

LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 18 - 2nd February 2024



Let Your Light Shine

Mr Johnston - Headteacher

Every Friday morning our students start the day with Examen prayer and reflection, the Examen is based on the teachings of St Ignatius Loyola, and is a meditative opportunity for peaceful reflective prayer. It invites our students to find God's presence in their minds and in their hearts. Every Friday morning Teachers in every form room lead and facilitate the spiritual growth of the students entrusted in our care. Today's Examen was on the feast day of the Presentation of Jesus in the temple. A reminder to us all that Christ is Our Light. Jesus explains: *"You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, **let your light shine** before others, so that they may see your good works and give glory to your Father in heaven."* **Matthew 5:14-16**. I walked the corridors this morning to witness our students praying and reflecting with the beautiful hymn "Christ be our Light" echoing from every classroom.



As a catholic community we take great encouragement from the words "you are the light of the world"; this reveals to us that Jesus, who himself tells us *"I am the light of the world"* (John 8:12), is within all of us. We are all God's children and are called to "give glory" to our Father in heaven through our "good works". This reminds us of the importance of our actions. Our actions allow us to let our light shine. Our actions allow us to share the light of Jesus with those around us. We want our school and our young people to be beacons that shine far and wide, lighting up our community with the light of Jesus through our work, rest and play. By learning about Christian values, by listening to the teachings of Jesus, and by following the example of Jesus, we say to every member of our community: **let your light shine**. We recognise that all of our children are special in God's eyes and have unique talents, which we nurture so that each of us has the opportunity to become the very best person that God intended us to be. We want to see everyone being inspired and growing in wisdom, knowledge and dignity. We want to see children flourishing and excelling in everything that they do through providing rich experiences which give everyone the opportunity to achieve more than they ever thought possible. We do not want the brilliant things that we do and learn to be hidden. We want to encourage our children to aspire to great things and for the light of their lives to shine and make a difference in their classrooms, throughout the school community and in their family homes. We pray together as a school community as we say:

UPCOMING EVENTS

Monday-Friday 5th-9th February 2024
National Apprenticeship Week

Thursday 8th February 2024
Year 9 Parents Evening

Wednesday 14th February 2024
Ash Wednesday Liturgies in school



St Francis of Assisi
CATHOLIC ACADEMY TRUST

My saving Lord,

Your loving parents offered You to Your Father in the Temple in accordance with the Law You revealed to Moses. In that offering, our souls are purified and we are offered to Your Father with You.

I thank You for the gift of salvation and pray that my soul will always radiate Your light as You dwell within me.

**Jesus, I trust in You.
Amen.**



Student of the Fortnight Competition



Student of the Fortnight Junior Inter House Competition



Year 7

Spring Term Fortnight 1 2024

Year 8

Jack H 7B	30
Diana C 7J	26
Alessandro F 7B	25
Lucas B 7B	25

Isabel M 8B	18
Joanna K 8B	16
Mikolaj W 8J	16
Chloe C 8K	16



Prizes: Invitation to Headteacher's Tea & an Academic Achievement Postcard!



Student of the Fortnight Intermediate Inter House Competition



Year 9

Year 10

Alessia P 9M	16
Aiden M 9K	16
Olivia L 9R	16
Ava C 9K	15

Katie H 10B	13
Keannan B 10K	13
Jaynelle D 10J	13
Jayden L 10T	13



Prizes: Invitation to Headteacher's Tea & an Academic Achievement Postcard!



Student of the Fortnight Competition



Student of the Fortnight Senior Inter House Competition



Year 11

Year 12

Year 13

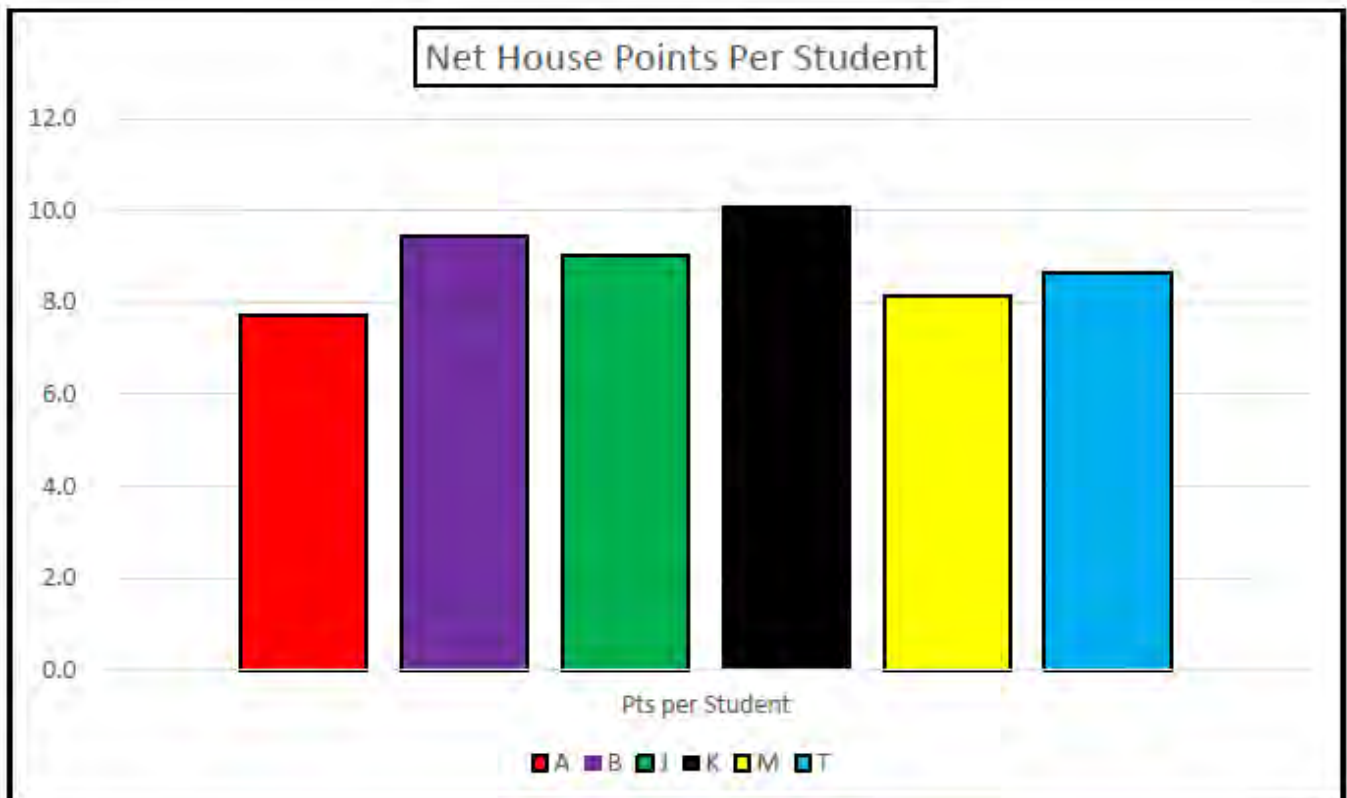
Jesiah-Joe A 11M	9
Adam G 11A	9
Rebecca S 11M	9
Loise K 11J	8

Benjamin R 12M	14
Andre O 12T	13
Kwame A 12A	12
Henry G 12A	11

Chinasa D 13T	14
Kyan P 13T	13
Calum L 13M	12
Jonathan B 13M	12

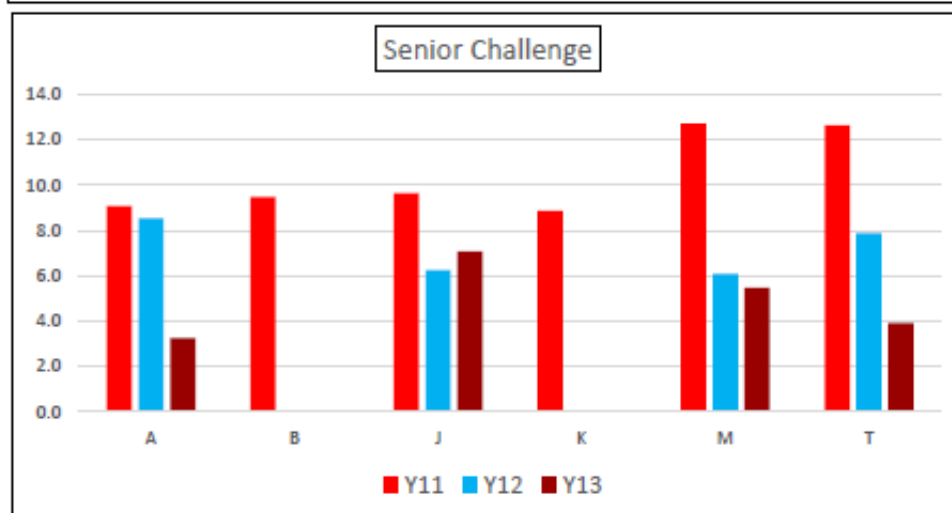
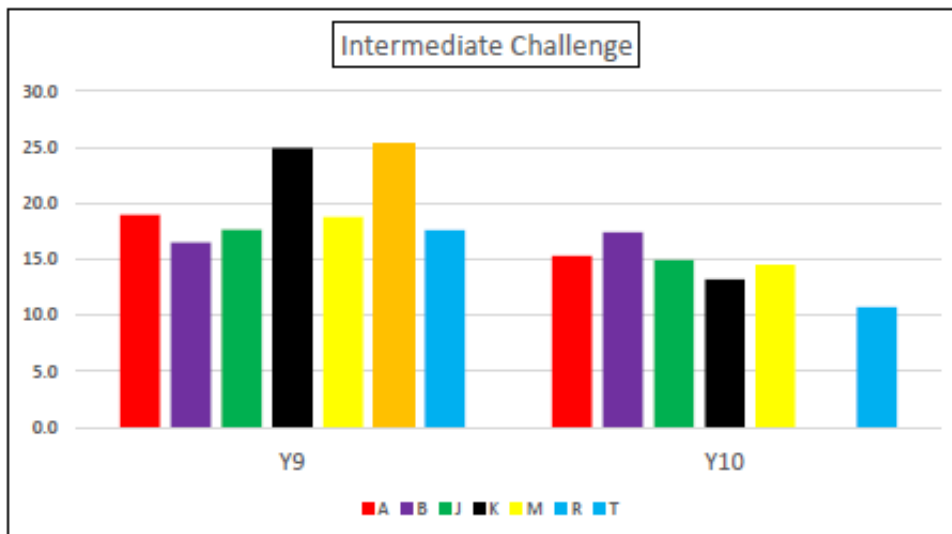
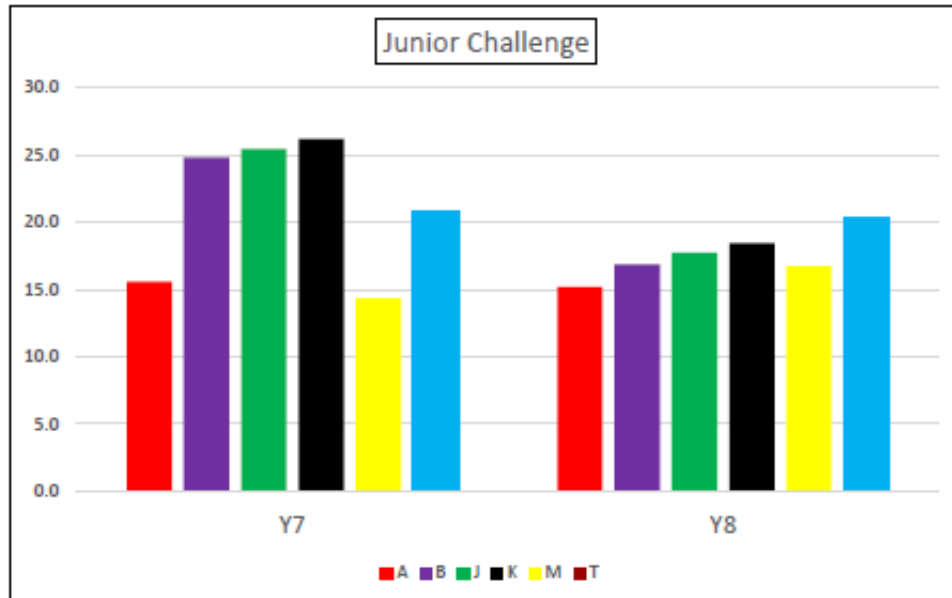


Prizes: Invitation to Headteacher's Tea & an Academic Achievement Postcard!





Inter House System ~ House Points Charts





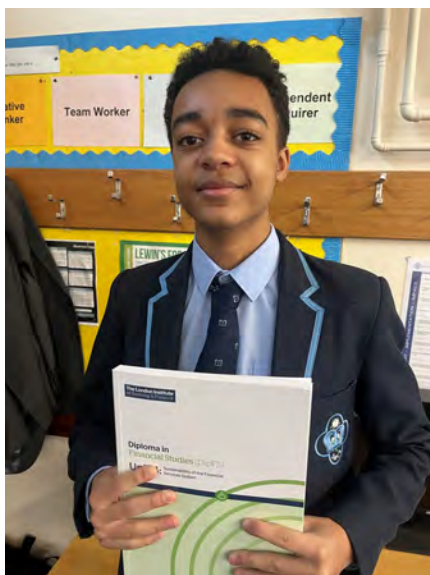
Diploma in Financial Studies



Congratulations to our wonderful Year 13 Finance class who have all recently passed the Part A of the Unit 3 Diploma in Financial Studies.

All students are on course to achieve excellent results and will complete their qualification in April.

Congratulations!



Furthermore Year 11 student Dominic S has been completing the qualification early and he is on course to achieve a grade A.

Dominic should be very proud of his fantastic efforts!

PASS ☒



Artist in Focus



ARTIST IN FOCUS: William B, Year 13

Why do you study or love Art? Tell us about your journey and who you are...
Being a very creative person has always been a focus in my life. I thoroughly enjoy the range of expression that Art provides and the infinite possibilities it holds. Art is so diverse, I marvel at the unique styles of different artists and the capability that everyone has. Overall my passion for Art is driven by my own creativity of which I have several outlets, I play the guitar and I also write creatively. Art enables me to grow and learn providing an incredible journey when navigating different styles and subject matters.

Who inspires you?

I have been inspired by a multitude of artists on my creative journey so far. One of the more notable sources of inspiration for me is the artist Jamie Hewlett, who is part of the band The Gorillaz and he provides art for the band album covers and staging. I love Hewlett's style and the life he is able to bring to the band is truly unique. I also admire the work of artist Banksy, I enjoy the messages and statements he is able to create within his work. Another artist who inspires me is Van Gogh – I find his use of colour and perception of the world to be most vibrant.

Where do you want to go and what do you want to do when you leave St Mary's?

Upon leaving St Mary's I want to go to university to study English Literature. I have applied to Cambridge, Durham, UEA, Warwick and Newcastle. Moving forward I plan to keep up my artwork even though I will not be studying it formally as I truly appreciate the sophistication this form of expression can provide. Art is a great outlet and has embedded itself within my identity. I am so excited for my future and to see how my art might further inspire my creative writing and storytelling.

What advice would you give aspiring artists here at St Mary's?

The piece of advice I would give aspiring artists other than dedicating time to your artwork is that never be afraid to explore. Exploration is a key piece of development in your journey and whether it is through different styles or medium, broadening your artistic range can only improve your understanding of Art and your physical work as well. Artistic potential is infinite and it is vital you should embrace this by exploring as many different options as possible within your work.





Year 10 Key Information for GCSEs

Dear Parents

Your children have now had over a term studying their GCSE subjects and lots of them are making fantastic progress. Now is the time for them to really focus in order to prepare successfully for their mock examinations. Here are some key dates and subject information for GCSEs.
(Revision advice coming soon.)

Mrs McDermott
Learning Co-ordinator for Year 10

7th March Parents' Evening

This will be a great opportunity for students to find out how they are progressing and understand what they need to do in preparation for their mocks.

18th – 27th March Mock Examinations

8th – 12th July Work Experience *(Details soon to be launched)*

Important Subject Information with revision guides/suggestions

Business Studies

- ♦ Exam board - Edexcel
- ♦ Key dates - Mock at end of March 2024
- ♦ NEA information/deadlines - no coursework only exam
- ♦ Suitable revision guides/resources - Pearson Edexcel GCSE (9-1) Business Revision Workbook
https://www.amazon.co.uk/Revise-Edexcel-Business-Revision-Workbook/dp/1292190701/ref=asc_df_1292190701/?tag=googshopuk-21&linkCode=df0&hvadid=310817467131&hvpos=&hvnetw=g&hvrnd=9736227228563991718&hvpone=&hvptwo=&hvgmt=&hvdev=c&hvdv_cml=&hvlocint=&hvlocphy=9046035&hvtargid=pla-564615206545&psc=1&mcid=1d7cdbc2e04d3b0db7f1b73e61fa3f8f&th=1&psc=1
- ♦ Clubs/intervention - After school on Tuesday's in C1.

Art

- ♦ Key dates – Coursework (60%) run from Sept 2024 – Jan 2025. Exam (40%) run from Jan 2025 – May 2025. Dates TBC with exams department.
- ♦ NEA information/deadlines – all coursework and exam work internally marked and externally moderated.
- ♦ Suitable revision guides/resources – Artist research online and using library as appropriate to individual projects and students. Independent gallery and museum visits always encouraged. Themes for coursework will be set internally, theme for exam project will be set externally by OCR exam board.
- ♦ Trips – A Year 10 Art trip to run in October 2024 – usually to appropriate museum or gallery for drawing and recording outside the classroom.
- ♦ Clubs/intervention – After school art club and use of studios/facilities available Monday – Thursday weekly.

Science

- ♦ Key dates: Science mocks in March date TBC. I have sent out a letter to all the parents of Year 10 informing them about the mocks and resources pupils can use on TEAMS
- ♦ Suitable revision guides/resources: Revision guides/text books information is on the school website. They also have a KS4 science folder on TEAMS with resources for all three sciences
- ♦ Trips: Not planned yet
- ♦ Clubs/intervention: no revision/intervention set up yet. We usually do this when the Year 11 start exams and we have more freed up time before and after school. Probably try and set it up after Easter.

Languages

- ♦ Key dates - Listening, reading and writing exams in March/Speaking exams in Summer term (timing to be confirmed)
- ♦ Suitable revision guides/resources ■ Revision Pearson AQA Revision Guides + Target Level 9/5 writing
■ Memrise/Quizlet to Revise GCSE AQA vocabulary for relevant language
- ♦ Trips - French Trip to Lisieux: 1-5 July 2024
- ♦ Clubs/intervention: Languages Film Club - twice per term



Year 10 Key Information for GCSEs

Maths

(Letters already went out to parents of both Year 10 and Year 11 giving details of the majority of this info).

- There is no NEA
- Recommended revision guides:
 - Pearson revision guide and practice papers.
 - CorbettMaths Flashcards are the best ones.
- Clubs/intervention:
 - HertsForLearning Online revision at Higher and Foundation tier can be booked by Year 10s and these take place every Saturday in March. They cost £6 per 50 minute session. Visit the HFL Education Hub or email training@hfleducation.org
 - Y10 Friday lunchtime revision in K2 for students working at grades 4-5.
 - Students requiring further boosters are withdrawn from PE lessons for small group interventions.
 - Enrichment: Intermediate (Y10) Maths Challenges, Year 10 Problem Solving workshop

English

- Exam board: AQA
- Key Dates: w/c 22nd May – Power & Conflict Poetry Assessment / March – Year 10 Exams
- English Language Helpful Revision Resources:
 - <https://www.bbc.co.uk/bitesize/examspecs/zcbchv4>
 - <https://senecalearning.com/en-GB/seneca-certified-resources/english-language-gcse-aqa/>
- English Language Revision Guides:
 - <https://www.cgpbooks.co.uk/secondary-books/gcse>
- English Literature Helpful Revision Resources:
 - <https://www.bbc.co.uk/bitesize/levels/z98jnp3>
 - <https://www.sparknotes.com/shakespeare/macbeth/>
 - <https://www.sparknotes.com/lit/christmascarol/>
 - <http://thebicester-school.org.uk/wp-content/uploads/2017/02/Poetry-Support-Booklet.pdf>
 - <http://www.sflit.org.uk/greenacre/wp-content/uploads/sites/2/2017/11/Power-and-Conflict-Poetry-Revision-booklet-DSM.pdf>
- English Literature Revision Guides:
 - <https://www.cgpbooks.co.uk/secondary-books/gcse>

DT

- Key dates: Begin NEA in June of Year 10.
- NEA information/deadlines: NEA worth 50% of final grade Due in April of Year 11.
- Suitable revision guides/resources: My Revision Notes: WJEC Eduqas GCSE (9-1) Design and Technology ISBN-10 1510471693
- Clubs/intervention: Catch up club Monday after school.

Food

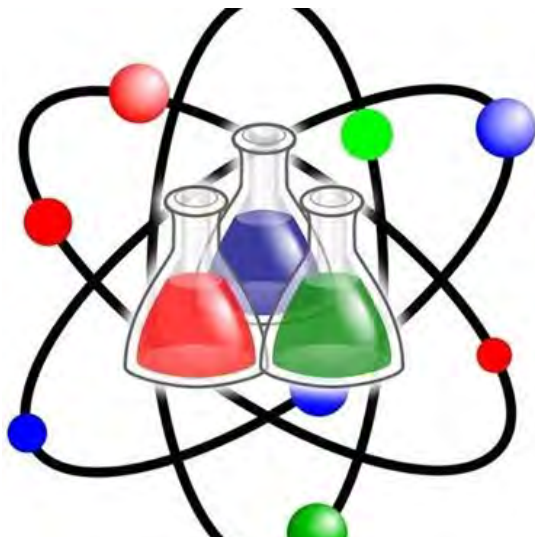
- Key dates: Practical exam part of NEA 2 typically in March of Year 11.
- NEA information/deadlines: NEA 1 worth 15% of final grade Due December of Year 11. NEA 2 worth 35% of final grade Due April of Year 11.
- Suitable revision guides/resources: Eduqas GCSE Food Preparation and Nutrition: Revision Guide ISBN-10 1908682876
- Trips: Butcher demonstration Spring Term of Year 10.
- Clubs/intervention: No organised clubs but catch up and support sessions after school can be arranged.

PE

- NEA information - Students should be performing in their sports weekly
- Suitable revision guides/resources - All students have been provided with a revision guide.
- Books: -
 - OCR GCSE Physical Education Matthew Hunter Oxford University Press ISBN 978-0-19-842377-5
 - OCR PE for GCSE John Honeybourne Hodder Education ISBN 978-1471851728
 - My Revision Notes – OCR GCSE PE 2nd Edition Hodder Education ISBN 978-1-5104-0525-7
 - The Pocket Sized Revision Guide – GCSE Physical Education ISBN 978-1-906248-40-6
 - CGP GCSE OCR Physical Education (9-1) – Exam Practice Workbook ISBN 978-1-78908-321-7
- Websites:- <https://theeverlearner.com/> <http://www.bbc.co.uk/education/subjects/znyb4wx> <https://www.senecalearning.com>
<https://revisionworld.com/gcse-revision/pe-physical-education/past-papers/ocr-gcse-pe-past-papers>
- Clubs/intervention - set at lunch or after school when students are not performing to the expected level/are doing re-sits. Practical report cards.



After School Club ~ Science Club



CALLING ALL SCIENCTISTS

Science Club for all year groups will be starting on Monday 5th of February afterschool from **15:15-16:15 in H7** and will run weekly for the rest of the year.

Students from all year groups are welcome to come along, with the chance to undertake practical work and explore outside the curriculum, with the opportunity to complete CREST and Youth STEMM Awards (Bronze for KS3, Silver for KS4 and Gold for KS5) which are recognised by UCAS for applications.

Ask your science teacher if you have any questions.





St Mary's Catholic School Careers Bulletin

NATIONAL APPRENTICESHIP WEEK 2024

It's National Apprenticeship Week next week
Monday 5th—Friday 9th February.

All students will take part in the Amazing Apprenticeship assembly and we have a dedicated PSHE lesson on Monday to promote apprenticeships.

If you would like more information about apprenticeships, please check out:



www.amazingapprenticeships.com

OPEN EVENINGS



Tuesday 6th February 2024 -17:30 to 20:00

Thursday 25th April 2024 - 17:30 to 20:00

HARLOW COLLEGE

**13 FEB
5-8PM**



Wednesday 07th February 2024 (6pm to 8.30pm)



Apprenticeships Fair 2024

7 February, 4:30 - 7pm

Join Unifrog's virtual fair to learn all about apprenticeships and meet some employers!



Scan here to sign up

HOP INTO CONSTRUCTION- TASTER DAY

Happening on 22 February 2024 12:00 PM



HERTFORDSHIRE OPPORTUNITIES PORTAL

½ day informative and practical sessions for those with an interest in construction, specifically Drylining and Groundworks

Date and time

Thu, 22 Feb 2024

LOCATION

Oaklands College

Hatfield Road Oaklands AL4 0JA



GENERATION BROXBORNE 2024

Wednesday 6th March 2024 15:15—17:30 pm

The Spotlight, High Street, Hoddesdon EN11 8BE

Planning your future career?

FIND OUT

- What local jobs and apprenticeships are available
- How you can apply
- What skills you need to succeed



Hertfordshire County Council ~ Public Health Notice

Important: Measles cases are rising in the UK



Measles cases in the UK have been rising since November 2023.

While Hertfordshire has no outbreaks at the moment, we are close to London and the West Midlands where there has been a large rise in cases. The UK Health Security Agency has declared the increase in cases of measles a national incident (19 January 2024). There is the potential for cases and outbreaks in Hertfordshire as uptake of the Measles Vaccination (MMR) in the county is lower than recommended.

Measles is a highly infectious viral disease that can have serious and sometimes fatal consequences. Measles spreads quickly from person to person, especially in schools. Spending more than 15 minutes in direct contact with someone infected with measles is sufficient to transmit the virus. A child with measles will infect almost all unprotected children they have contact with.

Measles is spread through coughing and sneezing, close personal contact or direct contact with infected nasal or throat secretions. For more information about measles and the symptoms, see Measles - NHS (www.nhs.uk)

Important

If you think your child has measles, they should not come into school or work for at least 4 days from when the rash first appears. Measles can spread to others easily. If your child needs medical treatment, call your GP surgery before you go in. You can also call 111 or get help from 111 online.

If your child is identified as a close contact of a measles case and they are not fully vaccinated, they may be asked to self-isolate for up to 21 days. Children who are close contacts and are fully vaccinated do not need to be excluded from school or childcare. Vaccination can help keep your child in school.

Call to action

As there is no medical treatment for measles, vaccination is the best protection. The MMR vaccine is safe, effective and provides long-lasting protection against three serious illnesses - measles, mumps and rubella. **The vaccine is available free on the NHS.** It is given in two doses, with the first offered to children at the age of one, and the second before they start school.

You can have the MMR vaccination at any age, so if you or your child has missed out on a dose, it is not too late to catch up and get protected. If your child has missed their first or second dose of MMR vaccine, then get in touch with your GP practice to book an appointment as soon as possible.

In addition further advice and guidance can be found here:



MEASLES - Protect yourself, protect others (publishing.service.gov.uk)

Measles - NHS (www.nhs.uk)

MMR (measles, mumps and rubella) vaccine - NHS (www.nhs.uk)

<https://educationhub.blog.gov.uk/2024/01/22/what-to-do-if-you-think-your-child-has-measles-and-when-to-keep-them-off-school/>



What Parents & Carers Need to Know about YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from chancing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.



TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!



Hertfordshire Music Service

Hertfordshire Music Service Inclusive Choir (Soundabout associate member choir)

An inclusive contemporary style choir in association with the music charity Soundabout.

- For anyone Year 5, 6 and secondary age, with a focus on giving a voice to those with SEN and complex needs.
- Sessions are twice a month, online, with an end of term, in-person, get-together at Mid Herts Centre for Music & Arts.
- Starting April 2024 with a free taster session on Friday 15 March 2024 (5.00pm - 6.00pm).

soundabout
make music change lives

Scan the QR
code to see
Soundabout's
music videos.



Starts Friday 19 April 2024 (March taster session)



5.00pm - 6.00pm



Online with an end of term get-together at
Mid Herts Centre for Music and Arts



£35 per term



Scan me for more



01438 844851



www.hertsmusicservice.org.uk



**Hertfordshire
Music Service**

Supported using public funding by



**ARTS COUNCIL
ENGLAND**





LOVE-RESPECT-FLOURISH

#DedicatedtoExcellence



BISHOP'S STORTFORD
INITIAL TEACHER TRAINING

**BSITT Information Event:
Tuesday 13 February 2024**

TRAIN TO TEACH



BISHOP'S STORTFORD
INITIAL TEACHER TRAINING

MEET THE TEAM

Join us and find out how we can
help you start your teaching journey!



Leventhorpe School

Cambridge Road | Sawbridgeworth | CM21 9BY



Tuesday 13 February 2024



11:30am > 1:00pm

For more information or to register your interest, please email: recruitment@bsitt.org.uk

For more information: recruitment@bsitt.org.uk www.bsitt.org.uk

We are hiring!



St Francis of Assisi
CATHOLIC ACADEMY TRUST

Click Here For Latest Vacancy Information

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