



# Look Up

ST MATTHIAS NEWSLETTER

Summer Term

26th May 2017

## Message from the Headteacher

Dear Parents

This is a warning.

We are now right in the middle of exam season. Our year eleven students are looking more and more serious and spending as much time as possible with their teachers – who look just as serious.

This year I get to be an anxious and concerned Headteacher and Dad as my eldest boy works through his exams here at St Matthias. Our house is covered in revision posters and we are all doing our best to be helpful and supportive. It's an anxious time for lots of us.

The following questions have entered my mind on more than one occasion.

1. Are written exams the best way to judge a young person's skills and abilities?
2. Are these exams the best way to prepare our children for their future life and work?

You may be surprised to hear that I think the answer to both is a great big NO. The problem is that nobody has come up with a more reliable and cost effective way to test an individual other than, a silent room, a pen and paper. Other ways can open the door to cheating. So for now we are stuck with them.

Exams are tough and a very specific way of measuring what a person can do. In addition to this the changes to GCSE exams recently introduced make them significantly tougher.

My reason for writing all this other than generating some sympathy for my exam dominated existence is to send a friendly warning

to years ten down to seven through you their parents.

Exams are difficult. The exam system has changed. They are getting much harder. The days of busking through them are gone. To pass exams with success our children have to work consistently and with a sense of urgency.

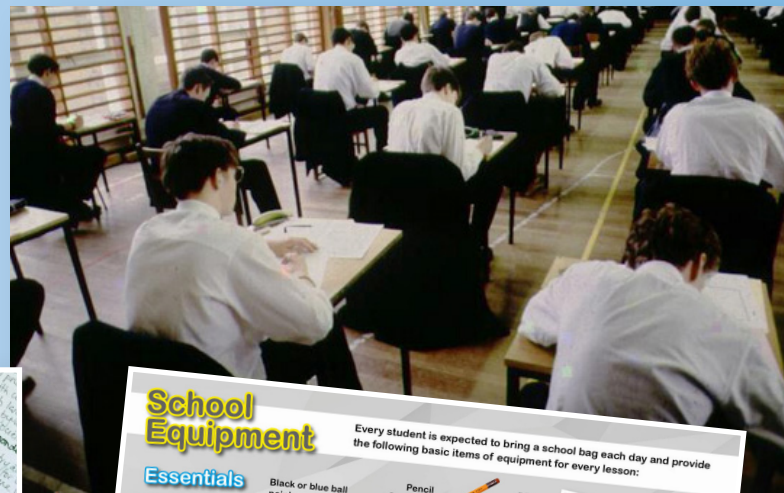
There is no time for long periods of being chilled out! My two younger sons will find exams more challenging than their older brother does now. That genuinely worries me so I'm pushing them harder now – I'm expecting more.

If you are doing that now with your children then you are ahead of me and probably a better parent than I am. If you are like me and just waking up to the reality of the changes in the exam system then it is not too late.

Your support with your child's work, homework, behaviour for learning etc are more important than ever. We are raising our expectations in school in all areas. That said if you feel we can do more then get in touch.

Back to exam preparation.

Dean Coombes  
Headteacher



### School Equipment

Every student is expected to bring a school bag each day and provide the following basic items of equipment for every lesson:

Essentials	Bonus
Black or blue ball point pen (and a spare)	Coloured pencils/ fine fibre tips
Pencil	Green pen
Eraser	
Ruler 6"	
Bottle of water	
iPad	
Student Planner	
PE Kit	

A St Matthias Student is always:

- Prepared for their own
- Prepared for others
- Equipped for
- With the right thing

# INFORMATION & ADVICE

## Did You Know ?

### The National Curriculum

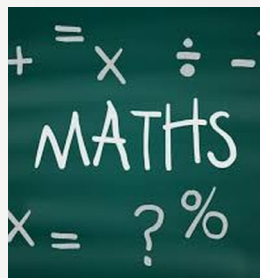


The 'basic' school curriculum includes the 'national curriculum', as well as religious education and sex education. The national curriculum is a set of subjects and standards used by primary and secondary schools so children learn the same things. It covers what subjects are taught and the standards children should reach in each subject.

#### Key stage 3 (Years 7 and 8)

Compulsory national curriculum subjects are:

- English
- Maths
- Science
- History
- Geography
- Modern Foreign Languages
- Design and Technology
- Art and Design
- Music
- Physical Education
- Citizenship
- Computing
- Religious Education
- Sex Education



The compulsory national curriculum subjects are the 'core' and 'foundation' subjects.

**Core subjects are:**

- English
- Maths
- Science

**Foundation subjects are:**

- Computing
- Physical Education
- Citizenship

**Children must also study:**

- Sex and Relationships Education
- Religious Education

**Schools must also offer at least one subject from each of these areas:**

- Arts
- Design and Technology
- Humanities
- Modern Foreign Languages

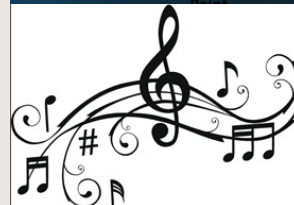
#### Terminology explained.....

**English Baccalaureate (EBacc)**

The EBacc is a collection of 5 subjects - English, maths, 2 sciences, a language, and history or geography.

Sue Moore

Deputy Head Curriculum and Standards



#### Key stage 4 (Years 9 to 11)

During key stage 4 most pupils work towards national qualifications - usually GCSEs.

## Have You Ever Wondered ?

### Sports drinks, energy drinks – they're just pop, aren't they?

Well, no, not really. Did you know that energy drinks (like Rock Star and Red Bull) are basically hangover pick-me-ups? They cover up that sluggish, hung-over feeling with a quick burst of energy from a cocktail of sugar and stimulants like caffeine, ginseng and guarana. The problem is, the energy you

get from these stimulants is a short-term, unstable kind. It doesn't help you concentrate and it might make you agitated and irritable.

(stimulant + young person = 'Relentless' 'Monster'...?)

The energy-slump that follows a caffeine-high can leave you tired, snappy and moody. Not ideal for a day at school! Caffeine also seems to be linked to long-term health

problems like poor sleep, weak bones, high blood pressure, heart problems, ulcers and infertility. Too much at once could be fatal in some situations, even for a healthy young person. Worth the risk? You decide...

Sports drinks (like Lucozade) are slightly different. They are meant to boost your energy with sugar and replace the natural chemicals that your body loses by heavy sweating - like those salt-and-sugar powders you take when you've had diarrhoea. Research suggests that if you don't do four-hour workouts, sports drinks are really just salts and sugar you don't need. Quite an expensive way to put on weight and rot your teeth!

If any of these drinks actually make you feel better, it's mostly because they contain water. It's the rehydration that perks you up. Pure water works even better, because your body doesn't need to do any fancy processing of

it, so it can get straight to where it's needed – not least your brain! If your energy dips, a healthy snack (like fruit, veg-sticks or multigrain crackers) will do more good than a caffeine shot – and without the risky side-effects.

**Healthy snack + water = concentration + steady mood = better day all round!**

Liz Freeman - Educational Psychologist



# INFORMATION & ADVICE

## Have You Read?

### Much Ado About Shakespeare

The English department have been busy preparing students for the new English Literature GCSE. The examination is a closed-book exam - where the book they have studied won't be there with them - which means that the students have to really know their texts. One of those texts is the play Macbeth by William Shakespeare. However, I often get asked the same question - something along the lines of - 'Why have we got to do Shakespeare, Sir?' Well, as we know, it is important for examinations - but I believe that there are other reasons as to why studying Shakespeare is so important too...

Did you know that Shakespeare invented over 1700 words that are part of our everyday language? Words such as 'addiction', 'assassination' and 'fashionable' were first written down by Mr Shakespeare. What's more, Shakespeare was also responsible for many well-known phrases that are also part of our everyday language. Here are a few of his most famous: 'tower of strength' from Richard III, 'heart of gold' from Henry V and 'what's done is done' from Macbeth.

However, he also contributed something else to the world - he created and used some absolutely excellent insults throughout his work. We introduce students to Shakespearean insults in year 7, as a way into exploring the language, how the language can be fun and exciting as they can insult each other and their teacher in Shakespeare's language without getting into trouble! Take a look at these two: 'Thou art a boil, a plague sore.' Let's face it - no one wants to be a plague sore - it's from King Lear. Or this one, from A Midsummer Night's Dream - 'I am sick when I do look on thee' - sounds a bit more horrible than, 'You're so ugly, you make me sick' - don't you think?

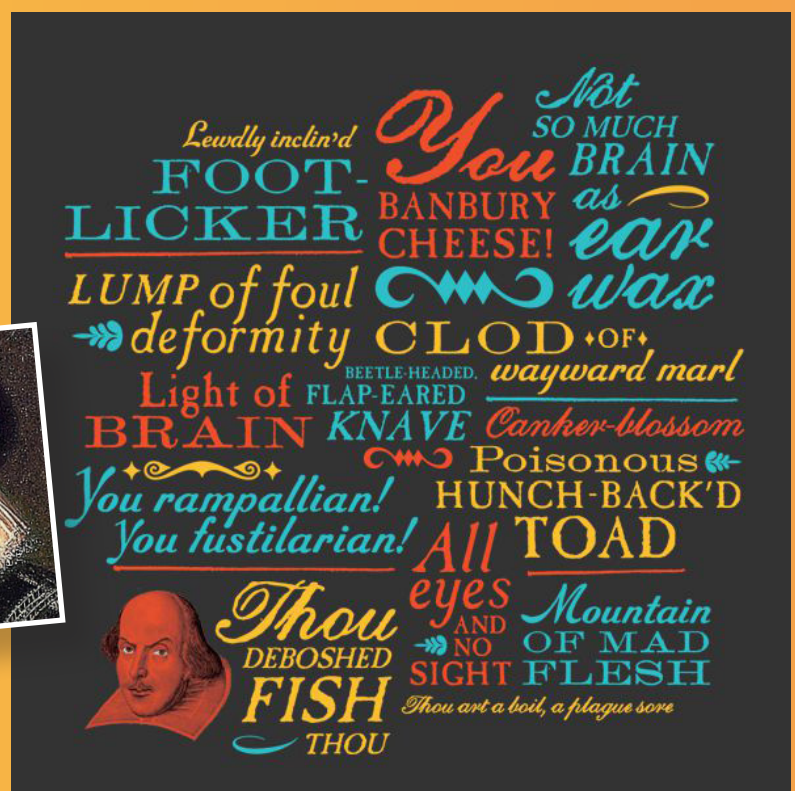
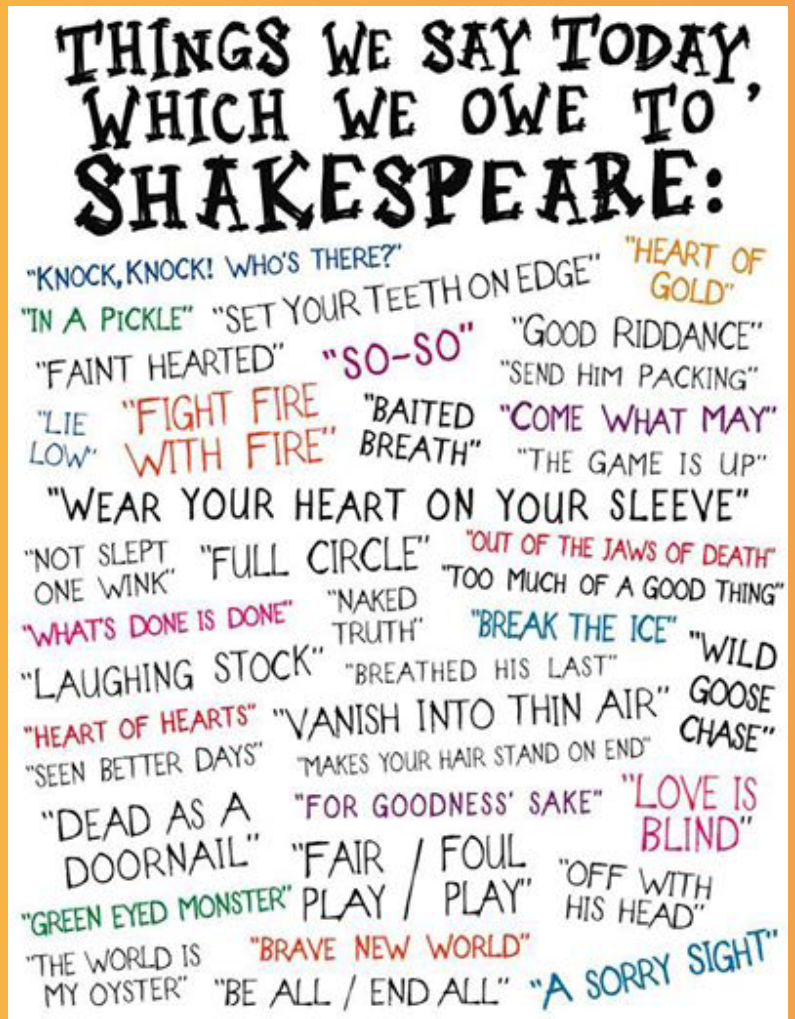
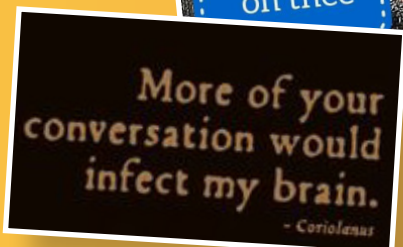
What's more, Shakespeare covers a large range of themes that are still ongoing issues in the world today. Take Romeo and Juliet and the main story: love and falling for the wrong person. The two lovers find themselves in an impossible situation because their families are rivals and do not want them to be together. We can also think about the play Othello. Othello's skin colour marked him out as different and meant he was subjected to racism, family problems and problems in society. When teaching Othello it gives us a really strong foundation to discuss issues that are still relevant today.

Finally, the idea of power. Macbeth is all about power and control - something that we see every day in the news - especially at the moment with the forthcoming election.

So there you go, Shakespeare - important for exams - but for lots of other things too.

Thanks for reading.

John Paterson  
Director of Learning



# NEWS FROM PE

## Primary Tri Golf Event

On Thursday 18th May we welcomed 7 local primary schools to take part in a tri golf event ran by our leaders. Over 80 students took part in the event which challenged all aspects of their short game. The levels of competition were high and the event was eventually won by Lanesfield Primary School.



## Rounders Round Up

Our year 7, 8 and 9 teams have all played in some well contested fixtures this term against the likes of Moreton, Wolverhampton Grammar and Codsall High School. Our year 9 team have secured a number of victories and are placed well to compete for the league title, good luck girls!



## Mander Centre football competition:

On Friday 19th May we were invited to participate in the Mander football tournament held at Wolves FC ground; Molineux. The team excelled themselves and managed to reach the final of the 7 a side competition only to lose by one penalty to Coppice. Congratulations to all involved.



## Year 7 County Rugby Festival:

On 27th April our year 7 rugby team travelled to Lichfield RFUC to compete in the Staffordshire RFU County Festival. The team competed well but struggled against some very strong opposition. Qualifying for the afternoon bowl competition the team managed to improve and finished a credible 3rd.

## Dates for Your Diary

Please see below upcoming fixtures and events that our students are taking part in:

**23rd May:** Year 7/8 cricket v Colton Hills (A)

**25th May:** Year 7/8 rounders v SWBA (H)

**6th June:** Year 7/8 cricket v Aldersley (A)

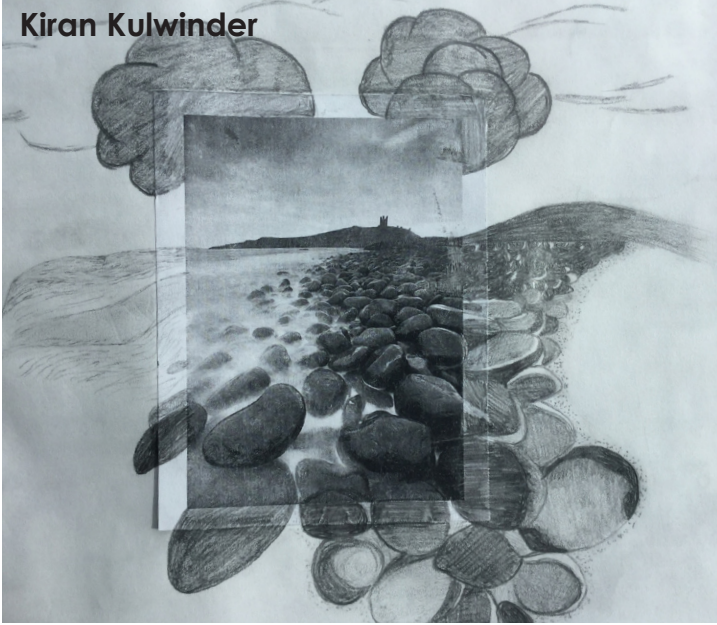
**8th June:** Year 7/8 rounders v Royal (H)

**16th June:** Great School Run (Aldersley Leisure Village)

# NEWS FROM ART & DESIGN

The art and graphics department has had another busy year so far, and has just seen year 11 complete their 2 year course in fantastic style. Our year 11s have produced an impressive collection of personal, meaningful responses which showcase their huge range of abilities and talents. We wish them well for the future! Year 9 and 10 are continuing to produce quality work, experimenting with a variety of materials, techniques and styles, and we are looking forward to another successful exhibition at the Wolverhampton Art Gallery later this year.

**Kiran Kulwinder**



**Piper Evans**



**Abigail Edwards**



**Chloe Barratt**



# NEWS FROM ART & DESIGN



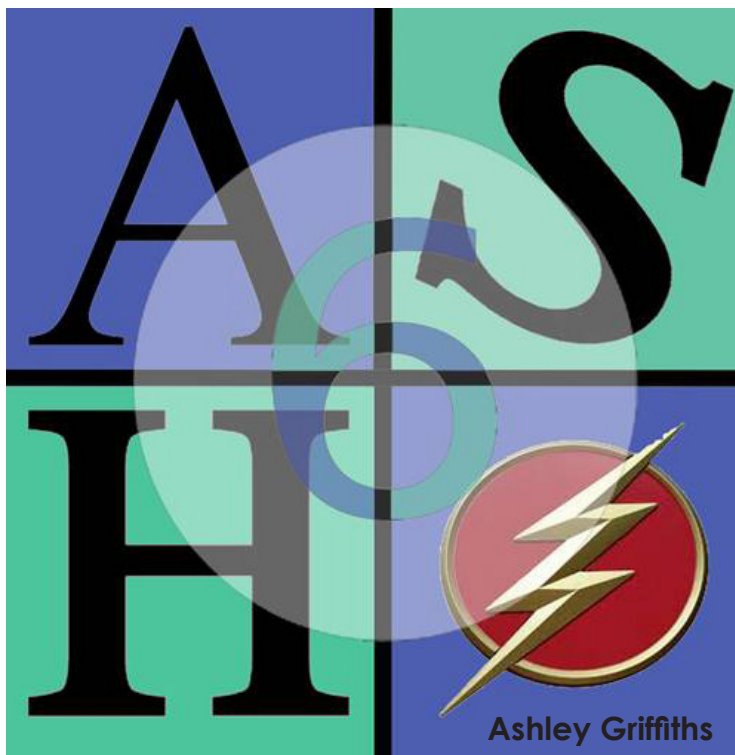
Sara Jewan



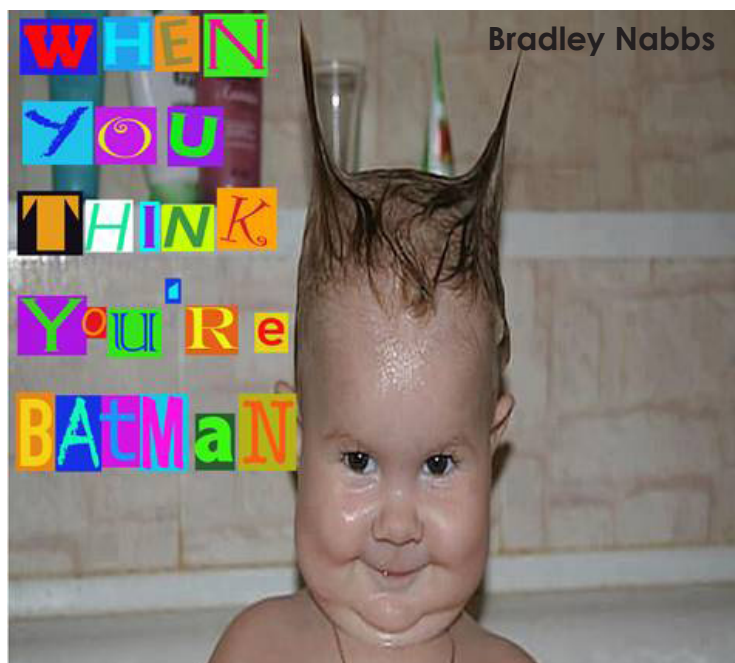
Hannah Corbett



Isra El-Mokdad



Ashley Griffiths



Bradley Nabbs

# NEWS FROM ART & DESIGN

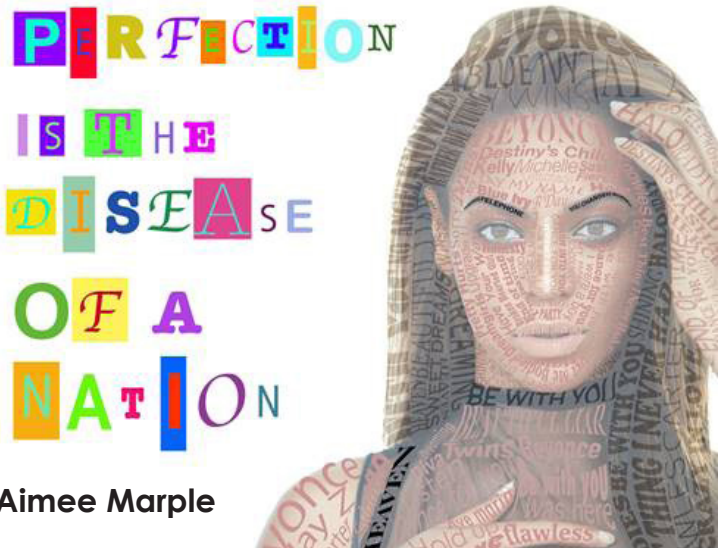
Alisha Jassal



Cameron Petgrave



Vijay Kumar



Aimee Marple



Darryl Bhebe

# NEWS FROM SCIENCE

## STEM Afternoon



On Thursday 4th May, sixteen year 9 students were selected to attend a STEM event at Dudley College. The first activity was an engineering workshop and students used Computer Aided Design (CAD) software to make 3D structures. There was also a careers presentation regarding which aspect of engineering appealed to the students the most.

The second activity was run by Highways England and students analysed traffic data using the local M6 motorway. They manipulated data using aspects of STEM to make the data useful.

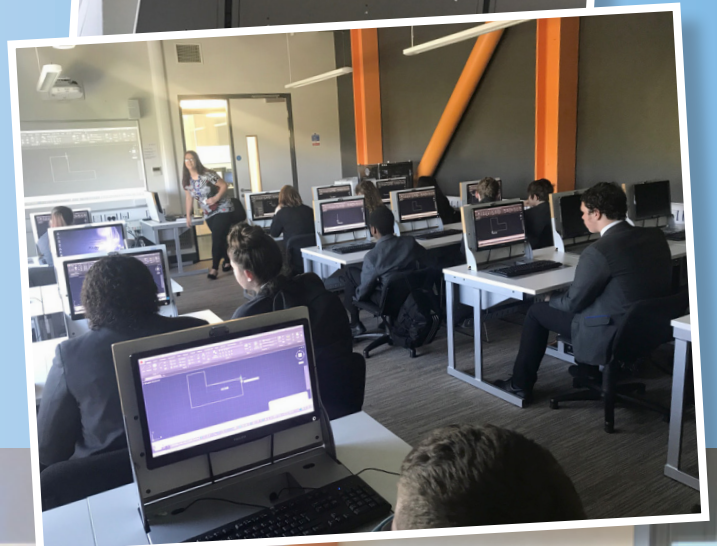
Finally, pupils discussed animal behaviour and experimented with maggots to see, when given a choice, which direction they would travel down a tube. Students enjoyed the workshops and had a very informative and fun afternoon.

*“The people were very enthusiastic”* Chloe Scott.

*“Very inspiring”* Rolly Osho.

*“Very factual and I would like to go again”* Jacob Chadwick.

**Lauren Tanner**  
2nd in Science Department





# NEWS FROM FOOD



## RECIPE CHELSEA BUNS

### Ingredients

- 250g strong plain flour
- 125ml milk
- 15g margarine
- 1 sachet dried yeast

### Filling:

- 25g butter or margarine
- 75g dried fruit
- 25g sugar
- Optional icing topping - mix 75g icing sugar and 1 tbsp water.
- A little butter, marg or oil to grease your tray

### The Method

1. Oven gas 7, 220°C.
2. Place flour and salt in a bowl, rub in the marg.
3. Add yeast and mix.
4. Warm the milk for 30 seconds in microwave.
5. Add milk to bowl, bit at a time and mix well to make a dough. Don't make it sloppy, but if it is too dry add a bit of water.
6. Knead for 10 mins.
7. Roll out into a square about 25x25cm.
8. Dot the butter or marg all over the dough. Sprinkle the sugar and dried fruit on top.
9. Roll up the dough like a Swiss roll.
10. Cut into 9 slices and place these on a baking tray.
11. Leave to rise for 10-15 mins.
12. Bake for 15 mins until golden brown.

The basic recipe is shown, if you are making a sweet bun you need to add 25g of sugar. If you are making a savoury bun you will only need to add ½ teaspoon.

### Filling ideas:

**Cinnamon whirls:** 25g sugar, 75g raisins, 2 tsp cinnamon

**Sultana and spice :** 25g brown sugar, 75g sultanas, 1 tsp mixed spice

**Spiced cranberry:** 50g dried cranberries, 25g sultanas, zest of an orange, 1 tsp of mixed spice

**Pesto parmesan:** 2 tablespoon pesto sauce, 20g grated fresh parmesan

**Ham and cheese:** 1 tablespoon mustard, 50g chopped ham, 50g finely grated cheese, 1 tsp mixed herbs

**Bacon and cheese:** 50g smoked bacon ( cooked and chopped) 50g finely grated cheese, 1 tsp mixed herbs.

Bev Copcutt  
Food Technology



# NEWS FROM MATHS

## The Great St Matthias Race Challenge

**FACTS:** There are nine people in the race. All nine complete the race. It was snowing heavily and all the participants were very tired at the end.

**CHALLENGE:** Find the finishing order of the cars!

- Steve finished between Jonathan and Leah
- Only one car finished ahead of Tom
- Jonathan finished ahead of Molly
- Diane finished behind David
- Abbie finished four places ahead of Leah
- Jo finished between Leah and Molly
- Jonathan finished before Leah
- David finished six places behind Tom
- Leah was in the middle of the order of finishing



# NEWS FROM MATHS



Prizes for the winners!

Write your answers here!  
Take a photo of your answers  
and show them to your  
maths teachers!

9th	
8th	
7th	
6th	
5th	
4th	
3rd	
2nd	
1st	

# UNIFORM GUIDELINES

Full uniform is to be worn at all times.  
Standards must be maintained throughout the academic year.

## 1. BLACK TROUSERS

(Trousers need to be full length NOT cropped or tight leggings). No canvas trousers, skinny trousers or jeans allowed.



## 2. BLACK SKIRT

Skirts MUST be knee length.



## 3. WHITE SHIRT

(Tucked in at ALL times)



## 4. SCHOOL TIE - BOYS SCHOOL SCARF - GIRLS

Tie - £5.50\* Scarf - £5.50\*



## 5. FOOTWEAR

Black leather shoes - No large heels, boots, trainers/trainer type or canvas shoes

Examples that are ACCEPTABLE



Examples that are NOT ACCEPTABLE



## 6. BLACK SOCKS

Socks need to be completely black. Girls also have the option to wear black opaque tights.



## 7. BLAZER

£30.50\*



## 8. JUMPER / CARDIGAN

Black V neck jumper or cardigan.



## 9. COATS

Coats must be black.



Examples that are ACCEPTABLE



Examples that are NOT ACCEPTABLE



Different coloured linings are acceptable. ✓

Different colours/patterns are NOT acceptable. ✗

No hoodies or jackets that look like hoodies to be worn/brought to school. ✗

\* New costs come into effect from September 2017

# JIU JITSU - CLUB 100



The St Matthias Jiu Jitsu Club competed in the National Randori competition last month. Clubs from across the country came together to learn new techniques and to compete for trophies and medals. Over three

hundred fighters gathered for what proved to be a long and demanding day. Our team of twelve left school in the school minibus at about 8.00 am heading for the National Judo Centre in Walsall. We were nervous and excited and as the newest club in the country we did not expect to win many awards.

We were welcomed warmly and we made some new good friends from clubs as far and wide as Cornwall and Bradford. Most of the morning we had lessons from some of the best Jiu Jitsu teachers in the country. Learning new ways to throw each other or deal with attackers proved to be fun and useful later in the day when the competitions started.

The competitions were divided into weight categories and were hard fought with all of our fighters up against several more experienced opponents. Our success surprised everyone – except Sensei Max who somehow knew we would do well!

Everyone won medals. Some won trophies. Some won trophies for coming third. Some won second place trophies. We even found that we had two National Champions in our team! After just a few months of Jiu Jitsu our new small club made a very big

impression. St Matthias Jitsu has introduced itself! So congratulations and respect go to our team of National Champions. From left to right, top row first. Josh, Chloe, Lewis, Logan, Valentino, Bekim, Navneet, MJ, Ben, Antonia, Charlie, Sensei Max, me and Finley.

Our first grading is set for June 10th. So we are expecting to see lots of new belts in our club after that test. Update in the next newsletter.

New members are welcome to join – see me and then come along on a Friday 4pm - 6pm. The first two lessons are tasters after that if you want to join the club you will need to be insured and join the Jitsu foundation. All the other costs are paid for by our school. Sounds good. Hopefully see you on the mat.

**Dean Coombes**  
Headteacher



## CHARITIES & FUNDRAISING

### For Summer 1 Term

**CROHN'S & COLITIS UK**

**£328.42!**



**£55.45!**



7GE decided to raise money for the British Heart Foundation to coincide with Valentine's Day. Lots of 7GE students became involved including students from other forms! We baked brownies, marshmallow cakes and cupcakes and were able to raise £55.45! Thank you to everyone who bought a cake and an even bigger thank you to everyone who contributed to the sale, including all the bakers and helpers!

Grace Emery  
7GE Form Tutor

# YEAR 11 FOCUS



## Year 11 May Half Term 2016/17 Revision Timetable

Monday 29th May	Tuesday 30th May	Wednesday 31st May	Thursday 1st June	Friday 2nd June
BANK HOLIDAY	Time: 9am - 2pm Area: F31 Subject: English Set 1 & 2 Staff member responsible: J Paterson	Time: 10am - 2pm Area: S19 Subject: Food Technology Staff member responsible: B Copcutt	Time: 9am - 2pm Area: F31 Subject: English Set 1 & 2 Staff member responsible: J Paterson	Time: 10am - 2pm Area: S32 Subject: History Staff member responsible: B Belkhu
	Time: 10am - 2pm Area: S35 Subject: Geography Staff member responsible: A Rees	Time: 9am - 2pm Area: F31 Subject: English Set 1 & 2 Staff member responsible: J Paterson	Time: 9am - 2pm Area: F29 Subject: English Staff member responsible: T Gallagher	Time: 9am - 2pm Area: F31 Subject: English Set 1 & 2 Staff member responsible: J Paterson
	Time: 10am - 1pm Area: F16 Subject: Maths Staff member responsible: Y Ganda	Time: 10am - 1pm Area: F16 Subject: Maths Staff member responsible: Y Ganda	Time: 10am - 1pm Area: F16 Subject: Maths Staff member responsible: Y Ganda	Time: 10am - 1pm Area: F16 Subject: Maths Staff member responsible: Y Ganda
	Time: 10am - 1pm Area: F13 Subject: Maths Staff member responsible: L Fox	Time: 10am - 1pm Area: F13 Subject: Maths Staff member responsible: L Fox	Time: 10am - 1pm Area: F13 Subject: Maths Staff member responsible: L Fox	Time: 10am - 1pm Area: F15 Subject: Maths Staff member responsible: J Carpenter
	Time: 9am - 12pm Area: F33 Subject: English Staff member responsible: A Lockley		Time: 10am - 1pm Area: F15 Subject: Maths Staff member responsible: J Carpenter	

# YEAR 11 PROM

What better way to  
celebrate the Class of  
2017.

Have you got your  
ticket?

ST. MATTHIAS YEAR 11 PROM  
**CLASS OF 2017**  
**FRIDAY 7TH JULY 2017**  
 Grand Station, Sun Street, Wolverhampton, WV10 0BF  
 7pm start to 11.30pm finish  
 Tickets cost £20.00  
 Price includes Buffet, Disco & Photographer  
 Theme: Baftas

Parents/carers dropping students off: please park on the street or Blue Brick car park next door. This is to keep the front of the venue free for limos and other arrival cars that need the space to manoeuvre and for photographers to be able to take photographs on arrival. Thank you.

# Year 11 Exam/Revision Timetable - After Half Term

## W/B Monday 5th June

		1	2	3	4	5	6
<b>MON</b>	<b>EXAMS</b>	HISTORY (10)					
5th June		English	English	Dance (15)		Film St (31)	
				English		Geog (17)	
						History (10)	
						Maths	
<b>TUE</b>	<b>EXAMS</b>	ENG LANG				GEOG (17)	
6th June				Geog (17)		Science	
				Maths	Science		
<b>WED</b>	<b>EXAMS</b>	History (10)				Maths	
7th June		Maths		Maths		Maths	
<b>THU</b>	<b>EXAMS</b>	MATHS				Science	
8th June				English		Science	
<b>FRI</b>	<b>EXAMS</b>	Additional Science (B) (41)				Portuguese Reading (3)	
9th June		English		English		English	

## W/B Monday 12th June

		1	2	3	4	5	6
<b>MON</b>	<b>EXAMS</b>	ENG LANG					
12th June				Dance (15)		History (10)	
				Maths		Maths	
<b>TUE</b>	<b>EXAMS</b>	MATHS				Science	
13th June				History (10)	Science	Science	
				Science			

From Wednesday 14th June you only need to attend school if you have an exam, study the subject being revised, have not completed your BTEC Science or are requested to do so by a member of staff.

**MORNING EXAMS START AT 9AM**

**AFTERNOON EXAMS START AT 1:20PM**

<b>WED</b>	<b>EXAMS</b>	Additional Science (C) (41)				HISTORY (10)	
14th June		Film St (19 of 31)		History (10)		Dance (all 15)	
		History (2 of 10)					
<b>THU</b>	<b>EXAMS</b>	FURTHER MATHS (2)				POLISH (4)	
15th June		Additional Science / Applied Science / BTEC Science		Additional Science / Applied Science / BTEC Science		Additional Science / Applied Science / BTEC Science	
<b>FRI</b>	<b>EXAMS</b>	Additional Science (P) (41)				Applied Science (13)	
16th June		Applied Science (13)		Applied Science (13)		Applied Science (13)	
				Film Studies (28 of 31)		Film Studies (28 of 31)	

## W/B Monday 19th June

		1	2	3	4	5	6
<b>MON</b>	<b>EXAMS</b>	Applied Science (13)				FILM STUDIES (31)	
19th June		Film Studies (28 of 31)		Film Studies (31)		ARABIC (1)	
				Dance (9 of 15)		Dance (9 of 15)	
<b>TUE</b>	<b>EXAMS</b>	POLISH (4)				Dance (15)	
20th June		Film Studies (31)		Dance (15)		Dance (15)	
		Dance (9 of 15)		Film Studies (25 of 31)		Film Studies (25 of 31)	
<b>WED</b>	<b>EXAMS</b>	Film St (31)				DANCE (15)	
21st June		Film St (31)		Dance (15)		Film Studies (25 of 31)	
				Film Studies (25 of 31)			
<b>THU</b>	<b>EXAMS</b>	Film Studies (31)				FILM STUDIES (31)	
22nd June		Film Studies (31)		Film Studies (31)		ARABIC (1)	

Well done - exams are now over !!!!!

**GCSE RESULTS DAY - Thursday 24th August 10:30am**

# SUMMER 1 THEMES OF THE WEEK

## Week 1 - 24th April

Theme: Inspiration

Word of the Week: Influence

## Week 2 - 1st May

Theme: Ambition

Word of the Week: Aspiration

## Week 3 - 8th May

Theme: Humanity

Word of the Week: Acceptance

## Week 4 - 15th May

Theme: Choices

Word of the Week: Violation

## Week 5 - 22nd May

Theme: Honesty

Word of the Week: Morality



All students are encouraged to eat a healthy balanced diet. Students are therefore not allowed to bring in any sugary/energy drinks, family sized packets of crisps, sweets or large bars of chocolate. Small snack sized items are allowed as an accompaniment to a lunch. Random 'Snack Attacks' will be introduced to check that none of these items have been brought to school. If any are found they will be confiscated and families will be notified.

## PREPARED FOR LEARNING

### School Equipment

Every student is expected to bring a school bag each day and provide the following basic items of equipment for every lesson:

#### Essentials



A St Matthias Student is always:

- Ready and willing to improve their own learning.
- On time for school and all lessons.
- Cooperative and respectful of others.
- Smart and equipped for learning.
- Responsible and does the right thing.
- A positive role model.
- Resilient and never gives up.



## Change

Students are increasingly asking for change. This can be very time consuming to facilitate and we frequently run out as all cash is banked daily. We have concluded that some parents are giving their children notes assuming that they bring them into school to put onto their accounts. A lot of these students aren't doing this – they appear to want to keep the cash, spend it at the shop and put the minimum amount of money on their account. After the half term holiday we will no longer be giving students change.

## Communicating with School

Where possible if you need our support can you please call and arrange an appointment. It's easier to support you if we know about it in advance. This enables us to have the correct information and staff available.

## Every Day Counts!

St Matthias expects students to attend 100% of the time! A student not in school is missing valuable learning. Please do everything you can to ensure your child is in school every day learning!

## Important Dates

### Half term Holiday

Monday 29th May – Friday 2nd June

Term starts as normal on Monday 5th June

On time (9.00am)  
smart uniform and fully  
equipped!