meaningful May! Action for kindness have created a wonderful calendar that you can use as inspiration to do small acts of kindness for others. May is also the month of Mental Health Awareness - the week of 18th-24th May is dedicated to mental health awareness. St John's Ambulance have created lots of wonderful activities to support good mental health, including this diagnostic tool to help you reflect on your thoughts and feelings. Self-awareness is crucial to good mental health.

Find the Action for Kindness calendar [here](#)

Find the wellbeing self assessment tool [here](#)

There are lots of updates for students in the Frontier Student Wellbeing room - lead by our Head Boy Team.



Student Shout Out

Kyran 7P took part in the art challenge set last week and has drawn this fantastic picture of X-Men's 'Wolverine'... amazing!



Theatre at home!

The National Theatre will be live streaming over 30 different plays to YouTube during the period of school closures. They are acutely aware that many students are keen to enjoy live, immersive theatre in the comfort and safety of their own homes and have added an exciting selection of performances from a wide range of genres.



In the news...

Lions in South Africa are enjoying the lockdown so much they are taking naps in the middle of the road.



Modeste, Strenue, Sancte