

Secondary phase newsletter

Friday 28th April 2023

Creating Tomorrow's Citizens Today



All through news

Dear Families,

I am sure that the Easter Holidays now seem a while ago, as we move into May and the three Bank Holidays. Over Easter, 90+ students attended a sports tour, held in Holland and what a great trip that was. This is indeed something that our Y5 and Y6 students should also look up to, as students from Y8 attended this Easter.

The first week back saw our Y7's go to Suffolk for their activity week. Please take time to read the report below. As a school we plan carefully for our residential trips and the opportunities available for each student according to their year group. This is why we do not as a school use the model of a PGL activity centre for our Y6, but instead we look at progression with residential trips from Year 5 up. We were so proud of what our Year 7's achieved and also how they were excellent ambassadors for the Simon Balle All through Community. Thank you to those parents who have sent in their own thank yous regarding both trips. We look forward to our Year 6 geography field trip to Norfolk coming up in June!

Last weekend, a very special concert was held with brass and wind instrument musicians. Please see music news below! Sport too excelled last week and we are particularly delighted to report primary and secondary sporting news below!

This newsletter contains both new information and news. With over 1600 students in our community, life is always busy and exciting. Our vision and ethos of that "all round" education that expects the highest academic standards along with a deep promotion and support for wellbeing, is a daily consideration.

Indeed, on Thursday as part of our PSHE provision we welcomed two visitors into school to talk to our secondary students. See more details below. We welcomed Jamie Denyer, from the 'One Punch Kills' campaign, who gave a powerful and emotional

speech about the consequences of decisions, and Natalie Gray, a singer/songwriter, who explored ideas around mental health and acceptance alongside her performances. Both were incredibly valuable and have had an impact on the students as both speakers built on the work we have been carrying out in our community on the power of your words and the importance of reaching out. As always, the real change occurs once the students have had time to reflect on what they have heard and then commit to make changes going forward.

'It really made me stop and think about how I treat myself'.

'Listening to Jamie's experiences really made me think differently'.



We receive newsletters from various external agencies and we know that parents appreciate it when we can "sign post" them to online resources

which they might find both interesting and helpful. I was reminded of wonderful work James Pooley and I did several years ago with the charity "Action for Happiness", who provide support and a tool kit to remind us of how to keep a healthy mind.

<https://actionforhappiness.org/>

Other useful sites were highlighted for KS2 and above:

- NHS Every Mind Matters: <https://www.nhs.uk/oneyou/every-mind-matters/>
- Mental Health Foundation: <https://www.mentalhealth.org.uk/>
- Young Minds: <https://youngminds.org.uk/>
- MindEd: <https://mindedforfamilies.org.uk/>
- Education Support: <https://www.educationsupport.org.uk/>

Do check them out!

Staffing updates

For those who have been part of the Simon Balle Community for a while, it is not uncommon for me to talk to you about recruiting staff. I know that there are many teachers amongst you who are well aware of the fact that this year recruitment is incredibly challenging nationally. We are now a large school and as such will encounter turbulence. From September 2023, we will have at least 9 staff on maternity leave. Several of us are retiring, others are leaving to support their individual family needs. There are a few promotions. So far we have been incredibly successful in recruiting; it is wonderful to appoint staff who I know will enthuse our young people in their learning and also these colleagues are so eager to be part of our community. Some will join us this term as we, at secondary level, have some current gaps in 3D design, MFL, and Science. There will be a number of further gaps from May half term as the staff take maternity leave. However we hope to be able to use our own staff as Y11 and Y13 leave for their exams.

We are still recruiting; some of this is due to the new Headship model, along with newly learnt resignations.

We love hearing from you and your friends, so do contact us even if we do not have a current role which suits. The following are still needed:

Head of Art

Head of Technology

Assistant Headteacher

Teacher of Science- preferably Physics

Teacher of Geography

Teaching assistants- SEND (across the school)

Road closure

We have been informed of important information which will affect many families, students and staff. Starting 9th May 2023 until 24th May 2023 **Hagsdell Road** will be closed and detours will be in place due to construction work. The closures will affect Mangrove Road, and as a result, there may be heavy traffic, delays, and diversions in the surrounding area. We kindly request your cooperation and understanding during this period of disruption, and we advise you to plan your journey accordingly to ensure that you arrive at school on time. Please also allow extra time for your journey, and be prepared for potential delays and changes in traffic conditions.

If you have any questions or concerns regarding this matter, please contact:

UKPN 0800 7311599

TBF 077795152869

We will keep you updated on any further developments and changes that may affect our school community.

Fun Run

We are looking forward to our Fun Run event next Friday and thank you in advance for your support. This will be a fantastic community event and details have been sent out via a separate letter.

Please find the link to make payment is below:

<https://app.investmycommunity.com/simon-balle-all-through-school-7261>

Proud

A huge congratulations to Steve Robins, Louise Hudson and Nicola Freeth for completing the London marathon last Sunday in some testing conditions. An amazing achievement both for them and the charities they ran for. Many of our Simon Balle community were their supporting colleagues, friends and family too, thank you.

SEND

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

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

Music news

A concert of Wind and Brass

Saturday's concert of Wind and Brass was a triumph and one that highlighted our musical ethos and routes of progression in so many ways. It was a celebration of how independent practice - hard work, commitment, attention to detail and teamwork can come together and produce such amazing performances. Students throughout our secondary phase performed, some who started learning with us when they were at their primary school. Real all-through learning. Teachers who have spent hours creating bespoke arrangements for their ensembles, so that every musician feels confident in their ability, yet challenged to do even better. Some younger musicians were in the audience, in awe of what they will soon be able to join and be part of. Families, both immediate and extended, in the audience watching their children grow and learn so much. The joy of an evening like this is seeing and hearing pride in the musicians, wanting to be there, wanting to be part of Team Music. Whilst this was only one concert of so many this year, it is one that showcases so much of what we do and why we do it.

We know that life is about what we, as individuals, achieve. So much that we achieve is part of a team, working in harmony with others. In our music, that is what we do, day after day.

Please see below the latest Music News! A superb Wind & Brass concert, and fantastic exam results!

<https://www.simonballe.herts.sch.uk/musical-news-april-2023/>

Dates for the Diary

WHOLE SCHOOL	
Monday 1st May	Bank holiday
Friday 5th May	Coronation picnic and Fun Run
Friday 5th May	PSA Doughies
Monday 8th May	Bank holiday
29th May to Friday 2nd June	Half term
Tuesday 6th June	A Piano Evening (Mr Lovell & Mrs Iles' Y6 & 7 students), 6-7pm
Saturday 1st July	Slice of summer
Sunday 9th July	Saffron Hall
Monday 10th July	Stevensons 'pop up' shop 3pm to 8pm
Thursday 13th July	Year 6 Transition day
SECONDARY	
Thursday 11th May	Study leaves starts for Y13
Thursday 11th May	Ms Kemp's Singing Evening, 6-7pm
Friday 12th May	Study leaves starts for Y11
Monday 15th May	Start of public exams
Wednesday 7th June	Ms Fitch's Singing Evening, 6 - 7pm
Tuesday 20th June	Mr Lovell's Piano Evening (Y8 & 9 students), 6-7pm
Thursday 22nd June	Guitar Platform Evening, 6 - 7pm
Wednesday 28th June	Mr Stevenson's Drum Evening, 6 - 7pm
PRIMARY	
Tuesday 9th-Friday 12th May	Year 6 SATs week - please be in school by 8.15am each morning
W/C 22nd May	Y1,3,4,5 and 6 parent consultations (Y2 after May half-term)

PSA

Doughies Pizza Event - 5th May

Calling all pizza lovers!! It's Doughies Time.

Order by **Monday 1st May**, for delivery on Friday 5th.

Important information: Named Larch Centre orders will be distributed via classrooms and sent home. Named orders from across the secondary phase are welcome but **MUST BE COLLECTED** from outside the reception office immediately after school on Friday 5th. Please set a reminder, as any unclaimed kits will be assumed unwanted if not collected by 4.30pm. They will not keep unrefrigerated over the weekend and we are unable to offer home deliveries or refunds.

<https://doughies.co.uk/products/simon-balle>

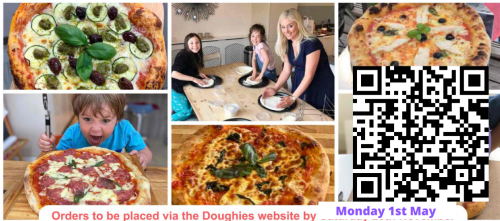


ORDER HERE

PIZZA & COOKIE EVENT

Friday 5th May

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 1st May**
<https://doughies.co.uk/products/simon-balle>
 Orders to be collected on **5th May**. Details will be shared with primary & secondary phases

1st July Slice of Summer - Volunteer Opportunities

Plans are coming together for this year's Slice of Summer. We are keen for both phases of the school to unite to create a truly all-through event. If you are able to volunteer at the Slice of Summer, please complete this form as soon as you can but ideally before 1st June. This will help us to then confirm volunteer sign ups in good time.

<https://forms.gle/XtwzEkR6eXh3bNN4A>

Monday 20th March
Thursday 4th May
Thursday 15th June

7.30-9pm
 Refreshments from 7pm

Jubilee Suite

Enter via double gates, to the left of the Larch Hall.
 Jubilee Suite is located between the science block and trim trail.

PSA meetings
 All welcome

Secondary news

MUN

Last month our lower sixth students participated in the Model United Nations conference at Haileybury. The event provided a platform for our students to engage in fruitful debates on a wide range of pertinent global issues, including the establishment of a nuclear-weapon-free zone in the Middle East and the treatment of incarcerated youth. Our students demonstrated exemplary diplomatic skills and look forward to their continued success in future conferences.



PE news - Sports tour

The 2023 Sports Tour to Valkenburg was a great success. The students were fantastic and a credit to themselves, their parents and themselves. All students engage in morning training sessions, in their teams, led by qualified coaches. Before engaging in fixtures against Dutch opposition in the evening. The matches and training was separated by excursions of Tobogganing and Bowling, which the students really enjoyed. On the final day the students got to enjoy time at a water park engaging in some active recovery before competing in a tournament against other English schools. On the way back home we visited PSV Eindhoven for a tour of the stadium.



Please use the following link for all the latest PE news for April
<https://www.simonballe.herts.sch.uk/pe-news-april/>

Y7 residential Bawdsey Manor newsletter

Last week the Year 7s travelled to Bawdsey Manor, Suffolk, for their PGL residential trip. We know these trips are rites of passage for our students and that they develop so much in this short space of time in terms of character and a sense of togetherness and belonging.

As always, success looks different for all students so whether it was settling into staying away from home for the first time or making the leap of faith from a platform over 30 feet in the air, courage and resilience abounded everywhere. Throughout the various activities students were awarded 'WOW Cards' by their group leader if they demonstrated any of the school values or if they excelled in any of the activities. The students were really proud to receive a WOW card and hopefully as parents you have heard about the success stories and proud achievements. There will be a celebration assembly coming soon about the trip and students will be given prizes and awards for their WOW moments! Across the week students participated in high rope activities including, the giant swing, trapeze, climbing and abseiling. Many conquered their fear of heights, setting and breaking personal targets on these activities. Each of the groups showed an abundance of camaraderie and compassion for members of the group cheering each other on. In fact, that increased sense of closeness and community was one of *the* highlights of the trip as students broadened their social circle with new people across the year group and built strong relationships with a range of different staff members. It is not unknown for the same platitudes to be doled out to groups on trips such as this but it has to be said that this group were phenomenal on the trip. The PGL staff commented on the politeness, organisation and excellent behaviour of the

students. A case in point would be on the last day when staff went to wake the students to finalise preparation for departure only to find beds stripped, rooms spotless and students waiting dutifully with suitcase ready to leave. PGI said the rooms were cleaner when we left than when we arrived! All in all, the students were a complete credit to themselves, parents/carers and the school.



Sporting Futures Training Apprenticeship Opportunities

An Open Invitation to Students, Parents/Carers
Next steps- Explore Apprenticeships with Sporting Futures Training We work within schools offering apprenticeships and pathways through PE, Classroom Teaching Assistants and Early Years. Our apprentices become invaluable members of the school staff teams, from support staff through to teachers. Come and find out about the career opportunities available:

Please register for the event:

[Virtual Information Evening 10th May 6pm - 7pm | Sporting Futures Training UK Ltd](#)



Welcome!

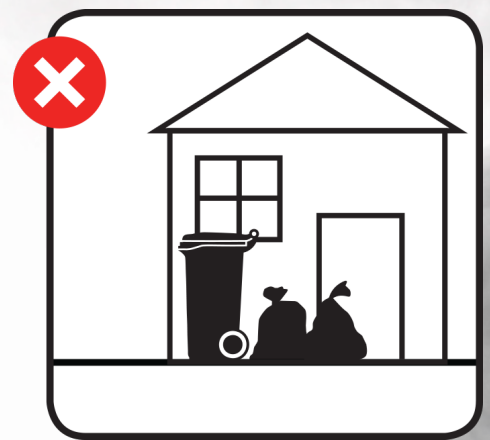
Spring 2023

To our Spring edition of the Schools Stay Safe Newsletter.
Read on for advice on ways to stay safe for you and your family.

Be Arson Aware!!

Advice to help you reduce the threat to your home and neighbourhood:

- Reduce access to your property for trespassers and opportunist arsonists.
- Secure your boundary, repair or block gaps in hedges, walls or fences.
- If you have gates close and lock them.
- Secure sheds, garages, and other outbuildings with padlocks or similar.
- Fit external lighting to alert you to intruders.
- Manage your refuse so there are no fuel sources for opportunists. Clear any rubbish from garden, behind sheds etc.
- Store wheelie bins securely, away from property and out of sight.
- Put bins out on collection day only and bring them back in asap.
- Large items like furniture, old vehicles or rubble provide a fuel source, contact your local council for advice on removal of bulky waste.





Smoking and Vaping – are you safe?

In recent years, e-cigarettes have become a very popular stop smoking aid in the UK.

However, using the wrong charger can lead to an increased risk of fire.

We strongly recommend the following:

- Buy products from reputable dealers.
- Never leave a vaping device charging unattended, and never leave them charging overnight – especially next to your bed.
- Never use a vaping device close to medical oxygen, flammable emollient creams or airflow mattresses.
- Do not buy counterfeit goods as batteries and/or chargers are unlikely to have overcurrent protection and could lead to batteries exploding.
- Never use damaged equipment or batteries. Fire is not the only risk posed by vaping products and the liquid they contain can be highly toxic.

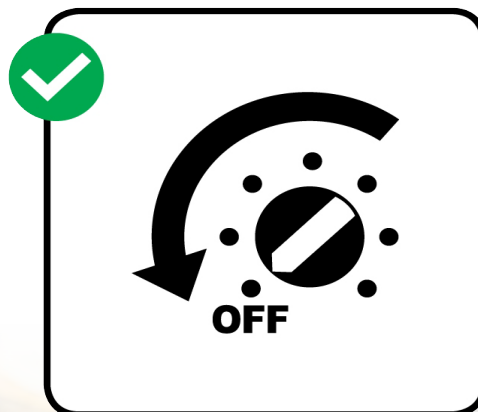




Cooking Safely for you and your Family

Leaving your cooking unattended is the biggest cause of kitchen fires. You should consider the following advice to stay safe;

- Avoid cooking when under the influence of alcohol.
- Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and saucepan handles out of their reach to keep them safe.
- Make sure saucepan handles don't stick out so they don't get knocked off the stove.
- Take care if you're wearing loose clothing as they can easily catch fire.
- Keep tea towels and cloths away from the cooker and hob.
- Spark devices are safer than matches or lighters to light gas cookers because they don't have a naked flame.
- Double check the cooker is off when you've finished cooking





Are you aware of Staywise?

Staywise is an interactive website packed full of fun activities from the UK's leading emergency services and safety-focused organisations, making it easy for you to find trusted activities that provide learning opportunities to help keep you safe.

There's lots to do on there for children and they are learning as they play!



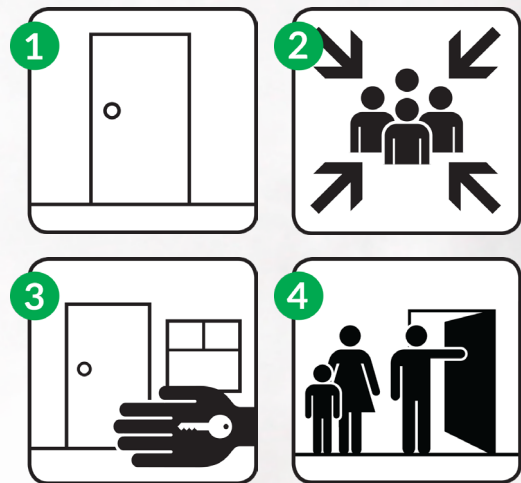
Have you tested your smoke detector lately?

Do you have a night-time routine?

Would you know how to escape in the unlikely event of a fire?

We encourage you to book yourself a free safe and well visit today. The local station numbers are at the bottom of this newsletter.

Don't forget, the visit is **free!**



If you need any further information or advice on any of these topics, please feel free to call our friendly staff at your local station:

- **Hertford Fire Station**
01992 507611
Hertford.fire@hertfordshire.gov.uk
- **Cheshunt Fire Station**
01992 901900
Cheshunt.fire@hertfordshire.gov.uk
- **Bishops Stortford Fire Station**
01279 696800
BishopsStortford.fire@hertfordshire.gov.uk

 [Hertfordshire Fire and Rescue Service](#)

 [Hertfordshire Fire and Rescue Community Safety](#)

 www.hertfordshire.gov.uk/fire

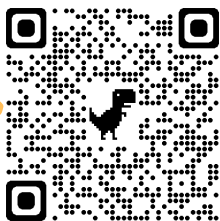


Hello, Parents & Guardians!

We are BeeZee Bodies, and we work with Hertfordshire Council to provide FREE (and FUN!) healthy lifestyle support for families.

We run [BeeZee Families](#) courses after school across Hertfordshire, and have new groups beginning in May.*

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE



Monday	Tuesday	Wednesday	Thursday
WALTHAM CROSS Hurst Drive Primary EN8 8 DU 17:45 - 19:30	ST ALBANS Camp Primary School AL1 5PE 17:30 - 19:30	HODDESDON St. Cuthbert's Church EN11 0PU 17:30 - 19:30	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 17:30 - 19:30
WELWYN GARDEN CITY Ridgeway Academy AL7 2AF 17:00 - 19:00	WATFORD St Meryl Primary WD19 5BT 17:30 - 19:30	STEVENAGE Oval Community Centre SG1 5RD 17:30 - 19:30	BOREHAMWOOD Meryfield Primary School WD6 4PA 17:30 - 19:30

*To be eligible for this awesome free service, your family must live/go to a school in Hertfordshire and include one child who is above their ideal healthy weight.

April is... Stress Awareness Month



Stress is a very common human response when we are feeling overwhelmed by physical, mental or emotional pressure. It's important to try to manage our stress so that it doesn't build up and cause longer-term issues. This April is STRESS AWARENESS MONTH. We are encouraging everyone to #ACT (Action Changes Things). Choose one action that you and your family can do to support your physical, mental or emotional health and reduce your stress.

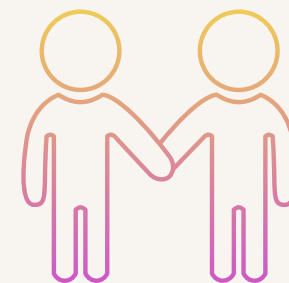
What can we do to help manage our stress?



Try taking a few deep breaths or follow a guided meditation



Enjoy a healthy, balanced diet including a wide variety of different foods



Connect with family and friends



Dance it out! Listen to your favourite music and have a boogie.



Go for a family walk



Take a social media break

Find out more at www.stress.org.uk/national-stress-awareness-month/



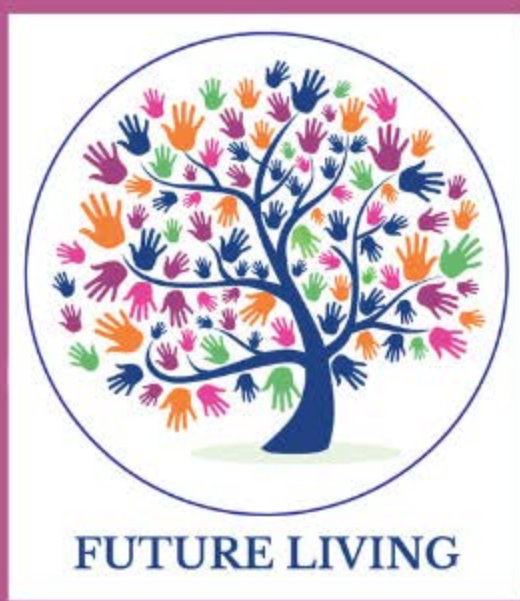
beezeebodies.com

BeeZee Families

01707 248648



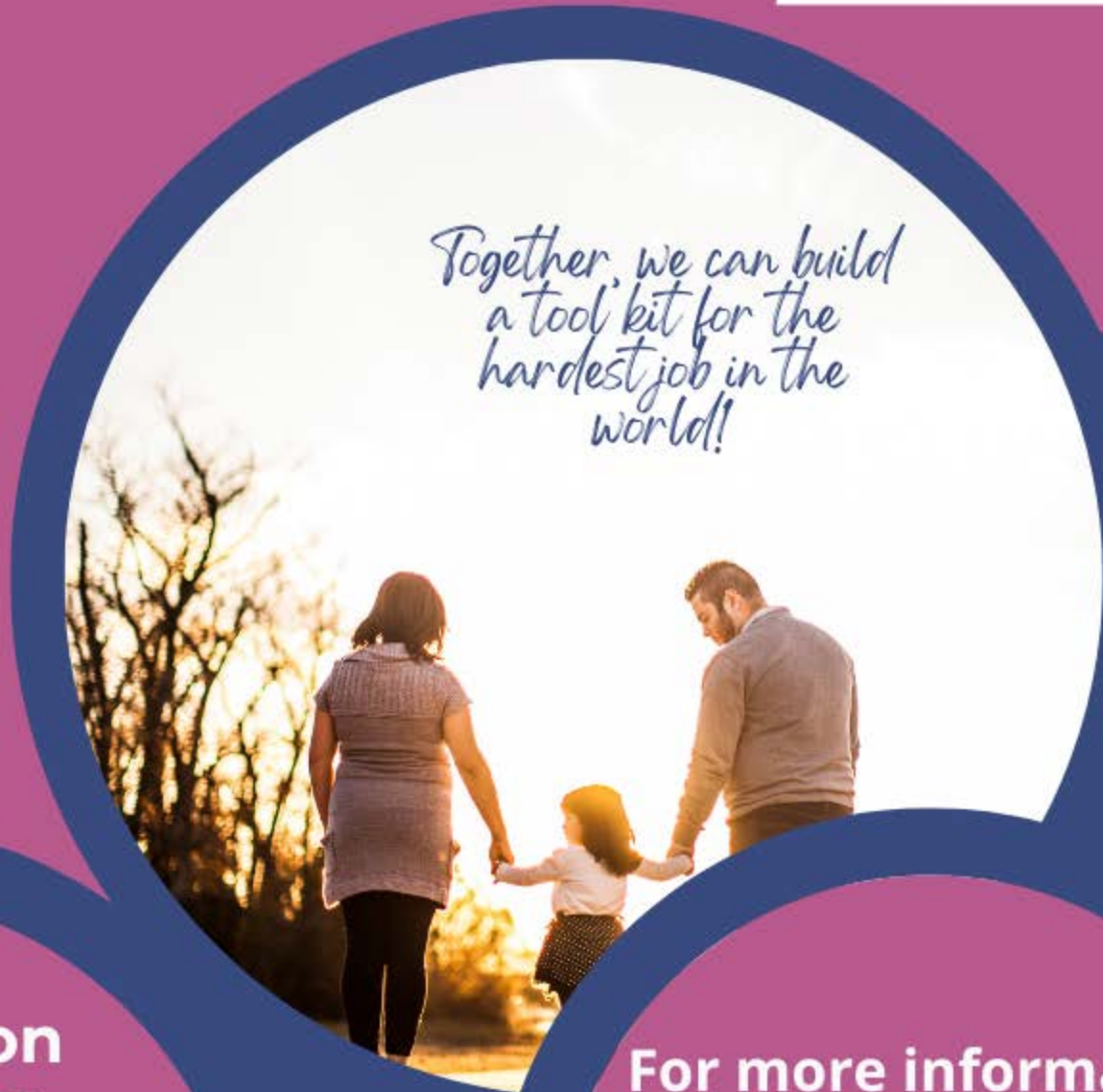
Kids Kit



A workshop for parents focusing on:
Managing expectations & flexible parenting

What will I learn in this workshop?

- ✔ What is flexible parenting
- ✔ How this can improve the relationship you have with your child
- ✔ How to set realistic expectations



FREE session
10:00 - 12:00
9th May
2023
Vale House, 43
Cowbridge, Hertford
SG14 1PN

For more information
contact:

info@futurelivinghertford.co.uk
01992 537344