



# ST MATTHEW ACADEMY

## VIRTUAL SCHOOL NEWS

Issue 1

Friday 3<sup>rd</sup> April 2020

### Our 1<sup>st</sup> Weeks as a 'Virtual School'

#### Key points

- This is new to all of us. This week will be better than last week as we will all adapt a little more to this "new normal"
- Follow a timetable each day. Sticking to structure is really important
- Remember to communicate—if you are struggling ask for help

The government advice is very clear—we must all **stay at home** in order to be safe.

It is our responsibility to do this and whilst it will be challenging for all of us we have no choice but to make the most of this situation and to try to address it as positively as possible.

As we are currently a "virtual" school and your learning (for now) is remote—things will feel very different.

One thing remains the same. We are a community and will continue to be a community even though we aren't physically together.

Each and every one of you is important to us. Your mental, physical and academic wellbeing is at the forefront of our minds.

If you have any concerns or worries during this time please refer to the sticker in your planner where you will see a number you can call or an address you can email. Please do this if you need to.

Many of you will have received emails from your teachers. This is a great way to keep in touch and we look forward to talking to more of you over the coming weeks.

Stay safe,

All of us at St Matthew Academy



### 3 key things we have learnt so far...

#### 1. STRUCTURE

We have learnt that our days are a lot more positive if we structure our time. We would like all students to **follow a timetable** whilst they are remote learning. The timetable we would like you to follow is on the next page. It has also been emailed to all students and parents and is also on the school website.

#### 2. COMMUNICATION

Remote learning is new to all of us. Communication is key. **If you have an issue completing work you must let your teachers and DOL know.**

Teachers will be contacting parents of pupils who are not completing work.

#### 3. STAY ACTIVE

Even though you must stay at home, this doesn't mean you can't stay active. Try an online workout or active game with siblings/parents. **Being physically active promotes a healthier mind and enables us to have better wellbeing** during these tough times. .

## What you should be doing every day...

Even though you are working at home, we expect you to be following your normal timetable, as much as possible, for a minimum of 3 hours a day. So if you have English period 1 on a Monday, then you should be completing your English work 9-10am on a Monday.

Your class teachers have already set you work to complete (either in a workpack or online) and they will be emailing you to update you on what tasks you should have completed and by when. Please see the school website for links to online learning. Parents will be contacted if pupils do not complete set work.

Don't forget to include 20 minutes of reading a day. Every pupil in Y7-10 was given a book on the last day before we closed. See our reading corner for more info!

Don't forget to send your teacher pictures of your work –we would love to tweet them!



Every week, a different department in Secondary will be setting a challenge for all pupils in secondary to take part in.

Will you take on the challenge? The winning entries will be entered into a prize draw.

Your challenge this week is from the English department.

“Home and virtual learning is more beneficial than being at school.” How far do you agree? Write a speech to present your argument.

Email completed entries to [che@stmatthewacademy.co.uk](mailto:che@stmatthewacademy.co.uk) by Thursday 9<sup>th</sup> April at 12pm to be entered into the prize draw.

Every week there will be a Primary challenge set for all Primary pupils to try and accomplish. Next week's challenge:

**Complete the Joe Wicks PE lesson every day at 9am.**

Check out some of our Primary pupils having a go last week:



## Secondary home learning roll of honour...

We are so proud of our pupils who have been working hard at home this week to produce amazing quality work. Thank you to our supportive parents who are managing home schooling. Send us snapshots of you working hard at home – we would love to include them!

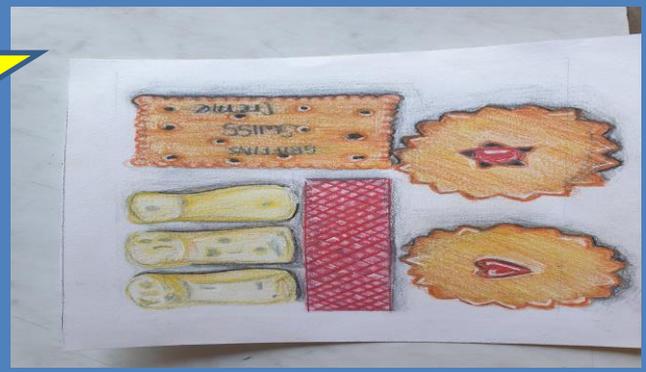
Will you let your light shine and be awarded a shout out next week? Complete your online tasks and email your teacher any other work completed to make the roll call next week!

Grace  
(Year 9)  
History

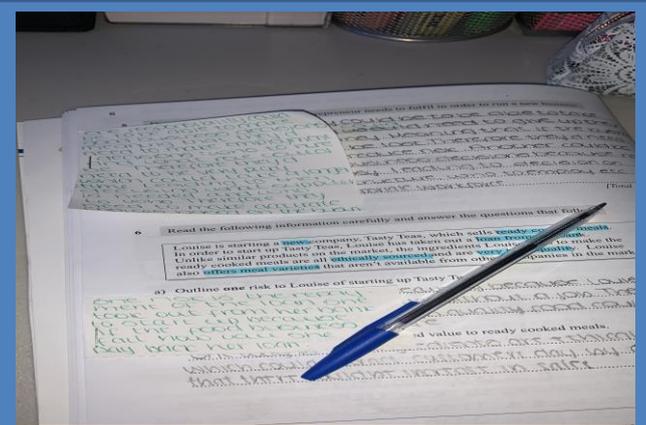
### Ruth's Diary

At this day and age it is a very confusing time, the government has required us to do all sorts of things. We have to carry a gas masks everywhere we go. I often find myself fearing that there will be a gas attack especially with the amount of instructional posters delivered to every house. However the gas masks have an awful stench and it often makes me feel queasy. They also look like some strange contraption that you would find in a horror movie. We have to build Anderson shelters. They give us material to build them. War seemed imminent; we had to buy blackout material for all the windows in our house — a government decree. I had just had my thirteenth birthday. I attended Salem High School in South East London with my brother who was thirteen and it was decided that London is too dangerous for children, the whole school should be evacuated to Brighton and join forces with Grove and Maple High School which was another Public Day School Trust.

Emilija  
(Year 10)  
Art



Sema  
(Year 11)  
Business  
Studies



# Secondary home learning roll of honour continued...

Well done to our top scorers in Hegarty Maths, This is Language, Duolingo and Lexia this week. Congrats to our photographer of the week too!

Will you make the roll of honour next week?

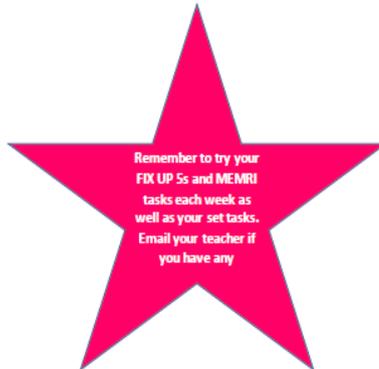


## St Matthew Academy Hegarty Maths Performance Week 1: Monday 23rd - Friday 27th March 2020



Top 5 Hegarty Users in SMA	
Name	Number of hours on hegarty
Moyin SOLAJA year 8	10
Karen BARON BECERRA year 10	9
Tatiana BARON BECERRA year 10	8.4
Wendy ARTHUR-FORSON year 8	7.7
Danielle SALAMI year 8	7.6

Top 5 MEMRI Classes in SMA	
Name	Number of hours on hegarty
11ew/Ma1	8.4
9e/Ma1	7
9e/Ma2	5
7w/Ma2	4.7
7e/Ma2	4.6



Top 2 Hegarty Users in Year 7 SMA	
Name	Number of hours on hegarty
Akshayan PRABAKARAN	6.1
Janique LEE	5.3

Top 2 Hegarty Users in Year 8 SMA	
Name	Number of hours on hegarty
Moyin SOLAJA	10
Wendy ARTHUR-FORSON	7.7

Top 2 Hegarty Users in Year 9 SMA	
Name	Number of hours on hegarty
Andre KAKEETO	5.7
Quincee MCAURTHUR	5.4

Top 2 Hegarty Users in Year 10 SMA	
Name	Number of hours on hegarty
Tatiana BARON BECERRA	8.4
Kadina CHARLTON	5.8

Top 2 Hegarty Users in Year 11 SMA	
Name	Number of hours on hegarty
Sharon JOHN-OKORO	5.5
Melvern MCAURTHUR	4.8

Well done for your brilliant efforts with your hegarty maths over this last week!! Keep up your great work! :)



### This Is Language Top Scorers:

French – Juan Pablo Y9  
Spanish – Leihani Y9  
Y7 French East is the class to beat with 77000 points!

### Duolingo Top Scorers:

French – Bess Y7  
Spanish – Cassandra Y7



### Lexia Top Scorers:

Matthew Mwaka Y8 = 144 minutes

Kyron-Dean Johnson Y7 = 72 minutes

### Photo of the week by Sebastian in Y10: 'Spring has Sprung'



# Primary home learning roll of honour...

We are so proud of our primary pupils who have been working hard at home this week to produce amazing quality work. And big thank you to our parents for making home schooling possible! Will you let your light shine and be awarded a shout out next week? Complete your tasks and email your teacher any other work completed to make the roll call next week.

Y1 Star Learner of the Week:  
Dragonfly = Jack

Y2 Star Learner of the Week:  
Butterfly = Bella

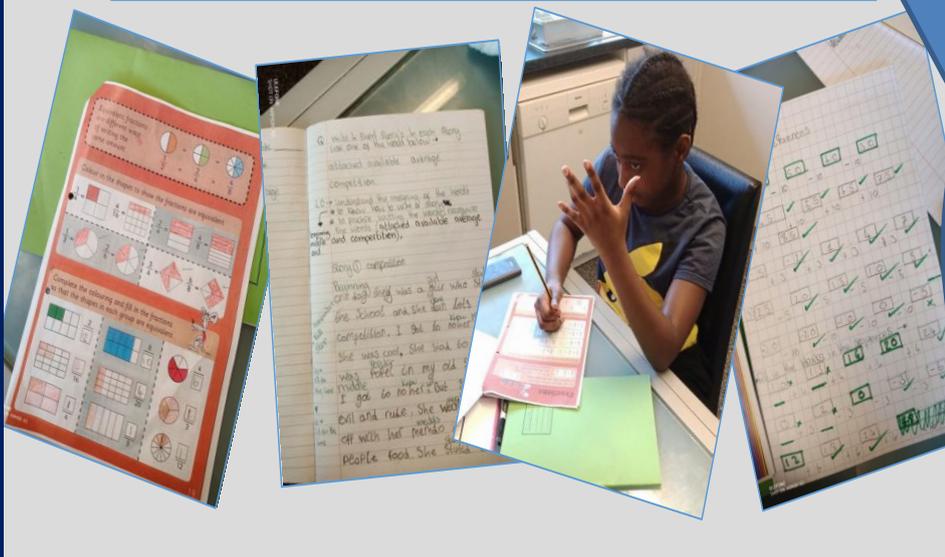
Y3 Star Learners of the Week:  
Cheetahs = Tristan  
Panthers = Roberto

Y4 Star Learner of the Week:  
Tigers = Ebenezer

Y5 Star Learners of the Week:  
Wolves = Abdul  
Lions = Jasmine

Y6 Star Learners of the Week:  
Eagles = Jahzarra  
Jaguars = Marian + Elisa

## Outstanding Work: Jahzarra (Eagle)



Mr Kolbbeck says  
"Y6 have been working hard on their home learning packs, ensuring they are revising everything they have learnt this week. This will be invaluable for their transition to secondary"

# Supporting our critical keyworkers' children...

Thank you to our wonderful staff who have gone above and beyond to support our critical keyworkers' children by providing these families with a crucial service and safe space.

This week pupils have been busy creating Easter artwork – did you know eggs are representative of new life and beginnings? A timely offering of hope.

St Matthew Academy @StMattAcad · 24 Mar

The children in Primary love doing their morning workouts! They are energised and ready for lots of fun activities! #LettingPupilsLightShine #Lewisham #Healthy



St Matthew Academy @StMattAcad · 31 Mar

Thank you NHS 🙏 #keyworkerschool #StaySafe



St Matthew Academy @StMattAcad · 18h

St Matthew Academy @StMattAcad · 26 Mar

There were some really creative Easter Bonnets created by the children this morning #Easter #LettingPupilsLightShine



St Matthew Academy @StMattAcad · 18h

Pebble art #creativity #lewisham #keyworkerschool



St Matthew Academy @StMattAcad · 21h

Tweet tweet said the paper plate bird! #keyworkerschool #staysafe



# Chaplaincy

To the Catholic Church in the Archdiocese of Southwark following the Prime Minister's Address to the Nation concerning the Coronavirus

Dear Brothers and Sisters in Jesus Christ

In his Address to the Nation the Prime Minister outlined the necessary steps that we must now take to combat the spread of the Coronavirus. This means that, until further notice, and with immediate effect, all the churches and chapels within the Archdiocese of Southwark, together with their associated halls, must now close their doors to the public. This policy must be implemented without exception. It is imperative that we, the clergy, consecrated religious, and laity of the Archdiocese of Southwark, comply fully with these directives. This is an essential component of our contribution to fighting the Coronavirus and living out the Lord Jesus' commandment to 'love our neighbour.'  
(Mk 12:31)

Message to those involved in Catholic Education in Southwark Diocese from Archbishop John Wilson 23rd March 2020:

<https://youtu.be/VVHKTgclkRg>



At this most difficult time for our schools, communities and families, it is important that we take the opportunity to lift up our hearts in prayer. Pope Francis said "The first requirement for prayer is faith, the second is perseverance, and the third is courage. In these days when we need to pray more, let us ask ourselves if we pray like this. The Lord never deludes! He makes us wait, but He never deludes"

<https://cafod.org.uk/Pray/Prayer-resources/Coronavirus-prayers>



**Free RE resources** - [http://www.natre.org.uk/about-natre/free-resources-for-you-and-your-pupils/?utm\\_source=emailmarketing&utm\\_medium=email&utm\\_campaign=free\\_home\\_learning\\_resources\\_for\\_you\\_and\\_your\\_pupils&utm\\_content=2020-03-31](http://www.natre.org.uk/about-natre/free-resources-for-you-and-your-pupils/?utm_source=emailmarketing&utm_medium=email&utm_campaign=free_home_learning_resources_for_you_and_your_pupils&utm_content=2020-03-31)

## Reading Corner...

Find out who has been reading what each week; get recommended reads; enter competitions and submit reviews. Look out for our new virtual Book Club launching after Easter. Let's get SMA reading! Don't forget to send us pictures of you or your family enjoying a good book – audio counts too!



Great news! Famous comedian and author David Walliams is sharing a free audio book every day at I am on his website:

[www.davidwalliams.com/elevenses](http://www.davidwalliams.com/elevenses)

You can listen any time for FREE!

The website [www.Audible.com](http://www.Audible.com) has also released all its collection of audiobooks for FREE. Get listening!

### Quote Master!

Guess the name of the novel the quote below comes from and email your answer to

[Fcr@stmatthewacademy.co.uk](mailto:Fcr@stmatthewacademy.co.uk) by Thursday 9<sup>th</sup> 12pm

### Secondary recommended read of the week:

How High the Moon by Karyn Parsons

### Primary recommended read of the week:

The Boy who Fooled the World by Lisa Thompson

### Staff Reading Recommendations This Week:

Miss Heywood is reading Michelle Obama's autobiography 'Becoming.'

"This book is beyond inspiring – it's great to see behind the scenes of the White House and you learn a lot about American politics."



### Quote for Friday 3rd April:

*'Focusing on the positive was so much easier said than done. All my thoughts were caught up with those poor people left behind on Barros 5. Just once I wanted to be able to properly help.'*



## Don't get bored!

As well as your home learning and daily exercise, check out some of the suggestions below to keep you and your family busy at home:

**Code Break:** Learn to code! Coding and computer science for children. [www.code.org.break](http://www.code.org.break)

**Explore the world:** Free virtual tours of world museums, educational sites and galleries for children.  
[www.familydaystriedandtested.com](http://www.familydaystriedandtested.com)

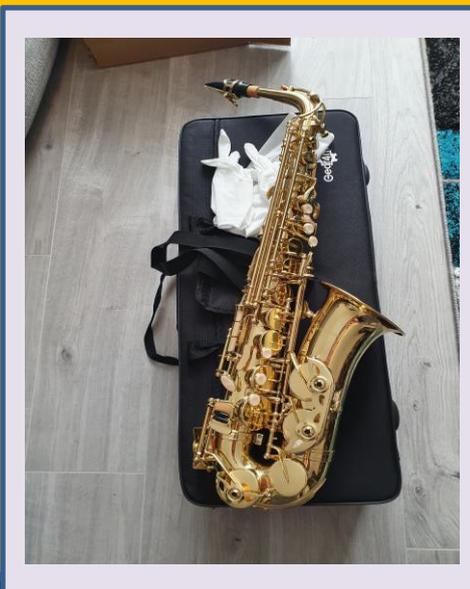
**The great indoor initiative:** Join Bear Grylls and the scouts for 100s of free problem solving and communication activities.  
[www.scouts.org.uk/the-great-indoors](http://www.scouts.org.uk/the-great-indoors)

**Go to the theatre in your living room:** The National Theatre are live streaming some of their productions, including Jane Eyre, which Y8 are studying...

<https://www.nationaltheatre.org.uk/nt-at-home>

**Myleene's Music Class:** Myleene Klass is offering free music lessons to all children on her Youtube channel. Now could be the perfect time to learn a musical instrument!

**In addition to working from home, what personal challenges have the staff been setting themselves?**



Miss Garland has completed a 3D jigsaw and is teaching herself the saxophone!

Go Miss!

# Personal Wellbeing...

It is important that we look after our mental health as well as physical health. One way to do this is regular exercise. Exercise releases serotonin, which is the body's feel good hormone and is proven to improve mental health. You can also check the links below which have excellent ideas to help improve our mental health. If you have any concerns please get in contact with your Director of Learning or Tutor.

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

[www.kooth.com](http://www.kooth.com)



Have you tried Joe Wicks' daily PE lesson? Stream it on his YouTube channel every morning at 9am.

Or check out SMA's very own Joe Wicks, Mr Saunders who is uploading a daily workout onto SMA's twitter page



Stay Indoors



Keep Fit



Wash Hands



Work Hard

# Final Thoughts for the Week...

We want to wish all of our families a very happy and safe Easter from all of us at St Matthew Academy.

Look out for our next newsletter coming after Easter which will have exciting news about our new online virtual learning platforms,

Thank you to our staff and parents for your support in making this difficult time as 'normal' as possible for our pupils.

For more information about anything else, please visit:

SMA Website:  
[www.stmatthewacademy.co.uk](http://www.stmatthewacademy.co.uk)

SMA Twitter page: @StMattAcad



twitter.com + 801520551

## Success

by Fatima Njie– Year 7

*As children, we think that life is easy*

*But only one Aladdin had a genie.*

*Success doesn't come at the click of a finger,  
So we have to study, and feel a need to linger.*

*As our school years pass by,*

*Our grades become high.*

*And only then can we see,*

*Where we want to go and what we want to be.*

*GCSE's are a stress,*

*But you should prepare to do your best*

*We reach the end of our journey to impress*

*And begin our quest to find success ...*

 **STAY AT HOME**

**PROTECT THE NHS**

 **save lives**