



RMGS NEWS

Week Beginning 5th February 2024

Key Messages

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Friday 9th February

Last day of term

Upcoming Extra Curricular Activities

Thursday 8th February

Basketball Trip
(London)

Lyric Theatre Trip
(Yr12 & 13)

Friday 9th February

V & A Museum Trip
(Yr12 & 13)

Shakespeare School's
Workshop

Dear all,

It has been a fun packed week of activities and learning at RMGS. Our Year 11 students have attended the Poetry Live Trip in London today led by the English department. Thank you to Mr Holmes (Head of English) for leading the trip and to the staff who are attending. We are sure our students will feel inspired and will connect with the poetry from the Anthology, we may have future poets. Our assembly theme this week has been linked to our work on Equality, Diversity, and Inclusion. Our Diversity Ambassadors led by Mrs Gooding (Head of MFL) led an assembly on the importance of celebrating and recognising the achievements of LGBTQ+ community. Our students researched and delivered an assembly with a focus on the impact the field of medicine has had on the LGBTQ+ community. The assembly was led by Lizzie K, Josh T, Edie M, Madison C, Matilda G, Sonika G and Alex G. It was refreshing to see student leadership across KS3 – KS5 and the passion and commitment our young people have shown to raising awareness, understanding and respect for all communities. Thank you for demonstrating what it means to be the best version of yourself.

Have a good weekend and we look forward to welcoming you back on Monday.

Mrs A Hart
Headteacher



Children's Mental Health Week 5th -11th February

We will be raising awareness of the value of talking openly about mental health in PSHE lessons this term as part of Children's Mental Health Week. This year's theme is Your Voice Matters. Along with our wellbeing information found here [RMGS Mental Health and Wellbeing](#) we thought you might find the following guide helpful.

The Pastoral Team



RMGS NEWS

Key Messages Continued

Sandwich Tasting

Mrs Wallis (Catering Manager) hosted a sandwich tasting session with a group of Year 13 students. The aim was for students to sample the new sandwich range that we will be introducing to our menu. Students gave their feedback on the overall taste and options available. Students also reviewed the labels to ensure that our sandwiches are clearly labelled to support students and staff who may have an allergy or a food preference. We would like to provide a wider range of food for students with allergies as well as catering for our students and staff who are vegan or vegetarian. It was a really good opportunity to ensure that our sandwich range continues to reflect the needs of our diverse community.

Mrs Wallis and the catering team are also introducing a variety of foods from different cultures. Each month alongside the variety of food we have on offer we are introducing foods from around the world. Week beginning 5th - 9th February the canteen will be serving our Chinese New Year menu in celebration of Chinese New Year which is Saturday 10th February.

Thank you to Mrs Wallis and the catering team.





RMGS NEWS

Key Messages Continued

Careers Fair 2024

Last week we were delighted to welcome employers, companies, societies, colleges and universities to our careers fair. Years 9, 12 and 13 toured the fair and ensured that they spoke with every exhibitor. Our visitors were incredibly impressed with our students. Amongst our visitors we were delighted to welcome back some alumni who wanted to give back to the school they attended and share their professional journey.

I would like to thank the staff who organised the fair: Mr Frost, Dr Squillaci, Miss Perkins and Mrs Jewiss and I would like to commend year 9 on their engagement and enthusiasm.

Mrs Napier, Deputy Headteacher



Tom is an ex student and came in to talk about how to get into PR



Jaime Hunt, an aspiring reporter, has written a report of the event.



RMGS NEWS

Key Messages Continued

The RMGS Careers Fair

Reported by Jaime Hunt (year 12)

On the 24th and 25th of January, students of Rainham Mark were given the opportunity to participate in a careers fair, that consisted of an immersive dome experience and a range of stands with Universities and Colleges that allowed them to gain vital information for their future. Students engaged extremely well with this careers fair, they were able to do a range of activities that gave them an insight on different careers and where it can take them.

The immersive dome experience was used to help students learn more about their school curriculum, it not only helped them learn more about their studies, but was done in a way where the children felt included and allowed them a new way of learning.

Along with the dome experience, different stands of different universities and colleges were there to offer support to the students and answer questions about their future. Included in the stands, were post 16 and post 18 options to allow students to gain new interests about different careers. The variety of options provided to the students gives everyone an insight on their chosen career paths, and although it helped them with their current ideas, it also changed their perspectives on what they want to do.

Each and every stand has provided a range of activities for the students, such as interactive competitions, information sheets and stamping activities to ensure they have looked at the range of options for them. The number of stands lets the students not focus on just one subject, but instead lets them engage in different experiences and workplaces so they fully understand the amount of options provided to them in the future. There are different work industries, such as engineering, the royal air force, fashion and so many more.

After speaking to Southampton Solent Universities, it is clear that the students are taking this fair seriously. They have said that our students have been the most engaging, displaying confidence in talking to external visitors and are interacting with all the different industries to gain information about the choices they are going to make in the future. The students of Rainham Mark have also provided feedback, and have found this an interesting experience for them, they feel as though they have been able to answer any unanswered questions and have found this fair extremely interactive.

Overall, this experience for the students has been engaging and has offered them different aspects of what they want to do in the future.



RMGS NEWS

Key Messages Continued

Year 10 Reading Challenge

Since September year 10 have been working really hard in their English lessons. They have studied "An Inspector Calls", studied 15 poems and have worked on both their analytical and creative writing skills, making a fantastic start to their GCSE studies in Literature and Language. As a team of English teachers, we often share how much we are enjoying teaching year 10. In addition to this work, they were set a challenge to read a novel in their own time. For some students, this is an easy exercise as we have some voracious readers here, but for others this was a challenge! We wanted our already habitual readers to read something more challenging, and we wanted our students who have gotten out of the habit to practise focusing and commitment. They rose to the challenge. Last week Mr Holmes' year 10 class had a lesson devoted to sharing their reading with each other, and all year 10 classes will be having a similar lesson. Over a cookie and a juice, they discussed their books with each other in mini book clubs. I had the pleasure of visiting this class during their book club lesson and was genuinely impressed with their insight and how well they listened to each other. Mrs Napier, Deputy Headteacher





RMGS NEWS

Key Messages Continued

The National Gallery's Articulation Prize

On Friday 26th January six brave, intelligent and articulate year 12 students participated in the RMGS heats for The National Gallery's Articulation Prize. From this heat the judging panel (Mrs Hart, Mrs Macken, and Miss Davies) selected one student to represent RMGS at the South Eastern heat in March. Articulation is a nationally acclaimed public speaking competition for young people, designed to promote the appreciation and discussion of visual culture. Each participant had to present for 7-10 minutes on a chosen topic: Art, artefact, or architecture. Our audience included our debate club students as well as some of the year 12's friends. We were enthralled and entertained by the following presentations:

Beverly D: The Parthenon of Books, by Marta Minujin

Bradley M: Death for the idea, by Paul Klee

Evy W: The work of Yoyoi Kusama

Jaime H: The Great wave of Kanagawa, by Hokusai

Janai O: Cocktails, by Archibald Motley Jnr

Lewis B: The work of Hitchcock



All 6 presentations would be worthy entrances to the next round of this national competition. The students overcame their fears of public speaking and presented confidently, demonstrating excellent subject knowledge and personal enthusiasm. It was a great event. We have chosen Lewis B to represent RMGS in the South East heat, which will be held in Folkestone. His peers will accompany him for moral support.

Huge thanks to Dr Sutton for organising the event, and congratulations to all of our participants.

Mrs C Napier, Deputy Headteacher





RMGS NEWS

Key Messages Continued

Year 7 Shout Outs!

Positive Rewards Points: Top 5 Students

Calvin N – 7R – 230 Faith U – 7L – 219 Sophie E – 7B – 203
Daniel V – 7L – 192 Erin N – 7N – 190

Shout out for A7 for 99% attendance this week. Well done!

Poster entries for our 'Being Free' competition

Freedom poster – Sophie E 7B & black & white drawing Anjali A 7R



Celebrating Success

Congratulations to Matilda in R10 who has been named as 'Student of the Fortnight' in Year 10. Matilda earned a staggering 174 reward points from 22nd January to 2nd February. Matilda earned a Full Colour in Citizenship. A massive Well Done!!



The Form of the Fortnight is R10 who were awarded a total of 597 reward points.

Key Messages Continued

S10 had the best attendance!

BEYOND



RMGS NEWS

Key Messages Continued

Ritangle competition

The RMGS Maths department were delighted to have two teams enter the annual national Ritangle competition for A Level students. The participants of both teams have received R5's for their efforts. Mrs Rothery

Ritangle

Congratulations!

This is to certify that a team from
Rainham Mark Grammar School

captained by

Daniel B in Year 12

participated in the **Ritangle 2023 competition**

Ritangle is a maths competition aimed at teams of 16-18 year old students.
Ritangle requires teams to answer a series of challenging maths problems set over a two-month period.

Developed by
MEI Mathematics
Education
Innovation

Ritangle

Congratulations!

This is to certify that a team from
Rainham Mark Grammar School

captained by

Hannah M in Year 13

participated in the **Ritangle 2023 competition**

Ritangle is a maths competition aimed at teams of 16-18 year old students.
Ritangle requires teams to answer a series of challenging maths problems set over a two-month period.

Developed by
MEI Mathematics
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Innovation

My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

The Mark's Student Writing Competition

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

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

- Poem
- Short Story
- Article

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

Deadline: 18/02/24

Email submission with name, form and title of the piece to
TheMark@rmet.org

Questions: f7mcapolupo@rmgs.org.uk





Medway Culture Club
Presents...

MCC Rhythm & Rhyme

Amplifying the voices of the future.

Poetry, storytelling and spoken word workshop

Saturday 3 February 2024

Drop off
10:30am

Pick up
1:00pm

Cultural
Lunch

WOODLANDS YOUTH CENTRE
WOODLANDS ROAD
GILLINGHAM, KENT. ME7 2BX

Book Online
www.MedwayCulture.Club

Ages
5-16

£8
per
child



SCAN ME



RMGS NEWS

Key Messages Continued

- > Free easter.hols
- > Online
- > Music Technology Courses

Friday 5th April 2024

For ages 9-18

Beginner and Intermediate Courses

Learning production techniques and how to make music electronically



For full details and to apply visit

www.medwaymusicassociation.co.uk



Easter Music Courses 2024

2nd - 4th April

Rainham Mark Grammar School

For more details and to apply visit
www.medwaymusicassociation.co.uk

For any enquiries

info@medwaymusicassociation.co.uk





RMGS SPORT



PE Department Sport Website: <https://sports.rainhammark.com/>



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 TH (sports hall) (DUTY STAFF)	BASKETBALL SHOOTING CLUB Y9 / 10 / 11 / 6 TH (sports hall) (DUTY STAFF)
LUNCH 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 <u>invite only</u> (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) ALO	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 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.



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RMGS CLUBS

RMGS EXTRA CURRICULAR CLUBS 2023-24					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH TIME	Buzz Club 1:40pm - 2:05pm The Well String Group Recital Hall Music Technology - E2 KS4 iMedia 1:20pm - 1:40pm D1 KS3 Computing 1:20pm - 1:40pm D1	MedSoc (Year 13 until Jan) 1:40pm - 2:05pm Q1 Junior Wind Band Recital Hall KS4 & KS5 Art Club - R2 KS4 iMedia 1:20pm - 2:05pm D1 Eco Club 1:30pm - 2:00pm - D2 KS3 Computing (HW and catch up) 1:20pm - 1:40pm D1 Sixth Form Book Club (1 st Tuesday of every term) L1	Chess Club 1:20pm - 2:05pm - HZ Ukulele Club - E1 Year 11 D&T NEA support clinic KS3 Art Club - R2 KS4 iMedia 1:20pm - 1:40pm - D1 KS3 Computing (HW and catch up) 1:20pm - 1:40pm - D1 A Level Chemistry Clinic 1:35pm - 2:00pm - M6 Scrabble Club - L3 Music Support - E2 Sparx Club - N6	Arts for Wellbeing (All years) - R2 Year 7 & 8 Airingers (Drone club) - DT Brass Group - Recital Hall KS3 Computing (HW and catch up) 1:20pm - 1:40pm - D1 KS4 iMedia 1:20pm - 2:05pm - D1 Buzz Club 1:40pm - 2:05pm The Well Quantum Physics 1:35pm - 2:05pm - M9	KS4 iMedia 1:20pm - 1:40pm D1 Diversity Group 1:35pm C4 KS3 Computing (HW and catch up) 1:20pm - 1:40pm D1 Debating Society 1:30pm - 2:00pm L2
AFTER SCHOOL	Homework Club 3:15pm - 4:15pm Library Tabletop Gaming Club (formerly D&D) 3:15pm - 4:30pm F3	Homework Club 3:15pm - 4:15pm Library Science Club 3:15pm - 4:15pm M5 Jam Club 3:15pm Music block	Homework Club 3:15pm - 4:15pm Library GCSE Astronomy 3:15pm - 4:45pm M7 Bronze & Silver Arts Award Club 3:15pm - 4:15pm	Homework Club 3:15pm - 4:15pm Library Big Band 3:15pm Music Block Shakespeare Schools' Festival 3:15pm - 4:15pm	Homework Club 3:15pm - 4:15pm Library



RMGS NEWS

Term Dates 2023-2024

Term 1	INSET - Thursday 31st August 2023 – no students INSET – Friday 1st September 2023 – no students Start Monday 4 September 2023 Finish: Friday 20 th October 2023 INSET – Thursday 5th October – no students October break (2 weeks): Monday 23/10/23 – Friday 03/11/2023
Term 2	Start: Monday 6 th November 2023 Finish: Wednesday 20 th December 2023 Christmas break: Thursday 21/12/23 – Tuesday 02/01/24
Term 3	Start: Thursday 4 th January 2024 Finish: Friday 9 th February 2024 INSET – Wednesday 3rd January 2024 – no students Half term break: Monday 12/02/24 – Friday 16/02/2024
Term 4	Start: Monday 19 th February 2024 Finish: Thursday 28 th March 2024 Easter break: Friday 29/03/2024 – Friday 12/04/2024
Term 5	Start: Monday 15 th April 2024 Finish: Friday 24 th May 2024 Bank Holiday: Monday 06/05/2024 Half term break: Monday 27/05/2024 – Friday 31/05/2024
Term 6	Start: Monday 3 rd June 2024 Finish: Friday 19 th July 2024 INSET – Tuesday 2nd July 2024 – no students