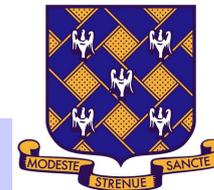


KS3 Rutlish Weekly



Message from Ms Botha-Smith, Associate Headteacher KS3

Dear parents and carers,

I cannot believe we are already in June! Please see our 'Joyful June' calendar below and try to action a few of the suggestions made for the 30 days of June. This is also perhaps one of the most challenging Junes we have had in many years, with another 8 weeks of KS3 home learning ahead of us. However, let's see this as an opportunity to show resilience, grit and determination. As teachers we will continue to do our best to make the learning engaging, relevant, purposeful, but also fun. We will prioritise feedback this half term and create opportunities for your son to receive feedback from his class teachers. Fronter allows for a teacher and an individual student to have discussion about their work following the feedback given. We would encourage your son to use this way of communication to contact his class teacher if he has a query about his work.

You can best support your son by ensuring that he has a structured day, with a balance between learning and relaxation. This is going to be a long haul and by establishing good habits, your son will be able to achieve his full potential, even during this time. Please continue to send us photos of anything interesting your son has been up to. We really do love to hear all the positive stories AND to see evidence of it!

I will send more detailed information in the next newsletter regarding our plans for supporting the boys in their learning over the coming weeks.

Best wishes for a joyful June!



Year 7

Hello Year 7; we sincerely hope you have had an enjoyable and restful half term! Welcome to your last half term as year 7 – a year ago this was the half term we met you – the year has gone by so quick! Your tutors, Mr Ross and I have thoroughly enjoyed reading through your SCALE activities and especially your completed check in tasks from Friday 22nd May. Thank you to those able to submit. Despite not being face to face with you all, we as a team are getting to know you well in such a variety of ways virtually. The weekly SCALE activity – usually on a Monday – is actually important for many different reasons: one, it is a method to connect with you, and two, it is important for you to self-review and evaluate in a non-judgemental/competitive manner but as means of focus and self efficiency. From the half term feedback it is clear quite a few of you are still finding it challenging to manage your time – may I suggest: SCALE again on a daily basis though trying the following as a potential solution to your day? I believe the below will give you structure and routine which is so beneficial at this time and to prepare you for later life.

Mondays – Fridays

- Shower
- Breakfast (Eat)
- Physical activity (Active): Couch to 5K, PE dept challenges, cycle, PE with Joe Wicks, football practice/ your own routine.
- Daily timetable: work from school-task (Learning) reminders it is recommended 40 mins per subject with break away from screens in between. Any issues with learning you are welcome to contact your teacher via Fronter. It is so important that you keep trying your best, complete work to required standards and meet deadlines.
- Lunch (Eat)
- Afternoon: meet up with a friend you have not seen – of course with social distancing and being sensible/ facetimeing/ Zooming people (Connect)
- Creative activity (Art/Music/ help with dinner – even if it is the dishes)
- Dinner (Eat)
- Challenge: at bedtime – do not sleep with the phone in the same room. Sleep really is crucial for your wellbeing.

We recommend you should be finished with schoolwork by 4pm taking into account you have been engaged in your work from 10 am.

As ever, please do continue to be mindful of others - in your household, friends and local community on line and in real life! Do look after each other.

Be safe and keep smiling – remember, if there are any issues, there is always a solution and contact us if needed!

Ms Edwards & Mr Ross



Year 8

Dear Year 8,

Welcome back to your last Half Term and probably one of the most challenging yet. Please believe us when we say, we know it is hard going and you miss your friends. We miss having you here. I think the next 7 weeks are more important than ever that you remain focussed and in a routine. It's important to keep on top of your learning and to remain positive about school work, exercise and helping out around the home. It's great we can now meet some more people but remember the rules, remember they are there for a reason. Keep on socially distancing if you do see friends and stick to the guidelines of the amount of people. It would be such a shame for us to un-do all the hard work we've done, although it may be tempting – please keep yourselves and your families and friends safe. In 'Joyful June' I'd like you to celebrate 3 things over the next week before I write to you again. What can you be joyful for? I'm joyful for the feedback I've had from your parents and all the things I've been sent that you've been doing; housework, castle building, VE Day photos, composing music, creating an assault course in the garden – great work! Please continue to share your home learning with me, I love hearing the stories. We are here to support. The coming weeks will be tough for us all. Try to be Positive, Happy, Hardworking and Joyful.

Take Care and Stay Safe,

Ms Pearce and Mr Holt



Year 9

Welcome Back Year 9!

We hope you all had a fantastic half term and had time to switch off and enjoy the company of your family and friends.

As the lockdown has eased slightly, use the opportunity to get out in the sunshine and meet some people. How about organising to meet a friend (socially distancing of course) that you haven't seen since the school closure? I have cycled to see some of my friends in the evenings and weekends and it makes a huge difference to get out of the flat and socialise, particularly when the weather is as glorious as it has been.

Focusing back on your learning, as you will have read or heard many times, it is so important to maintain your routines and structure. If you haven't been, start now! If you have been, great, but keep it up. Obviously some circumstances mean this isn't possible but boys have found it really helpful to follow their school timetable the same as the school day in terms of timings and checking Fronter for particular lessons. Please complete the work or assignments on time. This way teachers can mark, assess and give feedback as we normally do and progress your learning effectively. If teachers are contacting you to ask where incomplete work is, remember we are trying to help and keep you learning as best as we can. The most vital part of adapting to this change is that we all do together.

Being resilient, organised and independent enough to structure your own time is a life skill that is extremely valuable, not just now, but throughout your life. If you are able to come out of this situation having matured and developed your own independence this is something that will stay with you for life. Try to look at it as a positive thing that you are able to adapt to such massive life changes in a positive way. We are already seeing amazing examples of this throughout the school community.

We understand that this requires a lot of effort from you and your families. Maintain a balance in your life between learning and your own activity time. Don't give up. Stay focused. Put in the effort. Complete what you start. Keep going!

Mr Price and Miss Casey



Modeste, Strenue, Sancte

KS3 Rutlish Weekly

Thought for the week

'Joy does not simply happen to us. We have to choose joy, and keep choosing it everyday'

Henri J.M. Nouwen

MFL Challenge

MFL challenge for the week... go to the settings section of your phone. Usually under general settings there is an option to change your phone language into French/German/Spanish. How many new words you can discover using your phone in a different language?

Let us know how you get on!

Ms Holloway, Head of MFL

G&T (open to all!)

I hope you all had a restful half term, and were able to get out and about a little more. I've taken advantage of the weather and got out on my bike – I rode up to Central London recently and went past some museums. They're closed, of course, but when they're open the Natural History Museum will be one of my first stops. Dinosaurs are never not cool, and I like finding out new facts about them. From an English teacher's point of view I like knowing the roots of the words – 'dinosaur' comes from the Greek for 'terrible lizard' and 'Tyrannosaurus Rex' combines the 'saur' (lizard) part with the word 'tyrant' and 'rex'. Rex means king and is related to the words regal, royal and the Spanish 'real' you may know from Real Madrid! Back to dinosaurs, and some of the strangest out there include the Helicoprion, whose jaw continually grew out throughout its life as it grew new teeth, the Jeholopterus that sucked the blood of other dinosaurs like a vampire, and the Dracorex Hogwartsia. The Dracorex Hogwartsia perfectly demonstrates how interesting names can be – 'draco' is dragon, 'rex' is king and, yes it was named after Hogwarts! Here are your riddles and teasers:

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

Answers to last week

1. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I? A map.
2. What English word has three consecutive double letters? Bookkeeper.
3. You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why? All the people on the boat are married.

Mr. Gibson, G&T Coordinator

Welcome to My World Photo Competition!

UK-German connection are calling on young people across the UK and Germany to take them on a virtual tour of their country by submitting an entry to their photo competition.

Details here: <https://ukgermanconnection.org/vp/get-involved/competition-welcome-to-my-world/>

When taking part, please remember to follow all the social distancing guidelines and ensure you have parental permission to enter.

Good luck - let us know if you win!

MFL Department



Student Voice: Being Proud

Some of our year 7 students reflected on what they have achieved through lockdown. Here are some highlights:

- ◆ Spending time with family – improvement in sibling relationships, how fantastic! (connecting)
- ◆ Being healthy
- ◆ Family being healthy
- ◆ Learning how to cook and bake (and yes we have been treated to pictures in last few weeks) (learn and eat)
- ◆ Connecting with old primary school friends (connecting)
- ◆ Started coding in Roblox studio (learn)
- ◆ Learning magic (learn)
- ◆ Improvement in my patience (connecting)
- ◆ Improving 5K time (active)
- ◆ Playing golf with my dad at weekends (active)
- ◆ Biking over a few days (active)
- ◆ Preserving: 8k up and down hills (active)
- ◆ Trying the 'The Pomodoro



STUDENT SHOUT OUT!

Well done to these fabulous students - don't forget to share what you get up to for a feature in the Rutlish KS3 Weekly.



Kirby Clennell Hardwood has been very busy during lockdown from PE with Joe Wicks and daily school work. He spent some of his time making a model which he has called "Alien". This model was made entirely from recycled materials and was hand painted by Kirby himself. Fantastic creative skill and effort—well done Kirby!



Joshil in year 7 has been very busy baking. He decided to attempt to bake a chocolate cake for his grandparents wedding anniversary. He has also used it as evidence towards the year 7 SCALE initiative—achieving one of the goals he set himself to learn to cook/bake. Joshil this looks absolutely delicious. We are told that Mum thought so too. Well done Joshil!

Modeste, Strenue, Sancte



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY

1 Decide to look for what's good, even on the difficult days

8 Write a letter to thank someone for what they did

15 Rediscover a fun childhood activity that you can enjoy today

22 Share a happy memory with someone who means a lot to you

29 Take time to do something that makes you happy today

TUESDAY

2 Re-frame a worry and try to find a positive way to respond

9 Find the joy in music today: sing, play, dance or listen

16 Ask a loved one what they feel grateful for at the moment

23 Look for something to be thankful for where you least expect it

30 Make a list of the joys in your life (and keep adding to them)

WEDNESDAY

3 Think of 3 things you're grateful for and write them down

10 Take a photo of something that brings you joy and share it

17 Be kind to you. Treat yourself the way you would treat a friend

24 Thank a friend for the joy they bring into your life

THURSDAY

4 Show your appreciation to those who are helping others

11 Say positive things in your conversations with others today

18 Send a positive note to a friend who needs encouragement

25 Eat food that makes you feel good and really savour it

FRIDAY

5 Smile and be friendly, even while you're social distancing

12 Make a plan with friends to do something fun together

19 Create a list of favourite memories you feel grateful for

26 See the upside in a difficult situation you learnt from

SATURDAY

6 Notice the upsides during the lockdown, however small

13 Appreciate the joy of nature and the beauty in the world around

20 Make time to do something playful today, just for the fun of it

27 Watch something funny and enjoy how it feels to laugh

SUNDAY

7 Find a joyful way of being physically active (indoors or out)

14 Do three things to bring joy to other people today

21 Enjoy trying a new recipe or cooking your favourite food

28 Create a playlist of your favourite songs and enjoy them



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle



ACTION FOR HAPPINESS

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

www.actionforhappiness.org

