

Secondary phase newsletter

Friday 7th October 2022

Creating Tomorrow's Citizens Today



All through news

Another busy fortnight for all of the Simon Balle Community. The Open Morning was as busy as ever and our students were fantastic ambassadors for the school. Next week we start our external tours for potential Year 7; our own Larch children had their own visits earlier in September.

Residential trips continue to dominate the school calendar; so far this term, Y5, Y10 and this week and next there are two half year trips to the Belgium Battlefields. This is always a popular trip; Y9 students who are studying WW1 are given a great opportunity to visit various war cemeteries, trenches and memorials. The sheer scale of the conflict is clearly understood and students every year return having been very moved by the experience. On a very different level, but still a community experience, it was a privilege to attend the Larch Harvest Festival. From Y1-Y6, our children sang modern harvest songs and read seasonal poems and narratives of how harvest is celebrated around the world. Of equal importance was the giving of food for the local food bank; a big thank you to all parents who donated.



Can I draw your attention to the Parents/Staff Association annual general meeting which will be held on Tuesday 18 October. So many of our parents write in to thank the school and show their support, but an active way of getting involved and showing your appreciation is to come along to the PSA meetings. There are various levels of commitment and in many ways it is a way to meet new parents as well as raising funds for the school. Like everyone, schools are being badly hit by the cost of living crisis and in particular the rise in energy costs. We do not at Simon Balle, unlike other local schools, ask you to contribute to a school fund. What we would ask is for those who can think about a [donation](#) (this could be to a particular area such as sport/ music/ library) or give of your time to the PSA. Thank you.

Finally, some parents are aware of the tragic and untimely death of one of our ex students, Emily Free. Emily was exceptionally academic but suffered from severe mental health issues. Those staff who supported Emily attended her funeral last week and we were able to reflect upon Emily's life as well as how much she valued her school. For this reason, her family and friends set up a just giving page and have raised almost £5000 for the school to ensure that the mental health and wellbeing of students is provided for. Amongst other things, the family have asked for a bench and we are looking again at how we use some of our outdoor spaces. We thank everyone who has donated.

The Hertford Pantry

One week until the doors of The Hertford Pantry opens They are based at the Network Hub, Fleming Crescent, Sele, Hertford. They will have fresh food to be collected, bring a bag along and see what there is you can use They will open their doors on Saturday the 8th of October 11-12 and then every Monday 1-2 and Wednesday 1.30-2.30, no criteria to be met, come along and meet the team. Ian's pantry will have baked goodies on offer too.

Privacy notice

Please use this link to read our Privacy Notice for Students Attending Simon Balle All-through School <https://cdn.realsmart.co.uk/simonballe/uploads/2020/10/21115823/GDPR-Privacy-Notice-students.pdf>

Environment update

The cost of energy has increased significantly. We would love to hear any tips and tricks to help reduce energy costs at home, and of course, which also helps reduce carbon emissions. Please send your tips and tricks to browns@simonballe.herts.sch.uk and we will share them in the next newsletter.



PSA Frost Fair

Volunteers needed, 10th December

We are looking for a number of students, parents and staff to support this year's Frost Fair.

This is one of the biggest events in the all-through calendar, and is a lovely opportunity to build the community and support the school.

You are welcome to take a slot with a friend or family member and can choose from a variety of areas to cover. From games, raffle tickets and festive inflatables to the mulled wine, cakes and festive food stand.

House Points will be awarded when a student fulfils their volunteering slot (do check with an adult at home before signing up).

Please sign up via the link below:

<https://forms.gle/TxFqpdoxq4UbKGjQ8>

Thank you in advance - without you giving just an hour of your time, we simply could not host such a wonderful event.

SIMON BALLE PARENT STAFF ASSOCIATION

18th October AGM From 6.45pm. All welcome. Please support, if you can.

18th November Doughies Our next pizza and cookie event is booked! Open to all, booking close on 14/11/22

10th December Save the date for our much loved all-through Frost Fair and Festive Market. 12-4pm.

WELCOME

Our Annual General Meeting will take place on Tuesday 18th October. Join us from 6.45pm in the ICT suite - opposite the Dash Cafe. The meeting is open to all and we hope to see lots of new faces. This is a lovely opportunity to meet new people and connect with others in your year group, so please join us when you can. The AGM will begin at 7pm and will be followed by a short meeting to review Frost Fair plans and outline other upcoming events.

We are reviewing our committee members and volunteer database and kindly ask you to take a couple of minutes to complete our volunteer registration form: <https://forms.gle/Cau8MmLkwrygfmVe8>

We are working incredibly hard to source some attractive prizes for our Frost Fair Winter Raffle. If you, or your company, are able to support us this year by making a donation then please get in touch by half term. Raffle tickets will be available from mid November. psa@simonballepsa.org.uk

We are also looking for Frost Fair sponsors. Would you like to sponsor the giant inflatable snow globe or the games zone?

psa@simonballepsa.org.uk
[simonballepsa.org.uk](https://www.facebook.com/simonballepsa)
[Facebook.com/simonballepsa](https://www.facebook.com/simonballepsa)

NHS advice

From time to time, parents/carers understandably need advice as to whether it is appropriate for their child to come to school. We always say that parents are the best judge of their children - sometimes what appears to be illness can actually be simply tiredness or a minor cold; young children can sometimes be inexplicably sick just the once and then absolutely fine. For those times when it is tricky to judge, here is the link for the NHS which explains what action is needed in a range of situations.

All-through sporting news

It has been an exciting start to the sporting year! In the primary phase, yesterday marked our first netball and football matches for our new teams. After some excellent training on Mondays, children were rightly ready to compete! We were confident that all would show all of our Simon Balle values - which they absolutely did! And, a tremendous away 'win' in both sports - a great way to begin! Well done to all. Thanks as always to Mrs Riddle and Mr Leonard - their tireless work to bring such amazing opportunities to so many in sport is greatly valued by staff, governors, parents and, most importantly, the children!



Hockey

Hockey has started with a bang this year with excellent numbers attending extra-curricular club and lots of fixtures taking place. Both the U14 and U15 teams went to the county round of the National Schools' tournament at Haileybury school. Each team faced some tough opposition but had some great results throughout the day. Stand out performances came from Ella and Imogen in the U15 side and Emily, Tilly and Ruby in the U14 team.

Last week saw our U13s play Presdales in a friendly match. Ella played in goal for the first time and had a stand out performance, saving so many shots!

County Netball

There has been an excellent turn out for year 7 netball this term. The students have been committed to training and to developing their skills. The focus in training has been on being ball-side and using a variety of ways to get free. We look forward to watching the students in action in their upcoming friendly fixtures.

The U16 girls have played 2 of their county league matches against some tough competition with Berkhamsted first followed by Royal Masonic. The girls have been competitive throughout and held their own against some extremely high level netball. Bella and Daisy have shown some excellent shooting under some excellent defence. Lilian has displayed great defence of her own in both games.

U13's also played both Berkhamsted and Royal Masonic. The game against Berkhamsted was very competitive and the team grew in strength and confidence each quarter. Despite a slow start, the team won the second half but unfortunately this wasn't enough to win the game overall. The team were able to get depth down court in attack and demonstrate excellent feeds into the circle. The defence applied a lot of pressure and forced many passes off the backline. Evie and Olive have been

integral to the team and have really stepped up their level of play to meet the competition.

The U14's played Berkhamsted and worked hard to stay in the game and started to play really well together in the last quarter. The level of netball in this league is very strong and it's been excellent to see our girls really step up and develop their own game and play. Excellent defence from Annie and shooting from Laurel to keep girls in the game.

The Y9 girls also had a friendly against Chauncy with a great win for the B team.

Cross Country

The Cross country season has successfully started this year with 2 competitions taking place already.



In early September the annual Year 7 Mob race took place at Chauncy School where we had individual winners in each race. In the boys race Anthony M took the lead early on and after a battle with a Richard Hale boy, he pulled away over the final 400m to win comfortably, in his first cross country race. In the girls race Cora N ran a similar race however it was a closer battle with a girl from Presdales, however looking confident and assured Cora moved away over the final 100m and won comfortably. The girls team finished second overall behind Presdales School.



Last week the first Round of the District Cross Country League took place at Presdales. In the Senior races Alfie P ran a strong race finishing 9th in the boys race and Lilian S finished a commendable 6th place in the Girls race.

In the Junior races Sylvie S finished second overall and Alfie P won very comfortably.

In the Year 7 girls competition Cora N finished in second place, however the team packed very well finishing second to Presdales School.

The final League race takes place at Simon Balle on Tuesday which promises to be a great final competition.

Football News



The Football season is now in full swing with teams across all age groups playing in both the National and County cups. So far we have had some tough draws, however this week has seen both the Year 9 Boys and the Senior boys teams achieving 2 strong wins. On Wednesday the Senior Boys played Leventhorpe school in the National cup winning 4-1 with a strong performance from captain Alex G (Y13). Yesterday a depleted Year 9 Boys team with many debutants had a very strong performance against Sherrardswood school winning 6-2 and now progress to the last 16 of the County Cup.

New fencing and gates

As parents/carers, and students, may well have already spotted, work is currently taking place in

relation to fencing and gates around the perimeter of our site. Whilst we will minimise disruption, next week the front of the Larch will be a focus - from early in the morning, and with the current fencing temporarily removed. We will be talking to all students about keeping safe in this transitional phase; thank you as parents/carers for your support and understanding.

WHOLE SCHOOL	
Mon 24 th Oct to Fri 28 th Oct	HALF TERM
LARCH	
Mon 10 th Oct to Fri 14 th Oct	Larch parents evenings
Tuesday 11 th October	Flu injections Reception to Y6
Thursday 20 th October	Y4 trip
SECONDARY	
Thursday 6 th Oct to Fri 7 th Oct	Y9 Battlefields trip (1)
Tuesday 11 th October (evening)	Y10 theatre trip
Wednesday 12 th October (evening)	Y11 theatre trip
Thursday 13 th	Y10 Parents' Evening
Thursday 13 th to Fri 14 th Oct	Y9 Battlefields trip (2)

Secondary News

Sixth form bakeoff

With the Bake Off back on TV it was the perfect opportunity to set the first challenge of the year for our Sixth Form Students. The Sixth Form Bake Off. Lily in Yr12: The sixth form bake-off was an exciting opportunity to show off our creativity in ways we normally wouldn't be able to; we had to bake a cake in the image of a landmark which sounded incredibly challenging. All the entries looked really good - and tasty. Me and my friend made a cake of the colosseum (we knew it wouldn't really look like the real thing at all - it didn't - so we compromised by making the inside rainbow and filling it with sprinkles). The other entries were very impressive: there were pyramids, an Arc de Triomphe, and even the Taj Mahal! At lunch, members of the sixth form and staff came round to judge the cakes, it was a fun and hilarious way to spend an hour - with lots of delicious cake.



Student illness

A gentle reminder- Students are not permitted to call home and ask to be collected when they feel ill; they have to follow the school procedure and come to the front office and first aid room where we manage the situation and act accordingly. Please be reassured that support and guidance and first aid will always be offered, as well as parental contact where this is needed.

Student illness

A gentle reminder- Students are not permitted to call home and ask to be collected when they feel ill; they have to follow the school procedure and come to the front office and first aid room where we manage the situation and act accordingly. Please be reassured that support and guidance and first aid will always be offered, as well as parental contact where this is needed.

Year 10 PGL trip

Last week, after 4 years of patiently waiting, Year 10 finally got to go on their residential trip. The destination for this much anticipated trip was PGL Liddington, an activity centre based near Swindon. We were hugely lucky with the weather and, whilst it was a little chilly at times, the sun shone consistently, with the first and only drops of rain hitting just as we got on the coach to go home. The students were a huge credit to us, consistently demonstrating our school values of resilience and courage by throwing themselves into the activities on offer. Activities included a sensory trail, problem solving tasks, climbing, abseiling, Jacob's ladder, a giant swing and archery, to name but a few! Both SBAS and PGL staff could not speak more highly of our students and the attitude that they showed. We know just how important these types of experiences are for our students and we are so pleased that this trip was able to go ahead.

We are pleased to share the winning story from our recent 2022 Empathy Writing Competition - well done to Csongi from Year 7.

Jason Pebblestone

I opened my eyes; another boring winter's day... I turned over to look at my clock: 7:59. Just one more minute before I needed to get out of bed and go downstairs. "Ding" yelled the clock, now displaying a blurred 8:00 on its damaged screen. "Get down here Jason" ordered the overly familiar voice which I recognised belonged to my mum, Lily. I hesitantly got out of bed and changed into my school uniform; then lumbered down the stairs.

Mum sat on a run down chair in our cramped kitchen. It was tiny just like the rest of the house. We never had enough money to afford a bigger house, in fact we didn't have enough money for a lot of things, sometimes even food. The pebblestone family never had much money... well not since dad died. I don't really know much about him, whenever I ask mum she would just get teary eyed and say it doesn't matter. "Breakfast" she said in her wonderful calming, gentle voice as she handed me a slightly burned piece of toast.

I took it "thanks."

I filled my water bottle then put it in my bag as I ate the toast, "Don't be late to school."

"I won't" I lied, I always was.

Halfway to school, I spotted someone sitting on a wooden bench by one of the big apartment buildings. When I walked closer I realised smaller features that I hadn't seen far away: scruffy black hair and a dirty, wrinkle covered face - he was probably old and homeless. He only had a thin red coat and green undersized shorts, he must've been freezing, it was the middle of winter! I had to help him. But how could I, I had no money, well not much anyway.

* * *

That afternoon, when I got home from school I had already made a decision: I was going to help that homeless man. I stared at my piggy bank for a few seconds; then shook out the inside: £5. Just enough to buy a blanket at the local clothes store. So for the second time that day, I marched down the stairs. "Where are you going Jason?" asked mum curiously. "Can I buy a toy?" I lied (again). "It'll be from my pocket money." "Fine, but stay safe"

The blanket was only £4.79. It was a nice forest-green thick material that would keep anyone warm on the coldest nights. The only thing left now was to find the homeless man and give it to him. I turned a corner. On the same bench, by the apartment building sat someone I recognised: the homeless man. I walked over to him. "Hi I... I have a present for you."

"Huh?" he uttered in a raspy voice.

"A blanket, for you."

"For me?" As a reply I handed it to him.

His cracked-skinned mouth curled to make a thankful smile

"Thank You."

The End

By Csongi (currently in year 7)



Dear Simon Balle Families,

We are excited to announce that this academic year, Simon Balle All-through School is continuing to work in partnership with local charity, Future Living Hertford. The partnership aims to offer support and programmes for young people and families who may need access to them.

Future Living Hertford offers a wide range of holistic programmes, including art, music and play therapy, as well as a counselling service. Some of our programmes may be of interest to families associated with Simon Balle.



'Kids Kit' offers a space for parents and carers to strengthen and develop their skills. Join us at Vale House (43 Cowbridge, Hertford) for practical parenting tips and support with many of the challenges faced when parenting today.

Sugar Foot Boxing runs as a free to access therapeutic boxing club for children and young people on Wednesdays 5pm-6pm at Simon Balle Gym. The sessions will support young people to play out anxiety, anger and many other emotions they experience. The sessions allow children to access physical exercise in a safe space with coaches on hand to help them through difficult times.

We have a FLH Family Caseworker, Nicola Freeth, who will be based in Simon Balle school 9am - 3pm Mondays, Wednesday and Fridays, working to support young people within school in the first instance.

Any adults who may also require the support of Future Living Hertford are able to self-refer directly. Below you will find a full list of our services for both adults and children. Please contact Future Living directly on info@futurelivinghrtford.co.uk or 01992 537 344 to express interest and find out more information.



You can keep up to date with all the latest news about our programmes by following us on instagram and twitter using [@futureliving43](https://www.instagram.com/futureliving43) or facebook by searching Future Living Hertford.

Future Living Hertford's Programme for 2022-2023

Programme, course or event.	Dates and Times
<p style="text-align: center;">Monica Programme</p> <p>A free to access, 12-week Domestic Abuse recovery and empowerment for women.</p>	<p>Thursday 8th September – 30th November 09:45 – 12:00 (with a break for half term)</p> <p>Thursday 5th January - 30th March 09:45 – 12:00 (with a break for half term)</p>
<p style="text-align: center;">Wise Guys</p> <p>A free to access, 12-week Domestic Abuse recovery and empowerment for men.</p>	<p style="text-align: center;">This will be provided based on demand.</p>
<p style="text-align: center;">Accredited Training Programmes</p> <p>Specialist 13 week training course for professionals</p>	<p style="text-align: center;">Tuesday 10th January - 4th April 9:30 - 11:30</p>
<p style="text-align: center;">Therapeutic Arts</p> <p>A safe space to explore your feelings and creativity through a range of expressive mediums.</p>	<p style="text-align: center;">Monday 8th May - 3rd July 10:30 - 12:00 (with a break for half term)</p>
<p style="text-align: center;">Kids Kit</p> <p>Build your own practical parenting tips through one off workshops.</p>	<p style="text-align: center;">Once a month, 10:00 - 12:00 Monday 17th October, Monday 14th November, Monday 12th December, Monday 16th January, Monday 13th February, Monday 20th March, Monday 24th April, Tuesday 16th May, Tuesday 20th June.</p>
<p style="text-align: center;">Affordable Counselling</p> <p>One to one, personal counselling for all client groups covering a wide range of needs.</p>	<p style="text-align: center;">Weekdays Monday – Thursday - 09:00 – 15:00 Friday - 09:00 – 13:00</p>
<p style="text-align: center;">The Base</p> <p>A range of affordable play, creative arts and talking therapies for children aged 5 to 17</p>	<p style="text-align: center;">Weekdays Please contact us through the details below for more information.</p>
<p style="text-align: center;">Young Herts Healthy Relationships Programme</p> <p>A series of experiential workshops with Year 6 students demonstrating what healthy relationships may look like and how to recognise signs of abuse.</p>	<p style="text-align: center;">This is available to take place in schools throughout the area.</p>
<p style="text-align: center;">Sugar Foot Boxing</p> <p>A Free to access therapeutic boxing club for children and young people aged 11-17 run at a local Hertford Secondary School</p>	<p style="text-align: center;">Every Wednesday evening 17:00 – 18:00 in the Gym at Simon Balle School Hertford.</p>
<p style="text-align: center;">Children's Drama Project</p> <p>A Free to access drama project for children and young people aged 11-17 run at Vale House. Lunch provided.</p>	<p style="text-align: center;">Monday 3rd April - Thursday 6th April</p>
<p style="text-align: center;">Addiction Recovery</p> <p>One to one counselling with a focus on addiction recovery.</p>	<p style="text-align: center;">Please contact Future Living for information</p>
<p style="text-align: center;">Family Law Clinic</p> <p>Free access service for clients to receive legal advice.</p>	<p style="text-align: center;">Please contact Future Living for information</p>

For further information on all our programmes: Email: info@futurelivinghertford.co.uk

Tel: 01992 537344 or visit: www.futurelivinghertford.co.uk



**Sugar Foot
Boxing Game
now available!**

- 👍 A fun mobile game aimed at children aged 7-11.
- 👍 Non violent and easy to use
- 👍 FREE to download
- 👍 GDPR Compliant
- 👍 Helps build resilience and self confidence

Available to download for free on IOS and Andriod



FUTURE LIVING

Check out our new Sugar Foot Boxing Game App for ages 7-11.

Navigate your way through the virtual world learning new skills and building resilience.



Bringing up confident children for parents of children with ADHD/ASD (online group)

Worried about your child? Join our online group and get support to help your child feel more confident and happier. The online groups are for six weeks and delivered via Microsoft Teams.

- **Thursday 29th September to 10th November, 9.30 – 11.30**
- **Tuesday 8th November to 13th December, 9.30-11.30**
- **Tuesday 8th November to 13th December 7.30pm – 9.30pm**
- **Wednesday 9th November to 14th December, 9.30 – 11.30**

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

We build better family lives together



Find us on Facebook @FamilyLivesHertsandBeds

www.familylives.org.uk





Time to Talk about Pre-Teens and Teens Online group

Is your teen feeling anxious or isolated in the wake of Covid-19? Are you concerned about their mental health and struggling to get help? Or do you have a FFA/CIN/CP? Join our free 6 week online group for valuable advice and help on how to support and manage their behaviour.

When: Thursday 6th October to 17th November

Time: 7.00pm - 9.00pm

For more information, contact Louise on 0204 522 8700 or 8701 or email services@familylives.org.uk

We build better family lives together

www.familylives.org.uk

 @FamilyLivesHertsandBeds





Public Health Nursing 5-19 Team Newsletter

Welcome back!

Hope you all had a relaxing summer break! We are looking forward to supporting lots of children and young people throughout the new school term.

Please see below our Workshop link, with lots of advice and support on your child's emotional health, returning to school, and more.

<http://ow.ly/Qn9G50KI17f>

Ways to contact us:

Our school nurse duty number is:
0300 123 7572 (Mon-Fri 9am-5pm)

Our referral website, which also has information about our service:

<http://ow.ly/eeWe50KI1gW>

Chat health confidential text messaging service for 11-19 year olds:

07480 635050



Who we are

Hello, I'm Emily – a Healthy Child & Young person assistant. I support children who attend school in Hertfordshire to help their health and wellbeing.

I carry out hearing and vision screening for children in Reception and measure their height and weight for the National Child Measurement Programme (NCMP).

I also carry out height and weight for all children who are in Year 6 which works alongside the School Nurses when they complete The Lancaster Model Questionnaire.

Topic of the Term: Sleep

Sleep is especially important and helps development. Lack of sleep can lead to reduced concentration, increased behaviour difficulties and irritability.

Did you know that primary school aged children should be getting on average 10-11 hours sleep at night and Young people need around 8.5-9 hours sleep at night?

Tips for a good night's sleep:

- Plenty of fresh air and exercise during the day
- Avoid electronics and devices at least one hour before bed
- A relaxing activity before bed, such as reading and listening to calming music
- Have a good routine at bedtime and keep regular sleep and wake times

Have a look at our websites for more great advice:

www.healthforkids.co.uk

www.healthforteens.co.uk



Relaxation exercise

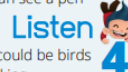
Try out this 5,4,3,2,1 exercise to help aid relaxation during a difficult situation:

Exercise Five: 5,4,3,2,1

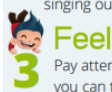
Work through the five senses to calm you in difficult or stressful situations



What five things can you see? Say them out loud, for example, 'I see a phone', 'I can see a pen'



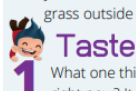
What four things can you hear? It could be birds singing outside or your parents talking



Pay attention your body and think about three things you can touch or feel. For example, 'I can feel a cold drink in my water bottle'



What two things can you smell? This could be your dinner cooking in the kitchen or freshly cut grass outside



What one thing can you taste, or would love to taste right now? It could be something you're eating now or your favourite food

Take a deep breath

Notice what is around you right now and how different it is from the difficult or stressful situation

The Lancaster Model Questionnaire

This term, our school nurses will be in schools delivering an online health questionnaire, called the Lancaster Model (TLM), to identify health needs of children, in line with national guidelines (The Healthy Child Programme). The questionnaire is designed for children to complete in Year 6 and enables us to capture and address the health needs of children as they grow.

The questionnaire will be completed by your child in school and asks questions that can impact on their health such as lifestyle and emotional wellbeing.

Members of the school nursing team will be present when the children complete the questionnaire so that we can support any children that may need assistance, or to offer support afterwards.

Letters to parents will be sent out via school in due course, and parents are able to withdraw consent if required.

There is further information about the Lancaster Model here:

<https://www.thelancastermodel.co.uk/>



The Lancaster Model

School entrance Screening & National Child Measurement Programme

All children in Reception have their height and weight measured and their vision and hearing checked.

Any results which may have an effect on your child's education (hearing or vision) will be shared with their class teacher.

Children may need to be referred on to specialist services for follow up.

Children have their height and weight measurement in Year 6, as part of the National Child Measurement Program (NCMP).





Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#>

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am – 5pm Monday to Friday
(excluding bank holidays)