



# Look Up

ST MATTHIAS NEWSLETTER

Summer Term

21st July 2017

## Message from the Headteacher

The summer holidays are here again and we can look back on another academic year, our second as St Matthias. It has been a good year with many great achievements and experiences along the way. There is so much for me to smile about. Life in school does not allow for too much time in happy reflection. We have been planning like mad to make sure next year will be even better than this one. Our expectations for 2017-18 are high!

I think I should start this letter with a brief explanation why I arranged for the police to come into school last week to help me search our wonderful students and put them all through an airport style metal detector.

You may have read in the national press how knife crime statistics remain very high across the UK. In my ten years working with young people in our school community I've never needed to be worried about children bringing weapons into school. More recently I have started to think that the best policy might not be complacency. I want all our young people to know that their school is a safe place. I want our youngsters to know that school is not a place to be bringing anything other than school equipment, their energy and enthusiasm. Searching bags and detecting metal is one way of making sure everyone knows what is acceptable and that we as parents and adults can have confidence that our children are safe in school. I am pleased to say no items were detected and our young people were brilliant, as were the police who approached the exercise with respect.

We will repeat the surprise searches at intervals throughout next year. Whilst a big part of me thinks this is probably an unnecessary invasion of the privacy of our lovely young people another part of me thinks lets be safe, never sorry. If any of this alarms you or your child, please arrange to come in for a chat, there is no need to worry.

The year has been another successful one with students in all year groups and in all subjects making better progress than ever. Students are working harder at school and at home. The behaviour and good conduct of our youngsters is pleasing and has continued to improve along with good attitudes to learning. We look forward to seeing the exam results of our hard working year 11s. I will be more nervous than usual as I

wait to see how Charlie has done in his GCSEs. He has made me promise not to look at his results before him.



The exam season was good and most of our youngsters were well prepared and ready. A small number - in spite of the efforts of all our hard working staff - did not wake up to what they needed to do early enough. Working hard and studying at the end of year 11 might have been a way to get reasonable exam results a few years ago. This is no longer possible. The new demands on students in the new GCSEs are significant. By significant I mean the exams are very hard. To make sure no student leaves their preparation a little too late we are going to do even more to ensure they are motivated and ready. We will be looking for improved attendance – if you are absent from school you miss learning that is hard to get back. We will be expecting students to be 'on time' - arrival before 9.00 am – and to be ready for learning. There will be a daily uniform and equipment checks by tutors each morning. By taking these things seriously we hope that our students will all recognise the importance of being prepared and exam ready. Your support will make the difference.



The number of new and established sports teams in our school has continued to grow. Along with participation there has been great success with our students winning local, regional and national awards and trophies. Next year more

Name:

Form Group:

clubs will be running. I would encourage you to encourage your child to get involved, join a club and do something. If the clubs on offer are not what your child is looking for then they should speak to us about what they do want.

Having interests beyond playing with a mobile phone, computer games and watching Netflix will help your child. We all know this but we let our children and even ourselves get into bad habits. So next year we will be asking the question ‘What is your thing?’ In other words what are your interests or what makes you interesting?



Children need something that is theirs. It could be a sports club or activity like running, boxing, Jiu Jitsu, rugby, football, cycling, hockey or golf. It could be playing a musical instrument, acting or singing. It could be painting or pottery. It could be writing stories, reading books or competing in a Maths team. It could be owning a pet or even riding an animal – most likely a horse, camels less likely, riding a cat would be fun but cruel. It could be learning a language or collecting something. It could be a combination of things. Please talk with your child about how they will answer the question ‘What is your thing?’”

There have been more visits and trips this year than before and we have more planned for next academic year. We are particularly excited about a relationship we have been building with a school in Spain. I'd like all our young people to get the chance to visit Spain and apply their learning from Spanish lessons. We are working on it.

We had our first school show ‘Bugsy’ in the new school. It was fab! We have also seen our dancers improve and perform to high standards. We look forward to seeing our school through a film our students made last week. It included the whole school going outside and being filmed by a drone lifting off into the clouds. I can't wait to see the finished film.



Good schools are busy places and ones where there is a sense of joy and fun alongside times to be very serious. I think we are getting the balance right. Teachers and students are working hard and we continue to challenge each other to improve.

If you have any suggestions or would like to get involved in some way then please make contact. Your support is very welcome. I hope you have a wonderful break and stay safe over the summer. I will see your child and hopefully you in the Autumn term.

Dean Coombes - Headteacher



# SCHOOL EQUIPMENT

## School Equipment

### Essentials

Black or blue ball point pen (and a spare)



Pencil



Ruler 6"



PE Kit

Student Planner



Eraser



Bottle of water



iPad



Orange & Yellow Highlighters



### Bonus



## READING

Hello- we've had a fantastic year of reading at school- a huge thanks for the support from home that has played a big part in encouraging our students to read more widely and more often. However,

it's important that we keep reading over the summer- to encourage this we are introducing a summer reading competition 'Get Caught Reading' – details are below. I have also provided

two web links that provide suggestions for recommended books to read during the holidays. Have a great summer, Mr Paterson.

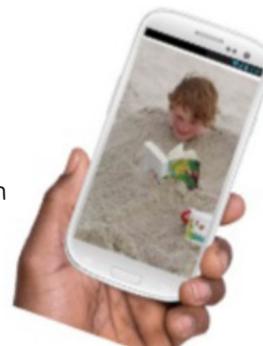
### GET CAUGHT READING

WE WANT YOU TO GET CAUGHT READING FICTION, NON-FICTION, MAGAZINES OR BLOGS.

SEND ME A PHOTO OF YOU READING ... THE MORE UNUSUAL THE BETTER! YOU WILL HAVE A CHANCE OF WINNING A FABULOUS PRIZE!

DON'T FORGET TO ADD YOUR NAME AND FORM GROUP.

EMAIL YOUR PICTURE TO: [jpaterson@st-mathias.com](mailto:jpaterson@st-mathias.com)  
OR TWEET YOUR PIC TO @St\_Matthias\_wlv



### Recommended Books

<http://www.worldbookday.com/2017/07/new-books-for-12-in-july/>  
<http://www.worldbookday.com/2017/07/new-books-for-8-12-in-july/>

# UNIFORM GUIDELINES

## I. SMART TAILORED BLACK TROUSERS

All trousers need to be full length.  
No jeans, canvas or legging type material allowed.



## 2. PLAIN BLACK SKIRT

All Skirts MUST be knee length and worn with black tights only. No splits, zips or decoration allowed.



## 3. WHITE SHIRT

(Tucked in at ALL times)



## 4. SCHOOL TIE - BOYS SCHOOL SCARF - GIRLS

Tie - £5.50      Scarf - £5.50



## 5. FOOTWEAR

Black leather type shoes - No large heels, boots, trainers/trainer type or canvas shoes

Examples that are  
**ACCEPTABLE**



Examples that are  
**NOT ACCEPTABLE**



School uniform must be worn with pride at all times. This includes wearing the correct footwear, blazer or coat to and from school. Students might not be allowed into school if not appropriately dressed, alternatively they will be isolated until the uniform is rectified. Please contact school if any of the guidance needs further clarification before making any purchases.

## 6. BLACK SOCKS

Socks worn under trousers need to be completely black. Girls also have the option to wear black opaque tights with skirts.



## 7. BLAZER

£30.50



## 8. JUMPER / CARDIGAN

Black woollen V neck jumper or cardigan. Optional.



## 9. COATS

Coats must be plain black with no large logos. No hoodies or similar to be worn on school premises.

Examples that are **ACCEPTABLE**



Examples that are **NOT ACCEPTABLE**



Different coloured linings are acceptable.



Different colours/patterns are NOT acceptable.



No hoodies or jackets that look like hoodies to be worn/brought to school.



## 10. CAPS

No caps to be worn on school premises.

## 12. JEWELLERY

Stud earrings only.



## 11. NAILS

### Not Allowed



### Allowed



# HEALTHY EATING

## PROMOTING HEALTHY LIFESTYLES

All students are encouraged to eat a healthy balanced diet. Students are therefore not allowed to bring in items such as: large bars of chocolate, family sized packets of crisps, packets of biscuits or any sugar / energy drinks. Chewing gum is not allowed in school.



In a recent issue of 'Look Up' Liz Freeman our Educational Psychologist wrote about Energy drinks. If you missed it please read it.

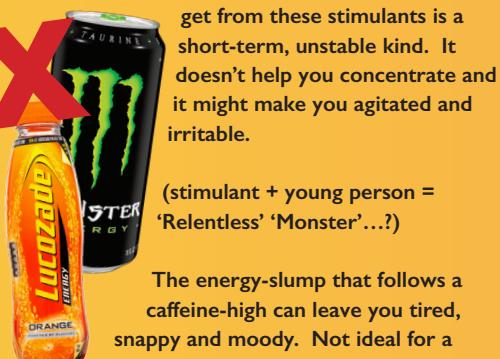
### Drinking in lessons

Clear, unflavoured mineral water can be drunk in lessons. This is healthy and stops any learning time being wasted discussing what type of drink it is.



## Have You Ever Wondered ? Sports drinks, energy drinks – they're just pop, aren't they?

Well, no, not really. Did you know that energy drinks (like Rock Star and Red Bull) are basically hangover pick-me-ups? They cover up that sluggish, hung-over feeling with a quick burst of energy from a cocktail of sugar and stimulants like caffeine, ginseng and guarana. The problem is, the energy you get from these stimulants is a short-term, unstable kind. It doesn't help you concentrate and it might make you agitated and irritable.



(stimulant + young person = 'Relentless' 'Monster'...?)

The energy-slump that follows a caffeine-high can leave you tired, snappy and moody. Not ideal for a day at school! Caffeine also seems to be linked to long-term health

problems like poor sleep, weak bones, high blood pressure, heart problems, ulcers and infertility. Too much at once could be fatal in some situations, even for a healthy young person. Worth the risk? You decide...

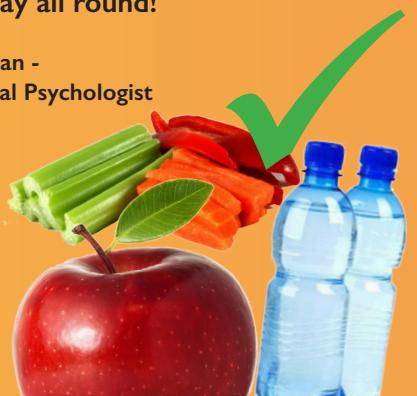
Sports drinks (like Lucozade) are slightly different. They are meant to boost your energy with sugar and replace the natural chemicals that your body loses by heavy sweating - like those salt-and-sugar powders you take when you've had diarrhoea. Research suggests that if you don't do four-hour workouts, sports drinks are really just salts and sugar you don't need. Quite an expensive way to put on weight and rot your teeth!

If any of these drinks actually make you feel better, it's mostly because they contain water. It's the rehydration that perks you up. Pure

water works even better, because your body doesn't need to do any fancy processing of it, so it can get straight to where it's needed – not least your brain! If your energy dips, a healthy snack (like fruit, veg-sticks or multigrain crackers) will do more good than a caffeine shot – and without the risky side-effects.

**Healthy snack + water = concentration + steady mood = better day all round!**

Liz Freeman -  
Educational Psychologist



# YEAR II PROM

FRIDAY 7TH JULY 2017 -  
YEAR II PROM –  
GRAND STATION

The Prom had an elegant and glamorous BAFTA theme. All of the students arrived in style and looked really stunning. It was a very special evening – students and staff had a wonderful time.

There was a small Awards Ceremony, prizes went to the following students:

Prom King - Eynoux Bognini

Prom Queen - Jennifer Uttah

Prom Prince – Lukas Peciura

Prom Princess – Isabelle Morgan

**Outstanding Behaviour (no behaviour points for 5 years!)**  
Scott Haynes, Jade Taylor and Zoe Clinton

**Most Improved students**  
Ervis Cera and Rebekah Shaw

**Most knowledgeable student**  
Lukas Peciura

A huge thank you must go to Miss Tanner, Miss Beswick and the Year II Prom Committee for organising such an amazing evening. You all behaved impeccably and I was so very proud of you all.

**Lots of love**  
Mrs Copcutt xxx



# FORM TUTORS

KS3 Director Mrs Gill		KS4 Director Mr Winzor		
Year 7 Transition Leader Miss Lambeth	Year 8 Leader Mrs Gill	Year 9 Leader Mrs Baker	Year 10 Leader Mr Edwards	Year 11 Leader Miss Lockley
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
7AB - Miss Bibby 7WH - Mr Hall 7YSS - Mrs Simpson-Andrews / Mr Hickman 7LJ - Miss Jones 7JR - Mrs Roden 7JH - Miss Jevons	8GE - Miss Emery 8LH - Mrs Hastings 8AR - Mr Rees 8KC - Mrs Collins 8MA2 - Mr Austin	9TG - Mrs Gallagher 9IC - Mr Craig 9JH - Mr Hearn 9FA - Miss Adams 9LT - Miss Tanner	10MA - Mr Ahmed 10BB - Mrs Belkhu 10AW - Mrs Webber 10KH - Ms Harding 10SL - Mrs Lewis 10BC - Mrs Copcutt	11DG - Mrs Gaunt 11HR - Miss Roberts 11RJ - Mrs Jones 11MI - Mrs Iqbal

Search "HeadStart Wolverhampton" on YouTube / Facebook



## A Summer Programme for 10-16 year olds in the following areas of the city:

- \* Low Hill, Scotlands and Bushbury South
- \* Heath Town, Park Village, Eastfield, Springfield and Old Heath
- \* Bilston East
- \* All Saints, Blakenhall, Parkfields and Ettingshall

Free places on a wide range of summer activities: sport, drama, dance, music, creative arts and more. Includes activities for parents and families too!

Full details of activities, and how to book places, going online soon at [www.headstartonline.co.uk](http://www.headstartonline.co.uk). Book early to avoid disappointment!

@HeadStartFM

[www.headstartonline.co.uk](http://www.headstartonline.co.uk)



## START OF TERM ARRANGEMENTS

Monday 4th September – 9.00 - Year 7 only

Tuesday 5th September – 9.00 - All Years

## ATTENDANCE & PUNCTUALITY

### Attendance

We expect all students to have 100% attendance. Parents/carers must telephone school before 8.40am every day of absence. Students need to bring in medical evidence when returning after being off sick. If we aren't notified of the absence, school will make contact on the first day of absence. This could be a phone call or a visit to the home. Family holidays must not be taken during term time.

### Punctuality

Students need to be punctual to school and all lessons. Students need to bring a letter with them if there is a valid reason for arriving late. Parents/Carers will be notified if their child arrives late to school. If there isn't a valid reason students will be issued with a 20 or 50 minute Restorative Intervention. Any lateness to lessons is made up in 'Lost Learning' at the end of each day.

## STUDENT PLANNER

The Student Planner supports communication between home and school. All homework should be written down so it can be regularly monitored. Important information can also be found in the planner. If you have any queries or messages for school these can be written down in the planners. These messages can be shown to Form Tutors at the start of each day. Please regularly check your child's planner and sign it each week.



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