

ST MICHAEL'S CHURCH OF ENGLAND HIGH SCHOOL NEWSLETTER

Date: 22 May 2020
Issue: 008

SUMMER 1 NEWSLETTER

Frequently, we hear that these are unprecedented times. And of course, they are. Yet these difficult circumstances have led to incredible acts of humanity by caring and humble people. There are many examples of St Michael's generosity of spirit in action throughout this Half Term's newsletter, including charitable and community acts of kindness. I hope that this edition will bring a smile to your face and joy to your heart.

Thanks to the brilliant work of our staff who have been creating, marking and assessing on-line work; the support team who have been encouraging pupil participation and the outstanding engagement of students in their remote learning, we are sure that we will be able to make up for lost time when school re-opens. In line with current government plans, we have arranged for very small numbers of Year 10s to have face-to-face contact with a member of staff from 8th June and we are looking forward to this step towards normality. Unfortunately, it seems increasingly unlikely that Years 7 to 9 will be returning to school this academic year but our community is strong: we will continue to provide high quality work and support until this pandemic ends. Until then, continue to make us proud with your engagement and compassion.

Stay safe and well.

With love and prayers,



Mrs Gray, Headteacher

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



Headteacher: Mrs J Gray, MSc, NPQH

St Michael's Church of England High School • Rowley Learning Campus • Curral Road • Rowley Regis • West Midlands • B65 9AN
Telephone: 0121 561 6881 • Fax: 0121 561 6882 • Email: contact.staff@st-michaels.sandwell.sch.uk

MERCY • INTEGRITY • CARE AND COMPASSION • HUMILITY • ACHIEVEMENT • EQUALITY • LEADERSHIP • SERVICE



THINGS TO DO WHEN YOU'RE FEELING BLUE...

We would like to take this opportunity to share with you a peer support resource our students have created called "Things to do when you're feeling Blue...".

Kerry Whitehouse, School Engagement Development Manager, said, "The students have spent the last couple of weeks discussing the impact of lockdown on emotional well-being, so we decided to develop a resource which could offer practical ideas. Staff have been asked to use this as a reference point for students who are struggling with low mood or even share with friends and family. I think there is something on there for everyone".

We hope that you will agree and can take some inspiration from these amazing young people.



THINGS TO DO
WHEN YOU'RE
FEELING BLUE...

BY STUDENT VOICE



LEARN TO BAKE A CAKE

HAVE A HOT BATH OR SHOWER

CREATE A PLAYLIST FULL OF SONGS THAT MAKE YOU HAPPY

WATCH YOUR FAVOURITE FILM OR TV SERIES

DESIGN YOUR OWN 'JAR OF HAPPINESS'! WRITE DOWN YOUR FAVOURITE MEMORIES AND THINGS YOU ARE GRATEFUL FOR AND POP THEM IN THE JAR

START A JOURNAL AND WRITE DOWN YOUR FEELINGS

FACETIME YOUR BEST FRIEND

THINGS TO DO WHEN YOU'RE FEELING BLUE...

MAKE A VISION BOARD WITH PICTURES OF YOUR HOPES AND DREAMS FOR THE FUTURE

FIND A NEW RECIPE AND COOK IT!

PLAY WITH YOUR PETS

ORGANISE A FAMILY FUN GAMES NIGHT

POP THE KETTLE ON AND MAKE A CUP OF TEA

GET LOST IN THE ADVENTURE OF A NEW BOOK

THINGS TO DO WHEN YOU'RE FEELING BLUE...

EXERCISE

PAMPER YOURSELF!

CREATE A SCRAPBOOK FULL OF YOUR FAVOURITE PHOTOGRAPHS

GET CREATIVE! DRAW, PAINT, SING, PLAY AN INSTRUMENT OR WRITE A STORY

GO FOR A RUN

GET SOME FRESH AIR

DANCE LIKE NO-ONE IS WATCHING

EAT YOUR FAVOURITE FOOD

THINGS TO DO WHEN YOU'RE FEELING BLUE...

REMEMBER...
IT'S OKAY NOT TO BE OKAY!
STORMS DON'T LAST FOREVER.

THINGS TO DO WHEN YOU'RE FEELING BLUE, LOCKDOWN EDITION, 2020

CONTRIBUTIONS BY
JESSICA POSTINGS, WILLOW FERREY, BETHAMMY ALLEN, MISA-DARCY GARCIA, LILLY BENNETT,
MOLLY MCGEE, HONOUR CARTMILGHT, KELKS PAUL, EDEN GUILDRI-TIMMIS, ROBIN DRAPER,
MILLIE CLARKE, JAKEMINE CARPENTER, KARA QUARRY, ROSIE SMITH, PAIGE MEGGICH
STUDENT VOICE - ST MICHAEL'S CLOVE HIGH SCHOOL
IN PARTNERSHIP WITH 21ST CENTURY CHILD

#THINGSTODOWHENYOU'REFEELINGBLUE @STMICHAELS

VE DAY 75

Friday 8th May marked 75 years since Nazi Germany's formal surrender at the end of the Second World War. On VE (Victory in Europe) Day in 1945, millions took to the streets to celebrate peace after years of devastating war.

Sadly, this year, many people's plans to hold street parties across England to mark the 75th anniversary of the end of the Second World War in Europe were cancelled as a result of the Coronavirus outbreak.

However, we hope that many of you were able to mark the occasion with your own "Stay at Home" street party and it was lovely to receive photos from Colin Williams in Year 10 showing us how he and his family got into the spirit of the occasion by dressing up in wartime costumes.



In her address to the nation that evening, Queen Elizabeth II spoke of the parallels between the Second World War and the ongoing efforts to battle the coronavirus.

The sentiment of the wartime favourite, "We'll Meet Again" feels as appropriate and meaningful today as it did then, and very relevant to the current crisis.

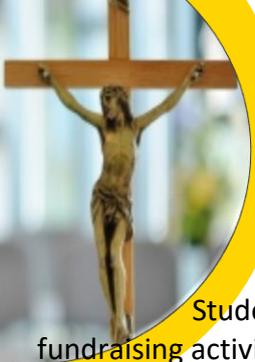


EVERY DAY ACTS OF COURAGE, HUMANITY AND LOVE...

As we watched the news unfold in April about these unprecedented times, it became very clear there was a need to assist and bolster healthcare workers and community caregivers on the frontlines working to contain this disease. To help in the urgent fight against the pandemic, we are proud and humbled that St Michael's has been playing its part to support the national effort by:

- Providing and delivering nearly 2,000 aprons and over 400 pairs of goggles to medical and other frontline workers
- Donating Easter eggs and other gifts to local hospitals – including Birmingham Children's Hospital
- Manufacturing and delivering 2,126 visors free-of-charge to 11 hospitals and GP surgeries; 24 care homes and hospices and seven primary and special schools.
- Individually offering our services to the NHS; to Age UK and to local volunteer groups.





POUNDS FOR PJs

Students had planned various fundraising activities for Birmingham Children's Hospital this year, including an Easter raffle and supermarket bag pack, but the COVID-19 outbreak put paid to them.

Not wanting the charity to lose out, our inspirational young people began planning an event that everyone could easily take part in from home.

Before long, Pounds for PJs was born and the students asked their classmates, teachers and families to take part in the "non-uniform" day and donate whatever they could afford.

The virtual fundraising event, which students managed to turn around in just one week, made over £750 for Birmingham Children's Hospital's urgent COVID-19 Appeal – all whilst wearing their pyjamas!



COMMUNITY FUNDRAISER POUNDS FOR PJ'S

RAISING MONEY FOR
BIRMINGHAM CHILDREN'S HOSPITAL
COVID-19 APPEAL

2020
FRI 17TH APRIL

Join us for a fundraiser the whole family can enjoy!

HOW TO GET INVOLVED:

Make a small donation to our Just Giving Page

& put on your favourite PJ's for the day.

It really is that SIMPLE!

You can send us your pics and tag us on social media!

[WWW.JUSTGIVING.COM/
FUNDRAISING/POUNDSFORPJS](http://WWW.JUSTGIVING.COM/FUNDRAISING/POUNDSFORPJS)

Student Voice // @SStmichaels // Instagram: stmichaels_studentvoice



Birmingham
Children's Hospital
Charity

HARVEY'S PETITION

Harvey Kataria in 7A has launched a petition for an annual NHS Day to recognise the work of the NHS. Harvey's aim is to get 100,000 signatures in order for the proposal to be debated in Parliament. This is a shining example of our school values in action and we would love to help Harvey reach his target. Here's what Harvey had to say:

During this lockdown I have realised how important our NHS is and how courageous the staff are in caring for people with coronavirus.

With thousands of people losing their lives to coronavirus, our doctors and nurses are witnessing this on a daily basis and taking this mental pain home with them.

While we are sat safe at home, NHS staff are risking their lives every day and I thank them for not giving up on us.

An annual NHS Day will help bring us all together every year to thank the NHS for everything they do to protect us.

I hope you will all support me and sign this petition because we can do this together and show the NHS how much we appreciate them.

Harvey's petition can found at <http://chnng.it/zCsjDbVd>



Harvey's Petition

My name is Harvey and I am a Year 7 student. During this lockdown I have realised how important our NHS is and how courageous the staff are in caring for people with coronavirus. NHS staff risk their lives every day and I thank them for not giving up on us. An annual NHS Day will help to bring us all together every year to say thank you! I hope you will support me and sign my petition to show the NHS how much we appreciate them!

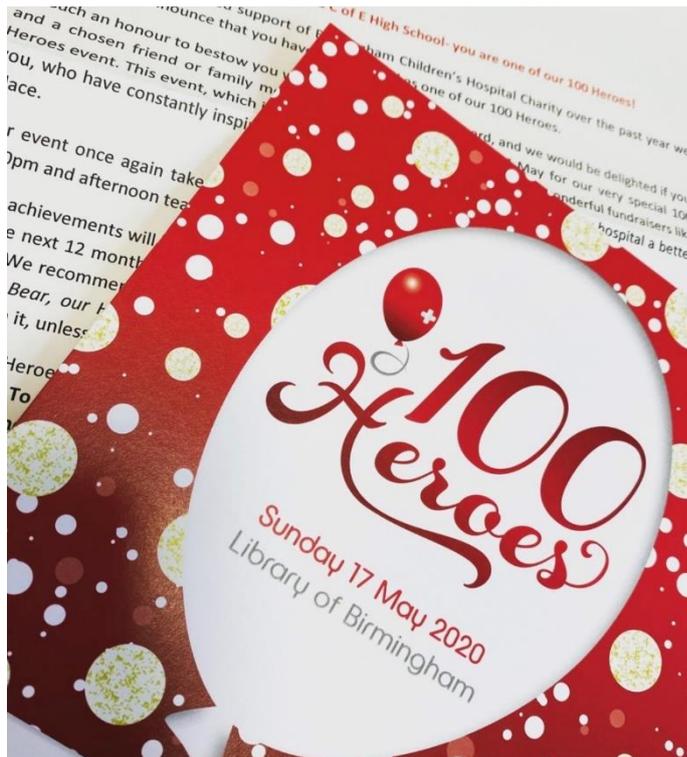
PLEASE SIGN THE PETITION

**ANNUAL
NHS DAY**

100 HEROES

In the week prior to the school closure, we were notified that St Michael's had, yet again, won a Birmingham Children's Hospital 100 Heroes Award. This was a really special achievement, particularly as it was the 6th time of winning, which is practically unheard of. We would like to thank all our students and their families for their support with all of our amazing fundraising initiatives.

The event is usually celebrated with afternoon tea at a Birmingham venue, with limited attendance; however, due to the current restrictions, the event was held virtually, which meant that all our student fundraisers could take part in the experience.



NATIONAL THANK A TEACHER DAY

Wednesday 20th March marked National Thank a Teacher Day in the UK – we should take every opportunity we can to celebrate the work that our teachers do, day in, day out; but this year's National Thank a Teacher Day is particularly important in light of the pandemic, which has showcased just how vital teachers are to our society.



Whilst teachers work hard every year, 2020 has posed its own unique set of challenges as they continue to deliver lessons to millions of children across the UK; and we hope that everyone in the St Michael's community will applaud the creativity, dedication and commitment of our own wonderful teachers.

Ash would like to thank all the teachers at St Michael's, particularly the SEN team. A special thank you to Mrs Worley...who has phoned us every week to check that we are OK.
Ash's mum

I want to thank all the teachers who are supporting us during this time.
Eden

Just want to say a massive thank you to Mr Vadukar for all the help and support you give me in science. You really do push me to the best of my ability...you're an amazing teacher!
Chanelle

Thank you to Mr Howden for the best history lessons!
Evie

I am grateful to all the LSPs in my lessons that help me!
Kirsty

Thank you to Mrs Robinson for being the best form tutor!
Amelie

Thank you Miss Houten for making form times amazing!
Willow

I would just like to say thank you to ALL the teachers (and other staff) at St Michael's. You should all be proud of the way you have handled the situation. You have kept our kids engaged in learning and are so supportive. Thank you for all your hard work.
Shelly Biddle (Parent)

I just wanted to thank you all for the amazing work you have been doing. Planning, marking and assessing work under conditions one could not possibly imagine until eight weeks ago. Phoning students and parents; liaising with external agencies and each other. Juggling this with an in-school rota; childcare; health issues and being thrust into the peculiarity of on-line meetings... you are all special, wonderful people I miss; genuinely and immeasurably. Thank you for being such an integral and valued linchpin in our amazing school community.
Mrs Gray, Headteacher

Mr Goff... makes us laugh but still makes sure we are getting on with our work and we understand it.
Deron

Thank you to Mr Knight for being an amazing teacher and caring about my well-being!
Jess

...a massive thank you to Ms Wilkinson for all the help you gave me in Maths last year and the year before...I'm forever grateful! You are amazing!
Chanelle

Thanks Mrs Careless for being an amazing teacher and pushing me for my grades, means a lot ❤️x
Kiera

POCKETS OF POSITIVITY

“

I AM GRATEFUL FOR
being able to spend
time with my family

POCKETS OF POSITIVITY
Eden Goldby Timmis

“

LOCKDOWN LESSONS
I have learnt that we need
to appreciate the simple
things in life

POCKETS OF POSITIVITY
Amina Tunkara

“

LOCKDOWN LESSONS
I have learnt to live every
day like it's my last and
live life to the fullest!

POCKETS OF POSITIVITY
Paige McGeoch

“

I AM GRATEFUL FOR
being able to talk to my
friends despite being
so far apart

POCKETS OF POSITIVITY
Lewis Ford

Life may seem a little topsy-turvy at the moment. Our everyday lives and the little things we often took for granted have now become our hopes for the future.

Each day in May we have been taking a moment to reflect on the 'pockets of positivity' within our lives and local community. What has lockdown taught you? What have you learnt about yourself, your local community and the world around you? What are you grateful for?

MUSIC INSPIRED BY LOCKDOWN

THE OTHER SIDE

JESS POSTINGS

Hi. My name is Jessica Postings and I am thirteen. Near the beginning of lockdown, I started to write a song about my struggle during lockdown and how I felt. Some of the lyrics at this point included 'it's like I'm stuck in a continuous loop' and 'the other side, I know it's there, now someone tell me how the hell to get there'. During the time from when I started writing the song and when I finished it, a lot had changed - my mind was more at ease and I finally accepted who I was. Some of the lyrics towards the end of the song are 'you know that life is beautiful' and 'it's okay not be okay'. This song shows how important it is to check up on people during this difficult time, but it also shows how this is all temporary and there will be a light at the end of the tunnel, we just can't see it yet. Please go and listen to the full acoustic version of the song on Instagram @stmichaels_studentvoice and share it if you can. Thank you, stay safe :)



LET'S TALK LINKS

Reflecting on acts of kindness as part of Mental Health Awareness Week (18th – 24th May 2020), we would like to celebrate a team of students who have been making weekly phone calls to some of our 'older friends'. Let's talk LINKS was set up after lockdown to reach out to those who are socially isolated. We have been doing intergenerational work for many years now and it was important to us that this continued despite the current situation.

LET'S TALK LINKS

TACKLING SOCIAL ISOLATION



Introducing some members of our Let's talk LINKS team!

Special thanks to the following students: Millie Clarke, Kiki Paul, Lily Bennett, Lauren Hadley and Bethany Allen.

MFL NEWS



Learning vocab made fun!



Monthly prizes!

Memrise winners of the month!



Mrs Grice:
May Year 7 - Reegan



POSTER COMPETITION

Below are the six winners of our recent NHS and Key Workers poster competition, which was judged by Mr Murphy, Head of Art; he was very impressed by the creativity from both students and our staff.



Shannon Lovesey 8M



Reece Sands 10L



Reece Crump 8C



Mrs Murphy



Mrs Grice



Mrs Eglinton



For confidential text service to school nurses
Contact a School Nurse by texting ChatHealth on:
07480635486

There are local services that can provide you with confidential advice and support.

For free, safe and anonymous online support for young people
Visit Kooth online at;
www.kooth.com

For sexual health clinics
Contact Sandwell West Birmingham Hospital Trust by:
Texting: **07950080794**
or
Calling: **0121 612 2323**

For in school advice and support
Speak to your school pastoral team who are always on hand to help you.

For emotional health and well-being drop-in service
Find your local Sandwell Beam drop-in at:
🐦 **@BeamSandwell**