



HEADLINES 20TH MAY 2022

St. Mary's Catholic School Newsletter (Issue 31 2021-22)



Acting Heads of School Update
Mr Johnston & Miss McHugh



Well Done, Year 13!



The Year 13s at their celebratory BBQ on Thursday

Students in Year 11 and Year 13 started the main summer exams this week, after completing non-examined assessments, and some other practical subject exams in the preceding weeks.

It's the first time since 2019 that the exam hall is in action, and we are very proud of the start that has been made by all students. From the determined and focussed faces each morning, it is clear that a significant amount of revision has been completed and the students are taking the exams seriously. Working hard in preparation and during the exam season will pay dividends on Results Days in August—the teachers are committed to being by the side of the students throughout with exam 'warm-up' sessions being very well attended to ensure that they are all in the zone and ready for papers waiting for them on the exam desk.

The rest of the school has been very respectful and conscious of their peers in Years 11 and 13—we are very grateful for this, and I am sure that when their time comes to sit the exams, they can expect, and will receive the same respect.

Year 13 celebrated the culmination of their (in most cases) 7 year journey at St. Mary's with a BBQ together on the Sixth Form lawn. Exciting times are ahead for these young people as they have secured some excellent university and apprenticeship offers, and all this despite the disruptions of the past two years! Well done indeed!

Have a great weekend. God Bless.

Tom Johnston, *Acting Head of School*

UPCOMING EVENTS

Week Commencing
Monday 23rd May 2022
GCSE & A Level Exams Continue

Mon 30th May—Friday 3rd June 2022
HALF TERM
School Closed
Pupils return Monday 6th June

Week Commencing
Monday 6th June 2022
GCSE & A Level Exams Continue



St Francis of Assisi
CATHOLIC ACADEMY TRUST





Wellbeing Wednesday



We have launched Wellbeing Wednesday this term and we have had some positive feedback from students and staff.

Students get a chance to spend form time on Wednesday's doing an activity that promotes wellbeing. We have started with mindful colouring. Mindful colouring has many benefits and it has been shown to improve focus and reduce anxiety and stress. Colouring allows us to disconnect from other thoughts and concentrate on the moment.

A perfect way to start the day.



District Football Tournament

Well done to the Year 8 girls for coming second in the District Football Tournament.



WELL DONE!



Mr Wright
Subject Leader PE



Reading Challenge Cup

Here are the top ten Accelerated Reader classes with their word count totals.

7A are just holding on to the top spot and 7C and 8C have swapped places since our last update. 9E and 8D are just outside the top ten – over the next half term, can they get past the magic 6,000,000 words to beat some of the Y7 groups?

1	7A	8,385,213
2	7C	8,243,529
3	9B	7,859,410
4	8C	7,834,539
5	7F	7,646,005
6	7B	7,302,525
7	8F	6,834,785
8	7E	6,506,620
9	7D	6,340,350
10	8E	6,134,116



There is still time for students to earn a Word Millionaire certificate before the end of the school year.

KS3 parents, please encourage your children to keep reading and quizzing!

Library News for Leavers



Parents of students in Years 11 and Year 13 who are leaving St Mary's this year, please check if you have any school library books at home and make sure your children return them to Mrs Frino.

You can make a big difference to future students by bringing back stock. It means we can add new books to the library instead of replacing old ones!

Would you like to buy a book for the library as a leaving gift to St Mary's?

You can make a £5 payment via Parentpay using the item 'Y11/13 Leaver book gift to the school library'.

A special bookplate with your child's name will be added to a new book in the library, as a permanent record of their contribution to the school.





More Pictures of Year 13—2015-2022



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#DedicatedtoExcellence

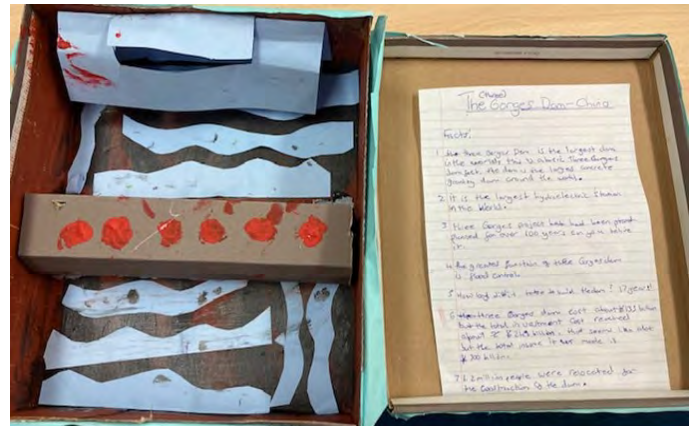


Geography

Year 8 Geography – China in a box!



Year 8 Geographers showed some amazing creativity for homework. The task was to recreate an aspect of China in a box, or as a poster. The Geography Department is so impressed with the fantastic pieces of work!





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#DedicatedtoExcellence

Year 8 Geography



ST MARYS' CLUBS		NEW CLUBS in orange. LUNCH CLUBS IN WHITE	MAY/ JUNE 22
MONDAYS			
BASKETBALL/ table tennis/badminton (see schedule)	SPORTSHALL	PE STAFF	see schedule
BENCHBALL	SPORTSHALL	D SWYERS	7, 9, 11
DRAMA	HUME	MISS HAYLES	7 TO 9
ORCHESTRA	M1	MS MATTHEWS	ALL
new!ATHLETICS	FIELD	PE dept	7 TO 11
new! HOMEWORK CLUB	LIBRARY H5	MRS BENVENUTTO	ALL
TUESDAYS			
BASKETBALL/ table tennis/badminton (see schedule)	SPORTSHALL	PE STAFF	see schedule
Choir	M1	Mrs Salter Kay	all
KS3 FUN ! (See posters for details)	K1	Mrs Knight	Year 7 to 9
Polish Club	K5	Mrs Nestorovska/Mrs Brewin	Year 7 to 9
Invitation only Homework Club	B1 and B3	Mrs Henderson/Mrs Wilson	8 and 9
Sports fixtures	field/away	PE dept	all
new! EMBROIDERY CLUB	C2 tbc	MRS BENVENUTTO	07-Oct
new! TENNIS	COURTS	PE dept	7 TO 11
WEDNESDAY			
BASKETBALL/ table tennis/badminton (see schedule)	SPORTSHALL	PE STAFF	see schedule
CANDLE MAKING CLUB	Art dept	MRS KNIGHT	7 & 8
DT CLUB: FORMULA 1/Eco-design	A BLOCK	MR HUNT	9
GCSE MUSIC CATCH UP	M1	MISS MATTHEWS	10
INDIAN CULTURE CLUB	K5	Mrs Velani	all
CARNEGIE BOOK SHADOWING	LIBRARY	MRS FRINO	Y9/10
new! CRICKET	FIELD	PE DEPT	7 TO 11
THURSDAY			
BASKETBALL/ table tennis/badminton (see schedule)	SPORTSHALL	PE STAFF	see schedule
new! Chess club	Library	Mrs Benvenuto	all
CARNEGIE BOOK SHADOWING	Library	Mrs Frino	7 AND 8
Manga Club	Library	Mrs Frino	7 AND 8
Arts and Crafts	C2	Mrs Lee	7 to 9
Invitation only HW Club	B1 and B3	Mrs Wilson and Mrs Henderson	8 and 9
FRIDAY			
BENCHBALL	SPORTSHALL	D SWYERS	8,10,12,
BASKETBALL	SPORTSHALL	PE STAFF	7,9,11
Library Books and Biscuits	Library	Mrs Frino	All
Rock and Pop Bands	Music Block	Miss Matthews	All
new! Rounders	field	PE dept	7 to 11
new! OPEN HOMEWORK CLUB	LIBRARY H5	MRS BENVENUTTO	ALL
VARIOUS			
DUKE OF EDINBURGH	E5	Mr Dolman	Y12



Summer 2022

Hertfordshire Public Health Nursing 5-19 Newsletter

Who are we?

Welcome to the 1st Hertfordshire School Nursing Service newsletter.

We are a highly skilled mix of people who offer packages of care to support the physical and emotional wellbeing of children and young people. We have all completed some form of extra training which specifically relates to the health needs of the school aged population. Our team also completes vision and hearing screening of our reception aged children and growth monitoring for reception aged and Year 6 children.

The School Nursing Team works closely with education, social care, and other health professionals, to help children and young people to remain healthy and to ensure that any health needs are met.

For further information please visit our website at:
<https://www.hct.nhs.uk/our-services/school-nursing/>

Please also take a look at our whiteboard animation to learn more about our service at:
<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx>

Sun Safety Tips to Keep Safe in the Sun

- Supply your child with suitable clothes for school when it is hot, including sunglasses and a hat.
- Provide a water bottle to keep your child hydrated.
- Apply sunscreen to your child before school when required. When buying sunscreen, the label should have a sun protection factor (SPF) of at least 30 to protect against UVB. Buy at least 4-star UVA protection.
- Take extra care to protect babies and children. Their skin is much more sensitive, and skin damage can be caused by repeated exposure to sunlight.
- Swimming – sunscreen should be reapplied straight after anybody has been in water, even if it's 'water resistant', and after towel drying, sweating or when it may have rubbed off.
- Advise your child to avoid looking directly at the sun, as this can cause permanent eye damage. (NHS,2019).
- Ensure your child spends time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.



We are still here over the summer holidays

The School Nursing Team remain working over the Summer Holidays. We are here to help with any emotional or physical health concerns you may have about your child. We can offer advice, support or signpost you to other services who can help.

Please ring our School Nursing Duty line on **0300 123 7572** (9am– 5pm, excluding bank holidays).

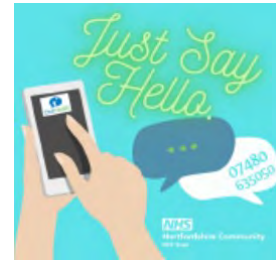
Refer using our online referral form at:
[School nurses in Hertfordshire \(hertsfamilycentres.org\)](#)

Chat Health

Our chat health confidential text messaging service is for young people aged 11-19 year olds in mainstream school in Hertfordshire. Also available throughout the summer holidays.

Young people can text in any concerns regarding their health and wellbeing and a school nurse will text back.

Just text: **07480 635050**



What is an Associate Public Health Practitioner?

Hello! My name is April and I am a Associate Public Health Practitioner. Associate Public Health Practitioners carry out targeted work with children to support with their overall Emotional Health and Wellbeing. This work includes support with Anxiety, Anger, Self-esteem and Sleep. We support children who attend schools in Hertfordshire between 5-19 years old. We support our School Nurses to complete The Lancaster Model Questionnaire. We also support our School Nurse Assistants to complete vision and hearing screening for reception children and The National Child Measurement Programme for the reception and year six children.

Top tips

Feeling worried, stressed or angry? Going back to school can be a difficult time for many. Try out this breathing square to help aid relaxation.

More strategies and techniques available at:

www.healthforkids.co.uk
www.healthforteens.co.uk



Workshops

Our children and wellbeing practitioners offer online group workshops for parents and children.

Please see below website for up to date workshops:

<https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>



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#DedicatedtoExcellence

We are hiring!



St Francis of Assisi
CATHOLIC ACADEMY TRUST

CLICK HERE
FOR LATEST VACANCY INFORMATION

**WE ARE
HIRING!**

May, Month of Mary, Our Patron

HAIL MARY,
*full of grace,
the Lord is with you;
blessed are you among
women, and blessed is
the fruit of your womb,
Jesus. Holy Mary,
Mother of God,
pray for us
sinners, now
and at the hour
of our death.
Amen.*

