

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 29 - 5th May 2023



Coronation Weekend - God Save the King!

Mr Johnston - Headteacher

This morning (Friday 5th) we held a coronation ceremony at St. Mary's with the whole-school in attendance to mark the occasion of King Charles III and Queen Consort, Camilla acceding to the throne as Head of State, not only for Great Britain, but also for the 54 countries of the Commonwealth across the world. It is an historic event for our society and one I know that many of you will be watching and celebrating with family and friends over the weekend. Luckily, this morning we avoided the downpour that happened not long after we left the tennis courts!

King Charles III has had many 'firsts' as he has waited to become King. He is the first British monarch to have gone to school, rather than be educated by a private tutor at Buckingham Palace. When he joined school for the first time, his Headteacher encouraged him to join the football team so he could play as an equal with his peers. He is also the first monarch to attend university – having read History and Archaeology at the University of Cambridge.

King Charles has shown himself to be a principled man, who puts others before himself and sees his role as one of service. This is a very Christian viewpoint and one we share through our values as a school of Love, Respect, Flourish. Some of his most important work is as the founder and patron of the 'Prince's Trust' since 1976, which has become the UK's leading youth charity. More recently he has become the patron of the International Rescue Committee, a global charity aiming to help refugees and those displaced by war, persecution and natural disaster.

King Charles will pledge to rule with justice and mercy and to serve God and all his subjects when he is crowned and anointed at the ceremony in Westminster Abbey tomorrow, 6th May.

Prayer for Christian Unity under the reign of King Charles III:

Lord God,

In your power you provide for your people and rule over them in love.

Grant your servant Charles the spirit of wisdom and government, that during his reign your church may be protected and Christian devotion may continue in peace;

That so persevering in good works to the end, he may by your mercy enter into your everlasting kingdom;

Through Jesus Christ, your Son, our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God now and forever.

Amen.



St Francis of Assisi
CATHOLIC ACADEMY TRUST

UPCOMING EVENTS



Monday 8th May 2023
Coronation Bank Holiday
School Closed

Tuesday 9th May 2023
"Frozen" School Production

Wednesday 10th May 2023
"Frozen" School Production

Thursday 11th May 2023
Year 11 Celebration Mass & BBQ

Thursday 11th May 2023
Year 10 Parents Evening

WARM YOUR HEART WITH *FROZEN JR.* AT SMCS



Disney's *Frozen JR.* is playing at St Mary's on Tuesday 9th May and Wednesday 10th May at 7.00pm

The spectacular 60-minute musical, designed for middle school-aged performers, is based on the 2013 Disney film and the 2018 Broadway adaptation.

Do you want to build a snowman? You'll love this fanciful and heartwarming stage adaptation of the top-grossing animated film of all time! Join Anna, Elsa, and all of your favorite characters as they embark on an epic, ice-filled journey of self-discovery, camaraderie, and the real meaning of true love. Adapted for young performers, this musical includes favorite *Frozen* songs such as "Love Is an Open Door," "Do You Want to Build a Snowman?," and "Let It Go," as well as wonderful new songs from the Broadway production.

With its empowering message of love and understanding, ***Frozen JR.*** is sure to melt your heart!

Remember to wear your Frozen outfits!

For information on purchasing tickets please visit Eventbrite.
<https://www.eventbrite.co.uk/e/626151384647/>

Coronation Celebration at SMCS



SMCS Students gathered together on Friday morning to celebrate and mark the occasion of the Coronation of HM King Charles III.



Music Department News...



On Tuesday 25th April, an array of talented musicians took to the stage in the Spring Concert.



There was a wide range of performances including piano solos, Year 9 and Year 10 bands, the orchestra and the choir. A special mention to the school Gospel Choir who made their debut performance on Tuesday night with 'Lord, I lift Your Name on high' and 'How good it is'.

Thank you to all the performers and the Music Department who came together to create such a memorable evening.



Student Report by Anice, Year 10 Rotary Young Musician Contest 2023

Last Saturday, Jayden and I went to the Bishop's Stortford Rotary Young Musician Competition.



It was Jayden's first time and he was runner up in Intermediate Piano which is always a class with a huge number of entries. He played a difficult piece by Liszt and received great praise from the adjudicator.



It was my second time going to this competition and this year, instead of going for the Intermediate Category, my teacher told me to go for the Senior Category. I was shocked and extremely nervous as this meant I would be against more experienced and mature musicians. I tried my best to convey the story of the piece (Quiet City) to the audience and surprisingly I won my category. I got a place to compete in the evening concert for the titles of Young Musician of the Year and Overall Senior Winner. Although I didn't win anything, I learnt a lot from the virtuosic musicians and expanded my knowledge on Musical Performance.





Year 10 Student ~ Congratulations



Congratulations to William U, Year 10, who has recently signed a contract with Ipswich Town Football Club on the Youth Team!

We are exceptionally proud of him and wish him every success.



Year 7 Sporting Achievement



The PE Department would like to celebrate the wonderful golfing achievements of one of our Year 7 students.

Here is his match report:

On Monday, 25th April I had the honour to represent St Marys in the Hertfordshire School Mid Handicap Championship held at Royston Golf course. Royston is one of the hardest and most interesting courses I have ever played.

I really enjoyed the day and was very happy to score well with 42 Stableford points earning me 2nd place overall out of a field of 30 players.

I have now been included in the team that will represent Hertfordshire competing against Bedfordshire, Middlesex and Essex in the Inter-County McPartlin Trophy Competition at Dunstable Downs on the 17th September.

Tanus, Year 7

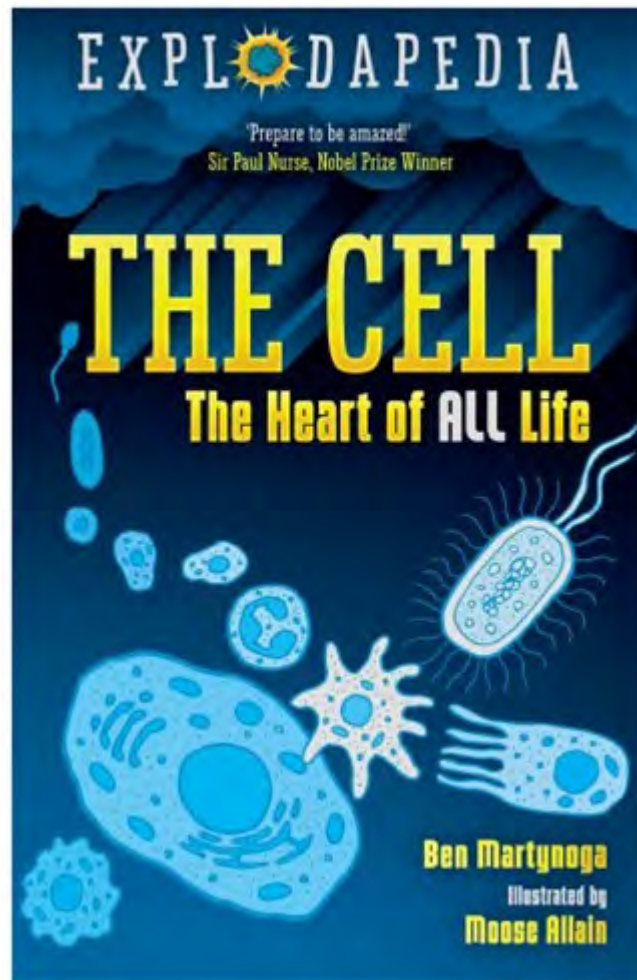




KS3 Science ~ Earn St Mary's Award Points!

KS3 Scientists

Read and review this new book to earn SMA points!
Strong links to Y9 curriculum: review your knowledge of cells.



- ♦ COLLECT A BOOK AND FORM FROM THE LIBRARY
- ♦ READ THE BOOK AND HAND IN THE REVIEW
- ♦ EARN ST MARY'S AWARD POINTS



Year 11 & Year 13 Leavers ~ School Library Books!



Year 11 and Year 13 Leavers

Please check carefully to see if you have any school library books at home.

Make sure you return these to the library before you leave the school.

You can make a big difference to future students by bringing back your books.

Would you like to donate a book to the library as a leaving gift to St Mary's?

From today, your parents/carers can pay £5 or £10 via ParentPay, using the item 'Y11/13 Leaver book gift to the school library'.

The money will be used to buy a book and a special bookplate with your name on it will be added to this new book in the library in September. This will be a permanent record of your contribution to the school.





Can you help with work experience placements?



Can you, your business or employers offer any of our students a work experience placement?

Our Year 10 Students are busy looking for placements and contacting employers about work experience placements. But can you, your business, company or employer offer any of our students a work experience placement?

We are looking to build a portfolio of employers who can host our students for work experience. If your company insurance allows for work experience placements and are able to help, please do let Mrs Knight in Careers know.

Drop us an email at info@stmarys.net FAO: Careers.





ST MARY'S CATHOLIC SCHOOL CAREERS BULLETIN



HOP INTO APPRENTICESHIPS AND T-LEVELS

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

HOP INTO APPRENTICESHIPS & T LEVELS

THE HERTFORDSHIRE VIRTUAL CAREERS FAIR FOR PARENTS AND CARERS

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

There are many benefits of joining this event online, including:

- Connecting with local training providers and colleagues to hear about their apprenticeship 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 your home.
- Discover more about the skills and training provision being offered around Hertfordshire.

OPEN EVENINGS



LONG ROAD Sixth Form
English
Curriculum

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

Hertford
Regional
College

Thursdays, 29th June 2023 - 17:30 to 20:00

**FASHION
RETAIL
ACADEMY**

Undergraduate and Level 4 Open Evening – Wednesday 21st June 2023. Level 2 & Level 3 Open Day – Saturday 24th June 2023



**MORGAN
SINDALL**



JOB OF THE WEEK

VIRTUAL EMPLOYER ENCOUNTERS

HOP recognises the importance of young people gaining first hand encounters with employers and employees who can provide information and inspiration about different career paths and roles.

Our webinar series provides opportunity to hear directly from university students and graduates, apprentices and current professionals from or based in Hertfordshire who will share their experiences with you on our live webinars that take place most Thursdays during term time.

By attending these sessions live you will have the chance to submit your own questions or thoughts to those panellists.

Visit the website for more information:

<https://www.hopinto.co.uk/virtual-employees-encounters/>

KENNEL ASSISTANT

Kennel workers care for dogs and cats in kennels or catteries.

Average Salary: £17,000

Do you need a Degree? No

How to become: A college course, such as Level 1 Certificate in Introduction to Animal Care or Level 2 Diploma in Animal Management. You could also get into this job through an apprenticeship, by volunteering or by applying directly to kennels.



WATCH NOW

Thinking of a career with Amazon Web Services?

On Tuesday 23rd May at 11am – 12pm, AWS and Inspiring the Future are running an interactive virtual careers chat themed on

apprenticeships. From engineering and operations to IT and health & safety, AWS offer a range of apprenticeships across technology and business that enables young people to kick start their careers with world class support and training. *The session is for students in years 9 – 13 and equivalent.*

https://us06web.zoom.us/join/qr/register/tZYkceyazgwllh0sC4n_WVY_WiceAXmGa3Udh7

Watch the Job of Week Here!

<https://www.youtube.com/watch?v=um9cdygm9Qc&list=PLVFWa7uIDT769WGU7c-4Dca4dJRIIPatZ&index=22>



Schoolwear 2023/2024



'Back to School' Key Information & Loyalty Scheme 2023/24

Fosters 'Back to School' officially begins 2nd May 2023. We expect this period to be extremely busy and we are doing all we can to improve your experience when visiting or ordering.

Visiting Us

From Tuesday 2nd May to Friday 8th September, we will be operating a combined appointments and walk-in system. Priority will always be given to appointments – we will do our utmost to see you at your allocated time slot. We allow 30 minutes for a fully assisted uniform shop. Appointments can be made online at: www.fostersschoolwear.co.uk/appointments/

Appointments

Please come into the building no more than 2-3 minutes ahead of your appointment time.

If you are late, we will do our best to serve you for the remainder of your 30 minute slot. If you are more than 15 minutes late, we will need to release your appointment and you will have to either re-book or queue for a walk-in spot.



Walk-Ins

We will operate a queuing system for walk-in customers. Upon arrival, please take a numbered token. You will then be told the approximate wait time. Each walk-in customer will have a dedicated member of staff to assist them.

'Back to School' Loyalty Scheme (years 7-11)

This season, earn 'Loyalty Discounts' as you spend with Fosters. The more items you purchase across our uniform categories, the higher the discount. See the Fosters website to learn more about this great incentive: www.fostersschoolwear.co.uk/back-to-school/discounts/ Begins May 2nd 2023.

Tills & Changing

We are aiming to have double the payment tills and double the changing facilities this year which means queuing will become far less of an issue.

Parking

With the help of a few of our neighbours, we should be able to accommodate your parking needs more effectively, this June to August.

Fosters Pop-Up Shops

Fosters may be running a pop-up shop in your child's school this summer. Please check the link to see whether your school is included, and on which date: www.fostersschoolwear.co.uk/back-to-school/pop-up-shops/



Fosters Schoolwear and Uniform4Kids are our uniform stockists

We are hiring!



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Click Here For Latest Vacancy Information

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



Hertfordshire
Family Centre
Service

School Nursing

NHS
Hertfordshire Community
NHS Trust

Summer Term
2023

Public Health Nursing 5-19 Team Newsletter

Ways to contact us:

0300 123 7572
(Mon-Fri 9am-5pm)
www.hct.nhs.uk/our-services/school-nursing

Free workshops available for parents and young people to attend, regarding emotional health, returning to school and more:
<http://ow.ly/U01750KHYQk>

HEALTH FOR TEENS

www.healthforteens.co.uk
A great website, with information and advice for young people aged 11-19.

Keeping safe in the community

Your child may be exposed to lots of different influences outside of home; their peers, friends, online activities and also in the community.

In most cases, these influences are positive and bring them opportunities to socialise, learn and thrive. However, in some situations, some young people may become involved in activities in their community that put them at risk of danger.

Try and create a safe space for your child to talk to you about their experiences and how they feel. Conversations with your child can help to tip the balance towards your child being safer.

Please see link below for further information:

<http://ow.ly/nF2O50NWITX>



Let's get cerebral!



The Sandbox is a new service within Hertfordshire. The service supports children and young people in with their mental health and wellbeing.

This free NHS funded service launched on 1 April 2023 and offers a website with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers, and other professionals.

The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT) or one to one support from professional therapists by text, phone online chat or video call, based on a triage of the person's needs.

Therapy sessions: 7am-10pm
Mondays-Fridays and 10am-10pm
Saturdays and Sundays

Live Chat: 10am-8pm Mondays-Fridays

Signing up is easy and doesn't require a referral from a professional.

Scan the QR code to visit The Sandbox website:



www.sandbox.mindler.co.uk

You can follow and share The Sandbox social media posts on Instagram at: [@sandbox_kai](https://www.instagram.com/sandbox_kai)

Chat Health

Chat Health is a text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday and gives the opportunity to contact a School Nurse for support and advice.

Young people can ask for help and advice on a range of issues such as:

- Weight and exercise
- Healthy eating
- Stress and anxiety
- Relationships and sexual health

If a young person contacts Chat Health after 5pm or on weekends and bank holidays, they will receive a bounce back message explaining where they can access support.



07480 635050

Did you know?

School Nursing is also on Instagram, Facebook and Twitter!

We post up to date information, support and advice for young people and parents.

Follow us!



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



Hct SchoolNursing



Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#>

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team for 11-19 year olds. Text in any health and wellbeing concerns.



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)