

# KS3 Rutlish Weekly

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

Dear parents and carers,

I hope you are well! This week the Heads of Year will focus on "Ten keys to happier living", taken from the website "Action for Happiness".

In the newsletter there is a message from the PE department to promote **exercising**. I strongly believe in the power of exercise to help us to be healthier and happier. Some teachers at Rutlish (Ms Pearce, Mr Embling, Ms Beck and Ms Jeans) combined **exercising** and **giving** by running 5 kilometres and donating money to the invaluable work of the NHS. Staff also donate food weekly to support those less fortunate, and our science department kindly donated goggles and other useful equipment to hospitals to protect the front line workers. It is great to be part of a school that has an ethos of **giving**! There are also a few pictures of our boys **trying out** baking as part of the MFL challenge. Well done, boys! It looks absolutely delicious!

Let's use this time, especially next week when we have half term break, to use the **ten keys to happier living** and unlock those areas of our life that are "locked up" in lock down!

Have a happy half term!



## GREAT DREAM

Ten keys to happier living

GIVING		DIRECTION	
RELATING		RESILIENCE	
EXERCISING		EMOTIONS	
AWARENESS		ACCEPTANCE	
TRYING OUT		MEANING	

## Year 7

**'Being happy is not something that is ready made, it comes from our own actions'** This has been attributed to the Dali Lama and definitely as an RE teacher I would agree with him! Happiness like last weeks' theme is about action aka doing – highlighting our part to play. It is also perhaps appropriate that the Action for Happiness website outlines 10 Keys to happiness being the ACROSTIC 'GREAT DREAM' especially as last week as part of my son's year 1 home learning the English theme was acrostic poems – so it definitely does resonate with me. I do encourage you to visit the website as it has some great suggestions for each 'key'. I have no doubt that our own Yr7 'SCALE' mnemonic each week will contribute to your happiness and wellbeing especially during this time – our week doesn't exactly or may never go to plan – the reviewing and evaluating how we can do things a little differently is all part of the process.

Within the past few weeks a few key words have been 'Zooming' round my head- adapting and accepting; 'it is what, it is' has been added to my list of mottos. A key example is that as I gathered on Sunday 10<sup>th</sup> May with my family, eagerly awaiting the PM to announce plans for us to go back to school; I was gobsmacked and it almost taken me a week to digest the announcements and decipher what they mean in reality. Again, this is where acceptance comes in.

Each of us have all been confronted to accept things differently in the last two months regardless of our circumstance. Mr Ross and I have been thrilled with how you have adapted as a year group; you are such Resilient Rutlishians! Mr Ross and I have gotten to know many of you as individuals even more due to your emails sent in to us /photos of you undertaking various challenges or messages on Fronter – thank you for communicating and connecting virtually!

During each school day, do adapt and continue to try your very best when undertaking school tasks – any issues do email your teacher/us. Please continue to look after yourselves and your families especially as this week is also Mental Health Awareness Week (this year theme 'Kindness Matters'). Attempt to implement elements of 'GREAT DREAM' during the half term; which 'key' stands out for you/a challenge or indeed take your family on a 'virtual' adventure somewhere – on Saturday at approximately 7pm I will be in Space for half term.

Keep safe and smiling!  
Mrs Edwards & Mr Ross



## Year 8

A half term to remember! I hope you are well and working hard. This week we are looking at the **Ten Keys to Happier Living**. We've shared about **Giving** and **Trying Out** new opportunities last week but what about the others? I've mixed them up below but think on this as we approach half term break.

**Exercising** – now restrictions have been lifted slightly we can go out more than once a day – I've been loving that! I wonder how many of you have made an exercise programme and stuck to it?

**Direction** – don't give up! Working from home is hard but we are all in this together. Take breaks and don't rush to finish, get up at a sociable time. Have a direction, have a goal to aim for every day, new things to learn every day.

**Meaning** – a challenge for the week ahead – Learn a new word and it's meaning every day – share it with your families.

**Relating** – are you relating to others, we are all living through the Global Pandemic, all have something to relate to through that but what about your school work? Talk to your peers about the work, think, learn, relate.

**Resilience** – the resilience we will have after this pandemic will last us a lifetime, that's my hope. You're tough, strong – think of all the ways you've shown resilience in the last 9 weeks.

**Awareness** – I've said before; you are such an aware year group. You think of others, you're polite and you respect your peers – don't stop doing that just because you're not seeing people, be aware. 8P have sent some wonderful messages back to Ms Minier this week. What can you do?

**Emotions** – I'd be surprised if you didn't show emotions. It's all so unsettling and quite scary. It's OK to feel emotions. But instead of getting stropky or angry (we've all done that during lockdown!) how can you think positively, support those around you. This week is Mental Health Awareness week – it's good to talk about how this has made you feel, the good and bad.

**Acceptance** – one of my favourite quotes: "Accept the things we cannot change (lockdown/not seeing friends and family), have courage to change the things you can and wisdom to know and see the difference".

I hope you can enjoy half term and continue to stay safe. We don't know when we will meet again as a year group but I want you to think about the above, imagine it's an assembly. Keep working hard, don't give up, keep trying and keep in touch. We love to hear from you.

Take care and have a happy, healthy half term,  
Ms Pearce and Mr Holt



## Year 9

Good Morning Year 9

I hope you had a good weekend and got an opportunity to enjoy the sun.

The message this week is focusing on the keys to a happier living. You may be hearing it from everywhere about how to look after yourself and take steps towards maintaining your happiness, but it is absolutely crucial. The picture above (top right), taken from the website 'Action for Happiness' outlines ten key points to a happier living. The one that I want to focus on is 'Acceptance'. In this strange time of our lives it is important to accept the changes that are happening and that have happened. Without doing this we cannot possibly progress forward. These changes are not permanent but they will be in place for a long time. Rather than seeing it as a challenge every day to get through it, and one day closer to 'normal', try to think about the positives and accept the change. There are many changes that have happened that are extremely positive. For example, the amount of time you are now spending with your family and the amount of independence you will have developed with your learning; an extremely important skill required to succeed in your GCSEs and beyond!

As mentioned, it is also important to accept that you are now even more in control of your learning than before. We need to accept this and continue to learn as best as we can and not take any shortcuts. Where possible, complete the work you have been set to the best of your ability, with as much detail and focus as you can. We completely understand that this is not always possible and there are limitations, please try and communicate with us and your teachers when this is the case and we will try to support you as best we can.

If you look at the remaining 'keys to a happier living', they can help you to change your mind set to a positive one in the current situation. Think of examples in your lives, as I have done with 'Acceptance'.

Please also see the First Give Tasks that have been posted in your tutor rooms.  
Have a fantastic week!  
Mr Price and Miss Casey



*Modeste, Strenue, Sancte*

# KS3 Rutlish Weekly

## Thought for the week

*"Happiness is not something ready made. It comes from your own actions"*

14th Dalai Lama

## English Department

FutureLearn Schools is offering 170 free online courses to help young people to continue and expand their learning. The courses cover a variety of subjects from 'How to write a song' to 'How to make a poem' to 'Solving Maths puzzles'. There's something for everyone! Why not study something together as a family or study a course with your friends? Here's the link to the website:

<https://www.futurelearn.com/using-futurelearn>

Ms Moncrieffe, English Teacher

## G&T (open to all!)

Last week Sean Strong (7C) got in contact – he's been interested in the topic of space that we covered recently and even tried to track the recent meteor shower, just missing it. He did some research in to deep space probes – did you know the Voyager 1 probe, launched in 1977, has now left our solar system, and is 22 trillion km from the sun? However it's still functioning – it takes 20 hours to beam a message to it and receive one back. It's had some problems along the way too – it stopped working at one point and needed rebooting. This wasn't as simple as just turning it off and on! They've also had to effectively relearn old coding languages that aren't used anymore, as the Voyager probe was launched with just 64kb of memory. That's about the size of a small thumbnail profile picture on social media. The voyager probe will run out of power in the mid-2020s, at which point it will continue to fly through outer space with its 70s technology and the Golden Record – a time capsule that contains sounds and images of human life, including a recording of a child saying 'hello from the children of Planet Earth'. In around 40,000 years it will reach another solar system. These times, distances and spaces really put things in to perspective. Here's your riddles and teasers for this week:

I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

What English word has three consecutive double letters?

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?

## Answers to last week

Scientists estimate that 50% of the world's species could go extinct within the next 80 years.

Complete this phrase, based on an extinct, flightless bird: 'Dead as a dodo'.

I am a bird, I am a fruit and I am a person. What am I?

A kiwi!

Mr. Gibson, G&T Coordinator

## Eid al-Fitr

For many of our families, this coming week is a time of celebration. Ramadan, the 9th month of the Islamic calendar, and the month of purification and fasting. During the month of Ramadan, Muslims remember those who are less fortunate.

Eid al-Fitr is a time Muslims give thanks to Allah for the help and strength He has given them throughout the previous month to help them practise self-control. Like many things at the moment, this Eid will be like no other. To all our students, their families, our staff and our wider community,

***Eid Mubarak!***



## A word from PE!

We are encouraging students to remain active and physically educated over the lock down period. We have a fabulous set of resources on Fronter (which can be found in your individual classrooms) and also on our School twitter feed (@rutlishsport). On Fronter we currently have couch to 5K, summer circuit training and striking and fielding resources just to name a few! Whilst our twitter has a daily uploaded work out and various links for mental and physical health.

We would also love to hear how you are getting on! Either ask your parents to send us a message through twitter or drop the School an e-mail ([sam.adcock@rutlish.merton.sch.uk](mailto:sam.adcock@rutlish.merton.sch.uk)). We can then publicise your stories to inspire others!"

Mr Adcock, 2ic PE Department



## PTA

### Shop on Amazon Smile and raise money for school

Go to [smile.amazon.co.uk](https://smile.amazon.co.uk), click on the dropdown menu on left, scroll down to Help & Settings, click on Choose your Amazon Smile, type in Rutlish and choose Rutlish School Parents and Teachers Association. You can then create a bookmark on your app. You need to be shopping on the [smile.amazon.co.uk](https://smile.amazon.co.uk) site rather than [amazon.co.uk](https://amazon.co.uk). Every time you shop through [smile.amazon.co.uk](https://smile.amazon.co.uk) the school will receive 0.5% of net sale.

### Shop online and raise money for school: Easyfundraising

Every time you shop online (1,000 of online retailers including Amazon, John Lewis, SportsDirect) the school gets some money - go to [easyfundraising.org.uk](https://easyfundraising.org.uk) and choose Rutlish School as the cause you want to support.

### Rutlish School Lottery

You only need to spend £1 a week! Stop whenever you want, you have control of your account. The more supporters that sign up the more money is raised for our boys so please sign up here: <https://www.yourschoollottery.co.uk/lottery/school/rutlish-school>

Thank you for your support, the PTA

## Young Geographer of the Year!

Each year the Royal Geographical Society runs a competition looking for the best and brightest young geographers. Though this year's competition will be a little different than other years the RGS are still giving you the opportunity to explore geography from your very own home. This year's competition theme is 'The world beyond my window' and is asking you to explore both human and physical geographical places and concepts that exist beyond your window. Though we may be stuck at home the world has not stopped turning and there are still so many geographical processes occurring right outside your window, most we do not even notice.

Take a look at the website below and get involved in the competition! You never know – you could be chosen as this year's "Young Geographer of the Year". Further information and competition criteria can be found at the link below. Deadline for the competition is 30<sup>th</sup> June. Any entrants should submit their entries on the RGS website but please also share them with the geography department by emailing them to the school so we can see all your hard work!

<https://www.rgs.org/schools/competitions/young-geographer-of-the-year/2020-competition/>

Happy exploring!

Miss Bowden, Geography Teacher

*Modeste, Strenue, Sancte*



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## Art Student Shoutout!

Ms Sharma, Head of Art, received this photograph from Spencer in 7C. He made this bright and boldly coloured collage out of recycled materials.

Ms Sharma was very pleased to open this email - she said "it really brightened her morning".

What a wonderful piece of art work - and conscious of the environment too. Recycling can be beautiful. Terrific work Spencer.



## Making animal friends on lockdown bikerides

Mrs Bakheta who teaches at the Progress Centre likes to start her day by visiting her friends at Vauxhall Village Farm. The llamas, goats, ponies and chickens are very sociable and enjoy human company!

She says it is a lovely relaxing way to begin her day; she cycles there and back and enjoys the sunshine, quiet and the birdsong 'This is my little haven' she told us; 'there are very few people around if you go early in the morning.'



## MFL Challenge

Find all the countries that speak the language you study. Find a couple of bizarre facts about each country and make a mini poster.

Ms Holloway, Head of MFL

## Mental Health Week 18th-24th May 2020

To support your mental wealth. Make sure you check out the Student Wellbeing page for support and activities. Alternatively, try some of these out:

[Yoga](#), [Baking](#), [Mindfulness](#),  
[Reading](#), [Stillness](#), [Kindness](#),  
[Music](#), or [Exercise](#)

## Student Shoutout!

Well done to Sean in 7V - what an incredible dish. Read below to see what he said about his developing cooking skills, and a great review from his mum! We are very jealous we didn't get to try these.

"Dear Señorita Arthur,

Hola, today I made croquetas with cheese and ham in. I got my inspiration from the homework task where you had to see what the item was for the amount in Spanish. I looked them up and they looked really nice, so I got a recipe and decided to cook them. As well as the croquetas, I made a ham and rocket salad to go with it. The reason I made the salad was I bought the ham in Spain on the trip with school.

The next time you eat them, I highly recommend to eat them with sweet chili sauce, it may sound odd, but they were "delicioso". I have included some photos of me making them and I will also include the recipe. We didn't make the jam, we just served them with sweet chilli sauce!"

"The croquetas were mouthwateringly delicious so we were very happy that his homework inspired him to cook them!" - Mum



## Student Shoutout

Another student who excelled in the MFL challenge is Arnav in 7V who made ratatouille. He, like Sean, has created a delicious looking dish. We have to say that we think your families are very lucky to have such fabulous chefs in their homes. Well done - what talented students we have at Rutlish.

Here is what the languages department said on seeing the photos:

"OH WOWWWWWW!!!!

Thank you so much for sharing Arnav "chef d'oeuvre" !!

The whole department is very impressed and we really appreciate that your son has taken this MFL challenge head on!

The plating was Michelin star quality!!" - Ms Escande

"Oh wow!!! He did it like in the film!!! Very impressive!!" - Ms Minier



Modeste, Strenue, Sancte