



MARK RUTHERFORD
SCHOOL

The Rutherford Review

Headlines

Welcome to our end of autumn term newsletter, and what a busy start to the academic year we have had. As I write this I can't quite believe we have almost completed sixteen weeks of school!

Students and staff returned in September and embraced the many changes we had made for this academic year. We have embedded our new pastoral system of year groups which has supported us in developing consistency and ensuring students have weekly contact with their peers and their Head of Year to deliver key important messages and expectations via assemblies. In addition, we have increased the school day to ensure we meet the DfE's expected minimum hours per week ahead of the September 2023 deadline. Our new behaviour policy is embedding and I am proud of the number of reward points many of our students have as we adopt a tiered weighting to recognise the positive impact many of our students have to our school community. Finally, we have embedded our new uniform policy. Students are looking more consistently smart and many visitors have paid compliments when they have toured the school.

Much has been happening in relation to teaching and learning. Students are starting every lesson with a DNA (Do Now Activity) which ensures misconceptions from the previous lesson are addressed and there is some retrieval practice linked to prior learning. In addition, we are encouraging students to be more aware of their thought processes and understanding of their learning; this metacognitive process will in time develop more independent and resilient learners as well as ensure students are aware of their thought process in relation to what they are being taught.

Our extra-curricular offer continues to be a strength of the school and I am grateful for the additional time staff commit to the personal development and cultural capital of our students. There have been a wide range of opportunities for our students and this is further enhanced by the introduction of a FIFA competition and a Pokémon club! We are already planning our next Camps International trip too for students currently in Years 10 to 12; this will be to Borneo in the summer of 2024. We have also put on two productions, SIX and Matilda. I am super proud of the students involved and blown away by their performing arts abilities. The quality of the productions would not be amiss on a professional stage. Well done to all involved; you were amazing!

As you read this newsletter we will be approaching a well-earned Christmas and New Year break. May I take this opportunity to wish you a lovely festive season and a Happy New Year. We look forward to welcoming students back to start the spring term on Wednesday 4th January 2023.

Mrs K Foster, Headteacher

Globe Theatre 'The Tempest' Trip

As part of the KS3 English curriculum, Mrs Bye-Gannon took 50 Year 8 students to visit Shakespeare's Globe theatre in London for a guided tour and to see a matinee performance of *The Tempest*. Students enjoyed the chance to see a fantastic piece of theatre that is also a text studied in Year 8 – the visit also supported students ahead of their KS4 GCSE studies of Shakespeare. Students were amazed by the iconic reconstruction of the open-air playhouse in which Shakespeare worked, and for which he wrote many of his most famous plays. The expert guide storytellers provided fascinating tales about the Globe Theatre auditorium, vividly recreating colourful stories of the 1599 Playhouse, the London Shakespeare would have known, and the Globe reconstruction process in the 1990s. The guides brought the theatre to life, exploring how the 'wooden O' works today as an imaginative and experimental space for performance. After lunch, students settled in to their seats for a tumultuous new production of *The Tempest*, Shakespeare's tale of reckoning and redemption. For Prospero's opening act of revenge, he raised a ferocious storm to shipwreck a crew of men – including his usurping brother – onto the remote island he now rules. With reluctant support from the island's colonised inhabitants, Prospero's designs of magical and emotional manipulation unfurled with life-changing force.

Mrs Bye-Gannon

Meet the new Sixth Form STEM scholars!

Every year Mark Rutherford Sixth Form students have the opportunity to join in our STEM scholars programme. Now in its 8th year, our current STEM scholars Beth, Ellen, Ben and Mackayla with support from Rachel, Shada and Mazlifa, have resurrected the highly successful Smarties Year 7 and 8 STEM club. First started in 2017 by former students Holly, Sarita, Amy and Freya, this year, Smarties has come full circle, with two of the original younger students, Beth and Ellen, now STEM scholars themselves!



Smarties runs every Wednesday after school for an hour and younger years students get opportunities to experience fun activities across the STEM subjects: Science, ICT, DT and Maths. So far, students have had the chance to build a tower of marshmallows and pasta amongst others. When interviewed, our STEM scholars explained the following:

"As the STEM scholars, we have restarted the Smarties STEM club for Years 7 and 8. Every week, the students get the chance to develop skills such as teamwork and logical thinking while also having fun doing experiments and activities you can't do in lessons. We all had great fun building spaghetti towers and penny boats. In the future we hope to give the Year 7 and 8 students the chance to gain their bronze CREST awards from the British Science Association. We are looking forward to lots more exciting activities, competitions and (most importantly) biscuits!"

As well as running Smarties, our STEM scholars will be involved in a number of events and activities around Christmas and British Science week in March, such as our Primary STEM day. Look out for this in the next newsletter!

Mrs Baytar

Apprenticeship Evening

We had a very successful Apprenticeship evening with over 100 families attending. Students and parents listened to talks from SSG and Foxley Kingham, and then they were able to talk to local companies and training providers about opportunities and programmes.

Mrs Unwin



Careers trip

We took 13 Business Studies students to the University of Bedfordshire Luton campus for a business conference. The students had taster lectures from the university staff on the aviation industry, personal branding, law, marketing and international business. They also got to hear from past students and people in industry.

Ms McAloone and two of the students were also interviewed for the campus radio station.

Mrs Unwin



An Inspector Calls – MK theatre

As part of the GCSE English Literature course, Mrs Bye-Gannon took Year 10 and 11 students to see a matinee performance of An Inspector Calls at Milton Keynes Theatre. This gave students the chance to see a fantastic piece of theatre that is also a set text in their GCSE exam. Students thoroughly enjoyed Stephen Daldry's magnificent production of J.B. Priestley's classic thriller, An Inspector Calls - direct from its fourth West End season. Hailed as the theatrical event of our generation, winning more awards than any other play in history, this landmark production from the National Theatre has thrilled audiences in the West End, on Broadway and throughout the world with its epic and wildly imaginative staging, raw emotion, evocative score, lashing rain and chilling suspense. When Inspector Goole arrives unexpectedly at the prosperous Birling family home, their peaceful dinner party is shattered by his investigations into the death of a young woman. His startling revelations shake the very foundations of their lives and challenge us all to examine our consciences.

Mrs Bye-Gannon

Expedition to Tanzania

During the summer holiday, 6 students and 2 staff from Mark Rutherford School went on an expedition to Tanzania. This was an unforgettable experience which taught us so much about ourselves. Learning to live with the bare minimum really taught us what is necessary in life and that possessions are not what makes us happy. Whilst in Tanzania we carried out project work which included helping to build the foundations of a local school and making reef balls to replace areas of reef which had been destroyed. Interacting with the local children during project work enabled us to see how passionate they were about education and showed us just how important these Camps trips are, proving what a difference they can make to children's lives and opportunities. We were also able to meet some of the local tribes and experience their daily lives, as well as going on safari (being lucky enough to see 11 lions in the wild and too many elephants to keep count) and gain a PADI qualification in diving (which can be used anywhere in the world). The summer of 2022 was one that we are extremely thankful that we got to experience and one we will never forget!

If you are currently in Year 10, 11 or 12 you can sign up for our next CAMPS trip in 2024 to Borneo by talking to Miss Hulance.

Written by Matilda Year 12



Trip to France

In October, 40 students in Years 8, 9 and 10 and 5 staff spent 4 days in Northern France. Students enjoyed a range of cultural, historical and outdoor activities! Many highlights were spotted on the Twitter and Instagram account, RutherfordTrips. This trip gave students an opportunity to learn more about WW1. Thanks to visits to markets and town centres, it helped many overcome their apprehension to speak in French. During the morning at Go Ape, a few even overcome their fear of heights! Students said their highlights were the life at the Pod Village (our glamping camp at the Chateau) and the friendship bonds created.

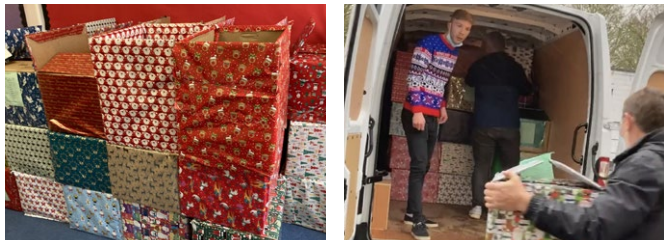
Mrs J. Cullis



'Christmas in a box' appeal

This term all tutor groups have been gathering items to send Christmas boxes full of food items to families in the local area. The charity is organised by the All Nations Church in Brickhill and we have been supporting them for a number of years. We are proud to be able to support the community in this way and each year we have increased the amount of boxes we send. Last year we sent over 75 - I believe the Year 9s have collected the most so far at the time of writing!

Miss Bradley



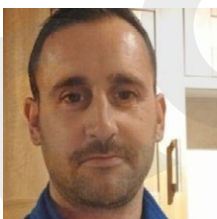
Marky BroMos

This November a handful of Mark Rutherford School staff have taken part in the national 'Movember' event, growing their moustaches to raise awareness of the physical illnesses and mental health issues impacting men across the globe.

Through tutor time assemblies and the delivery of PSHE students have developed an understanding of the importance of supporting such causes, with some even attempting to join in themselves!

307,000 men will be affected by prostate cancer every year. Three quarters of all suicides are men. If you'd like to contribute to the efforts of the Mark Rutherford staff you can do so here: <https://uk.movember.com/team/2422419>.

Mr Johnson



Sports Day

Following the heatwave in July, our annual sports day had to be postponed; this was rearranged. This was rearranged for September. Instead of just having Years 7-10 involved we now had the whole school participating! This was a mammoth task and staff and students alike worked amazingly well together to make it a great success.

Students in Years 7-11 competed in their tutor groups in Handball, Lineball, Volleyball, Ultimate Frisbee and Netball. The Sixth Form students also competed in their tutor groups. They participated in a variety of activities to include athletics, fitness, problem solving, volleyball and table tennis.

All in all there were approximately 1400 staff and students all involved throughout the day. We are all now looking forward to holding the next one in July, weather permitting.

Mr Snowden



Geography Club

Geography club students have been given the task to create their own volcanoes from scratch. We have enjoyed researching different types of volcanoes and their locations, looking into the behaviour of the eruptions and the effect they have on the environment.

Each group is going to be creating their own volcano, including an eruption using different concoctions (with the help of Mr Betts) to make them as realistic as possible.

The presentations of the volcanic eruptions will be taking place before the end of term with photos being shared in the next newsletter.

Mr Sharpe

Football Success

What a season for the Year 8 football team! 48 goals scored and 6 conceded across 6 league games. It is safe to say we have had a very successful season thus on beating Lincroft Academy 10-1 in our last league game we have officially come top of the league table and will now be going to Flitwick in February to compete in the district semi-final and final where we look to bring silverware home to Mark Rutherford. To add to this, we won our first game in the county cup and are awaiting to play last year's county cup winners in the next round of the competition and we are eyeing up that piece of silverware too. We have had a variety of scorers this season, nearly everyone in the team scoring at least one goal. For Mr Simpson and Mr Paolini it is nearly impossible to pick a stand out player, as the whole team have been outstanding for the whole season, well done boys, an amazing achievement and we hope we can continue this unbeaten run heading into our biggest games of the season.

Mr Simpson and Mr Paolini



Wakeboarding Success

Kieran won Nationals last year in the Under 14 boys' category making him number 1 ranked in the UK; as a result he was invited to join the Team GB wakeboarding team. Over the summer, Kieran travelled to Denmark with Team GB (along with older brother Callum) to compete in the European Championships. Kieran went straight through to the quarter-finals with the highest points and finishing first in his heat against French, German and Italian competitors. He won in his quarterfinal and went into the semi-final, but missed out on the final by a few points. He was awarded a silver medal for highest point score. Team GB came second in the overall competition! As a result of his success, Kieran was selected by Team GB to compete in the World Championships in October, which took place in Bangkok.

Max unfortunately missed out on the European Championships after an injury, but he has been asked to compete in the World Championships in October!

Mr Taylor



Girls Only Football Development Centre

Opportunity to access girls only coaching via 4Corner Coaching based at Mark Rutherford School. This is a high quality football coaching by very experienced coaches.

Times/ages: 5-6pm – 9-14 years

- Developing
- Psychological skills
- Technical skills
- Social skills
- Physical skills

For more details contact:

Mark 07419764033

mark@4cornercoaching.co.uk

www.4cornercoaching.co.uk



Northampton Saints U18

Nick has had a very productive and successful year on the rugby field.

Nick was an ever present for Northampton Saints U18 as they came agonisingly close to winning their domestic league last season. Unfortunately, they came up short in the final against a strong Bristol Bears side so finished as runners up. Shortly after the U18 Academy season ended, Nick was offered a professional contract with Northampton Saints! This is an incredible achievement for Nick and one he thoroughly deserves for all of his hard work and the dedication he has shown. The rugby achievements did not end there, however. Nick was selected for the England U18 side for the Six Nations tournament in France! This was a very successful outing with the English team being unbeaten for the tournament and claiming wins over Wales, Italy and Scotland.

We are incredibly proud of Nick and his achievements so far. He is such a humble young man and we often have to chase him up to find out the latest on his promising career.

This is what Nick had to say about being a professional sports man whilst still completing his Sixth Form studies...

"Although being in this environment is a very demanding and challenging job, having to train 5 times a week and finding that down time and resting periods, it is a job I wouldn't trade for the world as I get to do what I love and be able to play rugby."

We hope to see more incredible achievements from Nick in the future. He thoroughly deserves them.

Mr Snowdon



Mark Rutherford All Stars 4-3 Eclectic Mix of Sixth Formers

At the end of the Summer term a team of Mark Rutherford staff took on a team of Sixth Form leavers in the annual Staff vs Year 13s charity football match. It was an eventful afternoon with the staff team losing Mr Morgan to illness and some Year 13s being unable to make it. However, the whistle eventually blew with 22 players on the pitch and the game commenced. The game finished 4-3 to the staff, with two goals from Ben and Mr Snowdon and goal from Freddie, Mr Sharpe and Mr Taylor.

Man of the Match:

Mr Briggs – for having his glasses knocked off from a Mr Simpson effort.

Not so Man of the Match:

Mr Taylor for claiming every goal and forgetting why we were there.

The staff team would like to thank the Sixth Formers and spectators for coming along and raising a total of £310 towards Mr Johnson's London Marathon sponsorship efforts.

Mr Johnson



Key Stage 5 PE & Sport Trip to University of Bedfordshire

In early November we took 13 of our A Level PE and BTEC Sports Science students to the UoB where they received a talk on the different PE and Sport courses on offer, as well as taking part in practical lab sessions. The students completed one practical fitness test to assess their aerobic fitness, and then got to experience the University's environment chamber.

Mr Taylor



Computer Science

The Computer Science department has launched the Python Coding club which takes place in IT2 every Wednesday between 3.05pm and 4.05pm. The club is ideal for enthusiastic students who enjoy writing and testing computer programs. The target students are ideally Years 8 and 9 but the club welcomes Year 10 students, particularly those doing the GCSE Computing course. Over the years we have entered our students into coding competitions and won quite a few of them.

Congratulations to Jayla who has recently completed the Fundamentals of Cyber Security course on CodeAcademy. The course covers Computer Engineering techniques and how to develop applications which identify and reduce cyber-attacks. It also covers cyber security intelligence gathering strategies and common network attacks.

Mr Mataire

European Day of Languages Competitions

In September, the MFL department ran two competitions, to celebrate European Day of Languages, with entries being judged during Open Evening. The first was encouraging Year 7 students to be open-minded to other European cultures and languages. The second one was the popular MFL bake-off, with plenty of delicious looking cakes with a European theme! To support the celebrations, our canteen provided European themed food at break and lunch, which went down a treat.

Mrs J. Cullis



STILL Method anxiety coaching workshops

Anxiety rates amongst adults and children have been on the rise as a direct result of the Covid-19 pandemic. The school was, therefore, delighted to receive a fully-funded six-week coaching programme running from Wednesday 5th October to Wednesday 16th November 2022 exclusively for ten Year 7 students. The scheme was led by a qualified remedial therapist and anxiety coach who delivered support for children and young people experiencing anxiety or low self-esteem. The STILL method provides young people with tools to implement when they are feeling overwhelmed and anxious. Sessions explored what anxiety is and how it is formed; techniques to control overwhelming emotions; concepts of emotional regulation; and grounding and short guided meditation to recreate positive emotions. Students worked through STILL method workbooks to reinforce their understanding of new knowledge. Students reported increased self-confidence and self-esteem as a result of the techniques obtained and theory explored.

Mrs Bye-Gannon

Guinness World Record

Former student Alex Goulding will be joining us in an attempt at a Guinness World Record on Thursday 15th December. The record will be for the most people completing Plyometric (clap) Push-ups at the same time. The current record stands at 250 people. We are aiming to break this. The attempt is open to students, staff, parents/carers and ex-students of the school. Each person needs to complete Plyo Push-ups for one minute. If we can manage this then we will hold an official Guinness World Record. Alex, at the time of writing, has broken seven World Records for different types of push up and is currently training for more. The evening will commence at 6:30pm at the school. We will also be discussing the benefits of Physical Activity on mental health and well-being. Students are being encouraged to sign up for this event and train in preparation for the big day. If you would like to get involved please contact Mr Snowdon at j.snowdon@mrus.co.uk.

Mr Snowdon



Year 11 Sex Education – School of Sexuality Education

Year 11 participated in a workshop and assembly on relationships and sex education (RSE) delivered by the School of Sexuality Education as part of the school's Personal, Social and Health Education programme. The School of Sexuality Education delivered an age-appropriate and tailored workshop for Year 11 in line with the new statutory guidance on RSE covering: what is consent, including the law; signs of consent; understanding 'freedom' and 'capacity' to consent; consent in digital contexts and support services. Year 11 finished the day with an assembly on Positive Relationships, which covered: what a positive relationship's, and why is it important we have a clear idea of how we want to be treated; improving relationships, solving conflict, and managing break ups; spotting the signs of unhealthy relationships, abusive behaviours, and coercive control; support services and seeking help. The purpose of the day was to provide knowledge and understanding of safe and positive relationships based on love and respect. The School of Sexuality Education Team pride themselves on being totally 'unembarrassable', and strived to create a safe and non-judgemental environment for students to discuss any questions or concerns.

Mrs Bye-Gannon

International Men's Day Male Mental Health Event

120 Year 10 male-identifying students took part in an exciting event in recognition of International Men's Day. The event focused on male identity, male mental health, and male wellbeing to recognise the role of gender and identity in the experiences of male secondary school students, and reduce stigma associated with help-seeking behaviour.

As part of the day-long event, students rotated around four different workshops linked to autonomy, emotional regulation, and healthy coping strategies for when difficulty arises. The school was honoured to be visited by ex-students, and World Record Holders, Alex Goulding and Dan McGowan who ran fitness challenges and non-contact boxing sessions with their charity partner, Samsons Academy. Additionally, ex-Bedfordian Paul Chambers of PoetsIn delivered song lyric creation sessions, whilst Carl Ramsey and Shibli Miah from Bedfordshire's Discovery College helped students to design their own male mental health campaign aimed at teenagers. During Period 5, Year 12 and 13 students attended an assembly led by Dorian Alexis (Samsons Academy), Alex Goulding and Dan McGowan on how fitness can improve mental health, the importance of goal setting, and the opportunity to participate in the school's World Record Attempt on 15th December. Mrs Bye-Gannon, PSHE and Mental Health Co-ordinator and PhD student, operated the event to help normalise mental health discussions amongst males and encourage schools, nationwide, to support male students with emotional wellbeing.

Mrs Bye-Gannon



Date for your diary

Thursday 27th April 2023
- Take Your Child to Work Day for Year 8s.

Mrs Unwin

Spring Term Key Dates

Tuesday 3rd January 2023	Staff Training Day
Wednesday 4th January 2023	Term Begins
Thursday 2nd February 2023	Year 9 Parents Evening
13th – 17th February 2023	Half Term
Thursday 23rd February 2023	Year 10 and 13 Supporting Success Evening
Thursday 23rd March 2023	Year 10 Parents Evening
Thursday 30th March 2023	Year 8 Parents Evening
Friday 31st March 2023	Term Ends