# Student Bulletin



THIS IS THE LAST EDITION FROM MYSELF AND MARCO AS YOUR HEAD STUDENTS, READ ON TO HEAR FROM THE REST OF THE TEAM!

# **PLASTIC BOTTLE COMPETITION**



- COLLECT UP YOUR CLEAR PLASTIC BOTTLES (ANY SIZE!) AND ASK YOUR FORM TUTOR TO KEEP TALLY OF HOW MANY YOU COLLECT BETWEEN NOW AND WEDNESDAY 21<sup>ST</sup> FEBRUARY.
- FINAL TALLIES WILL BE CHECKED WITH FORM TUTORS AND COMPARED ON FRIDAY 23RD
- A FREE BREAKFAST (PASTRY AND HOT DRINK BEFORE FORM TIME) AND TEN REWARD POINTS FOR THE TOP 20 STUDENT WINNERS WILL BE AVAILABLE ON FRIDAY 29<sup>TH</sup> FEBRUARY.
- YOU CAN DROP OFF YOUR PLASTIC BOTTLES (ONCE THEY'VE BEEN RECORDED BY YOUR FORM TUTOR) IN THE BLUE BOX BY THE MAIN HALL, (NEAR THE TOP-UP POINT) SO THAT FORM ROOMS DON'T FILL UP WITH PLASTIC BOTTLES!

STEPH CLARKE (HEAD STUDENT, ECO LEAD) CONTACT S7SCLARKE@RMGS.ORG.UK WITH ANY QUESTIONS

3.2 kg of pens have been saved from landfill by our 'Post a Pen' scheme so far!



CLICK HERE FOR INFORMATION ABOUT UPCOMING RMGS SPORTS FIXTURES







LITTER CRITTER CREW RUNNING THIS WEEK, JOIN TODAY! R3'S FOR ATTENDING 3 TIMES, RUNS 3 FORM TIMES A WEEK. MEETING IN QUAD AFTER REGISTERING IN FORM

ECO CLUB RUNS EVERY TUESDAY LUNCHTIME FOR THE WHOLE OF LUNCH, FEEL FREE TO DROP BY D2

AND SEE WHAT'S GOING ON... EMAIL

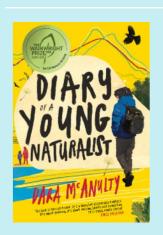
\$75CLARKE@RMGS.ORG.UK FOR MORE INFO

THE BRING A BOX BARGAIN IS
NOW ON! SICK OF PAYING 60P
FOR A TAKEAWAY BOX? BRING
IN A TUPPERWARE (OR OTHER)
BOX FROM HOME FOR THE
CANTEEN MAIN MEAL, AND
RECEIVE A STAMP ON YOUR
UGLY MUG LOYALTY CARD
EACH TIME - GOING TOWARDS
YOU FREE HOT DRINK! DON'T
FORGET A BOX FOR
DESSERT...

Brand new Canteen
Loyalty Card now
available! Use a mug or
thermos 6 times to get
your 7th hot drink
free... limited cards
available! Available
from the main hot food

SIXTH FORM MODEL UNITED NATIONS SIGN UP HERE

**BOOK OF THE MONTH** 







On Wednesday 31st January, Cabinet members met for their termly meeting with Mrs Horstrup and the HST to discuss the various issues that respective Year Parliaments dealt with in the previous week's meetings. The main topic of discussion was regarding clubs, societies and extra-curricular activities. Members highlighted students' desires to have more societies aimed at older year groups such as Afro-Caribbean society as presented by Y10. With the upcoming change-over of the Prefects, the HST and Mrs Horstrup suggested that these could be led by interested Sixth Formers and/or Prefects, as well as a teacher for reference. Further, members discussed the timings and schedule of training for student sports clubs, with the possible solution of more practice sessions during school hours. The second issue proposed regarded Rewards and Sanctions with students offering feedback for the recently established ClassCharts shop. Members mentioned their desire to have 'breakfast' as a reward to be purchased, the ability to combine points to buy a bigger reward as well as proposals for the reintroduction of Tag Days which some students miss. In addition, an interesting solution to both the reward and litter problems was presented through the potential of installing House-coloured bins around the school site, incentivising community and teamwork with regular rewards for the House with the most litter collected/recycled. Finally, Cabinet members thanked the Head and Deputy Head Students for their participation and leadership during the school year, as they prepare to pass over the post to the next ones. Last week, assemblies regarding LGBT History month were delivered by students from Diversity Club. Well done and thank you for all the work you do, they were extremely informative and helped convey important messages to the student body.

During the course of this Term, student delegates that participate in Model UN have been discussing, debating and considering the topic of Artificial Intelligence and its role in the world of tomorrow. Delegates represent a particular country and are tasked with researching, discussing and uniting together to reach a written Resolution that the entire Assembly can agree upon, voting to pass it, just like in the real United Nations. We hope to reach this Resolution by the end of this Term and publish it here in the student bulletin to showcase the talent of our students, even in international relations!

As current Year 13 Prefects prepare to hand-over their roles and responsibilities to newly selected students from Year 12, the HST is also about to change. In the first week of next Term, aspiring HST members will face a panel of SLT teachers in their official interview to assess their qualities and skills, as the new HST is chosen. Before then, they will have an opportunity to have a 'mock interview' with the current Head Students who will assess a range of qualities and compile brief notes for the panel to consult prior to the 'real deal'. Therefore, this will also be the final bulletin written by both Steph and me – we have finally made it to the end! Serving as Head Student has been a great privilege; I've been able to improve the school community based on what I heard was needed and contribute to some of the most important events of the year. Thank you to all those who took part in and led Student Leadership initiatives throughout the year, both students and staff. You have shown how fundamental leadership, teamwork, cooperation and community are, even outside of the classroom. I wish the next Head Students all the best and hope they can continue what we have inherited and begun, whilst also amending/ starting anything we may have missed. Good luck and always Get Involved!

### THE HEAD STUDENTS

The Key Messages have been written each week by Marco while the edition itself was put together by Steph- we hope you've enjoyed it!

CHARITY TUTORING WELLBEING MENTORING ENVIRONMENT COMMUNITY LITERACY DIVERSITY







It's Mrs Horstrup here, demanding that this article be included in this edition of the RMGS

Student News!

I want to say an enormous RMGS-sized thank you to Steph and Marco for being the most fantastic Head Students that I have had the privilege of working with. Not only are they responsible for devising and producing this glorious newsletter, but they are in part or wholly responsible for many of the great things that have been happening at school and that feature here.

I would also like to thank them for being crucial to the success of the RMGS Student Leadership systems: they built on the foundations that the previous Head Students laid, but have worked tirelessly to ensure the systems work and all voices are heard. I am genuinely humbled to have had the opportunity to work with them and to know that their endeavours have made RMGS a better place.

Next term they will hand over the mantle of Head Studentship to the next generation of RMGS Prefects and along with the rest of their team, I just know that they will do that with expertise and grace helping those novices to grasp and then own their roles. Thanks for all the fun and positivity... and remember RMGS when you are doing incredible things.

### OVER AND OUT! LAST HEAD STUDENT SIGN-OFFS

I can't believe that the we've come to the end of our time as Head Students, and what a time it's been! It's been so gratifying to see projects transformed from ideas into reality by fellow students, and experience firsthand the fulfilment of seeing initiatives bring the community together. From early morning litter picking, to organising rails of uniform for the Uniform Bank, to picking veg in the garden, to attending community events and doing assemblies- it's been such a joy to see students come together and explore what's possible when you put your mind to it! Thank you to everyone who has supported these initiatives and amplified the student voice through the Student Leadership system, it has been an absolute pleasure to work with you all. I can't wait to see what our new Head Students and Prefects get up to, but for now, all that's left to say is good luck! - Steph (Head Student)

















### RMGS Model UN



This will be the final bulletin written by both Steph and me - we have finally made it to the end! Serving as Head Student has been a great privilege; I've been able to improve the school community based on what I heard was needed and contribute to some of the most important events of the year. Thank you to all those who took part in and led Student Leadership initiatives throughout the year, both students and staff. You have shown how fundamental leadership, teamwork, cooperation and community are, even outside of the classroom. I wish the next Head Students all the best and hope they can continue what we have inherited and begun, whilst also amending/starting anything we may have missed. Good luck and always Get Involved!

Marco-Head Student







My time as a Deputy Head Student at RMGS has been defined by two distinct projects that I am especially proud of. Organising and running Culture Day last year was a pleasure; seeing students celebrating themselves and their identities amongst each other was an honour. It is an event I will forever be proud of, and I hope it becomes a tradition at Rainham Mark!

Due to my role, I have become the editor of 'The Mark', which was a particular goal of mine from the beginning of my journey here (when it was called 'The Marksman', feeling old!). Despite the obvious banalities of editing and formatting a hefty Word doc, 'The Mark' has inevitably caused me to recognise further the value of literature and its accessibility in school. And I have learnt tons from it! I encourage you to keep reading and celebrating our school's support of a school magazine, there are not many.

Diya (Deputy)



















Firstly, I want to mention that I truly have enjoyed my role as a head student; whether that be in leading assemblies or investing in a project, I feel incredibly grateful for the opportunities I have had to develop and diversify my skill set. Equally, I have simply found it to be a fun role that never was once monotonous. So, in saying this I want to wish the next Head Student team the best of luck in a fun and successful journey!

Overseeing the Environment Pillar, I believe it is key to mention Upcycling Club- creating it was incredibly rewarding, and I want to thank every individual who attended and fostered such an accepting, lovely atmosphere:) It goes to show that small collective action towards a common goal can make a difference!

Though I can only take partial credit in support, other environmental projects (directed by Steph) have been a huge success, and it has been lovely to see them unravel from idea to reality!

Overseeing the Mentoring Pillar, a key thing to mention is Wellbeing Week led last year and the 'Mentoring Lunchtime Club' we hosted within it! Maintaining a stable well-being is pivotal to how we experience life every day, including how we show up to school as students, so this felt a very important message to make more accessible. Additionally, the prefect mentors that were 'trained' under this pillar to guide lower year students is a scheme that I would love to see continued!

Though there are many things I could mention in this key message, I simply want to express gratitude, wish the next prefect and Head Student teams good luck, and show the rewarding nature of these roles to any younger students aspiring later to take them on themselves!

Sofia (Deputy)





In my time as Deputy Head Student I have had the privilege of seeing the RMGS community blossom and grow. Through working in a team of amazing individuals within the Head Student team I've been able to see firsthand how RMGS has really changed for the better thanks to student initiative.



Personally I was touched by the help invested across the student body into the food drives I ran early last year. Seeing so many people step up and donate to those in need really demonstrated the values of compassion and selflessness that RMGS possesses at its core. I could not have asked for a better team than Joe Varghese and Lucas McEwan-Florez, their aide and initiative was pivotal in the setup and organisation of the food bank, I truly wouldn't have been able to do it without them. The donations brought together were enough to feed over 200 individuals, a truly amazing achievement. It makes me especially hopeful for the future of RMGS and excited for new opportunities opening up for students to lead their own initiatives. As a Prefect I am especially thankful to my form for their support and incredible efforts, this last year has been filled with amazing memories and incredible friendships thanks to the overall welcoming feeling I feel we created as a form.

Separately as a House Captain I am so grateful to Mr Holeyman and Mr smith for allowing the other House Captains and myself to have the opportunity to reinnovate the house system and nurture a newfound community network between the houses and forms. With that I must also thank each of the House Captains, I couldn't have asked for better teammates, I am so proud of what we achieved in our short time and will be forever grateful for the change we brought forward and the fun we created.

This last year has been filled with so many rare experiences and the role of Deputy Head Student has given me the opportunity to expand on my capabilities and test myself as a leader and teammate. Finally I don't know if I can put into words how amazing it has been to be a member of the Head Student team. Each of us have grown so close together and have overcome so many challenges collectively that I will truly never forget the friendships we have formed. I consider myself so lucky to have been able to work with so many strong minded and compassionate individuals.

Thank you RMGS for allowing us to grow and providing us the support to reach new heights.



During my tenure as Deputy Head Student, I have worked in a team to organise multiple wellbeing projects in the school:

Wellbeing Week – The Wellbeing Prefect team and I created a series of PowerPoints to be shown over a week to highlight wellbeing and mental health for students, giving them advice, information and methods to manage their mental health effectively.

Wellbeing Ambassador Training – Through this one-day intensive course, me and a group of students learnt how to deal with mental health and wellbeing issues in an effective way, which allowed us to talk to younger students about their own mental health and support them.

QnL Club – After our Wellbeing Ambassador training, me and Sofia led this club, where students could come into an art classroom during lunch and sit with the wellbeing ambassadors. Whilst drawing, painting or sketching, they could talk to the wellbeing ambassadors about problems, giving us a chance to support them in a calm and relaxed atmosphere.

In terms of non-wellbeing projects, I am organising a colour run for the Year 13 students near the end of this year. I have also conducted multiple surveys based on the food selection at RMGS, which have been carried forward to make big changes to the menus.

I have enjoyed these last two years as Deputy Head Student so much, and I am so happy I was able to give back to such a welcoming and inspiring community. I am so proud of this year's Head Student team in general – we have accomplished so much! I wish the best of luck to the next year, and hope that they can build on everything we have done to make it even better!

- Jacob (Deputy)



To Head Student applicants, and well done to all the new

Prefects!



# R M

# The Mark's Student Writing Competition

Unleash your creativity and submit a piece of writing to The Mark's first ever student-led competiton

Your entry must be a maximum of 1000 words in the form of either a:

- Poem
- Short Story
- Article

Deadline: 18/02/24
Email submission with name, form and title of the piece to
TheMark@rmet.org

Entries will be judged by our student writers and awarded Best in each form for Junior (Year 7-10) and Senior (Y11-13) sections

Winners will be published in 'The Mark's' next edition and receive **prizes**, including **R points** for all entries

Questions: f7mcapolupo@rmgs.org.uk







Are you a lower school student still paying 60p for a takeaway box? Want an easy way to cut costs, carbon and unnecessary waste? The Loyalty Card scheme has now been extended! Bring your own Tupperware for your hot meal and receive a stamp on you Loyalty card each time, when you get 6 stamps you get a hot drink

# for FREE







## **Keeping safe and happy in school**

We want RMGS to be a place where everyone feels safe and happy; however, we know that sometimes things are hard and you need advice. The pastoral team and all teachers and prefects are here for you to talk to but sometimes it's awkward making that first contact. In response to a suggestion from the School Cabinet, we have set up two "buttons" on the website to report any worries you may have: one is for any bullying worries you may have about you or a friend; the other is for safety or wellbeing worries you have about yourself or another student. The buttons take you to a form that is seen by the senior pastoral and safeguarding team only and they will treat it seriously and follow up on your concerns. The best way to get support is by talking to staff in school, but if you really feel you can't then use this system please use the new system provided.

REPORT A SAFEGUARDING CONCERN HERE

Report a bullying concern here

There is now a rail of uniform available for students to browse in a quiet corner of the school library, with a range of sizes and items available. You can access the rail at break and lunch, with volunteers replenishing the stock so that there's always plenty of uniform available. All items are completely free! Please take a look at what we've got, and make the greener choice today!

We are collecting unwanted confectionary/biscuits/crackers tubs left over from Christmas and New Year, to donate them to Greene King who recycle the plastic to raise money for Macmillan Cancer Support. These can be dropped off along with everything else, in the blue box by the main hall. Here's the link if you'd like to find out more and see the guidelines:

https://www.tub2pub.co.uk/tub2pub/

**TUB COLLECTION!** 





# SUNSHINE CORNER!

"MASSIVE SHOUTOUT TO AISHAH MALIK FOR BEING AMAZING!!!!!!" - SECRET STUDENT (YR13)

'YEAR 7 SHOUT OUT FOR A7 FOR 99% ATTENDANCE THIS WEEK . WELL DONE!'- MRS MAYES

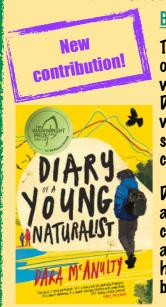
'CONGRATULATIONS TO HEATH G IN A9 WHO WAS NAMED AS 'STUDENT OF THE FORTNIGHT' IN YEAR 9 FOR 15TH-26TH JANUARY.

HEATH ACHIEVED 59 REWARD POINTS OVER THE FORTNIGHT, PARTICULARLY EXCELLING IN DT, MATHS, SPANISH, SCIENCE, HISTORY

AND GEOGRAPHY.

THE FORM OF THE FORTNIGHT IS B9 FOR RECEIVING 250 REWARD POINTS, BUT ALSO TO RECOGNISE THE CONTINUED EXCELLENT EFFORTS OF PHOEBE O, ADAM M, OWEN T, FLORENCE P AND ALLEGRA J.' – MR COKER

'LARA C TRIES SO HARD TO MAKE SURE EVERYONE AROUND HER IS HAPPY NO MATTER WHAT, SHE BRIGHTENS UP EVERYONE'S DAY AND ALWAYS SPREADS POSITIVITY' – SECRET STUDENT



### BOOK OF THE MONTH- AVAILABLE FOR LOAN FROM OUR SCHOOL LIBRARY

The teenage star of BBC's Countryfile and social media sensation, Para McAnulty opens up about his autism and its interrelation to his love of the natural world, as well as providing fascinating practical advice and knowledge about British wildlife. Piary of a Young Naturalist chronicles the turning of 15-year-old Para McAnulty's world. From spring and through a year in his home patch in Northern Ireland, Para spent the seasons writing. These vivid, evocative and moving diary entries about his connection to wildlife and the way he sees the world are raw in their telling.

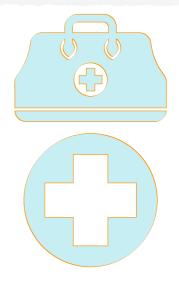
Piary of a Young Naturalist portrays Para's intense connection to the natural world, and his perspective as a teenager juggling exams and friendships alongside a life of campaigning. "In writing this book," Para explains, "I have experienced challenges but also felt incredible joy, wonder, curiosity and excitement. In sharing this journey my hope is that people of all generations will not only understand autism a little more but also appreciate a child's eye view on our delicate and changing biosphere."

CLICK HERE FOR MORE INFO

# SCHOOL NURSE DROP IN



11TH JAN 2024 8TH FEBRUARY 2024 7TH MARCH 2024 18TH APRIL 2014 16TH MAY 2024 13TH JUNE 2024 11TH JULY 2024



THE SESSIONS ARE BETWEEN 1:40 AND 2:05 AND STUDENTS SHOULD COME ALONG TO STUDENT SERVICES WHERE WE CAN DIRECT THEM.



THE LITTER CRITTER CREW RUNS MONDAY, WEONESDAY AND FRIDAY FORM TIMES. R3'S FOR <u>ALL</u> ATTENDEES FOR 3 SESSIONS! DON'T MISS OUT, JOIN TODAY- NO REGULAR COMMITMENT REQUIRED. MEET IN THE QUAD AT 8:40 ON GIVEN DAYS



### WELLBEING LOCATIONS WITHIN SCHOOL

**LEVEL ONE** 

**LEVEL TWO** 

### **LEVEL THREE**

Level One: Initially, talk to your Form Tutor (or any other trusted teacher) about any problems you have.

Level Two: If you need extra support aside from your form tutor (or want someone different to talk to), find Pastoral Care and talk to them – they will be there for any kind of wellbeing support. Level Three: The Pastoral Care will direct you to one of these outlets: go through Pastoral Care before going to any of these. Pastoral Care

Sue Allen (School Counsellor)

NELFT (Emotional Wellbeing Team)

Drawing and Talking Therapy

Pastoral Care – The Main Block (Turn left as you enter the Quad from the stairs, go up the first flight of stairs and go through the door on the right)

Drawing and Talking Therapy – A11 (Friday Only)

> NELFT (Emotional Wellbeing Team) – B2a (Tuesday Only)



Sue Allen (School Counsellor) -**Pastoral Care** will give you a well-being form to fill out: when an appointment becomes available, the school counsellor will contact you with your appointment time and location.



### RMGS PHYSICAL EDUCATION EXTRA-CURRICULAR TIMETABLE

### TERM 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK 10:55 – 11:15	BASKETBALL SHOOTING CLUB Y7 / 8 (sports hall) (DUTY STAFF)	BASKETBALL SHOOTING CLUB Y7 / 8 (sports hall) (DUTY STAFF)	BASKETBALL SHOOTING CLUB Y7 / 8 (sports hall) (DUTY STAFF)	BASKETBALL SHOOTING CLUB Y9 / 10 / 11 / 6 <sup>TH</sup> (sports hall) (DUTY STAFF)	BASKETBALL SHOOTING CLUB Y9 / 10 / 11 / 6 <sup>TH</sup> (sports hall) (DUTY STAFF)
<b>LUNCH</b> 1:30 – 2:00	BASKETBALL CLUB Y7 / 8 (sports hall) GRA	BASKETBALL CLUB Y9 / 10 (sports hall) GRA  TABLE TENNIS CLUB ALL YEARS (top gym) CON	FITNESS CLUB Y7 / 8 (sports centre) ALO BADMINTON CLUB Y11 GCSE invite only (sports hall) SP / CON	ORIENTEERING CLUB KS3 (sports hall) MAL	BADMINTON CLUB Y7 / 8 (sports hall) JWI
AFTER SCHOOL 3:05 – 4:30	TRAMPOLINING CLUB Y7 / 8 SP FITNESS CLUB Y9 / 10 / 11 (sports centre)	NETBALL SQUAD TRAINING Y 7-10 (optional Y11) SP / KNO Y7 RUGBY CLUB (Field) CON	CROSS COUNTRY & FITNESS CLUB (ALL YEARS) KNO	NETBALL 4 ALL Y7 / 8 / 9 MAL / JWI	

IF THERE IS CLUB YOU
WOULD LIKE THE PE
DEPARTMENT TO FACILITATE
PLEASE COME TO THE PE
OFFICE TO DISCUSS.

If you are attending a lunch club you are able to receive a fast track lunch pass from the PE department. Please bring your planner to the PE office at break to be signed.

Any questions please ask a member of the PE Department.

	School hours	Afterschool
Monday	<ul> <li>Litter Critter Crew form time (meet in Quad)</li> <li>• Buzz club 1.40- 2.05 (the Well)</li> <li>String group lunchtime (Recital Hall)</li> <li>• KS4 iMedia 1:20- 1.40 (D1)</li> <li>• KS3 Computing 1.20-1.40 (D1)</li> <li>• Music Technology Club lunchtime (E2)</li> </ul>	<ul> <li>Homework Club 3:15-4:14 (library)</li> <li>Table-top Gaming Club (formerly D&amp;D) 3:15-4:30 (F3)</li> </ul>
Tuesday	• MedSoc (Year 13 until Jan) 1:40pm - 2:05pm (Q1) • Junior Wind Band Lunchtime (Recital Hall) • KS4 & KS5 Art Club Lunchtime (R2) • KS4 iMedia 1:20pm - 2:05pm D1 • KS3 Computing (HW and catch up) 1:20pm - 1:40pm (D1) • Eco Club lunchtime (garden)	• Homework club 3:15-4:15 (library) • Science Club 3:15-4:15 (M5) • Jam Club 3:15pm (Music block)
Wednesday	<ul> <li>Litter Critter Crew form time (Quad)</li> <li>Chess Club 1:20pm - 2:05pm (HZ)</li> <li>Ukulele Club Lunchtime (E1)</li> <li>Year 11 D&amp;T NEA support clinic Lunchtime (DT)</li> <li>KS3 Art Club Lunchtime (R2)</li> <li>KS4 iMedia 1:20pm - 1:40pm (D1)</li> <li>KS3 Computing (HW and catch up) 1:20pm - 1:40pm (D1)</li> <li>A Level Chemistry Clinic 1:35pm - 2:00pm (M6)</li> </ul>	• Homework Club 3:15pm - 4:15pm (Library) • GCSE Astronomy 3:15pm - 4:45pm (M7)
Thursday	<ul> <li>Arts for Wellbeing (All years) Lunchtime R2</li> <li>Year 7 &amp; 8 Airgineers (Drone club) Lunchtime (DT)</li> <li>Brass Group Lunchtime (Recital Hall)</li> <li>KS3 Computing (HW and catch up) 1:20pm - 1:40pm (D1)</li> <li>KS4 iMedia 1:20pm - 2:05pm (D1)</li> <li>Buzz Club 1:40pm - 2:05pm (The Well)</li> <li>Upcycling Club R2</li> </ul>	<ul> <li>Homework Club, 3:15-4:15 (Library)</li> <li>Big Band 3:15pm (Music Block)</li> </ul>
Friday	<ul> <li>Litter Critter Crew form time (Quad)</li> <li>KS3 Computing (HW and catch up)</li> <li>1:20pm - 1:40pm (D1)</li> <li>Diversity Group 1:35 (C4) Debate</li> <li>Society (L2)</li> <li>KS4 iMedia 1:20-1;40 (D1),</li> </ul>	• Homework Club, 3:15-4:15 (Library)