

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 30 - 12th May 2023



Good Luck to Year 11 and Year 13!

Mr Johnston - Headteacher



Yesterday we held the Transition Mass for our Year 11 students as they come the end of their first five years of their St. Mary's journey and (for the majority of them) make the move up into our Sixth Form. It was a wonderful celebration of the last five years, with Form Captains of each tutor group taking to the lectern to share funny anecdotes, say heartfelt 'thank you's and recount memories of their time together. The Form Captains managed to encapsulate all that our school represents – the love that was evident for each other and a deep respect for each other and their school. In turn, I am convinced that each student will flourish and become the responsible, compassionate and caring member of society that our school prides itself on developing.

Mr Eddleston, the Year 11 Tutor Team and all their teachers are very proud of them and the way they are approaching these final exams, which start in earnest on Monday 15th May. I know that the rest of the school community join me in offering my best wishes and good luck to them. During the exams, students in Years 7-10 are asked to show the respect they would expect to receive when they are in Year 11 by being especially considerate, quiet and thoughtful when on site, particularly in the area of the main exam hall and where they see an 'Exams in Progress' sign. Please do speak to your child about this responsibility.

The Year 11s were all given a 'Ticket to Success' after Mass, on the reverse were some words to inspire and motivate them through their revision and exam season, some of which I share below:

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus"

(Philippians 4: 6-7)

Finally, this week was the culmination of the preparation and rehearsals of the 'Frozen' whole-school production. There were three performances and the standard of production, acting and singing was exceptional. What stands out the most is the connection and friendships that the cast and crew have developed during this time. A huge thank you must go out to all involved in this, and in particular Mr McHugh, our Associate Assistant Headteacher and Head of Drama, and Mr Chapman, our Acting Head of Music. Events such as these bring out the best of St. Mary's and I encourage many more such endeavours!



St Francis of Assisi
CATHOLIC ACADEMY TRUST

UPCOMING EVENTS

Week Commencing Monday 15th May 2023
GCSE & A Level Exams Start ~ Week 1

Week Commencing Monday 22nd May 2023
GCSE & A Level Study Leave Starts

Week Commencing Monday 22nd May 2023
GCSE & A Level Exams Continue ~ Week 2

Friday 26th May 2023
Year 12 Trip to Oxford

Monday-Friday 29th May-2nd June 2023
HALF TERM WEEK
School Closed
Students Return on Monday 5th June 2023



HM King Charles Coronation Celebration



On Friday 5th May 2023 over 1000 pupils and staff of St Mary's Catholic School came together as a community to celebrate the Coronation of King Charles III and Queen Camilla, which was to take place the following day.

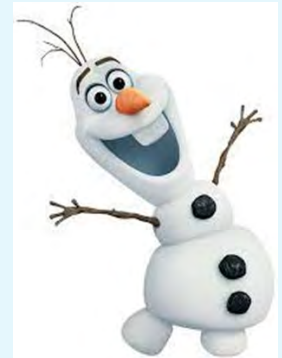
Prayers were said for the new King and Queen, the National Anthem was played by the school orchestra and sung by all, the Union Jack was displayed on a new school flagpole and there was an address by Mr Johnston, our new Headteacher.



The History Department have also taught all KS3 pupils a lesson during the past two weeks on the Coronation focusing on 'Who was Britain's Greatest Monarch?'
The result was a close one between Queen Victoria and Elizabeth II.



Frozen Jnr at SMCS



Students performed a spectacular 60-minute musical, based on the 2013 Disney film and the 2018 Broadway adaptation.

Anna, Elsa, and all of our favorite characters, embarked on an epic, ice-filled journey of self-discovery, camaraderie, and the real meaning of true love. The performance included favorite *Frozen* songs such as "Love Is an Open Door", "Do You Want to Build a Snowman?" and "Let It Go".

Year 11 Celebration Mass & BBQ



Year 11 Celebration Mass & BBQ



Year 11 & Year 13 Leavers ~ School Library Books!



PLEASE
RETURN
YOUR
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?**

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.

Awareness about Mental Health

Each Mind Matters



More than half of adults (60%) and over two thirds of young people (68%) said their mental health got worse during lockdown.



Adults



Young people

source: mind.org.uk.



Warning Signs of Mental Illness

- ♦ Long-lasting sadness or irritability.
- ♦ Extremely high and low moods.
- ♦ Excessive fear, worry, or anxiety.
- ♦ Social withdrawal.
- ♦ Dramatic changes in eating or sleeping habits.

Each Mind Matters

THIS POSTER WAS KINDLY SUPPORTED BY:



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1 in 4
People will experience mental health problems of some kind each year

5 Warning Signs of Mental Illness

- Long-lasting sadness or irritability.
- Extremely high and low moods.
- Excessive fear, worry, or anxiety.
- Social withdrawal.
- Dramatic changes in eating or sleeping habits.

1 in 10
Children aged 5-15 has a mental health disorder

HELP AND SUPPORT

MIND
Phone: 0300 123 3393
Website: www.mind.org.uk

CALM
Phone: 0800 58 58 58
Website: www.thecalmlzone.net

AWARE
Website: www.aware-ni.org

NO PANIC
Phone: 0844 987 4848
Website: www.nopanic.org.uk

SAMH
Website: www.samh.org.uk

RETHINK MENTAL ILLNESS
Phone: 0300 5000 827
Website: www.rethink.org

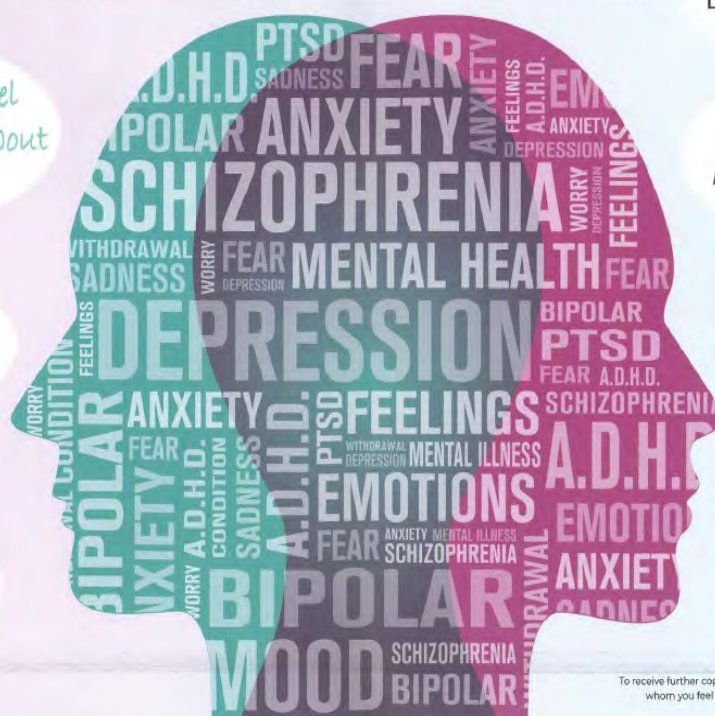
YOUNG MINDS
Phone: Parents' helpline 0808 802 5544
Website: www.youngminds.org.uk

TIME TO CHANGE
Website: www.timechangewales.org.uk

No One Should Feel Ashamed To Talk About Mental Health

It's Ok To Ask For Help

Identify The Positives



Find Things That Make You Feel Calm

You Are Not In This Alone

It's OK Not To Be OK

ST MARY'S CATHOLIC SCHOOL CAREERS BULLETIN



HOP INTO APPRENTICESHIPS AND T-LEVELS

The Environment Could Cause Bird Die-Offs And Eggs

WANT MORE INFORMATION ABOUT T-LEVELS AND APPRENTICESHIPS?

JOIN THIS VIRTUAL CAREERS FAIR. IT'S FOR PARENTS AND CARERS!

It's on Wednesday 14th June from 17:30 – 19:00, it's online, it's 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
COLLEGE
CAMBRIDGE

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

4TH & 5TH JULY 2023, 5-9PM

Hertford
Regional
College

Thursday 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



Stansted Airport Academy

Stansted Airport Employment and Skills Academy is managed by London Stansted Airport and delivered in partnership with Harlow College. They offer a one-stop-shop for anyone interested in finding out about on-site vacancies, as well as offering a tailored aviation training programme, designed to provide job seekers with the opportunity to gain skills which will assist in securing employment at the airport with one of the 200+ on-site employers. There are numerous positions available, please check out their website to explore their vacancies and start your aviation career.

<https://www.stanstedairportacademy.com/candidate/jobs/>

JOB OF THE WEEK

Librarian

Librarians organise the library database and help people find materials and resources.

Average Salary: 18,500 - £32,500

Do you need a Degree? Not necessarily. You can get into this job through a University Course or work towards this role, or via a graduate training scheme.



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/j/84811234567>

Watch the Job of Week Here!

<https://www.youtube.com/watch?v=vixAdpzGeCIU&list=PLVEW37UIDT769WGUTC-4Qca4dJRIpatZ&index=13>



Exam Season ~ Self Care

TAKE CARE



OF YOURSELF

We are fast approaching the external exam season for our Year 11 and Year 13 students. This can be a time of great pressure. We all know that a little bit of pressure and a healthy amount of nerves can be good for us when we are preparing for exams. However when this gets overwhelming it can be very difficult to produce our best.

How do you know when your child is suffering too much pressure?

This is a difficult question to answer but trust your instincts, if you do not feel they are coping, then you are probably right. Talk to them, ask them how they are doing, if you don't believe the answer, ask again.

If you are worried about your child, please make contact with us here at school and we will try our best to help. info@stmarys.net

YOUNG MiNDS



The web link below is a good source of advice at this potentially stressful time:

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

There is also some advice here for parent support during exam season.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>

We are hiring!



St Francis of Assisi
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Click Here For Latest Vacancy Information

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



Deaf and Hearing Support Service ~ Hertfordshire



The Deaf and Hearing Support Service are once again holding an activity/information afternoon for children and young people with a hearing loss, and their parents, from across Hertfordshire. The invited children range from 7-13 years of age (school Years 3-9)

Course: Activity Session for Children in Mainstream Schools (and parents)

Date: Wednesday 21st June 2023

Time: 12:30pm – 4pm (please note the event starts promptly at 12:45pm)

Venue: Hertfordshire Sports Village, Hatfield. AL10 9EU

There is no charge for this event. However, due to budgetary constraints, lunch will not be provided.

The children should have lunch beforehand – either bringing a packed lunch or if you wish to purchase lunch there is a café in the sports centre.

Hot drinks will be provided for adults.

Please bring your child with a labelled drink and small snack for break time.

Parents of invited children have already been sent this letter to indicate interest in the event and to complete the questionnaire by clicking on the EventBrite Link below by Friday 12th May 2023:

<https://www.eventbrite.co.uk/e/619601563957>

In the past, this has proved to be a valuable afternoon for the children and young people, encouraging them to meet in a social context, chat and take part in a range of sporting activities.

Proposed Content

In response to the feedback we received from children last year, our sports activities will include football, wall climbing, basketball and art/craft.

The wall climbing activity will be open to children aged 8 years and over. There will be 6 places available so pupils will be chosen on a first come first served basis (from the pupils who didn't take part in wall climbing last year) by completing and returning the enclosed form together with the Junior Club/Course disclaimer form as soon as possible. We will let you know either by phone or email if your child has been successful in securing a place.

Following the sports session the children will have the opportunity to go swimming. A qualified lifeguard will supervise the children along with Specialist Advisory Teachers from the Deaf and Hearing Support Service. Swimming is not compulsory but if your child wishes to swim, he/she should bring a swimming kit along with a P.E. kit for other sports. Those young people not wishing to swim may choose to play a selection of board games.

Whilst the children are occupied there will be an opportunity for parents and carers to meet, discuss any issues and listen to presentations in an informal atmosphere. There will be a chance for children to hear role models speak before they start their activities.

With regard to parking, ANPR is operational in the car park. Anyone who is parking onsite will need to input their car registrations in the screens at the top of the stairs at the centre reception for free parking all day.