

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 34 - 16th June 2023



Looking to the Future

Mr Johnston - Headteacher

It's been an exciting week across the school, with so much going on both in lessons, on field trips, fixtures and enrichment opportunities—just a quick flick through the pictures and articles in this edition of the newsletter and you'll see our students (your children) been nurtured academically, excelling at sports, enjoying the weather on geography field-work and at Harry Potter Studios on the maths trip. Not to mention the 60+ Sixth Form students on Duke of Edinburgh's Award expedition and the amazing £10,000 grant we have been awarded for the Design Technology Department to take part in a scheme to build and race an electric car!

On Monday, students in KS3 were encouraged to develop their oracy skills, which is an ongoing project developed by our Literacy Coordinator, Ms Keane. Building confidence in public speaking, debates and verbal skills is an important part of our literacy programme and helps to develop students at all levels, with links to careers and academic excellence.

I'd like to thank all the teachers who have led, or contributed to these events—I'm very grateful for their enthusiasm and commitment to going beyond the classroom for the students' enrichment and education, which is something I have been encouraging since the end of the pandemic.

Since I took over the Headteacher role, on 17th April of this year, I have been working with the teachers and staff to review all aspects of the way we do things—as I wanted to get a full picture of how things are working as we rebuild from a few turbulent years before making decisions about the next period of time.

I have so far been working with the Governors (Local Governing Body) and the SLT to develop some overall objectives. This week, I put these objectives to the teaching and associate staff for their input and I am receiving some really useful responses to this consultation.

Here are the main (draft) objective areas to date:

1. Catholic Life and Ethos
2. CPD (ongoing training and development)
3. Sixth Form Life
4. Leadership/ Career development/ Retention
5. Enrichment Opportunities/ Wider Curriculum
6. Working as part of the Trust (St. Francis)
7. Estates Development
8. Rewards and House Points
9. Wellbeing
10. Environment & Sustainability

If you—as a parent—would like to make any suggestions or have any ideas about the way forward for the school, please do send an email to info@stmarys.net marked '3 Year Plan'.

God Bless.

UPCOMING EVENTS

Week Commencing Monday 19th June 2023
GCSE & A Level Exams Continue ~ Week 5

Tuesday 20th June 2023
Class 7A & Class 7B Retreat

Wednesday 21st June 2023
Year 7 Theatre Trip to Frozen

Friday 23rd June 2023
Class 7K & Class 7T Retreat

Tuesday 27th June 2023
Class 7M & Class 7J Retreat

Wednesday 28th June 2023
Year 11 Prom

Thursday 29th June 2023
Class 8T Retreat

Friday 30th June 2023
Sports Day

Friday 30th June 2023
Year 13 Prom



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Oracy Day at St Mary's

Oracy Day – Monday 12th June

'Speaking Like an Expert'



We celebrated our second Oracy Day of the year on Monday. The focus this time was, as well as recapping the usual oracy skills relating to speaking and listening effectively, using high frequency, academic vocabulary in speech in order to speak 'like an expert'.

Student Report:

'In English, we recapped on PVLEGS which stand for: Poise, voice, life, eye contact, gesture and speed.'

Instead of writing our answers, we used the words from our text that we didn't know the meaning to and retold or made up a story including those words. The words were 'petulant', 'impatient' and 'jovial'.

It was a competition as we were using PVLEGS to give people reading their stories out positive and negative feedback, I enjoyed the stories most of all as they were funny and interesting.

Oracy days help me improve my speaking and the way I talk to audiences; I really enjoyed it.'

Cardmel, Year 7



PE Department News...

2023 Hertfordshire Track and Field Championships Saturday 10th June at Jarman Park, Hemel Hempstead

We had 6 athletes who made the entry standard to complete at the championships this year which is a fantastic accomplishment. There were some great performances on the day seeing lots of PB's being achieved all round despite the soaring temperatures.

Overall, Kai came third in the 400m final, William came second in the 200m final, and Paschal won his 100m final.

Congratulations to all the athletes who participated in this.



Zac F – 1500m
Paschal I – 100m
Kai F – 400m
Maximillian S – 1500m
William U – 200m
Lenny C – 400m



We are delighted and exceptionally proud of Paschal who has won the county 100 metres competition and has been selected for the National Athletics Championships to represent Hertfordshire.

Paschal is an exceptionally fast sprinter and we wish him every luck in the National competition!



Design & Technology Department News...

The Design & Technology department is overjoyed to report that their applications for Secondary School Minor and Major Awards from www.EduFundUK.org have been successful!

The minor award was used to purchase a small desktop CNC machine, tooling for machine tools and a selection of precision engineering tools, these have already been put into use by students to enhance the quality of their practical work.



The main focus of the secondary award (just under £10,000) has been used to purchase a Greenpower F24 Chassis for the <https://www.greenpower.co.uk/> championship. The chassis will be assembled by afterschool D&T S.T.E.A.M. club students, providing a natural progression on skills acquired through the Scalextric 4 Schools, F1 in Schools and Formula Schools projects previously carried out.

The assembled running chassis will provide a showcase for Design and Engineering in the School workshops, and be inspiration as the basis of projects through KS4 and A Level. The Greenpower car will provide a focus for a new scheme of work in KS3, designing and prototyping a bodyshell which will be prototyped in modelling foam with the emphasis on design, prototyping and graphics.



The exciting project will provide a basis on which to seek sponsorship and additional funding in which to develop, test and compete as a school team in the national Greenpower F24 / f24+ championship, with the final at the Goodwood Motor Circuit.



In addition to the purchase of the Greenpower kit car, the bid also includes a range of professional power tools. A cast iron router table, track saw, Tig welder along with professional Makita tools will be put into use in order to raise the quality of manufacturing in the department. These newly purchased items will work alongside existing hand and machine tools to create a superb facility of which staff and students can be rightfully proud.

Mr Briggs (D&T Technician)



Year 7 Trip to Harry Potter Studios

Harry Potter and the Students of St Mary's

And yet again, Maths Department had a very successful trip for 50 Year 7 students to Harry Potter World.

Students had a great time finding out about maths used in producing movies – there is so much of it. They focused on scale and proportions, getting to know the secrets of creating half giants and various movie prompts. And then, they used the knowledge from the Movie Maths workshop to enter the magical world of witches and wizards, following steps of Harry Potter and his adventures. Testing magic wands, practising flying skills on the Fireball, admiring the flavours of butter beer ice cream, they had such a good time.



What a magical trip we all had!



Harry Potter

Year 10 Geography Fieldwork

On Wednesday this week Year 10 spent a sunny day along (and in!) the River Stort with a second day of fieldwork on Thursday in the urban area of Bishop's Stortford.



The geographers were able to explore the reality of concepts of river processes that they had learnt about in class and were able to experience the inter-relationship of human activity and the river environment. Students now have a great set of data to analyse and evaluate before their GCSEs.

Well done Year 10 for getting stuck in and not worrying about your soggy socks, fantastic effort!



Year 11 and Year 13

Unwanted revision guides / school laptop return



Now that your exams are almost over, if you have a school laptop it is time to return it please as we have younger students in need of a device. Thank you to those of you who have already returned these.

Any revision guides, flash cards, etc, that were provided by school or that you don't need any longer and any unwanted maths sets and calculators that you are willing to donate will be very welcome as there are students who will be very grateful to use these next year!



Summer Term ~ Hot Weather

A reminder...

- ◇ Students to bring in a water bottle and ensure they stay hydrated during the warm weather
- ◇ Students to stay in the shaded areas/Refectory at break and lunch time to ensure they are cool
- ◇ Students to leave their school jumper at home
- ◇ Students to wear sunscreen and a hat
- ◇ Students with hay fever are to ensure they take preventative measures due to the high pollen levels expected



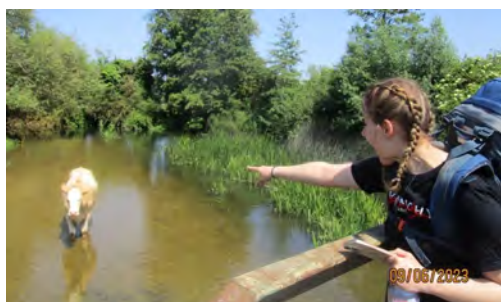
The Duke of Edinburgh's Award Expedition



Students Report:

On the morning of Thursday 8th June a group of approximately 60 Year 12's took off from school heading to Suffolk to complete our Bronze DofE Award, looking forward to three days and two nights of camping and orienteering. Although a little apprehensive about the long walk ahead of us the major emotion being portrayed was that of excitement.

Upon arriving at the campsite, we all convened around the central area – the firepit – where it was explained what the plan for the upcoming expedition was. The Thursday was focused solely on training and receiving the necessary knowledge that would prove helpful in our expedition such as first aid, planning your groups route as well as how to use the proper equipment needed to cook dinner on the Friday night. Once that was all done, the rest of the day was spent getting comfortable in in our tents as well as relaxing with our friends in the sun. That evening, we all enjoyed a very large portion of fish and chips from the local chip shop leaving everyone extremely full before the expedition the next day. And at around 10pm everyone was in the tents.



Friday started with an early wake up, with most being up and about between 6-7am. Everyone swiftly ate their breakfast, packed their rucksacks and tents away and prepared for the long walk ahead. Every group had begun their walk by 9am, aiming to get enough walking done before the midday heat struck! We began our walk with huge amounts of energy and optimism before missing our first turning but quickly correcting ourselves upon realising and continuing on our way. The locals were incredibly friendly, offering help whenever necessary; we kept our moods high with songs and laughter. There were a lot of hills and travelling through fields with grass up to our waist, which was hard in the heat, but we did it.

When we reached the midpoint on our journey, we were met by Mrs McGloin and Mrs Tappin, which was a huge mood boost for the whole group, where we refilled our bottles before heading off again on our walk. As the temperature continued increasing and the group got increasingly tired, the walk became hotter and more difficult but when we reached town, we knew it wasn't far to go so we all pushed through the fatigue and achy feet knowing we would be on that bus heading back to camp within an hour. We successfully found Mr Cage and the minibus and sat on the bus very relieved that our walk was over, for today! In total, we walked approximately 19K, which explained the stiff muscles and blistered feet! Once back at the campsite, we raced to the showers, put our tents up and then ate pasta cooked by our designated group's chefs, before swiftly going to sleep, exhausted from our long day.

Saturday began with an even earlier rise with everybody awake and dressed by 6:15am, everyone was keen to rush off, excited to finish our walk for the day! Once again, we packed up our belongings, ate breakfast and prepared for the even hotter day ahead of us. Our group were on the road walking by 7:45am, the mood slightly less positive than the day before, with everyone suffering with different aches and pains. Our walk got off to a slow start with a few wrong turns and an injured knee in our group, but we eventually found our pace again and were heading in the right direction. Once again Mrs McGloin and Mrs Tappin met us halfway to ensure we all had enough water, and we headed on our way again before taking a brief stop for lunch. With only an hour of walking left, the mood was kept high by thinking of what we were all going to eat for dinner, with pizza being the fondest answer! Once the very hot 14.5K walk was finally over we all sat on the floor, incredibly tired, waiting for the bus. Everyone arrived home, very tired and with very sore feet! Overall, it was a very enjoyable experience had by all.



Carnegie Shadowing Inter-Schools event



Student Report:

Members of the Carnegie Club at St Mary's met up every week in the library to talk about one of the shortlisted books and discuss our overall thoughts on it. There were many instances where my opinion about a book completely changed after a meeting! We also wrote reviews on the books and published them on the website. This whole experience was really enjoyable, especially because it gave me some amazing books to read!

Year 8 student



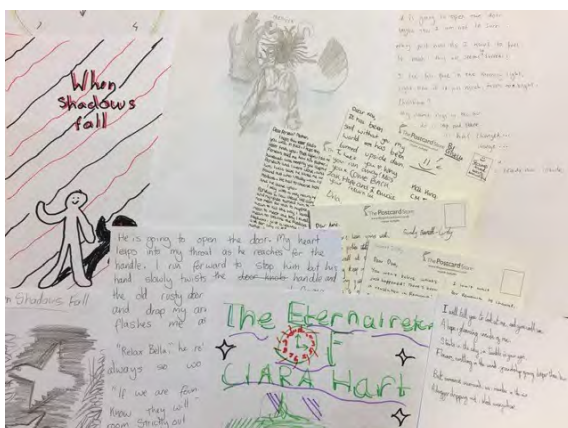
Student Report:

Eventually, the time came when we had to choose a favourite from the shortlist. A special event was held in the sixth form block with the other schools in the area and we had many activities to do with the books. The schools involved were Herts & Essex, Hockerill, Boys' High, Leventhorpe and Bishop's Stortford College. My favourite activity was a writing/poetry one. Last lines of the nominated books were provided and we had to continue from them as if they were part of a story. Overall, the entire event was a success and I can't wait for the next one!

Anna S, Year 8

**Thanks to Ms Rose and Mrs Frino and the students who helped run the event:
Imogen S, Daisy C, Raphael C, Kalina N and Christine C**

The winner of the Carnegie prize, along with the Shadower's Choice, will be announced on 21st June. In the meantime, students can come and borrow books on the shortlist from the library.



Carnegie Club

Students designed alternative book covers, wrote poems and postcards from key characters.



ST MARY'S CATHOLIC SCHOOL CAREERS BULLETIN



Free UCAT Revision Sessions

Lincolnshire Training Hub

11:30 - 2:00pm

OPEN EVENINGS



LONG ROAD OPEN EVENINGS

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

HARLOW COLLEGE

Apprenticeships in Civil Engineering, available with company Tarmac



There are apprenticeships available in levels 2, 3, 4 & 5. Interviews start Early July, you could start working for Tarmac as soon as 31st August 2023. Location: London Waltham Forest. To apply please visit their website: <https://tarmaccareers.com/early-careers/apprentices-and-higher-apprentices>

GO FIND YOUR NHS CAREER

NHS and Social Care Careers Expedition!

Where: ARU Chelmsford CM1 1SQ When: Monday 3rd July 9:30 – 11:30 or 12.30 – 2.30pm.



Careers Stands Include:

Social & Community Care	Midwifery	Healthcare Sciences
Ambulance Service	Pharmacy	Nursing
Primary Care	Mental Health	Medicine

Allied Health Professionals e.g. Occupational Health, Physiotherapy, Radiotherapy, Speech & Language, Prosthetics, Podiatrists

Work Experience within the NHS

Work experience is a fantastic way of gaining insight into a career especially what a day in the life is like for that job. With over 350 career options available in health and care it can seem a daunting experience to choose which job is right for you and work experience can help you with those decisions. There are multiple work experience placements within the NHS via their Academy website

<https://academy.healthierfuture.org.uk/work-experience-and-volunteering>

Get out there, Get Experience, Get Career Exploring!

JOB OF THE WEEK

Paramedic

Paramedics are often the first medically trained people to arrive at a medical emergency. They determine the patient's state, provide essential care and transport patients to hospital or other healthcare facilities.

Starting Salary: £25,000

Senior Average Salary: £40,000

Consultant Paramedic: up to £74,000

Do you need a Degree?

Recommended route is to complete a university paramedic science course at degree level. There are also apprenticeships.



LOVE-RESPECT-FLOURISH

#DedicatedtoExcellence

Locker Day

Friday

14th July



- All Lockers **must** be emptied before the end of the Summer term
- All keys **must** be returned to Form Tutors no later than **Friday 14th July**
- Y7-9 Students who return their key by the above date will receive a £5 refund via Parent Pay

We are hiring!



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Click Here For Latest Vacancy Information

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



Hertfordshire Community
NHS Trust

Children's wellbeing practitioners

The Hertfordshire Community NHS Trust children's wellbeing practitioner team and children's wellbeing practitioners (CWPs) are hosted by the public health school nursing service, however there is a new referral pathway to access support.

The CWP training programme was driven by Health Education England as a response to ensure that children, young people and their parents/carers have access to evidence based preventative and early intervention support for common emotional wellbeing and mental health difficulties. The aim of the HCT CWPs is to ensure that children and young people can easily access evidence-based support, early in the development of the problem through workshops, groups and 1-1 interventions.

Interventions

CWPs are trained to deliver manualised guided self-help interventions for anxiety, low mood and behavioural difficulties. There are four manualised guided self-help interventions available:

- ~ Child anxiety (parent-led for children aged 5-11)
- ~ Child behavioural problems (parent-led for children aged 5-8.
Older children may be accepted in some instances)
- ~ Adolescent anxiety (For young people aged 11-19)
- ~ Adolescent low mood (For young people aged 11-19)

Please note, as highlighted above, child interventions for children aged 5-11 are completed with the parent(s)/carer(s) according to the manual and evidence base for those interventions. CWPs are unable to work with children/young people who are currently actively self-harming or who are currently actively suicidal (having thoughts with intent and/or a plan).

Workshops

The CWPs also deliver several emotional wellbeing workshops throughout the year targeted at parents/carers and young people. These workshops are currently being delivered virtually via Microsoft Teams and a referral into the service is not required to access workshops.

The following workshops are either currently available or will be available later in the year:

- ~ Child emotional wellbeing and regulation
- ~ Emotional wellbeing for adolescents
- ~ Child sleep difficulties
- ~ Adolescent sleep difficulties
- ~ Child self-esteem
- ~ Adolescent self-esteem
- ~ School transitions
- ~ Exam stress

You can book a place onto a workshop via [Eventbrite](#).

School avoidance/anxiety recorded webinar

It has been noted that a significant number of children and young people are struggling to attend school or avoiding attending school due to emotional factors like anxiety. The CWPs have recorded a webinar focused on school based anxiety which includes: anxiety psychoeducation and strategies and tips to support children who are currently struggling with attending school due to anxiety.

The webinar is split into Part 1 (Theory and Psychoeducation) and Part 2 (Strategies and Tips). There are handouts which can be used alongside this webinar.

For referrals and more information, please access the website via:

<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>