



## ***Margaret Chapman, Executive Head Teacher***

Welcome back to the summer term. I hope that you enjoyed a restful break and are ready for the final term of the academic year. The end of the spring term saw such superb community based events culminating in the Spring House Cup Challenge, with sporting events continuing into this week and beyond. Congratulations to Seacole who secured first place in the Spring House Cup - an almost impossible task to place competitors as all eight Houses produced such superb performances!!

We began this week with a full school online assembly where students were reminded of the goals that had been set in the autumn term and the term 'success' was reviewed - not in terms of social media illusions of success, but the fact that success is not measured in a straight line and there are many different paths to success. You may recall during the recent break seeing an interview with Russ Cook, also known as the 'Hardest Geeza', as he came to the end of his incredible 16,000 km charity run the length of Africa - I certainly cannot fathom that level of endurance but ensuring that we talk about goals and aspirations is an important part of self belief, which we very much aim to instill in all of our young people.

This term, as a school community, we also reflect upon and review our school improvement goals and all students are asked to participate in this review. It is always an absolute pleasure speaking to our students which we readily do via more formal routes of Student Parliament, through Anti-bullying Ambassadors, Acts of Kindness, House activities, Charity fundraising events, STAGS Talks and Every Second Counts, as well as informally through Learning Walks, lesson observations and classroom visits - all of which provide an insight into how we work together as a community and seek to further improve the experiences and life chances for everyone.

We have shared 'You Said, We Did' summaries and so this review sets the scene for the academic year ahead

and ensures the golden thread of learning is our key focus, in all of its rich meaning - personally, socially and academically. Next week, we welcome Governors and Trustees to review the school improvement plan and set targets for the next academic year - being active participants is key to our continued focus of providing the very best for our young people in our community and I am very grateful to you all for your support as we continue to work in partnership together. I will update you on our future targets and outcomes of the reviews as the term progresses.

The summer term is also a time of examinations, both internal and external. Young Minds has a series of support pages aimed to help with exam stress and anxiety which I thought may be of interest to you: [School Staff](#), [Parents](#), [Young People](#).

Click [here](#) to sign into the National Online Safety site to view 'Managing Exam Stress' or [here](#) to view the PDF. Included on page 4 are tips on 'Becoming an Exam Season Expert'.



This week, the STAGS Library Resource Centre has hosted a Scholastic Book Fair. A wide range of titles have been available to buy and your support enables the LRC to earn rewards and then buy more fantastic books for the whole school to read!

At lunchtime today, we held an Eid Party! To celebrate, students enjoyed the music and had lots of fun being able to purchase delicious food and snacks and get Henna hand tattoos. (Photos on front page and page 3) All proceeds will go to orphan sponsorship.

Congratulations to Thea as her international fencing progresses so superbly. She represented GBR in the U14 group at Ciudad Real and achieved an impressive 5th place. She also competed in the Challenge Wratislavia in Wroclaw, representing GBR in U15 Women's Sabre. This tournament saw the participation of 88 fencers from 26 countries and Thea progressed to round 32 and secured 35th place overall.

Congratulations also to Hazel, Sophie, Megan, Florence, Karis and Hulda who received special recognition in a competition for their poetry inspired by Robbie Burns which was being studied in English lessons. The chair of the panel (who was previously a Director of the Creative Arts Faculty in Scotland) comments really resonated with our students who participate in so many opportunities and I wanted to share this feedback with you: *'it takes great courage to put your work in the public domain for others to read but please keep going and never give up on your dream to be a poet or writer and never let others put you off or let them be critical about your work. Be brave, be courageous and don't be afraid to be daring; some of our greatest literary greats were rejected the first time round but they persevered and helped change the Literary landscape'*. How very apt!

Online Safety: The age restriction for WhatsApp has been lowered from 16 to 13 years old. Please click [here](#) for a link on tips to keep your children safe on WhatsApp.

Click [here](#) for the summer dates for the Targeted Parenting Framework from Hertfordshire County Council Family and Health Services Commissioning. Click [here](#) for the summer edition of the Vista St Albans Newsletter. Plus, click [here](#) for the Sustainable St Albans Newsletter to access upcoming local sustainability events.

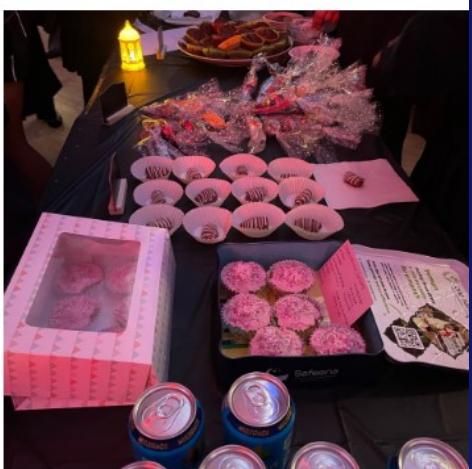
Finally, we welcome two new members of staff - Mrs Johnson-Putt, a highly experienced SENCO and Ms Quarrell, equally experienced, who is joining our PE team.

With all good wishes,

For an overview of our PSHE curriculum, please click [here](#)

SUPPORT    TRUST    AMBITION    GENEROSITY    SUCCESS

# EID PARTY



## **Becoming an Exam Season Expert**

We are now in the thick of the run-up to the exam season, whether that it is for the public or school exams and that means revision time. Here are a few ideas and things to consider and help you thrive during your revision programme. Good luck!

### **Am I in control of stress or is stress controlling me?**

Dealing with stress and anxiety is a very common obstacle during the exam season. Many negative thoughts can invade your brain and can block you revising effectively. When stress strikes remember this mnemonic to help you deal with it:

**Stop** what you are doing

**Think** about your next step

**Action** your thoughts

**Reflect** on whether this was the right thing to do.

### **Sleep – the preparation of revision champions**

Making sure you get a regular eight hours sleep during the exam season is crucial for success. Your brain needs that down time to process information learned during the day and ensure that it is ready for more information in the coming days. Therefore, late night cramming is rarely effective. Here are some top tips to ensure you get the full night's sleep:

**Unplug** – make sure all distractible devices, such as a smartphone or the TV, are switched off. These devices excite the brain and reduces the body's ability to produce the sleep hormone melatonin. Have a full digital detox at least an hour before bedtime.

**Breathe** – lie still. Do some deep breathing. This will calm the mind.

**Don't eat too late** – Snacking last thing – especially on sugary stuff – will impair your sleep.

**Go dark** – Is your room too light? If so, wear an eye mask. The darker it is, the deeper you will sleep.

**De-stress** – Write down the things you need to do or remember for the next day. This will help you organise your thoughts for what you need to do for tomorrow.

**Stick to the rhythm** – Going to bed at 11pm one day and 9pm the next ... up at 6am one day and 11am the next? Your body won't like it! Get into and stick to a good sleep habit.

### **Key things to do during the exam season:**

**Exercise** – get out! Get your heart rate up as better fitness and being active means more energy and increased concentration.

**Daylight** – Fresh air and daylight are essential for a positive mindset.

**Talk to others** - We are all in it together. Talk to someone in the school community about being stressed. Whether it is a friend from the same year or a member of staff, it is crucial that any stress isn't left bottled up.

**Keep going!** – Don't give up. Keep working to the end. Don't stop revising until you have completed your final paper. It's a marathon, not a sprint.

**Eat well** - avoid foods like bread which can make you feel bloated and tired. Eat foods with natural sugars, such as strawberries and bananas, as the body takes time to digest the glucose in these foods so you avoid the highs and lows which are produced when you eat foods which contain processed sugars.

### **What does revision really stand for?**

Rest, Exercise, Variety, Imagination, Structure, Individual, Ongoing, Not too long.



# Diary Dates

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**Monday 22 April**

Year 8 Inter-House Sports

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**Tuesday 23 April**

Year 9 Inter-House Sports

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**Tuesday 23 April - Friday 3 May**

Year 10 Exams

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**Thursday 25 April**

PTA Meeting, 7-8pm, LRC

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**Friday 26 April - Sunday 28 April**

PGL Netball Tour

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**Monday 29 April - Friday 10 May**

Year 12 Exams

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**Wednesday 1 May**

SEND Parent Group Meeting, 7-8.30pm

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**Thursday 2 May**

Year 11 Celebration Day

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**Friday 3 May**

Year 13 Celebration Day

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**Monday 6 May**

Bank Holiday - School Closed

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**Wednesday 8 May**

KS3 History Trip St Albans Cathedral

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**Monday 13 - Friday 24 May**

Year 7 & Year 8 Exams (Information letter to be shared next week)

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**Monday 20 May**

Sixth Form Parent Group, LRC, 6-7pm



# Careers

## Spotlight on a career in Web Design and Development

Jobholders in this unit group design, develop and maintain websites to meet a client's specified requirements.

You can watch the HOP **Careers as a Web Designer** webinar [here](#), as well as access webinars on nearly 100 careers.



Explore the wider HOP Careers Directory [here](#).





# Notices

**Design a new...**

# LOGO COMPETITION!

We are coming together as 10 schools and we need your help to design a logo for our new trust called ...

**'Ambition Education Trust' (AET for short)**

**THINK ABOUT:**

- Brand identity: the logo should reflect our values of 'Aspire to Educational Excellence for All'
- Simplicity: keep your design simple and memorable for easy recognition
- Versatility: design a logo that looks good across different mediums and sizes, e.g business cards, letterheads, school signage, banners, social media
- Colour schemes: choose colours which compliment and evoke the right emotions

**PRIZES:**  
Will be awarded for top ten entries in Junior and Senior age groups

**Entries by:** Monday 15th April 2024 (to your Headteacher)  
**22nd April 2024**

Please note extended deadline to 22nd April



# Notices



## TRAIN TO TEACH Information Events

Alban TSH are delighted to be hosting the following Train to Teach Events where you can:

- meet representatives from local schools.
- learn more about our flexible routes into Initial Teacher Training.
- receive guidance on your application.

**Mon 22 April 18:00hrs**

### ONLINE WEBINAR

register here: [bit.ly/Register22Apr](https://bit.ly/Register22Apr)

**Mon 20 May 09.15hrs**

at Hammond Academy, Hemel Hempstead  
register here: [bit.ly/Register20May](https://bit.ly/Register20May)

or visit our website here:  
<https://albantsh.co.uk/events/>

Contact us:

James Murphy | Director of ITT  
Laura Ahmed | ITT Programme Manager  
Telephone: 01727 799560 ext 4217  
Email: [ittadmin@albantsh.co.uk](mailto:ittadmin@albantsh.co.uk)



## TALKING ANGER in FAMILIES

**Wednesdays 9.45-11.30pm**

Online Course: ID 654

**5 June - 10 July 2024**

Our online support sessions are delivered weekly via Zoom.

6, weekly sessions for parents and carers of children aged 0-12, supporting you to:

- Understand why children, young people and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger and be able to avoid escalation.
- Reduce conflicts and arguments.
- Encourage positive behaviour and strengthen relationships in the family.

Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.

'Their anger used to scare me. I now feel able to cope with it, and even help.'

### Booking essential

Please quote the course ID

To check eligibility and book a place, contact Supporting Links on:

**07512 709556**

[bookings@susportinglinks.co.uk](mailto:bookings@susportinglinks.co.uk)

[www.susportinglinks.co.uk](http://www.susportinglinks.co.uk)



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

Hertfordshire

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

## Make your street a place to play and meet



We'll help you plan your 2024 street parties, Playing Out sessions and other street gatherings in St Albans, Harpenden and the villages. We lend road closed signs.



### Sustainable St Albans Meet Your Neighbours projects

Web: [www.sustainablestalbans.org/meet-your-neighbours](http://www.sustainablestalbans.org/meet-your-neighbours)  
Email: [playingout@sustainablestalbans.org](mailto:playingout@sustainablestalbans.org)

### Free information sessions

#### "Street Gatherings with the Playing Out scheme"

- Tuesday 30th April 8pm on zoom
- Tuesday 21st May 8pm at The Beech House, St Albans
- Monday 10th June 8pm on zoom
- Book via our website



### Or come and chat with us

- Harpenden Sustainability Market Sunday 19th May  
- find us on the Sustainable St Albans stall 10am-noon

### With thanks to:



**SUSTAINABLE  
St Albans**

Registered charity no 1173118