

St Michael's Catholic
College

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THE LINK

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

Issue 79 - 29th November 2013

Anti Bullying Week

As part of anti bullying week the College held a competition to find the best poem on the subject. We are delighted to publish the winner of the competition, Macy Djelal in Year 7 with the following beautiful poem. Well done to everyone who participated—we had a difficult choice to make.

Say NO to Bullying

Bullies always make people feel small and then the victims start to forget who they are.

Underneath the mask is who you really are.

And if you just say what you believe in then it might change everything!

Listen to all of the people who comfort you when you need it.

Living like this may make you feel like your life is on the edge but you just need to reach out and pull it back into place.

Your friends will always stay by your side and will help you when you need it most.

So say NO to bullying!

Macy Djelal

Cinema Visits



Students from St Michael's Catholic College were fortunate enough to go to the cinema in the run up to half term, with each year group seeing a different film. Year 7 watched 'Despicable me 2', the Year 8's were invited to view the phenomenal 'Oz The Great and Powerful,' the Year 9's experiencing the black and white classic 'To Kill a Mockingbird,' leaving the Year 10's with the unusual film 'The Way, Way Back.' Part of the purpose of the trip was to



provide students with a different cultural experience while other films, such as 'To Kill a Mockingbird' linked with texts that students have been studying in English.. Some may say the experience was unique; something they'd never seen before and all the students enjoyed the trip and the plot of each story itself.



Emily Byrne, 10S: 'I enjoyed the movie, 'The Way, Way Back,' It was a good film to watch.'

Fiona Dawit 8S: 'I liked the film, overall. 'Oz The Great and Powerful,' taught me that if you believe in your potential, then it'll take you onto a whole new level.'



Drinking Water in College

As part of my Citizenship studies I have been looking at water consumption and I am coming to the conclusion that students do not drink enough water and some even drink energy or fizzy drinks instead. Water is one of the most important basic nutrients required by the body, along with carbohydrates, fat, protein, vitamins and minerals. Unfortunately, my research shows that many students do not drink enough water for their age or activity level. Some say they drink significantly less during the college day than at the weekend.



Not drinking enough water negatively affects a child's mental performance and learning ability. Once a student is thirsty mental performance including memory, attention and concentration can decrease by about 10 per cent. As their dehydration increases, their mental performance deteriorates. This means many students may not be able to do their best at College because of dehydration. But there is a remedy. Drinking water has an immediate "alerting" and "revitalising" effect. Therefore it is important for students to drink plenty of water during the day.

In order to keep properly hydrated throughout the day, children need access to water while at college and parents/guardians can help by giving a filled water bottle for their child to take to College each day. This is a cheaper alternative than buying drinks each day from local shops. They can also encourage their child not to buy fizzy or energy drinks on the way to and from college. Students can also be asked to choose cups of water as a drink to have with their lunch. Children's water requirements vary with age and there are no recommended daily intake levels for water in the UK, but recommendations from the US National Academies Food and Nutrition Board suggest that:

- 9-13 year old girls should drink 1.6 litres per day, and boys should drink 1.8 litres per day
 - 14-18 year old girls should drink 1.8 litres per day, and boys should drink 2.6 litres per day
- (Water intake should be higher in warm weather or when the child is exercising).



We are very lucky in the UK to have access to clean safe water. Worldwide 10% of the population do not and 2,000 children per day die due to lack of clean water and good sanitation. Just £15 can help someone get access to a lasting supply of clean water and improved sanitation. Go to www.wateraid.org.uk for more information.

Michael Smith 10S

Lost Property

Please remember to claim any lost property from the office. We have several coats and PE kits that have not been reclaimed. If items are named then they are easier to reunite with their owners.

KEY DATES FOR YOUR DIARY

5 Dec - Yr 8 Celebration Evening
 10 Dec - Christmas Service
 11-13 Dec - Yr 9 Core Subject Exams
 12 Dec - Yr 11 Parent's Evening
 16-20 Dec - Yr 11 Mocks, Yr 12-13 Formal Assessments and Yr 7-10 Exams
 20 Dec - Last Day of the Autumn Term

Attendance Figures

Year 7	98.0%
Year 8	97.9%
Year 9	97.7%
Year 10	97.6%
Year 11	97.5%
Totals	97.7%

Maranatha! (Come Lord Jesus)

Maranatha! Open our eyes to the dignity of all people And our ears to the cries of the earth.

Maranatha! Let us walk in solidarity with the poor And cleanse our world from oppression.

Maranatha! Let us shout out for justice for all And renew our hope for change.

Maranatha! The Lord is coming Let us share the Good News! Amen.

Chaplain's Corner

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 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>