### Secondary phase newsletter

Friday 16th June 2023

Creating Tomorrow's Citizens Today

#### All - through news

Welcome to our first newsletter for summer term (2). It certainly now feels like summer! Thank you to everyone for their patience this week with the hot weather. Our "ageing" buildings are not always helpful to learning in the hot weather but staff and students, with some modifications, have done so well. Our exam season now has an end in sight; internal exams now are in place for Y12 and then Y10 and the Larch assessments are almost complete.

Therefore as we approach the end of June and July, new opportunities emerge in our calendar. There are various sporting activities and opportunities on offer, music tours, a trip to France, numerous concerts and celebrations.

Annual sports days are being planned; secondary on June 26th and primary, on July 5th. We all look forward to slightly cooler weather and sporting opportunities for all.

I know that so many parents and also ex students speak so highly of how we truly develop the whole child and personal development is a high priority for us as "we create tomorrow's citizens today". However we also know that success at academic studies are also key indicators of wellbeing and choices in later life. Many students speak so highly of their studies citing certain subjects and teachers. Feedback from both staff and students in Y9 is so positive as they now have started their GCSE studies in preparation for next year.

Thank you too for your continued support. Attendance at parents evenings, concerts and other events continues to be incredibly high as we work together in partnership to support and encourage all of your children to achieve well and share our high expectations.

As I approach my final weeks here as Headteacher, I look forward to speaking with you at the many events ahead. We will shortly be sending out invitations to those children and young people who will receive an Award, nominated by staff as they have been wonderful role models and ambassadors for the



Simon Balle Community. To be honest, so many more children could receive the award but we ask teams of staff to try and select one or two students who have put in that extra effort and achieved so highly this year. This will take place on July 6th at All Saints Church, Hertford.

As this warm weather continues, we hope that every family can enjoy the outdoors, at some point in this coming weekend.

#### **Uniform donations**



As some of you may be aware we have preloved uniform available to buy at the school. We would be grateful for any donations people might have in order to replenish our stock for next year. The PE department has also asked for any spare PE kit and trainers that can be given out to students who forget or misplace items of kit. They are asking for any year 11 or above students that could donate any old school PE kit that they no longer need. Please drop off any old unwanted uniform or PE kit to the front office.

#### End of term arrangements

Knowing the value of every day in education, and just how important it is to create a calendar that enriches and celebrates, there is no slowing down as we approach the end of term.

The Sheringham adventures of Year 6 this week is just a small peek into what is on offer with adventures far and wide: students across the all-through will be engaging in trips such as Duke of Edinburgh, the MFL jaunt to France, our wonderful musicians setting off on their tour, the Colchester Zoo science trip, and the Amaravai Temple Trip, to name a few. In school there is much to be excited about, not least our upcoming Sports Days but especially the new beginnings that await as students get a taste of next steps on Transition Day, July 13th.

Then time to reflect and celebrate all that is wonderful in our community in events such as Celebration Assemblies, Year 8 Celebration Evening, Sports Presentation Evening, culminating in All-through Awards Evening at All Saints. A truly special end of term for all before we bid

farewell for the summer. Larch primary phase ends 12.00pm July 21st. Secondary ends 12.10pm July 21st (no food at break).

#### PSA

### Slice of Summer - Volunteers needed for our All through fete!

Will you help raise £5000 for the school minibus? If we exceed this- money will go to the new project-OUR SPORTS HALL!

1<sup>st</sup> July 12-4pm Slice of Summer - the BIGGEST fundraiser of the year. Come along and join in the fun, enjoy a beer or Pimms and the barbeque , and entertain the children!

Together, we can raise the money needed for the minibus and much, much more.

If you can spare an hour, we need adults and children to help with the games - we only ask for 1 hour. All children who get involved will get a house point and be entered into a draw to win a £30 Amazon voucher. <u>To volunteer for the summer fair, sign up here</u> - tell us which game you fancy and if you want to be with a friend (Larch children will need an adult with them to supervise)

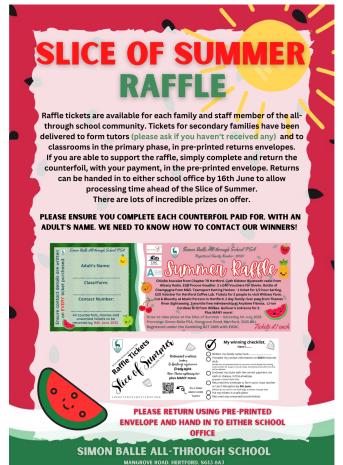
See you on 1<sup>st</sup> July! and thank you.

#### Summer Raffle

All form tutors and class teachers across the all-through have received packs of raffle tickets to send home.

Please return them as soon as you can to allow processing time.

There are some fantastic prizes on offer this year - do take a look!



#### Doughies Pizza Kits - Orders and Competition

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

Pizza kits cost £6.50 and make 1x 12" pizza. Cookie kits cost £4.50 and make 5x cookies.

Orders can be placed directly on the Doughies website until Saturday 24th June and orders will be delivered to Simon Balle on Friday 30th.

Important information: Named Larch Centre orders will be distributed via classrooms. Named orders from across the secondary phase are welcome but MUST BE COLLECTED from outside the reception office immediately after school on Friday 30th. Please set a reminder, as any unclaimed kits will be assumed unwanted if not collected by 4.30pm.

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



### PIZZA & COOKIE EVENT Friday 30th June

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.



#### Dates for the diary

WHOLE SCHOOL	
Friday 30th June	Doughies pizza kit delivery
Saturday 1st July	Slice of summer
Monday 3rd July	Inset Day
Sunday 9th July	Saffron Hall, 5pm
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
Saturday 30th September	PSA Quiz with a Twist Night
SECONDARY	
Monday 12th June - Tuesday 27th June	Year 12 threshold exams
Monday 19th June - Thursday 29th June	Year 10 mocks
Tuesday 20th June	Mr Lovell's Piano Evening (Y8 & 9 students), 6-7pm
Thursday 22nd June	Guitar Platform Evening, 6 - 7pm
Tuesday 28th June	Rock Gig, 7pm
Wednesday 28th June	Mr Stevenson's Drum Evening, 6 - 7pm
Thursday 1st July and Friday 2nd July	Sixthform induction days
Thursday 13th July - Monday 17th July	Music tour
Monday 17th July - Thursday 20th July	Y8 French trip
PRIMARY	
W/C 19th June	Y2 parent consultations
Tuesday 20th June	Year 4, 5 & 6 String Showcase, 6 - 7pm
Thursday 29th June	Year 2 & 3 Strings + Year 2/3 Choir Showcase, 5.30 - 6.30pm
Wednesday 5th July	Larch sports day
Thursday 13th July	Larch celebration of learning straight after school
Wednesday 19th July	Year 6 graduation party 3.15-5pm (children only)
Friday 21st July	Year 6 final assembly 9am (parents/carers invited)

#### HomeRun app competition

Take part in the HomeRun competition for the chance to win up to £250 worth of kids activewear vouchers – there will be a winner from every school! HomeRun is on a mission to help schools achieve a net zero school run and we need your help! Take part in our School Run Fun competition today. To enter, ask your child to draw a picture of their school run journey, or to write a poem about it, take a photo of the masterpiece and post it on your school's HomeRun app notices feed with the title "School Run Fun".

**The Prizes** - one individual from each school will win £25 and an overall winner and runner up across our HomeRun schools will win £250 and £100 respectively. The competition is open **until 30th June 2023** 

Please visit

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https://www.homerun-app.com/competitiontsr/sbs5

<u>964</u> for more competition details and to sign up to your school's HomeRun app .

Already got your HomeRun app? then you're all set to post your *school run fun*..

#### Secondary news

#### Sixth form induction

On Thursday 29th and Friday 30th June, we look forward to welcoming year 11 back into school as part of the transition to Sixth Form.

Students will be introduced to A Level study, have the opportunity to meet the Sixth Form team and participate in taster lessons for their chosen subjects. Current students will be joined by over 60 new prospective students looking to join Simon Balle All-through School for A Level study.

Furthermore, students will be informed of the Sixth Form enrichment options available to them next year and given valuable advice on how best to prepare to begin post-16 education in September.

#### **Sports news** Athletics update

It's been a busy couple of weeks for schools athletics, where the following competitions took place;

- Herts Athletics league Round 5 (St Albans) -Weds 7th June
- Herts Athletics league Round 6 (Stevenage) -Mon 12th June
- District Pentathlon Championships
- Herts Schools Athletics Championships

The final two rounds of the Herts Athletics league took place with Simon Balle entering Round 5 with all 4 teams in with a chance of qualifying for County finals. However athletes were met in both rounds with tough competition with schools of the caliber of Hitchin, Richard Hale, Sandringham and St Columba's amongst others. However Simon Balle performed very well with the following athletes displaying outstanding performances, especially in Round 6 which we hosted as a school in Stevenage; U14 Girls

- A. Dell (Javelin) 21m+, E. Wines (Triple Jump) - 9.08m and C. Baillie High Jump) 1.40m
- U14 Boys
  - A. Porter (1500m) 5.02min, L. Abell (Pole Vault) - 1.85m and V.Truszkowski (Discus) -21.18m

U16 Girls

 E. Keepence (High Jump) - 1.40m, I. Dipper (200m) - 29.57secs and E. Johnston (Discus) -15.44m

#### U16 Boys

 C. Ryan (High Jump) - 1.58m, K. Griffiths (1500m) - 4.38min and Stanley Maycock (Long Jump) - 4.97m

#### The District Pentathlon Championships







On Thursday 15th June we took up 16 athletics and 10 sports leaders to the pentathlon challenge at Wodson Park. All athletes took part in a hurdles race, High jump, shot put, long jump and finishing with the 800m. We had some fantastic results within the competition with Cora and Anthony Winning their 800m races by 50m, Catlin finished the high jump with an impressive 1.33. Emilia had a great day competing in the competition and coming 3rd overall and Cora finishing 2nd in her age group. The girls teams finished strong with the year 7 team coming 2nd and the year's 8/9 finishing 3rd over all.

#### The Herts Schools Track and Field Championships





On Saturday we had a number of athletes competing at the prestigious **County Schools athletics championships at Jarman Park.** Performance of the day came from C. Naylor (U13G) finished 3rd in the 800m in a time of 2.40min in very warm conditions. Other performances were as follows; J. Taylor (U13B) finished 5th in the 800m. E. Wines (U15G) finished 5th in the Long Jump with a distance of 4.51m, N. Smith (U19G) was 5th in the 400m in 65secs, D. Downing (U17B) threw 32m to finish 7th in the Discus, O. Broomfield (U15B) ran 43 secs in the heats of the 300m and S. Spencer (U15G) finished 8th in the 1500m in 5.43mins. Well done to all who participated in this fantastic event and we now look forward to the District Athletics Championships which take place on Friday 30th June.

Key upcoming events to take note of are as follows;

- Sports Day Mon 26th June
- District Athletics Championships Fri 30th June
- Herts Athletics League Final Mon 3rd July
- Sports Presentation Evening Weds 12th July (Invitation only from 6.30pm)

#### **Cricket News**

It has been a great season for the Year 8 Cricket team so far this year. After beating Richard Hale scoring 151 and bowling John Warner out for 45 runs the Year 8 team are through to the semi finals of the district cup.

After a bye in the first two rounds, Year 8 beat Westfields school in the quarter final of the county plate with a brilliant bowling innings. Unfortunately, in the semi final Roundwood Park proved too strong of an opposition on the day and we were knocked out even though the team scored 93 runs.



The Year 8 Calypso Cricket tournament was on Tuesday and the team won every game against the other schools in the district before losing the Final by 4 runs to Richard Hale. It was a great display by all the boys involved on such a hot day.



The year 10 team also competed on Tuesday and started very strong scoring 97 off 5 overs giving Sele an impossible chase. The boys were able to secure themselves a place as a runner up in the group after a tough game against Richard Hale A team. When facing Freman in the semi finals we met our match with a couple of very strong bowlers. Finishing the day off coming 3rd in the tournament after beating Chauncy in a third place play off after hitting multiple boundary shots.



On Wednesday, the Year 7 Boys won 3 of their 4 Calypso cricket group games to qualify for the Cup semi final, where they lost against a strong Richard Hale team. The Year 9 boys got off to a slow start losing to JWS, however they picked up the pace and beat Haileybury Turnford and Leventhorpe in the next two games and were in with a chance of making the cup semi final. The final group game against Marlborough saw the boys lose and progress to the Plate semi finals where they met Goffs school. In this game the boys scored a convincing 82 runs of 5 overs to reach the plate final, only to lose on the last ball to a strong Freman College. Well done to all who participated. The team now play against Goffs school in the District League on Monday and then play St Ed's in the Herts Plate Semi Final at St Ed's on Tuesday.

On Thursday the Y7/8 girls cricket team came 2nd in their round robin, only losing to Presdales in their last game. Their fielding and bowling was exceptional, needing only 2 overs in one game to chase down a batting score. Some exceptional bowling from Emily P and Maya T to close out the games.

The Y9/10 girls cricket team won 3 of their 6 games and really improved each game to win convincingly in the last 2 games with some excellent fielding and batting. Kate G made an awesome catch off her own bowl to ensure the win against Freman A.

Both girls teams had an excellent start to the season, getting ready for the Chance to Shine competitions coming up in the next two weeks.

#### **Rounders Update**

The year 7 rounders team remains unbeaten in all friendly district matches. Their knowledge and understanding of the game has massively developed this half term and they have successfully applied this into matches. Emily P has been a key leader within matches and has received player of the match against both Chauncy and John Warner. Next week the team will face Presdales which will be a very competitive game and they also have their district tournament on the 13th July.

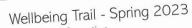
The Year 9 rounders team after a defeat against Chauncy in their opening match have come on so much. They have had wins against both Presdales and John Warner and then came 3rd at the Y9 district tournament last week.

Year 10 rounders team have had some great wins this year so far against Chauncy and John Warner with just one loss against Presdales. The team is super keen and are going from strength to strength.

### Hertford Museum launch new **'Wellbeing Trail'**

Hertford Museum have launched a Wellbeing Trail designed in collaboration with the children of Hertford St Andrew Primary School.

The trail is now available to collect from the Museum's front desk and provides a starting point for children, families and carers to talk together about ways to support their mental and physical wellbeing. Our new leaflet guides visitors around a number of exhibits with links to physical health, personal care, play, and music.



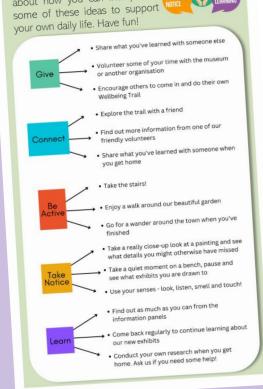


Why not try our trail which links to the 5 Ways To Wellbeing? Our Museum activities give you



HERTFORD MUSEUM

Inspiring Genera



Children are encouraged to think about how they can incorporate some of the 5 Ways to Wellbeing into their daily lives.

Hertford Museum is free to visit. We are open Tuesday to Saturday 10am -5pm and Sunday 12pm -4pm.

18 Bull Plain Hertford SG14 1DT Website: www.hertfordmuseum.org Telephone: 01992 582686 Email: enquiries@hertfordmuseum.org.uk Registered Charity No. 312142 Accredited Museum No. 807







# ORAL HEALTH FOR YOUNG PEOPLE

# WHAT IS TOOTH DECAY?

Tooth decay is when the hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. Tooth decay can cause pain, and infections, and problems with eating, speaking, playing, learning, smiling and socialising.



Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

# REDUCE THE RISK OF TOOTH DECAY

- Brush teeth twice a day with fluoride toothpaste no rinsing
- You should see a dentist at least yearly
- You should have fluoride varnish at each visit, this is free to all young people



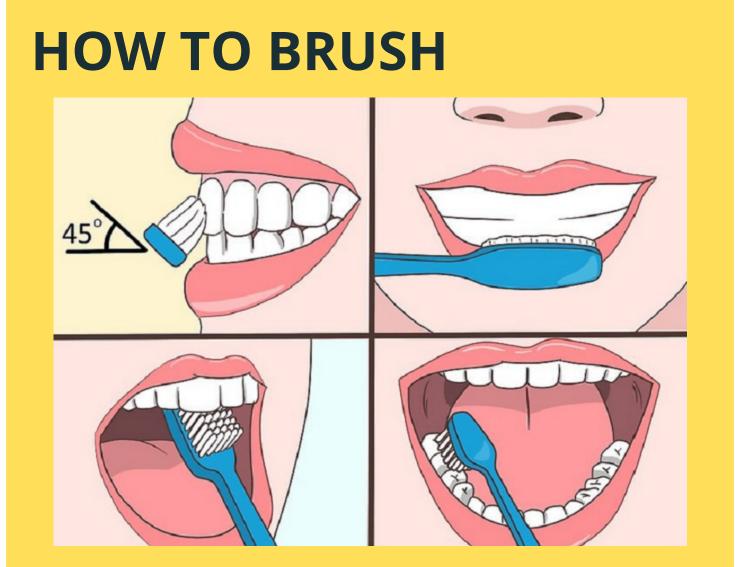
- Use fluoride toothpaste containing between 1,350 ppm and 1,500ppm of fluoride
- Clean in between your teeth every day using floss or interdental brushes

## WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.



Dental care is free for children and young people aged 0-19.



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- Brush teeth morning and bed-time for 2 minutes with fluoride toothpaste
- Only use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse if you rinse, the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to meal times
- Brush to the beat why not download the Brush DJ app and brush to your favourite song?
- Set reminders and timers on your phone
- Go electric with an electric toothbrush