



Key Stage 4

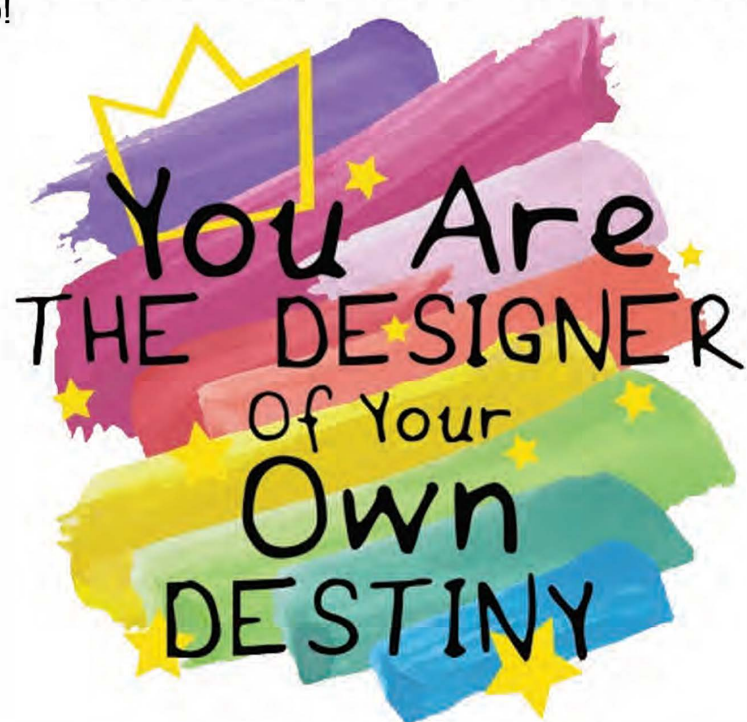
BULLETIN

Rutlish School
Watery Lane
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Congratulations to Year 10 and Year 11 students for completing an entire half term of remote learning! You have done very well in engaging (and excelling) in online lessons. We are so proud of your resilience and hard work. I'm sure you will join me in thanking your teachers who have done a brilliant job and adapted quickly in planning and delivering online lessons to ensure that you do not miss out on learning during this time. Parents and carers, this is your achievement too! With your support, we all managed to ensure that we provide our students with the top quality education they deserve. We also appreciate the feedback and praise you send us every day; these keep us going.

Brighter days are upon us, and we are all hopeful at Rutlish that we can welcome students back in our classrooms soon. In the meantime, students should continue to make the most of the online lessons. Don't forget to take a rest and look after yourselves – that goes for our lovely parents and carers too!



“Strength lies in differences, not in similarities”



This month is LGBT+ History Month, and the theme is ‘Body, Mind and Spirit.’ Rutlish is an inclusive school that stands for equality and celebrates diversity; we are joining the effort in raising awareness of sexual orientation and gender identity equality and diversity.

The Voices and Visibility wallchart has been produced by the Forum for Sexual Orientation and Gender Identity Equality and a group of trade unions in association with Lesbian, Gay, Bisexual and Trans (LGBT) History Month.

Centred on the United Kingdom, it highlights important legal milestones and identifies visible and significant contributions made by individuals, groups and particularly the labour movement. The group is currently developing a digital version of the chart. This will provide more detailed information about the campaigns, organisations and personalities identified in the wallchart. You can find more information and resources on LGBT+ History Month here: lgbtplushistorymonth.co.uk



Mrs I. Alltraine
Assistant Headteacher - KS4

Messages from the Pastoral Team

“The Head Boy Team recruitment is underway”

I hope that you have had a restful week off, have taken the time away from screens and enjoyed the time to yourself.

You may begin to notice that the days are brighter for longer, which is great! You may want to start thinking about ways to utilise the longer afternoons and evenings. This could be through exercise, taking up a new hobby (or revisiting an old one). You should also make the most of the Study Skills Sessions that you have been having on Tuesdays – using the time to implement some of the revision techniques. Whatever you choose to do, please remain safe.

As previously mentioned, the Head Boy Team recruitment is underway. So far, there have been some fantastic applications. The interview process is in sight and is shaping up to be excellent; the excitement to see the undoubtedly outstanding leadership from this year is bubbling.

Finally, as we enter the second half of the Spring Term, I would like to thank you so much for your continued patience and resilience through this time. I hope that you continue to be the diligent online workers that many of you have shown yourselves to be, and push yourselves to get the most out of the online lessons. I hope to have you back in school soon.

As always, if you need anything, please do not hesitate to contact your tutors. We are always here to support you, and we are so proud of how you have been conducting yourselves, and everything you have achieved during these challenging times.



Have a great week!

Mr J. Price - Head of Year 10

**“Stand tall, stand proud.
Know that you are unique
and magnificent.”**



“You make me proud to be your head of year”

I hope you have had a restful break and managed to equally switch off or catch up with any work from school. We start another half-term with the potential of you all returning for face-to-face teaching soon; if this happens, we will be starting the important intervention sessions after school and on Saturdays. Once we know more, you will be informed.

I have been part of the RR6 interviews recently, and I must admit, I am very proud of you all and your grades, ethic and determination in a GCSE period that has been difficult and interrupted at so many occasions. You have impressed not only myself but Ms Hyland, Miss long, Ms Doherty and Mrs Bremner and they have enjoyed interviewing you all, so well done! You make me so proud to be your Head of Year! For those applying elsewhere and have interviews scheduled, I am sure you will impress and be an asset to their college or 6th-form.

In other positive news, our very own Deputy Head Boy, Theo Richards, recently ran a half-marathon around a local park and raised an amazing 1,535 pounds for the Crisis Charity. Well done, Theo! We are all proud of your achievements and charitable nature. Mr Embling is also running and last month ran 100 miles! I aim to do the same this month. My question to you all is – what are your goals, currently? Personal, academic, or for others... find something to keep you going in such a difficult time. I'd love to hear your story; please let me know via Fronter.



Mr M. Embling - Head of Year 11

House Competition 2020 - 2021

Position		House	Total Score
5th		Argonauts	325
4th		Carthaginians	350
3rd		Kelts	375
1st		Parthians	450
8th		Romans	225
5th		Spartans	325
1st		Trojans	450
5th		Vikings	325



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Well-Being and Mental Health

Well-Being and Mental Health are a big focus for us here at Rutlish School. During recent months, the situation has been extremely uncertain. The future is also uncertain - we still don't know what will happen, how long it will last or what things will be like when it's over. One thing we do know, however, is that worrying about it won't change the outcome. Here are a few tips we would like to share to support you with your wellbeing.



THERE IS ALWAYS
something
TO BE
thankful for

Research shows that deliberately focusing on the good things in our lives - practising gratitude - can improve our wellbeing. It's easy to give in to our natural negativity bias as our brains strive to protect us from harm, but we can counter that by deliberately focusing on what's good, even during challenging times.

- At the end of each day, write down three good things about the day, no matter how small (a rainbow in the sky, another day without symptoms, a funny joke you heard...it's amazing what you'll notice when you pay attention!).
- Share at least one positive story with other people each day.
- Say 'thank you' for all the little things others do for you and mean it.



Laughing is a therapy
Laughing feels good, boosts our immune system and helps us keep things in perspective. Laughing with others strengthens relationships and, because laughter is contagious, we laugh more with others.

- Share jokes at home and online.
- Watch funny clips, memes and films.



Miss H. Targuisti - PSHE Lead

Gifted and Talented challenges and Information

Year 10 and Year 11 G&T students had a guest wellbeing session from Ms. Targuisti last week. It's so important to check in about your own wellbeing and talk to your friends and family if you are struggling. Sometimes it just takes a little breather to put things back on a good track - on Mr. Gormally's recommendation, I have tried just lying flat, on a solid floor for 20 minutes and doing nothing. It's much harder than it sounds as we are so constantly used to checking our phones or being mentally stimulated from social media, television or video games. It does wonders for a bent back sat at a laptop or computer all day - try it!

Year 11 this week will continue to look at alternative takes on stress, success and competition, so make sure to join the G&T session on Thursday morning.

In the next half term, G&T activities will continue to focus on wellbeing, motivation, psychology and self-led study skills.

DID YOU KNOW?

This lockdown may feel like a lifetime, but you may be interested to know that it's not the first time in History that Londoners have been encouraged or told to stay at home.

Can you name 5 other times in History that Londoners were encouraged to isolate/quarantine/stay at home?

(Year 11 historians, 2 of these answers should be easy enough for you!)

Answers on Page 3



Mr B. Brogan - History 2i/c

Message from the Careers Adviser

Careers, Information Advice and Guidance helps individuals piece together their career plans and ideas, required to support them with making effective transition. During this period of lockdown, students are still receiving career guidance via remote telephone interviews and this is working well.

Watch this video and discover the different pathways to degree level study:<https://www.careerpilot.org.uk/stories/y11-the-many-routes-to-degree-level-study-20-minute-online-presentation>

Find out more about how the world of work is changing and develop skills for the future:<https://barclayslifeskills.com/i-want-an-insight-into-how-the-world-of-work-is-changing/school/>

Explore School Leaver Apprenticeship opportunities with BT. Roles include customer service, cyber security, network engineers, plus more. Find out here:
<https://www.bt.com/careers/early-careers/apprentices/our-programmes>

Interested in doing an apprenticeship in healthcare? Find out more here:
<https://successatschool.org/advisedetails/1157/healthcare-apprenticeships>

Are you considering a career in engineering? Find out about job roles and pathways:
<https://www.allaboutschooleavers.co.uk/industries/engineering>

Get tips on employability skills and CV writing:
<https://www.getmyfirstjob.co.uk/Develop/YoungPeople.aspx>

RIDDLE

What do a madam, a race car, an eye and a level all have in common?

Last Week's Riddle: Did You Get It?

There is a word in the English language that does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify a great person, while the entire word signifies a great woman. What is the word?

HEROINE



Mr N. Gibson - G&T Coordinator



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Numeracy Challenge

Congratulations to those who sent their answers via Fronter and got it right! I am pleased to say that there were quite a few winners for this one. Your names will be put into a draw for a numeracy prize when we return to school.



MAKE 24

Using ALL four numbers write a number sentence where the result is 24.

You can only use the simple operations addition, multiplication, subtraction and division. You cannot use the numbers more than once

1	4	9	10	
3	4	6	12	
2	2	2	12	
2	5	8	10	
7	7	8	15	

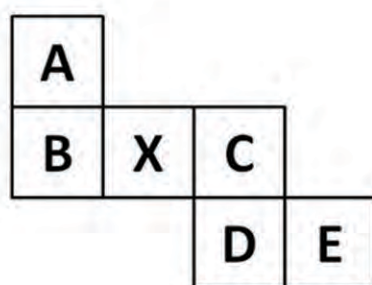


Ms C. Eastaugh - Numeracy Coordinator

Last Challenge

The net shown here is cut out and folded to form a cube.

Which face will be opposite the face marked X?

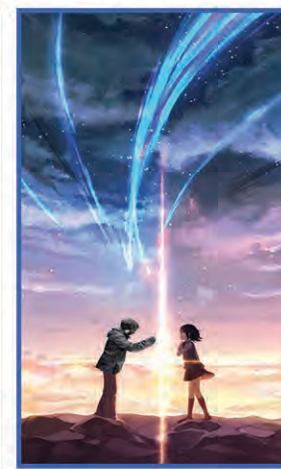


The answer is E.

When the shape is folded up, imagine X is on top. This means B is on the left hand face and C is on the right hand face. This means A is on the back face and D is on the front face. This leaves E on the bottom face, so opposite X.

KS4 Student Art Work

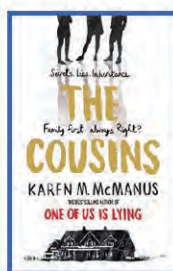
My theme is all about fantasy and reality - combining the two together into one piece. In most of the pieces, I would include myself and other characters mixed in the worlds together. I chose this theme because I'm interested in escaping reality into a fantasy setting.. transporting into another reality. - **Elyas Reiersen**



BOOK RECOMMENDATIONS

For this week, I have some new book recommendations for you. I will upload more details about these books on the LRC Fronter course, so come and see if there is anything that would take your fancy!

Also, keep sending me your book recommendations; I would love to see what books you have been reading during lockdown.



Ms T. Higginson - LRC Administrator

Literacy Update: Literacy Focus

As their Literacy focus over half-term, KS4 students should continue to work on their Literacy Booklets: these are on Fronter, in Year 10 English and Year 11 English. There is a wide variety of activities for students to select from to boost their Literacy overall. High levels of literacy, of course, need to be demonstrated in all subjects, so these activities will help with students' overall attainment.

There is an additional Literacy Booklet for Year 11 students, which blends their Language and Literature learning, including activities to reinforce their understanding of – and ability to write about – the texts they are studying in English, including Macbeth and A Christmas Carol. This booklet is called 'Literacy for Language and Literature' and is also in Fronter. Again, students can select from a variety of activities. The booklet contains quotations from the Power and Conflict Poetry that Year 11s will NOT now be examined on. However, these are useful for practising their word analysis, essential for all of their studied texts. Year 11 students might wish to begin with the Christmas Carol activities, in preparation for their 2 weeks of revision of this after the half-term break.

Students should also look at the Literacy Fronter room, which provides links to other literacy-related activities, including online libraries, essential during lockdown. The LRC Fronter room is also kept updated with book recommendations.

Ms K Jones - Literacy Coordinator



"It's only after you've stepped outside your comfort zone that you begin to change, grow, and transform."

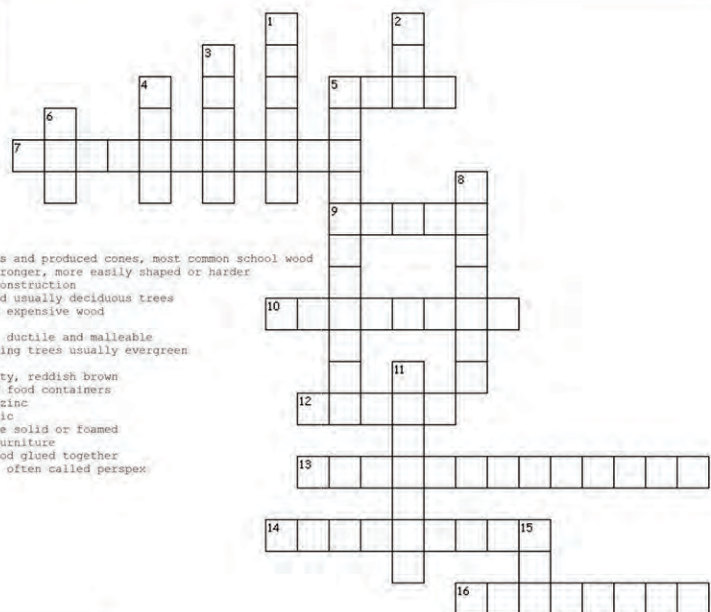
Materials Crossword

Miss Bhaga-Design Technology

Materials

Date: _____

Extra 1: Draw a picture of some of the words and suggest where it is used. You can do this on the back.
Extra 2: Create a poster showing the keyword.



Across
1. Type of tree that has needle-shaped leaves and produces cones, most common school wood
2. Steel that has been treated to make it stronger, more easily shaped or harder
3. An alloy of iron that is widely used in construction
4. Type of wood that comes from broad-leaved usually deciduous trees
5. Tree with smooth grey bark, fine grained expensive wood
6. Type of plastic that PP stands for
7. A silver grey metal that is soft, light, ductile and malleable
8. Type of wood that comes from needle-bearing trees usually evergreen
Down
9. Excellent conductor of heat and electricity, reddish brown
10. Silvery metal often used to create sealed food containers
11. Metal alloy created by mixing copper and zinc
12. Symbol Fe, goes rusty when wet, is magnetic
13. Type of plastic that PP stands for, can be solid or foamed
14. Most common UK tree, used for expensive furniture
15. Manufactured board made from layers of wood glued together
16. Plastic, can be reshaped and cut easily, often called perspex

Name: _____

Extra 1: Draw a picture of some of the words and suggest where it is used.

Extra 2: Create a poster showing the keyword.



Ms N. Bhaga - Head of DT



HISTORY ANSWERS:

Black Death 1350 - Great Plague 1665 - Great Fire of London 1666 - The Blitz 1940 - Great Smog of London 1952
Bonus answer: Women were encouraged to stay at home during the crime spree of Jack the Ripper in 1888