

Issue: 118

Roundwood Park School, Roundwood Park,
Harpenden AL5 3AE Tel: 01582 765344
e-mail us at admin@roundwoodpark.co.uk

Date: 26 October 2018



RoundUp is published fortnightly on our website.
<http://www.roundwoodpark.co.uk>

Headlines

Dear Parents and Carers

The staff and students did us proud last week at the Alban Arena when we held our annual House Music event. It is truly wonderful that so many in our community get involved and genuinely “raise the roof” for Roundwood. I know it takes a huge amount of effort to organise it and I thank everyone involved, particularly Viv Tattersall and the Community and Events Captains, K. Prynne, S. Biggs and L. Salter. Congratulations to Owens House on their overall win.

I hope you all have a restful half term break.

Alan Henshall
Headteacher

Occasional Day

A reminder that school will be closed on **Friday 30 November** for our Occasional Day.

Absence Line

When you call in for absence, please use our dedicated 24 hour absence line:

01582 714049 or e-mail us at
absence@roundwoodpark.co.uk

Turning Circle

Please can we remind you not to drive onto the school site or into the turning circle to drop your children off as it blocks access for the buses.

Air Pollution!

Please would you turn off your car engine when waiting to collect your children from school. Thank you!

Cycling to School

Whilst we are delighted that so many of our students cycle to school, please would you ask them to be mindful of pedestrians on the Nickey Line. They should also be aware that cycling on footpaths is not permitted:

[Herts CC - Access and Rights of Way - walking, cycling and riding](#)



Roundwood Park Community Pitch
Supporters Paving Stones Available Now
“Fit For The Future”
www.rpcp.co.uk



Year 10 Parent Consultation Evening

Year 10 Parent Consultation Evening,
Thursday 15th November 2018 4.30 pm
until 7.30 pm

The online booking system is now open to make Parents' Evening appointments. The system will close at 10pm on Sunday 4th November.

Coffee Mornings



Year 7 Parents/Carers:
8.40 – 9.40 am on the following dates:
Tuesday 13 November – Science
Monday 3 December – English

All coffee mornings will take place in Meeting Room 1, behind the main reception.

Key Dates:

Parent Consultation Evenings:

Year 7 – Thursday 4 July 2019
Year 8 – Thursday 21 March 2019
Year 9 – Thursday 7 March 2019
Year 10 - Thursday 15 November 2018
Year 11 – Thursday 24 January 2019
Year 12 – Thursday 14 February 2019
Year 13 – Thursday 8 November 2018

Year 9 Options Evening:
Thursday 28 February 2019

Post 16 Information Evening:
Thursday 17 January 2019

Trip Payments

Residential Trips

Ski Trip 2019:

Interim Payment: £500 overdue
Interim Payment 2: £600 due 12 Nov

Warm Weather Athletics Trip 2019:

Interim Payment 2: £200 overdue
Final Payment: £200 due 14 Dec

Y13 CERN Physics Trip 2019:

Interim Payment: £180 overdue
Final Payment: £130 due 10 Dec

Y10 & 11 Berlin History Trip 2019:

Interim Payment: £430 due 3 Dec

Y9 Battlefields Trip 2019:

Deposit Payment to Invited: £130 due 9 Nov

Y12 & 13 Tour of Russia 2019:

Interim Payment: £600 due 6 Nov

All information regarding trips already launched is available on CareMonkey and Parent Pay. A full list of all trips we are planning to run this academic year can be viewed on the school's website or via the following link: [Trips Planned for 2018-19](#)

Vacancies



For details of any current vacancies, please visit our website or following the link below:
<https://roundwoodpark.co.uk/vacancies/>

Further information can be found on the [Roundwood Park website](#).
[Roundwood Park School Calendar](#)
[Daily Bulletin](#); [Latest News](#);
[Letters Home](#); [Trips & Visits](#)
[PE News](#)

Please also follow us on Facebook, Twitter and download the Roundwood Park mobile app to keep up to date.

Year 10 Restart a Heart Day

On Tuesday 16 October, during their PSHCE activity day, Year 10 participated in the British Heart Foundation's Restart a Heart Day. The aim of this initiative was to teach as many people as possible how to help someone who has suffered a cardiac arrest. East of England Ambulance Service staff joined us on the day to help with the training in the hope that the total number of young people taught across this region could be raised from last year's figure of 195,000 to 200,000.

190 RPS Year 10 students took part and were added to the running total on the day. All students came away from the training with vital lifesaving skills and increased confidence in what to do during a medical emergency. Well done to Year 10 and thank you to the NHS staff who gave up their precious time to be with us. We wait to hear if the target was achieved!

P. Cunningham, Head of Year 10



Herts 10K



A huge well done to W. Bowran (Y13) who came 2nd overall in the Herts 10k on 14 October with a time of time of 34.59.

W. Bowran has trained really hard for a few years now, getting progressively stronger - taking his endurance running really seriously alongside his studies.

The Herts 10k is attended by many serious adult recreational runners from Hertfordshire and beyond so to come 2nd as a 17 year old is something to be extremely proud of.

Mr Hunter, Head of PE

County Golf Champs

Congratulations to E. Hume (Yr 9), L. Hume (Yr 11) and R. Lea (Yr 10) who won the County Schools Golf competition for Roundwood Park on Tuesday 23 October.

Mr Hunter, Head of PE

Early Season Success for Roundwood's Trampolining Squad

Starting with a bang!

Open Evening saw the first display of trampolining and trampetting of the year! The entire squad put on 3 fabulous shows including both box work, trampetting and trampolining. It also included a special performance from the new year seven showcasing the potential stars of trampolining in the future. As always, it was a fun filled evening for all involved and started a new competition season in style.



Trampette and Tumble

On Thursday 11 October, Roundwood's gymnasts participated in the annual trampette and tumble competition. An afternoon at the St Albans High School for Girls saw students competing in both trampetting and tumble at all levels. It was a hugely successful day for all attending with almost all our gymnasts achieving medal positions. It was also the first performance of the squad's newest members and despite some nerves everyone did brilliantly.



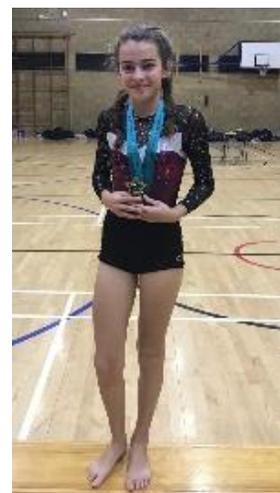
From left to right: P. Moxham (coach), A. Pearson, N. Bates, E. Fishwick, E. Graham, E. Moody, B. Colyer, O. Wise, E. Bignell, M. Soanes, A. McGreevy, E. Braylin, E. Roberts (7M), E. Lowry, T. Bowles, I. Hoskins, C. Wall, S. Haxton, E. Roberts (7F), E. Day, N. McHale, B. Riley, G. Beedie, A. Hall. Not pictured – J. Woods, A. Birch, S. Ellins, L. Barter, E. Faulkner, I. Slade.

The best gymnasts of the day

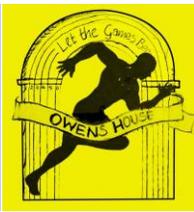
E. Day did brilliantly to secure golds in both her disciplines and the award for the highest trampette score of the day.

E. Braylin also secured golds in both her disciplines including a gold in advanced trampette. She was also awarded the trophy for the highest tumble score of the day.

Double golds were also achieved by E. Roberts (7M), J. Woods and E. Bignell so a huge congratulations to them.



A massive thank you to all the students for competing and all the parents for providing transport. A special mention to the students who gave up their afternoons to help with the judging and smooth running of the competition and to Mrs Moxham - another set of excellent results for the school. *By S. Ellins*



HOUSE NEWS

Forthcoming House Events:

- 12-16th Nov: House Assemblies
- 13th Nov: Yr 7 Netball (girls)
- 14th Nov: Drama Day
- 23rd Nov: Scott House Disco Yr 7
- 28th Nov: Rugby Week (7-10)
- 29th Nov: Yr 9/10 Benchball
- 5th Dec: Sportsman's dinner
- 10th Dec: Scott House Charity Week
- 12th Dec: Staff Christmas Bake off
- 21st Dec: Non Uniform day

House Totals:

Wilberforce	43 pts
Cadbury	43 pts
Owens	40 pts
GT	39 pts
Frank	33 pts
Mandela	31 pts
Scott	29 pts

Charity Sky Dive

Hi, my name is Emma, I am a **Scott House Captain** at Roundwood Park and I am going to face my biggest fear, falling, on Friday November 2nd by jumping out of a plane at 10,000 feet.

In 2012 a boy named Billy Senior who was a House Leader when I first joined the school, did a skydive for Scott House's charities. He was able to raise an incredible amount of money for important causes as well as inspire me to do the same when I finally had the chance to.

These 3 charities (Macmillan, The OLLIE Foundation and Unique Home for Girls) are all amazing at what they do and your donations can make them reach out and help even more people. All donations, no matter the size, are very welcome and much appreciated.

Here is the link to my JustGiving page [Charity Sky Dive](#)



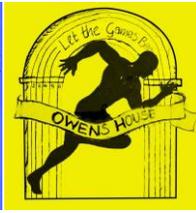
Rotary Shoebox Scheme

"Spreading a little Happiness"

Many thanks for the generous and thoughtful donations which students have been bringing in for the shoeboxes. We have received 187 boxes which is fantastic!

Thank you for your support, *Mrs Porter*





House Music 2018 Results

Overall:



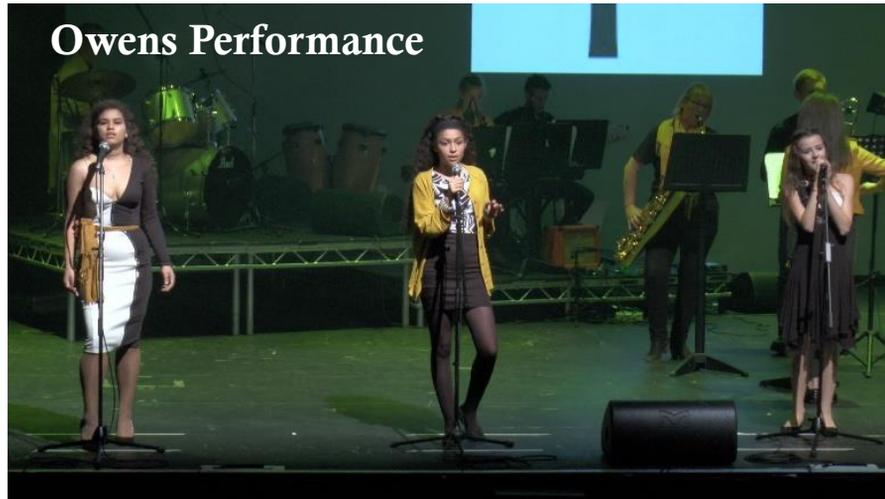
- 1st Owens
- 2nd Grey Thompson & Cadbury
- 4th Wilberforce
- 5th Mandela
- 6th Frank
- 7th Scott



Owens Choir

Performance Piece:

- 1st Owens
- 2nd Cadbury
- 3rd Grey Thompson
- 4th Mandela
- 5th Scott
- 6th Wilberforce
- 7th Frank



Owens Performance

Choir:

- 1st Wilberforce
- 2nd Grey Thompson
- 3rd Frank / Owens / Cadbury
- 6th Mandela
- 7th Scott



Wilberforce Choir

*Please follow our House twitter pages to keep updated with all our weekly events:
[RPS HouseSystem](#)*

**GT
Choir**



**Frank
Choir**



**Owens
Choir**



**Cadbury
Choir**



**Mandela
Choir**



**Scott
Choir**



Getting to know the 2018-19 SLG

Deputy Head Girl: G Smith



Tell us something interesting about yourself? I'm a 1/4 Tasmanian!

What 3 words would your best friend use to describe you? Bubbly, Determined. Passionate

What was the interview process like and how did you prepare? The process was very exciting but did seem quite scary/ nerve-racking at times - it was definitely worth it in the end. I prepared by practising my public speaking skills and going to talk to different forms about my campaign.

What plans do you have for the incoming year? To hopefully get the grades I need to get into my top University, to do some travelling (I'm going to America, Rome and Turkey so far) and to have a really fun last year at RPS with all of my friends whilst working hard with the amazing new SLG to further improve the school!

What is your favourite house event to date? House Music! Even though I save my awful singing for in the shower, I always have so much fun :)

What is your favourite cheese & why? I'm not the biggest fan of cheese but if I had to pick my favourite it would be mozzarella - especially with some tomato and balsamic vinegar.

If you could invite any guest alive or dead, to dinner who would you pick and why? I would invite Alan Sugar, Stephen Hawking and Drake.

What is your favourite biscuit and why? Oreos because they taste so good in a milkshake.

What was the 1st single you ever bought? Year 3000 by Busted

What is your favourite word and why? Boujee because it just rolls off the tongue ;)

If you could be anywhere in the world this weekend, where would you be? Hawaii, it looks insane!

If they made a film about your life, who would play you and why? Alicia Vikander – she's such a talented actress I would love her to play me in a movie.

Expressive Arts



SPOTLIGHT



In this week's edition of Round up, we talk to Georgia Danso about her life since taking on music and Performance studies at A level.

I took Drama & Theatre Studies as one of my A levels. I wasn't completely sure what I wanted to pursue as a career, however I knew that I wanted to be in a creative industry.

I chose Drama for a number of reasons. Firstly, I didn't get the chance to take GCSE Drama so felt this was a good chance to utilise my drama abilities and work on basic skills. I participated in extra curricular art activities and wanted to build my knowledge, theory and experience in an educational setting. It was a good subject in combination with my other A Level options (Sociology, English Literature, Psychology); I often found certain topics/skills overlapped and therefore helped develop my understanding. I feel that it helped me gain strong communication skills, the confidence to think creatively, the ability to prioritise tasks, develop teamwork skills as well as create ideas with a range of people in mind.

One of the biggest challenges I faced whilst undertaking Drama A level was having to constantly push myself out of my comfort zone and learning to not worry about how I would be perceived by peers. It was also hard to find the balance between creative development and theory and managing my time to ensure I worked to the best of my capability but within a realistic time limit was always something I had to work on.

After A levels I went on to study Retail Marketing and I enjoyed my course, however it was important that I still kept up my drama and dance as extra curricular activities. Drama was a great experience and has benefitted me in many ways both in my studies and afterwards. It was a very diverse subject that covered a range of topics and required various personal skills such as presentation skills, developing workshops, working as teams in seminars, developing innovative marketing ideas and approaches. My experience studying Drama at A Level enhanced my ability to perform these tasks effectively. It helped with my organisational skills, the ability to work with various types of people, my time management but most importantly my communication skills. From the interview stage to being in the practical work place, communication skills in marketing and any industry are essential to perform a task efficiently and to ensure everyone has the same understanding of what needs to be achieved.

Studying Drama also built my confidence in communicating with people, understanding people in social situations as well as the importance of finding a good balance in life. It has never hindered my opportunities in life since taking the course. It was something I was so certain I wanted to achieve and I am happy with my A Level choices. I personally believe it is best to work to your strengths and to study something you have a strong interest in. If anything, it made me realise that perhaps I should have used my university time to focus more on my creative interests i.e take modules in creative arts, participate in more extra curricular activities etc.

Your parents are very influential and are important people to discuss your options with. Nevertheless, it is crucial that you pick options that you truly have an interest in or may benefit your future career, (if you have thought of one). Like many students, at the stage of my choosing A Levels, I didn't have a firm idea of what career I wished to pursue but if you opt for subjects that you enjoy and that are diverse then you'll develop various skills that can be applied to any future role.

Having recently returned from a long travel trip I am now undertaking some freelance marketing work part time until I find the next perfect marketing opportunity.

If you have a story you'd like to share with us about how studying **Art, Music, Drama, PE, Textiles** or **Photography** at RPS has influenced your life since school, then please get in touch with m.garbutt@roundwoodpark.co.uk

If you would like to keep up to date with PE, Art, Drama and Music, please follow us on Twitter

[@RPSCREATIVE](https://twitter.com/RPSCREATIVE)
[@RPSPE](https://twitter.com/RPSPE)

Act2Act Youth Theatre Proudly Presents

hairspray

BOOK BY

Mark O'Donnell
Thomas Meehan

MUSIC BY

Marc Shaiman

LYRICS BY

Scott Wittman
Marc Shaiman



BASED ON THE NEW LINE CINEMA FILM WRITTEN AND DIRECTED BY

John Waters

Auditions

- Auditions for young performers aged 7-18
- We are looking to cast lead roles plus a large ensemble
- Auditions will take place on Saturday 8th December in Watford and St. Albans

**For more information or to book your place
please call**

0 7 9 1 4 9 9 9 8 4



Wednesday Club



Every Wednesday 1.10 – 1.55 pm in E1

This is a relaxed, friendly, support session designed to help our students with dyslexic tendencies flourish. Students of **all ages** are invited to bring:

- home learning tasks
- classwork that needs revisiting
- vocabulary that needs learning
- revision lists that need to be transformed into helpful resources
- general concerns about their learning

Specialist teaching staff will be on hand throughout lunchtime to discuss concerns, support learning and guide students in the right direction.

Students who are progressing to laptop use are also invited to attend and develop their touch typing skills.

Please note that you do NOT need to be diagnosed with dyslexia to attend. You may suspect that you have dyslexia or you may recognise that you have some dyslexic traits.

We look forward to welcoming you soon.

K. Briggs, J, Hubbard and M. Lennon



PTA Newsletter

Raising £30,000 for 570 new classroom tables

The PTA Quiz
raised a huge
£2,900!!



OUR NEXT EVENTS....

Sat. 26th January 2019

Please donate any good
quality, laundered
uniform to Reception.



Saturday
2nd February 2019

Tickets on sale soon.



Our Co-op Fundraising
Campaign comes to an
end tomorrow. We will
be notified of the total
amount raised in
November.

The next **PTA meeting**,
including **AGM**, is on...

Tues 13th Nov at 7.30pm
in the School Staff Room

**All parents and carers
welcome.**

We are always looking for new
members. Please come and
join our friendly group of
parents.

It's a great way to keep in touch
with other parents and support the
school in as much or as little time
as you can manage.

We hope you can make it.

PTA DONATIONS



You can also support our PTA fundraising
campaign by donating on

Parent Pay or by **Standing Order**

The PTA is a registered charity.
We can be emailed on
pta@roundwoodpark.co.uk

Christmas Craft Workshops

I am running 3 Christmas workshops for parents. The cost includes all materials, glass of fizz on arrival and tea/coffee and mince pies.

To book your place, please email Amanda at a.booth@roundwoodpark.co.uk

Make your own Christmas Crackers



Thursday 22nd November 2018

7:00 – 9:00ish

£25 (makes 6 crackers. Gift extra or ideally bring your own gifts)

Fed up of getting bits of plastic in your Christmas cracker? Come along to an evening where you can make your own and personalise the gift to the person receiving it.

Traditional Christmas Wreaths



Tuesday 27th November 2018

7:00 – 9:30ish

£38.00

This workshop will enable you to make your own Christmas door wreath from scratch in the traditional way.

Hurricane Lamp Christmas Table Decoration



Thursday 20th December 2018

7:00 – 9:00ish

£40.00

Make your own table decoration with Hurricane Lamp and Candle to impress your family and friends.

PAY & PLAY

AUTUMN HALF TERM

31st October, 1st & 2nd November

10am – 5pm

Ages 11 - 17

£2 RPS Students & Harpenden Colts members

OR

£3 Other students

£7 All day pass



Footwear must be either: Astroturf trainers, moulds or screw in plastic studs: Wrong footwear = NO PLAY.



Only water allowed. NO fizzy drinks, sports drinks or juice.



Sign in at the pitch gate.



Access to the pitch on the hour only.



No food on the pitch.

CONTACT FOR MORE DETAILS

lettings@roundwoodpark.co.uk

01582 714019

www.roundwoodparksportscentre.co.uk





BUY A BRICK FOR YOUR SCHOOL



Roundwood Park Community Pitch

If you haven't already purchased your brick then here is your chance!

Head over to: www.rpcp.co.uk

Or for further information contact: 01582 714019

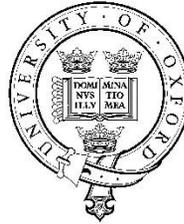
You can also purchase a slot on our 3G Pitch to advertise

YOUR BUSINESS!

Over £90,000 in sponsorship so far to date!

Pitch side sponsorship available!
Please contact us for further details





Roundwood Park Oxbridge Information Evening

For Y11 and Y12 parents and Students

Monday 12th November

7-8pm – Main Hall

The evening will provide students and parents with information on:

- Super curricular – recommended activities to enhance the personal statement and application.
- Meeting the Oxbridge criteria - what are they looking for in an applicant?
- Keeping informed – courses, taster days, summer schools, open days, contact details
- Writing an Oxbridge personal statement – the do's and don'ts
- The Interview – developing academic justifications and communication skills.

WHAT NEXT AFTER SCHOOL, COLLEGE, UNIVERSITY ?

Stevenage regeneration
is underway – be part of
Generation Stevenage!

Come and meet Stevenage STEM* companies

If you're considering your future we would like to introduce you to some of the world-class companies here on your doorstep. Come and meet us on 8th November...



AIRBUS

CATAPULT

Cell Therapy

MBDA

MISSILE SYSTEMS



FIND OUT WHETHER A JOB OR AN APPRENTICESHIP MIGHT BE RIGHT FOR YOU



Come and meet company
representatives and get hands-on
with some fun activities that bring
their work to life. This is a career
event, but not as you know it!

When:
Thursday, 8th November 2018

Where:
The Development Centre
Robertson House, Hertfordshire,
County Council, entrance on
Six Hills Way, Stevenage, SG1 2FQ

It's not just for people interested in STEM
– there are a range of job opportunities in
many parts of the businesses available.



We expect the event to be popular so register your attendance at **Eventbrite** (bit.ly/genstevenage) selecting one of the following time slots:
4.00-5.30pm | 5.00-6.30pm | 6.00-7.30pm

The event is open to all local young people who are currently aged **15, 16, 17 or 18**. You can bring your parents or carers to find out more too.

YOUR HEALTHCARE CAREER STARTS HERE...

NATIONAL HEALTHCARE WEEKEND

“ It just blew my mind! I met healthcare professionals who were honest and now I feel as though I have made an informed decision to pursue the career that I really want. I have been to similar events before but there is just nothing this good! ”

Sophie Bridgewater Year 12

ALL PHOTOS ARE FROM REAL MEDIC MENTOR EVENTS

10th & 11th
Nov 2018
Birmingham

17th & 18th
Nov 2018
Exeter

24th & 25th
Nov 2018
London



Medic Mentor
Motivating Medical Minds

DAY 1 Insight into THE Medicine/Dentistry/ Veterinary CONFERENCES

MENTORING ORGANISATION FOR ASPIRING DOCTORS, VETS AND DENTISTS

The Insight Conference is an essential event for any aspiring doctor, dentist or vet. It will help you to make an informed career decision and develop a greater insight into your chosen profession, which is a scored component of the UCAS application.

Suitable for students in year 10-15. Parents and teachers are also welcome.

Proceeds from these events are reinvested to support the next generation of healthcare professionals with scholarships and free educational initiatives.

DAY 2 UCAS LECTURES

Day 2 offers optional UCAS lectures for Medicine and Veterinary Medicine. These are the most comprehensive UCAS lectures available, for students who want to take the next step and make a competitive application to medical or veterinary school.

FIND OUT WHY
OVER 6000
PEOPLE HAVE
JOINED MEDIC
MENTOR

DAY 1 £25/STUDENT OR FREE
FOR STUDENTS FROM LOW-

Oaklands College

Choose your course and campus...

St Albans Campus

Hatfield Road, St Albans, Herts AL4 0XR

- A Levels
- Agriculture
- Animal Management
- Apprenticeships
- Art, Fashion & Design
- Brickwork & Construction Skills
- Business
- Carpentry
- Computing & Technology
- EFL / ESOL
- Electrical
- Equine Studies
- Higher Education
- Hospitality & Catering
- Horticulture
- Motor Vehicle
- Adult Short Courses
- Plumbing
- Public Services
- Sports Studies & Academies
- Supported Learning

Open Events 2018/19

Open Day
Saturday 17th November
⌚ 10am-2pm

Open Evening
Tuesday 5th February
⌚ 5-8pm

Open Evening
Wednesday 1st May
⌚ 5-7pm

Welwyn Garden City

The Campus, Welwyn GC, Herts AL8 6AH

- Access to Higher Education
- Apprenticeships
- Applied Science
- Business
- Childcare
- Computing & Technology
- Construction & Civil Engineering
- Engineering
- Hair & Beauty
- Health & Social Care
- Higher Education
- Media
- Music
- Performing Arts
- Travel & Tourism
- Welding
- Workbased Learning

Open Events 2018/19

Open Evening
Tuesday 13th November
⌚ 5-8pm

Open Evening
Wednesday 6th February
⌚ 5-8pm

Open Evening
Tuesday 30th April
⌚ 5-7pm

Find out more and register your interest at:
www.oaklands.ac.uk or call us on: **01727 737000**

Oaklands College

Come along and discover all you need to take on the world

St Albans Campus

Hatfield Road, St Albans, Herts AL4 0XR

Welwyn Garden City Campus

The Campus, Welwyn Garden City, Herts AL8 6AH

www.oaklands.ac.uk



OAKLANDS
COLLEGE



Open Events

#TakeOnTheWorld

Full details
overleaf...



the Oxford Scientist

The Oxford Scientist School Science Writing Competition

The Oxford Scientist is pleased to announce our Michaelmas Term 2018 School Science Writing Competition. You can see the winners of our previous competition for Hilary Term 2018 at www.oxsci.org/schools/HT2018.

Calling all budding science writers in UK schools!

- Are you a school, sixth form or college student in the UK, about to enter into Year 11, Year 12 or Year 13 (or equivalent) for the academic year 2018-2019?
 - Are you fascinated by science and want to communicate it to those around you?
- Would you like to see your work published in the next issue of the Oxford Scientist **AND** win a prize?

If you answered **YES** to all of the above, then all you need to do is write a 700-word article and send it to us by 31st October 2018. Our theme this term is **Inspirational Young Scientists**. There are no right or wrong topic choices, so your article could discuss anyone, from a person who made an important discovery at an early age, to someone who is working now to inspire young people to take up science.

Once you have written your article, you can upload it at www.oxsci.org/schools.

Articles must be submitted by **31st October 2018**.

Articles will be judged by our panel of experts, and one winner and a runner-up will be selected from each year group. All winners and runners-up will receive their very own pipette pen, kindly donated by Eppendorf. In addition, winners will receive one of a selection of signed popular science books, including **Tamed** by anatomist and television presenter Professor Alice Roberts.

One overall winner will be selected and their article will be published in the next issue of The Oxford Scientist magazine. They will also receive a copy of the science-themed board game 'Lab Wars', courtesy of Eppendorf. All runners-up will have their articles featured on our website.

If you have any questions about the competition, please email competition@oxsci.org.

If your school, sixth form or college would like to subscribe to the Oxford Scientist for just £15 per year, please contact editor@oxsci.org.

Are you 16-17 years old? Try before you apply

- Up to a week long summer school placement at your choice of top university
Experience the reality of university life
- Large choice of Science, Technology, Engineering, Arts and Maths subjects
Decide if a course is right for you before filling in your UCAS application
- Make friends and contacts
Explore your options with university staff and meet peers considering similar routes
- Have a clear idea of your preferences
Gain experience so you can make a well-informed decision



**UP TO
A WEEK**
OF HANDS ON
EXPERIENCE AT
UNIVERSITY



Apply online to one of our Headstart courses





Are you a 15-16 year old girl?

Universities have told us they want YOU!

If you have a passion for STE(A)M (Science, Technology, Engineering, Arts and Mathematics), then let us **INSPIRE** you for 3 days at a leading UK university. Each Inspire course is a mixture of exciting hands-on activities and personal development sessions.

What will I do?

- You will be introduced to several branches of engineering or science to give you a flavour of what to expect at first year undergraduate level
- Take part in hands-on STE(A)M projects, lectures and workshops
- Learn how to manage a project, develop research techniques, or write reports
- Hear about university life from lecturers, admissions tutors and post-grad students
- Meet engineers, researchers and professionals who will explain their own achievements
- Be confident and enthusiastic about your next level of study in STE(A)M subjects



The 2019 Inspire Programme

- Brunel University
- University of Cambridge
- Coventry University
- Durham University
- University of Edinburgh
- Glasgow Caledonian University
- Glasgow Caledonian University (boys course)
- Lancaster University
- Manchester Metropolitan University
- Queen Mary, University of London
- University College London
- University of Sheffield
- University of Southampton
- University of Warwick

Partner organisations:



Courses take place straight after your GCSEs and run throughout June and July, so why not come along with a friend? If you attend an Inspire course we'll treat you as a priority applicant when you apply for a Headstart course the following year.

Find out more and apply online from September 2018
www.etrust.org.uk/inspirecourse

EDT (Engineering Development Trust) is a registered charity in England and Wales (1156066) and in Scotland (SC039635), and is a company limited by guarantee (number 8879288).





INTERESTED IN A CAREER IN FINANCIAL PLANNING?

CALLING ALL YEAR 11, 12 AND 13 STUDENTS WITH AN INTEREST IN CAREERS IN THE FINANCIAL SERVICES SECTOR

WE WILL BE HOSTING A 'DISCOVER FORTUNES' WORKSHOP ON WEDNESDAY 5TH DECEMBER FROM 1-2 P.M IN MEETING ROOM 1

What is involved:

- Introduction to the financial planning sector.
- Career case study: a journey into the profession.
- Team competition: students will assess a client's risk portfolio and agree a financial plan to include pensions; protection; savings and investments.
- Team activity: plan a client's wealth portfolio.
- Information and guidance about accessing further careers information, case studies and job opportunities.

What you will gain:

- A greater understanding of the sector and the range of career opportunities available.
- An insight into concepts such as protection, pensions, savings and investments.

To secure your place on the workshop, please sign up by e-mail to careers@roundwoodpark.co.uk

Closing date for sign up:

Monday 12th November

JOIN OUR POLICE CADETS

Are you:

- interested in police work?
- aged between 14 and 18?
- interested in a varied role where you can develop a range of skills, help your local community and have fun?



Then why not join the St Albans and Harpenden Volunteer Police Cadets.

For further information and an application pack, please email steven.alison@herts.pnn.police.uk or call **01707 354192** and ask for PC Steve Alison.

www.herts.police.uk/cadets



**HERTFORDSHIRE
CONSTABULARY**



Understanding Adolescence – Positive Strategies for Children- Talk

Summary



Adolescence is a developmental stage that takes up 10% of our lifespan. We all experience it, few of us remember it, yet arguably it has the greatest impact on our futures. Adolescents often feel misunderstood and frustrated, whilst parents feel that everything they ever knew about being a parent is snatched away almost overnight.

This talk will discuss the challenges of living with young people, and introduce successful strategies for managing behaviour. It will invite the audience to consider how thinking about things from their child's perspective can encourage more collaborative conversations. It will show parents how to adopt a more open, person centred, communication style that uses active listening, ensuring conversations can end with parents feeling appreciated and adolescents feeling more understood. This approach will be useful for all members of the family to help motivate young people and keep their lives on track.

Who is this talk for?

This talk is for parents, grandparents and carers of children aged 11 to 19.

What parents will gain from this talk

- An understanding of the biological, psychological and social changes in adolescence
- An understanding of how these developmental changes can have an impact on, and be impacted by, the developmental demands of being a parent.
- Knowledge of the current successful strategies for managing teenage behaviour
- Knowledge of positive communication approaches and five simple steps used as part of a person centred communication style

Booking is essential. Book NOW

Event Details

Date: Mon, 5 Nov 2018

Time: 19.30-21.15

Location: The Maltings Theatre, St Albans

Cost: £19pp

About our speaker

Deborah Christie is Professor of Paediatric and Adolescent Psychology and Consultant clinical psychologist/clinical lead for paediatric and adolescent psychological services at University College London Hospital's NHS Foundation Trust. She is currently President of the Society for Adolescent Health and Medicine and Co-Editor in Chief of *Clinical Child Psychology and Psychiatry*. She has published over 100 peer reviewed papers and chapters and is co-editor of the bestselling *Psychosocial Aspects of Diabetes in Children, Adolescents and Families*.

She has a passion for working with young people searching for ways to live with chronic illness. She is an international presenter and trainer in adolescent psychosocial development, motivational and solution focused therapies and works with multidisciplinary teams to help them engage and communicate effectively with children, young people and families living with chronic illness and managing complexity.

Talking To Your Child About Their Mental Health - Talk

Summary



How do I talk to my child or teenager about her/his mental health?

Child and teenage mental health, and mental ill health, is top of the national and global agenda. Depression, anxiety, self-harm and eating disorders all dominate national concerns for our children. As parents we want to know that our own children are OK, and we need to know how to spot signs when they are not. We also need to know how to talk to our children about their worries, and the social and academic pressures they face. This talk will demystify 'mental health' and boost parents' confidence in talking about a topic that may get too 'professionalised'. Children's mental health belongs to the domain of every parent, and every parent should be able to talk to their child or teenager about how they feel. Our children would usually rather to talk to us than to strangers! Our speaker will give some simple openers, bust some myths, and also help parents figure out what sorts of things might signal that some expert help is needed. As parents, we provide the first-line protection for our children's mental health – our speaker hopes to show you how.

Who is this talk for?

This talk is aimed at parents, grandparents and carers of children from aged 10-19.

What parents will gain from this talk:

- Boost parents' confidence in talking to their children about their mental health
- Give participants some simple tools and demonstrate through role play
- Challenge some myths about mental health in children
- Help parents determine when to seek expert help
- Take account of child and adolescent stages of development

Event Details

Date: Mon, 26th Nov 2018

Time: 19.30-21.00

Location: The Maltings Theatre, St Albans, AL1 3HL

Cost: £19pp

About our Speaker

Cathy Troupp is a Senior Child and Adolescent Psychotherapist with particular expertise in adolescent mental health. She worked at Great Ormond Street Hospital for many years and recently took up a new post in Central North West London NHS Trust as Team Lead in the Eating Disorders Service. She was one of the training leads for the recent National Training Programme in Eating Disorders. She has twenty years' experience treating children and families with a range of therapies, including Mentalization Based Therapy for Families. Besides clinical work, Cathy is especially interested in psychotherapy outcome research and labours with her PhD research at UCL. She teaches and trains widely in the UK and abroad.

Booking is essential. Book NOW

Eating Disorders in Children and Teens— a Parent's Guide - Talk

6-12_{yr}s

teens

Summary



Eating Disorders often appear in the media and have touched many personally. At one extreme they are trivialised as vanity or a lifestyle choice, and at the other cause alarm due to high profile deaths. Effective psychological treatments are available and the majority of young people recover if they get high quality care early enough. Dr. Nicholls will describe the characteristics of eating disorders, as well as outlining disturbances of eating behaviour that would not be classified as eating disorders. Once established, eating disorders can have a profound effect on young people and on their families. This talk will focus on the early signs of eating disorders, risks for developing eating disorders, and how parents can help if they recognise these difficulties in their child. Dr Nicholls will touch on the latest research about what makes one child vulnerable to developing an eating disorder when another child from the same family and in the same environment may not. The sorts of treatment that a young person should expect will also be outlined, along with pointers to useful sources of support.

Who is this event for?

This talk is primarily for parents of children age eight and above who are interested in increasing their awareness of this issue. It will also be of interest to all those who work with children and adolescents. The talk will not cover other types of eating difficulties such as fussy or picky eating.

What parents will gain from the event:

- An understanding of the types of eating disorder and knowledge of how they differ from 'normal' concern about eating, weight and shape
- Recognition of the early signs of disordered eating behaviour and how to respond
- An understanding of some of the factors that may keep an eating disorder going once it has developed
- Knowledge about the types of effective psychological treatment that are available
- Knowledge of who to contact and where to turn if you need more help

[Click to Book Now](#)

Event Details

Date: Mon, 3rd Dec 2018

Time: 19.30-21.15

Location: The Maltings Theatre

St Albans, AL1 3HL

Cost: £19pp

About our speaker



Dr Dasha Nicholls is a Reader in Child and Adolescent Psychiatry at Imperial College London and works as a Consultant Child and Adolescent Eating Disorders Psychiatrist in London and Bedfordshire. Previously she co-led the Feeding and Eating Disorders service (FEDS) at Great Ormond Street Hospital. Her clinical work is concerned with feeding and eating disorders in children and adolescents, including early onset eating disorders, avoidant restrictive food intake disorders, and child and adolescent obesity. She has published over 60 research articles and book chapters and is actively engaged in lecturing and teaching. She is Past President of the Academy of Eating Disorders, was Chair of the Junior MARSIPAN group, is a member of the NICE Guideline Committee and Expert Reference Group, and is chair of the Eating Disorders Faculty of the Royal College of Psychiatrists.

HARPENDEN UNIFORMS

RUN BY THE SCHOOL FOR THE SCHOOL

Dear Parent/Carer

During the school term it is easy to shop with Harpenden Uniforms. Just place your order online @ harpendenuniforms.co.uk. It will then be delivered to school within 2 - 3 working days. We will phone to let you know your order is ready for collection from reception.

Not sure what size to order? We have added Try Before You Buy. We have a selection of skirts and trousers in school for the students to try on. Contact Debbie Attfield on 01582 714028 or email enquiries@harpendenuniforms.co.uk to arrange a time. We will then let you know what size to order from the website.

Can't find the size you need on the website? Please contact our suppliers direct on 0844 879 7288 who will be happy to place a special order for you. This will normally take approximately 2 weeks.

We also have a selection of PE Kit available to purchase direct from reception, however we can only accept cash or cheque.

Thank you for your continued support.

Tel: 01582 714028

Email: enquiries@harpendenuniforms.co.uk

Web: harpendenuniforms.co.uk

FREE parent/carer course to support your child's Mental Health Needs

WOULD YOU LIKE TO GAIN A BETTER UNDERSTANDING OF YOUR CHILD'S MENTAL HEALTH NEEDS?

The education programme for parent/carers of
Secondary aged children and young people could
help

This free course, held over six weeks, will provide you as
parents/carers with skills and support to help your child and improve your
health and wellbeing

Learn more about young people's mental health and
recovery, effective communication skills, family culture,
problem-solving and looking after yourself.

Where: St Albans Girls' School

When: Tuesdays - 6th, 13th, 20th, 27th November, and 4th and 11th December 2018

Time: 7pm – 9 pm

Who is it for: Parents/Carers of Secondary Aged children

*Please state at time of booking if you are using a CAMHS clinic,
Step2 or counselling service.*

If you do not have your own transport or need help with travel costs
to enable you to attend, Carers in Hertfordshire can help -
contact@carersinherts.org.uk



Making Carers Count

Venue: St Albans Girls' School, Sandridgebury Lane,
St Albans, AL3 6DB

On-site parking available in *Visitors Car Park* only please

Booking is essential. Please book either
by phone 01727 853134 Ext 244 or email admin@dspl7.org.uk
Website : www.dspl7.org.uk

Wellbeing Support for Parents

1 in 4 people will experience stress, anxiety or low mood at some stage

Every year we help over 19,000 people in Hertfordshire

Who are we?

The Wellbeing team is designed to help people like you manage everyday problems.

We are part of the national initiative Improving Access to Psychological Therapies (IAPT).

The NHS Wellbeing Team are offering free, confidential support to all parents.

Are you...



This support is based on Cognitive Behaviour Therapy (CBT). CBT is highly effective at reducing symptoms of low mood, anxiety and other emotional problems.

If you are feeling anxious or stressed we aim to help you:

- Understand why you feel this way
- Explore with you, how the way you behave effects how you are feeling
- Agree what you want to improve and develop new ways of thinking and coping

Our help is offered in different ways to suit your needs including:

- Individual sessions
- Online programmes that you can access in your own time with telephone support
- Workshops and/or group work

How to get help:

You can make a self-referral by calling the Single Point of Access Team on 0300 777 0707. Or find out more about what we do and make an on-line referral by visiting

www.talkwellbeing.co.uk

We pride ourselves on seeing people quickly – and you will be contacted within a week of referral to book your first appointment.

HEALTH FOR TEENS

TEXT YOUR SCHOOL NURSE FOR

CONFIDENTIAL HEALTH ADVICE AND SUPPORT:



07480 635 050

GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING | RELATIONSHIPS | SEX

EMOTIONAL HEALTH | BULLYING | SMOKING

SELF HARM | CONTRACEPTION | ALCOHOL & DRUGS

YOU CAN ALSO VISIT:

HEALTHFORTEENS.CO.UK

SEE VIDEOS, FIND HEALTH

INFORMATION, TAKE QUIZZES, JOIN

WEBCHATS AND FIND OUT THE

TRUTH BEHIND THE RUMOURS.



 TWITTER:

@HEALTHFORTEENS1

#HEALTHFORTEENS





Families Feeling Safe

Protective Behaviours Training & Services

Starfish House, 3, North Road,

Stevenage, Hertfordshire

SG1 4AT

Tel: 01438 728653

E-Mail: enquiries@familiesfeeling-safe.co.uk

www.familiesfeeling-safe.co.uk

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The Families Feeling Safe programme

for Mums, Dads & Carers



Supporting your child's emotional wellbeing, linking feelings, thoughts and behaviour and having strategies for feeling safe.

Are you looking for some strategies and new ideas to help improve family life?

The Families Feeling Safe Programme for Dads

The Families Feeling Safe programme runs for 9 weeks with one follow on session. The weekly sessions are 2 hours and every Dad receives their own workbook with ideas to try at home.

It's a practical and down to earth programme for dads and male carers of children and teenagers aged between 0-19 years old.

The Families Feeling Safe programme can help to:

- Build self-esteem and confidence
- Recognise Early Warning Signs
- Understand the link between Feelings, Thoughts and Behaviour
- Manage a range of feelings e.g. stress, anger, anxiety and worries and make safe choices
- Understand what may be influencing your child's behaviour
- Improve communication with your child and others
- Improve emotional well-being
- Develop strategies for feeling safe and problem-solving skills to use in a range of situations

What it's about...

- ✓ Helping you find what will work for you and your child
- ✓ Getting involved, trying new ideas
- ✓ Building on your strengths as a dad
- ✓ Creating a safe space to talk with other dads
- ✓ Being valued and supported

and what it's not about...

- ✗ Being told what to do
- ✗ Sitting and just listening
- ✗ Finding fault or criticism
- ✗ Having to talk about personal stuff
- ✗ Being a perfect parent!

SESSIONS COVER:

FEELING SAFE

THE LINK BETWEEN FEELINGS, THOUGHTS & BEHAVIOUR

BUILDING A SUPPORT NETWORK

UNWRITTEN RULES

COMMUNICATION

PROBLEM-SOLVING

STAYING IN CONTROL AND MAKING SAFE CHOICES



"I really got a lot out of this course. I thought the facilitators were fantastic, really non-judgemental and supportive. Thank you so much - I've learned lots"

"I feel this is a new start"

"I wish I'd done this sooner!"

What other Mums, Dads and Carers have said about the programme...

"I've got a whole set of approaches and practical ways to understand family life and Me!"

"Before I attended it was like walking on egg shells with my daughter's anger and frustration. Now, it's harmony and effective communication"

"The activities are a good way of understanding my son. I'm enjoying doing the activities with my children"

"The most helpful part was communication. Understanding feelings and how this drives behaviour. The group has provided some valuable ideas on dealing with some behaviours and also an insight to potential problems and how others have dealt with these. I think my children have found me to be more patient and attentive"



Families Feeling Safe Protective Behaviours

St.Albans

for Mums, Dads and
Carers of children
5 years - Teens



For eligibility and to book your FREE
place please contact
Wendy

Email: wendy@familiesfeelingsafe.co.uk

or

Tel: 07874662486



Are you looking for some strategies and new ideas
to help improve family life?

- ◆ Build self-esteem and confidence
- ◆ Recognise Early Warning Signs
- ◆ Understand the link between Feelings, Thoughts and Behaviour
- ◆ Manage a range of feelings e.g. stress, anger, anxiety and worries and make safe choices
- ◆ Understand what may be influencing your child's behaviour
- ◆ Improve communication with your child and others
- ◆ Improve emotional well-being
- ◆ Develop strategies for feeling safe and problem-solving skills to use in a range of situations

"I've got a whole set of approaches and practical ways to understand family life and Me!"

"I wish I had done the course sooner"

Tuesday evenings 7.00pm - 9.00pm

16th October to 11th December

(excluding half term 1st Nov)

at

Fleetville Junior School,

228 Hatfield Rd, St Albans, AL1 4LW



**JAMES MARSHALL
FOUNDATION**

**Supporting young people in Harpenden and Wheathampstead
since 1722**

Vacancy for Trustees

The James Marshall Foundation has been supporting young people in the community for almost 300 years. The aim of the Charity is to assist young people under 25 years with educational or career-related activities and enable them to have opportunities that otherwise would not be available. Grants of over £1,000,000 have been awarded during the last six years.

The Foundation is run by a Board of eight Trustees, four of whom must either live or work in Harpenden and four of whom must live or work in Wheathampstead. We are looking for two new Trustees to join the team, individuals with enthusiasm to carry on this legacy for the benefit of local young people.

Are you interested? If so, please visit our website at www.jamesmarshallfoundation.co.uk to understand more about the Foundation and phone the Charity Manager on 01582 760735 for more information. The deadline for applications is **Friday 16th November 2018** so please do get in touch if this is something you would like to be involved in. *Charity number: 312127*





**URBAN
FARM**



HALLOWEEN 2018

20-28TH OCTOBER

FREE New Improved Ghost Train Rides

Fairground Rides

Spooky Animal Encounters

Toasted Marshmallows

Biscuit Making

0208 831 9658 | HOUNSLOWURBANFARM.CO.UK

Faggs Road, Feltham, Middlesex, TW14 0LZ



Fireworks

EXTRAVAGANZA

**4TH NOV
2018**

HARPENDEN RUGBY CLUB
THE CLUBHOUSE REDBOURN LANE HARPENDEN AL5 2BA

GATES OPEN AT 4.00PM
DISPLAY STARTS AT 6PM

£8 ADULT TICKET / £5 CHILD TICKET*
£25 FAMILY TICKET**

*UP TO 16 YEARS OLD

**2 ADULTS AND UP TO 4 CHILDREN UP TO 16 YEARS OLD

**FIREWORKS, BONFIRE, FUNFAIR,
GREAT FOOD & BAR**

WWW.HRFC.COM

**PARKING IS LIMITED AT THE CLUB, PLEASE TAKE THE
COURTESY BUS FROM LEYTON GREEN BUS STOP.**

ST GEORGE'S
SCHOOL



Sir John Lawes School
Education for a changing world



Join us for a joint Harpenden Secondary Schools
Drugs Awareness Evening
with guest speaker Paul Hannaford

Monday 5th November 2018

7.00—8.00pm

(300 places on first come first served basis)

Fowden Hall

Rothamsted Conference Centre

*Since 2009 Paul has spoken to over 300,000
young people giving them a real life insight into drug
addiction and more.*

*"Every child matters
and their future
should be
a bright one!"*



Christmas Poster Competition

To: **All the children of Harpenden**

From: **The Town Mayor, Councillor David Heritage**

DESIGN YOUR OWN POSTER

Based around the theme: **'A Celebration of Christmas.'**

The winning designer will:

- * be invited to **turn on the Town Christmas lights at the Christmas Carnival on Sunday 25th November 2018**
- * receive a prize
- * have their **design used for the Town Mayor's Christmas card.**

Create your poster on A4 paper and write your name, age, school year and school or organisation on the back.

Closing date: Friday 2 November 2018

Send your entry to: The Mayor's Secretary,
Harpenden Town Council, Town Hall,
Leyton Road, Harpenden, AL5 2LX.

**The presentation ceremony will take place on
Monday 19 November 2018 4.30 pm Town Hall**



This competition is open to children aged 4 to 11 (Reception to Year 6 only).

There will also be awards given for entries receiving Highly Commended and Commended.

N.B. If posting your entry to the Town Hall please ensure that the correct postage is on your envelope to avoid the entry being held up/undelivered.

TOWN MAYOR'S MESSAGE

Welcome to this year's Christmas Carnival at which I am sure everyone will have a wonderful time together.



The Christmas Carnival will include a chance to visit Santa in his Grotto, and a wide variety stalls, street entertainment and the traditional procession along the High Street, starting at 3.00pm. The highlight of the day will of course be the spectacular Christmas Lights Switch On at 5.00pm!

The Carnival has a fantastic atmosphere and is a great opportunity for everybody to come together and join in the festive spirit, do a spot of Christmas shopping and enjoy the entertainment on offer.

My thanks to the Town Council and fellow members of the Christmas Carnival Working Party for all of their hard work, and a big thank you to our wonderful sponsors, PegasusLife, St Hilda's School, Neves Solicitors, Lyndhurst Financial Management and Taylor Walton for making this year's Christmas Carnival happen.

Wishing you all a very Merry Christmas.
Councillor David Heritage
Town Mayor



HARPENDEN MONEY ADVICE CENTRE Lifting the burden of debt Christmas Appeal

Support King's Pantry in lifting Debt this Christmas by providing: Tinned meat, fish, vegetables or soups. Pasta or rice. Breakfast cereals. Tea, coffee or hot chocolate. Squash or fruits juices. Tomato or brown sauce. Jam or marmalade. Cooking oil, pasta sauces, oxa or gravy granules. Toilet rolls, toothpaste or soap. Washing up liquid, household cleaning products, washing powders/liquids and conditioner.

Boxes or Tubs of sweets/chocolates. Boxes of biscuits savoury / sweet Christmas pudding. Christmas cake. Seasonal novelty chocolate

The collection points:

- Bethany Community Church Stall (during the carnival)
- Thompsons Close (Near to Grotto)
- Southdown Co-op (throughout the year)



Unit 5a, 40 Coldharbour Lane, Harpenden - 01582 318171

HARPENDEN Christmas CARNIVAL

WITH



PARK HOUSE
Harpenden

SUNDAY 25 NOVEMBER 2018

FARMERS' MARKET
12 NOON - 6.00PM

SANTA'S GROTTTO
12 NOON - 5.30PM

CHARITY STALLS
12 NOON - 6.00PM

YOUNG ENTERPRISE STALLS
12 NOON - 6.00PM

STAGE ENTERTAINMENT
FROM 1.00PM

PROCESSION
3.00PM

LIGHTS SWITCH ON
5.00PM



Free car parking at station car parks from 12 noon.

Organised by
HARPENDEN TOWN COUNCIL
CLOSER TO THE COMMUNITY
www.harpenden.gov.uk



WHAT'S ON AND WHEN

12.00 noon - 6.00pm
Farmers Market
Charity and Young Enterprise stalls
Fun Fair and other attractions
around town

12.30pm - 5.30pm
Santa's Grotto. £3 entry
Closed between 14.45 - 15.30

1.00pm - 5.30pm
Stage Entertainment

3.00pm
Procession along High Street

From 3.30pm
Walkabout Entertainment

5.00pm
Lights Switch on by Town Mayor and
poster competition winner

Free parking at Station car parks
from 12 noon.

STAGE ENTERTAINMENT

1.00pm SW Dance
1.30pm Abbie Gathard
2.00pm Hursts Children's
Theatre Group
2.30pm Harpenden Concert
Band
3.00pm Procession takes
place
3.30pm Harpenden and
Wheatthampstead
Gang Show
4.00pm Magic Voices
Contemporary Choir
4.30pm Showkids Circus
4.45pm Harpenden Panto
5.00pm Lights Switch on

THANK YOU TO THIS YEAR'S SPONSORS



FOR THEIR GENEROUS SUPPORT OF THIS EVENT

GRATEFUL THANKS ALSO GO TO

Thameslink