

## Virtual School News

Issue 6

Friday 15th

### Key points

- Check out this week's challenge from the Art and Design Dept. the focus is on textiles!
- Primary pupils—whip up a storm in Science on p4
- Have you made the Roll of Honour yet?
- What's Mr Wanza reading? Do you have a reading recommendation?
- Can you keep up with Mr Saunders. Lots of top tips for fitness from our very own Mr Motivator!
- Please send pictures and write ups for next week—all welcome!

## Long Live Rock 'n' Roll!

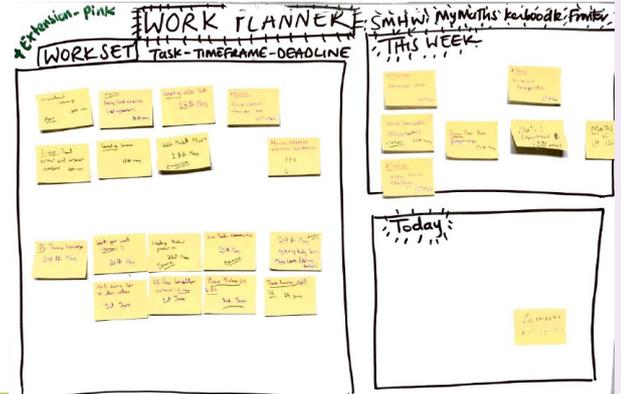
This week music lovers mourned the passing of Richard Wayne Penniman, better known as Little Richard. He was arguably one of the most influential figures in music and was nicknamed 'The Originator,' and 'The Architect of Rock and Roll.' Little Richard was so important to music that his influence can still be seen and heard in so many forms of music today. But we mustn't be too sad! Indeed, the contribution to our lives made by Little Richard and so many of his generation should be celebrated. Born in Georgia, 1932, into a society rife with poverty and racism, Little Richard's spirit was so strong that nothing could quiet the music that seemed to burst out of him. Little Richard would let nothing hold him back and by the late 1950s he was famous for songs like 'Tutti-frutti,' 'Lucille' and 'Long Tall Sally.' His music left an indelible mark on young people all over the US and the world, inspiring so many to follow in his footsteps.



So at this time of crisis, when it might be easy to despair, it is important to celebrate the lives of all those people who have let their lights shine and made our lives just that little bit brighter.

This week also marks our third week on Google Classroom. Look out for the handy 'how to' guide that will be shared with pupils next week. And finally, a little tip about home-schooling from Ms Thurston:

"If like me you have been struggling to keep your child on track with all subject deadlines, a simple sheet like this could be helpful; all you need is a large sheet of paper and some small post it notes. Simply write all assignments out with deadlines on to a separate post it note. Move the notes around according to deadline and only take them off once the task is complete and submitted! It has worked for us!"



We send our best wishes to everyone in the SMA community and look forward to seeing you all soon.

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

### 1. Planning Makes Perfect!

Making sure we structure our lives and learning is vital to success. Have a plan and stick to it – life is simpler, more productive and will ultimately make us more successful! Tick off the jobs you complete and enjoy the sense of fulfilment.

### 2. The Importance of Mental Health

Feeling positive is essential for us all. Speaking to Year 7 pupils and their families this week, it was great to hear that despite the current situation, our community is so strong and so resilient and so positive!

### 3. Exercise is King!

This is getting a mention every week – going out for a walk, a run or a ride every day will keep you fit. But even though the rules have been relaxed a little, don't forget to maintain social distance and keep safe.



## SECONDARY CHALLENGES

Check out Jared in Bumblebee who completed the DT challenge by making his own plane for 'Jared's Airline' - great work Jared!

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

This challenge is not just about stitching but also our observational skills.

#### What you'll need:

- A mirror, camera/photograph or willing model, a hand sewing needle, scissors, pencil, black, white and mid grey sewing thread, cotton/linen fabric in a neutral colour (or any old fabric but not too dark)

Start with studying the subject up close.:



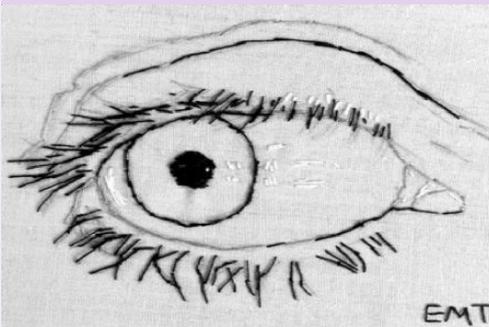
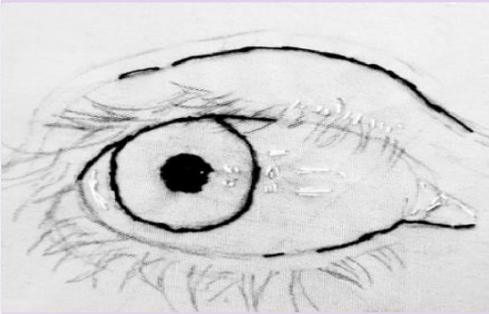


## Textiles Challenge:

### What to do:

1. Spend some time looking at an eye. Use a mirror or take a photograph or a willing model. Note how big the pupil is, the shape of the eyelid and the length and direction of the eyelashes.
  - 2 Draw the eye onto the fabric using either a pencil or pen. You might want to practice drawing the eye on paper first.
- If you are worried about having to draw an eye, try a closed eye to make it a little easier
3. Keep the drawing simple. No shading is required.

### Stitching:



1. Now it's time to start stitching. You'll stitch around the iris, pupil, eyelashes and the curvy area of the eyelid. You can use a running stitch (straight stitch), for an easier option or back stitch for a more challenging stitch. Use black thread, sew a single running stitch on the iris outline, making sure you don't pull it too tight. Continue with your running stitches and sew along the lines.
2. Continue using this technique using the black thread to outline the pupil. Fill in the pupil and stitch in any dark sections of eyelid and eyeball. Do not stitch the eyelashes yet.
3. Next stitch the highlights using the white thread. Keep referring to your source photo, mirror or model to see where the light hits the eye. Use a running stitch in various lengths to add in the highlights.
4. Continue to use the manipulated running or back stitch technique to fill in the remaining outlines with the mid grey thread.
5. Then stitch the eyelashes with the black thread using the same technique of running or back stitches too. On the straighter eyelashes try a loose tension so the stitch lays less straight, giving a more natural look.

This is my version of the stitch challenge. I used a model's eye and did a simple sketch of the eye. I wanted to add some colour so I found some brown thread in my sewing box.

Email your attempts to [rch@stmatthewacademy.co.uk](mailto:rch@stmatthewacademy.co.uk)

# PRIMARY CHALLENGES:

## Science Challenge: Make a 'Tornado in a bottle'

### The method:

1. Fill the plastic bottle with water until it reaches around three quarters full.
2. Add a few drops of washing up liquid.
3. Sprinkle in a few pinches of glitter (this will make your tornado easier to see)
4. Put the cap on tightly.
5. Turn the bottle upside down and hold it by the neck. Quickly spin the bottle in a circular motion for a few seconds. Stop and look inside to see if you can see a mini tornado forming in the water. You might need to try it a few times before you get it working properly!

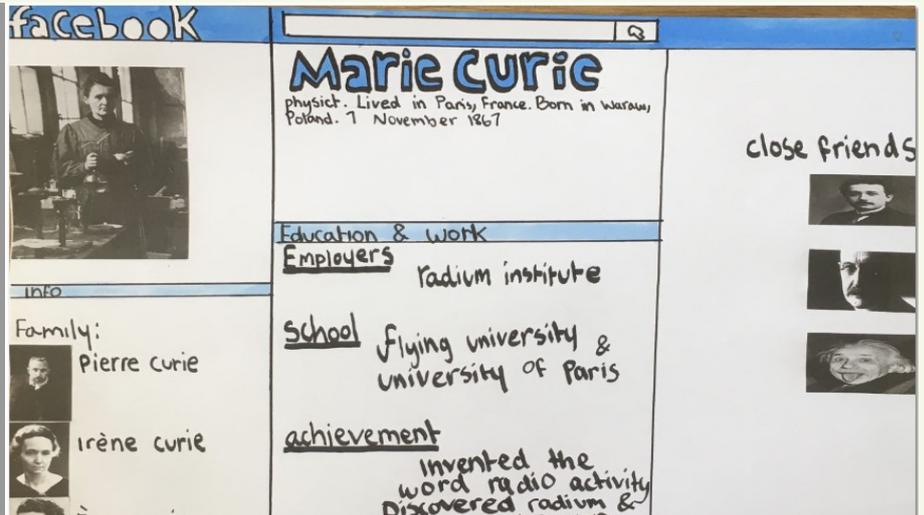


# Secondary home learning roll of honour...

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!

**Hanako Y7**  
**Science**



A hand-drawn Facebook profile for Marie Curie. The profile includes a cover photo of her in a laboratory, a profile picture, and a bio: "Marie Curie, physicist. Lived in Paris, France. Born in Warsaw, Poland. 7 November 1867". The profile is divided into sections: "Education & work" with "Employers" (Radium institute) and "School" (Flying university & University of Paris); "Family" with photos and names of Pierre Curie and Irène Curie; and "achievement" (Invented the word radio activity, Discovered radium & polonium). A "close friends" section shows three small profile pictures.

**Abigail Y7**  
**Food Tech**



**Sana Y7**  
**Art**



# 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 11th - Friday 15th May 2020



Top 5 Hegarty Users in SMA		
Name	Year	Number of hours on hegarty
Allayah PRYCE	10	14.7
Leslie DAVIES	9	9.8
Thaliah LEIGHTON-MITCHELL	7	7.9
Daniel BARCOO-JARMOLOVIC	7	7.7
Jayden BROWN REID	7	6.5

Top 5 MEMRI Classes in SMA		
Name	Year	Number of hours on Memri
8e/Ma1	8	27.9
10ew/Ma1	10	19.6
7ef/Ma3	7	30.4
10ew/Ma3	10	26.7
7w/Ma2	7	27.6

Top 2 Hegarty Users in Year 7 SMA	
Name	Number of hours on hegarty
Thaliah LEIGHTON-MITCHELL	7.9
Daniel BARCOO-JARMOLOVIC	7.7

Top 2 Hegarty Users in Year 8 SMA	
Name	Number of hours on hegarty
Victoria ADEBARI	4.9
Angelima BAANAH-JONES	4.7

Top 2 Hegarty Users in Year 9 SMA	
Name	Number of hours on hegarty
Leslie DAVIES	9.8
Olatomiwa BABATUNDE	5.1

Top 2 Hegarty Users in Year 10 SMA	
Name	Number of hours on hegarty
Allayah PRYCE	14.7
Jadesola OLADAPO	5.1

SMA is rank 60 out of all schools using Hegarty, 33 places up from last week! :)  
AIM: To hit an 'average hours per student' of 3 hours by next week!  
Every student has to do an extra hour to make it possible!

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

### Lexia Top Scorers:

Mohammed Y7 = 264 minutes  
Antony Y7 = 104 minutes



### This Is Language Top Scorers:

French – Juan Pablo Y9 + Rofiat Y10

Spanish – Leihani Y9 + Stecy Y9

### Duolingo Top Scorers:

French – Mariana Y9 + Bess Y7

Spanish – Matheus Y7

### Seneca Top Scorers:

Akshayan Y7 = 9h 27m

Rupertas Y8 = 9h 23m



'Inside' by Charley 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 = Fatoumata

Y1 Star Learner of the Week:  
Dragonfly = Jean-Luc

Y2 Star Learner of the Week:  
Butterfly = Raheem

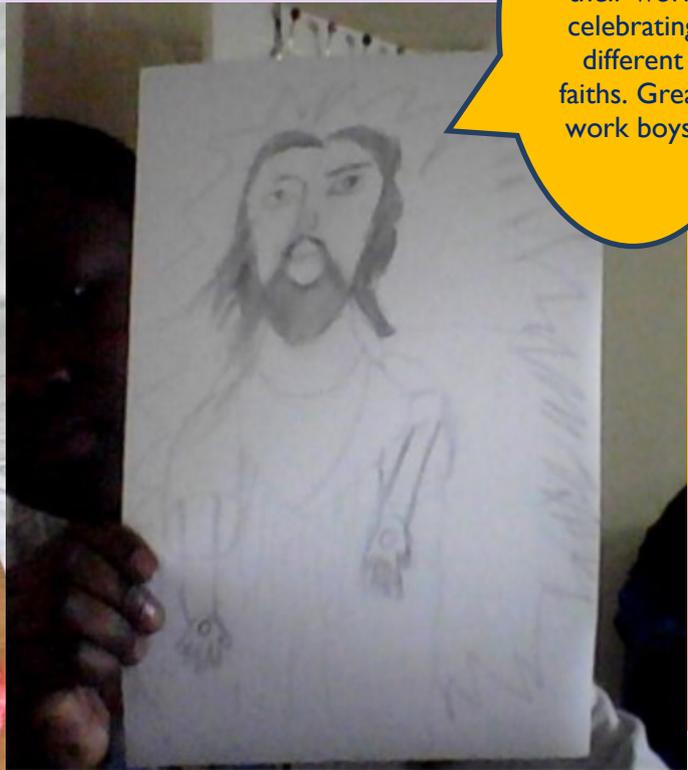
Y3 Star Learners of the Week:  
Cheetahs = Mikayla  
Panthers = Omar

Y4 Star Learner of the Week:  
Tigers = Brianna

Y5 Star Learners of the Week:  
Wolves = Minnesota  
Lions = Naomi

Y6 Star Learners of the Week:  
Eagles = Tamia  
Jaguars = Tianna

Jai and Nana in Y5 showcase their work celebrating different faiths. Great work boys!



# 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 · 21h**

Kite making at SMA! We had been listening to David Walliams reading Windy Mindy in the morning – we could have done with some of her 'bottom power' in the afternoon. No wind what so ever!

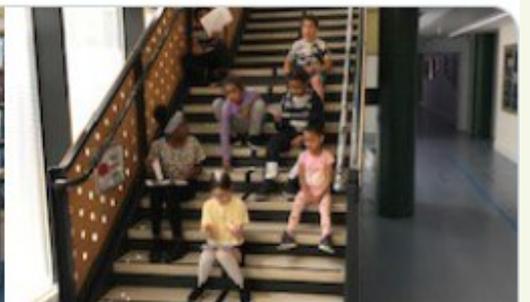
[#LettingPupilsLightShine](#)



**St Matthew Academy @StMattAcad · 5m**

Our lovely primary pupils were working on many skills. That included a year 10 treasure hunt they completed with Mr Baines. [#LettingPupilsLightShine](#)

[#Lewisham](#)





# Chaplaincy

## Taken from the Gospel for Sunday 17<sup>th</sup> May 2020 - The Advocate whom the Father will send (John 14:15-21)

Jesus said to his disciples: 'If you love me you will keep my commandments. I shall ask the Father, and he will give you another Advocate to be with you for ever, that Spirit of truth whom the world can never receive since it neither sees nor knows him; but you know him, because he is with you, he is in you. I will not leave you orphans; I will come back to you. In a short time the world will no longer see me; but you will see me, because I live and you will live. On that day you will understand that I am in my Father and you in me and I in you. Anybody who receives my commandments and keeps them will be one who loves me; and anybody who loves me will be loved by my Father, and I shall love him and show myself to him.'

### Faith does matter during times like these...

At the moment, the world is suffering, it is clear to see. We cannot escape the reality that people are falling away. For all of us, we see this as an injustice. Naturally we start to question whether this is God's doing? I encourage you not to do this. The blame game does not solve the problem of suffering but adds to it.

In the Old Testament there was a man called Job who had everything. A loving family, a huge farm filled with cattle and more money than he could ever imagine. One day, God decided to put JOB's faith to test. He was looking to see what Job's reaction would be if he lost everything. When Job did lose everything, God saw that Job's faith did not weaken. In fact Job never really questioned God because he realized that we must take the good times with the bad. This is the very essence of life. Appreciating the good things in our lives but also accepting the bad along the way.

Faith matters during times like these because we can easily put the teachings of Jesus into action. Prayer, charity and service. It couldn't be more of a perfect time.

Faith matters because through prayer, we can deepen our relationship with God. We can take it as a chance to reflect on our lives.

Faith matters because being charitable allows us to alleviate the pain of poverty. Charity affords people a better way of life than they have been accustomed to. Generous donations bring joy to a somewhat grim reality.

Faith matters because through service we can put our faith into action. We pray for all care workers who have put their lives at risk working on front line services. We pray for the care workers who have put their needs last and others first.

Finally, faith matters because whatever happens, we will overcome this. Have faith in our human strength because we are unique individual creations of God.



### Quakers in Britain - VE day and the hope for peace.

Marigold Bentley reflects on the beginning of the end of World War II and the work for peace that continues:



<https://www.quaker.org.uk/blog/ve-day-and-the-hope-for-peace>



# 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!

## VIRTUAL BOOK CLUB NEWS!



Exciting new book extracts have been added onto the SMA virtual book club. If you haven't already signed up, please email your tutor and they will add you. The extracts for this week are:

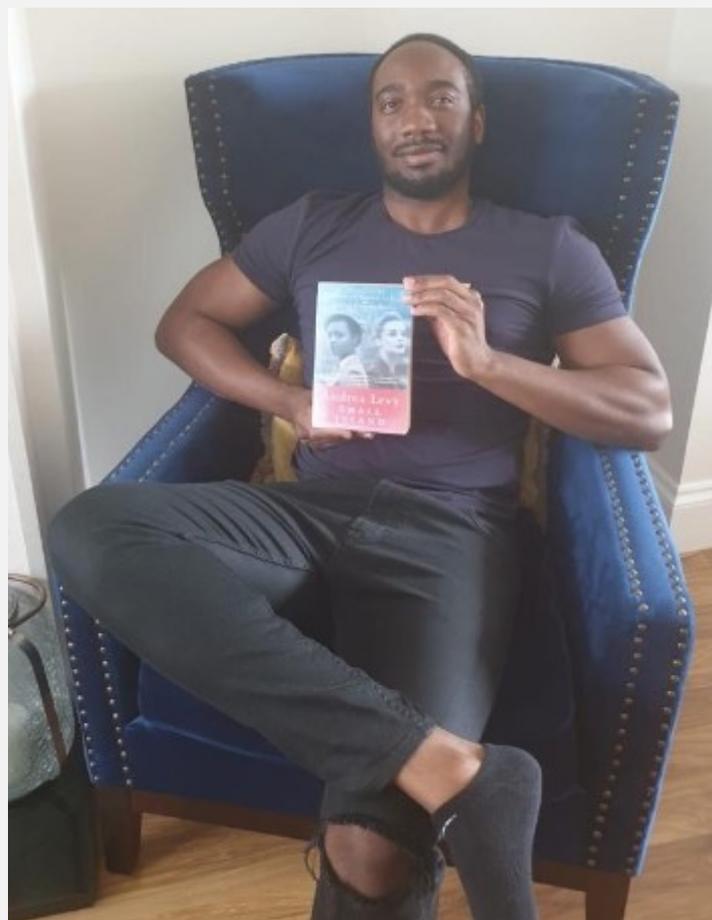
- KS2: I Cosmo by Carlie Sorosiak
- KS3: The longest night of Charlie Noon by Christopher Edge
- KS4: Furious thing by Jenny Downham

Who said the quote?  
"Creativity is contagious—pass it on"  
Email your guesses to  
fcr@stmatthewacadem  
y.co.uk

Well done to Kavin in Y8 who guessed Stephen Hawking correctly last week!

## Staff Reading Recommendations This Week:

Mr Wanza is reading 'Small Island' by Andrea Levy:  
"Many of my family were involved in the Windrush and faced the same challenges the characters in the book face, so it has so much real life cultural context as well as personal connections for me."



## Secondary recommended read of the week:

'The Disappearances' by Emily Bain Murphy

## Primary recommended read of the week:

'The Emerald Atlas' by John Stephens

# Don't get bored!

Mr Saunders is a senior experienced fitness and personnel trainer, and if you haven't seen his daily workouts on the SMA twitter page, please check them out. You can also access his workouts @StMatthewPE and on Youtube: <https://www.youtube.com/playlist?list=PLnYeTk1maTgWbADQBO-ffK7gjYpXzrjKh> He will be happy to answer any questions relating to health, fitness or nutrition and get you fit during lockdown! Contact him on [lsa@stmatthewacademy.co.uk](mailto:lsa@stmatthewacademy.co.uk)



## 1 Step-up, Big Toe Up



10 reps each leg  
2-3 sets

Perform barefoot, lifting up big toe of working leg

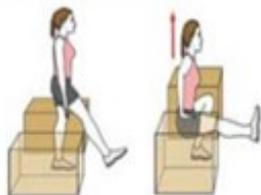
## 2 Pistol Squat, Assisted Eccentric Emphasis



10 reps each leg  
2-3 sets

Hold onto secure object for balance

## 3 Pistol Squat, Assisted



10 reps each leg  
2-3 sets

Perform between two sturdy objects, such as chairs

## How can I help my child with fitness at home?

1. Timetable exercise (e.g 20mins x 5 days x 2 days rest)
2. Family workouts (e.g complete circuits in the house and challenge each other)
3. Improvise with equipment (e.g use tins, body weight, stairs)
4. Make exercise fun (e.g keepy uppy challenge, hit a target)

Check out the SMA PE twitter for more ideas!

## Fancy learning some skills and techniques?



The BBC Sport Academy challenges are a fun way to practice your skills. From Football to Basketball and Netball to Swimming, there is something for everyone.

Click the following link:

[http://news.bbc.co.uk/sportacademy/hi/sa/newsid\\_3412000/3412873.stm](http://news.bbc.co.uk/sportacademy/hi/sa/newsid_3412000/3412873.stm)

## 1 Split Squat Jump, Bodyweight



15 reps each leg  
2-3 sets

Jump straight up from split position

## 2 Split Squat Jump, Dumbbells



15 reps each leg  
2-3 sets

Jump straight up from split position, holding dumbbells

## 3 Dumbbell Push Press



10 reps  
2-3 sets

Bend legs, press dumbbells overhead

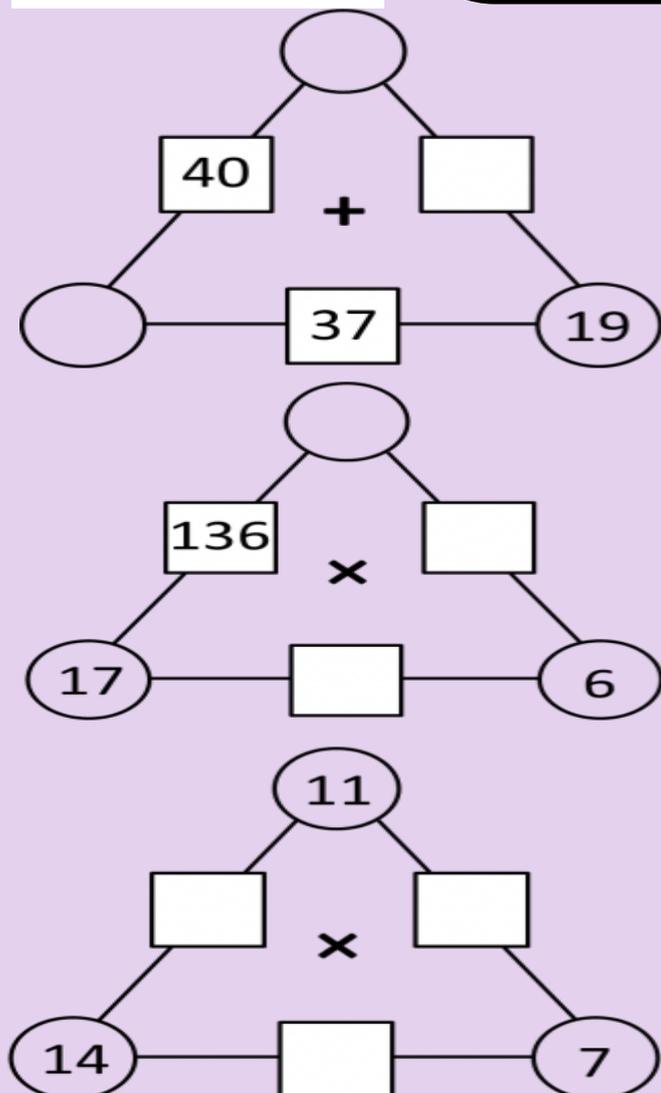
# Don't get bored!



Can you do the maths puzzle below?

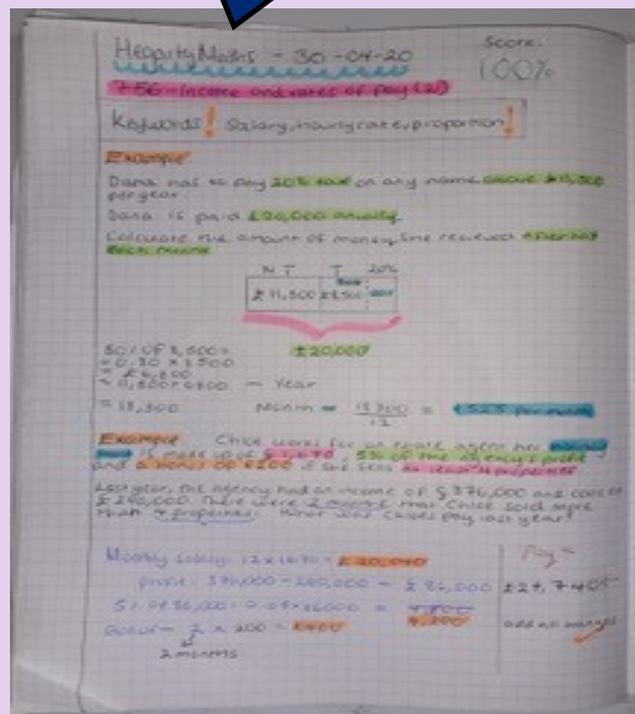
Send your answers to [kng@stmatthewacademy.co.uk](mailto:kng@stmatthewacademy.co.uk)

**Arithmagons:** The number in the square is the sum or product of the numbers in the circles at the ends of the line it is in (look in the centre of the arithmagon).



The winner for last week maths challenge was: **Kavin Premkumar Year 8**

His Hegarty work has also been commended by Miss Dunne. See an example of his work here for how your maths teachers would like your Hegarty notes to look:



# 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](https://twitter.com/StMattAcad)



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**Lewisham  
music**

**Come and join one of  
our new online choirs  
from the comfort of your  
own home!**

Lewisham Music Zooom Choirs for up to 100 children will be led by our very own Singing Leader, Clare Caddick. These will be live interactive sessions with lots of musical fun, activities and singing.

The sessions will start with some fun warm-ups followed by a programme of uplifting songs from around the world, thinking about other children and young people also in lockdown who are singing all over the globe. The selected songs will challenge and hopefully inspire family singing at home. Imagine the sound of singing pouring out of all the homes across Lewisham!

**SIGN UP HERE:**

**[lewishammusic.org/zoom-choirs](http://lewishammusic.org/zoom-choirs)**

## **Lewisham Music Zooom Choirs**

**Freeeee!**

**Year 2-5 (ages 6-10)**

**Tuesdays at 3pm,  
starting on 12 May**

**Year 6-8 (ages 10-13)**

**Fridays at 3pm,  
starting on 15 May**