



Look Up

ST MATTHIAS NEWSLETTER

Summer Term

July 2019

Message from the Headteacher

It's summer time!

At the time of writing this I am looking out of the window. The sun is shining and the people walking past are dressed in summer shirts, shorts and sandals. We have had some fantastic weather already and as the school holidays begin, children and adults in school are hoping that the summer sun keeps shining.



I have invested in some lovely new highly patterned and colourful shirts. I know they must be cool because my children keep shaking their heads and move to stand far away from me. Presumably this is so they can see my shirt better. I'm ready for summer.



Hopefully you are ready for a summer break and have some plans to enjoy time with family doing something a bit different at home or (if you are lucky) somewhere else.

Staff at school will be reflecting on another good academic year with our children having great success in their learning, sports and the arts. There have been so many victories. These include some children overcoming what might seem like small challenges - improving their spelling or understanding of Spanish or coping with their anxiety. Others have been in successful sporting teams or been awarded trophies as National Champions.

Whatever each youngster has achieved, we are very proud of their successes and we are keen to see more.

Along with the reflection, we will be planning to make next year one where we expect and get more success from our youngsters. Our aim is to get better.

With this in our minds, I will wish you a safe and happy summer. I look forward to working with you and your children starting again in September.

One last request is that you encourage your children to read. We are absolutely convinced that reading helps children's brains grow in a way that screen time does not. I think it is worth the battle (or whatever bribery it takes!) to get children reading more. Every year staff have a competition to see who can be photographed reading in a cool or unusual place. If your child wants to join in and is photographed reading in an interesting place, then it should be submitted to Mr Paterson who will reward photos with cash or healthy chocolate! I'll go and let Mr Paterson know.

Happy holidays.

Dean Coombes
Head Teacher



Name:

Form Group:

ALZHEIMER'S SOCIETY

Year 7 students organised a cupcake sale in aid of the Alzheimer's society. Cakes were sold for between 20p and 50p. Students made their own cakes and there were many generous donations from the staff too. We raised a fantastic £60.77! Thanks to everyone who donated and bought cakes.

Mrs Baker.



ST MATTHIAS DANCE

Our amazing dancers took part in a performance of 'Lie par Li'histoire' at the Arena Theatre. The piece was based on Chinese Whispers and how stories change our futures. Students worked alongside the professional company 'Flexus' and certainly thrived in the professional environment.

Miss Adams



PARENT FACTSHEET

Screen time: how to keep your child safe this summer

Screen time can be an easy way to keep children entertained during the holidays. Know the risks, and what you can do to keep your child safe and healthy.

THE RISKS

Spending time on mobile phones, tablets, laptops, computers and game consoles can be positive and trouble-free, but it can also put your child at risk of:

- Online bullying
- Seeing sexual or violent photos, videos or other images
- Grooming (when someone builds a relationship with a child to exploit or abuse them)
- Not getting enough exercise

UK doctors also say that children with higher screen time:

- Tend to eat less healthily and show more signs of obesity
- Tend to have more depressive symptoms
- Are likely to have worse educational outcomes, sleep and fitness levels

This may be because the screen time is replacing other activities, like exercise or sleeping. Face-to-face interaction also seems to be better for children's development.

4 STEPS YOU CAN TAKE TO PROTECT YOUR CHILD THIS SUMMER

1) SET PARENTAL CONTROLS ON DEVICES

Use the instructions on the next few pages to restrict your child's access to things that could be harmful (e.g. explicit or age-rated content, in-app purchases, and how long they can spend on the device).

You'll most likely need to set a password for these parental controls, so make sure it's different from the password for unlocking or accessing the device – and that your child doesn't know it.

2) AGREE RULES ON SCREEN TIME

There's no recommended 'safe' amount of screen time, and what counts as 'too much' is still hotly debated.

As a starting point, agree some limits that mean screen time does not interfere with your child's sleep or what you want to do as a family:

- Make a plan with your child, and stick to it. You could set media-free times and zones, like during meals or in bedrooms
- Model the behaviour you want to see – which may mean no screen time for you at the times agreed with your child. Children are more likely to learn from example
- Avoid screens an hour before your child's planned bedtime

- Try to minimise snacking during screen time
- Turn the idea of not using screens into a game. For example, Forest is an app-based game where a child can grow a forest, but only by not using the phone or tablet until a timer runs out (<https://www.internetmatters.org/hub/expert-opinion/need-help-managing-kids-screen-time-the-forest-app-can-help/>)

3) TALK TO YOUR CHILD ABOUT STAYING SAFE ONLINE

- Talk about what apps or sites they use and how they use them. Be aware of what they might come across on them (e.g. harmful photos, unkind comments, being contacted by strangers), and talk to them about what's appropriate
- Encourage your child to tell you if they see something they find worrying or upsetting. Reassure them that you're just looking out for them, and won't overreact
- Make sure they know how to report inappropriate content or messages on the apps they use, how to block someone, and how to keep their information private
- Tell your child not to give out any personal information or anything that can identify them or their location, such as their school name or street name

The NSPCC has more guidance for parents on this here:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/>

4) ENCOURAGE OFF-SCREEN ACTIVITIES

- Get your child active for the recommended 60 minutes a day:
 - See www.nhs.uk/change4life/activities for free ideas for activities and games
 - Try an app that's designed to get children active – see the examples at www.internetmatters.org/resources/apps-guide/apps-to-help-kids-get-active/
- Find out if there are any free summer holiday events for children at your local library

Try out some of these child-friendly recipes to get your child involved in cooking – <https://www.bbcgoodfood.com/recipes/collection/kids-baking>

HOW TO SET PARENTAL CONTROLS ON YOUR DEVICES

Please note: when following the instructions below, the exact steps you need to take may be a little different depending on the device and software version you're using.

IPADS

SET A SCREEN TIME PASSCODE

- Go to 'Settings' (a grey icon with a circular pattern on the home screen) and tap 'Screen Time'
- Tap 'Continue', then choose whether it's your device or your child's
 - If it's your device and you want to stop your child changing your settings, tap 'Use Screen Time Passcode' to create a passcode. Re-enter the passcode to confirm
- If it's your child's device, follow the prompts on the device until you get to 'Parent Passcode' and enter a

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passcode, then re-enter it to confirm

BLOCK IN-APP PURCHASES

- Go into Settings > Screen Time > Content and Privacy Restrictions. Enter your passcode if asked
- Tap 'iTunes & App Store Purchases'
- Choose a setting (for example, in-app purchases) and set to 'Don't allow'

BLOCK EXPLICIT CONTENT AND SET CONTROLS ON APPS

- Go to Settings > Screen Time > Content & Privacy Restrictions > Content Restrictions
- Choose the settings you want for each feature or setting under 'Allowed Store Content'

FILTER WEBSITE CONTENT

This sets restrictions on what websites children can access.

- Go to Settings > Screen Time > Content & Privacy Restrictions
- Enter your screen time passcode
- Tap 'Content Restrictions', then 'Web Content'
- Choose 'Unrestricted Access' (access to any website), 'Limit Adult Websites' (to block access to adult content in Safari) or 'Allowed Websites Only' (to set specific websites as 'approved websites' and limit access to only these websites)

Read more here: <https://support.apple.com/en-gb/HT201304>

FIRE TABLET

SET A PARENTAL CONTROLS PASSWORD

- Swipe down from the top of the screen, then tap 'Settings' (a cog icon)
- Tap 'Parental Controls'
- Tap the switch next to 'Parental Controls'
- Enter a password, confirm it, then tap 'Finish'

RESTRICT APPS, FEATURES AND CONTENT

- In 'Parental Controls', tap 'Amazon Content and Apps' to choose which content or apps you want to block
- You can set your device so that you can only play videos and Twitch (a live streaming platform), and access WiFi and location services, by entering your parental controls password. Go into 'Password Protection' in 'Parental Controls' to toggle these on
- To block access to Amazon, go to 'Parental Controls' and press 'Amazon Stores (excluding Video)'

BLOCK IN-APP PURCHASES

- Go to the Amazon Appstore on your device
- Select Account > Settings > Parental Controls
- Tap 'Enable Parental Controls', and then enter your account password. Once you've done this, your child won't be able to buy anything in the app without your Amazon password

RESTRICT AVAILABLE CONTENT

- Create a child profile and select which apps and content are available to that profile

- Go Parental Controls > Amazon Content and Apps
- Toggle categories to 'Blocked' to block access to relevant apps and games

SET TIMES WHEN YOUR CHILD CAN USE THE TABLET

- Go to 'Parental Controls'
- Tap the switch next to 'Set a Curfew', then tap 'Curfew Schedule'
- Set the day and time limits you want

To unlock a device during a curfew, enter your parental controls password.

Read more at <https://www.amazon.co.uk/gp/help/customer/display.html?nodeId=201829940> and <https://www.laptopmag.com/articles/parental-controls-fire-tablet>

See here for more information on settings for specific devices, as they can vary: <https://www.amazon.com/gp/help/customer/display.html?nodeId=200127470>

MICROSOFT DEVICES (WINDOWS COMPUTERS AND XBOX)

You'll need to have a family account set up, with 'child' profiles for your children. Learn more here: <https://support.microsoft.com/en-us/help/12413>

You can't change existing adult accounts to child accounts.

SET SCREEN TIME LIMITS

- Go to <https://account.microsoft.com/family> and sign in to your Microsoft account
- Find your child's name and select 'Screen time'
- Switch 'Use one screen time schedule' to 'On' to use the same schedule for all devices. Or scroll down and switch on screen time for different devices individually if you want to have separate schedules

You can set time ranges for using devices, and how many hours per day, for each day.

SET AGE LIMITS FOR APPS, GAMES AND MEDIA ONLINE:

- Sign in to your Microsoft account, as above, and find your child's name
- Select 'Content restrictions'
- Go to 'Apps, games and media' and switch 'Block inappropriate apps, games and media' to 'On'. Under 'Allow apps and games rated for', select the age limit you want to apply to your child

ON XBOX:

- Sign in with an adult account
- Press the Xbox button on the controller to open the guide, and then select System > Settings > Account > Family
- Select the child account you want to put controls on, select 'Access to content', then select the age limit you want to set

BLOCK INAPPROPRIATE WEBSITES

ONLINE:

- Sign in to your account, find your child's name, and select

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‘Content restrictions’

- Scroll down to ‘Web browsing’ and switch ‘Block inappropriate websites’ to ‘On’
- To block specific sites, add links to them under ‘Always blocked’
- To make it so your children can only access websites you’ve explicitly allowed, check the box next to ‘Only allow these websites’

XBOX:

- Sign in to an adult account, press the Xbox button and follow the steps to get family settings above
- Select the child account you want to put controls on, then select ‘Web filtering’
- Select the dropdown to see the available options, and choose the level of filtering you want

MANAGE PURCHASES IN THE MICROSOFT STORE

ONLINE:

- Sign in to an adult account, as above, find your child’s name and select ‘Content restrictions’
- Under ‘Ask a parent’, switch ‘Needs adult approval to buy things’ to ‘On’

XBOX:

- Go into your family settings, as explained above, and choose a child account
- Select Privacy & online safety > Xbox Live privacy > View details & customize > Buy & download and then select ‘On’ in the ‘Ask a parent’ box

Read more here: <https://support.microsoft.com/en-us/hub/4294457/microsoft-account-help#manage-family>

PLAYSTATION

You’ll need to set up accounts for family members, with adult and child accounts, and make sure you and other adults have family manager or parent/guardian status. Read more about how to do this here: <https://www.playstation.com/en-gb/get-help/help-library/my-account/parental-controls/family-management/>

SET A LOGIN PASSCODE AND SYSTEM RESTRICTION PASSCODE

A login passcode means that only you can log in to the ‘family manager’ user on the system.

To do this:

- Go to Settings (this should be shown by a toolbox icon) > Login Settings > Login Passcode Management
- Set a 4-digit passcode using the controller, then re-enter it to confirm

Using a system restriction passcode will prevent your child from changing parental control settings. To do this:

- Go to Settings > Parental Controls/Family Management > PS4 System Restrictions
- Enter the existing system restriction passcode (if you haven’t set one before, the default is 0000)
- Select ‘Change System Restriction Passcode’
- Enter a new 4-digit passcode using the controller, then re-enter it to confirm

The PlayStation website also explains how to disable new user creation and guest login: <https://www.playstation.com/en-gb/get-help/help-library/my-account/parental-controls/ps4-parental-controls/>

SET SPENDING LIMITS

- Go to Settings > Parental Controls/Family Management > Family Management
- Select the user you want to set a spending limit for
- Select ‘Applications/Devices/Network Features’ under the ‘Parental Controls’ section
- Select ‘Monthly Spending Limit’ and press X

RESTRICT ACCESS TO NETWORK FEATURES

- Go to Settings > Parental Controls/Family Management > Family Management (you may need to enter your account password)
- Select the user you want to set restrictions for
- Select ‘Applications/Devices/Network Features’ under the ‘Parental Controls’ section
- Under ‘Network Features’, you can choose whether to allow a child user to communicate with other players on the PlayStation Network, or view content created by other players

SET AGE RATING LEVELS FOR GAMES, BLU-RAY DISCS AND DVDS

- Go to settings > Parental Controls/Family Management > Family Management (you may need to enter your account password)
- Select the user you want to set the age level for
- Select ‘Applications/Devices/Network Features’ and select the content you want to restrict

SOURCES USED IN THIS FACTSHEET

This factsheet was produced by Safeguarding Training Centre from The Key: www.thekeysupport.com/safeguarding

- Guidelines issued on activity and screen time for babies and toddlers, NHS <https://www.nhs.uk/news/pregnancy-and-child/who-guidelines-screen-time/>
- Talking to your child about staying safe online, NSPCC <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/talking-your-child-staying-safe-online/>
- The health impacts of screen time: a guide for clinicians and parents, Royal College of Paediatrics and Child Health <https://www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents>
- Physical activity guidelines for children and young people, NHS <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

ALTON TOWERS

Students were rewarded for receiving no behaviour points and 100% attendance with a visit to Alton Towers. Students had a brilliant day and deservedly so. Well done all.



BELGIUM TRIP

In May, a group of 41 Year 10 historians and geographers took a trip to explore the battlefields of France and Belgium. We set off on our coach journey at just after midnight on Thursday 9th May and around 8 hours later, we arrived in the historic city of Ypres (northern Belgium). The students familiarised themselves with the area, freshened up and then hopped back on the coach to begin the tour. The itinerary included locations such as the German war cemetery at Langemark and the world's largest Commonwealth war cemetery at Tyne Cot. After a picnic at Hill 62, the students explored the museum at Sanctuary Wood and the reclaimed trench system (at the end of WWI, most of the trenches were reclaimed by farmers and so very little remains of the original ones). After a very long day, it was time to get back on the coach for some reflection and a short journey to the hotel in the small Belgian village of Lo. After such a long journey, you could forgive anybody for being a little uncomfortable but full credit to our students, their behaviour was outstanding.



Day 2 took us over the border into France to visit the Somme region. Locations included the immense Canadian War memorial at Vimy Ridge, the largest man made mine crater at Lochnagar and the British War Memorial at Thiepval before we finished the afternoon at Newfoundland Memorial Park (a key location in the battle of the Somme). We finished the day off with some souvenir shopping in Ypres before we respectfully observed the laying of the school wreath in the evening by two of our students at the Last Post ceremony at Menin Gate (a moving tribute to the courage and self-sacrifice of those who fell in during WWI, which occurs every evening). Once again, the students were a credit to our school and showed impeccable behaviour.



On the Saturday, before we made our way back to Calais, the students visited the museums at 'Passchendaele' and 'In Flanders Field' to explore the respective trench systems of the German forces and the Allies.



The excursion was a chance for the historians to gain a greater insight into the locations and experiences that they study as part of their GCSE but it was also an opportunity for the geography students to receive a valuable experience they would not normally have and that will be with them forever.

Mr Austin



BELGIUM TRIP



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

Black or blue ball point pen (and a spare)



Pencil



Green pen



PE Kit



Eraser



Ruler 6"



Student Planner



Glue Stick



Casio FX - 83GTPLUS



iPad



Orange & Yellow Highlighters



Bonus

Coloured pencils/ fine fibre tips

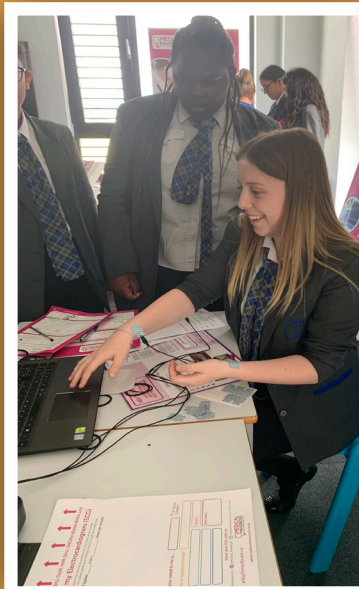


MEDICAL MAVERICKS

Students experienced an amazing day, when the Medical Mavericks joined us to show students how health and social care can open doors to a range of jobs in the medical profession. During the day our students took part in a number of workshops that saw them testing their lung capacity, scanning their bones to see if they were still growing and even trying their hands at key

hole surgery. Students were able to see first-hand the different career opportunities available to them. The day also helped students embed the theory into the practical. We have some budding health professionals amongst us.

Mrs Austin



KEEPING YOUR CHILD SAFE

County Lines is a real and growing form of criminal activity that exists nationally, regionally across the West Midlands and here in Wolverhampton.

The term County Lines is used to describe gangs and organised criminal networks involved in exporting illegal drugs from urban areas to rural areas, using dedicated mobile phone lines. They exploit children, young people and vulnerable adults to move and store the drugs and money and often use coercion, intimidation, violence (including sexual violence) and weapons.

SIGNS TO LOOK FOR

- Returning home late or staying out all night
- Leaving home or care without explanation
- Persistently going missing from school or college or being found out of area
- Unexplained money, clothes or mobile phones
- Excessive receipt of texts or phone calls
- Relationships with controlling older individuals or gang association
- Significant decline in school performance
- Suspicion of self-harm, physical assault or unexplained injuries
- Significant change in emotional well-being
- Unexplained travel tickets
- Carrying Weapons

Your school and Wolverhampton Police are working together to spot the signs of exploitation and ensure young people are safe. We also urge you to talk to your child ensure they understand the dangers and encourage them to confide in you or some other responsible person if they have concerns about someone who they know are placing themselves in danger.

Superintendent Tom Chisholm
Wolverhampton Police

USEFUL LINKS

Fearless - <https://www.fearless.org/en>

Childline - <https://www.west-midlands.police.uk/>

Wolverhampton Safeguarding Board -
<https://www.wolverhamptonsafeguarding.or.uk/safeguarding-children-and-young-people>



Led by YMCA Black Country Group as part of the Headstart Wolverhampton Programme

FREE Summer Activities

Springfield ★ Heath Town ★ Park Village ★ Old Heath ★ Eastfield

Monday 22nd July - Friday 30th August

For 10-16 year olds

▶ YOGA | Mondays

Where: The Hope Centre, 40 Ling House,
Long Ley, WV10 0HH

Time: 12:30pm - 1:30pm

▶ CREATIVE CORNER | Mondays

Where: The Hope Centre, 40 Ling House,
Long Ley, WV10 0HH

Time: 1:45pm - 3:00pm

▶ FOOTBALL | Tuesdays

Where: East Park, Hickman Avenue, WV1 2BS

Time: 1:00pm - 2:30pm

▶ MULTI SPORTS | Thursdays

Where: Ball Court, Hope Centre, 40 Ling House,
Long Ley, WV10 0HH

Time: 1:00pm - 2:30pm

▶ BASKETBALL | Fridays

Where: Heath Town Park, 7 Bushbury Rd, WV10 0LY

Time: 1:30pm - 3:00pm

YMCABC_HeadStart @YMCABCHHeadStart YMCABC_HeadStart

T 01902 371550

E headstart@ymcab.org.uk
www.headstartonline.co.uk



*No sessions
on bank holiday
Monday 26th
August*

Class of 2019

YEAR 11 PROM

Year 11 conducted themselves excellently during the exam period and this was celebrated at their prom on Friday 12th July 2019.

The majority of Year 11 students and a large number of staff attended our Oscar themed event at the Grand Station, where a good time was had by all.

Awards were presented for:

Outstanding Conduct - Aiza Muzaffar and Bradley Nabbs

Attendance - Mikolaj Kaczmarek

Most Improved Female - Saphir Burden-Chambers

Most Improved Male - Jordan Aldridge

Prom Princess - Kaci Collins

Prom Prince - Bradley Nabbs

Prom Queen - MacKenzie Spittle

Prom King - Cheick Kone

Valedictorian - Brianna Currie

Special thanks to Miss Beswick for her hard work in organising such a fabulous evening for our students.

I would like to wish Year 11 every success in the future, they have been a pleasure to work with this academic year and we look forward to sharing their exam success in the next newsletter.

Miss Groves

Year 11 Leader



WORLD BMX CHAMPION SHANAZE READE VISITS ST MATTHIAS

There was great excitement in school as world BMX champion (yes world BMX champion) Shanaze Reade visited St Matthias School. Shanaze met with students in Year 7 to discuss health and well-being, to share her journey to success and to encourage students to get on their bikes. Students were asked who cycles to school, who walks and who was driven to school. Shanaze encouraged them to take the opportunity to walk or cycle to school and she talked about the importance of keeping fit for maintaining good health and well-being. She told our students to reach for the stars and work hard for success.

Students were asked about the roads in Wolverhampton and what they felt needed to happen to encourage more cycling. A representative of Wolverhampton City Council attended to listen to the concerns of the students. Concerns were raised about people parking along the cycle routes and students said that they would like to see more cycle routes around the East Park area so that cycling would be safer. They also said they would like to see more cycle tracks in parks so they could practice tricks.

After Shanae spoke, the students asked her some great

questions including:

How did it feel to win your first medal?

What was it like to compete in the Olympics?

How does it feel that you were just a normal girl but now here you are famous?

Have you ever injured yourself?

What is your plan about cycling in Wolverhampton?

How fast can you go? (65 miles an hour apparently!)

The students were asked what would make cycling easier.

(There needs to be more bike paths and more bike parks)

Who taught you how to ride a bike?

How can we convince our parents to let us ride our bikes more?

(Safety first, wear a helmet, invite parents to Bikeability - It's easier to show them that it's safe to reassure them).



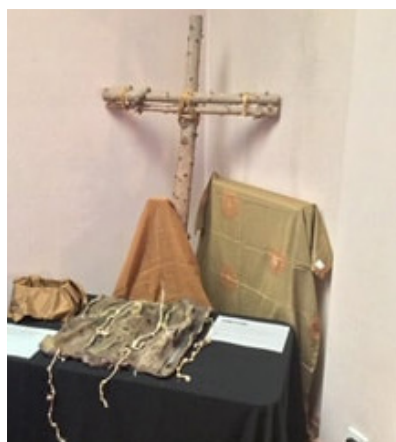
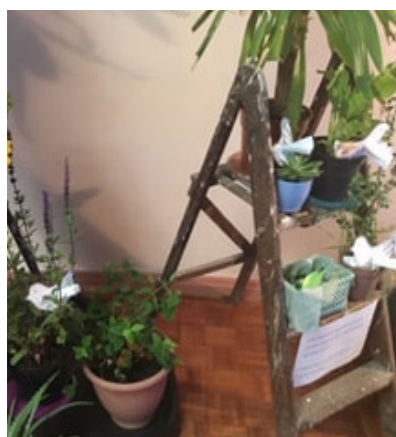
A VISIT TO ST MATTHEWS CHURCH

When we think about Christian prayer we often have a perception that it involves kneeling with hands placed together, however as Year 7 students discovered prayer can take many forms for a Christian and can be both practical and colourful! Year 7 students visited St Matthew's Church to learn more about Christian prayer and worship as part of their studies in RE. We discovered that this was a very unique time to visit the church as they had created a vibrant prayer room and members were taking part in 10 days of continuous prayer as part of the international Thy Kingdom Come event.

The prayer room was very thought provoking and included many activities to help Christians to focus their prayers. For example, a stunning cross draped with rope that people were invited to tie knots into. This was designed to help people think about the knots in their lives that they might be struggling with. The centre piece of the prayer room was a tree of life. Students were invited to take a paper leaf, write their reflections about the prayer room and how it could help a Christian to pray and tie it onto the branches.

Year 7 students thoroughly enjoyed the visit and left with a fresh perception of what it means to be a Christian today. Here are some of their comments:

- 'Every Christian has a reason to pray'
- 'I liked where you can put string on the grid because my Nan passed away recently and I thought about her'
- 'The strings were helpful because they can focus a prayer'
- 'Prayer doesn't always have to be quiet'
- 'I thought about someone that I wanted to forgive'
- 'I was expecting an empty room'
- 'I thought there would be mats to sit on and a picture of God/ Jesus, there wasn't'
- 'I thought we were just going to be sat down listening'
- 'I didn't know it would be so colourful!'



CAREERS ENTERPRISE EVENT

At Dunstall Race Course

As a part of the school's careers programme a group of year 8 students attended a Careers Enterprise event at Dunstall Race Course. The event hosted employers from a variety of different job sectors with students spending time with each employer finding out about their line of work. Students had questions prepared in advance to make the most of the opportunity.



PHSE WINNERS

CHARIS

PSHE COMPETITION WINNERS VISIT JAGUAR LAND ROVER

As part of the schools PSHE programme, students in year 7 were invited to participate in the Head Start Programme - Jump Start. Students were asked to look into the future and create a job which doesn't exist today. Poster entries for the competition were submitted across several schools in Wolverhampton and three St Matthias students were amongst the winning entries winning a day out at Jaguar Land Rover!

The students had a fantastic day visiting Jaguar Land Rover's state-of-the-art Engine Manufacturing Centre, discovering how aluminium and steel swarf (waste) is collected, recycled and exported. They also learnt about the cutting edge heating, lighting and rainwater-harvesting systems, and the solar roof whose 21,000 panels generate 30% of the site's energy.

Well done for your outstanding idea and for representing St Matthias School so well!



Year 10 student Charis won an apprenticeships competition at an event year 10 attended as part of their post 16 pathways programme we do in school. Students attending were able to speak to local apprenticeships providers and to find out more about the types of employers who take on apprentices. Well done Charis!



CHEMISTRY AT ASTON

As a part of the school's career programme, Year 10 students took part in a Chemistry and Chemical Engineering taster session at Aston University.



UNIFORM GUIDELINES

1. SMART TAILORED BLACK TROUSERS

All trousers need to be full length and tailored. No jeans, canvas or legging type material allowed. No tight fitting/skinny trousers



2. PLAIN BLACK SKIRT

All skirts must be tailored and below the knee. No elasticated, tube style, front splits, zips or decorations allowed.



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

Examples that are ACCEPTABLE



Examples that are NOT ACCEPTABLE



School uniform must be worn with pride at all times. This includes wearing the correct footwear, blazer or coat to and from school. Students might not be allowed into school if not appropriately dressed, alternatively they will be isolated until the uniform is rectified. Please contact school if any of the guidance needs further clarification before making any purchases.

6. BLACK SOCKS

Socks worn under trousers need to be completely black.



7. BLAZER

£34.00



8. JUMPER / CARDIGAN

Plain black woollen V neck jumper or cardigan only.



9. COATS

Coats must be plain black with no large logos. No hoodies or similar to be worn on school premises.

Examples that are **ACCEPTABLE**



Examples that are **NOT ACCEPTABLE**



Different colours/patterns are **NOT** acceptable.



10. CAPS

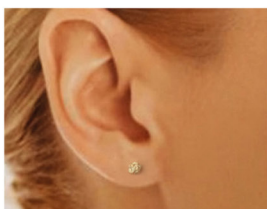
No caps to be worn on school premises.

11. HAIR

Only plain black hair accessories

12. JEWELLERY

Stud earrings only.
No facial piercings.



13. NAILS

Not Allowed



Allowed



A SPORTING EVENT TO REMEMBER!

On Thursday 12th July 2019, St Matthias saw the inauguration of the new Sports Day format. Years 7, 8, 9 and 10 competed to see who would take ownership of the brand new and prestigious form and Key Stage trophies.

Throughout the day, students competed in Athletics, Rounders, Tug of War, Benchball and Dodgeball. Points were at stake for every event

and each year group would see a winning form. Year 7 and Year 8 would directly compete against each other for the



Key Stage 3 trophy, whilst Year 9 and Year 10 would do battle for the Key Stage 4 trophy.

The sporting action was everywhere.

The speed of the athletics track saw Jantee Wellington fly into the nearby bushes as he failed to stop at the finish line and new arrival Finley Coombes breezed through the 200m and 300m respectively. However, the athletics will be notably remembered for the screams of encouragement from staff and students alike as the athletes came flying (in Jantee's case quite literally) down the home straight.

On the field, Tug of War will be fondly remembered for the year 7s getting dragged along the grass - as Mrs Baker said "They simply would not let go". Inside, Dodgeball lived up to its name as staff and students took evasive action. Mr Small summed it up in one word : carnage! He also said that "everyone got peppered but none more so than Mr Ahmed who even took one in the face". Back on the field and Rounders had its own drama too- not least when Year 9 were on the event. Miss Adams remarking that "Year 9 boys were so competitive, they kept trying to umpire the game when they had no idea of the rules".

Whilst the day is mainly centred around the students, a Sports Day wouldn't be complete without staff events. The PE department captained a Tug of War side each in full view of our 700 plus students, Mr Cater emerged as an early favourite and Mr Humphreys fancied his chances too. The two males seemingly wrote off the chances of Miss Lambeth and Mrs Baker.

Bad mistake! Miss Lambeth's team upset the odds defeating Mr Cater in the opener - however Mrs Baker's team was wiped aside by Mr Humphreys strong side. Mr Cater went from early favourite to finishing last after succumbing to the pressure of Mrs Baker's side. The final saw Miss Lambeth's team come out on top defeating Mr Humphreys after a 'timely' intervention by Mr Coombes.

Sports Day engaged the St Matthias students and staff in a way that is only comparable to a nation when the FIFA World Cup is on. The sportsmanship, camaraderie and even gamesmanship at times between the students regardless of form, year group or friendship circle will be one that lives in memory of the staff at St Matthias for a long time to come.

The day concluded when students gathered whilst Mr Coombes presented the accolades:

Year 7 Winners – 7HJE
Year 8 Winners – 8ESM
Year 9 Winners – 9NPA
Year 10 Winners – 10TGA
Keys Stage 3 Winners – Year 8
Key Stage 4 Winners – Year 9
Sports Boy – Elvis Adjei (Year 7)
Sports Girl – Kayleigh Walters (Year 8)

Thanks to everyone involved for making this a truly memorable day. Mr Humphreys.





CAR PARKING INFORMATION

Car Parking

The safety of all children attending St Matthias is taken very seriously and can be maximised with the cooperation of parents/carers. Please think twice before parking on pavements, across driveways, at designated crossing points and illegally on parking restrictions.

Please consider parking away from the immediate vicinity of the school (e.g. in appropriate places in Deans Road and Tyburn Road) when dropping off and picking up your child and walking a short distance with them to and from the school. This can help them develop their road safety skills for future years. We encourage children to walk or cycle to school.

Students may cycle and leave their bikes at the school. We do have spaces for bicycles and encourage children to use these with parental permission, but cannot accept responsibility for bikes stored on school premises. Bikeability sessions are provided in school to promote the safe use of bikes.



To keep our students safe please regard the following:

Please don't turn into the main entrance to drop off children.



Please don't drop your children off in the visitors entrance. This is for staff, visitors, those registered disabled and the school taxis.



Please don't park anywhere in the driveway.



FACT

Research shows that 1200 children a month are involved in collisions within 500 metres of the school gates. 'School run' child casualties, defined as accidents occurring between 7.30 and 8.58am and 3.00 and 4.59pm accounted for roughly one third of all child casualties in the year. Of the 6645 school run casualties in 2011, 804 were deaths or serious injuries.

Car Parking

Please ensure your child accesses and leaves the school via the student gate.

This gate is open as follows:

8.00 – 9.30am

3.15 – 4.30pm

If your child arrives or leaves school at any other time, please ensure they go through the pedestrian gate and walk along the pathway.



Q - I'm dropping my child off at school after 9.30am. Do the same guidelines for parking / dropping off still apply?

A - The guidelines remain the same at any given time.

Q - Where should I park if I have a meeting in school?

A - Please park in the visitors car park.

Visitors car park



Q - I don't have a meeting arranged but I need to talk to someone. What should I do?

A - If it's not an urgent concern please call the school to arrange a conversation or meeting. If it is urgent come and park in the visitors car park.

Q - My child is about to be late for school. I don't want them to get a punctuality Restorative Intervention. Can I drop them off at the main entrance or bring them into the visitors car park?

A - The same guidelines apply and unfortunately your child will receive a punctuality Restorative Intervention.

Student gate

Q - It's pouring with rain, I don't want my child to get wet so can I drop them off at the main entrance?

A - The same guidelines apply and your child must use the student gate.



Q - I have made an arrangement with school to pick my child up early from school. Can I wait in the visitors car park?

A - You can use the visitors car park.

Q - Where can I pick my child up from?

A - You can pick your child up from safe places on Deans Road and Tyburn Road.



Tyburn Road



Deans Road

THE MONTH OF RAMADAN

Students in year 8 and Year 11 have been leading assemblies across the school to explain the significance of the month of Ramadan for Muslims.

Students have been learning that many Muslims will attempt to read the whole of the Qur'an at least once during the Ramadan period and attend special services in Mosques during which the Qur'an is read.

Fasting is intended to help teach Muslims self-discipline and

generosity. It reminds them of the suffering of the poor, who may rarely get to eat well. Ramadan is also a time to spend with friends and family, the fast will often be broken by different Muslim families coming together to share in an evening meal.

Well done to our student leaders!



FOOD ALLERGIES

Students with severe or multiple allergies need to have specific menus created to their needs. Any student with multiple allergies or a dietary preference (such as a vegan) that requires an exclusion menu must complete and return an Allergy Menu Request form and provide a photograph. Following receipt of the form AiP catering company will create an exclusion menu with parents and agree food choices for the student.

Nut Allergies

Children with nut allergies only do not need to complete a form. The school kitchen operate nut free kitchens.

Diabetic Students

Parents need to complete the Carbohydrate Request form and return it to the school. AiP catering company will provide carbohydrate counts and portion sizes for all menu options. All forms and information are available on the school website

<http://www.st-matthias.com/> or from school reception*. If forms are not returned the school nor AiP catering company cannot take responsibility for the management of your child's allergies.

The school kitchen have listings highlighting the 14 EU regulated allergens present in their menu. Further extensive ingredient lists are present on site or with AiP Quality and Nutrition Manager. This information is available from the Quality and Nutrition Manager at allergens@ainp.co.uk.

* By returning this form you are providing AiP consent to hold your personal information. This will be held in a secure place until they no longer require the details. This information will not be shared.

MOBILE DEVICES UPDATE

The introduction of our new Mobile Devices guidance has been hugely successful. This is due to the way in which our students have responded and the excellent support from families. The impact in school has meant that there are fewer distractions in lessons and significantly less incidences of negative use of social media. This has meant we've been able to concentrate on supporting students in other ways.

The only incidences of negative social media have happened out of school and we continue to ask families to closely monitor how their children are choosing to communicate. Again, this can be a distraction in school but as it has happened out of school we are limited in how we can resolve these issues.



New Mobile Device Guidance

THE USE OF MOBILE PHONES AND IPADS IN LESSONS

Students must not:

- Search any sites or topics other than those specified by staff
- Send any communications or post any material other than that specified by staff
- Film or take photographs without permission from staff
- Listen to music

THE USE OF MOBILE PHONES AND IPADS AROUND SCHOOL

Students must not:

- Use their Mobile Phone or iPad at any other time apart from when specified by teachers during lessons

This means Mobile Phones, iPads or headphones should **NOT** be seen or heard at any point during the school day apart from in lessons when specified by teachers.

Consequences

The Mobile Device will be confiscated and will need to be collected by an adult.

School cannot accept any responsibility for any lost mobile devices. If we can, we will try and help your child find their device. We will not replace it. In PE, students are requested to hand their mobile devices in so that they can be locked away safely. Please advise your children to hand them in so that they are secure.

ASTON UNIVERSITY

Year 9 visited Aston University for a taste of university life.



MEDICATION IN SCHOOL

Most students will at some time have a medical condition that may affect their participation in school activities and for many this will be short-term. Other students have medical conditions that, if not properly managed, could limit their access to education.

Most children with medical needs are able to attend school regularly and, with some support from the school, can take part in most normal school activities. However, school staff may need to take extra care in supervising some activities to make sure that these students and others, are not put at risk. The school is committed to ensuring that children with medical needs have the same right of access as other children.

There is no legal duty that requires schools and staff to administer medication, this is a voluntary role. The 'duty of care' extends to administering medication in exceptional circumstances, and therefore it is for schools to decide their policy for the administration of medication.

Parents should, wherever possible, administer or supervise the self-administration of medication to their children. It is helpful, where possible that medication be prescribed in dose frequencies which enable it to be taken outside of school hours. For example, medicines that need to be taken 3 times a day can be managed at home. Parents should be encouraged to ask the prescriber about this. However, this might not be practicable and in such a case parents may make a request for medication to be administered to the child at the school.

Following a couple of incidents in school where students have taken paracetamol without the knowledge of staff or their parents please see below guidelines regarding medication:

- Prescription Medicine - Parents must complete a parental agreement for the school to administer medicines. Medication should be provided in the original container dispensed by a pharmacist and include the prescriber's instructions for administration. The container should include the full name of the child, name of medicine, dosage, written instructions provided by prescriber and the expiry date.
- Non-prescription medication - the school will only administer medicines when specific written permission has been obtained from parents / carers and the administration documented. If a student suffers regularly from acute pain, such as migraine, the parents should authorise and supply appropriate painkillers for their child's use, with written instructions about when the child should take the medication. A member of staff should notify the parents that their child has requested medication and supervise the student taking the medication if the parents have agreed to it being taken. Under no circumstances should students carry non-prescription medicine with them in school.

CHEWING GUM

Our school is owned and managed by a private company. It is no longer owned by the local authority. One of the company's rules is that no chewing gum is allowed on site. Students have been informed of this and are reminded in form time and assemblies.

During the holidays the cleaners spend a large amount of time cleaning chewing gum from under chairs, under tables, carpets, vinyl flooring, etc. We have been informed that our school will be charged for removal of chewing gum in the future.

Please ensure that your child refrains from bringing chewing gum



IMPORTANT DATES

IMPORTANT DATES FOR YOUR DIARY

END OF TERM ARRANGEMENTS

Friday 19th July
Finishing at 3.30pm

START OF TERM ARRANGEMENTS

Monday 2nd & 3rd September 2019
Training days - Staff only

Wednesday 4th September 9.00am
Year 7 only

Thursday 5th September 9.00am
All years