



Student bulletin



Dear Students,

I hope you are all keeping well and have had a positive week. I will share the weekly R3s with you, but I would like to share some top tips for students sent through to me by the SDBE, who are the governing board for Church schools in the Diocese of Southwark.

Top Ten for Pupils:

1. Remember that feeling lots of different emotions is normal including anxiety and low moods; it is a normal reaction to uncertain times when humans feel under threat emotionally or physically.
2. Give yourself a 'well done' by recognising what has gone well every day. Name two things that have been good and one that hasn't been good.
3. Be careful how much you talk about and watch the news. It's good to be in touch, but unhelpful to focus on it.
4. Keep a routine to your day; get up, eat and go to bed at the same time.
5. How can you get your heart racing and your body moving daily?
6. Eat food that your body can use well – what we eat affects your mood, sugary food in particular can push our energy levels up quickly but they can then crash too.
7. Social distancing doesn't mean social isolation. Schedule in time to connect with others, have fun and laugh.
8. Express feelings in creative ways beyond than talking to others. You could draw, collage, write a poem or keep a vlog diary.
9. Take a moment to stop in silence and pause.
10. Be kind and patient with yourself. Every day and every moment doesn't have to be positive

Student questionnaire

Thank you to the 300 of you who have already responded to the student questionnaire on SMH. For those who haven't, please take five minutes to complete this. Your feedback will allow us to improve your distance learning experience. I will respond to many of the questions you have asked in next weeks student newsletter. The questionnaire will close at 9am on Monday morning. Stay safe. Mr Hopkins.

Weekly Celebration Rewards

This week's R3 winners are as follows:

Student name	Teacher	Subject	Reason
Year 7			
Sacha S	Miss Okobia	English	Consistently excellent English work including an in-depth analysis of a detective poem and a creative short story.
Andrea O	Mr Lawrence	PE	Always submitting good quality work on time and taking ownership of her own physical fitness.
Taqwa Z	Mr Hassan	Maths	For excellent results and continued effort on her Active learn tasks.
Mia B	Ms Opoku	Maths	Mia has ensured that her Maths work is completed to a high standard. She has achieved 100% on all tasks that have been set so far.
Charlie T	Mr McInnis	Music	This half term Charlie's classwork has been on time, outstanding and beautifully presented.
Matilda P	Miss Wright	Science	For consistently producing outstanding work
Matilda P	Miss Okobia	English	For producing consistently outstanding work on the Detective Fiction genre
Year 8			
Krishna T	Ms Key	Art	Completing art homework to an excellent standard considering she hasn't even met her new project teacher!
Mosope B	Mr Idehen	Maths	Fantastically adapting to Home-learning and consistently producing good outcomes
Michael C	Mr Lawrence	PE	Excellent submission of PE lesson evidence for our week 2 lesson. Michael has been staying active and taking responsibility of his physical fitness during the school closure.
Joshua F	Mr Hassan	Maths	For excellent results and continued effort on his Active learn tasks.
Elizabeth- R F	Miss Hickman	Geography	Exceptional Geography work every lesson!
Grace J	Miss Goddy	French	Grace has kept up the consistency of the high grades she produced in class since working at home. Grace achieved 100% in both Active Learn tasks set this week and has an outstanding average of 95% on SENECA where she completed more work than assigned.
Year 9			
Damani G	Ms Key	Art	Excellent effort in Art, always messages if not sure what to do or how to improve.

Ashley G	Ms Brady	Maths	For his excellent effort in completing the quiz on sequences – achieving 100% -WELL DONE!
Kajus S	Ms Brady	Maths	For his excellent effort in completing the quiz on sequences – achieving 100% -WELL DONE!
Lenay C	Mrs Pett	Geography	For excellent class work and showing diligence.
Vivica S	Mrs Pett	Geography	For excellent class work and showing diligence.
Rowena K	Miss Beynon	English	For her work on her final essay assignment on Richard III.
Moni A	Mr Todd	Maths	Fantastic effort on every maths lesson this week, completing all tasks set to a very high standard.
Year 10			
Amirat M H	Ms Hasnat	Art	For completing Art GCSE coursework to a very high standard.
Shannon O	Ms Hasnat	Art	For completing Art GCSE coursework to a very high standard.
Vanessa B G	Mr Idehen	PSHE	Consistently producing a very high standard write-up on PSHE - Appropriate Behaviour.
Joash A	Mr Lawrence	PE	ALWAYS handing his BTEC Sport work in on time and making great improvements to the quality of his work. Joash has been excellent with his communication over SMHW and is leading the way for his class
Amirat M H	Miss Geldart	English	For outstanding annotation of her anthology every lesson and thinking hard about the work she has been set.
Mia G	Ms Opoku	Maths	Mia has worked hard to complete her Maths work to a high standard. She has achieved an average of 96% across her set tasks.
Chelsea A	Miss Wright	Science	For always submitting excellent work on time
Susang S	Miss Beynon	English	For writing a brilliant draft for the speaking and listening unit.
Ibukun A	Mr J Brown	History	For consistently producing great work and always handing in his work on time.
Channae B	Mr Todd	Maths	Excellent effort on all Maths tasks this term. Always looking to improve her work and do her best on each task.
Nikhita K	Miss Hickman	Geography	Outstanding effort and knowledge shown of new GCSE content!
Joash A	Mrs Pett	Geography	For excellent class work and showing diligence.
Isis O	Mrs Pett	Geography	For excellent class work and showing diligence.
Adeola A S	Mrs Charlton	Spanish	Excellent effort in completion and submission of all home-learning tasks!

Yours Sincerely,
Mr R Hussain
Principal