

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 10 - 18th November 2022



Seven-Year St. Mary's Journey

Mr Neves
Executive Headteacher

The past week has been a busy time for our Year 11 and Year 13 students. They have started their Mock Exams, practising the routines of the formal public exam protocols. They have risen to the occasion and impressed the invigilators with their excellent conduct.

Last Thursday we hosted our Sixth Form Open Evening. It was a wonderful opportunity to launch our post-16 offer to our Year 11 students and to many visitors to St Mary's, who had come from other schools. There was a real buzz around the site as students and parents learned about Sixth Form courses and enthusiastically discussed different options. I look forward to further discussions in the weeks ahead, leading up to the deadline for applications on 9th December. This is an exciting time for our Year 11 students, because they are now making choices about the last part of their compulsory education journey. Whilst I recognise that, for some students, an alternative pathway outside St Mary's is more appropriate to their career aspirations, I hope that the majority of our students will stay into the Sixth Form and complete their key stage 5 studies here.

Also last Thursday, I attended a meeting that was very much about a school journey from Nursery to Sixth Form: a Catholic education provided by the St Francis of Assisi Catholic Academy Trust. This is the Trust comprising St Mary's and seven Catholic primary schools. Together we are a family of schools with a shared vision and a commitment to collaboration for the benefit of the children and families of our communities. There have been regular meetings of Trust school headteachers this term and it has been great to get to know colleagues in the other schools and to be part of planning for the development of this ambitious group. The commitment to collaborative working will be evident in the event we are currently planning: a joint INSET Day on 3rd January. This will see teachers from all eight schools come together to engage in training, led by an external speaker and individuals from each school. It promises to be an excellent day, in which I am sure there will be valuable sharing of expertise between primary and secondary colleagues. This will be another contribution towards the Trust's vision:

Inspired by the teachings of Christ and the example of St Francis, we strive for excellence, cherishing every child in our care as a unique thumbprint of God, enabling all to realise their full potential.



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Chaplaincy Charity Events

Please support if you can

More details on each event later in this newsletter

Catholic Children's Society

CHRISTMAS GIFT APPEAL

WE WOULD BE SO GRATEFUL IF YOU CAN DONATE NEW:

- Clothes, socks, hats, gloves, hot water bottles
- Tee sets, dolls, dressing up costumes
- Art sets, crafts, stationery, science sets, magic sets, books
- Sports equipment (particularly footballs)
- Lego, building sets, Play-Doh, train sets
- Cuddly toys, blankets, baby dolls
- Toiletries, jewellery, technology, board games
- Gift vouchers e.g. (Onestall, Love2Shop, Amazon, Argos, supermarkets etc.)

Telephone: 020 4519 5305
Email: emilym@cathchild.org.uk
Address: 73 St Charles Sq, London, W10 6EJ

Please bring Christmas Gift Appeal donations to the Student Hub by Friday 2nd December (am reg)

#REDWEDNESDAY

BREAK THE SILENCE

23RD NOVEMBER 2022

Please donate at least £1 via ParentPay ahead of Wednesday 23rd Nov—and wear something red!



Red Wednesday 23rd November 2022



#Red Wednesday 23rd November 2022 is organised by the Catholic Charity, Aid to the Church in Need (CAN), who support projects in over 135 countries worldwide.

Millions of Christians experience discrimination, injustice, assault, kidnap, forced conversion, torture and death as part of their daily realities.

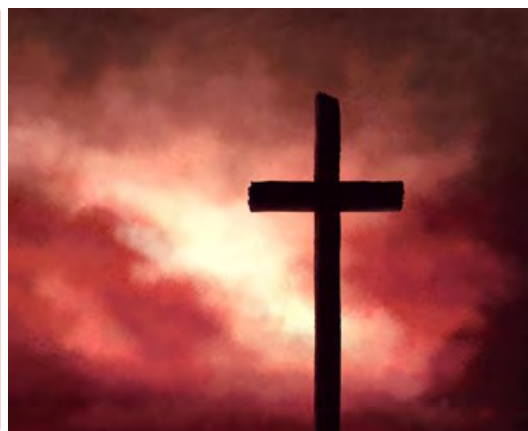
Please join us on the 23rd November to 'Break the Silence' on the persecution of Christians and all faiths, globally. We ask you to pledge your prayer and action this **#RedWednesday**.

There will be an opportunity for students to wear something Red on Wednesday 23rd November, and donate money to support and remember those that are persecuted for their faith/religion.

More information can be found on the website about how we can support.

<https://acnuk.org/our-campaigns/redwednesday/>

Please donate at least £1
via ParentPay
ahead of Wednesday
23rd November



#REDWEDNESDAY 2022



LOVE-RESPECT-FLOURISH

#DedicatedtoExcellence

Christmas Gift Appeal 2022

Christmas Appeal Donations for Catholic Children's Society

Please can students bring in any of the items on the list below and give them to their Form Tutor or hand them in at the Student Hub **by Friday 2 December.**

Catholic Children's Society

CHRISTMAS GIFT APPEAL

WE WOULD BE SO GRATEFUL IF YOU CAN DONATE NEW:

- Clothes, socks, hats, gloves, hot water bottles
- Tea sets, dolls, dressing up costumes
- Art sets, crafts, stationery, science sets, magic sets, books
- Sports equipment (particularly footballs)
- Lego, building sets, Play-Doh, train sets
- Cuddly toys, blankets, baby dolls
- Toiletries, jewellery, technology, board games
- Gift vouchers e.g. (One4all, Love2Shop, Amazon, Argos, supermarkets etc.)

Telephone: 020 4518 5305
Email: emilym@cathchild.org.uk
Address: 73 St Charles Sq, London, W10 6EJ
www.cathchild.org.uk
Registered charity number: 210920

Anti-Bullying Ambassadors Week

This week is Anti-bullying Week. Our Anti-bullying Ambassadors have been leading Form Time activities to raise awareness of the two main themes for this year.



Reaching Out

We all have a part to play in tackling bullying. We are encouraging students to reach out to someone they trust if they need to talk. We would also like to see students taking the initiative to reach out to someone if they know they are being bullied and offer to support them in getting the help they need. It takes courage, but it can change lives.

Standing up

Our ambassadors have also been helping students understand the role of the bystander. A bystander is someone who sees bullying happening but does not do anything to stop it. People who laugh at something mean a bully says, or don't say anything when they see bullying happening, are bystanders. Students have been challenged to do the right thing when they see bullying and not to be a bystander.



Our ambassadors have also been leading on our anti-bullying pledge. This year we decided to do things a little differently and create a jigsaw of our pledges and join them all together to make one big Anti-bullying pledge.

It's a mammoth task, so watch this space for when we show you the finished article. Here is the start from 10M and 12T



A message from one of our Year 7 Anti-bullying Ambassadors

Dear parents,

This week as an Anti-bullying Ambassador, my fellow Ambassadors and I are going to be displaying many presentations, activities and games. They are all interactive, fun and engaging. As part of a Catholic, loving school community, we enforce a great amount of education and understanding about the importance of bullying and how to stop it. We are helping your children to better understand what bullying is. Happy Anti-bullying Week!

Kalina, Year 7M, Anti-bullying ambassador

Franciscan Values Award

As part of the St Francis of Assisi Catholic Academy Trust, every school within the Trust is nominating one student per year group per half term who demonstrates the values of St Francis – hence the title “Franciscan Values Award”.



St Francis of Assisi
CATHOLIC ACADEMY TRUST

The Awards have been split into different key stages with age related expectations for each child.

At Key Stage 3 we are encouraging our students to show “zest” with their faith, in particular as they engage with and contribute to the Catholic life of the School and they work towards receiving the Sacrament of Confirmation in their home parishes.

Our Key Stage 4 and Key Stage 5 students we encourage to be leaders. To take courage in living out their faith every day and to inspire, motivate and lead others in demonstrating the example of St Francis of Assisi, Patron of our Trust.



Please see the following three illustrations which explain how you can encourage your child to work towards achieving the Franciscan Values Award.



THE KEY FRANCISCAN VALUES



St Francis of Assisi
CATHOLIC ACADEMY TRUST

CREATING A CARING COMMUNITY

- Respect for individual dignity – In our interactions with others, our core values, our inclusive school, our school behaviour policy.
- Hospitality, courtesy, kindness – In our lunches together, our class cohesiveness, our school ethos and house saints system to foster.
- Friendship, openness – On our retreats, our class prayer opportunities, our wellbeing scheme, our Buddies to support children.
- Fostering loving relationship – Through our PSHE curriculum, our Catholic life of the school and our call to love one another as brothers and sisters in Christ.

SHARING COMPASSION FOR OTHERS

- Serving, caring for the poor and oppressed – Through our work for the Common Good, CAFOD family fast day, Catholic Children Society, Advent and Lent charity drives
- Concern for social justice issues – PSHE curriculum learning, our Assembly focus, our Chaplaincy Team.
- Taking responsible social action – Our Eco-Council; Taking care of our environment.
- Offering unselfish service, altruism – our wellbeing work, our work for the Common Good, our School Awards.

REVERENCE FOR CREATION

- Respect for all creatures – our PSHE through our curriculum subjects and extra-curricular activities.
- Fostering a simple lifestyle, stewardship – our RE and PSHE curriculum Our Eco council/ initiatives, our paper free school, CAFOD Family Fast Day.
- Human dignity and empowerment of people – Our school Awards, Feast Day, Guest Speakers, PSHE curriculum, School Council.
- Concern for environmental issues – PSHE, common good, our School Awards, our Eco friendly council/initiatives.

PEACEMAKING

- Healing and reconciliation – Our Liturgical calendar, Chaplaincy Lead reflections, Sacrament of Reconciliation, Year group and whole school liturgy.
- Conflict resolution – Rewards and Sanctions, restorative justice programme, peer mentoring, wellbeing scheme.
- Forgiveness – Rewards and Sanctions, RE curriculum, restorative justice programme, peer mentoring, wellbeing scheme, Pastoral support programmes.
- Care and understanding, to eliminate fears – Wellbeing Scheme, PSHE curriculum, safeguarding education, safe space in schools for vulnerable children.



Franciscan Values Award



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Franciscan Values Award

EYFS & KS1 – Infant Award - KINDNESS

Creating a caring community
To be a kind and loving friend to all.
Sharing compassion for others
To support those in need in my school and in the world.
Reverence for creation
To take care of God's creations
Peace making
To help and care for others.

KS2 – Junior Award - GRATITUDE

Creating a caring community
To create opportunities for all to respect, love and show kindness to all. To pray,
Sharing compassion for others
To pray and to take responsible action to support those in need within my school, home, Parish and my understanding of charity.
Reverence for creation
To understand with compassion and share concern while protecting God's creation.
Peace making
To support reconciliation and forgiveness in my own life and others.

KS3 – Intermediate - ZEST

Creating a caring community
To be inclusive to all members of the school community
Sharing compassion for others
To support those in need by contributing to the common good.
Reverence for creation
To understand and show commitment to Catholic Social Teaching.
Peace making
To lead by example in my behaviour and contribution.

KS4- KS5 – Senior- LEADERSHIP

Creating a caring community
To be a student ambassador for Anti- Bullying, a peer mentor or a member of the student council
Sharing compassion for others
To take an active leadership in leading the school community for the common good by acts of charity
Reverence for creation
To lead by example on speaking in Assemblies, Liturgies and being a testament to the Gospel Values
Peace making
To lead by contributing to the school's prayer life, I lead by being an ambassador of the Trust by my words and my actions.



How can I achieve the Franciscan Values Award?



St Francis of Assisi
CATHOLIC ACADEMY TRUST

KS3 – Intermediate – ZEST

- One student per year group per HALF TERM who demonstrates they have met all the criteria to show ZEST in living out the Franciscan Values.
- Y7, Y8 and Y9 students will demonstrate evidence in their learning through their Religious Education scheme of learning and their extra curricular and super curricular contributions.

KS4- KS5 – Senior- LEADERSHIP

- One student per year group per HALF TERM who demonstrates they have met all the criteria to show LEADERSHIP in living out and helping others to live out the Franciscan Values.
- Y10 and Y11 students demonstrate evidence of their understanding and application of their Religious Education scheme of learning and their extra curricular and super curricular contributions.
- Y12 and Y13 in their Core RE work exploring and showing an understanding of social justice and Catholic social teaching and in their contribution to enriching the life of the school.

The awards will be nominated by Ms D Guidera and Mr J Wright

Young Writers Anthology

Year 10 student has poem published in Young Writers Anthology



Student Report by Ugo, Year 10

Hello, I'm 14 years old and go by the name of Ugo. I was 13 years old when I composed this poem, so when I was given the assignment, I was eager to use my imagination. Because of the amount of individuals in love and those who are currently devastated on social media, I felt prompted to write a poem that addressed both of these emotions. I wanted to write something to help others feel like they are not alone, so a significant portion of my poetry is based on events in my own life to give it a more realistic and emotional feel. I hope after reading it you can understand its full significance.

What is an Anthology?

An anthology is a collection of poems, songs or stories grouped together either by the writer or an editor. The most common anthology is compiled by an editor and set in book form. Young Writers produce anthologies.

What do you know about love?
I fell in love my heart's in heartache,
I fell in love my heart's in heartbreak,
Calls love a drug, I'm an addict,
I thought my life was complete,
It's a mistake.



Only now I see I was brainwashed,
They cautioned me,
They showed me,
They warned me.
What I was blind to see,
Laid before me,
I thought my life was complete,
It's a mistake.

"I forgot",
"Next time",
"Don't worry",
When all I should've done was worried,
It should have been the first red flag,
But now I'm stuck with these tags,
To remind me of what we had,
When really it was all a mistake.

I was losing myself in the process
Trying to be somebody that I was not.
Who am I to blame, but myself
What I believed to be love, a hoax?
Calls love a drug, I'm an addict
Thought my life was complete,
It's a mistake.
Yet I still refuse to comply.



Autumn Weather

Parents please can you ensure your child is dressed for the Autumn/Winter weather.



Students should have an umbrella with them, a warm winter coat and sensible school shoes. Fashion school shoes in particular are not designed for rain and wet weather conditions. Please ensure your child has appropriate footwear and is dressed for the seasonal weather.

Duke of Edinburgh's Award ~ Submit your application



Year 12 Bronze Duke of Edinburgh's Award 2022-2023

Starting in the next couple of weeks the school will once again be running the **Bronze Duke of Edinburgh's Award**. This opportunity will be for the **current Year 12** students, as they missed out in Year 10 due to the pandemic, and it will also add an excellent enrichment opportunity to their curriculum.

Last year, the school had 55 Year 12 students (current Y13's) complete the Bronze Award and early indications are very positive from the current Year 12 cohort following an Assembly presentation just before the October half term.

All Year 12 students and parents have now been sent further details and an application form by email and you have **until 6.00pm on Thursday 24th November 2022 to submit your application on the DofE TEAMS Group.**

The official DofE website is an excellent resource for both students and parents to pick up ideas for the first 3 components . The four components of the award for Bronze are:

- ♦ **Volunteering:** Bronze (3 or 6 months)
- ♦ **Physical:** Bronze (3 or 6 months)
- ♦ **Skills:** Bronze (3 or 6 months)
(*One section above for 6 months and the other two sections for 3 months*)
- ♦ **Expedition:** Plan, train for and complete **one Bronze:** 3 day, 2 night **Expedition**

Expedition Dates: 7.30am Thursday 8th June 2023 to 6.00pm (approx!) Saturday 10th June 2023

Mr P Dolman
School DofE Co-ordinator

Change of Date ~ Advent Carol Service



Save The Date
St Mary's Catholic School
Invite you to an
Advent Carol Service
Monday 12th December 2022
at St Joseph and the Martyrs Roman Catholic

Science Department News...

Below are some pupil statements written by Year 12 students, about what it is like to study Biology, Chemistry and Physics at A level at SMCS.



Biology by Ezekiel, Year 12

Biology is a subject with a lot of depth, and a broad variety of interesting topics to learn about, that are more detailed than you may be exposed to at GCSE. For example, you may learn about the structure of an animal cell, only to discover that there are more organelles present, each with their own structure and function. Furthermore, we are encouraged to explore topics further in biology, and come across fascinating avenues in the subject, like the mechanisms involved in skin cancer, and how that understanding led to personalised treatments for patients. As the field is so diverse, it is highly likely you will find something that captivates and excites you.

Chemistry by Niamh, Year 12

Going into Year 12, I chose Chemistry as one of my options and so far, I have been enjoying it very much. I recommend taking Chemistry if it is something you enjoy as that way, you will get the most out of it over the two years. Chemistry A-Level can provide you with a variety of options for the future, from medicine to engineering to forensic science to teaching, as well as allowing you to look into topics in more depth than GCSE. Chemistry is used in everyday life whether you realise it or not and this will allow you to build the basis of understanding for the world around.



Physics



Physics at A-Level provides a gateway to many different opportunities. By allowing you to explore, in depth, how the world around us works, Physics helps us understand the world's processes, and more importantly, answers many questions. By taking this subject, you get to develop practical and problem-solving skills on an independent level, and consolidate any mathematical knowledge as well as making further progress in maths. Physics A-Level is a well-respected qualification - as well as being enjoyable, of course - but is a maths-heavy subject. If you are interested in Engineering, Physics is a vital A-Level to have.

Rotary Youth Design Technology Competition

This week St. Mary's Catholic School entered three teams of product designers in the annual Rotary Youth Design Technology Competition, hosted at Birchwood High School.

This well established and incredibly competitive event offers students the opportunity to work as a team to design and prototype a solution to a complex nationally set design problem. Our students demonstrated their skills in planning, teamwork, design, analysis, development and realisation to solve the problem of sorting a pile of coins into denominations. The coin sorter was required to work independently of any human interaction, reflect a charity theme and sort 1p, 2p 5p and 10p coins into four separate coin collectors which must be easy to detach. Students of St. Mary's undertook this challenge with excitement and produced a range of excellent designs clearly drawing upon their knowledge of iterative design theory as they constantly evaluated and developed their solutions.

All the age group practical projects were tested before the judges with our students explaining their design thinking confidently to an audience in a high pressured environment. After some refreshments the winners were announced during the closing ceremony.



Our Foundation Team of Year 8s were some of the youngest in the competition. The team consisted of William A, Luca E, Hayden B and Harry W who all did fantastically well to come 3rd in their category.

Our Intermediate Team consisted of GCSE Design Technology students Sam M, Henry V, James B and Jacob C who were commended for their presentation, attitude and teamwork.

Our Advanced Team of A-Level Design Technology students returned from study leave especially to represent their school. The team of Daniel O, Jack H, Ben V and Luca C demonstrated great resilience and risk taking in the way they designed a non-fixated solution radically different from anything the judges had seen before. They received many complements from staff and students of the other schools.



Thank you to the Rotary Club of Bishop's Stortford for organising the event and Birchwood High School for hosting the event.

A special thank you to Mr. Hunt, Mrs. Crowhurst, and Mr. Briggs for their organisation and support to allow this trip to happen.

*Mr Webb
Teacher of DT*



WELCOME
TO OUR NEW STAFF!

Introducing some of our new staff!

Mr Webb, Teacher of DT



Thank you for welcoming me to your school community. I am really excited to be part of St Mary's Catholic School and supporting the continued outstanding all round education that our school provides.

Working for Portsmouth FC provided me with my first opportunity to train with and inspire young people to develop life skills through sport. After studying for my coaching qualifications, I moved to the USA to gain business, management and coaching experience with some of the country's top youth soccer players.

Clear instruction and demonstration, teamwork, problem solving and high expectations are some of the parallels I discovered between football management and teaching that have helped shape my career in education so far.

Since returning to Bishop's Stortford I have enjoyed teaching locally in a range of subject roles and leadership positions. During this time I worked on several educational research projects and completed my in MA Education.

I am now excited to be a part of the St. Mary's Design & Technology Department and to be teaching such amazing students in our excellent facilities. It is my aim to promote a love of Product Design, Food, and Textiles as well as the importance of wider world knowledge and experience.

Talk to me about restoring classic cars, local history, cricket, 90s fashion, collecting vinyl, voluntary opportunities and my book recommendations.





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St Mary's School Christmas Dinner

Students are invited to the St Mary's Christmas Dinner on 14th December.

A parent pay option will be open soon for pre-payment.



STUDENTS ARE INVITED TO THE ST MARY'S

Christmas Dinner

DECEMBER 14, 2022

Prepay £3.75

Please pay via Parentpay.
Payment cannot be made on the day

Vegetarian option available

No other food is available
from the Refectory on the day,
packed lunch only.





LOVE-RESPECT-FLOURISH

#DedicatedtoExcellence

Christmas Card Competition



Calling all Year 7, 8 and 9 Students

DESIGN A CHRISTMAS CARD COMPETITION

Theme: 'The shepherds found Mary, Joseph and the baby' (Luke 2:15-20)

Closing Date is next week - Friday 25th November 2022!

Submit your entry to your RE Teacher by the closing date



We are hiring!



**St Francis of Assisi
CATHOLIC ACADEMY TRUST**

Click Here For Latest Vacancy Information

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

**WE ARE
HIRING!**



External Support for Parents



For a list of online free workshops available for parents who either live in Hertfordshire or whose children go to school in Hertfordshire. The workshops help parents with issues such as: Anxiety and stress; responding to anger; teenage years; school avoidance; tech use; coping with change.

<https://www.supportinglinks.co.uk/whatson.html>



stem4 webinars for Parents and Carers Building Self-Esteem and Positive Body Image in Boys and Young Men

This November, youth mental health charity [stem4](https://stem4-org-uk.zoom.us/webinar/register/WN_84-jx9W4RjmjBP1lzcgv2A) is focusing on supporting the mental health of boys and young men.

Whilst there is a focus on building confidence and self-esteem in girls, boys can struggle with self-esteem too. Boys and young men often have to conform to gender stereotypes which set standards based on 'strength', both physical and emotional, as well as encourage competition and advantage.

Boys and young men often express low self-esteem differently. Some may act out through challenging behaviours, whilst others may 'escape' into distraction behaviours or withdraw.

Parents and carers play an important role in identifying and supporting positive self-esteem and worth. Our webinar this November looks at:

- early warning signs of low self-esteem and self-worth in boys and young men;
- identifying when eating issues might turn into eating disorders;
- management of muscle dysmorphia;
- practical ways in which parents and carers might engage with and address some of these concerns.

Join us for our webinar on Thursday 24 November at 7:30, as we open up the conversation on self-esteem in boys and young men.

https://stem4-org-uk.zoom.us/webinar/register/WN_84-jx9W4RjmjBP1lzcgv2A