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# THE LINK

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

**Issue 177– 16th October 2020**

## Elevate study skills

In September, Ollie from Elevate gave a presentation to Year 11 students about how they can best prepare for their exams. He explained the common errors students can make when revising, and how we can make small improvements to help us get better grades.

Personally, I found the Elevate session really helpful and motivational. Ollie taught me a wide range of strategies to help me revise more successfully. He also told us how we can be more ready for exams in general by getting organised and starting to prepare now. I've sometimes found it hard to revise for school exams up until now, but the way he shared these tips will stay with me for a long time. I would love Elevate to come to the school more often. This session will help us revise properly in Year 11 and beyond. **David A. 11RU**



**ELEVATE**  
Partners for Education

Even though Ollie showed us bad ways to prepare for exams, he also explained things to completely avoid. For example copying down notes word for word doesn't help our brain with memory.



The company also showed us bad ideas that past students used to revise which we could avoid during our upcoming exams. The company representative Ollie gave us ideas for revision activities, such as using past practice papers which helps stimulate our brains but also gives us a taste of what to expect in our GCSE's. He also explained to us that using flashcards is another great use of revision because it helps students improve their memory, skills we need in our everyday life. Another way to prepare for an exam is to never miss breakfast and bring a water bottle to school as it helps our brain stay awake and provides our body with energy. This also helps students avoid a big problem in school: PROCRASTINATION!

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Lastly, another bad way to prepare for exams is to revise only the day before exams as we will have a lack of sleep, but also will not retain any knowledge for the upcoming test. The most important fact that we took from Elevate was to pick the revision technique that suits us best. **Tyrese A. 11SA**

## Delivering Metacognitive skills in St Michael's

**ST MICHAEL'S  
LEARNING SKILLS**

- |          |                                  |  |
|----------|----------------------------------|--|
| <b>S</b> | <b>UBJECT KNOWLEDGE</b>          |  |
| <b>T</b> | <b>AKING NOTES</b>               |  |
| <b>M</b> | <b>EANINGFUL MEMORY</b>          |  |
| <b>I</b> | <b>TINERY</b>                    |  |
| <b>C</b> | <b>ODES</b>                      |  |
| <b>H</b> | <b>IGHLIGHTING</b>               |  |
| <b>A</b> | <b>SK &amp; ANSWER QUESTIONS</b> |  |
| <b>E</b> | <b>VALUATING</b>                 |  |
| <b>L</b> | <b>ABELLING</b>                  |  |
| <b>S</b> | <b>UMMARISING</b>                |  |

The threat of another lockdown is growing and even if it was 'business as usual', we would still be working to develop our students' ability to work well at home - without teachers in front of them.

As part of our drive to improve independent learning, we have developed a set of learning skills that we are explicitly teaching students about. Sessions are delivered to Years 7-10 in form time weekly and complement the Elevate programme for Years 11-13.

The ST MICHAEL'S Learning Skills are developed from research in cognitive science and education, specifically adapted from the incredibly successful Kings Scholars programme.

The name : ST MICHAEL'S is a mnemonic to help students remember the skills. If you're looking to support your child's learning at home, take a look at the skills listed and ask them about how they are using them in their lessons and then at home.

## The road to Student Council



I became a sixth form student at St Michael's this September. I did not know what to expect. I was new to the school and still learning the many different habits (like, for example, saying "Miss" instead of "Ma'am" as I was previously taught). My new form tutor, Mr Williams, told us there would be a Student Council form representative and he would like for us to decide for ourselves who that would be and how they would be chosen. After a couple of days, he asked us if we were able to reach a consensus, but the form remained silent. Eventually, we decided we should vote.

The only problem was no-one volunteered to run. As I was an external student, I didn't think I would be the most likely candidate, but since there wasn't anyone else prepared to do this, I decided to raise my hand and take on the role. I was quickly followed by another two students who also raised their hands to compete with me. We were ready for election season, and all three of us were in a competitive spirit.

We each stood in front of the class and were asked to give our speeches. My main strategy was to behave with professionalism to try to assure my new classmates that I would take this responsibility seriously. I was the second to give my speech and both of my fellow competitors gave good speeches that drew on their experience of being in St Michael's throughout their GCSE's. Since I was new, I focused my speech on my own general behaviour around school. I always strive to be optimistic, respectful and always trying to cheer others. I then explained I was this way simply because I care about my peers, which is a crucial characteristic of a good representative. Moreover, I said I would like to, in addition to my regular responsibilities, be an intermediary between teachers and my form. I know that for some students it can be hard to express concerns to their teachers and that they wouldn't say anything even if they had a valid request. Of course, I know this should be done with the utmost respect and delicacy, but if it is done properly, they may even appreciate our candour, which is what my task would consist of.

We were told to respect the secret Ballot Act of 1872 by closing our eyes and raising our hands when the candidates name was called. I was nervous while the form was voting. After the vote, Mr Williams told us there was a tie for second place. I waited in anticipation. The other two candidates had tied on 8 votes each. I had won by a majority of three votes! I thanked everyone and reassured I would keep my promises.

A few days later, I went to meet the representatives from year 12 and 13 as well as the Head Boy and Head Girl. My job was to speak with the form and understand what they would like to help improve in St Michaels. I asked 12A what points they would like to have raised, arguing that as sixth formers we not only have an obligation to ourselves but also the younger year groups. Suddenly, someone brought up the fact that, even inside the building, the cold could be quite a lot and so we should be allowed to have our jackets on while inside the school buildings.

The meeting took place during afternoon registration and I was among the first to show up. While we were waiting for everyone else, I met both Heads, who were extremely welcoming. When the meeting started, one of the Heads asked us if we had spoken with our form rooms and, if so, what they said. I shared what my form had brought up (as a side note, it is surprising the amount of issues brought up considering no-one seemed to want to say anything in the beginning). The head boy took notes while the head girl managed the meeting. We considered what everyone said and agreed to come up with a focus that we could all agree on in the next meeting so we can bring a proposal to the Student Parliament where we will meet all of the reps from years 7-11. ***Gabriel C. 12A***

## Sports Clubs

Please be advised that we have started running our after-school clubs this week.

All clubs will run from 3:25pm - 4:25pm as all students have to be offsite by 4:30pm.

Below you will find the timetable with all the clubs and the days they are running.

If your child would like to participate, they would need to sign up and register their interest each week on EduLink.

Unfortunately, if your child doesn't signup/register for the club they will not be able to participate.

Many Thanks

*Mr Paul*



	Mon	Tues	Wed	Thurs	Fri
Year 7	Yr 7 Football Astro 1 JPA/JMU Changing room 1  Yr 7 Rugby Astro 2 Coach Enrico Changing room 2			Yr 7 Table tennis Hall CHI/CWE No change	Reserved for 6th form TBC
Year 8		Yr 8 Football Astro JPA/ESE Changing rooms	Yr 8 Table tennis Hall Coach JFE No change		
Year 9	Yr9 Table tennis Hall RGA/TPA No change		Yr 9 Football Astro JPA/JMU Changing rooms		
Year 10		Yr 10 table tennis Hall HBR/JMU No change		Yr 10 Football Astro Coach JMU/ESE Changing rooms	

	Mon	Tues	Wed	Thurs	Fri
Staff to escort students off site (4:25pm)	JPA & RGA	JPA & HBR	JPA & ESE	CHI & CWE	

## Harvest feast day on 9th October 2020

Southwark foodbank  
Pecan  
Kindness | Faith | Hope

**WE WANT YOU**

The Trussell Trust  
Share the Hunger

- We would like non perishable foods (preferably cans) and things like this to give to those who need it.  
- This will be going towards people who need and will benefit from this all over southwark  
- You can donate at  
[JustGiving.com/campaign/southwarkfoodbank](https://www.justgiving.com/campaign/southwarkfoodbank)

On the 9th of October was CAFOD harvest festival and last year we collected an amazing number of non-perishable goods for Southwark food bank in light of this harvest.

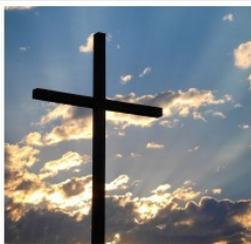
Year 8 Faith In Action worked together to produce very creative displays and Power Points to create awareness and encourage the participation of everybody

Here you can see a sample of their work.

In these difficult times your contribution will make a difference more than ever.

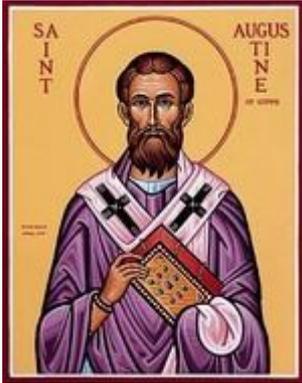
Many thanks for your support

Ms Hagan



## Chaplain's Corner

As we begin our 6th week into the Autumn term, we also enter our second week of **Black history month**. This month I will be dedicating the devotionals to all the Black saints, Monks and Martyrs.

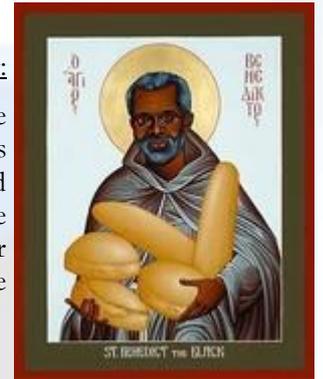


St. Augustine. (If you didn't know he was black, now you do!)

Augustine the sinner is all too well known. Known as a convert and author of Confessions, little is known of him as Father of the Church and as a saint. His thousands of letters, sermons and tracts, combined with 232 books, instructed the Early Church and have relevance for the Church today. It is said that Christian scholars through the ages owe much to St. Augustine and that the full impact of his psychology and his embryonic theology will be felt in years to come. Augustine was truly a saint. He lived an austere life, performing great acts of mortification and penance. He wrote, "I pray to God, weeping almost daily." Two of his most famous books are "Confessions" which is an autobiography and "City of God". His Memorial Day is celebrated on August 28.

St. Benedict the Moor:

St. Benedict the Moor, a lay brother, was born in Sicily in 1526. He was the son of African slave parents, but he was freed at an early age. When about twenty-one he was insulted because of his colour, but his patient and dignified bearing caused a group of Franciscan hermits who witnessed the incident to invite him to join their group. He became their leader. In 1564 he joined the Franciscan friary in Palermo and worked in the kitchen until 1578, when he was chosen superior of the group. He was known for his power to read people's minds and held the nickname of the "Holy Moor". His life of austerity resembled that of St. Francis of Assisi.



Gospel: Luke 11: 29-32

**29** And the multitudes running together, he began to say: This generation is a wicked generation: it asketh a sign, and a sign shall not be given it, but the sign of Jonas the prophet.

**30** For as Jonas was a sign to the Ninivites; so shall the Son of man also be to this generation.

**31** The queen of the south shall rise in the judgment with the men of this generation, and shall condemn them: because she came from the ends of the earth to hear the wisdom of Solomon; and behold more than Solomon here.

**32** The men of Ninive shall rise in the judgment with this generation, and shall condemn it; because they did penance at the preaching of Jonas; and behold more than Jonas here.

Some thoughts on the Scripture:

Take comfort from Jonah! He is the only prophet in the Bible who begins by refusing his mission. He is the only minor prophet to be mentioned by Jesus. Yet, he starts inauspiciously. Appalled by what God wants of him, he immediately headed about as far from Nineveh as it is possible to go. Having saved him from the whale's belly, God calls again. This time, Jonah responds.

I offer thanks to the God of second chances!

Like Jonah, we can be called upon to be a conduit through which God's will is accomplished. Sometimes it doesn't matter if our hearts are not in what we do – the fact that we do it can be enough for God to achieve astonishing results through us.

Where do I see 'signs' of God's activity in my life? Maybe in nature; family; friends; random acts of kindness; poverty; the homeless?

'Something greater than Solomon is here'. Do I catch glimpses of this reality?

Help me to have eyes to see and a heart open enough to allow me to become aware of your presence and action in my life.

*Ms X. Hagan*

### Safeguarding

**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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For absence please phone: 0207 237 6432 EXTN. 708

