BY HEAD STUDENTS STEPH AND MARCO

29 JANUARY 2024

Student Bulletin

Important:

Auditions for the Emad Abusayf Memorial Concert are running this week, please ensure you're aware of timings and contact f7mfiretouch@rmgs.org.uk if you have any queries.

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 21ST 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 29TH 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

Click to read the NEW EDITION!

the Mark

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

Cabinet Meeting January 31st, all Year Parliament Representatives should attend

ECO CLUB RUNS EVERY TUESDAY LUNCHTIME FOR THE WHOLE OF LUNCH, FEEL FREE TO DROP BY D2 AND SEE WHAT'S GOING ON... EMAIL S7SCLARKE@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...

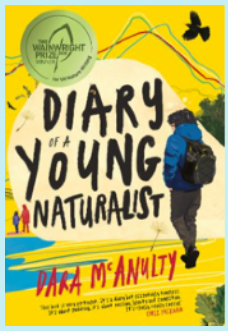
PLEASE DONATE YOUR CLEAN PLASTIC BOTTLES FOR THE ECO CLUB GREENHOUSE PROJECT! DROP OFF IN THE BLUE BOX BY THE MAIN HALL (BY THE TOP-UP POINT). WE WILL NEED SEVERAL HUNDRED!

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 hatch

The all new UPCYCLING CLUB has now begun! Email p7stremain@rmgs.org.uk for more info

SIXTH FORM MODEL UNITED NATIONS SIGN UP HERE

BOOK OF THE MONTH



KEY MESSAGES

Last week, Parliament meetings were held across the school with representatives from all year groups coming together for their termly meeting. In it, Prefects informed members of new developments since last term's Cabinet meeting which included an upcoming 'Site Walk' to assess the functionality, accessibility and maintenance of toilets across the school; the newly established Rewards Shop on ClassCharts where students can now exchange their Reward points for accessories such as school water bottles, pens and footballs; as well as future SLT meetings regarding the behaviour policy. All of these improvements were suggested by members in previous meetings – especially the situation regarding toilets – showcasing therefore, the importance of Student Parliament and the positive effect it can have, for the benefit of all. Following these updates, members discussed extracurricular activities and clubs, suggesting improvements to the current system and requesting a wider variety of them. This will be one amongst other topics which will be discussed with Mrs Horstrup during Cabinet next week.

Our school newspaper, 'The Mark', is sponsoring a writing competition open to all students to discover talent and encourage creative writing across the school; an important skill that all should master. Entries can be about anything at all but must be in the form of a Poem, Short Story or Article and must not exceed 1000 words. Year 13 writers from 'The Mark' will then judge all entries and select winners for each form category in both Junior (Year 7-10) and Senior (Year 11-13) sections, with prizes and R points available. Winning entries will go on to be published in the next edition of 'The Mark' which will itself then be entered into an inter-school newspaper competition (which we hope to win!). See the poster on the next page for the deadline and other information, and good luck!

THE HEAD STUDENTS

The Key Messages are written each week by Marco while the edition itself is put together by Steph- we hope you enjoy it!

THE HEAD STUDENT TEAM

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

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

CHINESE NEW YEAR

Celebrate with us Thursday 8th February

SWEET & SOUR CHICKEN
CHINESE PORK RIBS
SALT & PEPPER CHICKEN WINGS CHINESE STYLE
PANCAKE ROLL OR MINI VEGAN SPRING ROLLS
SERVED WITH PLUM SAUCE

EGG FRIED RICE OR PLAIN FLUFFY RICE
VEGETABLE CHOW MEIN
PRAWN CRACKERS

MANGO PUDDING

The BRING A BOX BARGAIN IS NOW ON!

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!

IMPORTANT !

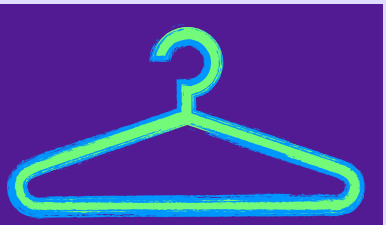
Keeping safe and happy in school

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!



FREE UNIFORM!

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)

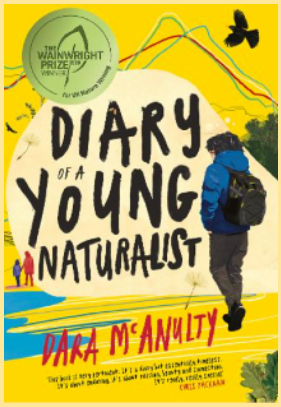
'CONGRATULATIONS TO HEATH G IN A9 WHO WAS NAMED AS 'STUDENT OF THE FORTNIGHT' IN YEAR 9 FOR 15TH-26TH JANUARY. HEATH ACHIEVED 59 REWARD POINTS OVER THE FORTNIGHT, PARTICULARLY EXCELLING IN DT, MATHS, SPANISH, SCIENCE, HISTORY AND GEOGRAPHY.

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

PLEASE EMAIL S7SCLARKE@RMGS.ORG.UK WITH YOUR SUNSHINE CORNER SHOUT OUT!

New contribution!



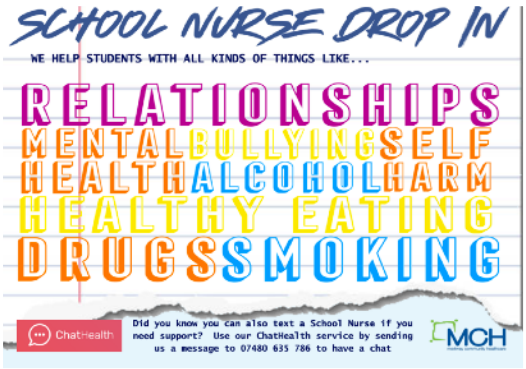
BOOK OF THE MONTH- AVAILABLE FOR LOAN FROM OUR SCHOOL LIBRARY

The teenage star of BBC's Countryfile and social media sensation, Dara 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. Diary of a Young Naturalist chronicles the turning of 15-year-old Dara McAnulty's world. From spring and through a year in his home patch in Northern Ireland, Dara 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.

Diary of a Young Naturalist portrays Dara'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," Dara 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

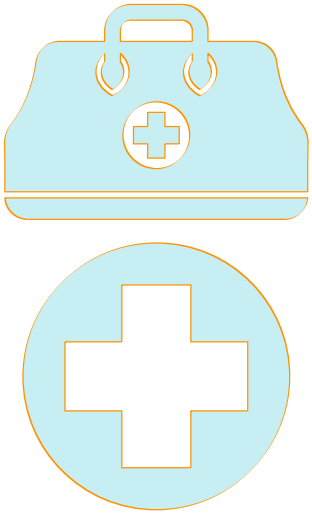
7TH MARCH 2024

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, WEDNESDAY AND FRIDAY FORM TIMES. R3'S FOR ALL 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.

Trusted Teacher

Form Tutor

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 / 6TH *(sports hall)* (DUTY STAFF)	BASKETBALL SHOOTING CLUB Y9 / 10 / 11 / 6TH *(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 **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)* 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.

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

	School hours	Afterschool
Monday	• Litter Critter Crew form time (meet in Quad) • • Buzz club 1.40- 2.05 (the Well) • String group lunchtime (Recital Hall) • KS4 iMedia 1:20- 1.40 (D1) • KS3 Computing 1.20-1.40 (D1) • Music Technology Club lunchtime (E2)	• Homework Club 3:15-4:14 (library) • Table-top Gaming Club (formerly D&D) 3:15-4:30 (F3)
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	• Litter Critter Crew form time (Quad) • Chess Club 1:20pm - 2:05pm (HZ) • Ukulele Club Lunchtime (E1) • Year 11 D&T NEA support clinic Lunchtime (DT) • KS3 Art Club Lunchtime (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)	• Homework Club 3:15pm - 4:15pm (Library) • GCSE Astronomy 3:15pm - 4:45pm (M7)
Thursday	• Arts for Wellbeing (All years) Lunchtime R2 • Year 7 & 8 Airgineers (Drone club) Lunchtime (DT) • Brass Group Lunchtime (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) • Upcycling Club R2	• Homework Club, 3:15-4:15 (Library) • Big Band 3:15pm (Music Block)
Friday	• Litter Critter Crew form time (Quad) • KS3 Computing (HW and catch up) 1:20pm - 1:40pm (D1) • Diversity Group 1:35 (C4) Debate Society (L2) • KS4 iMedia 1:20-1;40 (D1),	• Homework Club, 3:15-4:15 (Library)