



**ST MICHAEL'S**  
Church of England High School

**Date:** Friday, March 31, 2023

**Issue:** 018

**SPRING 2, 2023**

# ST MICHAEL'S CHURCH OF ENGLAND HIGH SCHOOL NEWSLETTER

Dear Parent/Carer,

Easter is a time for new beginnings and hope; as we celebrate the resurrection of Jesus Christ, we hope for a bright future for our school community. This term, we celebrated our recent Ofsted inspection as St Michael's continues to be a 'good' school. We look forward to welcoming back His Majesty's Inspectorate in four years for a graded inspection.

I would like to express my thanks and appreciation for parental support during periods of disruption through industrial action and snow days. I would like to remind you of our school uniform policy and ask for your support in ensuring your child is in the correct uniform when they return to school.

As we begin our preparation for supporting Year 11 in the final countdown towards their GCSEs, I would like to remind Year 11 parents of the Easter School provision (page 8) that is taking place. We look forward to all students returning promptly in the Summer Term, focused, and fully prepared for their final term of the academic year.

Thank you for your continued support, and I wish you all a wonderful Easter holiday. God Bless.

**Mrs Handy-Rivett, Headteacher**

## UPCOMING NEWS & EVENTS:

<b>Monday, 17<sup>th</sup> April</b>	Students return to school
<b>Thursday, 20<sup>th</sup> April</b>	Y10 & Y11 catchup vaccinations
<b>Monday, 1<sup>st</sup> May</b>	Bank Holiday
<b>Monday, 8<sup>th</sup> May</b>	Bank Holiday - King Charles III
<b>Monday, 15<sup>th</sup> May</b>	Y11 GCSE exams start
<b>Wednesday, 17<sup>th</sup> May</b>	Y8 HPV vaccination - 2 <sup>nd</sup> dose
<b>Friday, 26<sup>th</sup> May</b>	End of Term
<b>Monday, 5<sup>th</sup> June</b>	Students return to school
<b>Wednesday, 21<sup>st</sup> June</b>	Y11 GCSE exams finish

## 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 C Handy-Rivett, BA (Hons), MA, 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](mailto:contact.staff@st-michaels.sandwell.sch.uk)

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## IDENTITY WITH INTEGRITY

### VISION STATEMENT

*To show love, care  
and kindness to all  
in our community.*

*To value what we  
have and to share  
with others.*

*To enable everyone  
to achieve their full  
potential.*

When we consider integrity, it refers to the way in which we make commitments towards things that we deeply identify with. What we deeply identify with eventually forms an aspect of our identity and how we are known by others. The value of Integrity is something that many people strive for, but it can be very difficult to achieve.

Integrity can be seen as a value that has its roots in individuals striving to become morally sound and truly genuine in whatever virtues, characteristics, qualities, skills, or goals they seek to achieve.

It is a powerful quality to possess, as true integrity comes when you can keep up these ideas, especially when no one is watching. With this in action, you become supremely comfortable with yourself, others, and God - some would say you become incorruptible.

During this season of Lent, people will concentrate on many different matters; some will pray about issues close to their hearts, others will refrain from doing something they enjoy, some will fast and abstain from certain foods or drinks, and many will choose to give money or food to those in need.

What you choose to do is often in accordance with your deepest values and what you see as important. The aim is often to be honest with yourself and those around you with what you plan to do and, your goal is not to give in.

If the goal in mind is aligned with a deep value, regret will certainly creep in when you have not stuck to your promise - perhaps you have had a sneaky piece of chocolate that you swore to give up. It really is not the end of the world, but it can lead to uncomfortable feelings, especially if you felt strong-willed and that the goal was achievable.

The question of how your identity is linked with integrity comes to light with matters such as this. If no one watched you eat that piece of chocolate, you could choose to corrupt your mind into falsely thinking it does not matter; you might trick others who do not know about it to think you are doing really well with your goal. However, the outcome could be different if someone has witnessed you eating the chocolate and knows that you gave it up for Lent; you may be questioned and become accountable for your actions. One person could then experience two different outcomes, and this could cause confusion about how you see yourself and how genuine you are.

So, during this season of Lent, instead of aligning ourselves with false thoughts that make us feel better, why not try and be genuine with yourself? Try being humble and honest about all your decisions in your own company as well as in the company of others. This approach has the potential to strengthen our relationship with ourselves because we will become truly comfortable and consistent in who we are, wherever we are, and around whomever we are with.

## SHINE THE LIGHT

During February, we asked our year 7 cohort to discuss, question and debate how they, as students of St Michael's, could shine a light and make a positive difference and impact at home, at school, at their sports clubs and when with friends. We encouraged them to share light and shine bright

The theme was light. Light is powerful. A laser of light can cut through thick steel. Never underrate the capability of light. The light of one small match can dispel the darkness of an entire room. It doesn't take a huge spotlight to make a difference! When Jesus calls us to shine our lights, he is calling us to get rid of the darkness and to light up this dark world with his light.



Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, talented, fabulous? Actually, who are you not to be?

You are a child of God. You're playing small does not serve the world. There is nothing enlightening about shrinking so that other people won't feel insecure around you. We were born to make demonstrate the glory of God that is within us. It is not just in some of us, it is in everyone. And as we let our own light shine, we unconsciously give another person permission to do the same.



### Matthew 5:14-16

You're here to be light, bringing out the God-colours in the world. God is not a secret to be kept. We're going public with this, as public as a city on a hill. If I make you light-bearers, you don't think I'm going to hide you under a bucket, do you? I'm putting you on a light stand. Now that I've put you there on a hilltop, on a light stand—shine!

**SHARE LIGHT, SHINE BRIGHT!**






On the 17<sup>th</sup> and 18<sup>th</sup> of January 2023, St Michael's had an 'ungraded' Ofsted inspection. The purpose of an 'ungraded' inspection is to gauge whether a school continues to be 'good', as indicated in our previous report in November 2017, or to ascertain whether there is evidence to suggest a school is above or below its original grading.

**His Majesty's Inspectors and an Ofsted Inspector found that St Michael's Church of England High School continues to be a good school.** This is an [excellent report](#), particularly at a time when the benchmark for 'Good' is at the highest level it has ever been. The Ofsted inspection was thorough, robust, and professionally rigorous. We look forward to welcoming back the inspection team for a section 5 'graded' inspection, usually within 4 years, to formally judge if there is enough evidence to suggest that the school could be judged outstanding.



We are delighted that the hard work undertaken by Governors and school leaders, at all levels, has been recognised, including the comments regarding our high expectations, Christian ethos, culture of mutual respect, provision for pupils' wider personal development, PSCE, and prioritisation of reading strategies to ensure pupils catch-up and safeguarding provision.

The impact of the quality of education is underpinned by an ambitious and effectively structured curriculum. Ofsted recognised that lessons are structured effectively. Teachers model tasks skilfully, and they are adept in the way they implement the curriculum. They make good use of different forms of assessment to check what pupils know and understand. As a result, teachers quickly spot where pupils may need additional help.

**ST MICHAEL'S**  
Church of England High School

**Ofsted**  
Good Provider

— “ —

**Pupils with SEND have full access to the school curriculum and make good progress from their starting points.**

— ” —

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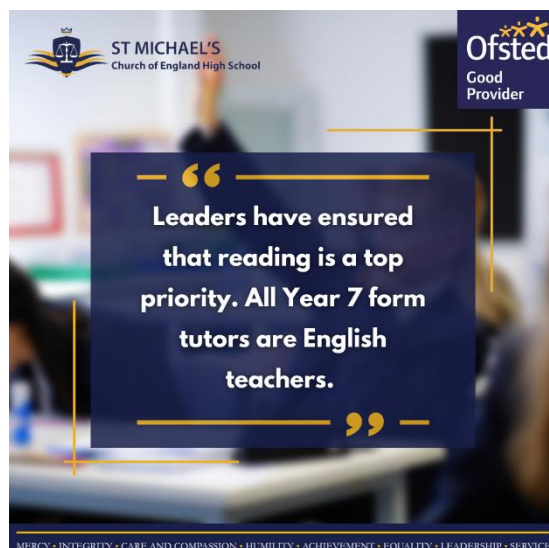
**Ofsted**  
Good Provider

— “ —

**The school's careers programme is strong.**

— ” —

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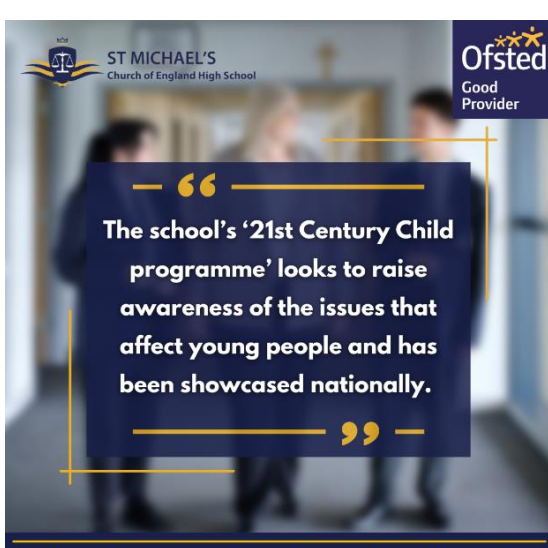
**Ofsted**  
Good Provider

— “ —

**Leaders have ensured that reading is a top priority. All Year 7 form tutors are English teachers.**

— ” —

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**ST MICHAEL'S**  
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**Ofsted**  
Good Provider

— “ —

**The school's '21st Century Child programme' looks to raise awareness of the issues that affect young people and has been showcased nationally.**

— ” —

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**ST MICHAEL'S**  
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**Ofsted**  
Good Provider

— “ —

**Staff work hard to ensure that pupils feel safe and are successful in all aspects of school life. Pupils appreciate the time and effort they are given.**

— ” —

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**Ofsted**  
Good Provider

— “ —

**Teachers make good use of different forms of assessment to check what pupils know and understand.**

— ” —

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**Ofsted**  
Good Provider

— “ —  
**Teachers are adept in the way they implement the curriculum. They structure lessons effectively.**  
— ” —

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**ST MICHAEL'S**  
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**Ofsted**  
Good Provider

— “ —  
**The school's personal, social, citizenship and economic (PSCE) programme is clearly defined and helps build pupils' knowledge in a range of key themes.**  
— ” —

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**Ofsted**  
Good Provider

— “ —  
**In lessons, pupils listen carefully to their teachers and engage purposefully in learning activities.**  
— ” —

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**ST MICHAEL'S**  
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**Ofsted**  
Good Provider

— “ —  
**The school curriculum is broad and varied. Pupils enjoy their learning in different subjects and the options available to them at key stage 4.**  
— ” —

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**Ofsted**  
Good Provider

— “ —  
**Staff are overwhelmingly positive about the school and the support leaders provide for managing their workload and well-being.**  
— ” —

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**Ofsted**  
Good Provider

— “ —  
**The arrangements for safeguarding are effective.**  
— ” —

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## SCHOOL UNIFORM

It is essential that St Michael's students wear the correct school uniform and PE kit. The Easter break is a great opportunity to update your child's uniform if required.

As a reminder, the only permitted jewellery that may be worn is:

- One pair of stud earrings, one in each ear lobe – no other facial, body or tongue piercings are permitted. Rings, zips, chains, wide belts, bars, or ear stretchers are NOT permitted.
- Clear plastic retainers are not permitted
- A smart/sensible wristwatch. Smartwatches, e.g., iWatch or Fitbit are not permitted to be worn or brought into school
- A single plain ring may be worn
- A single plain necklace (e.g., a cross and chain) may be worn but this must not be on show
- Bracelets should not be worn unless for religious reasons
- Jewellery is the responsibility of the pupil and not the school. Lost or damaged items will not be refunded or replaced





## EASTER REVISION

# EASTER SCHOOL

**KS4 REVISION SESSIONS TO  
SUPPORT UPCOMING  
EXAMS**



### MONDAY 3RD APRIL

9 AM TO 10:30 AM	10:30 AM TO 12 PM	12 PM TO 1:30 PM
English Language & Literature	Geography History Art	Art Computer Science

### TUESDAY 4TH APRIL

9 AM TO 10:30 AM	10:30 AM TO 12 PM	12 PM TO 1:30 PM
Science DT Art	Dance DT BTEC DIT (IT) Yr 10 Art Spanish / German / French	Dance BTEC DIT (IT) Yr 11 DT Art

### WEDNESDAY 5TH APRIL

9 AM TO 10:30 AM	10:30 AM TO 12 PM	12 PM TO 1:30 PM
Maths	Art	Art

### THURSDAY 13TH APRIL

9 AM TO 10:30 AM	10:30 AM TO 12 PM
Maths	RE

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Year 11 students should please sign up for the sessions using the following link:

<https://forms.gle/FJL8A2eaxZuezFR1A>



## SCHOOL WINGS



As a school, we gather together at the end of each term to celebrate the season, but also to commend those students who have clearly demonstrated our school values through their behaviours, choices, words, and actions.

The **St Michael's WING** is the highest award and commendation that the school presents and is awarded to those who embrace and adopt values of mercy, integrity, care and compassion, humility, achievement, leadership, and service, all bound within a spirit of Christian love and action.



At the Christmas service, we took time to celebrate the students who had graduated their values card, be it the bronze, silver, or gold level. We were delighted to see so many students take on the challenge of becoming more Christlike in attitude and deed. A special mention to the three girls who achieved the gold wing. They are Lacey Totney (Year 10), Tamzin Ward (Year 10) and Japji Bajwa (Year 9). They move on to the platinum card.

Keep it going, St Michael's!





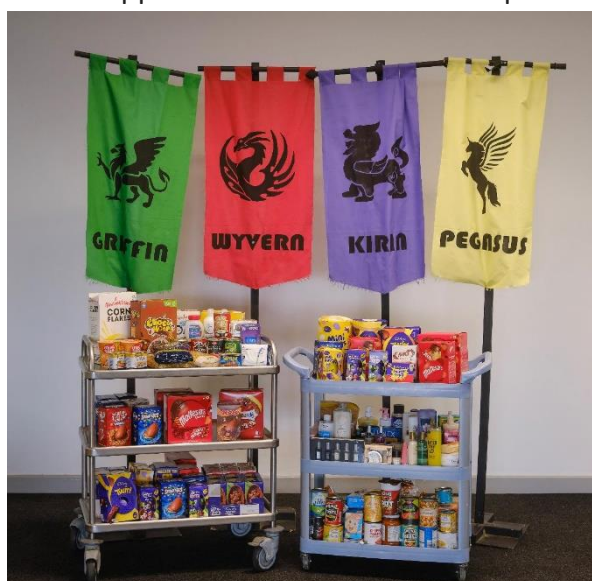


## THE LENT CHALLENGE

WOW! We are egg-static about this wonderful donation of Easter eggs, food and toiletries from our students and staff during our Lent challenge. The tag line was 'I'm giving up of thinking of myself'.

As a faith school, we chose to value Lent in a different way this year. The past four weeks students have had an initiative to 'give up thinking of themselves' and were encouraged to consider donating items.

As a school, we chose to support Black Country Women's Aid with these fantastic donations. A super shout out to Harmony Prescott (Year 7), who donated several items every single week! ✨ We were overwhelmed with how kind the students and teachers have been. Thank you for helping us support victims of abuse and exploitation this Easter.



## MUSIC STARS

🎉 HUGE CONGRATULATIONS  
Kelsey passed her Grade 4 Violin  
exam with a pass 🎵



🎉 HUGE CONGRATULATIONS  
Amber passed her Grade 3  
Trombone exam with a merit 🎵





## YEAR 8 SUFFRAGETTE WORKSHOP



On the 22<sup>nd</sup> of March 2023, the RE Department was delighted to host a workshop for all of Year 8 to meet the great-grandson of suffragette, Alice Hawkins.

Peter Barratt delivered a fascinating talk about Alice's life as a suffragette, from her protests to her time in prison. Alice was from a working-class background and worked in a shoe factory. She was arrested five times in seven years and served alongside Emmeline Pankhurst's daughter. Alice took part in the protests advocating for the voting rights of women. Peter's work ensures her legacy is never forgotten.

Peter himself was invited to be an extra in the film 'Suffragette'. He is also fortunate enough to have a very rare and unique set of artefacts from the suffragette era.

The underlying message from the presentation was clear – to have strength, resilience, and bravery in the face of adversity.

## THE GREAT BIG DANCE OFF 2023

On Tuesday 7<sup>th</sup> March, Miss Weaver took nine students to take part in **'The great big dance off 2023'** at the Alexandra Theatre, Birmingham. This was an amazing opportunity for pupils to gain performance experience and participate in a competition against many other secondary schools in the area.

The pupils danced a beautiful lyrical piece about recognising abuse and placed 8<sup>th</sup> overall. Well done to the following pupils: Hanna Szworaska, Laci Antcliff, Isla Steed, Parison Messenger, Kaitlin Hogan, Ruby Norgrove, Hannah Davis, Lily Marlow, and Elle Spence.





## TRIP TO SHREWSBURY PRISON

The RE Department organised two trips to Shrewsbury prison for Year 9, which consisted of a guided tour by an ex-officer, a detailed question and answer session and group activities. Shrewsbury Prison was a men's prison, was decommissioned in 2013 and is now open to the public.

The students were respectful, engaged and fully immersed throughout the day - a true credit to us!





## NUMERACY CHALLENGE

During the first part of the spring half-term, students continued to work on their form-time Numeracy Challenge. Well done to the following forms that progressed the most in their year and will receive a prize for their efforts:



## INTERMEDIATE UK MATHS CHALLENGE (FEBRUARY 2023)

STUDENT		SCORE	AWARD
Criss	Liby Abraham	78	Gold
Oliver	Fox	72	Gold
Kaitlin	Calloway	61	Silver
Matthew	Comery	60	Silver
Evan	Fellows	58	Silver
Manpreet	Singh	56	Silver
Hayden	Ball	53	Bronze
Ellis	Hadley	53	Bronze
Maya	Purcell	53	Bronze
Jaymie	Gilbert	52	Bronze
Grace	Darby	49	Bronze
Lucas	Homer	49	Bronze
Max	Treadwell	46	Bronze
Leighton	Woodruff	46	Bronze
Miah	Beech	45	Bronze
Caleb	McBride	45	Bronze
Thomas	Overton	44	Bronze
Abbie-Mae	Westwood	44	Bronze
Liam	Bunn	43	Bronze
Hannah	Davis	43	Bronze
Olivia	Baker	42	Bronze
Astle	Holloway	42	Bronze
Taylor	Leech	42	Bronze



United Kingdom  
Mathematics Trust

Gold – top 7% of students nationally

Silver – top 20% of students nationally

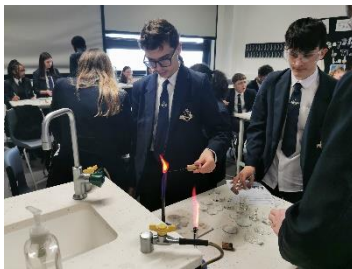
Bronze – top 40% of students nationally

## SCIENCE MURDER MYSTERY

The Science week Murder Mystery event went really well, with each classroom set up as an evidence station where the students carried out experiments to determine who the murderer was. Experiments included Flame testing substances and urine analysis. Massive thanks to all the science department staff who took part and kept the event running smoothly. Contributions from Miss Frazer and Mrs Jones who put the booklet together, and Mrs Hussain who launched the event with an assembly and slideshow. We are really proud of how engaged the students were and how inspiring the day was for our young people.

"I think this murder mystery was very fun and made me want to do the work better"

"This experience was enjoyable and really fun to do but also educational"



## ARTIST OF THE MONTH

Mr Murphy and Mr Malone awarded artist of the month for January and February the following students. Each student was awarded 10 house points.

### Year 7

Cader Denny (7H)  
Madison Chamberlain 7C  
Rhyley Preston (7A)  
Divika Rames 7L

### Year 8

Olivia Thompson (8L)  
Noah Nash (8M)  
Isabelle Fox 8C  
Brody Hodgetts 8S

### Year 9

Jayden Goddard (9H)  
Kian Hodgetts (9I)  
Kai Oakley 9A  
Bella Byfield 9C

## GOLDSMITHS COMMUNITY ENGAGEMENT AWARDS

We are thrilled to announce that we have made it to the finals of the Goldsmiths' Community Engagement Awards. One hundred and seventy six schools applied for the award and only 20 schools were selected to take part in the heats. During the heats, Robin Draper, Chloe Marshall, and JJ O'Meara delivered a short presentation to showcase Student Voice initiatives to a panel of judges, before answering a series of questions. The students did a wonderful job of representing not only Student Voice but the whole school community.

Only eight schools have been selected to take part in the final, which will take place at the Goldsmiths' Hall in London on 27<sup>th</sup> June 2023. The award celebrates the positive impact schools have on their local communities through charitable and voluntary initiatives.



## WORLD BOOK WEEK

This year, we decided to honour World Book Day for the whole week! From Monday 27<sup>th</sup> February to Friday 3<sup>rd</sup> March, we hosted activities and events to celebrate reading, books and authors and encouraged students to discover the pleasure of reading and enjoy our mutual love of reading. With so many staff filling the school corridors dressed as book characters, students were bound to ask their friends who they saw and want to find out more. Staff participation in World Book Day generally generates conversation around books, characters and reading. This often leads them to collect books from the library they would not normally read. Throughout the week, the library hosted various activities including a Book Swap and mystery book giveaway.



**Jasmin Creswell &  
April Brittain**



**Alice Philips & Ruby Coles**



**Ben Heath**



**Jack Tolley & Andy Richards**



**Laila Thakrar**



**JJ Omeara, Logan Armstrong, Autumn Brittain,  
Megan Downing, April Brittain, Dayna Isaac**

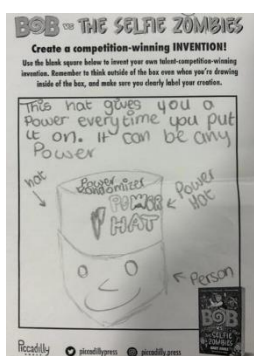
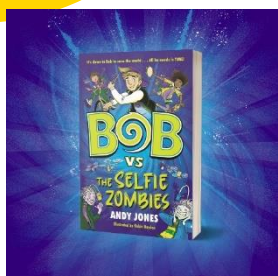


**St Michael's staff dressing up as their favourite book character for World Book Day**



## LIBRARY

### Bob vs Selfie Zombies Reading promotion



In March, we received a promotional pack from **Piccadilly Press Publishers** who have partnered with **The Reading Agency**. The pack included posters, digital downloads, bookmarks, and a free copy of the book to use in the library to promote the upcoming release of **Andy Jones's Bob vs the Selfie Zombies**. Students could design a band t-shirt, a new invention and have a go at the zombie word search. All completed entries were put into a library prize draw. Lexi Tolley, 8S, One of our winning entries by Lexi Tolley 8S, well done, Lexi!



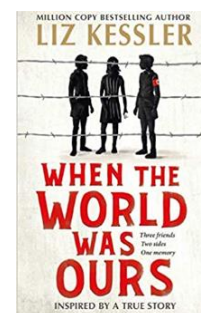
Our early bird book group also took part by reading extracts from the book and taking part in the activities, as well as providing feedback, and they discussed the book. The overall consensus was that it was a fun take on the 'Walking Dead' with some dystopian time travel thrown in!

Well done to all our students who took part, keep reading!

### Dudley Children's Book Awards (DCBA)

Our Early Bird Book Group have been reading their way through DCBA's shortlisted books and were invited to attend the awards ceremony at Dormston Mill Theatre on Tuesday 21<sup>st</sup> March. Unfortunately, due to reasons beyond our control the event had to be cancelled, therefore, we decided to host our own awards ceremony in the library.

Students were given refreshments and watched a presentation about the authors and the shortlisted books, and then at the end, we found out who the winner of the DCBA 2022 was. Liz Kessler's, *When the World Was Ours* was the winning book with over 450 votes from schools in and around Dudley, which demonstrates the impact which the awards have on students locally.



**2022 DCBA Winner**

Students had a great time, and we are now looking forward to the DCBA nominations for 2023!





## Year 8 Book Quiz

The library runs an annual Book Quiz for Years 7, 8 and 9, so we asked Year 8 to volunteer and sign up for the Year 8 book quiz to take place during March. We needed 4 students to take part and they had to read at least one of the 4 books chosen. They also chose two reserves in case students were unable to compete on the day. There was a Quarter-final, Semi-Final then the Final which took place on Monday. The four books included in the quiz were:

- The Midnight Gang by David Walliams
- Awful Auntie by David Walliams
- The Small Things by Lisa Thompson
- Seven Ghosts by Chris Priestly

All the students who took part were enthusiastic and had fun participating. The final was a close contest between 8C and 8M. The winners of the Year 8 Book Quiz the year are 8M, Mrs Dodd and Mrs Righton's form group. Congratulations 8M.



### 8M – Winners

Edir Manuel Cardoso DOS Santos  
Amber Peters-Williams  
Sofia Thorp  
Edward Walton

### 8C - 2<sup>nd</sup> Place

Layla Paige Hemming  
Zoe Edwards  
Isabelle Fox  
Sophie Newell

The Year 9 Book Quiz will be taking place just before we break up for the summer holiday.



Library Clubs	
<b>Monday</b>	<b>Tuesday</b>
Mindfulness Club Lunch time	Early Bird Book Group 8.15am
Homework Club 3-3.50pm	Games Club Lunch time
<b>Wednesday</b>	Homework Club 3-3.50pm
Homework Club 3-3.50pm	
<b>Thursday</b>	<b>Friday</b>
Scrabble Club Lunch time	Mindfulness Club Lunch time
Homework Club 3-3.50pm	
Open to all years	

### Clubs

The library hosts an array of clubs during lunchtimes and an after-school homework club. We will also be launching our new Jigsaw club next term.



## PE



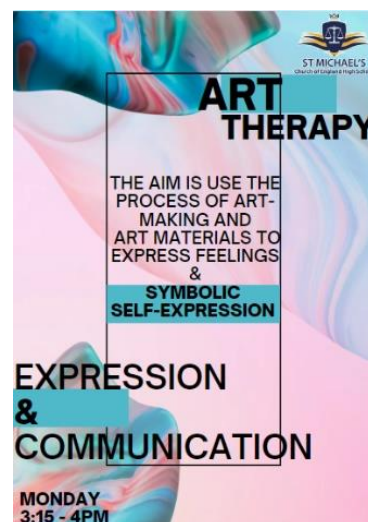
Mrs Wright would like to say a massive thank you to the girls who joined International Women's Day on Wednesday 8th March 2023. The girls joined in a football campaign "Let girls play" and all came together during their lunchtime to represent girls playing football for International Women's Day.





## WELLBEING

A handful of students took part in 4 Art Therapy sessions in March where they used the process of artmaking and art materials to express their feelings and self-expression.



Week 1 – Emotion Wheel  
Week 2 - Abstract and optical illusion  
Week 3 – Brain Dump  
Week 4 – Paint to music







## 5 Ways to Wellbeing in Nature (outdoors)

Spring is on the horizon and the days are slowly getting longer. Why not take advantage of the half term holiday to explore some of the outdoor areas local to us and take a mental step as well as a physical one towards a better you.



### Connect

**Connecting with others, gives us the opportunity to share good times together.**

- Join an outdoors club eg sports, gardening.
- Take a walk with a friend - talk and listen.
- Smile and say 'hello' to someone you meet on your walk.



### Keep Learning

**Be curious, the natural world is a very big one.**

**Look at one of these websites and learn about something new:**

- [www.sandwell.gov.uk](http://www.sandwell.gov.uk) (Parks and outdoor spaces)
- [www.rhs.org.uk](http://www.rhs.org.uk) (All types of gardening)
- [www.rspb.org.uk](http://www.rspb.org.uk) (Birds and wildlife)



### Be Active

**Exercising outside and in a natural setting is great for our wellbeing and gives our brains a boost of 'feel-good' vibes.**

- Head to your local park, to enjoy some space.
- Do some gardening, it's great for fitness and muscle strength.
- Try some outdoor yoga for stretching and relaxation.



### Take Notice

**Some people call taking notice 'Mindfulness'.**

- Take a mindful walk - slow down, take a few breaths and see how it calms your mind, then use all your senses to really notice.
- Take photos of things you like or things to research later. Look up close and get curious.
- Set yourself a challenge - search for fractals, or spot all the colours of the rainbow



### Give

**When we give to others, it releases a hormone called Oxytocin and gives us a feeling of happiness**

- Give some of your time to help in a garden.
- Share your ideas about wellbeing in nature.
- Compliment a neighbour about their garden.

OUR SCHOOL PRAYER

What does the *Lord* ask of you?

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

Micah 6:8



## Dealing with exam stress



It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel **anxious** or **depressed**, and this might affect your **sleeping** or **eating habits**.

If you recognise any of these feelings or are worried that exam pressure is taking over your life, **you are not alone**, and there are **things you can do**. **TALK TO US!**



Let your trusted friends and family know if you are struggling

so they can be there to support you, encourage you and offer a listening ear. You don't have to go through this alone. Keeping it all in will only make things worse in the long run, so don't be afraid to open up.



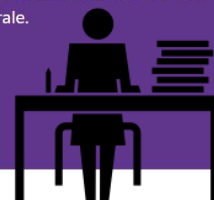
Ask for help. Think about all the practical support you need

and be honest with yourself about it. You are allowed to ask for help. Talk through your concerns with your teacher/tutor who can let you know what support your school, college or uni can offer you. They will have spoken to lots of students before who are going through similar things.



Try finding a study group, or start your own

Working through problems with other students can be a nice way to keep your social life going and boost your morale.

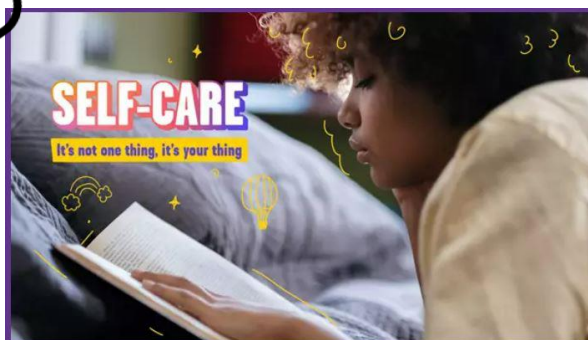


### The importance of self-care

'Self-care' is a phrase you've probably come across, but what does it really mean? Simply put, self-care is the little things we do to look after our own mental health.

If you're worried about exams, you may feel like you don't have time for self-care, or that you need to spend all of your time revising. While it is of course important to revise, if you don't take the time to look after yourself by doing things like eating and sleeping well, and you don't give yourself time to unwind by doing something you enjoy like gaming or seeing your friends, you will find it harder to revise. We are not machines – we all need a break sometimes!

So make sure that when you're thinking about how to use your time before exams, you factor in time to look after yourself. You deserve it!



Try breaking it up into chunks and creating a daily timetable

so you know what you want to study when. This can make revision feel less overwhelming and much more manageable.



Be realistic about what you can achieve in a day

An unrealistic revision plan won't help you and will put you under unnecessary stress.



Focus on you and don't compare yourself to others

It can be really stressful when you think everyone is doing better than you, spending more time on revision than you, or just not stressing out as much as you. But we're all different and that's ok. Remember, your friends don't have their results guaranteed – life is unpredictable – and they might well be feeling just as worried as you are.



Not everyone studies the same way

Some people prefer to read, others find it helpful to make notes or draw diagrams, while others prefer to talk things through. Do what works for you.





# ST MICHAEL'S CHURCH OF ENGLAND HIGH SCHOOL

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](mailto:contact.staff@st-michaels.sandwell.sch.uk)

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