

Issue: 124

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

Date: 15 February 2019



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

## Headlines

Dear Parents and Carers

This week is Hertfordshire Feeling Good Week and we have been participating fully in this event by running many of our own activities. On Monday we had sports activities, Tuesday we were doing dance, on Wednesday we were doing art therapy and on Thursday we had drama workshops. Today we had music sessions. In addition to this, our Wellbeing Captains have been running assemblies on feeling good and wellbeing to give students a positive outlook and encourage them, as always, to talk about their mental health and the benefits that this brings. This is a very positive way to end what has been a good half term at Roundwood Park and we look forward to welcoming the students back after the break.

If you have any time off work next week I would like to wish you a relaxing time with your families.

Alan Henshall  
Headteacher

Please visit [our website](#) for further information including [Roundwood Park School Calendar](#); [Daily Bulletin](#); [Latest News](#); [Letters Home](#); [Trips & Visits](#); [PE News](#); [Vacancies](#)

Please also follow us on Facebook and Twitter [@RPSCREATIVE](#)  
[@RPSPE](#)  
[@RPS Pastoral](#)

Or download the Roundwood Park mobile app to keep up to date.

## Epipens

A reminder that if your child has been prescribed an Epipen it is their responsibility to carry it on them at all times. We are happy to keep a spare Epipen in reception. Please contact Claire Smith at [c.smith@roundwoodpark.co.uk](mailto:c.smith@roundwoodpark.co.uk) if you have any queries.

## Adverse Weather Conditions



In the event of adverse weather conditions, the school will notify you of a closure by sending an InTouch text message and email. There will also be messages on the school answering machine and on the school website [www.roundwoodpark.co.uk](http://www.roundwoodpark.co.uk)

If your child has an exam scheduled and the school has announced that it is closed, please see the information which will be placed on the school website at that time.

We will run exams even if the school is closed to other students.

## 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](mailto:absence@roundwoodpark.co.uk)

## Forthcoming Events

**Year 9 Consultation Evening** will take place on **Thursday 7 March from 4.30 – 7.30pm.** The online appointment booking system is now open to parents until Sunday 24 February at 10.00pm.

## Trip Payments

### Residential Trips

#### **Warm Weather Athletics Trip 2019:**

Final Payment: Balance overdue

#### **Y9 Battlefields Trip 2019:**

Final Payment: Balance overdue

#### **Y12 Nettlecombe Court Biology Trip 19:**

Interim Payment: £150 overdue

#### **Netball Tour 2019:**

Final Payment: £85 overdue

#### **Y10 South Wales Geography Trip:**

Deposit: £50 overdue

Interim Payment 1: £140 due 4 March

*Note: this trip is highly recommended for our geographers as it will greatly help students prepare for their Paper 3 Geographical Investigations written exam at the end of Year 11.*

#### **MFL Paris 2019:**

Interim Payment 2: £150 overdue

#### **MFL Rhineland 2019:**

Interim Payment 2: £150 overdue

#### **D of E Silver Award 2019:**

Interim Payment 1: 80 due 15 February

Interim Payment 2: £80 due 8 March

*Please refer to either your trip letter (always available on your CareMonkey account) or Parent Pay for a complete list of payment due dates.*

#### **Mrs J Blight**

*Residential Trip Coordinator*

## Year 11 Prom, Yearbook & Hoodies

Just a reminder that the deadline for payments for the Y11 Prom and Yearbook is Tuesday, 26 February.

Prom deposit £30 (full cost expected to be between £30-35)

Yearbook £15 (one-off total payment)

Both payments can be found on ParentPay.

The deadline for ordering Leavers hoodies from the Hoodie Hut, using the link below, is 1.00pm on Wednesday 27 February.

<https://www.hoodiehut.co.uk/shop/roundwood-lh19/>

## Key Dates in 2019:

### **Year 7:**

w/c 20 May	Exam Week
w/c 3 June	Exam Week
w/c 24 June	Enrichment Week
4 July	Parent Consultation Evening

### **Year 8:**

21 March	Parent Consultation Evening
28 March	Year 9 Options Deadline
w/c 20 May	Exam Week
w/c 3 June	Exam Week
w/c 24 June	Enrichment Week

### **Year 9:**

28 February	KS4 Options Evening
7 March	Parent Consultation Evening
13 March	KS4 Options Deadline
14-16 March	Battlefields Trip
3-14 June	Exams
w/c 24 June	Enrichment Week

### **Year 10:**

16 May	English Parents Info Evening
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### **Year 12:**

w/c 10 June	Work Placement Week
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# Silver Duke of Edinburgh's Awards

Congratulations to the latest group of Year 12 and 13s who recently received their Silver Duke of Edinburgh's Award Certificates and badges.

J Ball, T Beddoe, A Cohen, J Cohen, B Coulter, A De Marchis, J Isbill, G Jacquinot, J Keddy, B Kinsella, G Kouset, C Lallement, W Manchester, A Moura, M Northcott, K Patel, C Salmon, E Saunders, R Scott, E Sheehan, S Singer, E Smith, E Terry, J Titman and D Willits all took part in the 2018 Expeditions and N Donnelly took part in the 2017 Expeditions.

Well done to everyone who worked hard to achieve their goals!

*Mrs Thomson, Mrs James & Mrs Godbee*

# Languary 2019

Congratulations to M Piepgrass (Y7), for winning this year's Languary competition. She completed an impressive number of language challenges over the month, including a card game and posters. She will receive her prize of an Amazon gift voucher in assembly soon.

Look out for other Language related activities over the coming months and don't forget about **French Club**, which runs **every Thursday at 1:20 in ML4**.

*Mrs Phillips*  
*MFL*

# RPS Equestrian Club

Unfortunately due to high winds and the recent outbreaks of Equine Flu only a few of our competitors were able to attend last weekend's NSEA Arena Eventing at Bury Farm. However, despite this, J Francey rode Double Clear as an Individual and was place 2nd in the 1 Metre, qualifying for the National Championships in October.

*Suzanne Francey*  
*Equestrian Team Manager*



# London Marathon



One of our parents, Michelle Dockree, will be running the London Marathon this year to raise money for a charity called Phab Kids. If you would like to support Michelle, please click on the following link:

[Michelle Dockree Virginmoneygiving](#)

## Rotary Youth Speaks local winners – again!



This year we entered two teams in to the local stages of the annual Youth Speaks competition, held in Harpenden.

Our Intermediate team was comprised of three very impressive Year 9 students: C Soanes, E Visocchi and E Craig who skilfully and fluently explored the controversial topic of whether schools actually work. They performed really well, as always, and impressed the judges very much. Indeed, C Soanes did so well the judges talked with her for a considerable amount of time about their choice of topic well beyond their time on the stage!

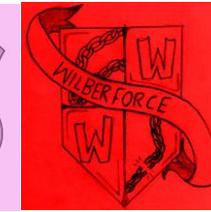
Our Senior team was led by A Holmes with the unflinching support and guidance from T Birkwood and E Carney. After doing so well last year with their debate on whether 16 year olds should have the vote or not, they were under a lot of pressure to come back with an even stronger topic. They did. Their exploration of the 'Post Truth' era was sublime. We were treated to a discussion on the impact of 'fake news', how we interpret the news and how 'fake news' is simply not a new phenomenon. Clearly the team blew the judges away because they came home, once again, with the trophy!

Both teams were deeply impressive and represented their school perfectly.

I would like to thank all the students involved with this competition; they have given up a lot of their time to take part and prepare their speeches. They have been a joy to work with and RPS is extremely proud of them.

*Mrs John*





## HOUSE NEWS

### House Totals:

**GT** 139 pts

**Owens** 138 pts

**Wilberforce** 132 pts

**Cadbury** 127 pts

**Mandela** 126 pts

**Scott** 118 pts

**Frank** 118 pts

*Please follow our House twitter pages to keep updated with all our weekly events:*

[RPS HouseSystem](#)

# Expressive Arts



# SPOTLIGHT

Roundwood Park Drama presents

National  
Theatre

@RPSCREATIVE

connections  
2019

## The Sad Club

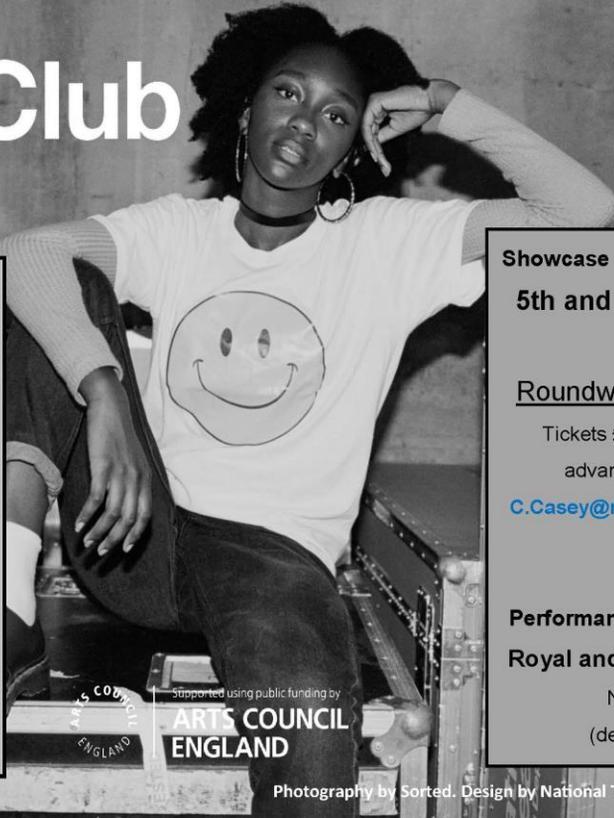
by Luke Barnes  
music by Adam Pleeth

Since November, we have been working with the National Theatre on a brand new piece of writing which is focused on the issues that teenagers have dealt with since time began. In the writer's own words, he wanted to create a piece that offers the support and understanding to young people that he really wishes he had known at the time.

As a new and unperformed play with music, it has been an exciting and challenging journey to get to this point and in the first week in March, we showcase the piece to the public and a National Theatre director who will be giving us feedback before we show it at the Royal and Derngate theatre in Northampton in April.

We would love to share our journey with you so far! Please come and see us—see details opposite.

Email [M.Garbutt@roundwoodparkschool.co.uk](mailto:M.Garbutt@roundwoodparkschool.co.uk) for further info.



Showcase Performances 1 & 2:

5th and 6th March 2019

7.30pm

Roundwood Park School

Tickets £5 on the door or in  
advance by contacting

[C.Casey@roundwoodpark.co.uk](mailto:C.Casey@roundwoodpark.co.uk)



Performance 3: 4th April at the  
Royal and Derngate Theatre

Northampton  
(details to follow)

Supported using public funding by  
ARTS COUNCIL  
ENGLAND

Photography by Sorted. Design by National Theatre Graphic Design Studio.



# Roundwood Park Fashion Show

**19:00 hrs – 21:00 hrs**

**In School Hall**

**March 14<sup>th</sup>**

**Come along and support our three amazing charities at our Year 12 BTec Fashion Show**

**TICKETS ON SALE**

**At 1PM OUTSIDE CANTEEN,**

**In ML7 AM REG**

**AND WE WILL BE WALKING AROUND FORMS AT  
2.00 PM**

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# 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 at [www.harpendenuniforms.co.uk](http://www.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.

Any orders placed through our website during the school holidays will be delivered to your home address within 48 hours.

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](mailto: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.

Debbie Attfield

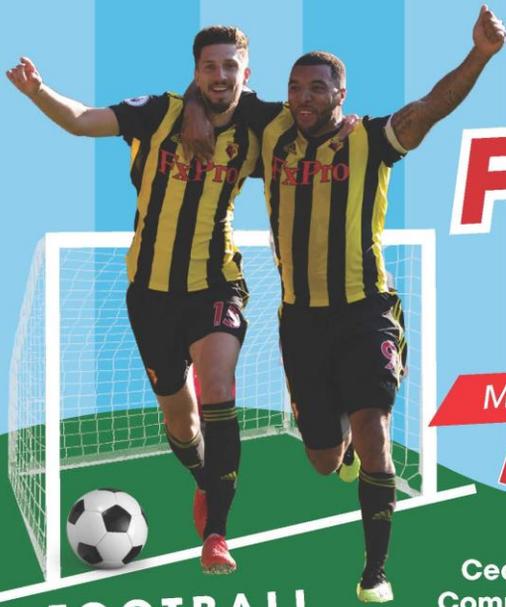
Tel: 01582 714028

Email: [enquiries@harpendenuniforms.co.uk](mailto:enquiries@harpendenuniforms.co.uk)

Web: [harpendenuniforms.co.uk](http://harpendenuniforms.co.uk)



**COMMUNITY SPORTS  
& EDUCATION  
TRUST**  
REGISTERED CHARITY NO: 1102239



**FEBRUARY HALF TERM**

# FOOTBALL COURSES

**Monday 18th - Friday 22nd February 2019**

**For Boys & Girls aged 5 - 12**

**FOOTBALL  
SKILL  
DEVELOPMENT  
ACTIVITIES**  
GAMES & COMPETITIONS

**Cedars Youth &  
Community Centre**

Chicheley Rd, Harrow Weald  
HA3 6QH

**BOOK**

[www.cedarsycc.org/courses](http://www.cedarsycc.org/courses)

**Meriden  
Community Centre**

Garsmouth Way, Watford  
WD25 9ET

**BOOK**

[www.meridencc.com/  
course-listing](http://www.meridencc.com/course-listing)

**Westfield Community  
Sports Centre, WD18 6NS  
Roundwood Park School,  
AL5 3AE**

**Hemel Hempstead  
School, HP1 1TX**

**BOOK**

[www.watfordfccsetrust.com/  
courses](http://www.watfordfccsetrust.com/courses)



**From Just £15 per day!**

Our holiday football courses are an active mix of football games and activities. Lots of time is spent learning with a ball to develop the child's footballing skills and knowledge.

**Please note:** all our sessions are physically active and are centred around improving footballing ability through gameplay.

**PRIZES - MEDALS - SPEED SHOT  
STAR OF THE DAY - INFLATABLE FUN**



**@WFCTRUST**



# **MULTI-SPORTS CAMP**

## **ROUNDWOOD PARK SCHOOL HARPENDEN**

**A fun, action packed day of sports activities for children aged 5-14 years**

### **Activities include:**

Obstacle courses, **ULTIMATE FRISBEE**, Badminton, **KWIK CRICKET**, Football, **BASKETBALL**, Bench ball, **ATHLETICS**, Dodgeball, **UNI-HOCKEY**, Parachute games & more...

**February Half-Term 2019:  
18th February - 22nd February**

Full day £24: 9am - 4pm  
Morning £16: 9am - 1pm  
Afternoon £14: 1pm - 4pm  
Early drop or late stay available @ £5 each

Children aged 4 on or after September 1<sup>st</sup> 2018 can still attend but are only permitted to attend for up to 4 hours (Ofsted) Thus, they can attend a morning or an afternoon session

**INFLATABLE ACTIVITIES AVAILABLE  
ON MONDAY, WEDNESDAY and  
FRIDAY AFTERNOONS**

**TO BOOK OR FOR MORE  
INFORMATION:**

**[www.uplaysports.co.uk](http://www.uplaysports.co.uk)**

**Email - [office@uplaysports.co.uk](mailto:office@uplaysports.co.uk)**

**Tel - 07932 246309**



# Easter Basket Floral Arrangement Workshop



Thursday 4<sup>th</sup> April 2019

Roundwood Park School

A workshop to make your own Easter Basket Arrangement with flowers  
and chocolate!

**£37.00** to include;

All materials

Glass of fizz on arrival

Tea/Coffee and cake

Numbers are limited, if you would like to book a place please  
email D.Fulham or A.Booth

Herts for Learning

# GCSE Maths and English 2019 revision workshops

Help your child get a head-start on their GCSE exam preparation this spring

Our GCSE Maths and AQA GCSE English workshops are designed to motivate and challenge students in an engaging, focused and active learning environment. Subject experts provide additional tuition with one goal – to help your child perform to their full potential in the summer examinations.

Half day  
workshop  
**£45.00**  
Full day workshop  
**£90.00**  
per student  
incl. VAT\*



## These revision workshops will:

- boost your child's confidence and enable them to feel 'exam ready'
- be delivered by highly experienced subject experts, following the very latest guidance and advice from the exam boards
- provide each student with exam strategies and guidance on how to succeed in specific questions and exam papers
- share high quality examination responses to support their own learning
- give your child the opportunity to complete a range of revision activities, addressing the skills needed with immediate feedback

## In addition, your child will receive:

- high quality, targeted revision resources to take away to support their independent study

*'She now feels a lot more confident in herself and this subject.  
For that I cannot thank you enough.'* (Parent)

With over 20 workshops to choose from this spring, book your child onto the workshop(s) they need to help them succeed in their Mathematics and AQA English GCSEs this summer on Eventbrite.

# GCSE Maths and English 2019 revision workshops

Revision Session	Dates and times
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The following Saturday revision sessions will all take place at Samuel Ryder Academy in St. Albans:

AQA GCSE English Literature: Paper 1: Macbeth	Saturday 12th January 2019, 9.30am - 12.30pm
AQA GCSE English Literature: Paper 1: Romeo and Juliet	Saturday 12th January 2019, 1.00pm – 4.00pm
GCSE Mathematics - Foundation Tier: Number	Saturday 19th January 2019, 9.30am - 12.30pm
GCSE Mathematics - Higher Tier: Number	Saturday 19th January 2019, 1.00pm – 4.00pm
AQA GCSE English Literature: Paper 1: Jekyll and Hyde	Saturday 26th January 2019, 9.30am – 12.30pm
AQA GCSE English Literature: Paper 1: A Christmas Carol	Saturday 26th January 2019, 1.00pm – 4.00pm
GCSE Mathematics - Foundation Tier: Algebra	Saturday 2nd February 2019, 9.30am - 12.30pm
GCSE Mathematics - Higher Tier: Algebra	Saturday 2nd February 2019, 1.00pm – 4.00pm
AQA GCSE English Literature: Paper 2: An Inspector Calls	Saturday 9th February 2019, 9.30am – 12.30pm
AQA GCSE English Literature Paper 2: Cluster Poetry: Love and Relationships	Saturday 9th February 2019, 1.00pm – 4.00pm
GCSE Mathematics - Foundation Tier: Ratio & Proportion	Saturday 23rd February 2019, 9.30am – 12.30pm
GCSE Mathematics - Higher Tier: Ratio & Proportion	Saturday 23rd February 2019, 1.00pm – 4.00pm
AQA GCSE English Literature Paper 2: Cluster Poetry: Power & Conflict	Saturday 2nd March 2019, 9.30am – 12.30pm
AQA GCSE English Literature: Paper 2: Unseen Poetry	Saturday 2nd March 2019, 1.00pm – 4.00pm
GCSE Mathematics - Foundation Tier: Geometry and Measures	Saturday 9th March 2019, 9.30am – 12.30pm
GCSE Mathematics - Higher Tier: Geometry and Measures	Saturday 9th March 2019, 1.00pm – 4.00pm
AQA GCSE English Language: Paper 1	Saturday 16th March 2019, 9.30am – 12.30pm
GCSE Mathematics - Foundation Tier: Fractions, probability and statistics	Saturday 23rd March 2019, 9.30am – 12.30pm
GCSE Mathematics – Higher Tier: Graphs, probability and statistics	Saturday 23rd March 2019, 1.00pm - 4.00pm
AQA GCSE English Language: Paper 2	Saturday 30th March 2019, 9.30am - 12.30pm

The following Easter English revision sessions will all take place at Townsend School, St. Albans:

AQA GCSE English Language: Papers 1 and 2	Monday 8th April 2019, 9.30am - 3.30pm
AQA GCSE English Literature - Paper 1: Macbeth and Romeo and Juliet, A Christmas Carol and Jekyll and Hyde	Tuesday 9th April, 2019, 10.00am - 2.30pm*
AQA GCSE English Literature - Paper 2: An Inspector Calls, Love and Relationships Poetry, Power and Conflict Poetry and Unseen Poetry	Wednesday 10th April 2019, 10.00am - 2.30pm*
<b>Eduqas</b> GCSE English Language: Papers 1 and 2	Monday 15th April 2019, 9.30am-3.30pm

\*Discounted cost of £65 incl. VAT

**Book now on Eventbrite to secure a place for your child.**

For further information regarding these workshops, please contact:  
[training@hertsforlearning.co.uk](mailto:training@hertsforlearning.co.uk) or call **01438 845 111** (option 2)

# HERTFORDSHIRE TEACHER RECRUITMENT FAIRS 2019



## Your Future. Their Future.

Come and meet Hertfordshire schools face to face at any of these three events in 2019 to secure your first NQT post. You will be able to meet face to face with schools who have vacancies for September 2019 (some may be keen for a July start). Find out in workshops and discussions why Hertfordshire is such a unique place to live and work and the wealth of support, mentoring and peer connections you can expect in your NQT year and for your future career. Register on our website for one of these events: [teachinherts.com](http://teachinherts.com)



**SATURDAY FEBRUARY 9, 9:30AM – 1PM**

Watford, South and West Herts

**SATURDAY MARCH 23, 9:30AM – 1PM**

Letchworth, North and East Herts

**SATURDAY MAY 11, 9:30AM – 1PM**

Cheshunt, Central and East Herts

### Register for job alerts

Visit our website: [teachinherts.com](http://teachinherts.com) to register as a candidate and set up your job alerts for the areas you want. You can then manage your own profile for both your first and any future job applications in Hertfordshire. Please apply directly to schools with vacancies using the Teach in Herts portal as soon as possible during your training year. **Schools do not incur agency fees.**

01438 845785  
[teachinherts.com](http://teachinherts.com)

FOLLOW US  
ON SOCIAL MEDIA



Herts  
for Learning

Teach in Herts



### Programme begins – 26<sup>th</sup> February 2019

Programme to include

- 5 professional learning sessions
- School immersion day
- 1-2-1 coaching with Senior Management Coach and Consultant
- Online Personal Profiling Assessment

This programme will support, guide and empower individuals to return to the classroom after a career break.

Delegates will approach key areas of personal development including next steps coaching, strengths and self-belief work, building networks, a school observation day, time management and bespoke teaching and learning support e.g. behaviour management.

Please book via our website

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

Email: [enquiries@albantsa.co.uk](mailto:enquiries@albantsa.co.uk)  
@AlbanTSA

### Who for:

Teachers looking to return to the classroom following a career break. This break could be for a range of reasons including maternity leave or paternity leave.

### Cost:

Free of charge

### Outcomes:

- To enable individuals to feel confident to apply for teaching positions or return to work following a career break
- To enable delegates to access individually tailored, bespoke coaching with an external senior management coach and consultant
- To give individuals the confidence to seek positions that they may have felt were unattainable
- To provide returner teachers with a professional network
- To update and refresh teaching skills and experience following a career break
- To provide delegates with next steps support through Alban TSA Professional Learning opportunities

### Timetable:

Session 1	Tuesday 26 <sup>th</sup> February 2019, 4pm-5.30pm, Sandringham
Session 2	Monday 18 <sup>th</sup> March 2019, 9.30-11.30am, Sandringham
Session 3	Tuesday 26 <sup>th</sup> March 2019, 9.30-11.30am, Sandringham
Session 4	School Immersion day
Session 5	Tuesday 7 <sup>th</sup> May 2019, 9.30-11.30am, Sandringham
Session 6	Tuesday 4 <sup>th</sup> June 2019, 9.30-11.30am, Sandringham

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

National Teaching School  
designated by  
  
National College for  
Teaching & Leadership



**AECOM** Imagine it.  
Delivered.

**Wednesday 6<sup>th</sup> March**  
**AECOM Office, St Albans**

Join us between 16:30 and 19:30 to meet members of our Transportation team, hear about some of our current projects and discuss career opportunities.

To find out more please visit [aecom.jobs](http://aecom.jobs) and search for "Open day St Albans". Alternatively email the AECOM Talent Acquisition team [talentacquisition.uki@aecom.com](mailto:talentacquisition.uki@aecom.com)

AECOM is an equal opportunity employer

Your future  
starts here

# Hertfordshire Apprenticeship Show



**Wednesday 6 March 2019**

**3.30pm to 7.00pm**

University of Hertfordshire, de Havilland Campus, Hatfield, AL10 9EU

**The journey to your future starts here...**

Visit the Hertfordshire Apprenticeship Show to find out about the latest developments in Higher and Degree Apprenticeships.

Come and meet local employers to:

- Find out what current apprenticeship vacancies are available
- Get hints and tips on securing an apprenticeship
- Hear what our current apprentices think about their experience

**Register for this event**  
[go.herts.ac.uk/apprenticeshipshow](http://go.herts.ac.uk/apprenticeshipshow)

  
**Amazing**  
Apprenticeships



# Build your future... leave your mark on the local skyline!

**Year 10 students!  
22nd to 25th July 2019**

**Make the very most of your school holidays this summer by joining BAM, one of the leading construction companies in the UK, and gain a CREST Bronze Award in Sustainable Communities.**

**As a construction contractor, BAM manages many prestigious projects, including the construction of St Antony's College, Oxford.**

**By taking part in the Challenge CREST Award you will:**

- Visit a live construction site
- Undertake research
- Plan a project
- Design a project
- Present your proposal

**The successful candidates will develop:**

- Communication and organisational skills
- Time management skills
- Problem solving
- Working to deadlines
- Attention to detail



## **ADVANCED LEARNING ALLIANCE PAID MATHS AND PHYSICS INTERNSHIPS.**

**Are you in your penultimate year at University?  
Are you thinking about a career in teaching?**

**Would you like to earn up to £1200 for a four week  
internship?**

The Advanced Learning Alliance is offering school internships to prepare University Students for Teacher Training via School Direct or University based PGCE.

School Direct involves work based training with a bursary in Maths and Physics of up to £28000. Internships are based in local Outstanding Schools.

We will support you to gain the most out of school internship by:-

- Support and mentoring you throughout the Internship, you will have a personal teacher mentor.
- The opportunity to work with small groups and whole classes.
- The opportunity for you to mentor sixth formers in preparation for their University application.
- The chance to take part in projects and activities across at least two schools.
- Opportunities to join school trips, enrichment activities and wider school activities.
- We will provide written testimonials and references for Interns who successfully complete the course, as well as comprehensive information about routes into teaching.

**We are now in our fifth year of successful delivery of  
internships.**

Placements will be available in June and July 2019 and applications are now open.

We are interested in undergraduates following studying the following subjects: Maths, Physics, Computing, Engineering or whole have elements of those subjects in their degree.

To apply please email a letter and CV to Miss Jane Hart, Director of Teaching and Learning, Watford Grammar School for Girls, [j.hart@watfordgirls.herts.sch.uk](mailto:j.hart@watfordgirls.herts.sch.uk)

# Emotional Wellbeing Masterclass



**Wednesday 13th February, 10am – 1pm  
and Wednesday 27<sup>th</sup> February, 10am – 1pm**

The class is taking place at the site of the  
Multi Purpose Day Centre, 100 Aycliffe Road, Borehamwood, WD6 4EJ

The **emotional wellbeing masterclass** has been designed to give parents a greater understanding of their **child's inner world**.

Looking at **child & teenage brain development** and how this can impact a young person's **mental health**, resulting in anxiety, anger, fear or panic.

It provides a space to **reflect** with others.

**Strategies** are provided to parents to assist with the continuation of ideas taken from the group.

The group is **mindful** of each parent's **individual circumstances** and situation with their child.

There are different activities including **worksheets & videos** throughout the group to suit each parent's **individual learning style**.

## Growth Mindset – a Guide for Parents

### Summary



*Do you believe that you are either clever or you're not? Do you think intelligence is a fixed thing?*

A ground breaking theory on mindset is making huge waves in how children are being taught today. Most of our teachers are nurturing a 'growth mindset' in our children. According to pioneering psychologist Carol Dweck, "In a growth

mindset students understand that their talents and abilities can be developed through effort, good teaching and persistence. They don't necessarily think everyone is the same or anyone can be Einstein, but they believe everyone can get smarter if they work at it." It is an exciting and progressive concept schools are using and through this talk by Dr Warren parents have a chance to reinforce the concept at home too.

### Who is this event for?

This talk is for parents, grandparents and carers of children of ALL ages.

### What parents will gain from the event?

Dr Frances Warren from Growing Learners, University of Portsmouth will talk about mindset research and theory from the US conceived by Carol Dweck. Dr Warren will address three broad questions during her talk:

- What is mindset?
- How do different mindsets develop and why are they important?
- How can parents help children to develop a growth mindset?

### What you will gain from coming to the talk:

- An understanding of the theory and research about Mindsets.
- Knowledge to enable them to identify their own and their children's Mindsets.
- An understanding of the impact of Mindset on education and resilience.
- Tips on how to support their children to develop a Growth Mindset.

[Booking is essential - click here to book](#)

### Event Details

**Date:** Mon, 4 Mar 2019

**Time:** 19:30 to 21:00

**Location:** Maltings Theatre, St Albans

**Cost:** £19pp

### About our speaker

Dr Frances Warren is part of the Growing Learners team of education research psychologists based in the Psychology Department at the University of Portsmouth. Dr Warren has worked with the team since its inception and they have now provided mindset interventions for over 250 nursery schools, schools (primary and secondary) and colleges across Europe.

The Growing Learners team is passionate about supporting schools and parents to improve children's expectations and attainment using evidence based practice to support them to become resilient, confident and effective learners. Everything that they offer is underpinned by psychology and education theory and applied research showing what works.

SPACEHERTS@GMAIL.COM



WWW.SPACEHERTS.ORG.UK

# BEHAVIOUR CONFERENCE

## WHAT LIES BENEATH

FOR DSPL7 AREA PARENT / CARERS ONLY (St Albans, Harpenden and Villages)



**Date:** Thursday 14<sup>th</sup> March

**Arrival:** From 9am - to include breaks, lunch and refreshments

**Finish:** 2.45pm

**Place:** Aubrey Park Hotel, The Oak Suite,  
Hemel Hempstead Rd,  
Redbourn, St Albans AL3 7AF



## YVONNE NEWBOLD

AUTHOR OF THE SPECIAL PARENT'S HANDBOOK;  
WRITER, SPEAKER, TRAINER, QFC PTTLS LEVEL 3

Yvonne Newbold will be delivering a talk on "Reducing Violent/Challenging Behaviour in Children with Additional Needs" during the morning session and "How to keep Siblings/extended family safe and happy" during the afternoon session.

*Our key belief is that we help build bridges between families, professionals and the local community which in turn reduces the feeling of isolation.*

Please follow the link below, you will be asked  
to pay a refundable deposit of £10 to secure your place:

[HTTPS://SPACEHERTSEVENTS.TYPEFORM.COM/TO/SEDLNI](https://spacehertsevents.typeform.com/to/sedlni)

If you would like more information about our charity please  
contact the **SPACE** team at the email address above or join our facebook group

**Boosting Resilience in children and Teens**  
**A talk for parents/carers and professionals**  
**by Dr Kathy Weston**

Dr Kathryn Weston is one of the national experts on parental engagement in children's lives and learning. She is the author of *Engaging Parents* by Bloomsbury Press (2018) and regularly writes, blogs and talks on all matters relating to parenting, education and family life. See: [www.drkathyweston.com](http://www.drkathyweston.com)



Resilience is a popular term these days. Everyone seems to be striving to bolster their personal resilience and to boost the resilience of our offspring or the children we work with.

In this important talk, Dr Weston will:

- Explain exactly what it meant by 'resilience' and why it matters;
- Talk about the important role of parents, carers and teachers in cultivating young people's resilience;
- Share practical, evidence-based tips and strategies for boosting resilience.

This talk is for busy people who need to access evidence-based practical tips that really work. There will be plenty of time for Q&A plus discussion following the talk.

**Date: Wednesday 20<sup>th</sup> March 2019    Time: 7.00 pm - 9.00 pm**

**Venue: Townsend Church of England School**  
**High Oaks, St. Albans, AL3 6DR**

***No parking available on school grounds –  
Use Public Car Park in Toulmin Drive, just 2 mins walk away.***

Training is FREE to parents/carers living within DSPL7 (St Albans, Harpenden & Villages)  
and professionals working within DSPL7.

Booking is essential as places are limited. Please book, either by phone  
01727 853134 Ext 244 or email [admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)

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

6-12<sub>yr</sub>

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, 25<sup>th</sup> Mar 2019

**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.



Come along to a funded\* 9 week course for parents/carers of children aged 5-19 at our partnership schools about:

- Recognising and trusting feelings
- Expressing feelings in a responsible way
  - Developing problem-solving skills
- Improving relationships and communication
  - Raising confidence and self-esteem
  - Building networks of support

## Families Feeling Safe

Fridays - 26<sup>th</sup> April, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 31<sup>st</sup> may, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> June  
9:30 – 12.00

Harpenden Plus Partnership, Sauncey wood School  
Pickford Hill, Harpenden

Bookings for this course will be taken by emailing

[dmarsden@saunceywood.herts.sch.uk](mailto:dmarsden@saunceywood.herts.sch.uk)

You will be sent a booking form and places will be secured upon receipt of your completed form and a refundable deposit.

All information is correct at the time of going to press, but may be subject to change.

\*£50 if your child does not attend a Harpenden Plus Partnership school

List of partnership schools: Beech Hyde Schools, Crabtree schools, The Grove schools, Harpenden Academy, High Beeches, Kimpton, The Lea, Manland, Redbourn, Roundwood Park, Roundwood Primary, Sauncey Wood, Sir John Lawes, St Dominic, St George's, St Helen's, St Nicholas, Wood End, Batford, Kimpton

# 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

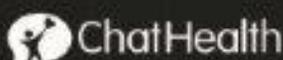
TRUTH BEHIND THE RUMOURS.



 TWITTER:

@HEALTHFORTEENS1

#HEALTHFORTEENS



## 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](http://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.

# Informal STREET PARTY Information Sessions

*Street Parties will be taking place across the country this summer.*

*If you've thought about holding a street party but don't know where to start, here is the chance for an informal chat with some people who have done it before. Discussions will include consulting your neighbours, filling in forms and how to physically close a road. Why not come with a neighbour?*



**Harpenden, Tue 5th March 2019**  
**10.30 - 11.30am**

**Harpenden Arms, 188 High Street, Harpenden, AL5 2TR**



**St Albans, Wed 6th March 2019**  
**8.00 - 9.00pm**

**Beech House, 81 St Peter's Street, St Albans, AL1 3EG**



*We will also discuss how to build on the community cohesion a street party brings, including the concept of Playing Out, where the residents of a street decide as a community to apply to close their own road to through traffic more regularly to allow children to play out in the street. A Playing Out trial starts soon in Harpenden and St Albans and you will also be able to register your interest in taking part in Playing Out when it is rolled out.*

**Contact: [nicola@ourstreetparty.org](mailto:nicola@ourstreetparty.org) for an information pack.**  
**[www.ourstreetparty.org](http://www.ourstreetparty.org) | [www.thebiglunch.com](http://www.thebiglunch.com) | [www.playingout.net](http://www.playingout.net)**  
**[www.sustainablestalbans.org](http://www.sustainablestalbans.org)**



**SUSTAINABLE**  
*St Albans*



Friday  
14th  
June

# 80S NIGHT



7.30pm to  
Midnight  
Tickets £10

BENNETS  
21 Leyton Road  
Harpenden AL5 2HU

For tickets please contact  
[zara\\_mehra@yahoo.co.uk](mailto:zara_mehra@yahoo.co.uk) or  
[monapatel1973@yahoo.co.uk](mailto:monapatel1973@yahoo.co.uk)

*Featuring  
DJ Steve Dee*

Fundraising event for  
World Challenge Ecuador 2020