

SIXTH FORM OPEN

St. Mary's Catholic School Newsletter

Issue 7 - 21st October 2022



Celebrating Black History Month

Mr Neves, Executive Headteacher

This week's assemblies have focused on our celebration of Black History Month. Having planted a seed of an idea with the Sixth Form, a group of 10 students stepped up and took complete control. The focus of each assembly was the inspiration of five prominent black people through history, from the 1960s up to today. However, rather than just talking about these figures, the students took on their characters and appeared as them in costume, talking to the audience about their individual stories:



Michelle Obama - former First Lady in the USA, who campaigned on a range of social issues in support of the poor

Martin Luther King - civil rights activist, who was instrumental in the campaign for an end to the segregation laws in America in the 1960s

Rosa Parks - the ordinary citizen whose relatively small action of not giving up her seat on a bus had a huge impact in support of the American civil rights movement

Bukayo Saka - Arsenal and England professional footballer, who was in the media spotlight for the terrible abuse he suffered after missing a penalty in the 2020 European Championships, but who shared a great message of resilience and determination in support of anti-racism

Muhammad Ali - world champion boxer, a man of great religious faith, who was a strong role model for a positive mindset and the achievement of aspirations.

The students threw themselves into their roles, each processing through the hall to a different soundtrack. Other students in the team delivered an engaging presentation, highlighting the ambitions of Black History Month and led us in prayer. All in all, the assemblies were engaging and inspirational, and showed off the amazing talent of our students. Well done, team!

It has been wonderful to see lots of parents in school over the past two Thursday evenings for our Information Evenings for Years 10, 11, 12

and 13. I am grateful for the support that demonstrates for our students' progress and ultimate achievement here at St Mary's. I look forward to future events such as these, including the Sixth Form Open Evening on 10th November.

As we come to the end of a long half term, I send my best wishes to our students and their families for an enjoyable half term week.

Have a safe half term break!

UPCOMING EVENTS

Monday—Friday
24th—28th October 2022



HALF TERM

Monday 31st October 2022
Students Return to School

Tuesday 1st November 2022
St Mary's Piano Recital 7pm

Save the Date!

Sixth Form Open Evening

2023 Admissions
Thursday 10th November 2022



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Black History Month: Assemblies

**Well Done to all Students who took part in the
Black History Month Assemblies**



Students: Jerodine, Josebella, Egheosa, Michelle, Mary, Cynthia, Tiffany, Shemiah, Chidera and Tufadswa.



**SIXTH FORM OPEN EVENING
THUR 10TH NOVEMBER!**

LOVE, RESPECT, FLOURISH

#DedicatedtoExcellence



Poetry Competition Winners



Well done to all students who completed an entry for the poetry competition surrounding National Poetry Day. The theme this year was around 'Community'.

Congratulations to the following students who won the competition within their year group.

Their fabulous poems will be celebrated with a certificate and prize in assembly:



Year 7: Joseph S

Year 8: Marianne E and Anna S

Year 9: Rosie M

**CONGRATULATIONS TO OUR
POETRY COMPETITION
WINNERS!**



Piano Recital ~ 1st November



**Our annual Piano Recital is on
Tuesday 1st November at 7pm**

**Tickets for the Piano Recital are
now available to purchase:**

<https://www.eventbrite.com/e/431535463187>



Year 8 & Year 9 ~ Lion King Trip



The Lion King Trip—*STUDENT REPORT, Erin B (Year 8)*

On Wednesday 19th of October, a group of Year 8 and Year 9s went to the Lyceum Theatre to watch the Lion King for drama.

We first went into Covent Garden where we ate our lunch and we watched a man perform some tricks, such as balancing sticks from his mouth and ducking under a pole (extremely close to the floor), which was lit on fire and sharp spikes underneath it! Everyone thought his performance was very entertaining as he was speaking to the audience a lot.

We then walked to the Lyceum Theatre where we lined up for **The Lion King**. When we were seated everyone looked around the theatre in awe as there were so many beautiful carvings in the wall going all the way up to the ceiling and even beyond that.

The show started with a song where all the animals came through the stalls (where we were sat) running and singing. It was amazing to watch how the actors had different props attached to their costumes which made the animals look very realistic.

The stage was set up with different floors that would move up and down creating cliffs where the important characters would stand when they were delivering their lines.

One of my favourite scenes was when Scar killed Mufasa as everything slowed down and the stage was split into different levels.

The play was great and I would recommend it to anyone that would like to see a play!



Erin B



October Rosary at St Mary's

Year 7 RE Project – Making Rosary Beads



Fabio P 7T
(colourful)



Maja L 7K
(hazelnuts)



Emil D 7A
(walnuts)

Kailani L 7J
(on card)





St Mary's Reading Challenge Cup

Here is the first update on **our annual Reading Challenge Cup for Key Stage 3**, showing the total words our students have quizzed on in their Accelerated Reader groups.

Year 7 classes are racing ahead with the top four spots, but it's great to see Year 8 and Year 9 groups also in the running.

Please encourage your children to keep reading over the half term holiday. The cup is presented at the end of the academic year. We are aiming to beat last year's combined total of 170 million words read by all the students in Years 7 to Year 9!



7D	5,988,139
7E	3,634,442
7F	3,270,099
7A	2,007,242
8G	1,800,285
8A	1,567,087
7B	1,674,360
8B	990, 503
9D	990,490
9F	888,118



New Books Donated by Leavers

The school has been able to acquire a selection of new books, thanks to generous donations by the families of students who left Year 11 and Year 13 in July.



Here is just a selection of the titles, each of which has been labelled with the students' names.

The books were chosen based on whatever is most popular with readers at St Mary's, across all interests and levels.

**THANK YOU
FOR YOUR
DONATION**

Extra Curricular Sports Clubs



PE Extra Curricular Timetable Half Term 2

All Clubs run after school from 3:15-4:15pm
Clubs start after Half Term



Students must organise their own transport home from school

Club	Year 7	Year 8	Year 9	Year 10
Basketball	Tuesday	Tuesday	Monday	Monday
Hockey	Tuesday	Tuesday	Tuesday	Tuesday
Girls Rugby	Friday	Friday	Friday	Friday

And more new books!...



More new books will be hitting the library shelves before half term, thanks to the School Library Pack we received from BookTrust.

The pack has titles in the categories 'Future Classics', 'Reluctant Readers' and 'Non-Fiction', chosen by reading groups and librarians.



Geography News...

Young Geographer of the Year competition – Where? How? Why?

The deadline for the Young Geographer of the Year competition was 3rd October and the Geography Department had the difficult task of deciding upon a winner of our internal competition.

Congratulations to Anna S in Year 8 who has been awarded 1st place, with Amy H and Leanita G as runner ups. Well done to all of the entrants, the standard was very high! We wait with anticipation to find out the results of the RGS with IBG competition.

**Royal
Geographical
Society**
with IBG



Anna S, Year 8, 1st Place



Mount Fuji 富士山

Mount Fuji is the tallest mountain in Japan and is located on the island of Honshu (本州). It is famous for its conical form and no matter which direction you view the mountain you will always see the cone shape.

One of the many reasons, I would like to visit the volcanic mountain is because it is the country's sacred symbol and during the summer months thousands of Japanese climb to the shrine at its peak. There is also an array of temples and shrines around the mountain where tourists can gather as much historical facts relating to the dormant volcano.



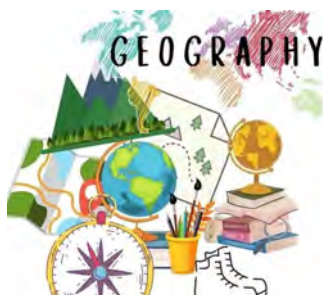
No matter where you angle your camera you are always guaranteed a fabulous photograph.



Leanita G, Runner-Up



Amy H, Runner-Up



Where is St. Lucia?

- St. Lucia is an island located in the West Indies group of islands on the eastern side of the Caribbean sea. The Islands is North/Northeast of St. Vincent, Northwest of Barbados and south of Dominique.
- Some lands in the Caribbean are so close to each other you can see them of the coast line in the distance.



Geography News...

Creative Geography

To celebrate National Poetry Day on 6th October some of the Year 8 Geographers wrote some excellent poems based on their current topic of coasts. They used some very expressive language; incorporating both geographical terminology and the awe and wonder of where the land meets the sea.

Year 9 Geographers are currently studying the topic of tectonics and used their creative skills for one of their homework tasks to create, models, posters and poems about volcanoes. We are very impressed with all of the students' efforts. Well Done!

The Coast – Jeremy B

I see the waves sway along
And the beauty of it all
Are the overlapping waves
And the boats that come to shore.

I love the summertime
When people come and arrive
Visiting caravan sites
Or to play in the luscious sand.

The breeze that hits your face
Or the people who just came camping
Show there is no distress
And that it helps you relax the best.

So, is the coast the place for you?
Where you can start something new
So come to the coast today
Where you can come, stay and lay!

Sophie S

Cliffs of chalk, stone, and clay,
Overlooking the iconic moves of the waves,
All the onlookers stood in awe,
Staring at the clumps of hard and soft rock
Towering piles start to crumble.
Over the headlands and bays birds fly,
Fetch is the distance the wind has blown.
Erosion holds the key for wearing away,
No kind of ocean without the birds and the salt,
Gone have the rocks that tumbled down years ago,
Land retreating inward afraid of the sea.
All sorts of cliffs go bye through time,
Never will the cliffs be the same again,
Dissolved and gone, its never coming back.

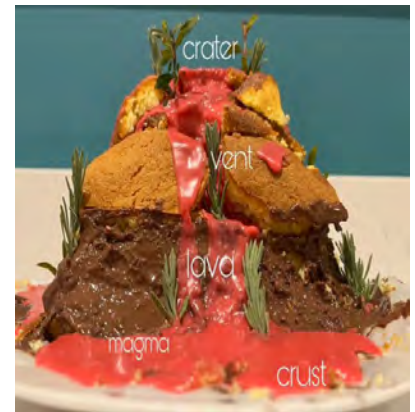
James M

Whoosh – the colossal clouds of saltiness crash upon
the rocky shore
Angry at the ferocious fetch, pushing and pulling,
to and fro, day and night,
Viciously flinging sand and battering rocks,
Eroding and corroding the crying, crumbling cliffs
Swashing and constructing the beach – for each
and every wave leaves a trace.

Olaf S



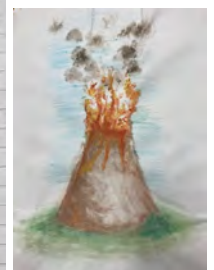
Aylin A



Volcano – Grace S

Red hot lava billows out
Dark grey clouds fill the sky
Huge rocks that rumble and roar
Wrecking the ground all around
Like a smoking dragon
It gradually calms down
Awaiting its next attack

Nicole C



A DANGER THAT HAS CAUSED CENTURIES OF DISASTERS
THIS NATURAL DISASTER, EMBODIES THE CORE AND FIERY FURNACE OF THE
EARTH
IT'S KNOWN AS THE VOLCANO
AS A VOLCANO BEGINS TO ERUPT
DARKNESS FILLS THE SKY, SMOKE AND MOLTEN ROCK CHARGED TO DESTROY
DESTROYS ANYTHING IN ITS PATH
"BEWARE OF ITS WRATH!"
THAT'S WHAT EVERYONE SAYS AS THEY RUN TO ESCAPE ITS FEAR
HOUSES TO NATURE START TO DISAPPEAR
THIS DANGER THAT CAUSED DESTRUCTION FOR CENTURIES IS ALSO
BLESSED TO THE EARTH'S ENVIRONMENT
AS A VOLCANO COMES TO END AFTER ITS ERUPTION
THERE WON'T ALWAYS BE DESTRUCTION
LAVA EXPANDS TO CREATE GREAT LAND
THE SMOKE RISE FLOWS TO NURTURE SOIL GROWING
MANY LIVE NEAR VOLCANOES FOR THE EXOTIC DENSE
THIS SIDE OF HOW THINGS ARE MADE IT LESS INTENSE
FLOWERS, TREES, FRUIT AND VEG. ALL OF THESE ARE GROWN WITH
A KICK
THE HELP OF THE VOLCANIC SOIL THAT IS THE TRICK
A DANGER THAT HAS CAUSED CENTURIES OF DISASTERS
THIS NATURAL DISASTER, EMBODIES THE CORE AND FIERY FURNACE OF
THE EARTH
IT'S KNOWN AS THE VOLCANO
IT DESTROYS AND CREATES ANYTHING AROUND IT

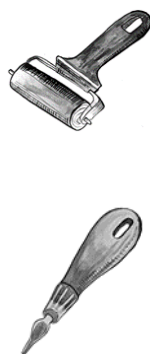
Art Department News...

Print is NOT Dead!

Lino printing using soft carve lino, Abig lino cutters and Caligo safewash ink is becoming somewhat of a St Mary's creative speciality!

Our Year 12 class has recently created some truly breath-taking results with a three-colour reduction lino process. Students; William, Irene, Dulcie, Aeryn, Abigail, Gabrielle, Kristin, Lilly and Oliver carefully planned, drew and then cut their designs using U shaped gauging tools, then once complete rolling ink over the surface and using a print press to create perfectly repeated layered prints which we think look absolutely fantastic! Well done!

Miss Nairn



Still Life with Skull Gabrielle L, Year 12



Camera by Irene B, Year 12



Year 10 Artists Visit Cambridge for Aesthetic Inspiration



The Art Department want to thank our wonderful **Year 10 Artists** who made our trip to Cambridge last week so worthwhile.

Students had a busy day visiting The Museum of Classical Archaeology and the Museum of Zoology, drawing from life and taking lots of photographs to inspire our coursework theme of Heritage.

Students made the most of their time and created some beautiful drawings which will so much enhance coursework and inspire further ideas!
Thank you Year 10!

Miss Nairn and Miss Morgan-Wren



**SIXTH FORM OPEN EVENING
THUR 10TH NOVEMBER!**

LOVE, RESPECT, FLOURISH

#DedicatedtoExcellence



Welcome
TO OUR NEW STAFF!



Introducing some of our new staff!



Mr Hadley, Year 8 Learning Co-Ordinator Teacher of Humanities

I am Stuart Hadley and I am the new Learning Coordinator for the current Year 8 cohort at St Marys.

I have been teaching for 12 years, working at a range of schools located in Cambridgeshire, Hertfordshire and Essex. I have leadership experience in both academic and pastoral roles. For the last five years before coming to St Marys, I was Head of Humanities overseeing five subjects. Before being a subject leader, I was a Head of House.

I chose to return to a Head of Year role because I believe that the wellbeing of students is the most important aspect in both the academic and personal development. I strive to instil a positive ethos amongst my year group.

I take great pride in supporting my students, offering the time I can to allow a space to communicate concerns and, together, we put a strategy in place to tackle the range of situations they sometimes find themselves in. It is important to develop good communication with parents to ensure their child is fully supported. I aim to implement enrichment opportunities for my year group to create holistic learning experiences to help students progress in their individual academic journeys.

I consider myself incredibly fortunate to be given this opportunity to support a year group with such great potential, with such a welcoming staff and with a school with such an esteemed reputation.





Prayer for Black History Month

Lord God

*We thank you for the strength and wisdom that this month provides.
We lift up and thank you for the Black Leaders who have shaped our history.*

*We thank you for the opportunity to learn and reflect
particularly at this time, here and now.
We pray that the learning happening in schools, homes
and workplaces will be meaningful.
Allow us to be inspired by people who have become figures for change
and examples of courage.*

*We pray for open hearts and minds,
And spirits willing to learn and be transformed by you.*

*May this month be a time of curiosity and sharing,
Conversations and celebrations, Challenge and encouragement.*

*Heavenly Father, help us to look past ourselves,
and consider the lives of others.*

*Let us look closer, and think bigger,
In Jesus' name*

Amen

Free Bike Marking Event



Local officers will be at the Parsonage Community Centre on Wednesday 26th October from 4-6pm.

They will be offering a **free bike marking event**. Take your bike/s and get them security marked. Officers will also be available to give security advice.



Police Contact Advice

- ⇒ Telephone 999 in an emergency where there is a danger to life or a crime is in progress.
- ⇒ Telephone 101 for **non-emergencies** where police attendance is required, to report a crime or to report any other incidents.
- ⇒ Alternatively, visit www.herts.police.uk/contact to report a non-emergency crime online or chat to a police operator live via our web chat service.



SIXTH FORM OPEN EVENING

#DedicatedtoExcellence



St Mary's Catholic School SIXTH FORM OPEN EVENING 2023 ADMISSIONS

Sixth Form Open Evening from 6pm—8.30pm on
Thursday 10th November 2022



You are warmly invited to join us for our Sixth Form Open Evening where you will meet the Sixth Form team and Sixth Form students and learn about the opportunities available at Key Stage 5 and learn about our:

- Newly renovated fully equipped Sixth Form study centre.
- Purpose built and designed Sixth Form specialist classrooms.
- Excellent academic standards, achieved through bespoke and vibrant teaching.
- Range of over 30 subjects offered including both A level and Diploma courses.
- Oxbridge/Medical/Dentistry UCAS guided programme.
- Impressive record of careers guidance preparing students for their next steps.
- UCAS, University and degree apprenticeships preparation.
- A vast and diverse range of enrichment and student leadership opportunities to challenge and develop students skills.

We look forward to welcoming you on Thursday 10th November for a talk by our Executive Headteacher, Head of Sixth Form and a tour of the school to visit the subject areas of interest for your KSS choices.



Information packs and applications forms are available on the school website:
www.stmarys.net



ST MARY'S SIXTH FORM

Windhill, Bishop's Stortford, Hertfordshire. CM23 2NQ
Tel: 01279 654901 Fax: 01279 653889 Email: info@stmarys.net
www.stmarys.net/sixth-form @StMarysPost16 @StMarysPost16

We are hiring!



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Click Here For Latest Vacancy Information

<https://www.stmarys.net/vacancies>

WE ARE HIRING!



New Free Youth Wellbeing Service for Herts

New Free Youth Wellbeing Service for Herts

New free service to help young people manage their worries.

With YOUTH - Children & Young People's Digital Wellbeing Service

Hertfordshire's children and young people, who are experiencing emotional health problems and/or their parents/care givers, can now use a new free digital wellbeing service, without the need for a professional referral.

Asking for advice and help early, is the healthy, safe and positive choice for having good emotional and mental wellbeing – far better than trying to cope alone with worry and overwhelming feelings.

This new free service is for children and young people aged 5-18, who are registered with a GP in Hertfordshire. It will initially be available from Monday to Friday, 2-10pm at: www.withyouth.org providing:

- Instant online messaging
- Helpline: 0208 189 8400
- Lumi Nova (most suitable for ages 7-12) - therapeutic digital gaming app providing goal based help for social/separation anxiety and/or phobias, using the most beneficial parts of Cognitive Behavioural Therapy (CBT). Access via the link is instant (no referral needed)
- Worksheets, quick tips and other resources to help
- Additional one-to one and/or group support
- Signposting to other services

The With YOUTH team can help with problems such as mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. The service is not for children and young people who are in crisis*.

With YOUTH/Lumi Nova is part of Hertfordshire's Children and Adolescent Mental Health Services (CAMHS) System Redesign Programme. The Programme has made an ongoing commitment to improving access to emotional and mental wellbeing support at the earliest point.

Find out how Lumi Nova helped 11 year old Maisie to manage her anxiety in this short two minute report: 'Anxiety app helped me at my new school' says Essex pupil - BBC News

You can find out more about the With YOUTH Children and Young People's Digital Wellbeing Service at: www.withyouth.org

Find out more about Lumi Nova: Lumi Nova | Herts Mind Network Children and Young People (withyouth.org)

*Getting help for a Mental Health Crisis

- Call HPFT's NHS freephone 24/7 helpline: 0800 6444 101 or
- Call NHS 111 and select option two for mental health services
- In the event of a life threatening condition that requires an emergency intervention, call 999 for the emergency services.



<https://www.withyouth.org/>

Services for
Young People



SIXTH FORM OPEN EVENING
THUR 10TH NOVEMBER!

LOVE, RESPECT, FLOURISH

#DedicatedtoExcellence

East Herts & Broxbourne

Quarterly Schools Newsletter



Welcome! Autumn 2022

To our Autumn edition of the Schools Stay Safe Newsletter.
Read on for advice on ways to stay safe for you and your family.

Chimney Safety in your home

As the colder months approach, we look to heating our homes with a cosy fire.
But have you had your chimney swept lately?

Chimney sweeping is recommended in October and February due to frequency of use during the winter period and build-up of soot in the chimney breast.

To keep your family safe, follow these guidelines:

- Keep chimneys and flues clean and well maintained.
- Make sure embers are properly put out before you go to bed.
- Always use a fire guard to protect against flying sparks from hot embers.
- Be aware that chimneys that have been lined still require regular sweeping.

How often should you clean your chimney?

- Oil - Once a year.
- Gas - Once a year.
- Bituminous coal - Twice a year.
- Wood - Up to four times a year.
- Smokeless coals - At least once a year.



Hertfordshire Fire and Rescue Service



East Herts & Broxbourne

Quarterly Schools Newsletter



Halloween and Fancy Dress

Do you know the dangers around Halloween costumes catching alight? It is good to know the likelihood can be avoided with a few simple steps.

Advice for parents

- Check that all Halloween and fancy-dress costumes you buy carry a CE or UKCA mark on the label.
- All Halloween and fancy-dress outfits should always be kept away from fire, lit candles, and all other naked flames.
- Do not carry pumpkins with lit candles inside, consider using battery-operated candles instead.
- Children should always be supervised by a suitable adult.
- Homemade fancy dress costumes or those not tested to the same flammability standards may ignite easily and burn quicker.
- Ensure children can be seen in the dark. Think about wearing something reflective such as a reflective strip, and carry a torch.



Fire Chiefs urge care and caution with children's costumes (nationalfirechiefs.org.uk)

Hertfordshire Fire and Rescue Service

East Herts & Broxbourne

Quarterly Schools Newsletter



Fireworks

Firework displays at home can be great fun, but it is important they are used safely. Children tend to get hurt rather than adults so you must keep them safe!

Sparklers can get almost 5 times hotter than cooking oil and should not be given to a child under 5.

- Always buy fireworks from a reputable shop and ensure they conform to British Standards – check they have BS7114 written on the box.
- Do not buy them from an unlicensed market stall or anywhere you are not sure about.
- The public can buy and set off most fireworks that fall under categories 1 to 3.
- Always read the instructions carefully.
- Ensure you have plenty of room to set them off.
- Make sure there is only one person in charge of the fireworks.
- Don't drink any alcohol until they have all been set off.
- Never return to an unlit firework, it could still be live.
- Make sure you extinguish all embers before going to bed.
- Consider going to an organised event instead.



NECC and BBA urge families to think twice about home firework displays.

Hertfordshire Fire and Rescue Service



East Herts & Broxbourne

Quarterly Schools Newsletter



Carbon Monoxide

As we approach the colder months, we all look to putting the heating on again. It is vital that you service and maintain your boiler once a year. It will prolong the life of your boiler and may protect you from harmful carbon monoxide gases.

If you have a carbon monoxide detector installed at home, it will alert you to a leak immediately.

You should test it once a week where possible. If your detector sounds you should:

- Stop using all appliances and evacuate the property immediately (try to stay calm and avoid raising your heart rate.)
- Call the National Gas Emergency Service number on 0800 111 999 to report the incident or the Health and Safety Executive (HSE) Gas Safety Advice Line on 0800 300 363.
- Not go back into the property (wait for advice from the emergency services).
- Get immediate medical help.

[Carbon monoxide: general information - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Did you know?

- Carbon monoxide does not have a smell.
- It is known as a silent killer.
- It is highly poisonous and is a flammable gas.
- Home boilers that are installed incorrectly, and the use of BBQs and portable generators inside homes can produce carbon monoxide.
- A brief exposure to small amounts of carbon monoxide may cause headache, flushing, nausea, dizziness, vertigo, muscle pain or personality changes.
- Exposure to higher amounts may cause movement problems, weakness, confusion, lung and heart problems, loss of consciousness and death.

If you need any further information or advice on any of these topics, please feel free to call our friendly staff at your local station:

- **Hertford Fire Station**
01992 507611
Hertford.fire@hertfordshire.gov.uk
- **Cheshunt Fire Station**
01992 901900
Cheshunt.fire@hertfordshire.gov.uk
- **Bishops Stortford Fire Station**
01279 696800
BishopsStortford.fire@hertfordshire.gov.uk