

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 22 - 3rd March 2023



A Busy Week in School

Mr Neves

Executive Headteacher



I write to you on World Book Day. The day started early with a staff breakfast in the school refectory. This was a lovely opportunity for the staff to gather informally and catch up with each other, and was enlivened by the arrival of several members of staff in the most amazing costumes to mark the special day. We know that literacy underpins the whole school curriculum, and is a vital skill for life. World Book Day is an opportunity to remind our students of the importance of literacy and, in particular, reading for pleasure as a way to develop this skill. Hopefully today's activities - and the creatively costumed staff - will have inspired our students. My day continued with me joining the Year 10 Celebration Assembly, in which lots of students received certificates in recognition of achievements during the past half term.

These included excellent progress in academic subjects, attendance awards and Mrs Harris' Learning Coordinator's award for exceptional contribution to the life of the school, as superb role models. Mid-morning saw the next Year 11 Mock Exam. Having checked in with the team of invigilators, I saw the year group into the hall for their English Literature exam. Our exams coordinator, Mrs Newman, complimented the Year 11 students on their excellent behaviour and cooperation, and I fully agreed with this observation. I then had a meeting with a parent, together with a colleague. During the meeting the clock struck midday and the school bell sounded to mark the start of SiLent - our two minute silence, taking place throughout Lent. We paused the meeting to observe the silence, which was not just in my office, but across the school site. It was a lovely opportunity to pause, reflect and pray.

In the afternoon Mr Johnston and I had a meeting with and the Chair and Vice Chair of Governors to discuss plans for St Mary's for the next academic year. As very busy individuals, I am very grateful for the voluntary service they and their colleagues on the Board of Governors give to our school. They have a very good understanding of school plans and priorities, and are key contributors to the leadership of St Mary's.

The day ended with two hours of training for the teaching staff. This focused on two specific topics: mental health training and a countywide approach to managing behaviour using a therapeutic approach. Both these sessions aimed to support staff in supporting our students. These were some of the day's activities. In addition, of course, there were the usual interactions with staff and students, on the playground, in the refectory and in lessons that all make for a busy but very enjoyable day at St Mary's. However, the key events described remind me that everything we do is aimed at doing the best we can for the young people in our care.



St Francis of Assisi
CATHOLIC ACADEMY TRUST

UPCOMING EVENTS

Week Commencing
Monday 6th March 2023

NCW 2023
National Careers Week 6-11 March

Week Commencing
Monday 6th March 2023
Science Week

Wednesday 8th March 2023
Inter-house Football and Netball

Tuesday 14 March 2023
Drug Awareness Education Speaker and
Parents Evening

Year 10 Football Winners!



Year 10 Boy's District Football Winners!

Our Year 10 boy's football team competed in and won their District Football 5-aside competition on Monday 27th February. The team went through second in their group, won the semi-final 3 - 0 and went on to pick up the trophy with a 5 - 0 victory in the final.

The boys gave a fantastic account of themselves and were a credit to the school. They qualified from their group stage despite a narrow defeat to Joyce Franklin Academy. The boys not only demonstrated fantastic footballing ability but also resilience as they beat Joyce Franklin Academy in the final 5-0!



Well done to all involved!

PE Department

Drug Awareness Education ~ Parent Information



**There will be a Parent Information Session on
Tuesday 14th March at 7pm to 8pm in the
School Hall.**

The guest speaker will be Paul Hannaford,
Drugs Awareness Education Speaker.

Drama Department News...

And So It Begins!



We embark on an adventure as a cast and crew to the snowy hills of Arendale, where we begin our quest to create the spectacular musical version of 'Frozen Jr'.

After several days of auditions we have found our cast.

We have double cast Elsa played by Orla G and Georgia M. Anna is played by Rosie J, Hans by Gene T, Kristoff by William B and the snowman who loves summer is played by Kitty M.

There are some new songs developed specifically for the theatre production, namely the song 'Hygge', which means comfortable in Norwegian. This is a song that surrounds one of the most memorable characters from the first movie: 'Oaken' played by Wiktor G.



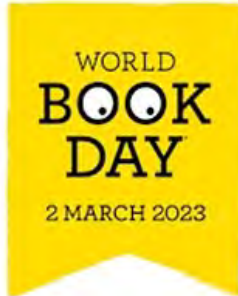
Further details to follow on when you can buy tickets for the show.

Save the Date!

The performance dates will be the evenings of
9th May & 10th May



World Book Day at SMCS



There was a fantastic buzz around the school site on Thursday as at the start of every lesson, we celebrated how lucky we all are to live within easy reach of stories that allow us to escape ordinary life and enjoy new and exhilarating experiences.

Students loved seeing their teachers dress up as characters from their favourite books. We had a variety of characters from *Alice and Wonderland*, the lion from *The Chronicles of Narnia*, Lennie from *Of Mice and Men*, Katniss Everdeen from *Hunger Games* and many more...

Visiting the library offered students the chance to vote for the best costume of the day and also take part in various activities relating to World Book Day: there was 'teacher dress up bingo', a student book swap and a story writing competition launch.

In addition to this, we encouraged students to zap the school's World Book Day QR code in order to get £1 off a book purchase from any participating retailers (there is a code attached in this and last week's parental headlines for you to use along with the link of how to use it).



YOU ARE A READER

THERE IS A BOOK FOR EVERYONE

Check out our 5 TOP TIPS to help you find yours

EXPLORE THE BOOKS IN FRONT OF YOU

- 1 CHECK OUT THE FRONT COVER**
Does it make you want to find out more about the book?
- 2 DRAWN IN BY WHAT YOU SEE**
Read the blurb on the back - does it make you want to read the book?
- 3 FIRST PAGE CHECK**
Does the first page make you want to carry on reading the rest of the book?
- 4 GET READING**
Or have another go at finding the right book for you!
- 5 STILL STUCK? ASK FOR A RECOMMENDATION**
Ask a friend, family member, teacher or librarian to recommend a book they enjoyed.

GET TALKING
Share what you enjoyed reading - talking with friends about what they've read is a great way to find even more brilliant books to read.

Discover the World Book Day Book Club at worldbookday.com/bookclub

Changing lives through a love of books and shared reading.
World Book Day® is a charity sponsored by National Book Tokens



Free book tokens will be given out to all Year 7 and Year 8 students in English lessons next week to celebrate World Book Day's 25th birthday!

Please encourage your child to exchange their token for a free book!

World Book Day

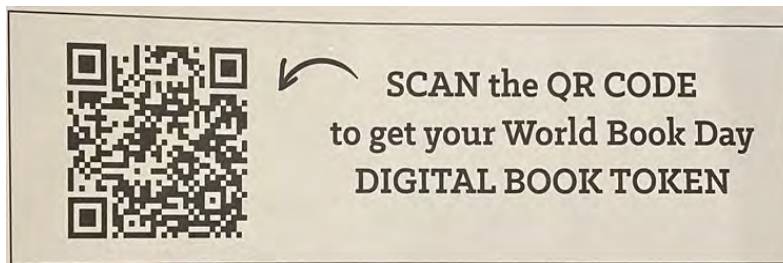


Following feedback, the World Book Day £1 book tokens are changing from paper to digital tokens for secondary schools.

To exchange the digital book token for a free World Book Day £1 book or get £1 off a full price book or audio book, simply scan the barcode below using a mobile phone/tablet at checkout.

Find your nearest participating retailer at:
worldbookday.com/participating-retailers

Remember to download the token for your child's free book, using the code below ...



Please see <https://www.worldbookday.com/competitions/> for details of some fantastic World Book Day competitions.

Students can win 'book bundles', including all the 'Rugby Spirit' series by Gerard Siggins and signed copies of all Emma Carroll's books.



There is also a 'How to Train Your Dragon' competition, with a trip to Germany as first prize, and sets of the books with signed artwork for runners up!

Click here to enter: <https://www.worldbookday.com/howtotrainyourdragon/>

Please check the World Book Day website for terms and conditions and deadlines (these competitions are not run by St Mary's).



Year 12 Visit to Babraham Research Institute



On Thursday five Year 12 Biologists had the opportunity to visit the world class Babraham Research Institute in Cambridgeshire.

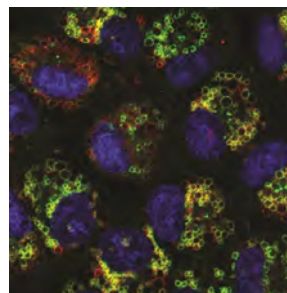
Students worked with expert scientists to carry out some exciting hand on research.

Here is what the students had to say:

Student Report by Ella and Aloysius

We had the opportunity to go to the Babraham institute which is dedicated to making fundamental discoveries to maintain and improve health. We attended project 19 which was about cancer cell cannibalism by Oliver Florey. At the Babraham Institute we learnt about cancer cannibalism; this is the process by which cancer cells eat other cells to provide cancer cells with energy to be able to function. They do this through the use of lysosomes which are inside our cells. In our experiment we were testing for dead cells which would have been destroyed by lysosomes. We were given human epithelial cells grown on dishes in 2ml (200 UI) media. Some had a drug added which was a cytotoxic inhibitor.

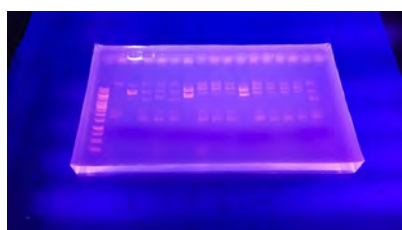
This will prevent lysosomes from being able to hydrolyse (break down) the cells. When doing this we added a lysotracker on to the dishes as well as Hoechst (a chemical which labels DNA). We did this through making dilutions. We then left it for 10 minutes and viewed it on a spinning disk confocal microscope which was able to produce different fluorescent lights. We were trying to look for the clumps of red since the lysotracker would be visible in red fluorescent light leading to large red clumps. We also looked for a blue colour which helped us identify the DNA. This allowed us to differentiate between live and dead cells and determine which one had the inhibitor.



Student Report by Pierce, Ezekiel and Holly

For our group, we firstly investigated the effects of mutations on the characteristics of an organism, by looking at fruit flies and looking at the effects of genes losing their function, ranging from the colour of eyes to the presence of wings. We did this by giving the flies carbon dioxide to 'stun' them and then looking at them under a microscope. We then moved on to examining the genes directly by gel electrophoresis, the same process in PCR tests, by isolating DNA, adding an enzyme to create copies, adding a dye and then making the DNA 'run.' The further they moved, the less dense the DNA.

Finally, a student (Holly) correctly identified male and female specimens and was told they were so good at it they could "already have a PhD."



Year 10 Food Preparation and Nutrition

On Monday the Year 10 Food Preparation and Nutrition class had a fantastic opportunity to work with Rob Wolstencroft, an experienced local butcher and manager of Humphreys in Bishop's Stortford.

Not only did he guide the class through the process of partitioning a whole chicken but he also told us a little about his journey from being trained to having his own business and the different roles available to those trained in butchery. The pupils were then able to marinade some of their joints, make stock with the carcass and freeze some of the meat for future practical lessons.





Art Department

Artist in Focus...

Cynthia N, Year 13 Student

Why do you study or love Art?

Tell us about your journey and who you are...

I love Art because it is a way in which I can express my thoughts and beliefs. I love the fact that you can explore a theme experimenting with different mediums. At the start I was finding out what works for me but now I truly have found my style and know my aesthetic tastes.

Who inspires you?

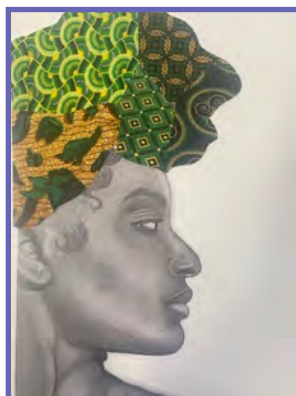
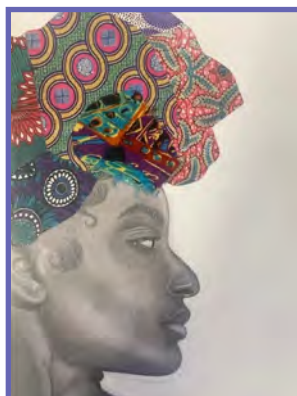
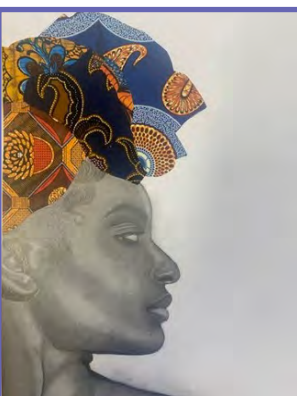
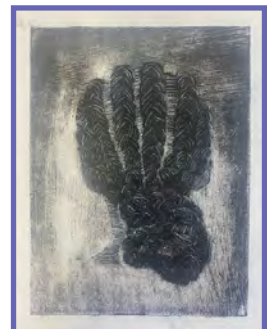
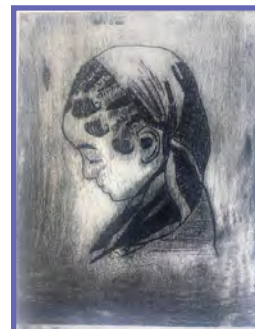
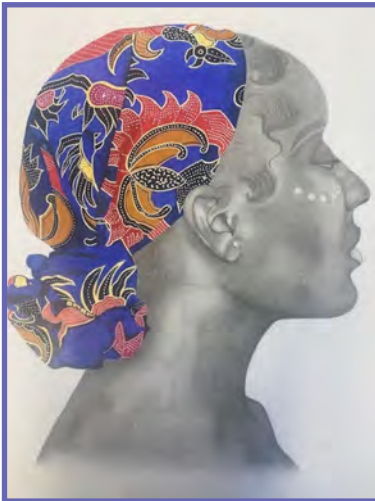
*Artists like **Kehinde Wiley** and **Bisa Butler** inspire me as they are unapologetic when it comes to their artwork.*

Where do you want to go and what do you want to do when you leave St Mary's?

In the future, I see myself studying Architecture at a Russell Group University.

What advice would you give aspiring artists here at St Mary's?

I would say don't be afraid to explore a medium or theme you like. Also, keep on going even if you feel what you are creating is not your best.



The Duke of Edinburgh's Award



Student Report by Victoria L



As part of my Bronze Duke of Edinburgh Award, before the 3 day/2 night expedition in June, I am expected to complete sections in developing a skill, volunteering, and physical activity once a week for at least an hour. Two of these activities must be carried out for three months and one must be for six months.



I have chosen to develop my artistic ability for my six months skills section by working on a series of paintings and drawings. My goal is to productively use my spare time in a relaxing way that allows me to look back on my work at the end of the six months and see an improvement in my skills.

For my volunteering section, I am taking an active role in the school community by joining the student TA scheme. Every week I help younger students during their art lessons. I offer the students guidance with the direction of their projects, advice on ways to improve their skills, and insight from my GCSE experience on how to achieve their goals in art.

I have joined my local netball club and attend training sessions and competitions for my physical activity. My goal is to keep fit, have fun, and improve my netball skills.



February's Attendance League

Attendance League	
1st PLACE	7B
2nd PLACE	7M
3rd PLACE	7A

Attendance League	
1st PLACE	8J
2nd PLACE	8K
3rd PLACE	8T

Attendance League	
1st PLACE	9A
2nd PLACE	9M
3rd PLACE	9J



Year 8

Attendance League	
1st PLACE	10J
2nd PLACE	10K
3rd PLACE	10B

Attendance League	
1st PLACE	11T
2nd PLACE	11K
3rd PLACE	11J



Please help give our fundraising a boost!



Supported by



PLAY NOW

TO BOOST OUR FUNDRAISING



- Help give our fundraising a boost
- Tickets cost just £1 a week
- Win up to £25,000

BUY TICKETS

Go to: www.easthertslottery.co.uk

And search for: **SMCS**



Supporters must be 16 years or over



WIN A TRIP TO CENTER PARCS



- Tickets cost just £1 a week
- Win a trip to Center Parcs!
- Please help give our fundraising a boost
- Chance to win up to £25,000

PLAY NOW:

Go to

www.easthertslottery.co.uk

Search for: SMCS



LinkedIn

We're asking if any Parents / Carers are confident at using Linked in and if so, whether they would be able to help our Sixth Formers understand and use the platform to search for employment?

If you can help, please get in touch with the school info@stmarvys.net FAO: Careers



<https://www.unitasterdays.com/online/mand>

Visit this website to find impartial videos to support students who are considering going to university to make informed subject decisions.

The videos feature guest speakers from a range of difference universities, who are always experts in the subject being explored.

There are four themes explored in every video:

- Why students may wish to consider the subjects
- What to expect if they study it
- An overview of the careers it may lead to
- Application tips if they go on to apply for the course.

There are 100's of videos from Accounting to Zoology – Get Exploring!

unifrog

Are you a pro
using Linked in?
Can you help us?



JOB OF THE WEEK

DISASTER MANAGER

The role of a disaster manager is to ensure the community is aware of ways of mitigating the adverse effects of an event, and preparing for, responding to and recovering from a disaster.

Do I need a degree: Yes
Bachelor's Degree in Fire Science or a Bachelor's Degree in Emergency Management

You will need a Master's Degree to become a Disaster Manager,

Average Salary: £46,721

<https://www.youtube.com/watch?v=jFCiFuGxgbQ&list=PLVEWa7uIDT769WGUTc-IOCa4dJRIpatZ&index=5>

Watch the Job of Week Video here!

Apprenticeship with the Met Police?

Join the webinar to find out more

Join the Metropolitan Police on Tuesday 21st March between 3.00pm - 4.00pm to find out more about the Police Constable Degree Apprenticeships.

https://us02web.zoom.us/webinar/register/WN_BpVNMYzrTnepCUDBimrw Register Here!

Amazing
Apprenticeships

INVEST IN

Summer Placements / Weekend Work experience for ages 12-18.

Invest IN offer teenagers the chance to test drive their dream career through a range of immersive experiences.

Their programmes enables students to gain hands-on experience alongside top industry professions, enabling them to make the right career decisions and maximise their potential.

Check out their website for opportunities: www.investin.org

Register your
interest



**On the Thursday of Charity Week 2023,
a Talent Show called the “IT Factor” is being hosted.**

During this event, students from across the school **Year 7 to Year 13** will compete
in order to show us viewers that they have great talent!

The top 3 of these contestants will earn awesome prizes as a show for their hard work.

Auditions will be opening soon if your interested, please see poster for details!

Hope to see you there!





LOVE-RESPECT-FLOURISH

#DedicatedtoExcellence

National Careers Week 6-11 March 2023



National Careers Week

NCW

Get Talking About Careers

National Careers Week is next week!

The aim of Careers Week is to get the students thinking about their future and to help the students make effective choices about their future career. This year, we are focusing our form time activities on Labour Market Information, something which is crucial for our students to consider. What kinds of jobs will be in demand after leaving school and what kinds of skills will be needed?

We have guest speakers coming in to speak with some year groups, a dedicated career PSHE lesson for each year group and other career related events. We're very excited to get the students motivated and thinking ahead.

During National Careers Week we will be sharing Labour Market Information with you and resources, all of which will be available on our website.



Fairtrade Fortnight 2023



Fairtrade Fortnight

FAIRTRADE 27 Feb – 12 Mar

Fairtrade Fortnight
27th February - 12th March 2023

Coffee, bananas and chocolate could soon be hard to find in the supermarket due to the challenges faced by farmers around the globe.



Throughout Fairtrade Fortnight Key Stage 3 students are finding out about how climate change is affecting farmers in developing countries and how Fairtrade is helping to support them.



HAPpy Camps are back!

this Spring, all over Hertfordshire!

This Spring, school aged children eligible for benefits related free school meals, can enjoy **free food**, **free sports** and **free craft activities**!

Get your **HAPpy Booking Code** from your child's school now, to access all this and more!

Bookings open on
Monday 6th March

All camps are free!



Book now
by scanning
the QR code



Hertfordshire's
Holiday Activity Programme

HAPpy



ISL Integrated Services for Learning

Contactline



Please call if you would like to speak directly to an Educational Psychologist to discuss a child or young person's development, learning or emotional wellbeing, or to find out more about our service.



Educational Psychology Service (hertfordshire.gov.uk)

Find us on twitter @HertsEPS

