



Secondary phase newsletter

Creating Tomorrow's Citizens Today

26th March 2021

Welcome to our final newsletter of this Spring Term. We as a community, joined with thousands yesterday as we “paused” at midday to remember the start of the national lockdown last year. Like other national seismic events, this has and will continue to have deep significance. (I can for example clearly remember rushing with Mike Moss to the lecture theatre on 9th September 2001, staring in total incomprehension, at the falling of the twin towers.)

Thankfully in most of our lifetimes, we have seen few events on such a scale; however, the past year has been unprecedented. Firstly, what we have all lost - family occasions, birthday celebrations, school events, school trips, holidays, travel, and more significantly seeing family, losing employment and of course losing loved ones. So many of our community are still reeling from this catalogue of events. However, we have also seen and felt something else- the warmth and enjoyment of close families, the joy of nature, the importance of kindness, the brilliance and adaptability of science, the great national health service we have and the steadfastness of many in their service and employment. Our community has shown great resilience and stepped up to the challenge.

Here in school, we have over the past 3 weeks carried out over 3000 lateral flow tests (none positive) and all of our young people have returned to school able and ready to learn. Our staff have had to adapt to face to face teaching and continue with the every day along with new structures for examination assessment (which by the way, for Y11 and Y13, still are not finalised. We still await the Government guidance)

It has been a busy and disrupted term and yet I am confident that we will start next term more hopeful and soon be able to resume some of our “normal” school activities. School should be fun as well as a great place to enjoy learning- let’s take this message as we continue to adhere to these last few weeks of restrictions and mitigations.

In the northern hemisphere, the Christian celebration of Easter coincides with spring and the reminders of new birth and growth. Last Easter we knew so little of what lay ahead; this Easter we should be thankful and be confident that things will return and grow, and we all have the ability to change and influence our communities for the better.

Thank you for your continued support and encouragement. I wish you and your families a restful and positive break.

Maths news

The maths department would like to congratulate Year 11 mathematicians on their recent results in the Level 3 Algebra exam. This exam is usually taken in May of Year 10 but had to be cancelled. Students were re-entered for January of this year and thankfully the exam could go ahead. We received the results in March and are so proud of their achievements.

In total 29 students took the exam and 19 passed. This is a difficult two-hour paper that includes the most challenging Algebra from GCSE together with elements from A-Level Maths. Covering the course is a fantastic way to prepare for A-Level and to do well, students must be thorough and accurate in their work. Of particular note are Gabriel Dass and Frankie Bregazzi who respectively scored 90 and 88 out of a possible total of 90 marks.



English news

In English Year 7 have been exploring how poets present thoughts and feelings about nature, taking inspiration from Wordsworth and the Romantic Poets. Here are four poems that we think express the feelings of awe, appreciation and wonder extremely well.

Snowy Mountain

The explorers walk up to the vast mountain in shock and awe.
Gaping at the sheer height and treacherous snowiness before their eyes.
Still as a grave they stood.

As they climb up the misty mountain they become aware of the dangers
The snow is a white blanket, slippery and bitter.
Every time they hear a rumble, the dreaded thought of an avalanche appears.

The brave, bold explorers make the last step to the top
Cold and aching, a sense of pride and joy overcomes them
And it makes you wonder, is there joy in fear

My Robin Red-Breast

I meandered along the icy path,
The wind was howling, releasing its wrath.
The heavens opened, snow tumbled out,
Looking as large as a lion's mouth;
Lion's mouth... Lion's mouth...
The heavens opened, snow tumbled out

The world was enveloped in darkness and cold,
Yet still, I continued, frightened but bold.
The snowstorm thrust me that way and this,
Almost as if it were giving a kiss;
Giving a kiss... giving a kiss...
The snowstorm thrust me that way and this...

Everything was robbed of all civilisation,
As I walked in a daze past the old bus station.
But that's when I saw it, among the trees,
A thing as small as a summer breeze;
Summer summer breeze...
That's when I saw it, among the trees.

It was small and red-breasted: a robin, I think,
And its delicate beak was as pitch-black as ink.
My stomach was filled with joy as I saw it,
Feeling happier and happier, bit by bit.
Bit by bit... bit by bit...
My stomach was filled with joy as I saw it.

And though it was snowing, and terribly so,
My spirits were raised and my cheeks were aglow
The maw of the lion closed gently and roared,
Letting little flakes fall, and oh! How they soared;
How they soared... how they soared...
The maw of the lion closed gently and roared.

Later that night, I climbed out of bed,
Watched the snow falling, like little arrowheads,
And there! I looked closely deep in the forest,
Was the familiar shape of my robin red-breast;
Robin red-breast... robin redbreast...
The familiar shape of my robin red-breast. **Matilda**

I stood in the shadow of the tall, dark tree

I stood in the shadow of the tall, dark tree
Its feet planted in a lonely field
Majestically swaying its branches
Showing off its vibrant green leaves

The tree's bark was soft to the touch,
But old and gnarled in the higher branches
Like an old man's fingers
pointing to the sky.

The trunk of the tree
Sits encircled by small, smooth rocks
Staking its claim, to remain,
Standing, forever alone, in its field.

So if you ever see a tree
Standing lonely, but quite happily,
Place a rock, respectfully at its feet
As a reminder of the time that you did meet **Adam**

Waterfalls.

The aqua blue waterfall sparkling,
Inocently glistening,
Like delightful dream,
Bubbling in silence.

Tumbling down the mountain,
Pouring through the rocks,
Gracefully gliding, Streaming, oozing,
Through the silence.

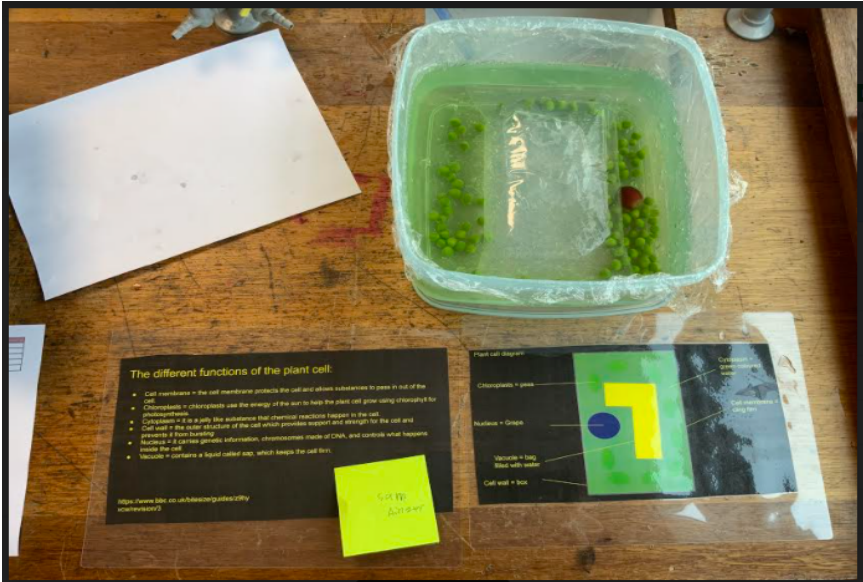
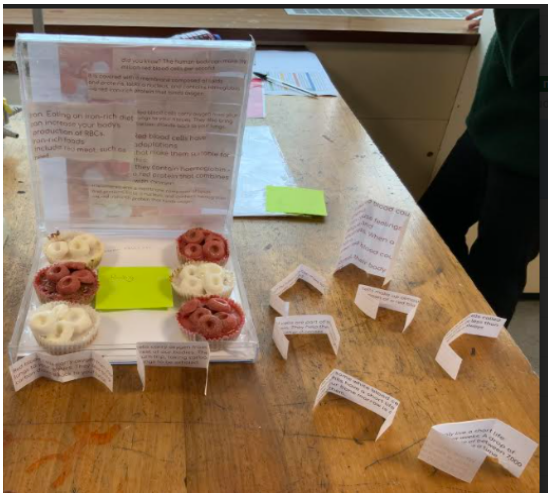
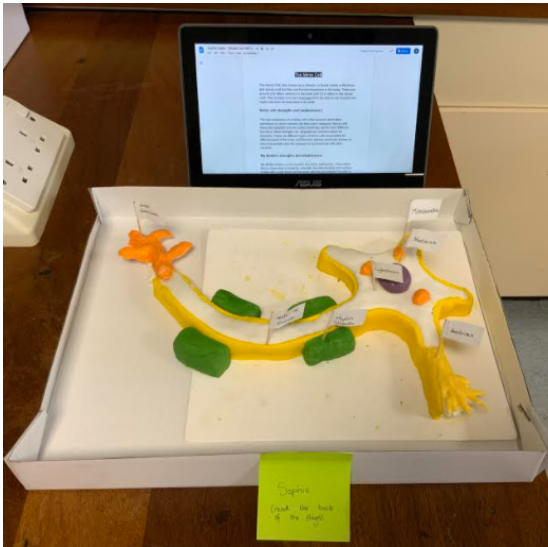
Fragile yet faithful,
Lovely and private,
Tragically beautiful,
Calmingly quiet.

The aqua blue waterfall,
Sparkling and glistening
everywhere you look,
The calmness is magical. **Emma**



Science news

This term Year 7 has been learning about cells. Students have been applying their knowledge to build and label models of a range of specialised cells at home. Students have demonstrated a wide variety of techniques to model animal and plant cells using recycled materials, plasticine, paper mache and even baked cakes! Some of the most interesting examples are shown below.





Important message from Hertfordshire County Council

As we go into the Easter holidays, and some Government guidance changes around socialising outside and outdoor sport, it's so important that we don't let our guard down and increase the risk of Covid-19 outbreaks when schools return.

From Monday 29 March, you can;

- Meet up outside (including in private gardens) with six other people, or as two households
- Take part in formally organised outdoor sports with any number of people (outdoor sports venues and facilities will be able to reopen)
- Childcare and supervised activities will be allowed outdoors for all children

You and your family can continue to keep yourselves and others safe by:

- Washing your hands regularly, for at least 20 seconds with soap and warm water or using an antibacterial hand sanitiser if soap and water isn't available
- Keeping socially distanced, staying at least 2 metres away from those not in your immediate household
- Wearing a face-covering where required and when it is difficult to socially distance
- Self-isolating and getting tested if you develop symptoms or receive a positive lateral flow test (LFT) result
- Not socialising indoors with anyone who isn't in your immediate household. You're not allowed to have sleepovers or playdates, even if your child is in a school bubble
- Not sending children back to school ill or with symptoms of Covid-19 after the Easter break – if your child is sick, please keep them at home

If your child is in year 7 or above and taking regular LFT, you should encourage them to continue to take these and report results as normal during the Easter holidays. If they receive a positive test at home, everyone in your household must begin self-isolating immediately and you need to book a PCR test to confirm the positive result. Any positive tests received up until 1 April, should be reported to your school so that they can complete the track and trace process with the Public Health team.

Babies and children in early years settings, nurseries, infant and primary schools should not be taking LFT, please don't do home tests on younger children. If you are worried about small children or they develop symptoms, please seek advice from your GP or call 111.

Thank you again for playing your part and helping to keep our schools safe and open for face to face learning.

We wish you all a safe and happy Easter.

Hertfordshire County Council

LFT and reporting of positive cases over Easter

Students in Year 7 and above and school staff will be expected to continue to take LFT twice a week during the Easter Holidays. This is to reduce the risk of an outbreak in the setting and in the wider community. Any positive cases over the Easter break should be reported via the NHS and to the school at covid19@simonballe.herts.sch.uk



Please note that only students in Year 7 and above have been asked to complete rapid testing, also known as lateral flow tests, twice a week. Home tests absolutely should not be carried out on children in nursery, infant or primary school. It is explicitly not recommended as part of the testing programme and we are concerned that it could hurt or cause injury to small children. If you are worried about small children or they develop symptoms, please seek advice from your GP or call 111.

Parents, carers and adults in support bubbles providing childcare are also being encouraged to take twice-weekly lateral flow tests (on themselves, not children) at home. You can find your nearest collection site and order online at: www.gov.uk/order-coronavirus-rapid-lateral-flow-tests. You can also book a test for yourself at one of the county council's rapid test centres: www.hertfordshire.gov.uk/rapidtest.

Eco-Schools Bronze Award:

Thanks to the brilliant efforts of our secondary Eco Club and Lucia, Rebecca and Josie in Year 13, Simon Balle All-through School has recently been able to regain the Eco-Schools Bronze Award status! We hope to achieve Silver very soon. If you have any suggestions of more we can do for the environment at school, please email Miss Boyce.



Dates for your diary

Monday 12 th April	Term starts and launch of the SBAS farm
Tuesday 13 th April	Y10 virtual parents evening
Mon 19 th – Wed 21 st April	Y11 interviews for 6 th form
Tuesday 27 th April	PSA meeting
Monday 3 rd May	Bank holiday
Tuesday 4 th May	Inset 5 (no school for students)
Mon 31 st to Fri 4 th June	Half term
Friday 16 th July	End of term

Please note that other dates may be added as the Government roadmap eases.

We will try to give you as much notice as possible especially if there is any payment to be made.



Parking

Please remember that if you are driving to school you must use the Old London Road car-park next to the fire station. You should not drop off on-site or come onto the site to pick up. We are trying to minimise the volume of traffic coming on-site to ensure the safety of our students, parents and staff. Thank you for your cooperation. Please do not park in the disabled bays unless you hold/display a blue badge.

Teachers' Pets Competition

Thank you to everyone who entered the Teachers' Pets competition. Thank you once again to all the teachers who submitted a photo to be used. We had a lot of entries that have now been counted and verified. All students who entered will receive a house point.

In the Secondary phase the winning student was Sophie Gates in Year 7, closely followed by Alia Goss in Year 8 and Victoria Dewey in Year 13 all three students will receive a prize. A large number of staff also took part in the competition and the winner was Miss Ahmet closely followed by Miss Philpott and Miss Newman.

The winning pet is shown below. Congratulations to Mr Preshous who will also receive a prize.



In the Primary phase, the winning students were Erin and Sammy in Year 5, both students will receive a prize. The winning staff members were Mrs Harding and Miss Deards.

The winning pet is shown below. Congratulations to Mrs Hawkins who will also receive a prize.





House Music Competition

This half-term, Year 7 have had the opportunity to compete in a House Music competition. The theme was “Film Music” and there were two categories that students could choose from: Composition or Performance.

In the Performance Category, entries wowed us, ranging from a rendition of “Somewhere” from ‘West Side Story’ on the French Horn, to vocal renditions of songs from ‘Aladdin’ and ‘The Greatest Showman’.

In the Composition Category, students demonstrated their creativity and we received some really imaginative submissions including a piece composed for “A Walk in the Woods” scene and a scene in a “Deep Sea Cave”. We also received some fantastic film adaptations, including a spooky version of the ‘Mission Impossible’ theme, and an imaginative rendition of the ‘James Bond’ theme.

We were thrilled with the standard of entries, and have awarded a number of ‘Highly Commended’ certificates as well as choosing a winning entry for each category. The overall winners are below:

Best Vocal Performance - Isobel C - 7L
Best Instrumental Performance - Naomi P - 7B
Best Film Adaptation - Fearnley L - 7A
Best Original Composition - Isabella D - 7A

Overall winning House - Ashbourne
2nd Place - Lea
3rd Place - Beane

A huge well done to all those who took part, plenty of well deserved House Points have been given out. A fantastic and much-needed reminder that music is still very much alive at Simon Balle!

Mr Dear and Mrs Iles

Giving project

On their return to school after lockdown 10N embarked on a "giving project". They made food boxes and period poverty boxes that were donated to "Hertfood" for local families in need. They also made Easter activity boxes for the Larch Centre.





School Nursing Information

Please find attached some material that provides information and signposting for parents and carers that have any concerns or worries regarding their children.

Mudlarks Summer Scheme

Please find a leaflet with all of the information below.

BeeZee Bodies

BeeZee Bodies will be running programmes from the 26th of April until July. Please find more information in the leaflets below.

Easter at St Andrew's Church

Please find attached information in reference to the outside display at Hertford St. Andrew's Church

Free Trial Session and £40 discount at Perform

Popular children's drama and dance school Perform is offering a Free Trial Session and a special introductory discount of £40 for members of Simon Balle All Through School if they sign up by Monday 3rd May. Parents should quote SBAL030521 when they book their free session by going to perform.org.uk/try or calling 020 7255 9120.

You can find out more about the classes at perform.org.uk/try. Alternatively, PDF flyers can be found below.

Public Health – School Nursing

Supporting your child's transition back to school after lockdown

Some children will have some worries about returning to school, may find it difficult to return to school, may become upset, distressed or even refuse to go in.

There is a presentation to provide information, advice and practical strategies that can be used to support your child's return to school on our website:

<https://www.hct.nhs.uk/our-services/school-nursing/>

Health advice you can trust

It can be tricky to find good health advice on the internet. Try these – they're managed by the school nursing service...



[Health for Kids](#) – local health services and advice for children aged 4 to 11 years old.



[Health for teens](#) – bite-sized info and advice for 11 to 19 year olds in Hertfordshire.

School nurses offer support for emotional wellbeing including anxiety and anger. To refer to our service please go to the Family Centre Service Website and look for school nursing:

<https://www.hertsfamilycentres.org/>

For more information about the School Nursing Service watch a short clip available here:

<https://youtu.be/7RoTkp3vkB0>



Aged 11-19 - Did you know you can text your school nurse for confidential health advice and support? Text 07480 635050. Check out the

YouTube link on here:

<https://youtu.be/DBNmr1bFcCE>

Young adults aged 16-25
with learning difficulties & autism

SUMMER SCHEME

£20
PER
SESSION

Join us for a summer of fun.

Enjoy gardening, craft & outdoor
activities at the Mudlarks allotments



26th July to 27th August

Weekdays 9.30am-2pm

Mudlarks
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EMAIL: EVENTS@MUDLARKSGARDEN.ORG.UK
LEARN MORE @ WWW.MUDLARKSGARDEN.ORG.UK

Mudlarks Allotment - Cromwell Road Allotments Hertford - SG13 7DP



DO YOU HAVE QUESTIONS ABOUT YOUR KIDS' HEALTH HABITS?

Fussy eater?
Won't eat their greens?
Serial snacker?
Couch potato?
Eyes bigger than their belly?

WE'VE GOT THE ANSWERS!

Book a free support session with a member of our wellbeing team!

We are experts in engaging children with healthy eating and physical activity and can help you turn healthy efforts into healthy habits for life.

Over a (virtual) cuppa, we will give you advice about family nutrition & exercise, and work together on a personalised behaviour change plan for your family.

We'll check in a month later to see how you're getting on!

Funded by Hertfordshire County Council, this free service is available to children aged 5-15 who have a BMI above the 91st centile (we can help you work this out if you're unsure).



SIGN UP FOR YOUR FREE SESSION TODAY!



beezeebodies.com/signup



01707 248648



WE RUN FREE WEEKLY WEBINARS
TO HELP YOUR FAMILY BE HEALTHIER



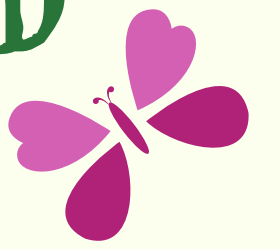
**BeeZee
Live**

from **B** **beezee
bodies**

	TUESDAY	WEDNESDAY	THURSDAY
5-8 year olds	16:30 - 17:45	OR 16:45 - 18:00	X
9-12 year olds	18:00 - 19:15	OR	17:00 - 18:15
13-16 year olds	X	18:00 - 19:15	X

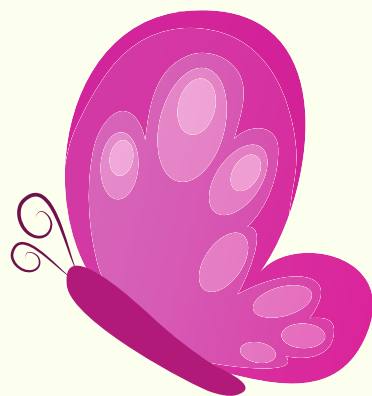
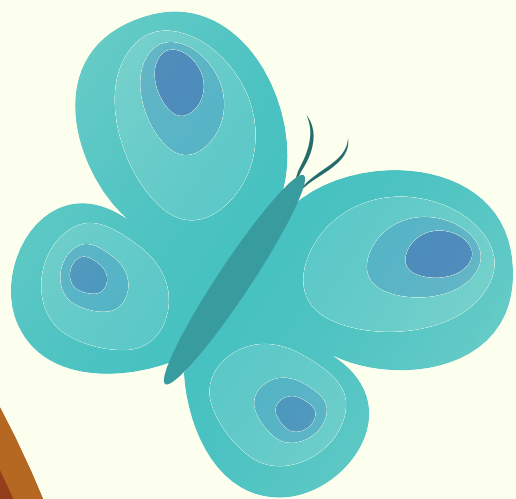
FREE 12 WEEK COURSE STARTING 26th APRIL

EASTER AT ST. ANDREW'S HERTFORD

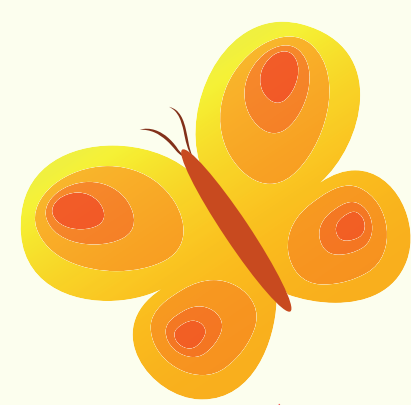


Once again, we'll be bringing church outside into the churchyard to tell the Easter Story. Over the Palm Sunday weekend, the crowds will lay palms (or the nearest we can find!) in front of Jesus as he enters Jerusalem on a donkey. Some of the Easter story will unfold with the Last Supper and Good Friday Cross.

The joy of Easter Sunday will be celebrated with an explosion of flowers, eggs, bunnies, ducklings, lambs and many other colourful signs of new life! Our thanks to the staff and children of the Reception class at St Joseph's in the Park and Hertingfordbury Cowper School, who helped decorate eggs for the display.



www.hertfordstandrews.co.uk



**DO COME AND SEE THE CHURCHYARD DEVELOP
OVER THE WEEK AND SHARE IN THE
EASTER SUNDAY CELEBRATIONS.**

Confidence Building Fun

Try a Free Drama Class



PERFORM[®]

WATCH YOUR CHILD SHINE

— It's a joy to see our
son's confidence
grow each week.

Beth Johnson

Build confidence, boost concentration and make new friends

Perform weekly classes will boost your child's confidence, improve their concentration and give them a creative outlet to make new friends and have fun.

4–7 year olds enjoy a lively mix of energetic games, catchy songs and funky movement to help bring out every child's true potential.

7–12 year olds work with inspiring professionals learning skills for life and putting on a specially written show that gives everyone a chance to shine.

With child development at the heart of everything we do, our warm, friendly teachers provide a unique learning experience for your child as well as the best fun of the week.



perform.org.uk



Try Perform for free

We offer every child the chance to try one of our classes for free. It's the perfect way to experience our unique workshops first-hand and there's no obligation to join afterwards. Bring a friend to try out the session too and, if they want to continue, we'll send you a £30 voucher to say thank you. Call **020 7255 9120** to book.

With almost 300 venues across London and the South, there's bound to be a class near you.

Find your nearest at
perform.org.uk/venues
or call **020 7255 9120**

— Thank you for injecting a little wonder and magic into my daughter's life every week.

Rae Ni Bhreacain

020 7255 9120

Explore, Express, Exhilarate

Try a Free Dance Class

Brand new street and hip-hop classes for 6–12s.



PERFORM[®]

EXPLORE EXPRESS EXHILARATE

Build coordination, boost confidence and feel fantastic

Fresh, modern, exciting and exhilarating, Perform X is the children's dance class you've been waiting for. These unique high-energy sessions are designed to build your child's coordination, boost their confidence and give them a new way to get fit and have fun.

Using original street and hip-hop music, the classes include a mix of lively games, fun physical activities and cool easy-to-follow moves especially formulated for boys and girls to enjoy.

With infectious dance tracks and an electrifying performance at the end of term, Perform X is the perfect outlet for your child's natural vitality and guaranteed to leave them buzzing with excitement every week.



perform.org.uk/x



Try Perform X for Free

Perform X dance classes have been especially developed for 6–12s and are led by professionally trained and highly experienced teachers.

If you want your child to have that fantastic feeling that only exhilarating dance can bring, why not try a free session? Simply call **020 7255 9120** to book or visit perform.org.uk/x for more information and to find your nearest venue.

— My son's confidence has increased so much since he started. He truly is a different child.

Rebecca Daniels

020 7255 9120