

## Virtual School News

Issue 5

Friday 8th

### Key points

- Check out the brilliant things our pupils have been up to at home this week. If only we could publish everything — well done all!
- If you would like support in using Google Classroom, please click this link and watch the video to help you: <https://tinyurl.com/vcq28nac> It will provide a basic introduction to using the platform so should answer any questions you may have!
- Keep sending in your photos—you could be in next week's issue!

## Onwards to Victory!

This weekend millions of people in the United Kingdom will be commemorating Victory in Europe Day. On the 8th May, 1945, Britain and her allies formally accepted the surrender of the Nazi leadership of Germany which ended World War II. 75 years ago, the suffering of millions of people began to come to an end, bringing a fresh hope for a better future. Of course, nobody expected to be commemorating this day in a lock down situation. But as we do, we recognise that we are all fighting another terrible enemy that has caused so much suffering— an enemy over which we will one day be victorious.



Well done to all our pupils who have worked so hard this week, sending in wonderful work to our teachers in Google Classroom. We have been inundated with examples of the terrific activities and assignments pupils have been so keen to share. It has been hard to make a final selection for this issue of the newsletter but have a good look because there is so much to celebrate!

So, good luck everyone and keep going. Just by being at home we are all contributing to the fight against coronavirus — a fight which one day will bring victory.

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

**1.** Slowly but surely our hard work and discipline is beginning to make a difference. By staying at home and being careful to follow government guidelines on social distancing we are beginning to see the light at the end of a very dark tunnel. Keep going, we are saving lives — we are all making a difference!

**2.** Google Classroom is making a difference. Pupils are continuing with their studies and producing fabulous work in virtual classrooms. Perhaps this is an opportunity for teachers to think about how we can utilise virtual learning when we came back together as an actual community? Watch this space!

**3.** Daily exercise makes a difference. Mental health is important. By getting out for one hour everyday for a walk, a run or a bike ride, you will work better, sleep better and be happier. Take advantage of the good weather and keep to your exercise plan—it makes a difference! Let us know what you are doing to stay fit.

# Fundraising appeal success stories!

Thank you to everyone who has donated to our fundraising appeal to help us to raise money to purchase devices for our pupils to use to study at home. Ms Dunne loved delivering laptops to our Y10s this week. You can still donate and help us to get more pupils connected here: [https://www.gofundme.com/f/computers-for-pupils?member=&utm\\_medium=email&utm\\_source=customer&utm\\_campaign=p\\_email%2Binvidesupporters](https://www.gofundme.com/f/computers-for-pupils?member=&utm_medium=email&utm_source=customer&utm_campaign=p_email%2Binvidesupporters)







## SECONDARY CHALLENGES:



Andrew in Y7 has had another busy week keeping fit doing the PE challenges.

He is also now a World Record holder after camping at home with 84,000 people across 67 countries with the Scouts.

Well done Andrew!

### This week's challenge is from Textiles:

Can you make something as basic and plain as a bed sheet wearable? Your challenge this week is to make a fashionable piece of clothing using a bed sheet. You can be as creative as you want by layering other clothing or by adding accessories to build up your look. Watch the You tube videos to get some ideas on how to tie and shape a garment.

<https://www.youtube.com/watch?v=62BofJMiuuM>

<https://www.youtube.com/watch?v=XjEmgHrkML0>

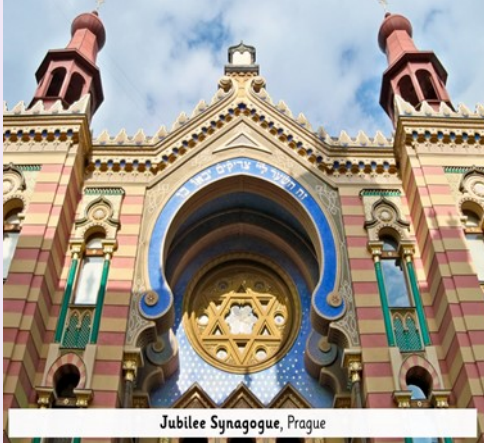
You will not need a sewing machine and should be able to find all of the materials in the comfort of your home.

Once you have created your fashion piece, take a photograph, upload and submit it to Miss Wright [lwr@stmatthewacademy.co.uk](mailto:lwr@stmatthewacademy.co.uk) by Friday 15<sup>th</sup> May.



# PRIMARY CHALLENGES:

Tell me about a place of worship:



Jubilee Synagogue, Prague



Choose a place of worship to re-search: a Synagogue, Mandir, Gurdwara, Temple or Mosque.

Choose a task:-

- Make a model of the building or a 'shoebox' of part of the inside
- Draw a picture
- Write an explanation text
- Write an invitation to a special event at this place of worship



Can you find something that is the same about the beliefs of the place of worship you have chosen and the Catholic faith?



## 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!

**Sana Y7**  
**Textiles**



**Lillia Y8**  
**Art**



**“It is more important to study the Qu’ran during Ramadan than it is to fast.” (12 marks)**

**Maria Y10**  
**RE**

Some Muslims would agree with this statement as it is more important to study the Qu’ran during Ramadan than it is to do fasting. This is because every worship which is fulfilled within the holy month of Ramadan is seen as a bigger reward as Allah will reward you more within this month for the acts of worship that you will do. As it says in the Qu’ran, “Read! In the name of your Lord who created: He created man from a clinging form (a blood clot).” It is permitted and knowledgeable that Muslims should study the Qu’ran and spend time dedicated towards different acts of worship including the Qu’ran so that they will be granted with bigger rewards from Allah than usual.

# Secondary home learning roll of honour continued...

Well done to our top scorers in Hegarty Maths, 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?



## St Matthew Academy Hegarty Maths Performance Monday 4th - Thursday 7th May 2020



Top 5 Hegarty Users in SMA		
Name	Year	Number of hours on hegarty
Adama BAH	7	13.4
Alyssa ARTEAGA CARDOSO	7	7.8
Rupertas BRAZDZIUS	8	7.4
Louise ARTHUR-FORSON	7	7.3
Akshayan PRABAKARAN	7	6.8

Top 5 MEMRI Classes in SMA		
Name	Year	Number of hours on Memri
7w/Ma2	7	7.5
10ew/Ma3	10	6.2
7e/Ma3	7	5.1
8e/Ma1	8	4.9
8e/Ma2	8	4.4

SMA is rank 99 out of all schools using Hegarty, 47 places down from last week :-(  
AIM: To hit an 'average hours per student' of 3 hours by next week!  
We can do it!!

Top 2 Hegarty Users in Year 7 SMA	
Name	Number of hours on hegarty
Adama BAH	13.4
Alyssa ARTEAGA CARDOSO	7.8

Top 2 Hegarty Users in Year 8 SMA	
Name	Number of hours on hegarty
Rupertas BRAZDZIUS	7.4
Finlay JAMIESON	6.5

Top 2 Hegarty Users in Year 9 SMA	
Name	Number of hours on hegarty
Elsa NGUYEN	4.4
Abubakar TRAORE CISSE	3.9

Top 2 Hegarty Users in Year 10 SMA	
Name	Number of hours on hegarty
Vanessa BASHIRU	5.9
Ruth ADEBIYI	5.6

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

### Lexia Top Scorers:

Tasia Y7 = 418 minutes  
Omar Y4 = 185 minutes



### This Is Language Top Scorers:

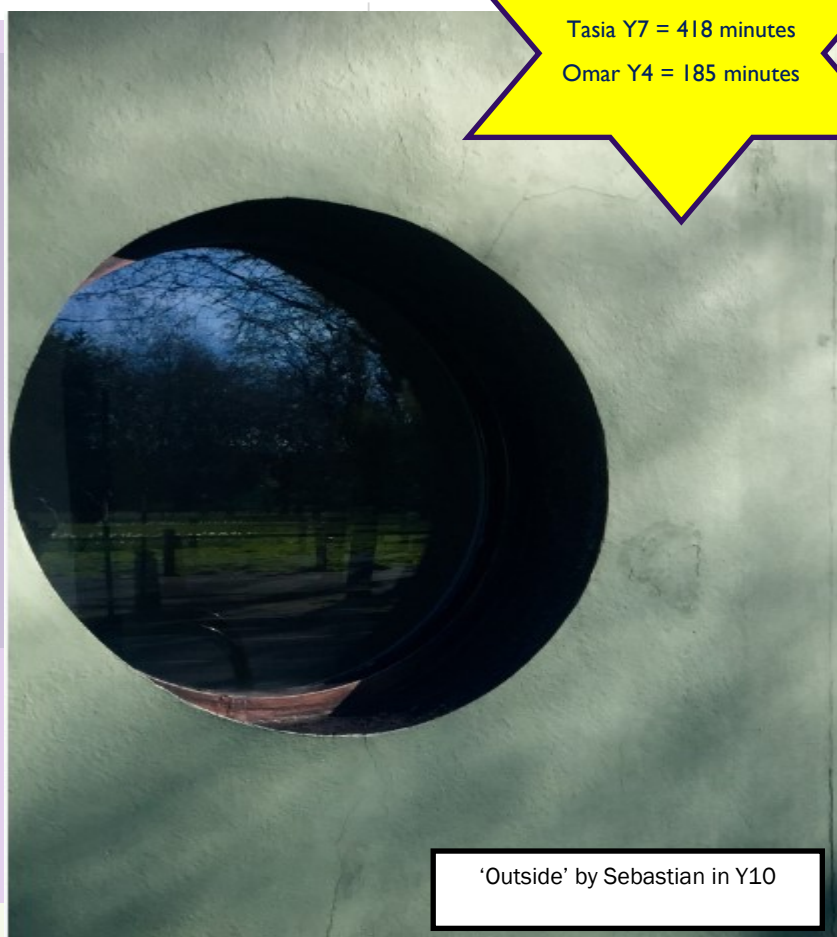
French – Lorenzo Y10 and Daniella Y9  
Spanish – Kevin Y8 and Soraya Y10

### Duolingo Top Scorers:

French – Ruta Y11  
Spanish – Bess Y7 and Elsa Y9

### Seneca Top Scorers:

Akshayan Y7 = 9.4 hours  
Rupertas Y8 = 9.4 hours



'Outside' by Sebastian in Y10

# 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.

Reception Star Learner of the Week:  
Bumblebees = Jennaya

Y1 Star Learner of the Week:  
Dragonfly = Donovan

Y2 Star Learner of the Week:  
Butterfly = Zion

Y3 Star Learners of the Week:  
Cheetahs = Abigail  
Panthers = William

Y4 Star Learner of the Week:  
Tigers = Gabriel and Raphael

Y5 Star Learners of the Week:  
Wolves = Nayla  
Lions = Breayh

Y6 Star Learners of the Week:  
Eagles = Josephine  
Jaguars = Shaely

Pupils in Y5 share their responses to the RE 'big question' this week. See more on Twitter!

Today the risen One enters our homes and our hearts, even when, at times, the doors are closed and people are feeling sad.

Jake Francis

Nana Owusu-Donkor

10. Jesus resurrecting shows us he is immortal and our saviour.

L.O - I can explain what the resurrection of Jesus means for us.



Watch 'The Easter Story'.



Find the definitions of:

- Pharisees
- Apostles
- Resurrection
- Disciples



Imagine that you are one of Jesus' disciples. Write a witness report answering these questions:

- Where did you see Jesus?
- What did he say to you?
- What did he do?
- Who was with you?
- How do you know that he was real?



Big question: In what ways is the Risen Jesus present among us today?

Aaron Raymond-Carter

Big question: Jesus is still present among us today because he is the son of God and he cares for us so he also will be alive forever because he is special.

Sariah Henry

Rayyan Cissokho

Jesus shows that he has risen to heaven and watches over us

The risen Jesus represents us because when we ask for forgiveness just how Jesus got refreshed when he rose from the death.





# 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.



St Matthew Academy @StMattAcad · 4h

A sunny morning in the Learning Resource Centre @StMattAcad As usual everyone working hard. Great Day! #lettingtheirlightshine



St Matthew Academy @StMattAcad · 21h



Lovely afternoon @StMattAcad

Making tissue paper butterflies. Great fun!

#lettingtheirlightshine







# Chaplaincy

## Jesus – Light of the World

Let us offer one another a sign of God's peace. Eternal God, in the darkness of winter, and in the darkness of our broken **world**, the **light** of **Jesus** shines to give us courage and hope. **Light** up our hearts as we praise you and our minds as we hear your word. Amen.

### Gospel for Sunday 10th May 2020

#### Jesus Warns of his Departure (John 14:1-12)

Jesus said to his disciples: 'Do not let your hearts be troubled. Trust in God still, and trust in me. There are many rooms in my Father's house; if there were not, I should have told you. I am now going to prepare a place for you, and after I have gone and prepared you a place, I shall return to take you with me; so that where I am you may be too. You know the way to the place where I am going.' Thomas said, 'Lord, we do not know where you are going, so how can we know the way?' Jesus said: 'I am the Way, the Truth and the Life. No one can come to the Father except through me. If you know me, you know my Father too. From this moment you know him and have seen him.' Philip said, 'Lord, let us see the Father and then we shall be satisfied.' 'Have I been with you all this time, Philip,' said Jesus to him, 'and you still do not know me? To have seen me is to have seen the Father, so how can you say, "Let us see the Father"? Do you not believe that I am in the Father and the Father is in me? The words I say to you I do not speak as from myself: it is the Father, living in me, who is doing this work. You must believe me when I say that I am in the Father and the Father is in me; believe it on the evidence of this work, if for no other reason. I tell you most solemnly, whoever believes in me will perform the same works as I do myself, he will perform even greater works, because I am going to the Father.'



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#### A message of Joy

The Staff of Stella Maris Catholic Primary School, Folkestone, have worked together to send a series of messages to the children of their school, joined together in a video.

Although directed at the local children, Archbishop John when he saw it wrote: "It's very uplifting and should be shared". [Click here](#), or on the picture below, to visit the website of the Stella Maris School to watch.



# Reading Corner...

Don't forget to join in with the virtual book club and take part in the poetry competition launched in last week's newsletter!

Send us pictures of you or your family enjoying a good book – audio counts too!



**Do you know your Gryffindor from your Ravenclaw? Your Snitch from your Quaffle? No? Well now you will with all of Harry Potter on audio!**

Daniel Radcliffe (Harry himself!) will be reading 'The Philosopher's Stone' from his living room and you can watch it all here:

[https://www.wizardingworld.com/chapters/reading-the-boy-who-lived?utm\\_medium=email&utm\\_source=sg&utm\\_campaign=hpah-video-chap1](https://www.wizardingworld.com/chapters/reading-the-boy-who-lived?utm_medium=email&utm_source=sg&utm_campaign=hpah-video-chap1)

Who said the quote?  
"Intelligence is the  
ability to adapt to  
change."

Email your guesses to  
[fcr@stmatthewacademy.co.uk](mailto:fcr@stmatthewacademy.co.uk)

## Staff Reading Recommendations This Week:

Mr Hopkins is reading 'Paper Towns' - and proving that reading doesn't always have to be from books!

"I really like the mystery element to the book—a real page turner!"



## Secondary recommended read of the week:

Once by Morris Gleitzman

## Primary recommended read of the week:

The Crooked Sixpence by Jennifer Bell



# Don't get bored!

## Keep moving for your brain's sake!

Albert Einstein had his daily walks; Bill Gates values playing tennis just as much as his daily reading; Sir Alan Sugar cycles 50+ miles per week and Google gives all its employees free gym membership to help optimise productivity and wellbeing. The CEO of Snapchat, Evan Spiegel, stated "you've got to be in shape to think", to his employees. The opportunity to move your body and get away from your "work" shouldn't be underestimated if productivity and quality revision/learning is your goal. Try the exercises at home below:



Now make your own Circuit, combine 4-5 exercises together, alternating upper and lower body, whilst mixing in full body exercises and a range of reps and rounds (sets)

Add weight? 10kg bag of rice, 20kg sack of potatoes, a sibling, pet dog...

## Eccentric Bodyweight Circuit:

- Super Slow Squats x15 (8 sec down/8 sec up)
- Super Slow Push Ups x10 (4 sec down/ 4 sec up)
- Bulgarian Split Squat x10 per leg (4 sec down/Fast up)
- Inchworms x5 (8 steps out/2 sec hold/8 steps back)

## Isometric Bodyweight Circuit:

- Split Squat holds x20-30sec per leg (1 inch off the ground)
- Push Up holds x10 (2-8 sec holds) (1 inch off the ground)
- Hip Hinge reach holds x30-40sec (hold hinge, reach arms out in front)
- 8-point plank x30-40sec holds (hands, elbows, knees, feet on ground)

## Concentric Bodyweight Circuit:

- Single Leg box Squats onto sofa/chair x10 per leg
- Push Up step ups onto small box x10
- Reverse lunges x10 per leg
- Lying V sits x10-20 (sit up on your bum, hands touch feet)

Repeat each Circuit 2-3x per session, resting 10-15 seconds between exercises.

**JERF**  
JUST EAT REAL FOOD

## TOP 5 :

- |                    |               |                         |
|--------------------|---------------|-------------------------|
| 1. Tropical fruits | 2. Root veg   | 3. Vegetable soup/broth |
| 4. Green veg       | 5. Milk/dairy |                         |

# Don't get bored!



## Can you do the maths puzzle below?

Send your answers to [kng@stmatthewacademy.co.uk](mailto:kng@stmatthewacademy.co.uk)

Make the number 36 (this is like the 24 game). You use all 4 numbers once and once only, add, subtract, multiply or divide however you like, and make a total of 36.



The answer for last week maths challenge was:

**MARYAM MIRZAKHANI.** The first woman and Iranian to win the Fields Medal (a rough equivalent of the Nobel Prize for Mathematicians.)

**The winner is Rapolas Venckus Year 7**



# 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.

For more information about anything else, please visit:

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

SMA Twitter page: @StMattAcad



## How to celebrate VE Day on May Bank Holiday whilst socially distancing:



11.00 - A national moment of remembrance with a 2 minute silence being held

14.55 - Solo buglers, trumpeteers and cornet players will be invited to play the 'Last Post' from their own homes

15.00 - As Churchill's speech is being broadcast, people will be invited to stand up and raise a glass in a national toast

20.00 - The nation will be invited to sing along with a rendition of war time classic "We'll Meet Again"

21.00 - The Queen will deliver a speech on BBC 1 at the exact moment her father King George VI did 75 years ago

