



Look Up

ST MATTHIAS NEWSLETTER

Spring Term

7th April 2017

Message from the Headteacher

Look up

Welcome to the first edition of 'Look up', a new school newsletter. Our intention is to give you a window into St Matthias School and celebrate the achievements of our young people.

The idea of our motto 'look up' is simple. To 'look up' means to be confident, to be proud and to be aware of what is going on around you. Looking at the world around us we can be sure that we are living in a time of political change and uncertainty. It is important that our children are ready to play an active part making their own bright futures.

Hopefully each newsletter will allow you to see more of what we do and how our school is developing. As the newsletter becomes more of a fixed event it will be great to include examples of our young peoples' achievements from outside of school. So let us know if there is something we can include.



This term has been one of the best I can remember. There has been so much going on that it has been tough to keep track of it all. When it comes to a school and young peoples' experiences it is difficult to say what is the most important. For some it will be their sport, for others the school show. As a parent of a year 11 boy at St Matthias these and other reasons for being in school may not be the top of my list. I want him to be happy and enjoy school. Most of all, if I'm really honest, I want him to get good exam results. The good news is teachers at St Matthias are working overtime to help all our students to exam success. Every night of the week and during the holiday teachers offer extra lessons to help our students improve their work. I'm so proud of our students and staff and look forward to seeing them move onto further education as well developed personalities with excellent exam results!

Dean Coombes
Head Teacher

INFORMATION & ADVICE

Did You Know? Exam Tips & Revision



Proper revision is essential to achieving great GCSE results.

Revision benefits:

- Reinforces what they have learnt.
- Identifies weak points and problem areas.
- Helps them gain a solid understanding of the subject.
- Bolsters exam confidence.

It is also important to not leave revision to the last minute. The earlier your child starts their GCSE revision, the better. Many students underestimate the time needed for proper revision; this adds more stress and anxiety to the situation because they begin to overextend themselves to make up for the lack of time.

Helping your child through exams

The secret to doing well in exams lies in planning. You can help your child to create a clear revision plan and method of studying that

will make them feel in control of their work.

Tips for revision planning:

- work out a revision timetable for each subject
- break revision time into small chunks - hour-long sessions with short breaks at the end of each session often work well
- make sure your child has all the essential books and materials
- condense notes onto postcards to act as revision prompts
- buy new stationery, highlighters and pens to make revision more interesting
- go through school notes with your child or listen while they revise a topic
- time your child's attempts at practice papers

The best way to support your child during the stress of revision and exams is to make home life as calm and pleasant as possible. It helps if other members of the household are aware that your child may be

under pressure and that allowances should be made for this.

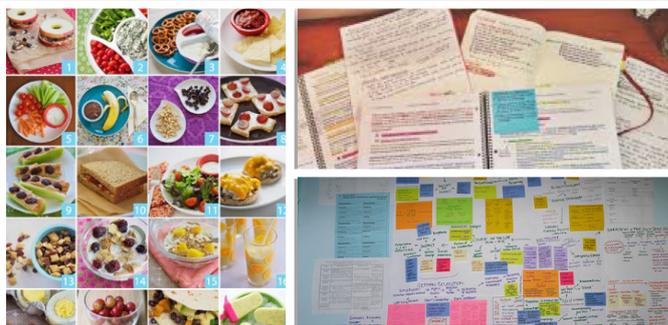
Make sure there are plenty of healthy snacks in the fridge and try to provide good, nutritious food at regular intervals. Encourage your child to join family meals, even if it's a busy revision day - it's important to have a change of scene and get away from the books and computer for a while. Also encourage your child to take regular exercise. A brisk walk around the block can help clear the mind before the next revision session.

Try not to nag or make too many demands on your child during exam time. Arguments are counter-productive and will only add unnecessary stress and distract from revision.

It's important to get a good night's sleep before an exam, so discourage your child from staying up late to cram. And make sure he or she eats a good breakfast on the morning of the exam.

Sue Moore

Deputy Head Curriculum and Standards



Have You Ever Wondered? Why Teenagers are always tired?

You're young, and there should be nothing holding you back. But for some reason, you just can't get out of bed in the morning, you're way too tired to do your homework and even the thought of tidying your room is enough to make you pass out. What's going on?

Well, in terms of psychology, there really is something going on. You may have heard your teenager moan in the morning but then argue that they're not ready for bed at a sensible time. They actually do have a point. The daily energy cycle, ruled by the brain, is different for teenagers - it lags about 2 hours behind that of younger and older people. That means they're not really at their peak for thinking and learning until mid-morning and

yes, they really aren't tired at 9pm - more like midnight. But school and family life don't really fit with their timing, leaving them adrift, yawning and maybe a bit snappy as well. The best thing you can do is stick to a reasonable routine that allows about 9 hours' sleep. Don't let the routine slip too much at weekends as that makes it even harder to get up and go on Monday.

The other main reason for tired teens is to do with the quality of their sleep. They may be in bed by 10pm, but are they asleep? Phones, games consoles, tablets and TVs in rooms can rob a teenager of sleeping time. Even once screens are off, the brain is still processing the light from them for about an hour. This stops the sleep cycle from getting started properly, so sleep is of poorer quality and less refreshing. Other things that mess with sleep include caffeine (from coffee,

cola or even chocolate), energy drinks (more on this next time), noise and anxiety. Do talk about these things if your teenager seems uncomfortably tired. Sleep is vital to health, emotional wellbeing and learning (did you know that there is a direct connection between poor sleep and poor grades?)

So please do take sleep seriously and encourage your teenager to do the same. It really will pay off.

Liz Freeman -
Educational Psychologist



INFORMATION & ADVICE

Have You Read?

Reading is Key



What a busy few months I've had. First there was a scary encounter with a couple of very dodgy characters in a busy market place in Victorian London, then I joined a group of Year 8 students who were involved in the latest young James Bond adventure and only last week, I was at the training ground of Barcelona FC witnessing a tactical masterclass from Lionel Messi and co.

How did I manage all of this whilst teaching at St Matthias? The answer: reading.

What I'm trying to stress is that reading allows us to enter a world of wonder and imagination. Of course I haven't been to all the places that I mentioned above, but I know the details of these places because through reading I can experience them from the descriptions and scenes that have been created. Not only that, reading gives you a drive. The drive to know what happens next, to want to turn the page, the need to keep going, even if it's hard, because someone's in trouble and you have to know how it's all going to end...that's a very real drive.



John Paterson
Director of Learning

minutes each day (although if they want to read more they can). We need your support to develop regular reading habits at home by encouraging students to read and by talking to them about what they are reading. Match their interests - help them find the right book- it doesn't matter if it's fiction, poetry, comic books, graphic novels, leaflets or non-fiction. It's important to remember that all reading is good.



So, what else can reading do? Well, we know from research that children who read widely and more often do better at school and in exams. The image below really emphasises this point. Kids who read well, read well across the curriculum and are in a more advantageous position to succeed in school and in life outside of school. That's what reading can do.

At St. Matthias, every student in Years 7-9 has a reading book and are reading for 10 minutes at the start of every English lesson- we are reading in form time and in our reading room too. The reading room is open before school, break times, lunch times and after school and is a place where students can read in a relaxed environment.

To help develop a reading culture, rewards and incentives have been given for reading-, for example we have visited Harry Potter World, taken students bowling and eaten at McDonald's. Every term we are holding a reward party for the students who are reading regularly, we are planning a big reward for the end of the summer term.

We celebrated World Book Day in March. The day began with books and breakfast and continued with competitions and rewards for being 'caught

reading.' Staff and students dressed as their favourite characters, special mention must go to the guy rocking the Captain Hook costume...

Already, there has been a significant rise in the number of students who are now enthusiastic about reading. However, the big challenge is to get everyone reading at home. Students are taking their book home and are expected to read at home for between 10 - 20



Why Can't I Skip My 20 Minutes of Reading Tonight?

Student "A"
reads **20 minutes**
each day

3600 minutes in
a school year

1,800,000 words



Student "B"
reads **5 minutes**
each day

900 minutes in
a school year

282,000 words



Student "C"
reads **1 minute**
each day

180 minutes in
a school year

8,000 words



By the end of Year 6 Student "A" will have read the equivalent of 60 whole school days. Student "B" will have read only 12 school days. Which student would you expect to have better vocabulary? Which student would you expect to be more successful in school ... and in life? (Nagy & Herman, 1987)

NEWS FROM PE

Wolverhampton 'Dance 4 Life' Event

On Tuesday 21st March 2017 we were proud to host Wolverhampton's first Dance 4 Life event. The project was a collaboration between St Chads, Westcroft, Wolverhampton PASS Team and St Matthias. The project involved over 85 students and 30 leaders from over 15 primary and special schools across the city. Throughout the day our Year 9 GCSE Dance cohort were on hand to support the students in developing their own dance leadership skills. Our thanks go to all the teachers, leaders and students that made the day a great success; we are already looking forward to and planning next year's event!



Sky Sports Living For Sport Returns!

We are pleased to announce that for a 5th year running we are part of the Sky Sports Living For Sport Program. The program is a joint venture between the Youth Sport Trust and Sky and seeks to utilise the power and impact of Physical Education and school sport to help improve whole school priorities and outcomes. This year the program will be used to help our new arrival students settle into our welcoming community at St Matthias. The program will culminate with a celebration day on Friday 19th May 2017 that sees two times judo Olympian Tom Davies visit the school to provide some valuable guidance and advice for the students.



Dates For Your Diary

Thursday 27th April:

Year 7 County Rugby Festival at Lichfield RUFC

Weds 3rd May:

Year 10 City Athletics (Boys and Girls) at Aldersley Leisure Village

Weds 10th May:

Year 9 City Athletics (Boys and Girls) at Aldersley Leisure Village

Weds 17th May:

Year 8 City Athletics (Boys and Girls) at Aldersley Leisure Village

Weds 14th June:

Year 7 City Athletics (Boys and Girls) at Aldersley Leisure Village

NEWS FROM PE

Year 7 Visit to the University of Wolverhampton

On Friday 31st March 2017 a group of Year 7 students were invited to attend a Multi Skill Festival at the Sport Park (University of Wolverhampton, Walsall Campus). Throughout the day the students worked closely with an array of highly qualified coaches supported by this year's ITTE PGCE PE cohort. Our students' behaviour, effort and engagement was fantastic and they were a credit to the school.



Fixtures Round Up:

Year 9/10 Boys Basketball v NEWA:

The team showed fantastic spirit and resilience to come from behind twice to win a highly entertaining match 26-25. This was their first league game this season so congratulations on a great start to the season!

Year 9/10 Cricket: Entered and competed well against some very strong opposition in the Staffordshire Cricket Count 'Chance 2 Compete' indoor competition on 30th April. Throughout the day the team's skill level developed well which prepares the boys well for the

outdoor season starting after the Easter break.



Year 7/8 Boys Rugby v Moseley Park: After the frustrations of having their last two fixtures called off by the opposition the boys played some fantastic attackive rugby to record a number of first half tries. During the second half the team continued to pile on the pressure scoring a further handful of tries whilst only conceding one try all game.

St Matthias PE
Department

NEWS FROM SCIENCE

360 Theatre Dome

On Monday the 13th March an inflatable theatre dome visited the school to celebrate British Science Week, which ran from the 10th to the 19th March 2017. The state of the art 360° theatre dome enabled Year 7 through to Year 10 students to watch 'Cells Cells Cells' which explored the human body using a series of fantastic instruments to peer inside complex living cells. Students dived into the busy, complex world of living cells, uncovered the mystery of DNA and discovered how we all began as a single, tiny cell. A group of Year 8 behaviour and attendance group 1A students visited the dome in form time to celebrate their achievement.

"I thought that the dome was amazing and it taught everyone about our cells and about other parts of the body. I think that it should go to every school to teach children about our cells" Daniel Hartill Year 7

"When I was in the dome it was awesome because the film was all round you" Alex Turner Year 7

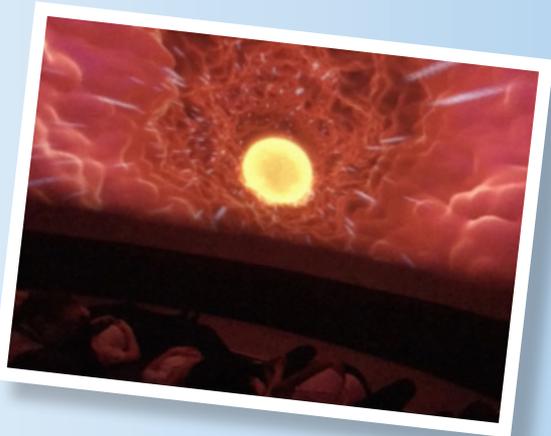
"When I was in the dome I thought it was really good. It felt like I was actually in the body" Chad Stokes Year 7

Sarah Jeavons
Assistant Head

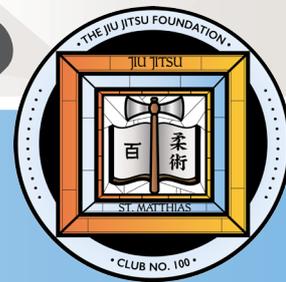


Year 11 saw 'The Body Code' where they investigated the eye, brain, ear, and heart. They explored a cell to examine its nucleus and the DNA within. They discovered how DNA programs the body's cells to form the circulatory and nervous systems and then watched from inside as lasers were used to fight disease at the cellular level.

'I especially liked how the recording was on top of us so all we had to do was just look up to the sky and it was like we were in another dimension' Chris Taderea Year 7



JIU JITSU - CLUB 100



Our newly formed club goes into battle this Easter as we attend the Jiu Jitsu Nationals. Every year young people from all over the United Kingdom come together to compete for medals in ground and Randori (standing) fighting. This year it is down the road at Wolverhampton University, Walsall Campus. We are looking forward to being part of the event, meeting other young people who enjoy Jiu Jitsu and hopefully winning some medals.

After the competition we will be concentrating on getting our students and staff ready to grade for their first belts. To pass the first belt – Yellow – each student must show that they can protect themselves by falling safely and demonstrate a range of locks and throws. After this they must defend themselves from a variety of attacks that come quickly one after the

other. This is a good test but one I am confident our students and the teachers will be ready for.

Lastly we are proud to report that our Sensei has been promoted to the higher ranks of the Jiu Jitsu foundation. Max is now formally recognised as one of the best teachers of Jiu Jitsu in the foundation. This is a great achievement and makes us realise just how lucky we are to have him.

Any students who want to join the club should speak to Mr. Coombes. Sessions run every Friday between 4 and 6pm.



Sensei Max demonstrates Keza Gatame scarf hold



Charlie Coombes finishes Dad off!

GUNS, GANGS & GAZEBO THEATRE

Year 9 welcomed Gazebo Theatre this term; they were presented with a powerful, realistic depiction of teenage life and were offered a window into the issues faced within a gang situation. Students watched as characters were engulfed by over-bearing and often challenging situations. With positive praise from the audience throughout the day, the performances gave a deep and often shocking insight into the problems and challenges faced by young people, linking to various criminal activities.

Our young spectators were also given the opportunity to “tread the boards” as students gave cameo performances through their own improvisations:

“I was involved because I had to pass a message to one of the characters. I was only in there just for a minute but I wasn’t embarrassed; it was cool. I answered a lot of questions too. I thought it was really useful”. Kieron Bunn

Following the performance, students were given the opportunity to ask questions and dispel myths around the issues raised.

“It was really beneficial – it appealed to everyone. It’s nice to know that they have our backs, especially the kids that are going through gang situations. It was easier to understand the play because it showed me that anyone can join a gang, but it also showed us easy ways to avoid situations. I would recommend it to anyone in school, from Year 7 to 11, for those more prone to the issues that they talked about.” Jade Shingler

Overall, a poignant and educational experience was enjoyed by all.

Mrs Gallagher
Co-Head of English

GAZEBO



IMPORTANT INFORMATION

Chewing Gum

Students are to be reminded that no chewing gum is allowed in school.

Uniform

If you require new blazers for September all orders need to be with Miss Hossack by no later than Friday 28th April 2017 please.

YEAR 8 SKILLS SHOW

Year 8 have been exploring their options today at the Wolverhampton Skills Show. Students took part in a wide range of activities designed to inspire them when thinking about future careers. Popular activities included making lava lamps and learning the science behind submarines using bottled drinks.

Students had prepared for the day during PSHEE lessons and were able to visit organisations they had previously not considered. Among the most popular were the Art and Engineering sectors.

'I learnt that if you add carbon tablets to oil, it makes a lava lamp!'
Ellie Maiden

'It was a great experience and it helped me understand my options.'
Millie Brown

'It was a great opportunity. I learnt from the BBC that to become a journalist you should write lots and make films.'
Filip Swierczynski

'I learnt how disciplined you have to be to join the army.'
Alfie Lewis

Students enjoyed the day and represented St Matthias really positively. Well done Year 8!

Laura Minton
Director of Learning



COMMUNITY GOVERNOR

Precious Lives

As a governor I try and join in some of the diverse opportunities the school continues to provide for our students both within and beyond the school day. This term I have enjoyed a trip to London to see a fabulous dance show with Year 11, took a very lively group of drama and dance students to the Rep in Birmingham to see a life-affirming new musical about Bob Marley and watched a thought provoking piece of theatre in school addressing Girls and Gangs.

This week I joined Year 9 for an hour long session called 'Precious Lives' hosted by two visitors to school, Bob and Alison. The whole year group took part in an hour-long presentation, punctuated with some short films. Bob, who had previously been a front-line firearms officer in the Police Force began by explaining how one 'choice' while on a skiing holiday with friends ten years ago had resulted in a life-changing accident; he is now a paraplegic and he explained the impact his experience has had on his family. Year nine were silent, and at times open-mouthed as he talked through his memory of being lost in a snow storm, losing his grip on a ledge and being airlifted to hospital with a broken back and punctured lungs.

Next Alison spoke about the impact of knife crime. Her teenage son, Joshua Ribera, was a promising musician and had turned his life around. On the 21st

of September four years ago he was stabbed in the heart in a pub car park in Selly Oak after a 'stupid' argument with another teenager, who is now serving life imprisonment. In her words she described the moment the Police knocked on her door and told her to get to the hospital, how she viewed her son's body in the morgue and how she has kept his bedroom as a shrine to his memory, complete with his trainers and music.

These were both moving and powerful stories, the fact they came first hand from the people who have been directly affected made their impact even greater. The underlying messages about making the right choices and caring about the people who matter most to us left us all with a great deal to think about. I was pleased to see St Matthias making time for this type of high quality enrichment activity, which fits well with our priorities around safeguarding and responsible behaviour; I was also proud of year nine who, in the words of Joshua's mum Alison, 'Behaved impeccably' throughout.

Jeremy Brown



NEWS FROM FOOD



ST MATTHIAS BAKE OFF SCONE COMPETITION

The Year 9 Winners

- Natalia Vaughan
- Mesha Baker
- Alliyah Bent
- Lewis Ponsford
- William Sargeant



Bev Copcutt
Food Technology

RECIPE

SCONES

The Method

Ingredients

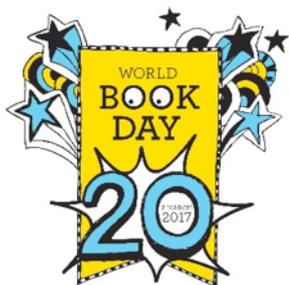
- 250g self raising flour
- 1 x 5ml spoon baking powder
- 40g butter or margarine
- 125ml semi-skimmed milk
- 1 egg



1. Heat the oven to 220C/425F/Gas 7. Lightly grease a baking sheet.
2. Mix the flour and baking powder
3. Rub in the butter
4. Stir in the milk to get a soft dough.
5. Turn on to a floured work surface and knead very lightly.
6. Pat out to a round 2cm/3/4in thick. Use a 5cm/2in cutter to stamp out rounds and place on a baking sheet.
7. Brush the tops of the scones with the beaten egg. Bake for 12-15 minutes until well risen and golden.
8. Cool on a wire rack and serve with butter and good jam and maybe some clotted cream!

CHARITIES & FUNDRAISING

For Spring 2 Term



£92!



£5!!



£210!

COMIC RELIEF

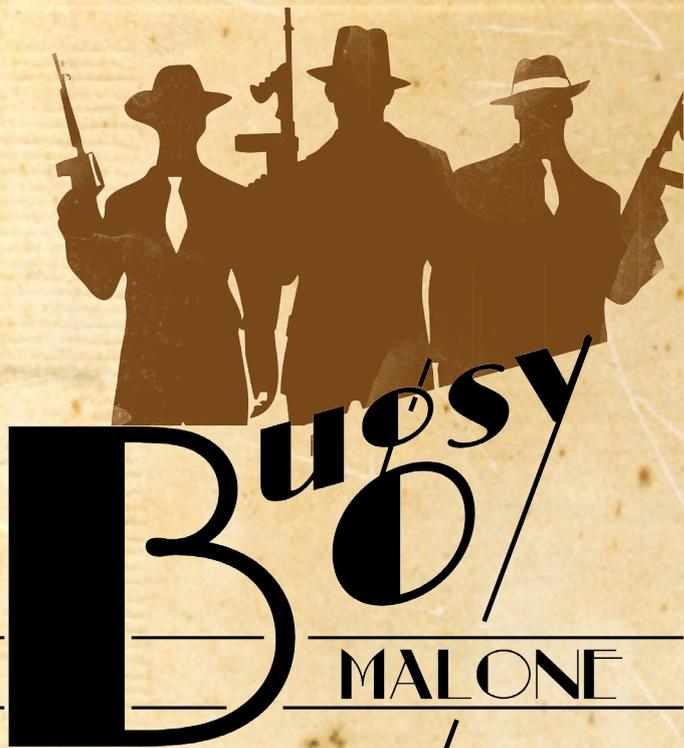
£100!

BUGSY MALONE

About Buggy Malone (History)

It's 1929, Gangster warfare is widespread in New York. Dandy Dan's hoodlums terrorise the district, exterminating undesirables with their new weapon - the 'splurge gun'. His rival is Fat Sam Stacetto, who runs the Grand Slam Speakeasy, but Fat Sam's gang still use old fashioned pies. Fat Sam engages the help of Buggy Malone, a smooth city slicker who hitherto has been more occupied in sweet talking Blousey Brown, a would be girl singer. With Buggy's help, Fat Sam escapes from a frame up but he learns later that Dandy Dan's mob have splurged nearly all his gang. They've also destroyed his sarsparilla and grocery rackets - the whole empire's gone! There's only one hope left. Fat Sam pays Buggy 400 dollars in exchange for more help.

Buggy, who has promised to take Blousey to Hollywood, has to break his date with her. Is she mad! Meanwhile Buggy and Leroy Smith, a guy with an awesome punch, witness a secret delivery of splurge guns at Dock 17. With a bunch of down and outs, they help themselves from the crates. Then the police arrive, led by Captain Smolsky and Lieutenant O'Dreary. Buggy and the gang escape through a trapdoor. Finally Dandy Dan prepares for a showdown at Fat Sam's speakeasy. When his mob burst in, Buggy and the guys let 'em have it - the works! Out of the gooey pandemonium it emerges that Buggy and Blousey have made up. Peace has broken out at last.



Act 1

The Hoods
Buggy Malone (song)
Fat Sam's Grand Slam (song)
Buggy and Blousey meet
Dandy Dan and the Hoods
At the Speakeasy
Tomorrow (song)
Auditions
Captain Smolsky and O'Dreary
Bad Guys
Fat Sams Gang
Hung Fu Shin Laundry
Back at Fat Sam's
I'm feeling fine (song)
Dandy Dan and Fat Sam



BUGSY MALONE

Cast

Bugsy Malone	Sunny Mattu
Blousey	Elle Smith
Tallulah	Emily French
Fat Sam	Katie Simmons
Dandy Dan/Bartender/Boxer	Darryl Bhebbe
Louella	Kaci Collins
Leroy/Shady/Looney Bergonzi	Ismael Mahad
O'Dreary	Ashley Stokes
Captain Smolsky	Harley Simkiss
Fizzy	Kayon Brown-Pinnock/ Ellie Collins
Cagey Joe	Alex Poulton
Knuckles	Luke Harrison
Angelo	Wyatt Southey-Harrison
Louis	Cole Clayton
Snake Eyes	Amber Harvey
Ritzzy	Stephanie Blunt
Bronx Charlie	Brianna Currie
Doodle	Jacob Chadwick
Laughing Boy	Mia Watton
Benny Lee	Kareena Sidhu
Yonkers	Owen Whitehouse
Shoulders	Rhea Sidhu
Roxy Robinson/ Ventriloquist Dummy	Linda Kingji
Flash Frankie/ Ventriloquist	Kylie Taundry
Undertaker/Pop Becker/ Razamataz	Georgia Coffmann
Violinist	Elisha Skelding
Baby Face	Ellie Collins
Barber/Paper Boy/Sound man	Monica Bent
Radio Announcer	Rhea Sidhu
Waitress/Butler/Dancer	Nicole Black
Foreign Reporter	Antonia Chira
Tillie	Nayomi Nock
Dotty	Assma
Bangles	Isra El-Mokdad
Female Opera Singer	Mrs. H. Baker
Oscar de Velt	Cerys Dann
Marbini	Mr. J. Carpenter
Lena Marrelli	Ellie Pitt
Pickett	Melissa Lopez
Boxer	Dylan Banger

Act 2

My name is Tallulah (song)
Dressing room
Captain Smolsky and O'Dreary
Fat Sam and Knuckles' great plan
Bugsy meets Leroy
So you wanna be a boxer? (song)
Fat Sam's office
Bugsy and Tallulah
Ordinary Fool (song)
Splurge gun
Down and Outs (song)
Captain Smolsky and O'Dreary
Dandy Dan and The Hoods
Fat Sam's Grand Slam (song)
You Give a little love (song)



SPRING 2 THEMES OF THE WEEK

Week 1 - 27th February

Theme: Imagination

Word of the Week: Empowerment

'It's important to open your mind to learning so that you can achieve more' Year 9

Week 2 - 6th March

Theme: Time Travel

Word of the Week: Horizons

'You learn more when you open your mind'
Year 10 student

'If I could go into the future I would go and see what my GCSE results would be. I would then know what to improve so I could get my dream job!' Year 9

'Time travel would be great, you could go back and erase mistakes' Year 7



Week 3 - 13th March

Theme: Important People

Word of the Week: Influence

'An important person is someone who is influential' Year 7

'Important people are those who can make me laugh and feel happy' Year 7

'My parents are very important people to me because they guide me through life' Year 8

Week 4 - 20th March

Theme: Giving

Word of the Week: Philanthropy

'It's important to help people who need it the most' Year 9

Week 5 - 27th March

Theme: Reaching Out

Word of the Week: Connection

'I have a huge connection with mum' Year 7

'Reaching out means to give someone a helping hand'
Year 10



Week 6 - 3rd April

Theme: Physical and Mental Health

Word of the Week: Well-being

'It's important to help someone when they are feeling down'
Year 7

ATTENDANCE

Every day counts! If you aren't in school you are missing vital work. Ensure your child attends school every day.

Attendance over a half term (7 weeks)

Target Group	Attendance %	Days missed	Number of Lessons of missed
1A	100%	0 days	0
1B	98-99%	½ day	4
2A	96-97%	1 day	6
2B	94-95%	2 days	12
2C	91-93%	3 days	18
3	90% & below	4days	24
	85%	5 days	30

Attendance over the Academic Year (39 weeks)

Attendance %	Days missed	Weeks missed	Number of lessons missed
100%	0	0	0
95%	9½	2	60
90%	19	4	120
85%	28½	6	180
80%	38	8	240
75%	47½	9½	285
70%	57	11½	360

IMPORTANT DATES

Important dates for the diary

Bank Holiday

Monday 1st May

Half term Holiday

Monday 29th May – Friday June 2nd
Term starts as normal Monday 5th June

Consultation Evenings

Monday 17th July 4-6.30pm –
Years 7 & 8

Wednesday 19th July 4-6.30pm –
Year 9, 10 & 11