ST ALBAN'S RC HIGH SCHOOL

YSGOL UWCHRADD GATHOLIG SAIN ALBAN

More Able and Talented

MAT

welcome pack

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Congratulations, you've been identified as one of St Alban's brightest students. In each year group the top 20% are registered as More Able and Talented (known as MAT). Some students are selected for their high reading or numeracy test scores; others are nominated by staff because of their excellent achievement in assessments, class work, homework and discussion. Some areas, like sport, art and music will recognise talent and potential. Whichever subject you've been nominated for, well done! You should feel proud that you've been identified as being in the top 20% of your year group.

What does it mean to be MAT?

Being MAT means that in your nominated subject or talent, the teachers want to stretch and challenge you beyond the curriculum, to reach your full potential and 'be the best you can be', as our school motto says.

Here are some of the things our MAT pupils have said to describe what being MAT means to them:

MAT allows you to push harder and reach higher levels

MAT gives you the opportunity to show your potential.

MAT can build your self esteem and give you the confidence to reach your goals and achieve your targets.

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You are part of a community.

Working hard to improve your natural ability

Creative

Takes effort

To go the extra mile

Influence

To embrace your subject

Imaginative

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Revising effectively

Resilience

Hard work

Ambition

What makes an outstanding MAT pupil?

Perseverance

Knowing how to succeed

Growth mindset

Dedication

Asking for teacher support

Focused on how to improve

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So I'm MAT, what does it mean?

- ✓ You're in the top 20% of your yeargroup.
- ✓ Your name is on the school MAT register. It won't be removed unless you drop the subject at GCSE.
- ✓ You should feel proud of your achievement and have confidence in your ability.
- ✓ You should continue to work hard to reach your full potential.
- ✓ You should take any opportunities to develop your academic knowledge through 'super-curricular' activities (eg. School trips, subject-specific workshops, after school clubs). Ask your teacher to point you towards good websites, blogs, Twitter feeds to follow which will build your knowledge and interest.
- ✓ You should make a positive impact on our school community through helping others. Take initiative; don't wait to be asked!
- ✓ You can attend MAT Council and have your say.
- ✓ You can look out for competitions and opportunities to further develop your skills outside the classroom.

Need help or support? Got ideas to share? Email our MAT co-ordinator Mrs Toovey (sophietoovey@stalbans.schoolsedu.org.uk)

FOLLOW US ON twitter

More info on our blog at https://stalbansmat.wordpress.com/

St Alban's MAT
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Extra Curricular Clubs and Activities

Subject	Extra-curricular	Staff	When?	Year groups
Cymraeg	Clwb Cymraeg	The Welsh Department Yr Urdd Menter Iaith	Tues Lunch	KS3
Cymraeg	Llangrannog Residential Language course	WELSH Dept. Maths RE MFL	January	KS3 KS5
Cymraeg	Eisteddfod Ysgol	Welsh Music	March	Year 7/8
Cymraeg	Annual St David's Day Festival- Disneyland Paris	Welsh	March	KS3/KS4
Cymraeg	Pontypool Town Council Eisteddfod	WELSH Music	July	KS3/4/5
Cymraeg	"Learners as Leaders" Welsh language representatives across the whole-curriculum	Welsh	pending	Whole-school
Design Technology	Baking Club	Mrs Spokes	After school	KS3
Drama	Lower School Production	Mrs Todd		KS3
English	MAT reading challenge	Mrs Toovey	During school holidays	KS3 / 4
English	Theatre trips and visits A Christmas Carol	Mrs Toovey	Nov	Ks3
Geography	Eco-Club	Mr Henry	In school	KS3
History	Joust trip to Cardiff Castle	Mrs Fitzgerald, Miss Matthews	Summer term	Year 7
Maths	UKMT Junior Maths challenge and Master Classes at University of Glamorgan	Mrs Davies/ Miss Ball		KS3
Media	Film club	Mrs McCarthy	After school every Monday	KS3, KS4 & KS5
Music	String Group	Mr Cook	Tuesday morning break	Open to all string players

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Music	Piano Academy	Mr Cook	Monday and Wednesday morning break	Anyone
Music	Liturgy Group	Mr Cook	Thursday during registration and Thursday morning break	Any instrumentalist
Music	Whole School Production	Mr Cook		Anyone
Music	Pop Vocals Factory	Mr Cook	Friday morning break	Anyone
Music	Disney Choir	Mr Cook	Tuesday after school until 4pm	Year 7-9
Music	Orchestra	Miss Chewins	Monday first lunch	Anyone
P.E.	Rugby, Football, Hockey, Netball, Athletics, Cricket, Badminton, Basketball, Dance, Circuits and Climbing	P.E. dept.	After school (check with Mr Barber)	KS3, KS4 & KS5
P.E.	District, country and national competitions/trials available for most of the above sports	P.E. dept.		KS3, KS4 & KS5
RE	Liturgy helpers and readers	Mr Timothy		
RE	CAFOD fundraising			
Science	Science club	Mrs Hinton	Weekly	KS3
Science	'A night with the stars' evening	Mr Everson Mr Powell	Jan/Feb	Year 7

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