

Secondary phase newsletter

Friday 27th January 2023

Creating Tomorrow's Citizens Today



All-through news

Welcome to this newsletter; four weeks back and already several parents evenings, information evenings, trips and events. Thank you to every parent for their support; we know that children and young people can thrive only when parents work together with schools, sharing a common aim and language.

PE

As School Leaders, we are committed to ensuring that the education provided is of the highest quality for your children. Whilst there is so much to celebrate, we also continuously strive to tweak and improve our work. As we work all through, it is exciting to take an area across the school and look at provision from reception to Y13.

This week we spent a whole day focussing on the quality of provision in PE, across our all-through school. We were delighted to see such passion and engagement for PE across all students and staff. Strong starts to every lesson were evident, as were excellent attitudes to learning and relationships between staff and peers, and peers with one another, including in leadership situations! From swimming to football, gymnastics to netball, and theory-based lessons too, the purpose of learning was so well described by our students of all ages. Extremely high numbers of students are engaged in extracurricular sporting provision (for example, 86% of our KS2 students), and we analyse this participation in every way possible to ensure an inclusive approach - our aim being to support your children to be lifelong participants in sport with an understanding of why this is really important! As always, we take away next steps including helping students to understand explicitly what we teach and why (the progressive order, the value etc) and how their learning is assessed at each stage, so that they have the same in-depth understanding that staff do. There is so much to celebrate with such a wide range of extra-curricular activities too: indoor athletics at Lea Valley, Year 5/6 netball and football, Year 10 basketball, boys' and girls' hockey ... Let's leave you with one particularly exciting success of the week as

Reggie in Year 12 has been selected by the Sporting National Governing Body to enrol on the BTEC Diploma in Sporting Excellence. Well done! Excellent and elite sporting performance as well as daily demonstrating our Simon Balle values in sport are equally celebrated at Simon Balle. Thank you to all staff in our all-through PE department for their commitment, expertise, inspiration and depth of knowledge to ensure the very best curricular and extracurricular offer.

Anything with wheels - Club

Mr Brown is in the process of setting a club for the students at Simon Balle All-through. We need your help!

Any parents who may have any old tools, engines, BMX, motorbikes or anything mechanically related please could you get in touch on the email above. We really appreciate your support! Mr Brown will be sharing more information as the club develops.

A promotional poster for the 'Anything with wheels' club. At the top, it says 'Simon Balle' in white text on a dark green background. Below this is a photograph of two students, a boy and a girl, working together in a workshop or garage. The boy is on the left, leaning over a workbench, and the girl is on the right, looking at something on the workbench. Below the photo is a dark green banner with the text 'Anything with wheels' in yellow and white, and 'The new SBAS Club' in white. To the right of the banner is the Simon Balle logo (a stag and waves) and a list of items with checkmarks: 'Bikes ✓', 'Cars ✓', 'Carts ✓', and 'BMX ✓'.

CONTACT MR BROWN

brownl@simonballe.herts.sch.uk

SEND

If you would like to book a virtual appointment of up to 15 minutes with a member of the SEND team, please use the following link:

<https://calendly.com/send-drop-ins/send-drop-in-meetings?month=2022-12>

Parking

It has been raised by the fire department that the access road leading to the Hockey Club car park is not passable for emergency vehicles (This is an emergency access road to Balls Park). The car park is private and an access road and is not for parents either dropping off or picking up. Thank you for your cooperation.

PSA news

Volunteer Opportunities

We are in the process of compiling a new volunteer database.

If you are interested in volunteering at future events, please register via this [form](#). You will be contacted when there are volunteering opportunities available. Thank you in advance.

HOW TO HELP

Simon Balle PSA

1. Register via this form



2. You will be emailed with volunteer opportunities and invited to sign up via either:



Google Form



VolunteerSignUp link


3. Wait for an email confirming when and where your help is needed - please check your junk folder.

psa@simonballepsa.org.uk

Doughies, Friday 3rd March

Our next Doughies delivery will be on Friday 3rd March. Orders from primary and secondary phases can be placed now via the [Doughie's website](#). The closing date for orders is Monday 27th February.



PIZZA & COOKIE EVENT

Friday 3rd March

We've teamed up with Doughies for a fun family night in. Order your pizza & cookie making kits and you'll receive everything you need to make artisan margherita pizzas (regular or vegan), and warm gooey cookies in your home oven.



Orders to be placed via the Doughies website by **Monday 27th February**
<https://doughies.co.uk/products/simon-balle>
 Orders to be collected on **Friday 3rd March**. Details will be shared with primary & secondary phases

ORDER HERE

My Nametags

My Nametags offers sticky customisable name labels, suitable for uniform, PE kits, shoes, lunch bags, water bottles and more.

Scan the QR code to save 20% off all orders. When you enter **37273**, our school ID, a percentage of your order total will be donated to Simon Balle PSA, at no cost to you.



THE QUEEN'S AWARDS FOR ENTERPRISE

REDUCING LOST PROPERTY IN SCHOOLS & NURSERIES!



24% of every order will be donated to our PTA/School! Just use our school ID at the checkout.

School ID: **37273**



SCAN ME TO SAVE 20%

www.MyNametags.com

Dates for the diary

WHOLE SCHOOL	
Monday 13 th to Friday 17 th Feb	HALF TERM
Monday 20 th Feb	INSET DAY school closed for students
Saturday 4 th Mar	Big Band evening
Wednesday 1 st Feb Wednesday 1 st Mar Wednesday 15 th Mar Thursday 16 th Mar	Strike dates
SECONDARY	
Tuesday 31 st Jan to Friday 3 rd Feb	Business studies trip Year 11
Thursday 2 nd Feb	Y8 theatre trip (evening)
Friday 3 rd Feb	6 th form open morning
Wednesday 8 th Feb	A level drama trip 'Othello'
Tuesday 7 th Mar	Y13 parents evening (revised date)
Monday 27 th to 2 nd Mar	Spanish trip
Monday 6 th Mar to Wednesday 8 th Mar	Y10 geography field trip
Monday 20 th Mar	Y10 parents exam and information evening
PRIMARY	
Tuesday 31 st Jan	Beginners woodwind concert
Thurs 9 th Feb	Beginners brass concert
Thurs 9 th Feb	Home netball and football matches (amongst other dates!)
Tuesday 14 th March	Year 2 strings training programme celebration
Thursday 16 th March	Year 2 Windsor Castle trip
Wednesday 22 nd March	Year 3 Celtic Harmony Camp Prehistoric Experience (more news to follow for Year 3 parents!)
Wednesday 22 nd March	A Larch celebration of music, 6pm
Wednesday 29 th March	Year 4 performance

Secondary news

Sixth Form Maths

Congratulations to William in Y12 who had a piece of work published on the internationally recognised maths website nrich.maths.org. Williams' work was on the Koch snowflake and other students from all around the world had also submitted items. You can view his work [here](#).

Year 9 Battlefields trips, October 2023

In October we will be visiting the Battlefields in Belgium as part of the curriculum we study in history.

There are a few spaces left on both trips. This is a fantastic opportunity to get experience of what it was like during WWI. Previous students have found it really helpful whilst studying WWI. We visit some fantastic museums, original trenches that the students can walk through and visit the Menin Gate, where a memorial service for the British and Commonwealth soldiers has been carried out almost every night since 1927. If you are interested in your child attending please contact Mrs Cowan at cowanh@simonballe.herts.sch.uk or X 216 or Mrs Page X 256 or pages@simonballe.herts.sch.uk.

Drama news

It has been a busy start to the term in the Drama department with rehearsals starting for the Drama Showcase in March and multiple theatre trips taking place. A particular highlight was the joint GCSE and Year 9 theatre trip to see HEX, a musical adaptation of Sleeping Beauty at the National Theatre in London. For many students, this was their first experience of the National Theatre and many were amazed by the scale of the production, which had its own original music. There were also some fantastic set and costume design elements which informed some excellent classwork following the trip. Well done to all students involved.

Home to School Transport Consultation

Hertfordshire County Council is consulting on its home-school transport policies. We are seeking feedback from schools, parents and other stakeholders.

The proposals include:

- A policy to clarify the role of passenger assistants on contracted transport
- An amended policy for transport for 19-25 year olds
- Amending the charging structure for 16-18 year olds
- Removing the 16+ railcard

We are also seeking views of:

- Personal Travel Budgets
- Transport for those on Part-Time Timetables
- Spare seats on vehicles to special schools in Hertfordshire

District indoor athletic championship



On Monday the annual LVSSA Indoor Athletics Championships took place at the Lea Valley indoor stadium in Picketts Lock, Enfield. 10 schools competed in this competition, making it one of the most competitive events in many years. C. Plum (Year 7 Girls) had a great performance in the Shot Putt, winning with a throw of 6.76m. E. Wines continued her great form winning the Hurdles and Long Jump events convincingly in the Junior girls competition. In the O15 Girls competition E. Keepence won the High Jump with a jump of 1.45m. Overall the Girls finished in 4th place.

The Boys event produced some great performances across all 3 age-groups with consistency, the theme and many top 3 positions. The Over 15 Boys won the team event with some excellent performances from B, Macchiochi in the 300m and the relay team were within a whisker of winning, just caught in the final 5m. Overall the boys team finished 3rd behind RBA & Broxbourne. Our next event is the Herts Cross Country which takes place on Sat 4th Feb in St. Albans, good luck to all athletes competing.

District sportshall athletics league

The first round of the Sportshall athletics league took place on Wednesday with a great turn out from all 7 schools who participated at Wodson Park. Our 20 Simon Balle leaders did amazingly well in their first leadership experience at this level of competition. Results are still to come in but the next round takes place on Weds 8th February and from their 4 teams from each Year 7 & 8 age-group will progress to the final. Well done to all athletes and leaders who contributed to a great evening of athletics.



Football news

Year 8 boys are through to the quarter final of the County Plate competition following a 4-0 win against Onslow St Audrey. Goal scorers J.Green, H.Johnson, P.Lenik & O.Treanor.

Year 10 Boys had a fantastic 3rd round clash against St Micheals in the county cup losing 3-2 in horrible conditions but demonstrating fantastic resilience throughout the game.

Year 11 are through to the quarter final of the county cup after beating Laureate Academy 4-3. R.Ansell scored all 4 goals.

Our Year 9 boys are looking forward to beginning the District league group games on Monday when they play Richard Hale away at 2.30pm.

Saturday morning fixtures years 7-10 against Sandringham, Saturday 27th, with Year 9 & 10 at home and Year 7 & Year 8 away.

Basketball news



Over the past few weeks our Senior Basketball and Year 9 Boys teams have been in action. The Senior played a very strong Chauncy team but lost out in the end. The Year 9 Boys began the District campaign against JWS and with excellent performances from J. Wilson and L. Yacoumis, the boys won 22-7, starting strongly in a competitive District competition.

Friday rugby and hockey at Simon Balle



We have linked up with Hertford RFC and Hertford Hockey Club who provide coaching on a Friday afternoon. Hertford RFC are currently running coaching sessions for our Year 9 & 11 Boys alongside and an hours session with our younger students in the Larch. This has been very successful so far with over 50 students in the Larch participating in the club.

Netball opportunities



Netball coaching for all ages and abilities

FEB	SUN 26TH
MAR	SUN 5TH
MAR	SUN 12TH
MAR	SUN 19TH
MAR	SUN 26TH



Book a place on our Sunday Spring Course
Broxbourne School, Badgers Walk, Broxbourne EN10 7FU
£8 per session ~ £40 per 5 week course

9am to 9.55am Year 1 to Year 4	10am to 10.55am Year 5 to Year 9
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Register a place at
www.elevatenetball.co.uk
info@elevatenetball.co.uk
07392019016





School Nursing

Public Health Nursing 5-19 Team Newsletter

Welcome!

As a new term begins, the school nursing team continues to support children in Hertfordshire Schools.

Ways to contact us:

0300 123 7572 (Mon-Fri 9am-5pm)

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

<http://ow.ly/eeWe50KI1gW>

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>



www.healthforkids.co.uk

A fun and interactive website for children to access health information, with also information for parents available.

Who we are?

Hi I am Chloe, a Public Health Staff Nurse who works in the school nursing team.

My role is to support children and young people with their emotional health and wellbeing, conducting the Lancaster model questionnaire in school and supporting other professionals with public health advice.

Being a qualified paediatric nurse, I have experience in a variety of settings, which can help to offer advice and support to children, young people and their families.



Keeping your child safe online

Talking with your child is the greatest tool keeping them safe online. Talking regularly and making a part of daily conversation, like you would about their day at school, will help your child feel relaxed when having these conversations about staying safe online. This will encourage your child to come and speak to you if they have any problems online.

Parental controls

Parental controls allow you to block or filter upsetting or inappropriate content that your child may access. Parental controls work across devices, Wi-Fi, and individual apps.

Parental controls can help you to:

- Plan what time of day your child can go online and how long for.
- Block apps and websites that may have inappropriate content depending on your child's age.
- Manage the content different family members can see if using a shared device.

For further support please see NSPCC website for guidance on how to apply parental support:

www.nspcc.org.uk/keeping-children-safe/online-safety

Relaxation Exercise

Visualisation is a great technique to make your child feel calm and relaxed.

Imagining they are some where else, like the beach or a theme park, may help distract their thoughts and calm down quicker.



Top Tip

Practicing calming techniques when children are in a good place and not feeling stressed, will help them to use techniques more effectively in situations when they really need them.

Top tips for dental health

You can make sure your child's teeth are healthy by:

- Brushing their teeth for at least two minutes, twice a day using toothpaste (using a timer is helpful for this).
- Using toothpaste with fluoride provides further protection to teeth.
- Making sure they brush every bit of each tooth, front, back, top and bottom.
- Visiting your dentist at least 6 months/ once a year.

If you do not have a dentist for your child, you can visit the NHS website or contact 111 to find one nearby.



Eye Development

With our Healthy Child & Young Person Assistants (HCYPA) visiting schools to complete the vision and hearing screening on reception aged children, we wanted to share some tips that may help with promoting healthy eye development.

- It is recommended that children should spend at least 2 hours outside every day, all year round, for exposure to natural light.
- Screen time should be limited to 30 minutes at time.
- Too much screen time can cause eye fatigue, blurry vision and dry eyes.



If your child is referred to eye clinic following screening, please ensure you attend to have your child's eye health followed up and offered the correct treatment if needed.

For any questions regarding your child's vision or hearing screening, please contact:

0300 123 7572



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)