

Secondary phase newsletter

Friday 12th May 2023

Creating Tomorrow's Citizens Today



All through news

Dear Families,

An end of another historic week, with the coronation only 6 days ago.

We hope that the various events that took place last weekend were enjoyable and memorable. We know some families went into London on Saturday, whilst others simply watched the events from various venues. On Sunday, a number of our community held or attended street parties, and some even got tickets for the amazing concert. On Monday, others of you took up the challenge of volunteering and it has been great to hear of these efforts.

Combined with our fun run, we too in a small way, looked ahead to the event. Despite the rain, some students embraced that royal theme, with our youngest children receiving commemorative medals, which hopefully they will treasure.

Continue to enjoy the music and photos which are being streamed as coronations are most certainly not everyday occurrences!

Meanwhile, this week has been an important one for so many of our students; Y6 SATS this week, Year 2 SATs (their 'special booklets') over the next fortnight, and for Y11 and Y13, move into revision lessons as the exams start next week. The term is most certainly moving on! We are so proud of all of our students for the ways in which they are demonstrating wisdom and resilience and aspiration.

Thank you to those who have passed on to their friends and neighbours news of our staffing vacancies. I am pleased to report that already four people have come forward. Please continue to spread the word.

The PSA are working hard on their next major project- the much loved "Slice of Summer" returns on Saturday 1 July. Please see below on how to volunteer or make a donation. This is one of our

major fundraising events of our year- we really do need that third minibus! As well as this, we delight in holding so many community events and look forward, as ever, to the special ethos created at our all-through events. Please see our fun-run celebration below, and much more to follow in relation to music and sport this term.

We look forward now to better weather and seeing you all at the vast number of calendared events!

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>

Recruitment and leadership

Following the successful appointment of Mike Moss and Rachel Kirk as co-headteachers from September 2023, we are continuing to build the senior leadership team in exciting ways to nurture and continually support our all-through school. We are delighted to announce the appointment of two all-through deputy headteachers: Lucy Owen and James Pooley. Following a robust and challenging recruitment process, we are so pleased that Mrs Owen and Mr Pooley will be continuing to lead in innovative ways with the ultimate aim to support every student, academically and pastorally. We will continue to communicate with all stakeholders in relation to recruitment and leadership.

Fun run

What a fantastic all-through community event last Friday with students getting into the celebratory spirit and also showing great resilience in the bad weather! Thank you to the PSA and volunteers who supported on the day and in preparation for the event. Also a big thank you to you all for your kind donations so far, which has seen us raise over £5000. Here is the link which closes today should you still want to contribute:



Dates for the Diary

WHOLE SCHOOL	
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
Monday 4th September	This is now an INSET day
Tuesday 5th September	All students return to school
SECONDARY	
Monday 15th May	Start of public exams
Monday 22nd May	Year 9 MEN ACWY/ DTP - Vaccinations
Monday 22nd May - 26th May	Year 7 assessments week 1
Monday 5th June - 9th June	Year 7 assessments week 2
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	
W/C 22nd May	Y1,3,4,5 and 6 parent consultations (Y2 after May half-term)
Monday 5th June	Larch class photos
Mon 12th-Wed 14th June	Y6 residential to Sheringham
W/C 19th June	Y2 parent consultations

PSA news

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>



30th September Quiz Night

We are delighted to share that, back by popular demand, we will be hosting "A Quiz with A Twist" on 30th September. Please save the date!!

If you are interested in volunteering at future events such as the quiz night or supporting the bar at any of the music events, please register via this [form](#). You will be contacted about volunteer opportunities in due course. Thank you in advance.



Secondary news

Year 11 and Year 13

Our Year 11 and Year 13 cohorts have displayed so many of our Simon Balle values in their final week of full lessons. We have been delighted to see the community ethos and spirit between friends; the fun of dressing up and games and more; the relationships between staff and students as all prepare for this next period; and the celebrations of all that has been achieved, pastorally and academically. Staff are looking forward to continuing to support each and every student during this period before and during exams, and we invite students and parents to stay closely in touch to ensure that every student is able to reach their highest aspirations. Thank you to all.

Change to lesson format

Once again the secondary phase needs to slightly tweak lesson formats during the day; the national examination timetable dictates the start time window and therefore we need to put in an earlier lunch. In practice this means: lesson 1, lesson 2 and break as normal but then following lesson 3 will be lunch. This means that there will now be two lessons in the afternoon. The start and end of the day's timings remain the same. This may be particularly important when arranging dental or medical appointments. This will run from Monday 15 May until Friday 23 June.

Careers update

Over the past few months we have been delighted to welcome local businesses to our school to discuss their profession and opportunities within it, including apprenticeships. At the end of March we invited our local brewery, McMullen, to speak to two year groups about the hospitality business. It was great to hear about the variety of jobs, hours and shift patterns, career progression and avenues within this industry. It was also nice to hear students ask their own questions and, in a subsequent survey, 76% found the presentation really informative. More businesses will be visiting us very soon!

Y10 practice interviews - a big success!

At the end of April, all Year 10 pupils attended a mock interview. To prepare for this, students chose and applied for an "apprenticeship" then received an interview with feedback at the end. It was marvellous to see our school benefiting from the huge level of expertise and enthusiasm among our parent volunteers, to whom we owe considerable thanks.

Below are some of the responses we received from our interviewers:

"Just wanted to say how impressed I was with all the students I met with and how well they represented the school values. They were all fantastic ambassadors of the school who will present positively in any future interviews."

"Thanks for your email, it was an absolute pleasure to support the students today and I felt in a hugely privileged position to be their very first interviewer. I interviewed 5 students and I was extremely impressed with their confidence (once we got the nerves out the way), presentation, ability to articulate, respect and general attitude - a huge credit to you and the Year 10 team at Simon Balle. One student even gave me a stronger answer to a question than I have experienced in a real interview situation!"

On reflection this year group has also had a number of key years disrupted by Covid, lock downs, home learning and bubbles, the impact of which was certainly not experienced today.

Very happy to support future events/mentoring or whatever you have planned.

Feeling very fortunate that my younger children at SB have such great support upcoming for them in secondary.
"

After such a great success, this will now become an annual event and we will consider similar opportunities for Y12 as well.



Library Disney Quiz

Well done to the 43 participants of the Disney quiz in the library on Thursday 11th May.

Congratulations to the winners and runners-up!

3rd place:

Elizabeth and Amelia in year 8

2nd place:

Miss Wren

Kaiyah and Nicolay in year 9

Winners:

Matthew and Jake in year 10

Year 13 Chemistry

On Wednesday the 26th April Year 13 Chemistry students visited the University of Hertfordshire to listen to talks on a variety of analytical techniques including NMR, Mass Spectrometry and Infrared Spectroscopy. Students were able to bring along their own synthesised Aspirin samples for analysing! An excellent day and fantastic opportunity for our students.



PE news

Athletics news

The Herts Athletics league is up and running. Round one took place at Wodson Park last week in perfect weather conditions. Performance of the Day came from the U16 Boys team who scored 57/70 points which puts them second overall in the league table behind Hitchin Boys after Round 1. Top individual performances were;

Stanley M (Y10) - 1st in both Hurdles and Long Jump,
Oliver B (Y8) - 1st in 300m, Aiden D (Y8) - 1st in Javelin and Mia B (Y10) - 1st in the Triple Jump.

This week's Round 2 competition at St Albans was unfortunately cancelled due to poor weather conditions and now we look forward to Round 3 on Monday again at St Albans.

Key upcoming events to take note of are as follows;

- Herts Schools Athletics Championships - Sat 10th June
- Sports Day - Mon 26th June
- District Athletics Championships - Fri 30th June
- Sports Presentation Evening - Weds 12th July (Invitation only from 6.30pm)

Cricket news

Our District & County Cricket fixtures begin next week. Judging by training, teams are very excited to play, especially our Year 7's who have been turning out for training in big numbers, displaying tremendous early commitment to training. Next

weeks' fixtures as well as the upcoming annual Calypso tournament are as follows;

Tues;

- Year 8 Cricket Vs JWS (H)

Wed;

- Y8 County Cup Cricket Vs Monks Walk (A)
- Year 9 Cricket v Chauncy (H)

Thurs

- Yr7 County Cup Cricket vs SJL (H)

Calypso Cricket Dates at Sele

- Tues 13th June - Year 8 & 10 Boys
- Weds 14th June - Year 7 & 9 Boys
- Thurs 15th June - Year 7/8 & Year 9/10 Girls



**Green Arrow Cycle Racing Team is your local Cycling Club
based at The Sele School, Welwyn Road, Hertford SG14 2DG**

Just started for Summer 2023 - Go Ride cycle skills sessions, a fun way to become a better bike rider. May to September at The Sele School every Tuesday evening 7.00 - 8.00pm. Cost £2.00 per person, per week. Suitable for ages 5 to 14 years.

If you are aged under 18 years, a parent or carer must complete a parental consent form at your first Go Ride session of the year.

Riders of all ages, abilities and cycling experience are welcome in Green Arrow. Go Ride provides an opportunity to progress to weekend club rides, on and off road. No fee for club rides.

For riders who fancy a go at the competitive side of cycling, we include Go Ride Freewheeler Racing in our annual Open Grass Track Event at The Sele School - 6 August 2023.

Advice and information about other competitive opportunities is also available - please ask the coaches if you think racing is for you.

Green Arrow CRT is affiliated to British Cycling and Cycling Time Trials and is a Go Ride club.

If you have any queries, please contact us via our website
<https://greenarrowcycling.org/contact>



Football Academy news



Congratulations to our football academy who won their final last week to become National U19 academy champions. The game was played at St.

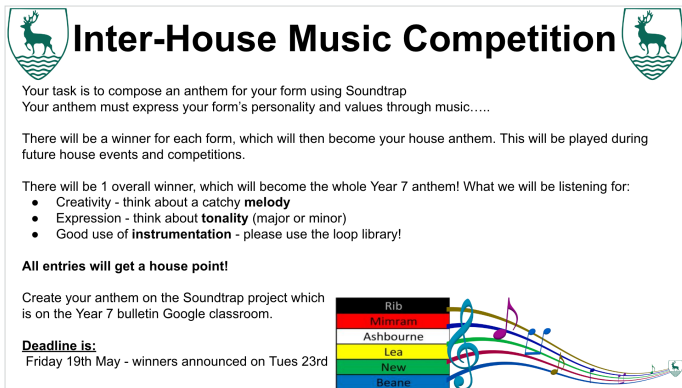
George's Park which is the England team's training ground so it was a great opportunity for the whole team. Thanks go to Ben Herd the coach for guiding this team to this success which is the first national championship won by the school since 1999 (when we were national basketball champions).

The opposition took the lead in the first half but after the break, Jamal equalised after some neat work from Billy. With the scores level at full time it was down to a penalty shootout where the hero was Jack saving the final penalty to take us to victory. The captain Jimmy Doherty lifted the trophy to the delight of the parents and friends of the team and we all left with memories we will cherish for a very long time.

Year 7 House Music

Please see the following poster with information about the current year 7 Inter-House competition.

This is a brilliant opportunity for year 7 to display their creativity and musicality, whilst also boosting their house point tally! All entries will get a house point whilst winners will earn even more, so please do encourage your year 7 children to submit a piece. The deadline for submissions is Friday 19th May - happy composing! Mr Dear



The poster features two school crests at the top corners, each depicting a stag. The central text is bold and clear, detailing the competition's purpose and rules. A list of criteria for judging is provided, and a table lists the participating houses with their respective colors. A musical staff with notes and a treble clef is positioned at the bottom right, with a small '5' in a circle at the end.

Inter-House Music Competition

Your task is to compose an anthem for your form using Soundtrap
Your anthem must express your form's personality and values through music.....

There will be a winner for each form, which will then become your house anthem. This will be played during future house events and competitions.

There will be 1 overall winner, which will become the whole Year 7 anthem! What we will be listening for:

- Creativity - think about a catchy **melody**
- Expression - think about **tonality** (major or minor)
- Good use of **instrumentation** - please use the loop library!

All entries will get a house point!

Create your anthem on the Soundtrap project which is on the Year 7 bulletin Google classroom.

Deadline is:
Friday 19th May - winners announced on Tues 23rd

Rib
Milgram
Ashbourne
Lea
New
Beane

POP IN TO OUR SCHOOL UNIFORM POP UP

SIMON BALLE SCHOOL

10th July 2023 3.00pm-8:00pm

Selling events are a 'travelling branch' and provide the opportunity for parents to have the full uniform outfitting experience.

A range of branded school uniform across all stocked sizes will be available in school for pupils to try on, purchase and take away on the day (or to try on and purchase online at a later date www.stevensons.co.uk).



Shopping



Trying on



Payment

To see your schools uniform price list, scan the QR code below.



You are welcome to try on garments, but a fitting room may not always be available so we recommend wearing a thin baselayer type of clothing for ease of trying on.

Our Event is cashless, we accept all major credit/debit cards (excluding Amex). We encourage customers to bring a reusable carrier bag with them.

STEVENSONS

EST. 1925

SCHOOL UNIFORM OUTFITTERS



SIMON BALLE SCHOOL

Welcome to Stevensons, your local branch is:

ST. ALBANS

Address: 131-135 Victoria Street, St Albans, Hertfordshire. AL1 3XS
Contact: stacustomerservices@stevensons.co.uk

BOOK AN INSTORE APPOINTMENT

We suggest appointments for all new starters to ensure the perfect fit.

Your schools suggested appointment window is from **Monday 31st July - Friday 4th August.**

Booking an appointment in this window allows us to maximise the school specific stock at our store and reduces the time taken to serve you.

SHOP INSTORE

Visit your local store throughout the summer on Saturdays or during their "Walk in Weeks" from **21st August**, when all our branches will be extending their opening hours until 7pm.

Your local store will be open for pre-booked appointments and Click & Collect only from **Monday 10th July.**

Please refer to our website for full opening hours.

SHOP ONLINE

Visit our website [Stevensons.co.uk](https://www.stevensons.co.uk) to order online for home delivery or Click & Collect from your local store.



STEVENSONS

EST. 1925

SCHOOL UNIFORM OUTFITTERS



Hertfordshire
Family Centre
Service

NHS
Hertfordshire Community
NHS Trust

School Nursing

Summer Term
2023

Public Health Nursing 5-19 Team Newsletter

Ways to contact us:

0300 123 7572
(Mon-Fri 9am-5pm)
www.hct.nhs.uk/our-services/school-nursing

Free workshops available for parents and young people to attend, regarding emotional health, returning to school and more:
<http://ow.ly/U01750KHYQk>

HEALTH FOR TEENS

www.healthforteens.co.uk
A great website, with information and advice for young people aged 11-19.

Keeping safe in the community

Your child may be exposed to lots of different influences outside of home; their peers, friends, online activities and also in the community.

In most cases, these influences are positive and bring them opportunities to socialise, learn and thrive. However, in some situations, some young people may become involved in activities in their community that put them at risk of danger.

Try and create a safe space for your child to talk to you about their experiences and how they feel. Conversations with your child can help to tip the balance towards your child being safer.

Please see link below for further information:

<http://ow.ly/nF2O50NWtTX>



Let's get cerebral!



The Sandbox is a new service within Hertfordshire. The service supports children and young people in with their mental health and wellbeing.

This free NHS funded service launched on 1 April 2023 and offers a website with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers, and other professionals.

The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT) or one to one support from professional therapists by text, phone online chat or video call, based on a triage of the person's needs.

Therapy sessions: 7am-10pm
Mondays-Fridays and 10am-10pm
Saturdays and Sundays

Live Chat: 10am-8pm Mondays-Fridays

Signing up is easy and doesn't require a referral from a professional.

Scan the QR code to visit The Sandbox website:



www.sandbox.mindler.co.uk

You can follow and share The Sandbox social media posts on Instagram at: [@sandbox_kai](https://www.instagram.com/sandbox_kai)

Chat Health

Chat Health is a text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday and gives the opportunity to contact a School Nurse for support and advice.

Young people can ask for help and advice on a range of issues such as:

- Weight and exercise
- Healthy eating
- Stress and anxiety
- Relationships and sexual health

If a young person contacts Chat Health after 5pm or on weekends and bank holidays, they will receive a bounce back message explaining where they can access support.



07480 635050

Did you know?

School Nursing is also on Instagram, Facebook and Twitter!

We post up to date information, support and advice for young people and parents.

Follow us!



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



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)

Parent & Carer Support TALKING ASD & ADHD Workshops



Summer Term 2023

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

TECH USE



- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

Monday 19th June

7.30 – 9.30pm

Workshop 587

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-587-for-parentscarers-in-herts-registration-567952730907>

SIBLING STRUGGLES



- What to do if your children are fighting or arguing
- Dealing with jealousy and unfairness
- Recognising the pressures & worries on siblings of a child with ASD/ADHD
- Helping your children develop a network of support
- Helping your children to communicate with each other without conflict
- Managing your own difficult feelings and helping your children to manage theirs
- Where to access further help and support

Monday 22nd May

9.30-11.30am

Workshop 585

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-sibling-struggles-for-parentscarers-in-herts-585-registration-565201231097>

THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

Monday 10th July

7.30-9.30pm

Workshop 586

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-586-registration-568054695887>



Workshops are open to parents and carers living in Hertfordshire

info@supportinglinks.co.uk www.supportinglinks.co.uk

