

ST MICHAEL'S CHURCH OF ENGLAND HIGH SCHOOL NEWSLETTER

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Issue: 007

SPRING 2 NEWSLETTER

I hope you are all keeping well and in good spirits. These are unprecedented times for us all and, as we adjust to a 'new norm', I wanted to send out the Spring 2 Newsletter, not only to keep our usual channels of communication open to all our school community, but also to celebrate the good things that have happened during this half term.

School has been open for our vulnerable and essential worker children (who cannot stay at home) over the last two weeks and, indeed, this will continue through the Easter holiday (except Maundy Thursday to Easter Monday inclusive); my thanks go to the staff who have been in school, and to those who will be giving up some of their hard-earned holiday, to ensure that this new routine runs as smoothly as possible.

We have no accurate prediction of how long the current measures will last but latest government thinking is that Britain needs to prepare for a significant period of lockdown. In the meantime, our staff are working on a rota system to reduce the amount of people having to leave their homes each day, in accordance with this advice; when not in school, they are working from home to provide quality work and support for all our children.

OUR SCHOOL PRAYER

What does the
Lord ask of you?

To act justly, to love mercy
and to walk humbly with your
God.

Micah 6vs.8

St. Michael the Archangel Prayer

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.

Amen.



Stay strong.
With love and prayers,



Mrs Gray, Headteacher



Headteacher: Mrs J Gray, MSc, NPQH

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WORLD BOOK DAY

St Michael's staff marked World Book Day by dressing up as some fictional favourites. There was a fantastic array of characters but, in the spirit of competition, there had to be a winner. In third place...Ms Khan as Maleficent; in second place...Mrs G Evans as the Cheshire Cat; and in first place...Mr Lawson as Gandalf. Congratulations to all!



WORLD
BOOK
DAY

World Book Day 2020

Come to the LRC on
Thursday 5th March

to celebrate
**World Book Day, lots of
competitions to enter and prizes
to be won!**

**World Book Day BIG
Bonanza Quiz**

Visit the Library and pick up a World Book Day Quiz sheet and test your knowledge on all things books, reading and authors!

**QUIZ
TIME!**

All completed entries will be get entered into a prize draw

Wordsearch

Find all of the answers and hand your entry into the desk to be in with a chance of winning a chocolaty prize!



Guess the Pages

Visit the Library and have a go at guessing how many pages are in a famous trilogy of books! Winning/closest guess will receive a prize.



Book Swap

Bring a book you have read but no longer want into the library, write on a post it one thing you love about the book and then swap it for a different book which you can then take home and keep.



World Book Day Token

Don't forget to pick up your £1 book token which enables you to choose any WBD book from your local book store. Form Tutors will be handing these out in form time. If you miss out, don't worry, the Library will have spares!



YEAR 7 NETBALL



The Year 7 netball league started at the beginning of January; would-be team members took part in two trial sessions, when they were put through their paces by Mrs Faulkner and the Year 9 Netball Leaders. A squad of 12 students was chosen, with all involved being fully committed to practices before the games commenced.

The league got off to a fantastic start, with some very high scoring matches – well done to Kareena Cheema in 71 for some excellent shooting! Our first match was against Q3 Academy; it was a well-matched game but, unfortunately, we lost 5-6. However, this did not deter the girls who, later that evening, went on to win comfortably against Oldbury Academy – Amelia Ishola and Grace Popoola were the girls of the games.

In week 2, we played Sandwell Academy at home. The girls' passes had got stronger and their fight, determination and resilience were evident until the end. St Michael's was unlucky to lose 3-2 in this difficult match but all the girls played well, showing real strength as a team. Some excellent skill was shown and Mrs Faulkner is looking forward to finishing off the league when we return to school.



Mrs Faulkner said, "A big thank you to the Year 9 Netball Leaders, who trained and coached the team and even umpired some of the matches at the events. They are true role models to Year 7 and I know you will all be fantastic netballers as you progress on your journey at St Michael's".

Year 7 Netball Team: Amelia Ishola (GK), Grace Popoola (GD), Lacey Totney (WD), Jessica Lovesey (C), Amelie Carpenter, Bliss Ward (GA), Kareena Cheema (GS), Bethany Taylor (C/WA), Lyla Ali (WA/WD), Lucy Jones (WA), Chloe Mullarkey (WA), Ellie-Louise Tibbetts (WA/WD).

Year 9 Leaders: Paige McGeoch, Charlie Veal, Skye Weston, Amina Tunkara, Rhiannon Smith, Paige Harvey.

CARDING MILL VALLEY FIELD WORK

On Monday 16th March, half the Year 10 Geography GCSE cohort were able to visit Carding Mill Valley, in the beautiful Shropshire Hills, to carry out compulsory field work. Students were collecting information to investigate if the discharge of a river changes downstream by measuring the width, depth and velocity of the river at five different sites, starting at Lightspout Waterfall. Unfortunately, the current crisis led to the cancellation of the visit for the second half of the group on Wednesday 18th March; however, these students will get this opportunity later in their course.





THE LENT CHALLENGE – INTENTIONALLY GENEROUS

Lent is the six-week period leading up to Easter and is one of the most important times of year for many Christians around the world. Lent is seen as a time of solemn observance and preparation for the celebration of the death and resurrection of Jesus at Easter. From its start on Ash Wednesday until its conclusion on Easter Sunday, Lent has been a traditional time for fasting or giving something up (abstinence). Just as we carefully prepare for events in our personal lives, e.g. a wedding or a birthday, Lent invites us to make our minds and hearts ready for remembering Jesus' life, death and body resurrection.

These days, Christians around the world observe Lent in many ways. Many from more orthodox and traditional denominations will still strictly observe the fast, beginning with the wearing of ashes on Ash Wednesday and abstinence of meat, fish, eggs and fats until Easter Sunday. Others will choose to give up just one item for Lent, more commonly a 'luxury' such as chocolate, meat or alcohol. It is also becoming increasingly common for people to give up other things in order to refocus their faith during this time; such as watching TV or even social media.

It's a rare person who doesn't like chocolate, so this one is for lots of people around you. Wherever you go today, spread the love, chocolate style! You're obviously going to need to work within your budget, but push the boat out and buy Fairtrade if you can.

"And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward".
(Matthew 10:42 NIV)

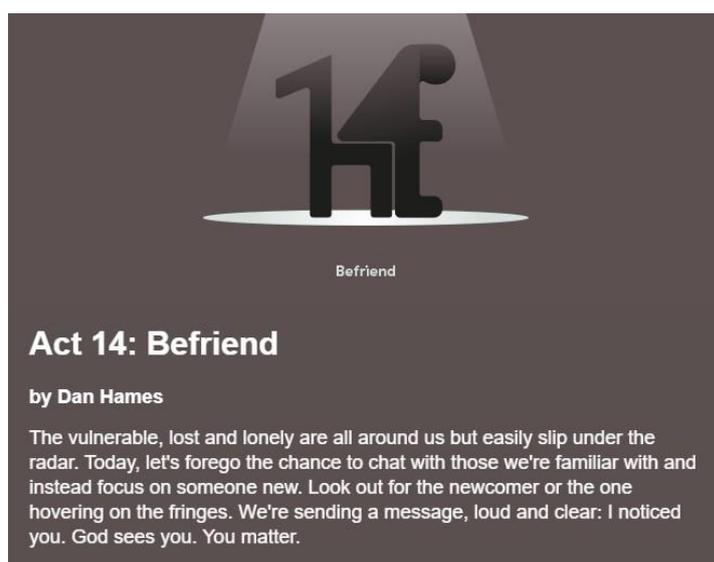
As a school, we decided to turn to the 40 Acts Challenge as a way of doing Lent differently; using simple daily reflections and acts of generosity as a way of putting others first during preparations for Easter. Every day our students and staff were

challenged to be generous in many different ways and were then encouraged to complete their act of generosity.

Acts of generosity included:

- Writing a note of thanks to someone
- Keeping a promise you have made
- Tidying up your mess without being asked to
- Always wearing a smile
- Befriending a new student to the school
- Being proactive about recycling
- Praying for someone who is going through a challenging situation

Today, more than ever, we are going to have to be creative to offer an act of generosity. Be imaginative. Be kind. Be on your way.



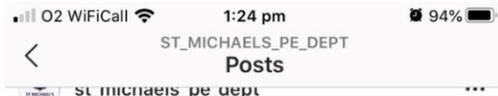
Act 14: Befriend
by Dan Hames

The vulnerable, lost and lonely are all around us but easily slip under the radar. Today, let's forego the chance to chat with those we're familiar with and instead focus on someone new. Look out for the newcomer or the one hovering on the fringes. We're sending a message, loud and clear: I noticed you. God sees you. You matter.

"rather, he made himself nothing by taking the very nature of a servant, being made in human likeness".
Philippians 2:7 (NIV)

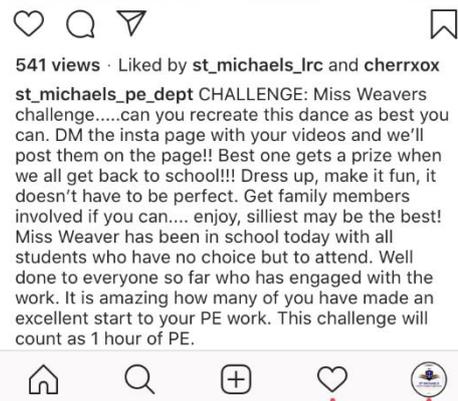
GET INVOLVED IN A PE CHALLENGE!

The PE Instagram page has lots of challenges to keep you moving during this unprecedented time of isolation. Mrs Faulkner is doing a "live Instagram" at 10:00am every Wednesday and Friday – make sure you get up and get active during these sessions to help stay physically and mentally healthy. Exercise has been proven to improve your mood and wellbeing and this is of the utmost importance for the whole country at this very difficult time. Get involved by requesting to follow the PE department on: [st_michaels_pe_dept](#); if you are not accepted straight away, please send them a message confirming who you are.



The "loo roll kick up" challenge has swept the globe and we at St Michael's do not want to be left behind! Lucas Martin in Year 8 is the current leader, with 20 kick ups; he has 10 house points for Griffin! Can you beat him? Send your videos via DM on Instagram and we will post the best ones. We want to see the Year 11 football team get involved after their recent success in the West Midlands Cup... can they beat Mr Brooks?

There is also a dance challenge, set by Miss Weaver, to replicate a routine. It does not have to be exactly the same – we want as many funny and serious routines as possible; get everyone involved!



New challenges are being set all the time and they will all earn you house points – Griffin are forging ahead but can the other houses challenge them?

If any parents would like to get involved in the challenges or the live workouts via their own accounts, that would be fantastic – please DM the account to confirm who you are.

The PE department want to say a massive "Well Done!" to all students who have been engaged in both the practical challenges, via Instagram or Google Classroom, as well as all the theory work that has been completed on line. We are very proud of each and every student who has completed a piece of work and exercise in their first couple of weeks. Keep it up!

MFL NEWS

This half term, Mrs Grice and Miss Kirton hosted the school's first MFL primary languages afternoon. Around 35 Year 5 students from a number of our local primaries joined us for some fun and games! Our Year 10 French and German students helped run the various activity stations, guiding and supporting our guests through a range of games in French, German and Spanish (yes, Spanish! Just shows how adaptable language learners can be!).

The event was a huge success, enjoyed by all. From Shuttle Run Crossword and Battleships, to Bean Bag Throwing Maths and Chatterboxes, our young guests had a giggle, whilst learning some new language skills.

Special mentions go out for Scott Bridges, Tegan Hawthorne and Callum Aston for their leadership skills – all three were complimented by the visiting staff, as well as our own.



We are now looking forward to this being an annual event, which will forge even better links with our local primary colleagues.

Well done Year 10! You made us incredibly proud!



Learning vocab
made fun!



memrise

Monthly
prizes!

Memrise winners of the month!

Mrs Grice:

February Year 7 - Mia

March Year 7 - Lillah

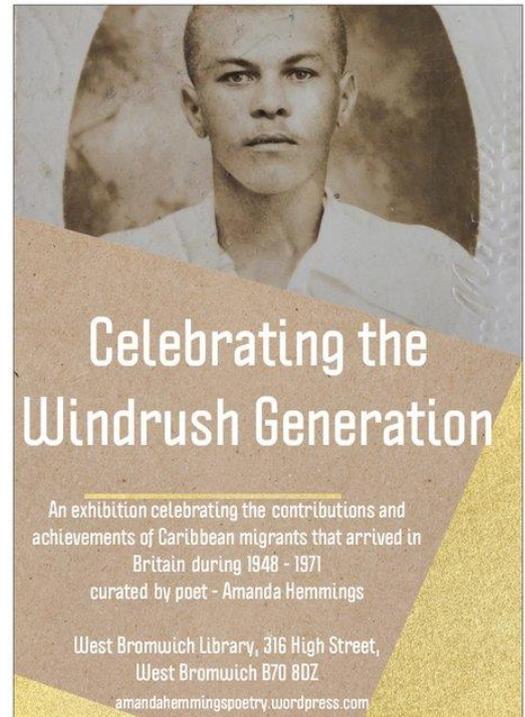


REMEMBERING THE WINDRUSH GENERATION

On 10th March, members of the Equality & Diversity Committee attended a very special Windrush Workshop at West Bromwich Library, hosted by the curator of the exhibition, Amanda Hemmings.

The exhibition gave an insight into the contributions and achievements of Caribbean migrants, who arrived in Britain between 1948-1971, often referred to as the 'Windrush generation'. Also featured was a poem '1954', written by Amanda and inspired by her grandfather's experiences of emigrating from Jamaica to England during the 1950s.

Students had a great afternoon learning and created a collection of inspired poems which will be added to the exhibition display.





MEETING THE DEPUTY POLICE & CRIME COMMISSIONER



On 16th March, we had the pleasure of welcoming Ashley Bertie, West Midlands Deputy Police & Crime Commissioner, to our school as part of a Stop & Search workshop led by Sheze Malik, the PCC's Senior Stop & Search & Precious Lives Trainer. After the workshop the students had the chance to ask Ashley questions about his role and the work of the Police & Crime Commissioner. We are

proud of our ongoing partnership with the Police to raise awareness of key issues and educate young people on local and national initiatives.

WHAT MAKES US HUMAN?

Over the last few weeks, several pupils from Student Voice have had the opportunity to visit some of our local primary schools to deliver workshops around mental health and well-being, focusing particularly on *what makes us human* and how the majority of emotions can affect everyone. All pupils involved not only delivered the workshops but worked hard beforehand, designing the presentation to be delivered, as well as a range of activities to make the experience as interactive, fun and educational as possible. Well done for all your hard work

and for representing our school in such a professional and positive manner: Robin, Honor, Willow, Katy, Abbie, Edward, Daniel, Harrison, Elena and Ameeta!



BONDING TO SUPPORT ACHIEVEMENT

On Wednesday 11th March, we took eight Year 9 students to Malthouse Stables in Tipton for an action packed afternoon as part of an initiative with Sandwell Council and Man Age - a men's mental health programme. This team building trip was the first of a series of **boys only** sessions, aiming to explore what mental

health looks like for teenage boys and develop a resource to offer support. During the visit the students took part in archery, rock climbing and abseiling. The activities were fantastically facilitated by Ian, who encouraged all of the group to become involved, to push their boundaries, and to support one another to conquer their fears.

Well done to the whole team! We had lots of fun and look forward to the next session.

