

St Michael's Catholic
College

Llewellyn Street
London SE16 4UN

Tel: 020 7237 6432

www.stmichaelscollege.org.uk
contact@stmichaelscollege.org.uk

THE LINK

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

Issue 75 - 17th May 2013

The Mission

St Michael's College hosted the Sion Mission Team the week after Easter. They maintained the Spirit of Easter in hope and development of faith in their Assemblies every day.

As usual I was delighted to see how our students grasped at every opportunity to listen to other people's faith journey, to pray together and silently, and to share with our visitors. Many of the students wanted to have the Mission 'for a month' or 'every year'. From Year 13 to year 7 we felt we were blessed with their presence. Below is a student's perspective. Thank you for your support in this.
God Bless *Mrs Ballard—Chaplain*

Mission week 2013

During the first week of term after the Easter holidays, St Michael's was lucky enough to have a mission team visit the college.

The Zion Mission is a religious group whose aim is to bring young people closer to God through a series of religious activities and Prayer. On the first day of mission week, there was an introductory assembly. The assembly started off with the Zion Mission team members introducing themselves and saying what they liked. After that, Rahel (one of the team members) talked about the importance of God in her life. One of the things she said definitely stood out to me; God will always be there for us, and if we sin, we have the opportunity to be forgiven. Following the relaxed and spiritual atmosphere, the Zion Mission team performed a sign-language prayer to calm music, which shows that actions speak louder than words. We then went into prayer. The Zion Mission team prayed that we receive the grace of God into our lives and spread the word of God, during a moment of reflection.

Each day of the week an assembly was held after morning registration, and every year group was able to participate. In addition to the assemblies, the Zion Mission team offered a series of activities throughout the week. These included 'Light-Fever' (an opportunity to experience the presence of Jesus while lighting a candle in the chapel),



learning a sign-language prayer, Precious (a girl's only workshop where the topic of beauty was discussed) and Prayer4U. I chose to attend the sign-language workshop, because I knew that I would get something out of it. Something interesting I learnt was that we can pray in many different ways. We can pray by thinking spiritually, meditating and praying in sign language. Also, on Thursday, the Youth-Alpha launch party took place after school. At the event, the Zion Mission Team talked about the importance of Christianity and how Jesus said "I am the way and the truth and the life", which shows that he was truly the son of God.

On Thursday, the Zion Mission team held a church service named the 'Main Event', at The Most Holy Trinity Church, Dockhead.

The mass consisted of The Gospel, readings and a sign language performance. Pupils who attended received a book about catechism. On the final Friday, the whole college was able to attend Mass in the college hall, in separate year groups. Several Priests were present, and the mass had a peaceful and relaxed atmosphere. Overall, I enjoyed the mission week because it gave me a chance to get closer to God.

Kathleen Phillips 8S



Poetry By heart

Congratulations to Lawrence Boahen in Year 12 who got through to the county final of the National Poetry by Heart competition.

The competition has been established by ex poet laureate Andrew Motion to promote the art of poetry recitation. All the students involved have to learn, by heart two poems and then recite them, enhancing the meaning of the poem through their delivery. Schools from all over the country entered contestants and the finals were held at the national portrait gallery in London.



Lawrence performed extremely well, reciting both 'Ozymandias' by Percy Bysshe Shelley and 'Strawberries' by Edwin Morgan to an audience and judging panel that included Sir Andrew Motion and his wife as well as writers such as Sandra Agard and Margaret Bateson Hill. The competition was really tough and Lawrence had the added challenge of having to be the first to perform! However, of the 10 semi-finalists there could only be one runner up – a student from Dulwich college and a winner – a student from the American School in London. At the end of the

competition, the competitors were presented with certificates and prizes by Sir Andrew Motion. Congratulations again to Lawrence – and we hope that he will enter again next year!

Ms Sayed - Assistant Headteacher



Southwark School Rowing Competition



The Year 7 Girls raced first (each race had three pupils from each school). Rina Dokaj and Fiona Dawit rowed with good pace, but were unable to match the distance per stroke of the Bacon's girls. As for the Year 7 Boys race, this turned out to be quite spectacular for a number of reasons. First of all, Samie John, Marcus Darroux and Byron Wheeler took 1st, 2nd and 3rd place. Also, Samie John just missed out on the National School Boy rowing record by 0.02 seconds. What makes this even more exceptional is

that Samie n has had very little teaching and coaching in this sport.

As for the Year 8 Girls, they appeared inspired by the Year 7 boys performance and rowed a superb yet mixed race. Shanice maintained a steady pace throughout and Ashley Osei Thompson rowed a strong and determined race. Finally, Natalia Brzezinska rowed both with good pace and determination to claim the 1st place position. Shanice claimed 2nd place.



The Year 8 boys race was also a spectacle to watch. The St Michael's Boys started off very quickly, with Michael Watson taking the lead, Shammai Dawit was 2nd and Bruno Batista-Grou 3rd. It was only until the last minute and half that Bruno's steady pace tactic came to fruition, and saw him claim 1st place.

The final race was the relay, whereby each of the year group teams race a given distance, changing rowers at a given distance. Following some determined rowing and frantic change overs, St Michael's came from behind to also claim victory in this event.

Ultimately, St Michael's won the tournament overall and will now go onto represent Southwark at the National rowing competition. Ashley Osei Thompson was awarded rower of the competition with Bruno Batista-Grou and Samie John being selected to represent Southwark at the School games in July.

Mr Heasman—PE Department





Growing up online - <https://www.thinkuknow.co.uk/parents/Secondary/>

As your child grows and becomes more independent, it is only natural that they take this independence online. In our teenage years we explore, try new things and sometimes push boundaries and take risks, this is an essential part of growing up.

What is my child doing online?

How do I talk to my child about what they're doing online?

What risks might my child face?

What tools are there to help me keep my child safe?



Healthy eating on a Budget

Eating a healthy and balanced diet does not mean you always need to buy the most expensive foods. Here are some ideas for foods that are healthy, tasty and best of all, won't break the bank.

- Reach for the freezer: keep a supply of frozen fruits and vegetables in the freezer. They count towards your five-a-day.
- Go seasonal: Fresh fruits and vegetables in season taste great and are cheaper too.
- Breakfast is an important start of the day porridge is a great choice. It is cheap and has no added salt or sugar.
- Keep an eye on your portion sizes and try not to cook more than you need.
- Tins win: tinned oily fish like sardines and salmon can be cheaper than buying fresh fish. They still contain heart friendly omega 3. Canned tomatoes, beans and dried pulses are cheap and count towards your five-a-day.

ATTENDANCE %

Yr 7	98.1%
Yr 8	97.5%
Yr 9	97.5%
Yr 10	97.6%
Yr 11	98.5%
Total	97.8%

KEY DATES FOR YOUR DIARY

23 May	Yr 10 Celebration Evening
27-31 May	Half Term
25-29 May	Yr 7 Paris trip
6 Jun	Yr 9 Parents Evening
12-14 Jun	Yr 8 Retreat
19 Jun	Yr 12/13 Celebration Evening
24 Jun	Exams for all

End of Term Change of date. Please note that the end of term will now be Friday 19th July 2013 and not Wednesday 24th July 2013

Chaplain's Corner

Heavenly Father, We pray for all those enduring exams at this time. May they have the calm, the dedication and the wisdom to achieve success. Amen

Direct parents access to college via email

contact@stmichaelscollege.org.uk

Absence Text: please respond by text or phone on 0207 237 6432 EXTN. 730

Calling all Parents!

We now have an e suggestion box on our website where you can post any helpful suggestions that you have or any feedback on our policies or procedures to help us to improve. We would be grateful for any constructive suggestions that you give. The e – suggestion box can be found in the 'Contact us' section of the College website.

suggestion@stmichaelscollege.org.uk Follow link to view: <http://www.stmichaelscollege.org.uk/contact-us>

St Michaels College Term Dates 2013/2014

AUTUMN TERM 2013-2014	HOLIDAYS
<p><i>TUESDAY 3rd SEPTEMBER INSET DAY</i></p> <p><i>WEDNESDAY 4th SEPTEMBER</i> <i>YEAR 7 RETURN FOR 8.50AM</i> <i>REST OF COLLEGE COME IN AT 10AM</i></p> <p>To Friday 25th October 2013</p> <p>Monday 4th November 2013 To Friday 20th December 2013 (full day)</p> <p><u>INSET DAYS</u></p> <p>TBA</p>	<p><u>HALF TERM</u> Monday 28th October 2013 To Friday 1st November 2013</p> <p><u>CHRISTMAS</u> Monday 23rd December 2013 To Friday 3rd January 2014</p>
SPRING TERM 2014	HOLIDAYS
<p>Monday 6th January 2014 To Friday 14th February 2014</p> <p>Monday 24th February 2014 To Friday 4th April 2014</p>	<p><u>MID TERM</u> Monday 17th February 2014 To Friday 21st February 2014</p> <p><u>EASTER</u> Monday 7th April 2014 To Monday 21st April 2014</p>
SUMMER TERM 2014	HOLIDAYS
<p>Tuesday 22nd April 2014 To Friday 23rd May 2014</p> <p>Monday 2nd June 2014 To Wednesday 23rd July 2014</p>	<p><u>MAY DAY</u> Monday 5th May 2014 <i>(Bank Holiday)</i></p> <p><u>MID TERM</u> Monday 26th May 2014 To Friday 30th May 2014</p> <p>Summer Holiday starts on Thursday 24th July 2014</p>