

# Secondary phase newsletter

Friday 11th February 2022

*Creating Tomorrow's Citizens Today*



## All-through news

We have now reached the mid point of this academic year and “spring” is definitely in the air. Lighter evenings are welcome as we see the return of sports matches both for upper KS2 and secondary students. More students are back in this week as thankfully covid rates start to decline amongst our children. Walking around both sites, it is reassuring to see our students engaged in their learning, and also helping others. One of the joys of being all through are the opportunities for children across phases to learn and play together. I was struck this week by the return of our sixth formers as tutors, listening to reading and helping in play areas.

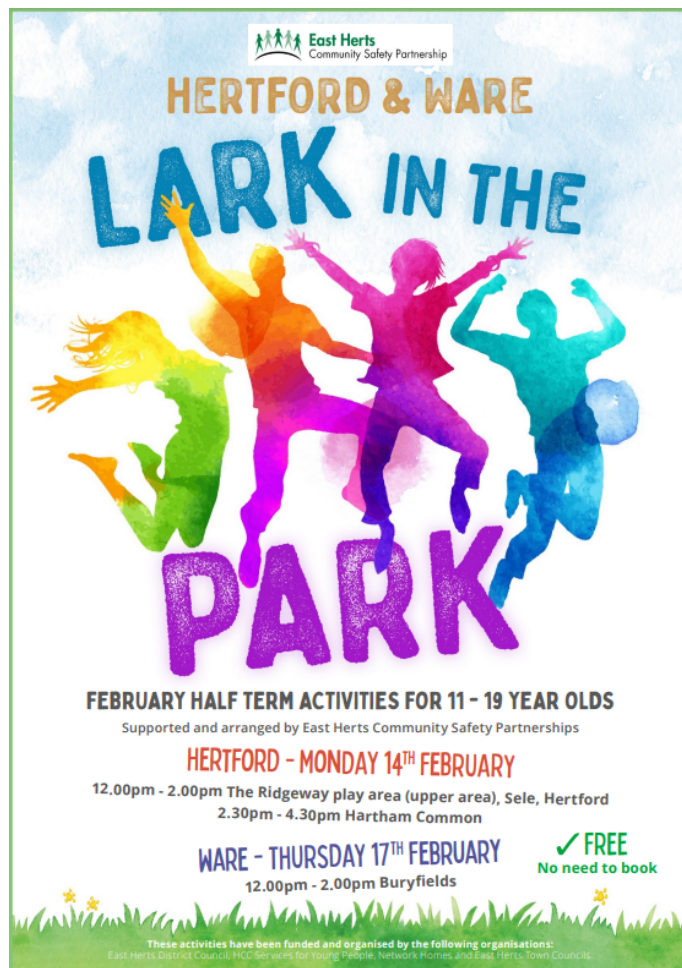
One of our unique features as a school is the importance we place upon teaching values. We believe that this is a critical part of character education and personal development, and this informs all of our assemblies across each phase.

This week we have as a school been part of “internet safety” campaign and I hope that you will access the podcast. Educating our young people to be safe online is the duty of both parents and schools. I hope that the resources we sent in the last newsletter were also useful.

<https://simonballe.podbean.com/e/simon-balle-talks-safer-internet-day-2022/>

## Vacancies

We are currently looking for a primary teacher (permanent) and a teaching maternity cover along with a TA. If you or anyone you know would be interested in joining our established team please check our website for full details and application instructions.



## Covid reminder

If you are travelling abroad this half-term be sure to check and follow COVID-19 guidance for your country of travel and on re-entering the UK, you can find the latest travel guidance at:

<https://www.gov.uk/guidance/travel-abroad-from-en-gland-during-coronavirus-covid-19>

- **Get vaccinated** - vaccination continues to offer the best protection for ourselves and others around us from becoming seriously ill from COVID-19. There are lots of walk-in options available locally for first, second doses and boosters, you can find your nearest vaccination centre and also book an appointment at:

<https://covid.healthierfuture.org.uk/>

Young people aged 12-18 yet to receive their COVID-19 vaccination(s) can find out more, including walk-in options for clinics for young people, and book at:

<https://covid.healthierfuture.org.uk/vaccine-information-for-young-people>

### Half term COVID-19 'Relax and Vax' sessions for nervous teenagers

Five of the larger vaccination centres across Hertfordshire and west Essex are running 'Relax and Vax' sessions during half-term week aimed supporting 12 to 18-year-olds who are nervous about having their COVID-19 vaccine.

Specially trained staff will be on hand to help overcome worries like a fear of needles and answer any other concerns using simple and clinically effective relaxation techniques to help reduce tension and support them through the process. Children aged 12-15 need to be accompanied by a consenting parent or carer and just mention they are nervous on arrival so that the staff can make adjustments and they are given plenty of time and support. You can find a list of participating venues and times at: <https://covid.healthierfuture.org.uk/>

People under 18 who have recently had COVID-19 must wait 12 weeks before having their vaccination.

**Test regularly** – 1 in 3 people with COVID-19 do not display symptoms. Regular rapid testing at home can help to prevent transmission. Find out all the ways to get home test kits (LFD tests) at: [www.hertfordshire.gov.uk/rapidtest](http://www.hertfordshire.gov.uk/rapidtest)

**Stay at home** – if you have symptoms stay at home and book or order a PCR test online at: [www.nhs.uk/get-tested](http://www.nhs.uk/get-tested)

If you test positive you must self-isolate for the required period and not have people visit you at home. There is support available to help people who need it to self-isolate, call HertsHelp on 0300 123 4044, email [info@hertshelp.net](mailto:info@hertshelp.net) or visit [www.hertshelp.net](http://www.hertshelp.net)

Please do not send children and young people back to school following half-term if they have any symptoms or feel unwell. There continues to be a high number of outbreaks across Hertfordshire's childcare, nurseries, schools, special schools and colleges – they need your support to help protect our communities and have the least disruption to children's learning and development as possible.

To Celebrate the Queen's 70 years of service, the fabulous Art Enrichment Class have created prints of the Queen's stamps. The stamps were then used to make a silhouette of the Queen's head for this wonderful display.

Amazing work guys! Well done to the class and thank you for your help!

Ms Smillie and the art department.



### Parental support sessions

As part of the Wellbeing for Education Recovery Hertfordshire have commissioned the following parental support sessions with regard to anxiety and resilience through Bounce Forward. The specific programmes are:

- **Anxiety and Resilience** (A three-session on-line course for up to 150 parents)
  - Children and young people will feel anxious and worried from time to time. Anxiety is a normal or usual response to uncertainty. The way we respond as parents, and deal with our own anxiety plays a significant part in building our children's capacity to develop resilience.
- **Raise Resilience** (A 5 session on line course for up to 150 parents)
  - Raise Resilience starts with personal resilience, how parents can look after themselves, building self-awareness about what might be getting in the way, and helping them notice what is going well and their strengths as a parent.

The times/dates are listed below. The links to book and more information is contained within the attached leaflets. If you are interested I encourage you to book on quickly as these courses are usually very popular.

## Anxiety and Resilience

(<https://bounceforward.com/anxiety-hertfordshire-parents/>)

- Mondays 8-9pm, Starting 14<sup>th</sup> March
- Tuesdays 12:30-1:30pm, Starting 15<sup>th</sup> March
- Tuesdays 7:30-8:30pm, Starting 26<sup>th</sup> April
- Wednesdays 10-11am, Starting 8<sup>th</sup> June

## Raise Resilience

- Wednesdays 10-11am, Starting 2<sup>nd</sup> March
- Tuesdays 8-9pm, Starting 8<sup>th</sup> March
- Tuesdays 12:30-1:30pm, Starting 3<sup>rd</sup> May
- Mondays 7:30-8:30pm, Starting 13<sup>th</sup> June

**#JUSTTALK**

It's okay to not be okay

**Mental health and wellbeing information for parents and carers in Hertfordshire**

**"Talking shows strength"**  
Information for parents and carers of children and young people. We all have mental health, and there are things all of us can do to help look after our own wellbeing and mental health, and to support those around us.

Hertfordshire's Just Talk website: [www.justtalkherts.org](http://www.justtalkherts.org) is a central hub of information and resources for parents, carers and young people in Hertfordshire, to help children and young people improve their emotional wellbeing, build their resilience and develop positive coping strategies. It also has details of other organisations who can help if parents, carers, children and young people are struggling:

[www.justtalkherts.org](http://www.justtalkherts.org)  
**Five Ways to Wellbeing e-learning**  
**Facebook: JustTalkHerts**  
**Instagram: @JustTalkHerts**  
**Twitter: @JustTalkHerts**

[www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk) is a national website for quality assured and free e-learning about young people's mental health and wellbeing.

## Where to find advice and information

### Hertfordshire websites

- [www.justtalkherts.org](http://www.justtalkherts.org) for self help information and details of a range of support available.
- [www.servicesforyoungpeople.org](http://www.servicesforyoungpeople.org) - part of Hertfordshire County Council, providing youth work projects, information, advice, guidance, work-related learning and wider support for young people in Hertfordshire.
- [www.servicesforyoungpeople.org/support-for-young-people/support-for-young-lgbtplus-people](http://www.servicesforyoungpeople.org/support-for-young-people/support-for-young-lgbtplus-people) - projects across the county for the young LGBT+ community of Hertfordshire.
- [www.healthyhubs.org.uk](http://www.healthyhubs.org.uk) - free information, advice and support to help you stay healthy and well.
- [www.hertsmindnetwork.org](http://www.hertsmindnetwork.org) - essential mental health support for Hertfordshire residents over the age of 18 and dedicated services for 10-18 year olds.
- [www.carersinherts.org.uk](http://www.carersinherts.org.uk) - advice, information and support to unpaid carers.
- [www.healthyyoungmindsinherts.org](http://www.healthyyoungmindsinherts.org) - information on emotional health and wellbeing support.
- [www.northhertscollege.edu](http://www.northhertscollege.edu) - educational courses about mental wellbeing, free to all Hertfordshire residents aged 18 and over.
- [www.healthforkids.co.uk](http://www.healthforkids.co.uk) - top tips and advice on all aspects of children's emotional and physical health.
- [www.healthforteens.co.uk](http://www.healthforteens.co.uk) - information for teenagers about all aspects of health and lifestyle.
- [www.hertscomhs.nhs.uk](http://www.hertscomhs.nhs.uk) - information for young people, parents, carers and professionals about mental health issues and HPFT's CAMHS services.

### UK websites

- [www.annafreud.org](http://www.annafreud.org) - advice and guidance to help parent and carers support children and young people who may be struggling with poor mental health.
- [www.thamis.org.uk](http://www.thamis.org.uk) - leading support service for young people in the UK.
- [www.youngminds.org.uk](http://www.youngminds.org.uk) - mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.
- [www.nhs.uk/evermindmatters](http://www.nhs.uk/evermindmatters) - NHS mental health resources include tailored advice, as well as practical tips on sleep and self-care.

## Where to find more advice and help

### Parents and carers

You or your child might need some more advice, especially when experiencing difficulties, feelings of anxiety or low mood, or whilst adjusting to changes in life. You could speak to:

- your child's teacher, or mental health lead at their school or college
- your GP
- Hertfordshire's family centre service at: **0300 123 7572** or [www.hertsfam@centres.org](mailto:www.hertsfam@centres.org)
- Chathealth texting service for parents/carers of 0-5s: **07480 635164**
- Hertfordshire's Wellbeing Service for people age 16+ at: [www.northhertsxpert.nhs.uk](http://www.northhertsxpert.nhs.uk)
- HPFT (one of Hertfordshire's NHS providers of mental health services) **24/7 freephone helpline: 0800 6444 101** or you can have a live webchat Monday to Friday 7am-7pm at: [www.hpft.nhs.uk](http://www.hpft.nhs.uk)

### Young people

- free online counselling for anyone age 11-25 at [www.kooth.com](http://www.kooth.com)
- Herts Mind Network, Young People's Helpline for 10-17s: **01923 256391**.
- Chathealth text messaging service for secondary school aged young people: **07480 635050**.

## Where to get some urgent help

- Call HPFT's freephone 24/7 helpline: **0800 6444 101** or
- Call NHS 111 and select option two for mental health services

In the event of a life threatening condition that requires an emergency intervention, call 999 for the emergency services.

## Junior bake off

Calling all enthusiastic bakers aged 9-12 years old!!

Love Productions; the company behind The Great British Bake Off, The Great British Sewing Bee and The Great Pottery Throw Down, have recently opened applications for the 8<sup>th</sup> series of **Junior Bake Off**; a Channel 4 programme that celebrates the culinary talent and ambition of the younger generation in Britain.

With this in mind, we are contacting schools in the hope that you can help us spread the word regarding this exciting opportunity.

We are looking for young budding bakers between **9-12 years old**.

Filming would take place from July 2022, but our applications close on **Sunday 13<sup>th</sup> March 2022**.

Interested bakers can apply online at - [www.applyforjuniorbakeoff.co.uk](http://www.applyforjuniorbakeoff.co.uk)

enquiries:

[applyforjuniorbakeoff@loveproductions.co.uk](mailto:applyforjuniorbakeoff@loveproductions.co.uk)





## Secondary news

### PE News

It's been an action packed half term of sport for our students at Simon Balle with so many fixtures and successes across a wide range of sports. However before we update you, a big congratulations must go to Trixie W, an ex-student who only a few weeks ago ran a personal best (pb) in the 800m of 2mins 8secs. As a consequence of this, Trixie travelled to Glasgow last weekend to compete for England in a match against Scotland, Spain, Wales, Turkey and Ireland. Running yet another pb of 2.06 she helped England finish second. Well done to Trixie and we look forward to following her athletics exploits this season and beyond.



## Sportshall Athletics



We have now hosted 2 rounds of the LVSSA Sportshall Athletics League in February. Our Year 10 Sports Leaders have been fantastic in their professionalism and leadership qualities whilst officiating, leading and setting up activities. Without these students the competition wouldn't have been able to take place, so a big well done to all our sports leaders so far. Our Year 7 & 8 teams have performed well so far with the Year 7 Girls team currently in second place just behind Broxbourne school. Round 3 takes place on the 23rd February with the top teams in Year 7 Boys and Girls going forward to the County final on the 22nd March. Our Sports Leaders will be also supporting this event. More updates and results from this event in our next newsletter.

## Herts Cross Country Championships

Last Saturday, Simon Balle students from Year 7 through to Year 13 competed at the Herts Schools Cross Country Championship at St. Albans, for the first time since 2020.





Well done to all who participated in this event. Conditions on the day were excellent with some high calibre athletes performing. Congratulations to Alfie P and Sylvie S who finished 9th & 6th respectively in the Year 7 Boys and Girls events. They both now qualify to run for Hertfordshire at the National Schools Cross Country Championships in March.

### LVSSA Indoor Athletics Championships

The above Championships took place towards the end of January, where our students from Year 7 to Year 11 had the experience of performing at the Lee Valley Indoor stadium at Picketts Lock. There were many fantastic performances on the day, however particular mentions go to the following students who became District Indoor Champions in the following events;

- Matilda T-W - Year 7 Girls Shot Putt
- Phoenix L - Year 7 Boys 200m
- Jasper L - Year 10/11 Boys 300m
- Niamh S - Year 10/11 Girls TJ
- Harry M - Year 10/11 Boys 200m
- Ellis D - Year 10/11 Boys TJ
- Bernardas - Year 9 Boys Shot Putt
- Alfie P - Year 7 Boys 800m
- Year 10/11 Boys 4 x 200m Relay

Well done to all who competed and we all now look forward to the outdoor athletics season in May.

### Basketball



Basketball season is in full swing with all teams participating in the LVSSA league this year. The Year 8 Boys so far have won two games out of two with one more to play against JWS.



Please go to [@simonballesport](#) for more updates on the league.

### Football

We have had a very successful half term with Saturday football and the District Cup taking center stage.

The Year 8 Boys progressed to the semi-finals of the District cup after beating Goffs Churchgate 5-4 and drawing with Goffs School 2-2. The Year 7 Boys are still in with a chance of progressing to the semi finals and are due to play Robert Barclay School on Friday with the winner progressing into the semi-finals. Year 10 boys beat Goffs Churchgate and lost to Richard Hale. Year 9 boys are still to play and we await their results.

On Saturday's we have played Richard Hale, Sandringham and St Edmunds, some great performances and lots of students from Year 7-10 have experienced representing Simon Balle. Next half-term on Saturday, we play against the following teams;



- Feb 26th - Katherine Warrington School
- Mar 5th - Roundwood
- Mar 12th - Samuel Ryder
- Mar 19th - John Warner
- Mar 26th - Sir John Lawes

## Rugby Update

So far Simon Balle teams from Year 7-12 have played numerous games in many competitions with many more games to come. Currently we are involved in a District competition and on Thursday the Year 7 Boys beat JWS 30-10. Also yesterday the Year 8 Boys played in a tournament held at Harpenden Rugby club and played against Kings Langley, Tring, Longdean, Knights Templar and Sir John Lawes School. The boys played well winning one, drawing one and losing 3 close contests. Our next competitions are;

- Final Y7-10 District League games
- Mar 2nd - Herts Schools U16 & U18 & 7's
- Mar 3rd - Year 7 District Tournament
- Mar 7th - Year 8 Herts Schools 7's
- Mar 9th - Year 7 v Goffs
- Mar 17th - Year 8 District Tournament
- Mar 23rd - Year 9 v Goffs
- Mar 29th - Herts Schools 10-a-side

## Girls Sport

Girls sport has continued to thrive throughout the term with excellent numbers at hockey, football and sportshall athletics clubs. Students have represented the school in a number of fixtures including district league football, sportshall athletics as well as friendlies in netball and hockey. It has been a promising start for all teams and we are now approaching the time of year where we compete at district tournaments for many sports.

To start these competitions, our year 9 girls went to the district netball tournament last week. The girls played some fantastic netball with excellent shooting by Mia and Willow. Overall the girls finished in 4th place and were able to be competitive in all games against some very strong teams. The year 10 team have their equivalent tournament on the first Tuesday back after half term, and after some great performances this year, we look forward to seeing how they get on.

Football has been the real highlight this term with the district league beginning for U12, U13, U14 and U16 teams. We have seen a real improvement in the standard of football amongst our girls and are

excited for the remaining games that will take place after half term to conclude these leagues.

In addition to the league, this week we entered a 5-a-side tournament at John Warner with an U12, U14 and U16 team. The girls played some excellent football with the year 7s finishing their pool game in a penalty shootout! Despite being in the middle of their mock exams, our U16 team included 6 year 11 students (Ava, Katie, Faye, Ella, Sophie and Meg) who came into school especially for the tournament showing outstanding commitment to school sport. All three teams finished in 3rd place - well done to all.



For more information on enrichment, sports fixtures and updates please visit our [Simon Balle Sport website](#) or follow us on twitter @simonballesport

## Dates for the diary

Mon 14th to Fri 18th	Feb HALF TERM
Mon 21st Feb	Inset day school closed for students
Mon 3rd Mar	DTP/MenACWY injections Y9
Sat 5th Mar	Big Band evening
Sat 12th Mar	Vocal showcase evening
Wed 16th Mar	Y10 geography trip (group 1)
Thurs 17th Mar	Y10 geography trip (group 2)
Fri 18th Mar	Red nose day
Tues 22nd Mar	Y12 parents evening
Tues 22nd Mar	Y7 Bawdsey residential trip returns 25th
Wed 30th Mar	Drama showcase evening
Fri 1st Apr	End of term - normal finish



Following last year's successful VBR, we have decided to mark the passing year by hosting our second race. The Simon Balle Hearts of Hope Virtual Balloon Race is intended to bring the entire school community together (virtually). We hope that you will enjoy participating in this fun event and warmly welcome students, staff, family and friends near or far to join in. There are prizes (and HPs for SB students) up for grabs too.

To join, simply follow the link below where you will be able to customise your virtual balloon, adding a message of hope or appreciation, if you wish. You will be sent a personal link that allows you to track your balloon throughout the race and view a leaderboard.

For more information, please see: [www.simonballepsa.org.uk](http://www.simonballepsa.org.uk) or [facebook.com/simonballepsa](https://facebook.com/simonballepsa)

<https://www.tickettailor.com/events/virtualpta/647042>

### Wednesday 30th March

We are looking for a number of helpers to support the bar during the Drama Showcase. Please get in touch if this is something you can help with.

<https://volunteersignup.org/WT7KY>



## Simon Balle Parent Staff Association

Dear Parents/Carers,

### **Upcoming Events – Help Needed!**

Further to the Music Department's exciting update about this year's forthcoming live musical events, the PSA is delighted to have been asked to provide support with a bar and refreshments. And at the end of March, a fabulous evening of drama to look forward to, at which refreshments will also be provided.

We need your help please to fully support these wonderful events. As a volunteer, you get to meet and chat with other parents within our school community, feel directly involved in fundraising for the school's future projects, and even build life-long friendships. Plus you are guaranteed to have a great time! The list of benefits to getting involved is endless - why not give it a go?

No need to worry if you've not been involved in a bar event before - full briefings and guidance will be provided beforehand and on the day.

Simply click on the link below and volunteer for as much as you can do. We'll be in touch to discuss the rest.

**An Evening with the Simon Balle Big Band - Saturday 5th March**

**A Vocal Showcase - Saturday 12th March**

**Drama Showcase – Wednesday 30<sup>th</sup> March**

<https://volunteersignup.org/WT7KY>

Your time and support is greatly valued, wishing you all a lovely half-term break!

Jo Duggan - PSA Chair



