

## ST MATTHEW ACADEMY

## VIRTUAL SCHOOL NEWS

Issue 2

Friday 17th April 2020

#### Keypoints

- Look out for information on our new virtual learning platform coming soon
- Please read about our
   Crowd Fund appeal and share with friends, families and neighbours – find out more on page 2

## A unique and unusual Easter

The title of this edition is the understatement of the year, but all over the country people are making the best of a situation that none of us have experienced

before, and SMA is no exception! SMA – in both the literal and virtual sense – remains open for business. The children of our community's key workers continue to attend school and have been involved in some interesting and fun activities, from the



toilet roll challenge (you will find out more later) and parachuting eggs, to feeding tortoises and creating giant chalk atlases – all fun activities you could perhaps try at home!

In our virtual school, as you will see, there are all sorts of tasks and challenges for you all to do to, as well as keep on top of your learning. Please remember to email your teachers with work – they all want to hear from you; keep your days structured and make sure you take your daily exercise.

Finally, please remember that above all else you must follow government advice to stay at home, protect the NHS and save lives. We are all doing our bit against the coronavirus just by doing this.

All the very best for now and enjoy this edition of our Newsletter.

All of us at St Matthew Academy.

### 3 key things we have learnt this week...

#### I. RESILIENCE

This "new normal" is testing all of us in many ways. In the future we will remember how we responded to these challenges and overcame them.

Remember to dig deep and be the best version of yourself.

Life will get back to normal again—but for now we need to be patient.

#### 2. REFLECTION

We would like to pray for members of our school community who may be suffering or worried about the current situation.

In particular we would like to pray for those parents and family members who are working within the NHS supporting all those who are sick.

#### 3. COMPASSION

Never has there been a more important time to be **compassionate**. To be compassionate is to share someone's suffering and to feel sorrow for their situation and to try to do something about it. In these difficult times we are learning more than ever the importance in showing compassion to the people around us.

# Can you help us to support *all* our pupils at home?



At SMA, we are committed to improving the life chances of ALL our pupils, and to use learning to open minds and ambitions. We want to continue to teach our pupils especially our most disadvantaged during this time of unease and the unknown. Sadly many of our pupils do not have any access at all to a screen or tablet to access the high quality home learning we have prepared online.

We are asking everyone in our community and beyond, if you can spare a small amount to donate towards our fund. The money will be well spent on tablets and other devices to help our most vulnerable and disadvantaged pupils to ensure they have the same chance of future success as ALL of our pupils.

SMA has started a gofundme.com initiative to raise money for equipment that these pupils can use. Please go to the link below if you would like to make a contribution, which will allow all of our pupils to stay in touch with the community and carry on with their learning at home.

https://www.gofundme.com/f/computers-forpupils?member=&utm\_medium=email&utm\_source=customer&utm\_campaign=p\_email%2 Binvitesupporters





## This week's challenges....



How did you get on with last week's challenges in Primary and Secondary?

Don't forget to send us pictures of you completing the challenges!

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

#### TWO CHALLENGES THIS WEEK!

Challenge one this week is from the PE department. Send images of you completing these workouts to AKG@stmatthewacademy.co.uk by Thursday 23<sup>rd</sup> April at 12pm to be entered into the prize draw.

Push Failure

5 Rounds

- 50 Star Jumps
- Max Push Ups (to failure)

(Score = total number of push ups altogether) Full Body Descending Ladder (time)

- 10-9-8-7-6-5-4-3-2-1 - Lunges
  - Air Squats
  - Push Ups

Cardio 100 (timed)

- 100 Skips
- 100 Air Squats 100 Stair Climb (only up counts)
- 100 sec plank (stop clock if necessary)

Workout of the Day

WEEK 1

Skipping School

- 3 Rounds (timed)
  - 100 Skips
  - 50 Squats

- 10 Push Ups

10min EMOM

Every Minute on the Min for 10mins.

- 10 Step ups (2nd or 3rd step on stairs)
  - 5 Burpees

(reduce number if too difficult - you should have atleast 15secs rest) Killler Core

50 sits ups 40 flutter kicks 30 mountain climbers 20 Geckos

10 Inchworms

#### TWO CHALLENGES THIS WEEK!

Challenge two this week is from the Art department. Send images of your designs to <a href="mailto:jho@stmatthewacademy.co.uk">jho@stmatthewacademy.co.uk</a> by Thursday 23<sup>rd</sup> April at 12pm to be entered into the prize draw.

'Loo roll challenge'
Can you turn a loo roll in to a famous/original piece of artwork?
See below ideas for inspiration.



## **Secondary home learning roll of honour...**

Hopefully you have had a restful Easter and taken your learning at a slower pace over the holidays. Don't forget to send pictures of your work to your teachers to get a shoutout!

Paris (Year 9) History

Shekinat (Year 8) English The common and the co

SUBSECTION OF EVENING SERVICESSES

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Bess (Year 7) Textiles



## Secondary home learning roll of honour continued...

Well done to our top scorers in This is Language, Duolingo, Seneca and Lexia this week.

Congrats to our photographer of the week too!

Will you make the roll of honour next week?



## This Is Language Top Scorers: French – Rofiat, Maria Y10 + Noa Y11 Spanish – Daniel Y10

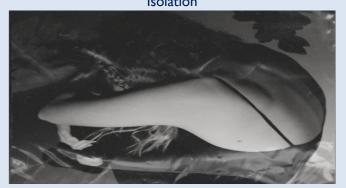
Duolingo Top Scorers: French – Bess + Daksh Y7 Spanish – Ruta YII + Jhett Y7 One incredible student,
Rapolas Venckus, in Y7 came in
9th place in the French Nutty
Tilez competition. He
competed against almost
10,000 other students across
the globe, typing targetlanguage words quickly and
accurately, in an attempt to be
crowned Nutty champion! This
really is a remarkable
achievement.



#### **Lexia Top Scorers:**

Kyle Philip Y7 = 159 minutes Cassel Chambers Y7 = 122 minutes Lia Francis Y4 = 108 minutes

#### Photo of the week by Emilija in Y10: 'Isolation'

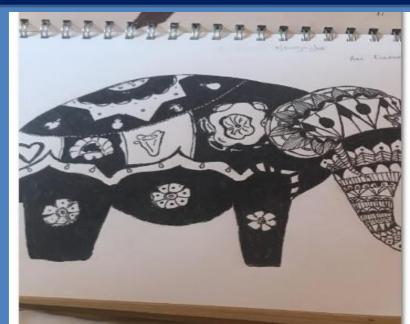


#### **Seneca Top Scorers:**

Moyin Y8 = 10 hours Patis Y7 = 5 hours

## Primary home learning roll of honour...

Hopefully you have had a restful Easter and taken your learning at a slower pace over the holidays. Don't forget to send pictures of your work to your teachers to get a shoutout!



Jasmine in Lions completed this amazing piece of Zentangle art.



Maxim in Cheetah's created this colourful piece of art – can you spot the rainbow?

## 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 over the Easter holidays.





**St Matthew Academy** @StMattAcad · Apr 6 Easter cookies expertly baked at SMA today #lewisham #lettingpupilslightshine





**St Matthew Academy** @StMattAcad · Apr 3

The children at SMA are loving @thebodycoach every morning! Here's a little clip from today's workout. #LettingPupilsLightShine #Lewisham



### **Chaplaincy**

Easter represents a new beginning and the most important new beginning in the Bible. There are many new beginnings in the Bible but none more important or significant than that which occurred during the Passover when Jesus Christ died for our sins and was raised for our justification.

Archbishop John has recorded a reflection for Good Friday. It was intended to be used as the centre piece of a Collective Act of Worship at any time during the day, but especially in those schools remaining open on Good Friday. As we were unable to attend Mass on Good Friday or Easter, please click on the link to reflect on Archbishop Wilson's Easter message.

https://www.youtube.com/watch?v=X3AlW96TaFg&feature=youtu.be



Several Parishes within the Archdiocese live-stream Mass each weekend. We have compiled a list of those that currently do so, along with links to each stream. Click here to view.

Externally to the Diocese, The Shrine of Our Lady of Walsingham offers a 12 noon Mass each day, whilst Church Services TV and MCN Media also offer Masses from around the country, and indeed, Europe.

## Pope Francis' Prayer to Mary during the coronavirus pandemic

O Mary,

you always shine on our path as a sign of salvation and of hope. We entrust ourselves to you, Health of who at the cross took part in Jesus' pain, keeping your faith firm. You, Salvation of the Roman People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial. Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by lesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin.

Amen.



You can still attend Mass and Spiritual Communion virtually!

#### **CAFOD Children's Liturgy**

We are pleased to share that CAFOD are holding a Children's Liturgy of the Word in the form of a webinar, each Sunday between 10.00 - 10.15am. Click here to go to the CAFOD webinar and download Children's Prayer Resources.

You can also access Sunday's Gospel here <a href="http://wednesdayword.org/">http://wednesdayword.org/</a> connecting home, school and parish.

### **Reading Corner...**

Find out who has been reading what each week; get recommended reads; enter competitions and submit reviews.

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! SMA are proud to announce the launch of our new virtual book club!

Mr Blakemore and Ms Fields will email out all the instructions with links to the extracts to read after the holidays.

Everyone is invited to participate!

## Staff Reading Recommendations This Week:

Mr Quigg is reading a novel by Leon Uris called 'Haj.'

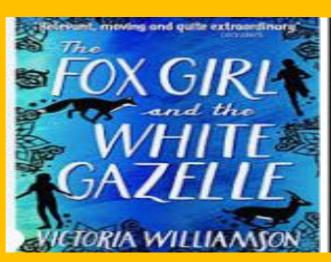
"It is based on the establishment of the Jewish state in Palestine in the 20<sup>th</sup> century, fascinating read and insight into the history of the region and its people. Leon Uris is one of my all-time favourite authors."

#### Secondary recommended read of the week:

The Fox Girl and the White Gazelle by Victoria Williamson

#### Primary recommended read of the week:

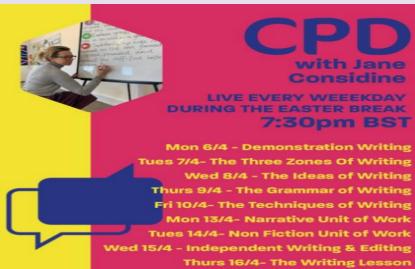
The Star outside my window by Onjali Q. Rauf





# What have the staff been up to during the Easter holidays?

Fri 17/4 - The Greater Depth Writer



Ms Nwanokwai has been tuning into Jane Considine's (The Write Stuff) CPD writing training sessions available on youtube. <a href="https://t.co/aLet\_Unf6Lh?amp=1">https://t.co/aLet\_Unf6Lh?amp=1</a>

Can you guess which teacher won the virtual staff quiz?



Ms Purslow has been busy doing some DIY! Just call her Ozy'handy'us!!!



### Final Thoughts for the Week...

Thank you to our staff and parents for your support in making this difficult time as 'normal' as possible for our pupils. Please remember to check out our crowd fund appeal to raise money for computers and devices for pupils.

For more information about anything else, please visit:

SMA Website: www.stmatthewacademy.co.uk

SMA Twitter page: @StMattAcad



#### **Staying safe online**

During the current lock down situation, it is probable that young people are spending more and more time online so it is important that as parents we are monitoring this activity to ensure they are staying safe. One of the most popular apps at this time is the houseparty app. Please see the link to a parent's guide to this app to ensure appropriate use and to ensure that you can keep your children safe online.

https://www.internetmatters.org/blog/2019/12/24/what-is-the-houseparty-app-what-parents-need-to-know/?utm\_source=twitter\_adcredits&utm\_medium=social&utm\_campaign=staysafestayhome\_houseparty

This is a great website with advice and guidance for parents and carers with children of all different ages. It has information on security settings for lots of different apps and information on how to report anything which might be a concern - vital support in these unprecedented times.

