

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 8 - 3rd November 2023



Well Done Years 11 and 13 in your Mock Exams

Mr Johnston - Headteacher

Over the past two school weeks, the Year 11 and Year 13 students have been sitting the first of their mock exams in GCSEs and Level 3 courses. These are always big events as the students start to raise their game, get revising and used to the idea that their end of year exams are getting closer and closer. Well done to all students, as these exams have been taken very seriously, and run extremely smoothly. Thanks also to Ms Newman (Exams Officer) and Mr Palmer (AHT) for leading this exam series.

For Year 13 students, they are also finalising their UCAS applications, whilst the Year 11s are starting to think about their options at the end of the year. For most students at St. Mary's, continuing their education into the Sixth Form is the natural next step—we offer a very wide range of A Level and Diploma courses to cater for a range of specialisms from Biology to Business, Maths to Media and Economics to English. Additionally, this year we will be offering an A Level Photography course and the Level 3 Diploma in Performing Arts, which are additions to our list of about 30 subjects on offer.



Mrs McGloin (Sociology Teacher) and Sixth Form Students

Mr Noble is our new Director of Sixth Form (detailed biography of him on Page 3!) and he will be hosting our Sixth Form Open Evening next Thursday evening—full details are on the next page.

The Sixth Form curriculum normally involves three subject choices, enrichment classes, service to our community, leadership opportunities and a certified course in Philosophy, which gives students an opportunity to develop their thinking skills, reflect on current affairs and develop their ethical and moral awareness. More information will soon be available in our new Sixth Form video and Prospectus which will be released very soon!

Have a great weekend with your families.

Sixth Form Open Evening

2024 Admissions

Thursday 9th November 2023

The event will begin with a welcome and keynote speeches from the Headteacher, Director of Sixth Form and Head Students.

These presentations are taking place at 6pm and 7pm and so please reserve your preferred time slot:

[CLICK HERE](#)



UPCOMING EVENTS

Thursday 9th November 2023

Sixth Form Open Evening

Monday 13th November 2023

Anti-Bullying Week—Odd Socks Day!

Thursday / Friday 16th & 17th November 2023

INSET DAYS—School Closed to Students

Students Return to School on Monday 20th November

Monday 20th November 2023

Oracy Day



St Francis of Assisi
CATHOLIC ACADEMY TRUST



St Mary's Catholic School

SIXTH FORM OPEN EVENING 2024 ADMISSIONS

Thursday 9th November 2023

6pm - 8.30pm



You are warmly invited to join us for our Sixth Form Open Evening where you will learn about the various exciting post-16 opportunities that await you at St Mary's:

- Newly renovated fully equipped Sixth Form study centre.
- Purpose built and designed Sixth Form specialist classrooms.
- Excellent academic standards, achieved through bespoke and vibrant teaching.
- Range of over 30 subjects offered including both A level and Diploma courses.
- Oxbridge/Medical/Dentistry UCAS guided programme.
- Impressive record of careers guidance preparing students for their next steps.
- UCAS, University and Degree Apprenticeships preparation.
- A vast and diverse range of enrichment and student leadership opportunities to challenge and develop students skills.



Information packs and applications forms are available on the school website:
www.stmarys.net



ST MARY'S SIXTH FORM

Windhill, Bishop's Stortford, Hertfordshire. CM23 2NQ

Tel: 01279 654901 Fax: 01279 653889 Email: info@stmarys.net

www.stmarys.net/sixth-form @StMarysPost16 @StMarysPost16

Introducing some of our new staff...



Mr Noble **Director of Sixth Form**

After graduating from Durham University with a degree in History and Politics, I completed a three-year graduate scheme at Diageo. Working at this global company provided me with a fascinating insight into the world of business and industry, but I came to realise that my true passion lay in education. This was confirmed through an amazing experience of teaching in Canada, where I was also a sports coach and housemaster. I completed my PGCE (teaching-training degree) at Exeter University and am now over a decade into my teaching career. Over this time, I have held various roles – Head of History, Head of Politics, Head of Year 11, 12 and 13, and now Director of Sixth Form - at three different schools.

My first half-term at St Mary's was very fast paced and intense... as I fully expected it to be! Nonetheless, it was a really successful start to the new academic year... highlights included the successful induction of our new Year 12 cohort (including a fantastic Team Building Day out at Nuclear Races in Brentwood), the election of our fabulous new Year 13 Student Leadership Team, and the submission of the UCAS 'early entrance' applications for those Year 13 students applying for Oxbridge and/or Medicine. I am really enjoying getting to know the students, and have been particularly impressed with their friendliness and humility. The Sixth Form Team are excited to see what we can all accomplish together over the course of the 2023-24 academic year.

In my spare time, I have always been a keen sportsman and enjoyed participating in an array of sports – rugby, football, cricket, rowing - to representative level. Enjoying the social aspect and friendships that accompany sporting activity, I undertake challenges both large (a three week 1,100 mile cycle ride from Land's End to John O'Groats, Triathlons, Tough Mudder half/full marathons) and small (Saturday morning 'Park Runs'!). I also love exploring the countryside and our nation's history through visits to National Trust properties with my family (which also provides a great excuse to enjoy a coffee and a cake!).



Calling All Cadets !



We are planning a special ceremony to mark Remembrance Day on Friday 10th November 2023

and would like ALL students who are cadets to be involved.

Please can I ask ANY student who is part of a cadet group outside of school to email their name to Miss McHugh at d.mchugh@stmarys.net to help begin the planning and preparations.



St John
Ambulance
Cadets



There will be a rehearsal on Wednesday 8th November for those students taking part in the ceremony.

National Non-Fiction November

National
Non-Fiction
November
2023



November is non-fiction month, and this year's theme is 'Wonderful water'.

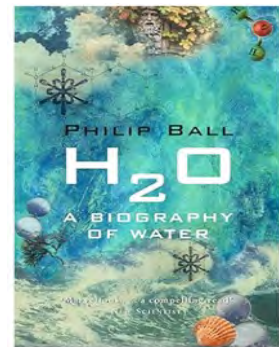
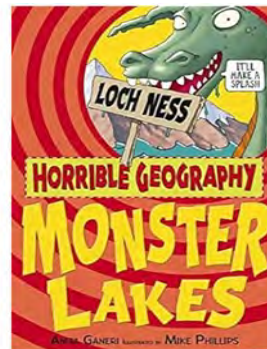
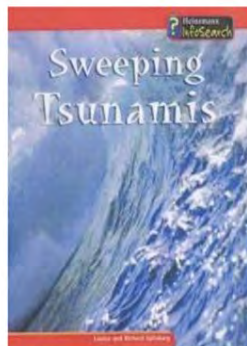
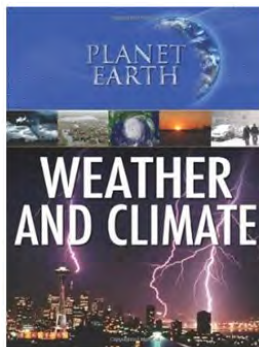
Students will find a selection of books on display in the library, many of which link to curriculum topics.

Plenty of non-fiction titles are on Accelerated Reader:

if your child does not enjoy fiction, please encourage them to come to the library to borrow a factual book which interests them. Reading for pleasure does not mean reading fiction!

House points are also available for students who read to extend their knowledge of a topic they are studying in Science, History or Geography.

More information about National Non-Fiction November is available here <https://fcbg.org.uk/nnfn/>



New Macbeth Performance Starring Ralph Fiennes

As you may know, Macbeth is our Shakespeare play studied for GCSE and as luck would have it, a brand new version is set to be staged in London between February and March next year at the Doc X venue, in London.

This would be of particular interest to those students in Year 10 & Year 11.

Should you be interested in a family evening out with, what will no-doubt be, a fantastic educational boost, click on the link below to see ticket availability.

[Shakespeare's Macbeth | Starring Ralph Fiennes | Official Website \(macbeththeshow.com\)](https://www.macbeththeshow.com)

Inter House Talent Show Competition

The week before half term saw our first ever Inter House Talent Show!

This was a fantastic opportunity for our students to perform one of their talents. We had a wealth of students volunteer to perform to the whole of Year 7 and Year 8. There was a diverse number of performances ranging from singing and dancing to a magic show!



All performers had to face the scrutiny of our Senior Prefects (!) who were given the responsibility to judge each performance. Such was the high quality of the acts, the judges awarded very high scores for all performances!

One student in Year 7 wowed the audience and the judges singing a song from Les Miserables that achieved him full marks!

There was also a wonderful demonstration of student leadership on view with many members of our Sixth Form either performing in the show or helping with the running of this competition.



Year 7 Form Day Retreat

This week was the first of our Year 7 Form day retreats at St. Mary's.

The students had attended Mass at St Joseph's Church in Bishop Stortford. We also had time to play some fun games together, reflect on how we are called to help others in need and stand up against injustices in our world. Then in the afternoon the students had the opportunity to decorate some prayer rocks for our prayer garden, and then we finished the retreat by watching a video about "Laudato si" Pope Francis' letter to the whole human race. During this video we all had the opportunity to reflect on how and what we need to do to, in order to care for our "Common Home" planet Earth.



The students seemed to have a great retreat and I look forward to welcoming the other Year 7 forms this term.

Mr Wright



Year 9 Painting Workshop

Year 9 Shine in Painting Workshop with Artist Sarah Graham

On Friday 20th October, Year 9 students participated in a painting workshop led by international photorealist painter and mental health champion Sarah Graham. We were all so inspired by Sarah's honest talk charting her career highs and lows, her passion and love for painting and showcase of incredible work.

Once Sarah had finished her talk students had a chance to paint on canvas using some techniques that Sarah uses to create her work which included using a grid to outline work and working with yellow acrylic underlay before adding further detail over the top with a variety of brushes.



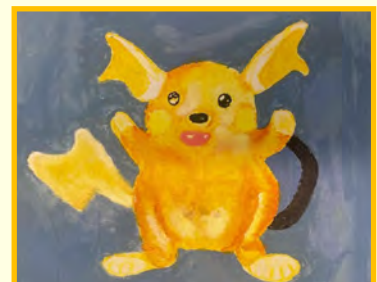
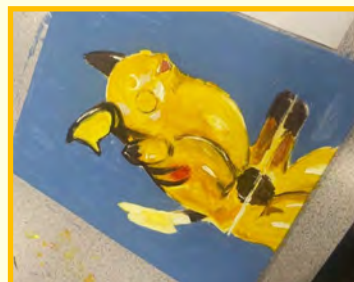
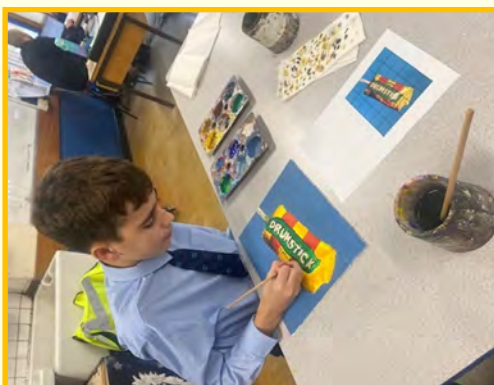
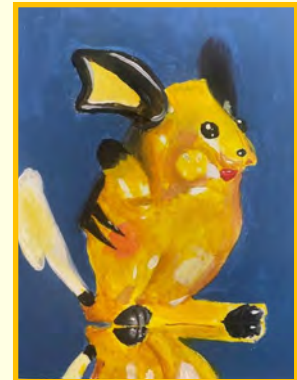
Sarah's enthusiasm, fun and supportive one to one approach really helped students make the most of their time in the workshop and students were able to produce some wonderful painting work. Sarah also commented on the fantastic quality of work created in the workshop and the wonderful attitude and behaviour of our students. Miss Morgan-Wren and I could not be prouder of the Year 9's who participated who were all not only a credit to the school but also showcased perseverance in the face of a new and challenging creative task.

Very well done Year 9!

Miss Nairn



Year 9 Painting Workshop





ST MARY'S CATHOLIC SCHOOL CAREERS BULLETIN



G C W

GREEN CAREERS WEEK

Green Careers Week Monday 6th – Friday 10th November

Green Careers Week is a new thing, this is its second year running.

It's a week aimed to help everyone to become more aware of Green jobs, the Green Industry and in particular future jobs and career paths.

Next week in school, all students will have a dedicated PSHE lesson on Green Careers with the aim that all students will have a better understanding of the careers and jobs available in the green industry. Students will also be participating in Form Time Activities relating to green careers, from quizzes to short videos of people on the job or in green apprenticeships.

What is a Green Career?

In the simplest terms, green careers include roles within businesses that benefit the environment and conserve natural resources. These roles have been growing over recent years and are bound to increase further as the necessity for greater energy efficiency and sustainability becomes more urgent.

More to come on this next week!

OPEN EVENINGS



21st November 2023

5.30pm - 8.00pm

Brombourne Campus, Ware Campus
Open Events



Upcoming Dates

- Saturday 14th October: 10am - 3pm
- Saturday 25th November: 10am - 3pm



NHS Healthcare Careers Virtual Work Experience

JOIN ONLINE

NHS Virtual Work Experience Programme commencing on **Sunday 5th November**. To register, follow this link: <https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/>

Students considering a career in the Allied Health Professions (AHP) are encouraged to secure their place on the programme as soon as possible. This will allow them to complete several sessions of work experience before the UCAS and apprenticeships deadline for NHS Health Careers in January. Students wishing to pursue careers in the following industries are recommended to register; **Nursing, Midwifery, Paramedicine, Physiotherapy, Occupational Therapy, Dietetics, Radiography, Prosthetics and Orthotics, Speech and Language Therapy and Pharmacy.**

St Mary's Catholic School

TERM DATES REMINDER

Autumn Term

INSET Days on Thursday/Friday 16th & 17th November 2023
Pupils Return to School on Monday 20th November 2023
End of Autumn Term on Wednesday 20th December 2023

Spring Term

INSET Day on Wednesday 3rd January 2024
Pupils Return to School on Thursday 4th January 2024

Spring HALF TERM

Monday—Friday, 19th—23rd February 2024



AUTUMN



Autumn Weather

Parents, please can you ensure your child is dressed for the Autumn/Winter weather.

Students should have an umbrella with them, a warm winter coat and sensible school shoes. Fashion school shoes in particular are not designed for rain and wet weather conditions.

Please ensure your child has appropriate footwear and is dressed for the seasonal weather.



Month of November

Prayer for the Souls of the Faithful Departed

During the month of November, we remember those who have gone before us on the journey of life.

Remember, Lord,
those who have died
and have gone before us
marked with the sign of faith,
especially those for whom
we now pray.

May these,
and all who sleep in Christ,
find in Your presence light,
happiness and peace.
Through Christ our Lord.

Amen

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.



We are hiring!



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Click Here For Latest Vacancy Information

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



DARK NIGHTS: STAY SAFE

Now that the clocks have gone back and it is getting darker earlier on, it is more important than ever to make sure you can be seen when you are out and about near roads.

Stay Safe Be Seen

- ✓ Keep to well-lit areas with street lights where possible
- ✓ Try not to walk alone if you can help it, walking home with a friend is safer.
- ✓ Stay visible with bright reflective clothing
- ✓ No headphones (or just have one in on low) — be aware of what's going on around you
- ✓ It may be a gloomy and rainy day, but look up, look around and walk home with confidence!



Hertfordshire
Family Centre
Service

NHS
Hertfordshire Community
NHS Trust

Autumn 2023

School Nursing

Public Health Nursing 5-19 Team Newsletter

Welcome back!

We are looking forward to supporting lots of young people throughout the new school term.

How 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 & more:

<http://ow.ly/U01750KHYQk>

HEALTH TEENS

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

www.healthforteens.co.uk

Chat Health

Chat Health is an anonymous text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday. Young people can use this 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

A friendly school nurse will be on hand to support with anything you would like to talk about.



Sleep

Sleep is especially important and helps our development.

Lack of sleep can lead to reduced concentration, increased behaviour difficulties and irritability.

Did you know that young people need around 8.5 - 9 hours sleep at night?

Top tips to support you:

- Plenty of fresh air and exercise during the day
- Avoid electronics and devices at least one hour before bed
- A relaxing activity before bed, such as reading and listening to calming music
- Have a good routine at bedtime and keep regular sleep and wake times

Have a look at our websites for more great advice:

www.healthforteens.co.uk



Meet The Team

Hello, I'm Shannon, a Children's Wellbeing Practitioner in the school nursing team.



We provide guided self-help support for 11-19 year olds.

Our interventions offer support to empower young people with tools for their emotional health.

You can access our services by using the school nurse referral form.

Mental Health Toolkit

Just like we have tools to do certain jobs, a mental health toolkit can support us when we're feeling anxious, low, or sad. It can be filled with the things that help us to feel calm. A small box that you can decorate or with a pattern/picture you like is great.

Some examples of things you might like in your toolkit:

- **Headphones:** lots of people find music a good way to relax
- **Journal/sketchpad:** to write down thoughts and feelings or draw/sketch how you feel.
- **Essential oils** to relax you such as lavender or orange to calm you and help lift your mood.
- **A favourite stuffed toy/animal**
- **Fidget toys** including spinners or cubes.
- **A photograph of your favourite place.**

You can put whatever you like in your toolkit.

Remember that we are here for you via our chat health service.

Did you know?

School Nursing is also on Instagram, Facebook and X/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



Q 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)