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# THE LINK

*A fortnightly Newsletter for the pupils, parents  
and staff of St Michael's Catholic College*

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## Year 7 King's Scholars

On 10<sup>th</sup> January, twenty five Year 7 students had the first of their university experiences as King's Scholars by spending the day at the King's College Strand campus. They had a tour and undertook a quest, hot seated a King's Student to find out about their experience of University, designed a university society and had a presentation from the Food and Nutrition society.

Prizes were awarded at the end for the most engagement and asking the best questions; students from St Michael's swept the board, winning the award from each of the five groups they had been in. Here is an account of the day from one of the students attending:

My excursion to King's College London was a very enjoyable experience and I would like to explain to you what I did there. First, we arrived at the College and had to solve riddles which were very challenging. After a short briefing we took a tour around the whole building. The first place that we visited was a corridor where there were many different pictures of female professors who achieved a lot in their respective fields. Next, we went to the University Chapel where we learned about the Dean of the Chapel. After a delicious lunch we brainstormed our society and finally we had a talk about the Nutrition Society.

*Gerald Simpson - Year 7*



## Great Big Dance Off

The 21 students from Year 7 and 8, who form the St. Michael's Dance Troupe recently took part in the Great Big Dance Off. The first stage of this Competition involved sending off a video of their performance to The Great Big Dance Off. The St Michael's Dance Troupe were successful in this stage and as a result they were invited to join the London Regional Heats at the Beck Theatre in Hayes on 16<sup>th</sup> January. Whilst at the theatre the students had the opportunity to rehearse on stage and then perform their dance in the evening competition against 7 other dance groups from KS3. The dances were judged on

the originality of the idea and choreography, their dance and performance skills as well as their group and solo work. During the show, the students also has the opportunity to watch KS4 dance troupes.

The girls were absolutely amazing and I cannot express just how proud I am of their hard work and commitment over the past couple of months and also their dedication to the Troupe which enabled them to represent St. Michael's Catholic College with such a fantastic performance. Below Lauren Stewart in Year 8 describes her day so please do have a read.

*Miss Knopp - PE Teacher*

I was really excited getting ready to leave school and travel to the Beck Theatre in Hayes. We had been preparing for months for this moment-those three minutes meant the world to me! Once we arrived, our hearts began beating at 1 million miles per hour. Was this a dream? I had to pinch myself to ensure this was all real – it was. Throughout the whole day, all that I could think of was: look at the audience, stay in time with the music and your troupe, do every move correctly. I had to get this right. Whether I was eating lunch, doing my make-up, or actually rehearsing, the routine was playing in my head on a loop. The time flew by, and before I knew it, we were walking toward the dressing room, 15 minutes away from performing, anticipation overwhelmed me! What if you make a mistake? What if you fall? What if you get stage fright? The voices in my head screamed at me, "you're going to be fine" I reassured myself. After what seemed like thirty seconds we were all filing onto the stage with everybody staring at us. I was petrified, but I danced my heart out: we all did. We were amazing! So what if one or two people made a mistake? Although we placed 5<sup>th</sup> out of 8 groups, I was overly proud of myself. I am sure we will win next year. It was so fun!

*Lauren Stewart - Year 8 (on behalf of all of the dancers)*

### Newcastle Trip

At the beginning of this year in January, our Year 11 students took part in a trip to Newcastle which nurtured both their spiritual and intellectual life. Four students describe this enriching experience below:

The Newcastle trip was a great example to travel up north, to a different setting, to go to a religious retreat. This retreat, the best of Year 11, was educational as well as fun and exciting. Everyone there was helpful providing great food as well as a great time. Whilst in the camp site we did a number of activities such as playing games, we also watched a film called "Peaceful Warrior" which was about

Tim Miller a professional gymnast who had to learn how to clear his mind. As we watched it bit by bit we learnt the moral of the story and how he was progressing. Although sometimes listening to stories we've heard a hundred times before may be boring, one volunteer, Phil, made the story of Adam and Eve exciting using hand gestures, noises and great voices to tell the story. My personal favourite time was listening to the stories of the volunteers and what they have been doing. For many people it gave them the confidence and a trusting relationship was formed between the volunteers and students. My tea-making confidence grew as everybody knew I made "the best cuppa"



The three-day trip to Newcastle was an eye opening experience. It included both fun activities and vital revision tips to help us students achieve our full potential in our upcoming GCSE examinations. The first day included getting to know the staff at the Youth Ministry Trust who were very open and kind to us and shared their stories and experiences. The first member of staff who was able to quickly interact with us as young people was Arasu. He led the activities and games quickly grabbing our attention with his comedy. Aside from this he spared wisdom in his words and taught us to appreciate what we are given from God. We were also fortunate enough to experience the open green fields of the countryside, a rare experience for us Londoners. The trip was faith based, and the staff at YMT managed to make the activities fun and more memorable for us. They delivered their information in such a way, it actually made us stop to think about ourselves and the decisions we make in our daily lives. Overall the experience was unforgettable.

I really enjoyed Newcastle because it inspired me to revise more. The activities were really fun, it let me reflect on my life and how I should change it for the better and improve my lifestyle. The trip as a whole was eye-opening and gave me tips for revision, which is helping me. It also brought me closer to God and time to think, why I am a Christian. We went to Newcastle University, which surprised me because some famous people went to the University. *Naomi - Year 11*

The visit to Newcastle University was an experience I will never forget- not just due to the cold, but because the overall vibe and atmosphere that the people in the University showed towards us was great!

I never thought about moving outside of London to go to University, during the trip they really opened my eyes to the positive aspects of it. When we first arrived they gave us a talk in one of their lecture rooms so we could get a feel of what it really felt like. We also found out some very interesting facts – who knew you could have a HARIBO society! They then split us into groups and took us on a tour around the grounds. I was really impressed that the university was so large (we had to cross streets), yet every block we went into had a warm and welcoming feel to it. Overall, the trip to Newcastle University has helped me to broaden my horizons and realise there is such thing as fun outside of London! *Ife - Year 11*

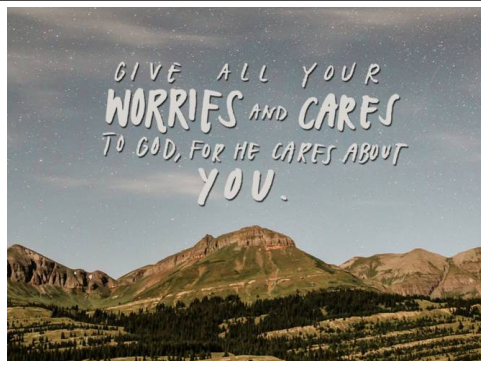


### Inspector Calls Workshop

Last Friday, Year 11's were treated to two local actors performing key extracts from 'An Inspector Calls' (a text on their English Literature GCSE syllabus). The actors brought props and costumes indicative of the time in which the play was set. Not only did the actors perform for our students, they offered up a critical analysis of the key themes and ideas of the play, and linked it to contextual factors. Students were asked to come up and perform alongside the actors on stage taking on the role of key characters; a big shout out to Joshua Fakoya who took on the role of Gerald perfectly, ad-libbing actions and inserting lines that were true to character. All students enjoyed the performances and furthered their knowledge of the key assessment objectives needed for their GCSE.



*Mr Bridges - English Department*



### **Chaplain's Corner - Recipe for a Happy New Year!!**

For all of who worry about things and get anxious-whether it is about our work, issues in our personal lives or your progress levels. Jesus **said** **"So don't worry about tomorrow, because tomorrow will have its own worries. Each day has enough trouble of its own"** If you're worrying about tomorrow, you can't enjoy today. You miss today's blessings. It's OK to plan for tomorrow, but you have to live for today. Also, when you're always worried about tomorrow, the future gets overwhelming. But God will give you the grace and strength you need when you get there. Right now, you only need enough power for today.

### **My experience of the Jack Petchey Speak Out Challenge**

Once again, some of our Year 10 students took part in the National Jack Petchey Challenge. Michelle Webola describes the experience:



I absolutely loved my day at the Jack Petchey workshop. I've personally always been quite a confident person, but never when it came to directing speeches to audiences, as I never felt as though the audience was engaged: but through the help of my teacher and Jane from the Jack Petchey Company by the end of the day I was confidently able to deliver a speech which a lot of my peers enjoyed. I learnt such skills as; speaking in a certain posture, listing in three when making a point and using inference of telling a story to my audience. I really enjoyed my day and I think it will be a great opportunity for other people to take part in. *Michelle Webola - 10LA*



### **The Brilliant Club at Clare College**

Once we arrived at Clare College, we were invited inside for a brief talk from our organizers of 'The Brilliant Club' and 'The Scholars Programme'. We and two other school groups filled in sheets that included questions such as, 'What skills did you learn during the course?' or 'How can you use these techniques in the future?'

After the discussion, it was time for a tour around Clare College: there was a picturesque stream flowing from one end to another, a stone bridge going over it, and countless greenery here and there. There was a 'Secret Garden' - which I had mistaken for what looked like a maze.

After a fulfilling lunch consisting of adequate sandwiches, yoghurt pots, crisps, fresh fruit, apple or orange juice or water, it was finally time for the certification ceremony. Each school went up to collect their certificates, which stated we had completed our course. We all stood proudly in front of everyone else, for we all thought we had finished the hardest topic chosen out of the rest. Sadly, the time had come for us to leave; however, we did have a good view from our carriage in the train back to London.



*Rachel Rwehumbiza - 7G*



### **William Blake's London**

Year 7 tutors are encouraging their tutees to get out and about over the next couple of weeks and visit some of the areas identified on the 'William Blake' map that is currently in the College foyer. We would like them to visit the sites and take selfies and send them to the English Department so that they can display them. Why not take the opportunity during half term to discover some of the sites identified on the map. You will find plenty of ideas and suggestions on the Internet.



**Important Notice from the Safeguarding Officer - there is a copy of our Safeguarding Policy on the College Website. A hard copy of this is available in the College Office.**



**Contacting the College - Direct parents access to college via email**  
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