

# LOVE-RESPECT-FLOURISH

St. Mary's Catholic School Newsletter

Issue 21 - 1st March 2024



## Lent

**Mr Johnston - Headteacher**

There is so much to report this week in these Headlines! The pages are full of activities, opportunities and reasons to celebrate both individual and collective achievement.

However, amid this range of activity, we are all stopping for reflection and prayer at 12pm each day for two minutes. We call this SiLent—a chance to pause, reflect and observe the spirit of Lent. The only sounds are those of the birds as over 1150 students and all the staff put down their pens in collective silence. It is a really lovely demonstration of our Catholicity in action each day.

Many of us are fasting during the Lenten period in different ways (from chocolate, sweets, video games, etc!). Pope Francis offers an alternative to relinquishing such luxuries and the chance to choose positivity—which one will you choose?

Have a good weekend. God Bless.

### DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

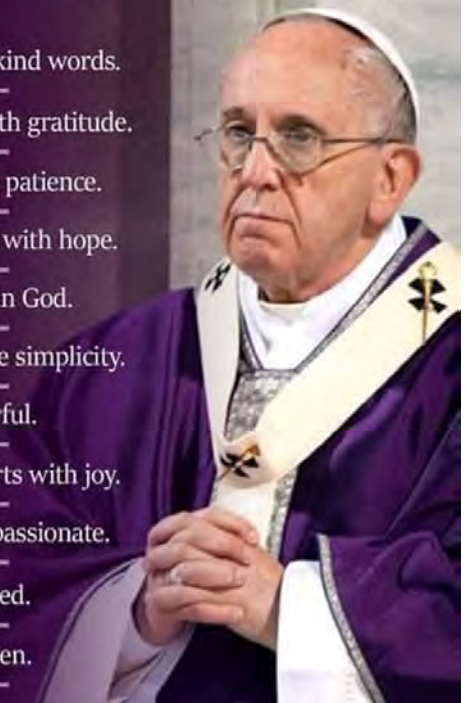
Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.



### UPCOMING EVENTS

**Monday-Friday, 4th-8th March 2024**  
GCSE & A Level Mock Exams Continue

**Monday-Friday, 4th-8th March 2024**  
Careers Week

**Monday-Friday, 4th-8th March 2024**  
Science Week

**Thursday 7th March 2024**  
World Book Day

**Thursday 7th March 2024**  
Year 10 Parents Evening



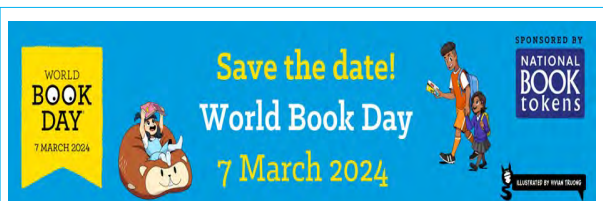
St Francis of Assisi  
CATHOLIC ACADEMY TRUST

### SAVE THE DATE! Year 11 Futures Meetings

The Year 11 Futures Meetings will take place on  
**Monday 25th March and Tuesday 26th March.**

The format will be a 10 minute personalised meeting and also a presentation covering the key information about preparations for their Post-16 aspirations.

**Further information will follow soon.**





## Cultural Show at SMCS, February 2024

### Student Report by Faith E, Year 12

We recognised the school's cultural diversity on Friday, February 16th, by presenting a cultural show. Our school is highly multicultural, with over 17 distinct ethnicities and 21 different home languages. It is this very richness that brings unique qualities to St. Mary's. We began with Year 10 students Nicole, Efua, and Christabel delivering an opening speech on our community joining together in unity with morals based on our core values of love, respect, and flourishing.



Our Master of Ceremonies, Joshua, was then formally introduced and came onto the stage with a grand entrance. He made sure to entertain the crowd and also lead Year 7 and Year 8 in prayer and reflection during our daily siLENT session.

Josh helped introduce the models and dance groups onto the stage. Being on stage as a dancer and as a model was quite nerve-wracking, but I ended up being more confident as I was backed up by my friends and supported by my fellow participants in the younger years.

Miss Hayles, Jaynelle, and Jessie (Year 12) worked behind the scenes to ensure that all of our performances arrived on stage smoothly. Richard, fellow organiser Moyo, and William assisted with the lighting. They learned this in less than three weeks! Toviyyah was our DJ for the show, who made mixes for all the songs and also helped provide entertainment. He made sure to do a fantastic job.

A range of countries, from Kenya to Ireland, modelled, danced, and even did acrobatics, each embracing their own cultural identity.

Faith, Janelle and Natasha, the organisers, led a closing prayer with all participants on stage.

These were the reflections from some of the participants:

Samantha (Year 8): *The show was amusing, enjoyable, and enlightening. The Zimbabwe Showcase featured traditional language poetry, Shona, written by Sasha (Year 9) and Tafadzwa (Year 13), to educate students on Britain's impact on Zimbabwean history.*

Estia (Year 7): *The Cultural Show was an experience of a lifetime!*

Alexia (Year 7): *Being involved in the cultural show helped me embrace my culture through dance. I was part of 'The Youngers' dance group, which involved dancing to songs from the Afro-Caribbean diaspora.*

#### Prayer:

God has made all of us alike, yet different in so many ways: different backgrounds, different customs, and different languages. Help us to embrace this rich tapestry, finding unity through faith in Jesus Christ. In your holy name, we pray, Amen.

### Term Dates Reminder

#### Spring Term Ends on Thursday 28th March 2024

All Pupils Return to School on Monday 15th April 2024

#### Summer Term

Monday 15th April 2024—Friday 19th July 2024

Bank Holiday, Monday 6th May 2024

#### Summer Half Term

Monday 27th May 2024—Friday 31st May 2024





## Half Term Ski Trip February 2024

The half term ski trip to the Catalan region of the Spanish Pyrenees, Alp 2500, was hugely enjoyable and students improved their skiing ability on the week long trip.

A thank you to the staff Mr Graves, Ms Nairn and Mrs Ryan for leading the trip.

Look out for forthcoming news on our next ski trip opportunity!



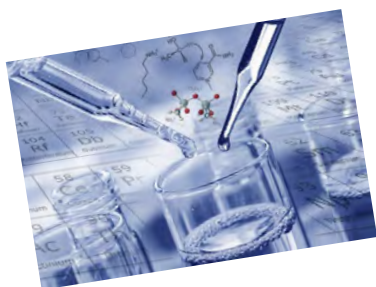


## A Level Science

**Three of our A Level Science students attended a lecture at the Bishops Stortford College** where they had the opportunity to listen to guest speaker Dr Nicola Rose, who is the Deputy Director of Research and Development (Biological Medicines) at the Medicines and Healthcare Products Regulatory Agency.

The theme of the lecture was Scientific Research in the UK's Medicines Regulator.

Dr Nicola Rose talked about her own career path, the role of the MHRA, research and development in the MHRA, what did we need to do in the pandemic, her role during COVID, and finally types of careers in the MHRA.



**Celebration Evening for Year 13 - Wednesday 26 June 2024**

### **Year 13 Prom Deposit Deadline**

The Year 13 evening of celebration at The Manor of Groves Hotel has been booked, a wonderful occasion to celebrate the end of your child's secondary schooling here at St Mary's.

**All students wishing to attend this event must pay a deposit of £15.00 by Friday 8th March, via the school's secure online service ParentPay, and return the completed behaviour contract slip to Mrs Ribeiro, to reserve a place.**

Please refer to the email that was sent out earlier this week for further information.





## Rotary Young Chef District Competition

### Success at the Rotary Young Chef District Competition



Rosie J represented the Rotary Club of Bishops Stortford in the Rotary Young Chef District Competition at Harlow College on Saturday 17<sup>th</sup> February. Rosie qualified for this competition by previously winning the Rotary Club of Bishop's Stortford Young Chef Competition that was held at Birchwood school last June.

The competition at Harlow College challenged all entrants to produce a two-course healthy meal for two in their industry standard training facility. The dishes produced for the competition could not cost more than £18. Rising to this challenge, Rosie produced a main course of Prawn and Smoked Salmon Spinach Ravioli made from fresh homemade pasta served with a rich tomato sauce and a rocket salad. For her dessert course, Rosie prepared a Chocolate Avocado Mousse with a dark chocolate shell filled with a variety of fresh fruit, tangy cherry coulis and shaven coconut to garnish. Rosie presented the finished courses professionally to await judgement.

A prestigious panel of judges graded the entrants on planning, healthy choices, use of equipment, hygiene, range of skills and taste. Rosie excelled within the competition and was announced the winner by the panel of judges, the feedback on Rosie's performance was that she produced a very impressive meal in such a calm and efficient manner. Having won the second round of the competition Rosie has now qualified for the penultimate round of the competition that sees various district champions compete in a Cluster Final for their place in the National final.

Congratulations Rosie!





## World Book Day 2024

### World Book Day next week!

WORLD  
**BOOK  
DAY**  
7 MARCH 2024

**World Book Day is happening on Thursday 7th March.**

Students in KS3 have all received their book tokens from English or AR teachers this week. Extra tokens are available in the library, if your child has not received theirs yet. You can swap the token for a book at retailers such as WHSmith, Waterstone's, Sainsbury's and Asda.

To find the nearest shop to redeem the token, click here:

<https://www.worldbookday.com/books-and-tokens/books/participating-retailers/>



This year there is a great selection to choose from. Students can ask in the library if they need help choosing the most appropriate book for them or click here <https://www.worldbookday.com/>. These books are not on the Accelerated Reader system, as they are specially written for World Book Day.

**Please note that students do not dress up for World Book Day at St Mary's.**



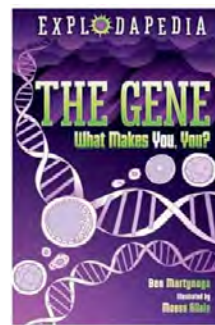
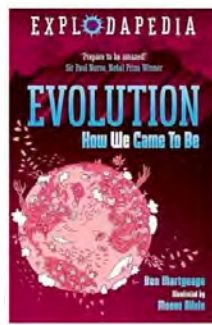
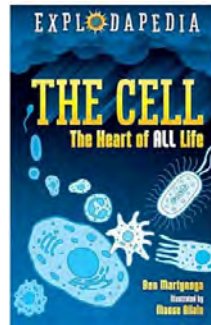




## Science Week at St Mary's 3<sup>rd</sup> - 8<sup>th</sup> March

**Author Ben Martynoga will be visiting St Mary's on Friday 8<sup>th</sup> March**

Ben is a neuroscientist and writer of blogs, articles and a fantastic series of Science books for teenage readers. He will be speaking to students in KS3 during his visit, and will also be in the library during second lunch break and after school to speak to students and sign books.



**During Science week, we are running a competition for Year 7 and Year 8.**

Students have been researching space travel and rocket design in their Science lessons this week, and they have all received a competition entry form. Entrants need to design a rocket and plan their own space journey. Students who wish to enter should hand the completed worksheet to their Science teacher or to Mrs Frino in the library. **The deadline for entries is Wednesday 6<sup>th</sup> March.**

Author Ben Martynoga will be judging the competition on Friday 8<sup>th</sup> March. Two winners from each year group will receive a signed book by Ben, and the design he chooses as the overall winner will be sent off to the national competition later in March. This competition is run by the National Literacy Trust.

**All students who hand in an entry form will receive Rewards. Any student who borrows a Science book in March will also receive Rewards for challenging themselves and extending their knowledge.**

## Book Swap in the Library on World Book Day



**Students can bring a book they no longer want from home to swap on World Book Day.**

Any books brought need to be in good condition, and secondary level please. Books can be dropped at the library from Wednesday 6<sup>th</sup> March onwards. Any leftover books will be donated to the library or to charity.

**There will be more World Book Day activities in the library on Thursday 7<sup>th</sup> March, and the chance for students to vote for the best staff costume.**



LIVE MUSIC BY  
BARRY OWEN!



## St Patrick's Night

Friday 15th March 2024

19:00

St Mary's Catholic School  
Windhill, Bishop's Stortford  
CO23 2NQ



BAR  
&  
RAFFLE



SCAN /CLICK TO CODE

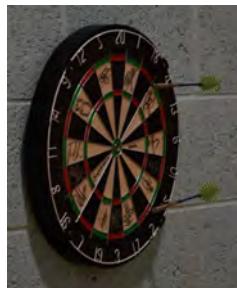
£20 - Tickets available:  
[www.ticketsource.co.uk/st-marys-catholic-school](http://www.ticketsource.co.uk/st-marys-catholic-school)







## Junior and Intermediate Inter House Competition



### Junior and Intermediate Inter House Darts Competition

Last half term our Year 7-10 students were offered the opportunity to represent their House at the Inter House Darts Competition. This was a fantastic opportunity for the students to develop their numeracy and hand-eye coordination skills! Students had to work in pairs to try and 'check-out' on a score of 301.

The Sixth Form and Senior Prefects took on the role of refereeing their younger peers; this being something they thrived at whilst challenging their own mental arithmetic!



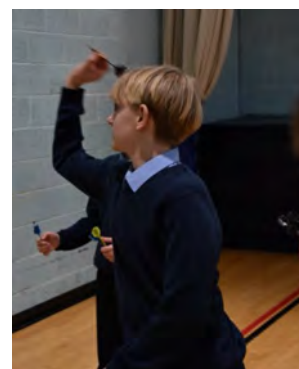
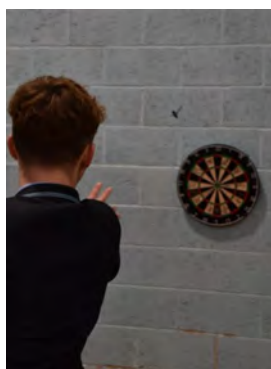
Well done to all who participated!  
Mr Eddleston

Year 7	
Form	Score
A	7
B	13
J	12
K	12
M	5
T	13

Year 8	
Form	Score
A	15
B	7
J	16
K	16
M	9
T	11

Year 9	
Form	Score
A	12
B	9
J	9
K	7
M	9
T	6
R	9

Year 10	
Form	Score
A	15
B	12
J	18
K	9
M	3
T	6





## National Careers Week 2024

# NCW 2024

## For National Careers Week



### It's National Careers Week 4-11 March 2024!

Parents can be unsure of their teen's options after GCSE or sixth form so The Parents' Guide to..., in partnership with National Careers Week, has created this free guide giving an overview of what's available at 16 and 18 years' old and summarizing different routes teens can take into the workplace.

[you can download your copy here](#)

The Parents' Guide to National Careers Week 2024  
How to talk to your teen about their future

## How to talk to your teen about their future

It can be tricky getting teens to talk about anything, especially what they might want to do after school. That doesn't mean to say they're not coming up with their own plans!

Give yourself the best chance of finding out what they're thinking with our eight tips on making conversations about next steps easier.



NATIONAL CAREERS WEEK  
**NCW** THE PARENTS' GUIDE TO NatWest Group

- 1 Accept their idea of success may be different to yours**  
*Their dreams and ambitions might not align with your ambitions for them. This can be disappointing, but let them walk their own path.*
- 2 It's OK if they're not sure on a career route yet**  
*They don't need to make that decision right now. They do need to develop skills that will help them progress, and that should be their focus.*
- 3 Encourage them to turn passions into money-makers**  
*They're more likely to be successful (and happier) pursuing a career in something they enjoy.*
- 4 Help them navigate their limitations**  
*Not being academic should not be a barrier to success and there is usually more than one way to reach a destination.*
- 5 It's OK if they change their mind!**  
*Reassure them that if they tell you they have their heart set on one direction, then later change their minds, you won't get cross about it.*
- 6 Encourage them to explore all their options**  
*Help them plan out a route that focuses on their strengths. Different educational routes can often provide entry points into the same industry.*
- 7 Help them if they are struggling to look far ahead**  
*Setting short-term, achievable goals will help them strive towards a long-term ambition.*
- 8 Empower them: they have control over their future**  
*The decisions they take and what they do matters.*





## National Careers Week 2024

The Parents' Guide to National Careers Week 2024  
Career pathways

### The Parents' Guide to ... career pathways

Options after GCSE:	Options after sixth form:	Options after Higher education:
<b>Full time study</b>	<b>Full time study</b>	<b>Full time study</b>
A levels (level 3)	University (levels 4,5,6,7)	Postgraduate study e.g Masters degree or PHD (levels 7,8)
T Levels (level 3)	Higher technical skill courses (levels 4,5)	<b>Work / work and study</b>
BTECs (levels 1,2,3)	<b>Work and study</b>	Graduate jobs or paid employment
Other technical qualifications (levels 1,2,3)	Apprenticeships (levels 3,4,5,6,7)	Apprenticeships (levels 6,7)
Exam retakes	School leaver programmes / Internships / Traineeships	Internships / work experience
<b>Work and study</b>	<b>Work</b>	Non-paid employment / volunteering
Apprenticeships (levels 2,3)	Employment	Start a business
Supported internships	Start a business	<b>Other</b>
Traineeships	<b>Other</b>	Gap Year / travel
	Gap Year	
	Exam retakes	

NCW

THE PARENTS' GUIDE TO  
NatWest Group

## Vocational routes at 16

The main options for your teen are for them to continue in full time education or take an apprenticeship/ training. They cannot go into the workplace without some educational component to the role. Things they should consider are the type of qualification they are going to study; what type of learning suits them best (classroom or practical); and what they enjoy. Options can include:

### BTEC Nationals

Study takes place over a two year period and is a combination of both practical and theory. Knowledge is tested through course work and a final examination (comprising 40% of the total grade).

### T Levels

T Levels are a vocational alternative to A levels and involve a mix of classroom learning (about 80%) and practical experience (about 20%) including a 45 day on-the-job placement in a genuine business.

### Other technical qualifications

Other qualifications available include Cambridge Technicals, City and Guilds, National Vocational Qualifications and Tech Bac (similar to the International Baccalaureate). They are vocational

driven courses – i.e. centred around jobs and are well suited to students who prefer a more practical working style but still want to include classroom learning in their education.

### Apprenticeships

Apprenticeships are real jobs which include learning elements which might take place at university, college or an education provider. Apprenticeships were developed to help address the skills shortage in UK businesses. Sixteen year olds can start an apprenticeship at Level 2 or 3.

### Supported Internships

Internships are usually short term arrangements without a formal qualification. They do offer an insight into business, networking opportunities, the possibility of job offers afterwards and the ability to learn practical, transferable skills.

### Traineeships

Traineeships are short-term work placements lasting up to a maximum of six months. The work experience element includes at least 100 hours on the job training to help provide the necessary experience to undertake apprenticeships or other employment.

NCW

THE PARENTS' GUIDE TO  
NatWest Group

## Vocational routes at 18

Important considerations include whether they want to include some form of studying, how they will finance living expenses and course fees (and whether you can afford to help them), whether they're happy to move away from home or stay close by and what they enjoy.

### Apprenticeships

Apprenticeships are real jobs which include learning elements which might take place at university, college or an education provider. Apprenticeships were developed to help address the skills shortage in UK businesses. Apprenticeships can range from level 2 to level 6/7 (degree apprenticeship).

### Employment

Going straight into a job offers work experience but not a qualification. However, it is possible to create a personal training plan if desired.

### Gap Year

Traditionally, this is a year spent travelling overseas, but it needn't focus exclusively on that. Volunteering and work experience can also be incorporated.

### School Leaver Programmes

School leaver programmes offer opportunities to join the workplace

straight after sixth form studies and commence skills development and career progression through experience as well as studying to obtain a nationally recognised qualification. Entry requirements vary from employer to employer.

### Internships

Internships are usually short term informal arrangements with an employer and do not result in a formal qualification. They do offer an insight into business, networking opportunities, the possibility of job offers afterwards and the ability to learn practical, transferable skills.

### Traineeships

Traineeships are short-term work placements lasting up to a maximum of six months to help young people become "job ready". The work experience element includes at least 100 hours on the job training to help provide the necessary experience to undertake apprenticeships or other employment.

### Starting a business

If your teen has the enthusiasm and ability, starting a small business needn't be costly and could give them an edge over others when it comes to interviews. This doesn't mean full-time commitment – it's something they could fit around studies or part-time work.



## St Mary's Catholic School Careers Bulletin

#NCW2024

### Its National Careers Week next week! Monday 4th March—Friday 8th March.

The aim of National Careers Week is to give young people the opportunity to develop awareness and excitement about their future pathways, career dreams and to give young people hope about their future.

Our external Independent Careers Advisor will be available on Monday 4th March throughout both lunch times for students to drop in and speak with to get careers advice and guidance.

Harlow College will have a Pop—Up stand in our Careers Library (in the main Library) on Tuesday 5th March, they will give careers guidance on courses they offer and the various qualifications they offer as a college and Further / Higher Education college.

### What can you do in National Careers Week?

unifrog

If you would like more knowledge on career paths, why not check out Unifrog. All students have access to Unifrog, the careers and destinations platform used throughout school. Unifrog have an online Careers Library where you can research careers by area, by skill, by subject group and theme. Here you will find labour market information on how to get into the career path, the working hours and environment, the skills required for the career and up to date information on the number of jobs in the region and the average salary.

Exploring pathways

Careers library

× Careers favoured

Go to tool >

### OPEN EVENINGS



Tuesday 6<sup>th</sup> February 2024 -17:30 to 20:00

Thursday 25<sup>th</sup> April 2024 - 17:30 to 20:00

### HARLOW COLLEGE

Wednesday 24 April 2024 - 5pm-8pm



Tuesday 5th March 2024 - 4:00pm-6:00pm - CRC  
Apprenticeship Jobs & Careers Fair

Thursday 25th April 2024 - 4:30pm-7:00pm



Wednesday 12th June 2024—Full-Time, Part-Time & Apprenticeships (6pm to 8.30pm)

Capel Manor  
College

Saturday  
23  
March

Open Day

Visit us between 10am and 3pm to discover  
courses starting this September

Labour Market  
Information







## St Mary's Catholic School Careers Bulletin

# #NCW2024 VIRTUAL Careers Fair.

Visit **ncw2024.co.uk** and join in the National Careers Week virtual careers fair. Every Week Day in National Careers Week there will be the opportunity to meet employers and explore career options and opportunities virtually.



### JOIN OUR LINKEDIN MASTERCLASS

Led by LinkedIn's Community and Editorial Segments Lead for UK and Pan Europe, Yessi Bello Perez:

- Learn how to become attractive to employers
- Use the LinkedIn platform as a springboard to amplify your professional presence
- Build lasting connections to help towards a successful career in technology
- Climb the career ladder with a strong brand foundation

### EVENT DETAILS

Date: Wednesday, 20th March 2024

Time: 5:00 PM - 6:00 PM

Location: Virtual

In partnership with  
 NTT DATA

## GENERATION BROXBORNE 2024

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

Location: The Spotlight, High Street, Hoddesdon EN11 8BE

Planning your future career?

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





Hertfordshire County Council Services for Young People

## HOLIDAY ACTIVITY PROGRAMME

at Herts Young Mariners Base, 231  
Windmill Lane, Cheshunt, EN8 9AJ

Join us this Easter  
Tuesday 2 to Friday 5 April 2024  
1-5pm each day

For young people aged 13-16

Priority booking for those eligible for  
benefits-related free school meals

- Fun physical activities such as sports, dance and team games
- Creative activities such as music production, cooking, arts and crafts.
- Informal healthy lifestyles workshops
- Meet and socialise with other young people
- Free healthy food every day

Use the QR code below or contact  
SFYP Broxbourne Team to sign up.

Area Service Manager: Mark Hughes  
Youth Work Practice Manager: Russell Cairns

Tel: 01992 588220 Text: 07860 065173  
sfyp.broxbourne@hertfordshire.gov.uk  
www.servicesforyoungpeople.org  
X @BroxbourneTeam



Hertfordshire County Council Services for Young People

## HOLIDAY ACTIVITY PROGRAMME

at Bishop's Stortford Young  
People's Centre, 14 Northgate  
End, Bishop's Stortford, CM23 2EU

Join us this Easter  
Tuesday 2 to Friday 5 April 2024  
2-6pm each day

For young people aged 13-16

Priority booking for those eligible for  
benefits-related free school meals

- Fun physical activities such as sports, dance and team games
- Creative activities such as music production, cooking, arts and crafts.
- Informal healthy lifestyles workshops
- Meet and socialise with other young people
- Free healthy food every day

Use the QR code below or contact  
SFYP East Herts Team to sign up.

Area Service Manager: Mark Hughes  
Youth Work Practice Manager: Russell Cairns

Tel: 01992 588220 Text: 07860 065173  
sfyp.eastherts@hertfordshire.gov.uk  
www.servicesforyoungpeople.org  
X @EastHertsTeam



Information about opportunities in  
Hertfordshire for young people to  
participate in Holiday Activities  
Projects this Easter



Hertfordshire County Council Services for Young People

## HOLIDAY ACTIVITY PROGRAMME

at Breaks Manor Youth Centre,  
Link Drive, Hatfield, AL10 8TP

Join us this Easter  
Tuesday 2 to Friday 5 April 2024  
3.30-7.30pm each day

For young people aged 13-16

Priority booking for those eligible for  
benefits-related free school meals

- Fun physical activities such as sports, dance and team games
- Creative activities such as music production, cooking, arts and crafts.
- Informal healthy lifestyles workshops
- Meet and socialise with other young people
- Free healthy food every day

Use the QR code below or contact  
SFYP Welwyn Hatfield Team to sign up.

Area Service Manager: Mark Hughes  
Youth Work Practice Manager: Russell Cairns

Tel: 01992 588220 Text: 07860 065173  
sfyp.welwynhatfield@hertfordshire.gov.uk  
www.servicesforyoungpeople.org  
X @WelHatTeam







# LOVE-RESPECT-FLOURISH

#DedicatedtoExcellence

## TALKING ASD & ADHD WORKSHOP: ANXIETY and STRESS

Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**TUESDAY**  
**12th March 2024**  
**9.30-11.15am**

### We will help you to learn about:

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.

An online parent workshop delivered to your home via Zoom.

**FREE for parents and carers living or with a child in school in Hertfordshire**

**Booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/talking-and-adhd-stress-anxiety-641-for-parents-carers-in-herts-registration-834845624737>



Or contact Supporting Links  
**QUOTING REFERENCE SL641**

01442 300185

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)



Funded by Hertfordshire County Council's Targeted Parenting Fund



"I have been on a few courses to help me with my son, this was by far the most helpful."

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

## TALKING ASD & ADHD WORKSHOP: COPING with CHANGE

Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**MONDAY**  
**18th March 2024**  
**9.30-11.15am**

### We will help you to learn about:

- How children feel and behave when experiencing change.
- How to prepare children for changes such as starting a new school.
- How to support children during and after change by helping them to manage their emotions using effective stress reducing strategies
- How children learn from new experiences and what to expect.

An online parent workshop delivered to your home via Zoom.

**FREE for parents and carers living or with a child in school in Hertfordshire**

**Booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/talking-and-adhd-coping-with-change-643-for-parents-carers-in-herts-registration-835251344237>



Or contact Supporting Links  
**QUOTING REFERENCE SL643**

01442 300185

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)



Funded by Hertfordshire County Council's Targeted Parenting Fund



"I thought this would be like all the other transition sessions I've attended, actually it was so much more. I didn't realise how much change our children deal with."

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

## TALKING ASD & ADHD WORKSHOP: RESPONDING to ANGER

Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**WEDNESDAY**  
**13th March 2024**  
**7.30-9.15pm**

### We will help you to learn about:

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

An online parent workshop delivered to your home via Zoom.

**FREE for parents and carers living or with a child in school in Hertfordshire**

**Booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/talking-and-adhd-responding-to-anger-642-for-parents-carers-in-herts-registration-830098606277>



Or contact Supporting Links  
**QUOTING REFERENCE SL642**

01442 300185

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)



Funded by Hertfordshire County Council's Targeted Parenting Fund



"Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately."

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

## TALKING ASD & ADHD WORKSHOP: SCHOOL AVOIDANCE

Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**TUESDAY**  
**26th March 2024**  
**9.30-11.15am**

### We will help you to learn about:

- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.

An online parent workshop delivered to your home via Zoom.

**FREE for parents and carers living or with a child in school in Hertfordshire**

**Booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/talking-and-adhd-school-avoidance-644-for-parents-carers-in-herts-registration-835261949977>



Or contact Supporting Links  
**QUOTING REFERENCE SL644**

01442 300185

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)



Funded by Hertfordshire County Council's Targeted Parenting Fund



"This is a really stressful time for my family and this workshop did help. Helpful visuals, full of information to use and I do think I will be able to move things forward."

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

# We are hiring!



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





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# STORTFORD VIKINGS BASKETBALL CLUB

Birchwood High Sports Hall

Thursdays

**6pm-7pm: Community Sessions**

**7pm-8pm: U14's**

Fridays

**5.30pm-6.30pm: U12's**

**6.30pm-7.30pm: Adult Scrimmage**

For those who are new to the sport, we encourage participation in our community sessions as a starting point and introduction to both the sport and our club. The U12's and U14's sessions are tailored for team play in local leagues, focusing on game plans and plays. If you're 15 or older, you can join our Adult Scrimmage sessions. Enjoy the camaraderie, build friendships, and stay active!

EMAIL: [HEADCOACH@STORTFORDVIKINGS.CO.UK](mailto:HEADCOACH@STORTFORDVIKINGS.CO.UK)



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