



## The Poppies at the Tower

On Thursday 12th November, my class, 9O, walked over Tower Bridge during our History lesson to see the Poppy Memorial at the Tower of London.

We stopped and had a minute silence and said a prayer for the fallen soldiers of all wars. Each poppy represents one of the hundreds of thousands of British and Commonwealth soldiers that died in the Great War of 1914-18 (the Great War).

We could see some of the poppies being picked and wrapped up by volunteers because they have been bought to raise money for the Armed Forces charities.

*Stephen Joyce 9O*

## Road Safety Event

With the cold autumnal nights drawing in ever earlier, Year 7 were shown a presentation on staying safe on the roads. A nationally renowned theatre group Riot Act delivered a special assembly offering Year 7 advice and workshops on how to stay safe whilst walking near to the busy roads of Bermondsey and beyond.

The students saw a short play dealing with issues surrounding road safety and peer pressure before working in small groups to establish what the characters did wrong and how they could ensure they were safe in the future. Themes included respecting the speed and power of traffic; avoiding "toxic friends" who would encourage dangerous behaviour and learning the importance of avoiding situations that would do them harm.

The students gained the knowledge and tools to help keep them safe on their way to and from school and had an enjoyable performance as well!

*Mr Gilchrist*

## Numeracy Update

The 2<sup>nd</sup> instalment of "Grand Tour of Algebra" was launched at the start of this half term. Entitled GTA2, the competition will see pupils cracking codes, receiving missions to complete from different teachers in a wide range of subjects across the school and collecting prizes.



Who will be the first to complete all 7 missions and win the grand prize? Watch this space to keep up to date with the progress of GTA.

*Mr Irvine*

## revision cracked!

The essential guide for GCSE Students  
preparing for their exams.

TIM FOOT



## 50 Minutes with Tim Foot:

Every form group in Year 11 had a session with Tim Foot - a fascinating speaker who discusses the importance of revision. Before doing so, we were alarmed by the facts about how not to revise. He jokingly explained that flicking through pages of a thick book (& quicker, as the content becomes difficult) isn't quite classified as revision. In other words, it doesn't store any information in our brain. So what does?

Funnily enough, there are numerous ways in which GCSE pupils can revise. It's worth noting that pupils are attracted to certain methods - based on what suits them best. I mean, you have: making flash cards, watching videos on YouTube, even saying what you know - aloud. The experience taught me to use more colour in my notes; you didn't know? Your brain remembers things with lots of colour! Welcome to the real world, right?

An activity that I quite enjoyed was Tim testing our memory... I mean, your name- you should remember, your birthday - should be glued in your mind. Yet what about things new to the mind? Like 20 random words that we had to memorise in about 20 seconds? Funny how the whole class remembered 'Rhianna,' or 'sexy,' rather than 'apart' or 'wall.'

The brain works in interesting ways. (It was even easier to memorise when we were told to create a short story with these words; you could just imagine what some of us came up with). I honestly do feel like this was a very useful session. From this, I'll definitely be remembering something that Tim said, 'you can be the smartest kid ever. But don't expect "happy faces" on Results Day- without hard-core revision.'

'Revise. Test. Rest...', our GCSE's just got real.

*Dina Davit, 11S*

### Chaplain's Corner

The week of the 10<sup>th</sup> of November was Anti Bullying week here at St. Michael's. Staff and pupils worked together to create a fun and informative week for all students. The English department ran a poem competition and the Art department did a poster competition and the winning students were chosen by staff and rewarded for their hard work and creativity. This work was then displayed where all could see. Sixth Form students and Year 11 prefects worked together to create an assembly that they showed to all year groups and Mr. Nwandison and his form created an excellent video which was shown to all of Year 7 and 8.

Khelsi, Luis, Humu and Jack, from 7NW, tell us about their experience of anti-bullying week.

Mr Nwandison came up with the idea of doing a video for Anti bullying week and we thought it would be a good idea. We discussed ideas and decided to focus on three scenes featuring the three forms of bullying... Physical, Verbal and Cyber.

We worked together before school and after school improvising the scenes. We wanted to show the best ways of dealing with bullying but also show people that they are not alone. We feel that the most important things are to Tell an adult, Be brave but don't fight back, and remember that there are people who can help you, you are not alone. We used different areas in the video to show that bullying happens everywhere and in many different ways. Some of us could relate to this topic as we have been bullied before. At first we tried to ignore it and just told our friends, but as the situation got worse we told our parents who helped us deal with it. Cyber bullying is the worst form and is

most common. This is because bullies are cowards and they hide behind screens instead of doing things in person. Anti-bullying week at school is a great idea because it is a fun way to deal with a serious topic. The poems and art are a good way to tell others how you feel and maybe by seeing a poster it will help you to see how to help a friend or yourself.

The best part of Anti bullying week for us was creating the video.

We pray for all those who are tormented, teased or bullied.  
Help us to always remember that God made us in his own image  
Unique, special and beautiful.  
Lord in Your mercy... Hear our prayer

*Cleo Gammon - Chaplain*



### SEO Scholars

We are delighted to announce that twelve Year 12 students have been selected to become SEO Scholars and will receive tailored advice, information, guidance and support enabling them to gain entry into top universities of their choice and to launch successful careers. Each student will receive one-to-one mentoring alongside opportunities for internships, university visits, taster days and summer schools. They will also benefit from guidance and training on university applications, producing a stand-out CV and self-promotion. Opportunities for networking and making key contacts within professions of interest are also on offer.

### PWC Classroom

We are pleased to announce that four sixth formers have been selected to train with PWC within the PWC Classroom Programme. The course which runs for two years gives these students training in professionalism as well as experience and insight into working within a prestigious company. Students will benefit from the expertise of PWC professionals who will support them in their first steps towards launching a successful, professional life and career.

*Mrs Smith*

**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**

### *Healthy living tips*

**Keep active:** 30 minutes exercise 3 times a week is enough to keep your body in good shape.

**Eat well:** 3 meals a day with lots of different fruits and vegetables, starchy foods; dairy products; meat, oily fish and plenty of water. Don't skip breakfast!

**Take a break:** a few minutes can be enough to de-stress you.

**Sleep well.**

**Talk about your feelings:** just being listened to can help you feel supported and less alone.



### Forthcoming Dates

26-28 Nov	- Yr 10 Retreat
27 Nov	- Yr 9 Curriculum Evening
4 Dec	- Yr 11 Parents Evening
8-9 Dec	- Yr 9 Core Exams
12-17 Dec	- Yrs 11-13 Mock Exams
15-18 Dec	- Yrs 7-10 End of Term Exams
17 Dec	- Sixth Form Christmas Dinner
19 Dec	- End of term
22 Dec - 2 Jan	- Christmas Holiday
5-6 Jan 2015	- Inset Days
7 Jan 2015	- Students return to college

### 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>