

Message from the Senior

Leadership Team: *Time to Shine!*

Pupils in schools right across the country are either sitting exams or are about to sit exams. It is the 'business end' of the academic year and the pressure is on. After recent turbulent global events, this year's GCSE and SATs exams are taking place as 'normal.' Parents and teachers everywhere are desperate to find ways of supporting children to cope with the inevitable nerves and apprehension that comes at this time of the year. Here are some tips from the BBC to help you and your child manage exam season:

1. Sleep enough. A good night's sleep before an exam is essential. Staying up late to 'cram' is never a good idea. Stop revising at a point which gives you time to calm down, avoid screens and social media late into the evening and then go to bed at a decent time.
2. Eat properly. Eating a balanced diet with plenty of vitamins will make you more alert and positive. Now, more than ever, your five-a-day is crucial. Drink plenty of water and avoid sugary drinks.
3. Keep moving. Exercise can train your brain, like a good diet, regular exercise will make you more alert and put you in a positive frame of mind.
4. Revise in bite sized chunks. Revision should now be about practising the skills you will be using in your exams.
5. Focus on you - don't focus on what other people are doing. You can't judge how well your preparation is going by comparing yourself with others. We all learn in different ways and at different rates.
6. Move on after each exam. Don't keep re-living the exam when it's over. You've done what you can and you can't change anything now. Move onto the next one.
7. Be aware of your mental health during this time. If you are finding things tough, speak to a teacher. We are not just here to solve academic issues!

Finally, we wish all our pupils the very best of luck with their exams. Be positive and remember, this is an opportunity to let your light shine!

Prayer and Reflection

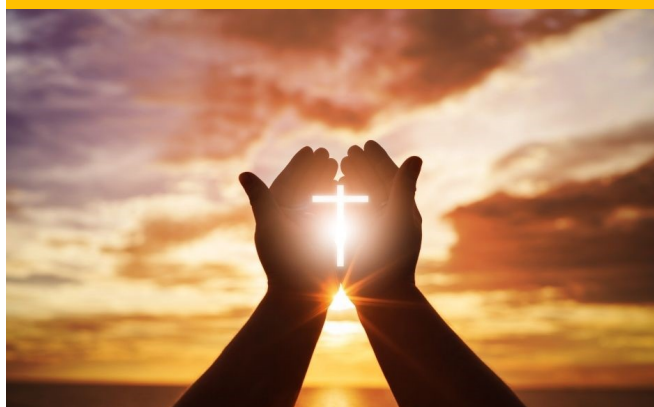
Pope Francis' prayer request for May: For faith-filled young people: We pray for all young people, called to live life to the fullest; may they see in Mary's life the way to listen, the depth of discernment, the courage that faith generates, and the dedication to service.

Prayer

Turn your loving gaze, O God, upon young people. They carry in their hearts a great hope: make them strong and pure, so that they can build their tomorrow with confidence. Let them receive freely the gift of faith, accept it with gratitude and develop it with generosity. Mother of Christ, and our Mother, help them to be now and forever faithful to Christ and the Church.

Amen A prayer

by St John Paul II



Primary News

Year 1

The children have come back after the Easter holiday with a new found maturity, going above and beyond to stick to the SMA behaviour expectations by being ready, respectful and safe inside and outside the classroom. They have been working on extending their writing and have been using their phonics to help spell new ambitious vocabulary. Pupils are preparing for their phonics screener and are working exceptionally hard. We could not be prouder!

On Thursday 3rd May, Year One went on their first ever school trip. The visit was to the Florence Nightingale Museum in Waterloo. Some of our pupils have never been into London before so this was really special experience for pupils and staff alike. When we arrived, pupils were greeted by Florence Nightingale herself. They were blown away!



After a talk with Florence, pupils explored the Museum discovering her journals, uniforms and even her Turkish lamp! They even got to try on some costumes from the time period. It was a fantastic day and we look forward to sharing more of Year One's good news in the future.



Year 2

Its been a busy couple of weeks in Year 2, the children had a wonderful morning reading with their parents, thank you to everyone who came along.

The Children have been making the most of the sunny weather by partaking in some outdoor Maths learning, which included measuring in metres and centimetres.

They have also been loving their weekly book talk sessions in the library with Ms Fields.



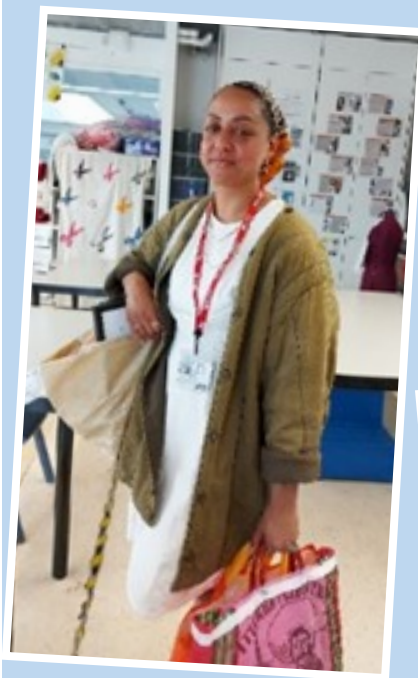
Secondary News

Art and Design Technology

Pupils in Year 11 have come to the end of their Non Exam Assessment project and have submitted their work for Design and Technology. Art and Photography students are finalising their outcomes, ready to display for exhibition. Please look out for your invitation and save the date of the 24th June 2022. We wish them all the best with preparations in their upcoming exams.

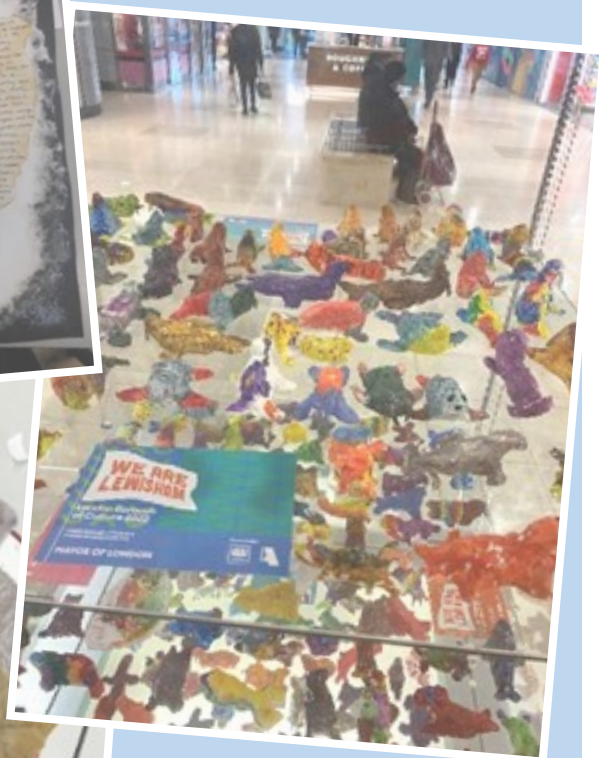
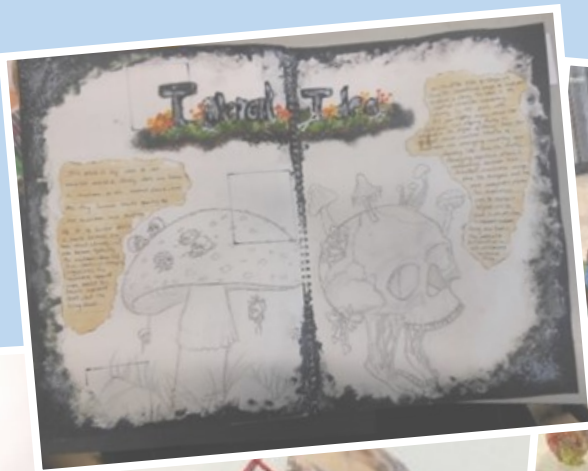
On the 25th April 2022, the Art, Design and Technology department were fortunate enough to get three creative professionals to run workshops with the year 9 classes.

“The Army of Creatives” were able to give pupils an insight into the world and work of a textile designer, architect and light designer. Pupils were able to ask questions and interview their specialist, providing an interactive platform.



The workshops enabled pupils to design their own playground, understand the work of the light collective company and experiment with natural dyed fabric and the discharge dye technique. These proved to be a valuable introduction to their new topics.

Please look out for other exciting project work produced by our pupils the last was a set of clay walrus' which were put on display in Lewisham shopping centre as part of the Lewisham Education Arts Network initiative.



Jack Petchey Speak Challenge

Third time SMA Regional Champion Winners - 2022!

Congratulation to Zillah Ofidon (Y10) who won the Lewisham Regional Final on Tuesday! This year the final was hosted in our very own hall as SMA were Regional final winners in 2021 represented by returning winner Year 11 Parfaite Balande; who was the evening's phenomenal host.

The *Jack Petchey Speak Challenge* is the world's largest youth public speaking competition and puts Zillah in the 0.2% of young public speakers in London and Essex. Of 365 students across Lewisham schools, Zillah and eleven other Y10 students - including our own Vieric Angwe and Romeo Dalmadge made it to the Regional final. But it was Zillah's original and thought-provoking [speech](#) entitled: *Every Woman Bleeds* that caught the admiration of the seven judges representing the panel on the night.



Next, Zillah, alongside 36 other Regional Champions will face a selection panel to decide who makes the top 15 to go through to the Grand Final on 18th July 2022. These 15 will be selected by an expert panel in June 2022 who will watch all 37 videos and judge them on the same three criteria they were judged on at the Regional Final: content, delivery and structure. Keeping our fingers crossed for the amazing Zillah and watch this space!





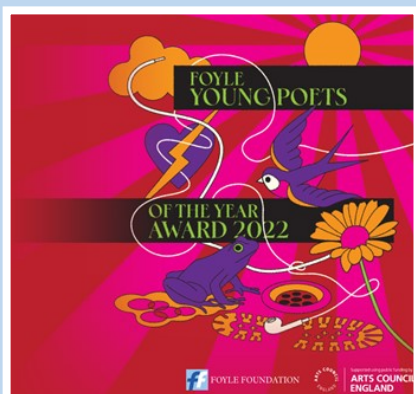
Literacy Corner



Since our return from the Easter break, the LRC has been in full swing. We have taken delivery of lots of new books for the primary and secondary phases including the Yoto Carnegie Greenaway shortlisted books. We have been remembering Stephen Lawrence, celebrating Earth Day and Stress Awareness Month.

We have also launched the Foyle Young Poets of the Year Award 2022 in the secondary phase. Pupils have until 15th July to enter their poem of any length, any theme and of any style. Winners will be published by The Poetry Society. Entries should be emailed to Mrs Fields in the LRC: sfi@stmatthewacademy.co.uk.

New Books



Stephen Lawrence Day



Stress Awareness Month



Earth Day



Book Reviews

Henry and Caleb from year 6 reviewed Extra Time by Morris Gleitzman for KS2.

Extra Time is about a boy called Matt who is a great football player, his sister who is his manager and their road to the football world cup. We liked this book because instead of writing from Matt's point of view (the typical protagonist), it is written from his sister, Birdie's point of view.

We would recommend this book to people who aspire to be footballers, as this book can inspire them not to give up. Extra Time is suitable for children age 7 + and for children who like heart-warming books with a mixture of suspense. We really enjoyed reading this book, particularly as we love football. We give this book a 4 star rating out of 5 stars.



Sienna-Rose and Liesel in year 7 reviewed Trash by Andy Mulligan.

Trash was definitely a book worth reading because it was jam packed with action and we love it when books have a lot of speech and conversation between the characters.

Trash is a story narrated by the characters and the protagonists and it is written in the first person for each section. This makes it so much easier to understand for us as we get to feel and know what the characters' emotions and insights are.

Trash is about three boys who live on a dumpsite, therefore their life is quite boring. Or is it? One normal day, the boys get ready to experience the stink and picking up trash all over again.

However, Rafael, one of the three boys, will find a mysterious bag holding the sacred clues to a big mystery...

With the help of his friends, Gardo and Rat, and a little guidance from some wise old folk, will the three friends prevail in their mission to solve the mystery, or will death loom above them?

Rafael, Gardo and Rat. Three simple, poor and scrawny looking teenagers. Just swimming on a massive dumpsite and living a simple life.

We don't normally read this type of book but it was nice for a change of genre. We give this book 4.5 stars out of 5.



House Points Update

Total Achievement Points

1st - Teresa: 23287(10pts)
2nd - Mandela: 21983(5pts)
3rd - Romero: 22518 (3pts)

Attendance:

1st – Teresa (10pts)
2nd – Mandela (5pts)
3rd – Romero (3pts)

Overall House Points

1st - **Teresa: 727**
2nd - **Mandela: 726**
3rd - **Romero: 692**

It seems to have been a while Mandela, Teresa and Romero! Forms that handed back the form council documents have tipped the balance once more. Remember it's two points for a suggestion in the council box, ten for a completed minutes of form council meeting.

At the moment Miss Barallon, Mr. Hawkins & Mr. Charlery are sorting through the pupil leadership applications. We will be shortlisting candidates ready for voting. Keep your eyes peeled for their campaigns and the voting! Their first task is to work together in houses to deliver an assembly next week.

The assembly is on mental health with Mental health week coming up! This is also where you will have the opportunity to meet your shortlisted candidates.

Mr. Hawkins has been running an Eco council and has collated all of your surveys from form council. More information will be with you soon.

Miss Barallon is looking to set up a summer talent show house competition! If you're interested in helping to run this please go and see her.

Well done to the following forms for earning the most achievement points for their house!

7M2 - 109

7R1 - 116

7T2 - 117



Staff Stars

Introducing our staff stars nominated by their colleagues...

Ms Crammond



Ms Fields



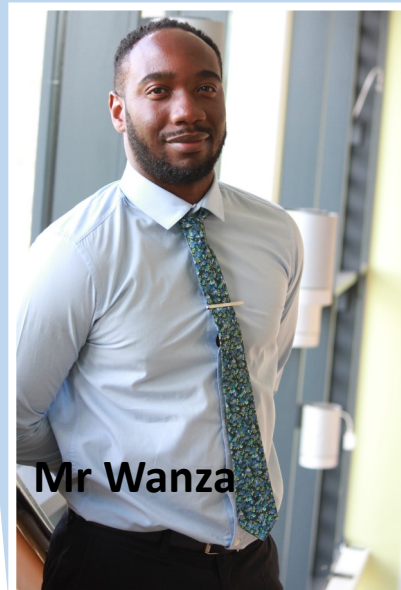
Ms England



Ms Stephenson



Mr Wanza



Ms Debko



Staff Stars



Going Above and Beyond!

Secondary phase

Pupils with the most achievement points during March and April

Year 7	Churchill KINGE 7T1 Phoebe MAURER-SMALLEY 7T2 Ademide OYELEYE 7M3 Aidan LOWRY 7T2 Frankie SHINE CASEY 7T2	Year 8	Blessing AKINNUSI 8T1 Love NWABEZE 8T2 Sophia MINNOCH 8M2 Eduardo DASCALU 8M2 Jodelee OWUSU 8R1
Year 9	Muna MBAMA 9R2 Andrius SANKER 9R2 Shameemah TANAGIDAH 9T1 Abigail BEPAT 9R1 Gift OMOREGBEE 9R2	Year 10	Jallen OWUSU 10R2 Dejahnae DUNBAR 10R1 Lara LOPES TAVARES 10M2 David RIVERA 10R2 Jamall MORRISON 10M1
Year 11	Matteo FRATTINI 11EN2 Jessica GRACE 11EN2 Niruja RAVIKUMAR 11SCI	Aziz ALI-OBALOKUN 11MA1 Haqeen NIXON NUR 11MA2	

Well done to these pupils for all their hard work!

Safeguarding our pupils at St Matthew Academy

At St Matthew Academy our Designated Safeguarding Lead (DSL) is Mr Young supported by Mrs Wickliffe (secondary) and Ms Chick (primary), and our Child Protection Officer is Mrs Laker. Pupils can contact any of our Safeguarding Team during the school day.

Worried about a child?

You can phone or write to MASH about your concerns. Phone immediately if you believe it is urgent.

- Lewisham MASH (Multi-Agency Safeguarding Hub) **020 8314 6660**
- Or call **999** or **101** if you believe a child is in immediate danger
- Childline **0800 11 11** www.childline.org.uk
- NSPCC **0808 800 5000** www.nspcc.org.uk

Term Dates

Summer Term 21/22

Tuesday 19 April 2022 to Friday 27 May 2022

Half Term: Monday 30 May 2022 to Friday 3 June 2022

Monday 6 June 2022 to Thursday 21 July 2022

Autumn Term 22/23

Friday 2 September 2022 Year 6 and Year 7 pupils only

Monday 5 September to Friday 21 October

Half Term: Monday 24 October to Friday 28 October

Friday 25 November 2022—Staff Inset Day

Monday 31 October to Friday 16 December 2022

If you have any comments, queries or concerns please do not hesitate to contact us.

Tel: 020 8853 6250

Email: info@stmatthewacademy.co.uk

Extracurricular Clubs SUMMER 2022															
ST MATTHEW ACADEMY Let your light shine															
Breakfast or Lunch						After School									
M O N	WEEK B ONLY Media Club & SMA Y7/8/9/10 News 12-12:45 ABL					Cheerleading All Years 3.00-4.30 Top Field SCE	DOE Y9/10 3.00-4.30 Silver/Bronze LSA/NBA/ TSK	Guitar Club All years 3.00-4.00 DKE	Media ScholarshipY7 3.00-4:30 Media Suite ABL	Latin American Dance All years 3.20- 4.00 S100 AMI	Art Club KS3 3:20 - 4:00 N118 EGR	Rounders All Years 3.00-4.30 Top Field MMC	Football Year 7/8 3.00-4.30 Top Field BSA/LSO		
T U E	WEEK B ONLY Media Club & SMA News Y7/8/9/10 12-12:45 ABL					SMA News Y7/8/9/10 3.00-4.30 Media Suite ABL	STAFF MEETING								
W E D	Media Club & SMA News Y7/8/9/10 12-12:45 ABL	Maths Club Y7/8/9 12-12:45 KNG				Athletics Club All Years 3.00-4.30 Astro/Field PE STAFF	Fitness & Rowing Y7/8 3.00-4.30 Fitness suite LSI	MFL Culture + KS3 HW drop in 3.20-4.00 S102 AMA	Step into Dance Year 7/8 3.00-4.30 Dance Studio Zoe Elliot	Debate Mate Yr 7/8 3-4.30 E108 KPU/MEN	EAL HW Club 3.00-4.00 MGI	Sporting Brilliance Y7/8 3.00-4.30 Sports Hall LSA/AKG			
T H U R	BREAKFAST MFL HW drop Y10 8.00 - 8.30 S103 FDE	KS4 Journey to grade 9 Year 10/11 (Art/Tx/Ph 12.00-12.25 LWR/EGR	WEEK A ONLY The Art of Appraisal Year 9/10 12.00-12.45 S111 MPI	WEEK A ONLY Light Bearer Prayer 12.05-12.25 Led by Y8/9 EED	Media Club & SMA News Y7/8/9/10 12-12:45 ABL	Cricknet Y7/8 3.00-4.30 SH/Cage AKG/NCO	On Water Rowing Y7 / 8 / 9 3.00-5.00 Surrey Quays LSI	Girls Football All Years 3.00-4.30 Astro SKE/TSK	Boxing All years 3.00-4.30 Sports Hall THA	Science Club Y7/8 3.20-4.00 N024 LSO	Maths HW Club Y7/8/9/10 3.10-4.00 RHA/SKE/ IOL S213	Media ScholarshipY8 3.00-4.30 Media Suite ABL	Dance Performance Group 3.00-4.30 Dance Studio CSM	Gospel Choir All years 3.00-4.30 Music Room JEC/IDO	
F R I	WEEK B ONLY Light Bearer Prayer 12.05-12.25 Led by Y10 EED	Media Club & SMA News Y7/8/9/10 12-12:45 ABL				Media Scholarship Y9 3.00-4.30 Media Suite ABL	Football Y10/11 3.00-4.30 Astro LSA	Fitness & Rowing Y9,10 & 11 3.00-4.30 Fitness suite LSI							