

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 27 - 21st April 2023



How can we all be a St. Mary's Catholic School leader?

Mr Johnston—Headteacher

My first week as Headteacher has been a busy one! On Monday, I led assemblies for the whole school and talked about leadership, what I would like for each student in their time at the school on the '7 year journey', our values as a community and how students, and parents, can have their voices heard as I shape the development plan to make this school even better!

The way we, in a Catholic school in particular, view leadership is that the primary focus as leaders is to enable others to flourish. That will be my main role as Headteacher – but this isn't a one-person job – we are all relying on many others in our school community to be leaders: teachers, all staff and volunteers, parish priest to name just a few. Your role as parents, as you guide your children and shape their character is a leadership role; enabling them to flourish. We all look for spiritual leadership – from the example of Christ and the Gospel values to guide us. Jesus is the ultimate example. In Mark (chapter 10) it says "For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many." A true leader not only serves those being led, the degree of such service is self-sacrifice – a theme we have been reflecting on over this Easter period. In Jesus' case, it led to his death by crucifixion on behalf of others.

St. Mary's was founded by a small group of nuns in 1896 who came to Bishop's Stortford because they identified, at the time, a gap. The gap they saw was that poor girls in this area were being deprived of an education. It wasn't an easy leadership task, and they were given opportunities to go to other areas where their task would have been much more straightforward – but they persevered. They battled against the odds and set up this school. A lot has changed over the years since then, but I would like to think that some of their original grit, their leadership and determination remains, woven into the fabric of the school. This should both inspire and, hopefully, rub off on us during our time here.

In that spirit, I set the students a challenge, to reflect on how they might be considered a leader, or what opportunities there are to be a servant leader in their lives. How can each of us enrich the lives of others over the next term to be a true St. Mary's Catholic School leader?

Our school values underpin everything that we do, providing us with strong foundations for all we strive to accomplish: So what do they mean for us?

Love means Love for Christ and for one another, as peacemakers, made in the image of God – and we should treat each other as such. We can demonstrate this by kindness to others, being quick to forgive and by showing that we care.

Respect can be demonstrated by being calm, smart, polite, purposeful and prayerful. We show respect by having high expectations of ourselves and each other – caring for our community and all creation.

And if we get all of that right, it will mean that our students can Flourish academically, artistically, physically, culturally and spiritually. 'Flourishing' is not a destination – I doubt in life any of us will ever feel like we have got everything right and exactly where we would like it to be – although there will be milestones along the way for the students – such as end of year exams, a fantastic piece of artwork, winning a sports match as part of a team, visiting exciting places or finding peace in prayer or reflective thoughts. I consider the 'Flourish' value more as a journey, demonstrated by actively engaging school, and life in general. Having pride in all that is achieved, and you can do.



UPCOMING EVENTS

Thursday 27th April 2023
Strike Day—School Closed

Thursday 27th April 2023
Year 12 Trip to Oxford University

Monday 1st May 2023
May Bank Holiday
School Closed

Thursday 4th May 2023
Year 12 Parents Evening

Friday 5th May 2023
Coronation Events in School



St Francis of Assisi
CATHOLIC ACADEMY TRUST



Lourdes Pilgrimage 2023



Easter Sunday Mass

On Easter Sunday we had the trust mass in which all the groups that had travelled from all over the world with their VIPs joined up in one church for a very special Easter Sunday Mass. It was organised by a group from Merseyside in the UK. It was a joyous experience and was one of my favourite experiences out of the whole week. It was a marvellous thing to see hundreds of helpers and VIPs joining together in song and prayer, which is what the Catholic Church is really about. The atmosphere was continuously lively, and it was nice to see our very own VIPs, no matter how old, having fun and enjoying themselves. During the Homily there was a special performance from the Merseyside group, and it really livened the mass. As someone who normally goes to mass on Easter Sunday, this was a suitable alternative! Pure joy could be felt from anywhere in the huge room and during all songs, it was never silent. You could barely hear yourself sing! And of course, at the end of the well known HCPT song was sung. To be honest it took me a few days to get used to (and enjoy!) this song but when I did, I really understood how special it is. Everyone joined in this song, actions and all. It summarises the story of Noah's arc and it is sung at every HCPT mass. Almost like it is a universal language, bringing together people from all countries. This mass showed me that there are other VIPs out there having as much fun and being cared for as much as the four we took on the trip with us, which made me very happy.

Torchlight Procession



Every evening, once night has fallen on the town, thousands of pilgrims (sick and abled) gather to walk and sing with flaming torches in their hand, from the Grotto of Apparitions to the esplanade of the Rosary Basilica. Furthermore, a statue of the Virgin is carried by the pilgrims to lead the Marian procession. This is then followed by participants walking in groups behind their pilgrimage banners, Across group 2301 being one of them!

During the procession, I was responsible for pushing one of our VIPs called Katie who I was able to build a special bond with during the pilgrimage. Being given the responsibility to look after the VIPs is a great privilege, although it also comes with its hardships such as trying not to hit people's ankles or struggling to conserve your energy for your arms and legs!

As the pilgrims walked around with their candles praying in their own languages, I couldn't help but admire how language barriers unites the community together rather than separating it. In fact, the variety of languages ranged from Polish, Italian, Spanish, French to English! Adding onto this, the procession couldn't have ended in any better way than with the traditional 'Rise and Shine' HCPT song! We've sang and danced to this song so many times throughout our pilgrimage that I will never be able to forget it!

Thinking of the correct words to describe the experience and the beauty of the torchlight procession is impossible as it's a magical, inspirational moment that you have to witness yourself. Whether you take part or just watch, it is always touching to witness this 'magic' moment that brings people together from the four corners of the earth.



Lourdes Pilgrimage 2023

Lourdes Pilgrimage 2023 –

Ella informs us of what she has learnt from the nurses of the specific care needs of the VIP's and how she helped learn from the nurses how to deliver the expert care required.

On the trip, I was fortunate enough to learn from two nurses as well as from one of the VIP's grandad who showed me Cally's medical needs.

Cally is a 17 year old boy with dystonia which is a neurological movement disorder. This meant that he would experience involuntary muscle movements and contractions as the electrical signals that his body would send to his brain would get mixed up. For example, if he wanted to lift his right arm up, his left foot might go up instead. Due to this, Cally has a box inside of him that is connected through wires to his brain. This box helps to unscramble the electrical signals and is charged weekly for 15 minutes by placing a charger on his stomach just above the box where it will charge wirelessly.

In addition to this, Cally also has a collapsed oesophagus so is unable to eat hard food. He therefore has a percutaneous endoscopic gastrostomy feeding tube that goes through the skin and the stomach wall which is held open by a balloon and his food and medicine is given to him through this. I was able to use syringes to give Cally his medicine and flush it down with water via the tube that links to his stomach. He also has a food supplement that contains all of the vital minerals, vitamins and food that a person would need which is also fed to him through a tube which I was also able to do.

Two of the VIP's who came on the trip are also unable to walk and therefore had to be hoisted into and out of their wheelchairs and their beds. I was also able to assist and witness this several times which was a great experience.

One of the VIP's who also came on the trip was a 22 year old lady called Katy who has epilepsy and has tremors so was constantly shaking all the time due to her medical condition and needs. Due to this, unfortunately she is unable to do things such as eating or walking by herself. Throughout the week, I fed her breakfast, lunch and dinner as well as sometimes feeding the other VIP, Mary.

Overall, the trip was an amazing experience and it gave me an insight of the difficulties and needs of other people, enabling me to have a greater understanding of what their lives are like.

Student Report by Ella L



Lourdes Pilgrimage 2023

Lourdes Pilgrimage - Day Trip Ton Gavarnie



We awoke bright and early on Easter Monday following a long day of celebration and festivities on Easter Sunday. We enjoyed a couple of croissants and egg at breakfast with one of our VIPs named Katie talking about our day ahead and how much we had enjoyed our experience so far. After breakfast we got ready to depart the hotel and helped to load up the Jumbulance. After an hour or so of loading and preparation we were ready to leave, the journey to Gavarnie was very beautiful and scenic, passing by the Pyrenees mountains and even through a valley. But after an hour and a half we finally arrived. We parked next to a café in which we had our picnic in overlooking the amazing snowy mountain backdrop. We had a tasty turkey sandwich with lettuce and crisps and a drink of our choice and once we were all full of energy we were allowed to go and explore. We set off with two of our VIPs Katie and Anne stopping outside a gift shop in which Conrad bought a walking stick. Although we all laughed at him for buying it he was the one who had the last laugh when Miss McHugh dared us to cross the river in our bare feet as penance! So me Lily, Conrad and Matthew thought this was a great and easy thing to do since it was a

boiling hot day and we wanted to cool down, but we were so wrong. I don't think any of us have ever felt that much pain from water. It was that cold that we were screaming running across it. Despite the initial pain we all thought that our feet afterwards had never felt that smooth before. On our way back from the river we decided that we hadn't had enough of the cold and bought ourselves an ice cream each. While we ate our ice cream, we spotted a pen of horses and donkeys who looked starved, so we fed them, and we were even able to pet them as they had become friendly with us. Overall, I think this day trip to Gavarnie was my favourite part of the whole Lourdes trip it was just such an amazing and funny experience that would love to have again.

Student Report by Christopher M



Our VIPs and their unique needs

It was a pleasure travelling to Lourdes with the Across team and our VIPs. This year, we took four VIPs (Cally, Katie, Anne and Mary) who had unique needs and disabilities to experience this pilgrimage.

Cally has a narrow oesophagus and has other complex health conditions which makes him wheelchair dependent. However, Cally has a big imagination and was able to come up with stories that combined Thomas the Tank Engine, Harry Potter and the Octonauts. Katie has a rare form of epilepsy and has some mobility issues. However, Katie was able to fit in to our group of young helpers and it was fun talking to her. Like Katie, Anne has mobility issues. But she was also nice to talk to. Mary is diagnosed with dystonia caused by chronic arthritis which left her wheelchair dependent and a range of other complex physical health conditions. However, Mary told us of her interesting history, from serving in the RAF for five years to having a world record of carrying the Olympic torch in 2012 and becoming a champion for disability awareness and a government advisor.

Our role was to help our VIPs enjoy their pilgrimage to Lourdes. This included pushing their wheelchairs from our hotel to the sanctuary in Lourdes, feeding them and entertaining them. The Jumbulance provided equipment to satisfy the needs of our VIPs like a bed with storage for their medication and lift for easy access for getting on and off the Jumbulance.

I think it's important to care for people with unique needs as it helps us gain an understanding of what it's like to be limited in life because of health challenges. This pilgrimage with our VIPs has taught me a lot about caring for other people, especially those who are in need of help.

Student Report by Matthew H

A Level Geographers!

A Level Geographers in Cambridge



On Wednesday this week the Sixth Form Geographers continued their learning outside the classroom.

A short train journey to Cambridge enabled the Year 13 students to consolidate their understanding of place ready for their upcoming exams and for Year 12 to explore data collection techniques in preparation for devising their own Independent Investigation.

Superb behaviour, engagement and impeccable timekeeping from all well done!



Iceland Study Trip

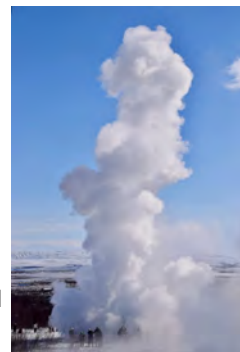
Iceland Study Tour 2023

Reported by Year 11 Students - Jessie S, Elizabeth N and Amy B

Photos by Amy B

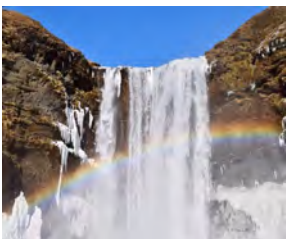
Day 1

On 25th March, we all arrived at school at 1:30am. Tired but exuberated, we boarded the coach that brought us to Heathrow Airport. As we approached Keflavík International Airport after a near three-hour flight, we were greeted by vast mountain ranges carpeted by a sheet of white (which we would later learn were ice caps formed during the last Ice Age!). After everything was sorted, we got on our coach and met our tour guides—Claire and Jen. A short drive later, we arrived at Miðlóina, the Bridge Between Two Continents. Since Iceland is situated up on a divergent boundary between the Eurasian tectonic plate and the North American tectonic plate, here we were able to graduate from reading about them from the text-books to standing between the two plates and seeing it right before our very eyes. It was truly mind blowing that we were walking right between two structures that housed whole countries and millions of people on top. Then, we headed to the Blue Lagoon, of which everyone was very excited about. As we were driving, the plumes of steam from the hot springs could be seen from a mile away, which added to the atmosphere of anticipation. Claire also gave us some context on how the Blue Lagoon was accidentally created, as well as the chemical makeup of the waters that contribute towards the water's hydrating and revitalising abilities. After some preparation, we all submerged into the steaming, turquoise blue but turbid waters of the blue lagoon. Immediately our skin softened and soothed in the pleasant 40-degree water. In the 2 hours we were there, we enjoyed a face clay mask, and a free drink that came with our admission. As our session came to an end, we were all quite reluctant to leave. Following a 50 minute drive to Reykjavík, we checked into our hotel rooms and had a little break. We then took the 20-minute walk into the city centre. Along the way, Claire introduced us to the numerous art installations and statues around Reykjavík. One which was particularly memorable for me (also being a history student) was a fragment of the Berlin Wall, and the building where the Reykjavik Summit of 1986 was held, where the US President Ronald Reagan and Soviet Union leader Mikhail Gorbachev met during the Cold War. We furthered along the harbour and reached the city centre, where we were introduced to a gigantic 3-D map of Iceland and the landmarks nearby. Such were the governmental buildings and Hallgrímskirkja, a Parish church standing 74.5 metres tall which we saw into the distance. After a quick tour of the city, we were allowed some free time to wander around the area, purchasing souvenirs and window shopping. Later, as the sun was setting, we walked back to the hotel. We were all very worn out at the end of the day but excited for what was to come over the next few days.



Day 2

After an average night's sleep, I can't say the first thing I wanted to do was wake up at 7am. However, we did it and I'm so glad we did, because the first thing we did on our second day was the Hellisheidi Power Station! Despite being half awake and dreary-eyed, I found the exhibition very informative and interesting. Did you know that Iceland runs 100% on renewable energy? Or that 70% of that energy is made from geothermal energy? Because I surely didn't until I heard it in the talk we had. The exhibition itself was very interactive and gave us life sized models of components, such as the pipes and insulation used to pump the water into Reykjavík and other areas in Iceland. Our next stop was a crater, however not like what you think. The way it had been formed was through lava spewing out of the earth and slowly layering on top of itself to form a mound around the original spewing point. Underneath the snow, the 'soil' was a coppery colour, because of the oxidised iron. The walk around the crater was slippery, however we survived and moved on to our next destination, which was the Gullfoss Waterfall. Beautiful does not begin to describe this waterfall. The Gullfoss Waterfall was a stunning layered waterfall situated within a gorge. The waterfall itself, especially with the snow surrounding it, was absolutely breathtaking to say the least. After admiring the waterfall and discussing its origins, we were allowed to wander around for a bit before we were to leave for our next place. After a quick bus ride, we arrived at our next destination which were the geysers. Not only were these amazing, and sometimes a bit heart-stopping if you didn't know it was coming, but they were interesting to learn about, like the 'schedule' they 'explode' on is all natural and without human intervention at all! I loved watching the steam shoot up into the sky and plume out, waiting for it all to start again! After the geysers came a walk around the original site of Iceland's parliament. Did you know that Iceland was the first ever recorded country to have a parliament? This area was breath-taking... the views were stunning, like something straight out of a story book. My words cannot express how beautiful this area was. The history behind the area was very intriguing as well, and I was hooked on every word. Still... we aren't done... because then came mass. This had to be one of the most peaceful, most thought-provoking, most beautiful masses I've ever been to. Everyone of all ages was so united in their singing and praying in such an intricate church that you couldn't help but try and join in as much as possible. After all that, we got back to our hotel... but it doesn't end there... that night was a quiz night where the trip split into groups to try and gain points to win a bag of skittles each at the end. Finally, after all that we could shut our eyes and go to sleep, ready for another fun-packed day tomorrow.



Iceland Study Trip

Day 3

On the third day, we had a long road trip across the south of Iceland to see some incredible waterfalls, beaches and glaciers, which were mind-blowing to say the least. We visited the Reynisfjara black sand beach along the south coast first which showed us amazing geographical examples of basalt columns as well as sea stacks. This really helped to demonstrate the coastal processes and put the knowledge I had learnt in the classroom into a life-sized example! We did also stop off for a look at the stunning mountains, but quickly had to return to the coach as the wind nearly blew us all over! We could even feel the coach wobbling as we hopped back on for the next part of the journey, but it was quite exhilarating! We also took a short break at a service station (which all tourists would use when journeying along the south coast, due to the extreme sparse landscapes!) where we picked up some essential snacks (to keep up those energy levels of course...).



Next on our adventure through Iceland, we saw the Sólheimajökull glacier, which showed us how human actions and global warming have taken effect on the natural world, causing erosion and the retreat of the glacier. It was even larger than I could have ever imagined though, I still cannot quite believe the sheer scale of the volume of ice in one place, despite its retreat back up the valley! On the journey to the two final natural locations of the trip, our incredibly knowledgeable tour guide, Claire, told us sagas from Iceland's history, which were so informative and interesting, and completely new to me! To



say we learnt a lot from this trip is an understatement! We also visited two waterfalls on our final day: Skógafoss and Seljalandsfoss, which were just breath-taking. Fortunately we had the weather on our side too, even catching sight of a beautiful rainbow across both waterfalls and stunning icicles (for this reason we could not venture behind the waterfalls; I'd rather not become skewered into an ice kebab on my last day of the trip!). The whole base of Skógafoss was frozen over as well, which apparently was quite a rare sight from this waterfall, and made it even more special! We finished the trip with an exciting game of bowling in the evening, which was the perfect way to end such an incredible experience. Now you can't find all that awe and wonder in a textbook!!

Each night we headed out to the harbour front in hopes of catching the aurora borealis. Although all attempts were in vain, we weren't heartbroken, as this provided even more reason to return in future years, and adventure even further into Iceland's natural beauty and history; for the astonishing sights of Iceland had truly won us over.



From its majestic snowy mountains to the breath-taking waterfalls, we felt lucky enough to have had been chosen to attend this phenomenal trip to Iceland. Over this short trip of four days and three nights, we had acquired more geography knowledge than one could imagine. Let alone the widened perspective on the importance of sustainability and the conservation of our planet Earth, as we witness glaciers retreating before our very eyes. This trip was so incredible, and we've seen things we never thought we'd be able to see! My phone storage is all overflowing with beautiful stunning pictures of the Icelandic landscape, and my head is full of new and interesting Icelandic facts that I can spew out at random points!

Overall, it was an amazing and memorable trip, of which we're still reminiscing about weeks after.

We can't thank Mrs Hughes, Mr Doherty, Ms Ridler, Mrs Heslop, Claire or Jen enough!

We'd like to express our gratitude to Claire and Jen, our brilliant tour guides, for teaching us about Iceland with such charisma and passion. And our teachers for accompanying us along the way, everything was planned and managed perfectly and that's all thanks to our leadership team!



RE Department News...

Jesus on Trial – Immersive RE



Last term, Year 8 engaged in learning about the Passion Narrative and the last week of Jesus' life.

Students in RE were tasked with constructing a mock trial which explored the actions of Jesus and the events of his ministry.

Students donned the Tallit and the Kippa to enter into character as witnesses, prosecution and defence teams.
An enjoyable set of lessons and lively debate ensued.

Fantastic efforts Year 8!



Earth Day 2023



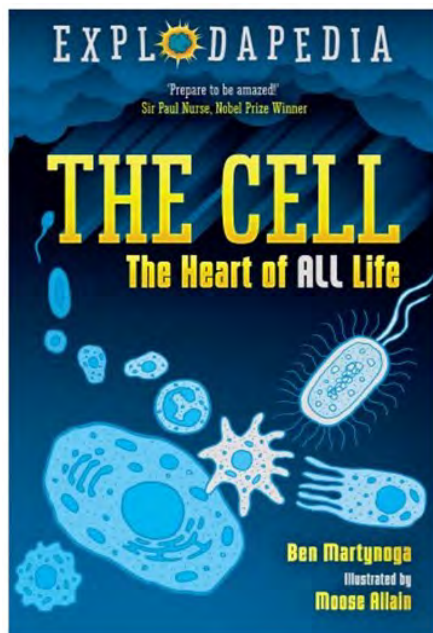
**Earth Day is celebrated every year on the 22nd April.
This year's theme is 'Invest in our Planet'.**

We are asking students to consider what they can do to take action to ensure a sustainable future for all. Sow some bee friendly seeds? Pick up some plastic? Cut down on use of the car?

Share your actions on Earth Day with your Geography teacher to be rewarded with house points.
What actions can you maintain for the long term?

Read and Review

Science Read and Review



This week we are launching a 'read and review' opportunity for keen scientists.

The school has received copies of this brand new book directly from the publisher. It is all about cells and their fundamental importance to life on Earth.

The book links closely to the Science curriculum for KS3, particularly Year 9, but presents the material in a light-hearted and readable way.

Students can borrow a copy from the library, read it and fill in a review form to earn points for their St Mary's Award.

This is a great way to link Science and literacy and to encourage students to deepen their knowledge of topics, in preparation for Key Stage 4.

If your child would like to take part, ask them to visit the library to borrow a copy of the book and collect a review form.

Sum Dog Contest Results

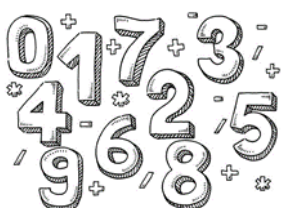


Sum Dog Maths England Contest Results

And the winners are 8X4!

We are delighted that they are on the top of St. Mary's Catholic School Leader Board with 84 points, followed by 8X1 with 75 points and 7Q1 with 58 points.

Congratulations to the winners!



Art Department

Miss Nairn would like to congratulate 8D on the completion of their final pieces for this term.

Students have been working with images of insects, butterflies, moths and flowers to create pattern work inspired by entomologist and artist Eugene Seguy. Students work is stunning and reflects their hard work and commitment to completion of the project.

A selection of work can be see here with congratulations to featured artists:
Sophie, Isabella, Olaf, Cameron, Carlos, James, Gabriella, Leanita, Neil and Sarah.

Well done Year 8!



Sophie



Isabella



Olaf



Cameron



Carlos



James



Gabriella



Leanita



Neil



Sarah



MBDA Work Experience



Year 12 student excels at MBDA work experience opportunity



Student Report by Alain F

My experience at MBDA missiles was fascinating. I was able to discover not only the works within a missile but also the life of someone working within the sector I aspire to work in, in the future. I didn't hear much about MBDA before this opportunity but when I had researched about what they did, I was instantly interested in what they do and wanted to know further. I was not only able to hear experiences from the engineers there but also advice for improving my chances of getting into a university such as tips for personal statements, communicating with loads of relevant people and many more. I was able to learn a lot about the course I'm hoping to take and opened my eyes to other engineering options that would seem interesting to take.

Careers Feedback



Are you interested in forming a parent focus group?

We need parental feedback on our careers activities and events in order to fully review and adapt our Careers Programme.

If you are interested in joining a Careers Parental Focus Group, please email info@stmarys.net expressing your interest.

What is Vaping?

What is vaping?

Vapes are electronic devices designed to allow people to inhale nicotine in a vapour. Using a vape is known as vaping. Vapes are also available without nicotine. In the UK, the NHS recommends vapes for adults to use as an aid to quit smoking tobacco which carries far greater health risks. Vaping is not recommended for non-smokers or young people.



There are some concerns around certain vape products not meeting UK safety standards (ASH 2022). Vaping, though less harmful than smoking tobacco, exposes its users to some toxins that can cause unpleasant health effects, they also often contain nicotine which is an addictive substance that evidence suggests adolescents are more sensitive to (NHS, ASH 2022). It is also important to acknowledge that clinicians do not know the long term health effects of vaping at this time.

Like cigarettes, vapes are age restricted products and therefore it is illegal for shops and other retailers to sell vaping items including vaping equipment such as liquids to people under the age of 18. It is also against the law to buy vapes on behalf of anyone under the age of 18. It is, therefore, clear that young people under the age of 18 should not be purchasing or be in possession of alternative nicotine products such as vapes.



What does a vape look like?

Vapes can come in a variety of different forms, shapes, and sizes. Some common styles of vapes include ones which look like a thick pen or highlighter pen. These devices are usually very small and can be concealed on a person and therefore can be missed.

Education and rules at St Mary's

We will continue to educate all of our young people regarding the health risks of vaping, the significantly greater risks of tobacco smoking and the law through form time activities, PSHEE and assemblies. Pupils are reminded on a regular basis of our school behaviour policy and the list of prohibited items.

If a student is found in possession of a prohibited item such as a Vape, a strong sanction will always be applied

What can parents do?

Know and understand the risks presented by smoking, electronic cigarettes and vapes. Talk to your child openly about these risks to ensure that they are well informed and have clear guidance that these products are to be avoided.

What steps can I take if my child has used electronic cigarettes/vapes?

Some young people may unfortunately choose to vape and we encourage you to talk to your GP if you are concerned about this.

You can also find useful information and local support services listed below:

Action on Smoking and Health (ASH) are a public health charity set up by the Royal College of Physicians and they have produced a number of resources for parents to access in relation to youth vaping <https://ash.org.uk/resources/publications/fact-sheets> as well as a short YouTube clip <https://youtu.be/rod4d4yFeaE>:

NHS Better Health- talking to young people about vaping
<https://www.nhs.uk/better-health/quitsmoking/vaping-to-quit-smoking/#young-people>

Talk to Frank- Vapes <https://www.talktofrank.com/drug/vapes>



British Karate Championships



During the Easter holidays, Erin B, Year 8K, representing her club, Pro Karate Academy, took part in the British Karate Federation 4 Nations Championships in Glasgow.

She swiftly moved on through four rounds, scoring 3-0 each time in her kata performances against competitors from other karate clubs across the country.

Going to the final, she finished with a silver medal positioning as **2nd in Great Britain** in the 12-13 Female Kata group.

We are extremely proud of her and wish her many successes at both, national and international level!



World Irish Dance Championships



St Mary's student Kailani recently participated in the World Irish Dance Championships.

Kailani did fantastically well for her first world competition and managed to recall to the second round. This in itself is a triumph considering Kailani had only starting learning the heavy shoes a year ago!

Kailani ended up placing 51st in the world, **4th in Great Britain** and **1st in the Southern Region**.

Well done Kailani for a wonderful achievement.



Careers Bulletin

ST MARY'S CATHOLIC SCHOOL CAREERS BULLETIN

St Mary's Sixth Form, your future, starts here, with us!

Our Careers Programme here at St Mary's is designed to ensure that all students are given every opportunity to explore all of the pathways that are available to them. Starting in Year 7 we get students looking at subjects that interest them, they browse through our Careers Library or through the online Careers Library on their Unifrog accounts. We then spend the next 4-6 years identifying their skills and learning new ones, perfecting our CV and interview skills, exploring each year the careers fair chatting to employers and colleges / further educational providers creating opportunities and expanding interests. Many events and trips are put on every year to grasp our students focus back on to thinking about their future and decisions are made on the information on pathways, curriculum learning and labour market information that we, as a school provide.

Every year we welcome over 100 students into our Year 12 cohort. You can almost feel the electricity of excitement in the air as they have added slabs to their pathway by choosing their A level / B-tech subjects. Here at St Mary's Sixth Form we strive to again, give our students as many opportunities to explore and excel in their chosen career paths by taking part in extra and super curricular activities and competitions such as STEM lectures, Public Speaking Competitions, Crown Court visits, Bar Mock Trial competition, trips to universities, UCAS discovery Days, Enrichment week and many more. This is just the beginning of the opportunities available to our sixth form students, the endless support for UCAS applications, employment searches and learning new employability and life skills, apprenticeship searches and knowledge support, work experience and joining in with all of the other career opportunities that the school has going on throughout the year. It's here that we can really get the ears up and our students listening as we invite speakers in to school to deliver talks and provide information on career pathways in Business, accountancy, STEM subjects and crack down on stereotypes with talks on Women in Management and Women in Construction.

Orla Godfrey, Year 12 Student:

"As a student I find the careers opportunities beyond helpful, since starting at St Mary's I have always been offered opportunities that will help me decide my future career path. For example, in year 11 I had a one-on-one futures meeting where an advisor discussed all my options and potential career choices. Another amazing opportunity we are offered is going to the UCAS discovery day in year 12, this allowed me to talk to potential universities about degrees, entry requirements and any other questions we had. There are so many opportunities we are offered at St Mary's to help us decide our future and explore each pathway, staying on at St Mary's was one of the best decisions I made for my future."



Watch the Job of Week Video here!
<https://www.youtube.com/watch?v=pR4xsVBn5S&list=PLVEW7u03T769WGLTc-1Qc4dJRP4t2Nlndae9>

Stansted Airport College
 Part of Essex Colleges

OPEN EVENT
 Thursday 20th April 2023

LONG ROAD SIXTH FORM
 COLLEGE
 CAREERS FAIR

LONG ROAD
OPEN EVENINGS
 4TH & 5TH JULY 2023, 5-9PM

hrc Hertford
 Regional
 College

Thursday 4th May 2023 - 12:30pm-2:00pm

Thursday 20th June 2023 - 17:30 to 20:00

JOB OF THE WEEK

IT Technician

IT Technicians maintain and monitor computer systems within an organisation. They are crucial in keeping a business running. IT Technicians may assist with both hardware and software problems, set up new user accounts and work to prevent system issues.

Starting Salary: £17,000 – £23,000

Average Salary: £30,000

Do you need a Degree? Not necessarily, but a degree in IT will give you best chances of securing a position.

Skills needed? You need to enjoy problem solving!



Careers Bulletin

ST MARY'S CATHOLIC SCHOOL CAREERS BULLETIN



What have we shared with our Sixth Formers this week on their Careers Team!

This section of our Careers Bulletin is to share with Parents and Carers the information that we have shared on our Sixth Form Careers MS Teams page this week! Check it out...

Dixon Wilson Chartered Accountants have a school Leavers programme available where students can apply for apprenticeships. Click Link for info...

https://dixonwilson.pinpointhq.com/postings/ee67f3a2-3718-4142-a73f-f70cedc2a224?goal=0_075a5d0dae-1061d016a2-212165791&mc_cid=1061d016a2&mc_eid=b2c86c414a



Tax School Leavers Programme - 2023

Learn More



Network Rail are advertising their apprenticeships they have available, please have a look through their website. Click Link for more info...

<https://mailchi.mp/0047ffac620f/office-based-apprenticeships-at-network-rail-apply-now-1054302?e=e69cbe011b>



WHSmith

Careers that take you further

WHSmith at Stansted Airport Multiple Opportunities Available!

WHSmith at Stansted Airport are now hiring! With multiple opportunities available, it's a great time to join a growing international retailer and to take the next step in your career!

We are currently recruiting for the following roles:

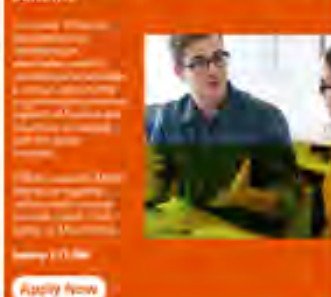
- Sales Assistants – both full and part time
- Night Sales Assistants – full time
- Stockroom Assistants – full time
- Senior Leaders – both full and part time

To register your interest, please visit www.whsmithcareers.co.uk and search "Stansted".

WH Smiths at Stansted Airport are hiring for multiple opportunities if any students are looking for employment. They have stated that they are very conscious of student's academic studies and can work with employees to ensure their studies are not affected.



Level 3 Finance Apprenticeship Scheme



Apply Now

Level 4 Project Manager Apprenticeship scheme



Apply Now

FUTURE MEDICAL STUDENTS – LOOK HERE

Lincolnshire Training Hub are holding 4 FREE revision sessions taught by current medical students for A Level revision to help **prospective healthcare students** reach the top grades every evening between 9th and 12th May. Sessions are between 18:30 – 20:00 each evening on Zoom. Content will be based on students aiming for A* / A. Submit your interest and receive the log in links here <https://forms.gle/tanUVZ3QkUEaDY569>

9th May: A Level Biology Session 1

10th May: A Level Biology Session 2

11th May: A Level Chemistry Session 1

12th May: A Level Chemistry Session 2



Careers - Open Day for Dietetic Students



Innovative



Caring



Agile



Are you interested in studying Dietetics?

Open day for prospective dietetic students

Exploring options of nutrition-based careers?



Want to know more about what's involved in studying to be a Dietitian?

Looking for Dietetic shadowing as part of your university application?

Hear from a recently qualified dietitian what studying dietetics is like.
Speak with dietitians working in different specialities.
Take part in activities based on skills used frequently by dietitians.

All measures per 100g	Low – a healthier choice	Medium – ok most of the time	High – eat occasionally
Sugars	5g or less	5.1g – 15g	More than 15g
Fat	3g or less	3.1g – 20g	More than 20g
Saturates	1.5g or less	1.6g – 5g	More than 5g
Salt	0.30g or less	0.31g – 1.5g	More than 1.5g

Date: 31st May 2023
Time: 09:30-15:30
Location: Unit 10
Sandridge Gate Business Centre
Ronsons Way
St. Albans
Hertfordshire
AL4 9XR

Open to ages 15+ *

To book please email rhannon.hintridge@nhs.net with the subject "Dietetics Work Shadowing"

Please note that the format of this event is subject to change

*Those under 18 will require signed parental/guardian consent to attend



www.hct.nhs.uk

Hertfordshire Virtual Careers Fair



HOP Into Apprenticeships & T Levels

The Hertfordshire Virtual Careers Fair for parents and carers

Wednesday 14th June

17:30 - 19:00

What is the Virtual Careers Fair?

Taking place on Wednesday 14th June from 17:30 - 19:00 online, this free of charge event is designed specifically for parents and carers who would like to explore the apprenticeship and T Level options available to their child.



Who should attend?

This event will be interesting for all parents and carers, but will be particularly useful for those supporting children in year groups 10, 11, 12 and 13.

Benefits of attending?

There are many benefits of coming along to this event, including:

- Free of charge to attend.
- Connect with local training providers and colleges to hear about their apprenticeships and T Level programmes.
- Hear from employers about local vacancies available for talented young people seeking their next steps.
- Ask questions and gather information from the comfort of your own home.
- Discover more about the skills and training provision being offered within Hertfordshire.

1 Visit the website to read more about the event and the exhibitors that will be attending
<https://www.hopinto.co.uk/hop-into-apprenticeships-t-levels/>



2 Book your free ticket to attend (this can be done through the web page link above).



3 Log on and join the event online
Time: 17:30 - 19:00
Date: Wednesday 14th June



Further information

To find out more information about this event and to see a list of exhibitors, please visit:

<https://www.hopinto.co.uk/hop-into-apprenticeships-t-levels/>



The Hertfordshire Virtual Careers Fair is brought to you in partnership by:





Information for Parents ~ NEU Proposed Strike Action



ST MARY'S CATHOLIC SCHOOL
Windhill, Bishop's Stortford, Hertfordshire CM23 2NQ
T: 01279 654901 | E: info@stmarys.net | W: stmarys.net
Headteacher: Mr T Johnston, BA (Hons) NPQH
Part of the St Francis of Assisi Catholic Academy Trust



Wednesday 19th April, 2023

Dear Parents/Carers,

NEU Strike Action 27th April 2023

You will be aware that following negotiations with the DFE all four teaching unions have rejected the proposed pay and funding offer that was put forward. The reasons for that is that unions felt that the offer failed to address long-term pay erosion, the teacher recruitment and retention crisis, or provide enough funding for schools to be able to afford the substantial increase in costs over the recent period of time which is causing many schools to have to make cuts to their provision.

The NEU have announced two further strike days, the first of which is Thursday 27th April. Whilst not every teacher at St Mary's is a member of the NEU, experience over the previous strike days has shown that there are a significant number. The safe running of the school depends on an adequate number of staff on site to provide the necessary supervision of its students.

On this occasion we have decided that the school will continue to prioritise attendance for those students taking public examinations in the coming months so will remain open for Year 11 and Year 13 students.

For all other students:

- Teachers (who are not members of the NEU) will be scheduling live lessons on Teams for at least 50% of each lesson, setting independent follow-up work for the remaining scheduled time.
- The school day will follow the normal school timings.
- The planned Year 12 Oxford University trip will still go ahead
- Students who are cast members of the school production of 'Frozen – the Musical' will be in rehearsals all day

There is one further strike day planned at present (this situation may change and other unions may also ballot members on strike action), on Tuesday 3rd May. Details about how St Mary's intends to conduct learning on that day will be provided nearer the time.

Yours faithfully,

A handwritten signature in black ink, appearing to read 'Tom Johnston'.

Tom Johnston
Headteacher



Term Dates 2023 - 2024

Term Dates 2022-2023

Term Dates for Summer Term 2023

Students Return to School Monday 17th April 2023
Bank Holiday Monday 1st May 2023
HM King's Coronation Bank Holiday Monday 8th May 2023
Half Term Monday 29th May to Friday 2nd June 2023
Summer Term Ends Wednesday 19th July 2023

Term Dates 2023-2024

Term Dates for Autumn 2023

Year 7 Students Return to School Monday 4th September 2023
Year 7 and Year 12 Students Return to School Tuesday 5th September 2023
All Students Return to School Wednesday 6th September 2023
INSET Day School Closed Thursday 21st September 2023
Half Term Monday 23rd October to Friday 27th October 2023
Autumn Term Ends Wednesday 20th December 2023

Term Dates for Spring 2024

Students Return to School Thursday 4th January 2024
Half Term Monday 19th February to Friday 23rd February 2024
Spring Term Ends Wednesday 27th March 2024

Term Dates for Summer 2024

Students Return to School Monday 15th April 2024
Bank Holiday Monday 6th May 2024
Half Term Monday 27th May to Friday 31st May 2024
Summer Term Ends Friday 19th July 2024



We are hiring!



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Click Here For Latest Vacancy Information

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