

Issue: 125

Date: 8 March 2019



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

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

Headlines

Dear Parents and Carers

It was lovely to meet all the Year 9 parents and students at the options evening we held last week. The students are feeling very excited about the subjects they can choose for their GCSEs. A number of parents remarked to me that we don't make it easy for students because each presentation showed the passion that the teachers have for their subjects here at Roundwood Park. A number of parents said that they would like to be in some of the classes studying the subjects! Good luck with the choices and we are, of course, here to help with feedback and advice.

We have had some impressive sporting success recently which will be covered later in this edition of RoundUp. Congratulations to our trampolining squad who put in a stunning performance at the national trampolining finals. Special congratulations go to J Woods (12W), M McIntosh (9S) and T Gaunce (9S) for excellent performances at the English Indoor Athletics Championship. M McIntosh is now the record holder in her age group for 60m hurdles, beating the previous record which has stood for 17 years!

If you are reading this as a current Year 6 parent and your child has just got a place at Roundwood we look forward to welcoming you in September and hope you find reading RoundUp useful in the coming months.

Alan Henshall
Headteacher

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 if you have any queries.

Summer Uniform

A reminder that students should be wearing summer uniform after the Easter holidays.

Enrichment Week

Thank you for the prompt payments for Enrichment Week – we have had a wonderful response.

For anyone who has not yet paid, please note that the payment deadline is today, **Friday 8th March**. If meeting this payment deadline is an issue, please do contact the finance team directly so that we can work out how we can manage the payment together.

We will be paying for venues and coaches shortly so prompt payment is greatly appreciated.

*Mr Pettengell
Deputy Headteacher*

Forthcoming Events

Year 8 Consultation Evening

Thursday 21st March, 4.30 – 7.30 pm

The online booking system is open for bookings until Monday 11th March at 10.00pm.

Trip Payments

Residential Trips

Y12 Nettlecombe Court Biology Trip 19:

Full Payment: overdue

Netball Tour 2019:

Final Payment: £85 overdue

Y10 South Wales Geography Trip:

Deposit: £50 overdue

Interim Payment 1: £140 overdue

Balance Payment: £86.00 due 17 April

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

Balance Payment: £125.00 28 March

MFL Rhineland 2019:

Interim Payment 2: £150 overdue

Balance Payment: £125 due 28 March

D of E Silver Award 2019:

Interim Payment 1: £80 overdue

Interim Payment 2: £80 due 8 March

Interim Payment 3: £130.00 23 March

Liverpool Geography Trip 2019 (Yr12):

Deposit: £90 overdue

Interim Payment: £150 due 29 March

Balance Payment: £170 due 07 May

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

Mrs J Blight, Residential Trip Coordinator

Key Dates in 2019:

Year 7:

w/c 20 May

w/c 3 June

w/c 24 June

4 July

Exam Week

Exam Week

Enrichment Week

Parent Consultation Evening

Year 8:

21 March

28 March

w/c 20 May

w/c 3 June

w/c 24 June

Parent Consultation Evening

Year 9 Options Deadline

Exam Week

Exam Week

Enrichment Week

Year 9:

13 March

14-16 March

3-14 June

w/c 24 June

KS4 Options Deadline

Battlefields Trip

Exams

Enrichment Week

Year 10:

16 May

English Parents Info Evening

Year 12:

w/c 10 June

Work Placement Week

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.

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

HARPENDENUNIFORMS

RUN BY THE SCHOOL FOR THE SCHOOL

March 19

Dear Parent/Carer

Students go into summer uniform on Tuesday 23rd April, which is a short sleeved shirt or blouse which must have the school logo embroidered on the breast pocket.

Our pop-up shop will be open on Monday 8th and 15th April between 10am and 4pm in reception at Roundwood Park School. We will have the full range of uniform available to purchase. There will also be ample free parking on site for your convenience.

If you are unable to visit the pop up shop, you can also visit our supplier's retail shop

Beat School Uniforms

4 Station Road
Harpenden
AL5 4SE

Opening Times:

Monday – Friday 9am – 6pm

Saturday 9am – 5:30pm

Tel: 0844 879 7288

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

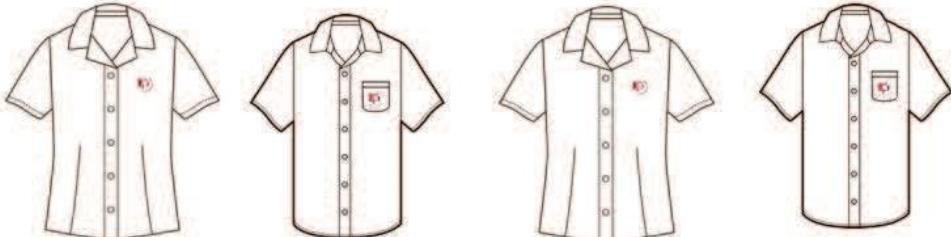
We have samples of uniform in school for trying-on purposes if you are unsure of the size you need to order. Please contact me on 01582 714028 or email to arrange a convenient time: enquiries@harpendenuniforms.co.uk

Yours faithfully

Debbie Attfield



ROUNDWOOD PARK SUMMER SHIRTS



Lovely quality, **non-iron** summer shirts with embroidered school logo to pocket.

Our shirts have the logo embroidered on the outside of the pocket
so the pocket is fully usable and won't scratch the skin

Prices £19.50 - £24.00
(for a twin pack)

Available NOW in all sizes for FREE next day delivery to school.

FREE HOME DELIVERY throughout the Easter Holidays

YOU CAN ORDER ONLINE AT:
www.harpendenuniforms.co.uk

OR VISIT BEAT SCHOOL UNIFORMS:
4 Station Road
Harpenden
AL5 4SE

**OR visit our SCHOOL POP UP SHOPS THOUGHOUT
THE EASTER HOLIDAYS:**

Monday 8th April
Monday 15th April

10am - 4pm at Roundwood Park School

**HARPENDEN
UNIFORMS**

FREE MINI EASTER EGG GIFT WITH THE FIRST 50 ORDERS



Roundwood Park

Fashion Show

19:00 hrs – 21:00 hrs

In School Hall

March 14th

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



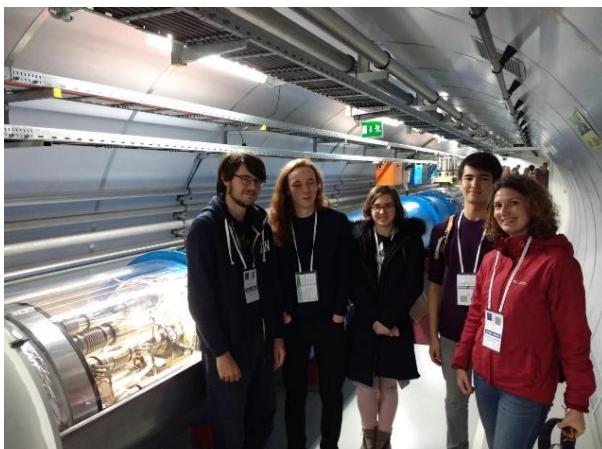
ou'

Year 13 Physics trip to CERN, Switzerland



On 1 March, fourteen Year 13 students met up in the early morning at Luton Airport to fly to Geneva, Switzerland accompanied by Dr Inglima and Mr Jacquinot. Our first port-of-call was the History of Science museum, where we saw old science equipment such as an early electron microscope and a hand powered orrery. I'm sure that we all agree on our favourite part of the museum: the children's room. After a quick tram ride to the UN where we took photos outside, we went to the University of Geneva where we had a fun demonstration on energy which involved a lot of fire and luminous solvents.

The second day was another fairly early start with the group on the tram to CERN at 8am. Our day at CERN began with a three-hour tour, starting with an introductory video and Q&A session. Then we were taken to the CERN Control Centre, followed by the Cryogenic Testing Facility for the parts of CERN's famous Large Hadron Collider, which included a mock-up of the inside of the LHC tunnel. After the tour, we headed back to reception, where we visited the Microcosm before having lunch in the cafeteria and quickly stopping by the Globe, where the Universe of Particles exhibition was, prior to leaving. We took the tram back to the centre of Geneva, where we went to the Manor department store. At half seven, we went to a nearby Italian restaurant where we had a meal before heading down to the lake.



Year 13 Physics trip to CERN, Switzerland *(continued)*



The last day started later than the previous two, with everyone having checked out by half eight. We split into four groups to do a scavenger hunt around Geneva, following a trail that led us through the old town and ending at the Jet d'eau. It was a lot of fun, messing around and getting soaked at the Jet d'eau. Unfortunately, we soon had to leave. We got a boat across the lake before making our way back to Geneva Airport. Prizes were given for the scavenger hunt and everyone got some chocolate, no matter which place they came. The flight consisted of a lot of chocolate eating and I know that we were all disappointed to go from the sunny and warmer weather in Geneva to the rain and wind in Luton.

The CERN trip is something that almost every A Level physics student at RPS looks forward to, and we were very glad that it lived up to our expectations, and at times exceeded them. The visit to CERN itself was very interesting and we all learnt a lot, it certainly was amazing to have the chance to see such a famous international science facility. The trip brought us closer as a group of people, with lots of inside jokes forming and a photo editing war being initiated. I'm positive that all of us will remember this trip for years to come.

H Rodgers (13GT)

Rotary Technology Tournament – 2019 Winners!

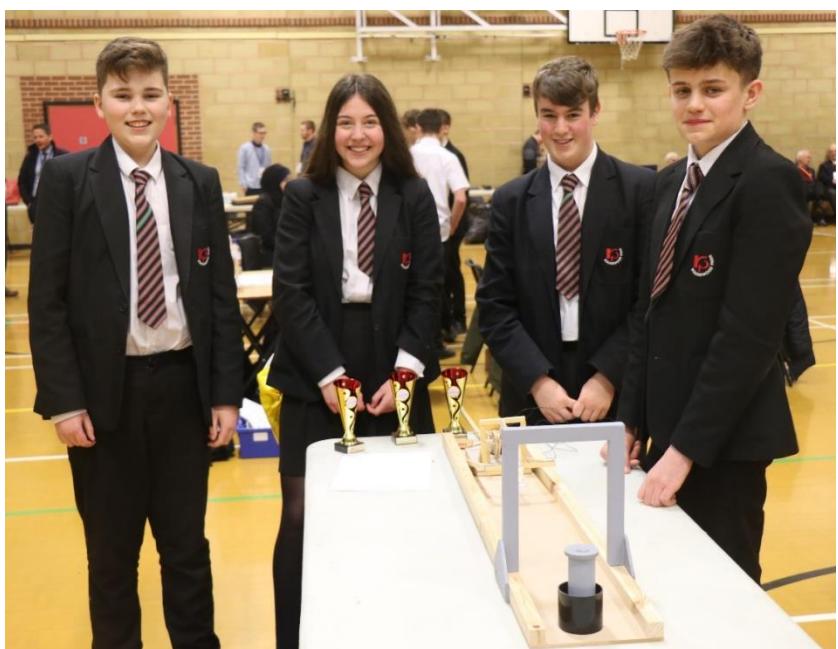


Very well done to all of our students who participated in this week's Rotary Tournament – they were fantastic ambassadors for our school and should be very proud of themselves.

Both our KS3 and KS5 teams made it through to the finals to receive certificates, and our KS4 team, which comprised of T Lowry (10M), J Orchard (10S), K Gash (10C) and J Davies (10S), won 1st prize! For this team to receive 1st place was quite remarkable considering they were one of only two Year 10 teams placed in the same category, competing against Year 11 competitors!

Huge congratulations!!

*Mr Libberton
Design & Technology*



Year 9 Students – Finalists in a National Computer Competition

The Computer Science department would like to recognise two students, A Corran (9M) and T Owen (9O) on their fantastic result in the recent Bebras Competition.

Back in November 2018, every student in Years 7, 8 and 9, together with all those who study computer science at GCSE and A-Level were entered into the computational thinking competition Bebras. The Bebras competition is carried out in partnership with Oxford University and Google.

The Intermediate Age Group had over 100,000 entries and the top 50 were invited to the final. Both A Corran and T Owen competed in the final with A Corran securing second place. Congratulations to both students!

On a second note, a number of students across all year groups were invited to participate in another computational thinking competition - the Oxford Computing Challenge. This took place on Wednesday 6th March and we are currently awaiting the results – we will update you in the next RoundUp.

The Computer Science team



World Maths Day – Wednesday 6th March



All Key Stage 3 students were given a ‘Sudoku challenge with a twist’ to complete within 24 hours over World Maths Day on Wednesday 6 March.

Students were given a blank grid and had to first of all find clues around the school. Clues included questions like ‘what is the third triangular number?’ and ‘what is the second term in the sequence $2n+1$?’

Once students obtained all the clues around the school grounds they were then able to complete the Sudoku puzzle.

Special congratulations go to I Mortimer (7W) who submitted her entry before 8am on the day of the competition.

The prize winners were as follows:

1st Place I Mortimer (7W)

2nd Place A Corran (9M)

3rd Place E Corran (7S)

Well done to all other entrants.

*Mrs C Bond
Acting Coordinator of
Key Stage 3 mathematics*

Year 10 Food & Nutrition

On Thursday 27th February our Year 10 Food and Nutrition students got a delivery of 15 pheasants! The students were taught how to debone the bird and remove all the meat. We then minced the meat in our new meat mincer and made into meatballs. The students then cooked and sampled their work. A great learning experience for all!



RPS Drama Production



This year, rather than create our usual school play/musical, we wanted to partake in the National Theatre Connections Festival. This involved our cast and crew being able to take part in professionally led workshops, whilst producing and performing a brand new piece from an established writer before performing it both within school and at a professional theatre.

There were many reasons we selected '*The Sad Club*' from the shortlist offered. For me it was due to the writer's own words about it: "*I wanted to write something to get young people to think about the stuff that tripped me up in my twenties earlier, in the hope that when these things hit them they'll feel less weird and might even be better equipped to handle them*" (**Luke Barnes**).

As a new and, as yet, unperformed play with music, it has been an exciting and challenging journey to get to this point. The cast and crew have worked incredibly hard since late November to put all aspects of it together.

We performed previews this week which went incredibly well and I am so proud of everything all the students have created. On Tuesday night we had a special guest with us, renowned director Anthony Lau, who was blown away by both the staging and the technical performance skills of the students. His feedback will now be our focus for what we need to work on before performing *The Sad Club* again next month at the Royal and Derngate Theatre, Northampton. Tickets are currently available for that performance and I will pass on information about it in the coming weeks. There will also be a live stream from the theatre so that you can watch the performance away from the theatre itself.

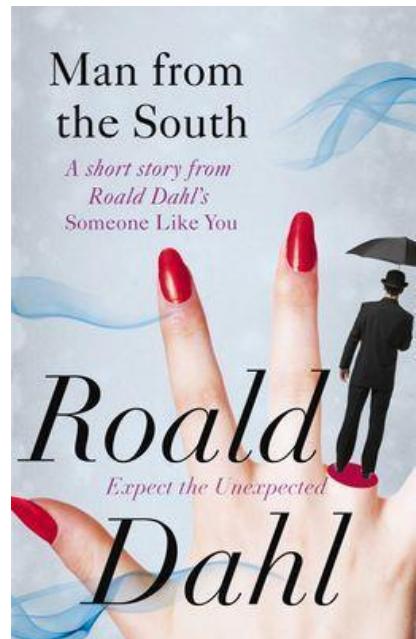
I would like to pass on my thanks to all members of the cast and crew and their parents for helping them along the way. It has been a joy working with everyone so far.

Hopefully see you in Northampton next month!

Mike Garbutt, Head of Drama and Expressive Arts



World Book Day – Thursday 7th March



This year RPS marked World Book Day with a whole school event. Following on from this year's theme of 'Share a Story', all students were read a short story over the course of the day in each of their 5 lessons. The Story '*Man from the South*' by Roald Dahl proved very popular with both staff and students and prompted much discussion as to what the final twist would be before it was finally revealed in the last line read out in period 5!

The library also marked World Book Day by inviting students to share their favourite story on the library bed! Throughout the day students were making themselves comfortable and enjoying the chance to relax and enjoy a good book.

Mrs Craig
Librarian



Trampolining Success at National Finals

The trampolining team enjoyed a fantastic success at the recent National Finals – with two teams taking gold, making them national champions, and a further two teams medaled.



Two teams finished outside the medals in very tough categories but performed very well at this level and should be very proud of their efforts: Intermediate Girls (Years 10-14) I Slade, E Faulkner, K Ellins & L Barter plus Novice Girls (Years 10-14) M Soanes, A McGreevy & B Mansell. O Wise (Year 9) performed 2 excellent routines and was awarded a silver trophy in the individual category.

The dedicated work of this group along with the monumental efforts of Mrs Moxham, aided by Miss Mullally, is truly inspirational with many of these student making the very most of their athletic abilities in order to reach such heights. Their ‘squad spirit’ is also a pleasure to observe. Congratulations! Mr Hunter



**Intermediate Boys
(Years 7-8)**

GOLD

E Lowry
A Hall
S Haxton
E Roberts



**Novice Girls
(Years 9-10)**

GOLD

O Wise
A Kneller
E Bignell
B Colyer



**Intermediate Boys
(Years 10-14)**

SILVER

J Woods
A Birch
N Bates
A Pearson



**Novice Girls
(Years 7-8)**

BRONZE

N McHale
E Fishwick
E Braylin
E Day

National Indoor Athletics Championships – 23rd & 24th February



Congratulations to T Gaunce (9S), J Woods (12W) and M McIntosh (9S) who all qualified to attend the recent National Indoor Championships in Sheffield. To qualify for this event was an achievement in itself. The athletes went on to enjoy the following fantastic success as the championships:

T Gaunce – 3rd in the U15 800m

J Woods – 3rd in U20 triple jump (at just 16!)

M McIntosh – 1st in the U15 60m hurdles with a new **championship best time**, meaning that she is the quickest U15 girl to have run 60m hurdles at the National Indoor Championships - EVER!

Huge congratulations to all three students!!



Mr Hunter



Year 10 - Careers Investigator Day: 14th February 2019



On Thursday 14th February, Year 10 spent the morning learning how to be effective Careers Investigators. We invited 20 external speakers - parents, local business contacts and Roundwood Alumni – to come to school and talk to our students about their work.

Each student had the opportunity to attend 3 different talks covering a wide range of jobs and sectors, and the response from our students was extremely positive:

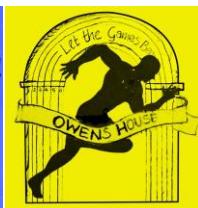
"I think we got some really good insight into some jobs and I really enjoyed listening to what some of these people do on a regular basis". "I think that the talks we went to were very good and helped me understand that there are many options for my future."

The style of the talks was very much small informal discussion, rather than formal presentation so the students had the opportunity to really interact with employers and gain meaningful insight into topics such as typical day, average salary, routes into the profession, challenges and rewards of the job, as well as what the future might look like – for example, the impact of technological changes and Brexit on future careers and industry sectors.

We are immensely grateful to our speakers who gave their time so generously enabling us to offer talks about a variety of jobs including Police Officer, Compliance Officer, Forensic Accountant, Account Manager, Director and Franchisee of Sports/Leisure Centre, HR Business Manager, Freelance Writer, Photographer, Pharmacist, Recruitment Consultant, Software Developer, Recruitment Consultant, Physiotherapist, Senior Policy Advisor (Cabinet Office) and Retail Banking Knowledge Expert.

Many students commented that they would like to hear from more speakers! If you would be willing to lend your support to one of the careers events we run throughout the year, then please do get in touch via e-mail careers@roundwoodpark.co.uk





HOUSE NEWS

Charity Fundraising

W Bowran runs the London Marathon



W Bowran (13O) is running the **London Marathon** next month to raise money for the Ollie Foundation. If you would like to support him on his run, please visit <https://www.justgiving.com/Will-Bowran>



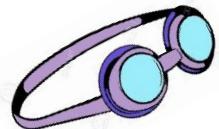
House Totals:

GT	139 pts
Owens	138 pts
Wilberforce	132 pts
Cadbury	127 pts
Mandela	126 pts
Scott	118 pts
Frank	118 pts



Head Boy, Head Girl & SLG Elections are underway!
More news to follow shortly!

GT Girls' sponsored swim



Year 8 GT students, F Crowley, J Grigg and D Willson are doing a sponsored swim (18km!) to raise money for our school charities - Unique Home for Girls, MacMillan Cancer Support and The OLLIE Foundation.

If you would like to support them, please visit their justgiving page: https://www.justgiving.com/crowdfunding/sponsored-swimathon?utm_term=ez3yRWQJy



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

Scott House Quiz Night

**IN AID OF MACMILLAN, THE UNIQUE HOME
FOR GIRLS AND THE OLLIE FOUNDATION**

Friday 29th March



All parents & over 18s invited

£8 per ticket - CASH BAR

VENUE: ROUNDWOOD PARK DINING HALL

Expressive Arts

SPOTLIGHT



In this edition, we talk to ex-RPS student **Astin Ewington (RPS 1998–2005)** about what has happened in her life since studying PE at A level.

"I always had ambitions to work in sport and I wanted to study Sports Science at university.

I chose to study PE at A Level as it was a great balance to my other subjects (biology, maths and geography) and because it also gave me an outlet for something I had a real passion for and from which I got great enjoyment.

The A Level course taught me about leadership and teamwork and was an outlet for my passion that I have continued throughout university and beyond. The subject also supported my choice of biology.

On completion of my A Levels, I went on to study Sports Science at Loughborough University, followed by a Masters degree in Exercise Physiology.

The A Level PE course prepared me perfectly for the Sports Science degree course, which expanded on all of the topics I had covered in the A Level course.

I now work as an Account Director in a global sports marketing agency based in London. Here I manage sports sponsorship programmes for global brands, such as Shell and Ferrari in F1 and other motorsports.

Studying PE at A Level set me up for University and gave me skills beyond being 'book smart' – namely, how to lead a team, work collaboratively and get the best from people, which are key parts of my current role as I manage a team.

My advice to anyone currently considering their A Level choices would be that by doing what you have a passion for, you are more likely to succeed and I think there is a balance to be had over subjects you chose.

From my experience of interviewing and employing graduates, a well-rounded candidate is always a more attractive prospect to bring into the team."

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

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



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 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

FOLLOW US
ON SOCIAL MEDIA



Herts
for Learning

Teach in Herts



Company Programme @RPS

We are planning on relaunching YE company programme at RPS in September

YE are looking for business advisors, sponsors and other supporters to help students at RPS and other schools in the area.

Without support we will not be able to offer students the amazing opportunities on offer through this programme.

Who are Young Enterprise?

Young Enterprise is a national charity that believes that, with the **right skills, young people can go on to achieve amazing things in their working life**. We help young people to develop the skills they need to get into work, start their own business, and manage their money.

What is Company Programme?

Students **start up and run their own company** for a year. Making and **sharing profits, learning and experiences**.

YE provide a Business Advisor, a real Entrepreneur or business leader, who can share their own experience and help out along the way.

Students can make **real money** from sales and decide what to do with your profit, and there are also loads of opportunities to win cash prizes and awards throughout the year by entering **local and national competitions**.



Support us

Check out [@young.enterprise](https://www.instagram.com/@young.enterprise) on Instagram or visit www.y-e.org.uk to find out more.

We are looking for **businesses to sponsor our teams and entrepreneurs or business people to be advisors or supporters**. Commitment can vary between a few hours a year to an hour a week in term time.

If you would like to support us in any way, please contact Mr M Desborough (Head of Business and Economics) M.Desborough@roundwoodpark.co.uk or Jill O'Neill, Area Manager, South Hertfordshire Jill.oneill@y-e.org.uk 07787 828783.

APPRENTICESHIP OPEN EVENING



JOIN US AND YOU COULD END UP WORKING ON SOME OF THE MOST EXCITING BUILDING AND INFRASTRUCTURE PROJECTS AT HOME AND AROUND THE WORLD

Potential opportunities in
Building Engineering | Ground
Engineering | Structural Civil
Engineering | Sustainability |
Transportation | Water

Please email

openevening.uki@aecom.com
to register, confirming names of those attending, including your CV if possible

**Trainee & Apprenticeship
Open Evening, St Albans**

Thursday 28 March
from 6:00pm to 8:00pm
AECOM House
63-77 Victoria Street
St Albans AL1 3ER

Tickets: £30

If you would like to attend, please contact
s.smith@roundwoodpark.co.uk



West Hertfordshire
Hospitals
NHS Trust

So, You Want To Be A Doctor?

Education Centre, Watford General Hospital

Friday 31st May 2019

08:30 *Registration & Refreshments*

09:00 Welcome, Introduction and Overview of West Herts Hospital NHS Trust

- Mr Howard Borkett-Jones, Emergency Medicine Consultant & Medical Education Director

09:30 The Journey to Medical School

- Dr Ariella Midgen & Dr Aishah Yahaya - Former UCL Students
- Vishal Shah – St George's University Student

10:00 Life as a Junior Doctor

- Dr Rina Shah & Dr Natalia Sanchez - Thompson – Foundation Doctors

10:30 Refreshment Break

10:45 University Admissions

- Professor Sue Smith – Director of Admissions: Imperial College London

11:15 Preparing a Personal Statement

- Mary Jane Platt – Associate Dean for Admissions: Norwich Medical School

11:45 Hand Hygiene

12:00 Lunch

12:45 Clinical Skills (split into 5 groups to rotate through stations)

An opportunity to try your hands at 5 practical/clinical skills that are an everyday feature of life as a medical student / junior doctor

- Ventilation
- 3 Lead ECG
- Surgical Knot Tying
- Measuring Blood Pressure & Other Vital Signs
- Defibrillation Demonstration

14: 30 Speciality Talks

- Surgery
- Paediatrics
- Psychiatry
- Pathology

15:30 Q & A Panel (Consultants, Senior Clinicians, Junior Doctors and Medical Students)

16:15 Close

For further information or enquirers please contact:

Charlotte Osgood, Education Centre Administrator on 01923 217323/ charlotte.osgood@whht.nhs.uk or
Alex Paice, Undergraduate Supervisor & UCL Co-ordinator on 01923 217957 alex.paice@nhs.net

Student Finance Parents' Information Evening

Wednesday 3 April 2019



Student Finance Postcard_A6_v1.indd 1

25/01/2019 10:38

The cost of university is a major concern for young people and parents.

Come and join us to put your mind at ease and have your questions answered.

Join us at 19:30 for light refreshments with the Finance talk starting at 20:00. This event is aimed at parents/carers and students that are planning to start University in September 2019.

The evening will address the following areas:

- What is student finance and how does the application process work?
- What funding is available (including bursaries and scholarships)?
- What support is available whilst at university?
- Budgeting advice and tips.

We look forward to welcoming you to the University.

To book your place, go to go.herts.ac.uk/financeevening

For further information and advice, please visit our Parent and Guardian pages: go.herts.ac.uk/parents

**Wednesday
3 April 2019
19:30-21:00**

De Havilland Campus,
University of Hertfordshire
AL10 9EU

Admission: **Free**

Contact: Education Liaison Team
educationliaison@herts.ac.uk
or 01707 286545

Lecture Series 2019

Tuesday 19th March 2019

Kate Richardson- Walsh, MBE
Winning Together



Monday 3rd June 2019

Clarke and Carrie Carlisle
Living with Depression



Monday 29th April 2019

Steve Munby
In Celebration of Imperfect Leadership



Tuesday 25th June 2019

Ade Adepitan
Overcoming Obstacles and Achieving Your Dreams



Tuesday 21st May 2019

Diana Osagie
It takes courage to do what we do



The Sandpit Theatre, Sandringham School, St.Albans AL4 9NX

All talks take place from 5-6pm followed by drinks and networking in the foyer area until 6.30pm.

Each lecture can be booked online at <https://albantsa.co.uk/courses> or via your Professional Learning Co-ordinator

Lecture Series 2019



Tuesday 19th March 2019

Kate Richardson-Walsh, MBE Winning Together

Sandpit Theatre, Sandringham School

The Ridgeway, St Albans, Herts, AL4 9NX

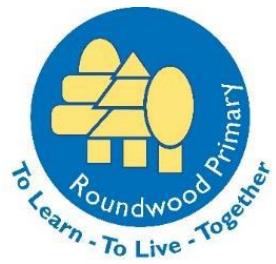
Lecture: 5pm to 6pm

Refreshments and networking: 6pm to 6.30pm

Bookings to be made online at www.albantsa.co.uk/courses or contact enquiries@albantsa.co.uk

Kate Richardson-Walsh played at the elite level of hockey for 17 years, experiencing soaring highs and crushing lows, and playing in teams that were operating at their very best, and those that had deep structural issues and struggled to function. Taking these experiences into the corporate space, Kate shares the key processes and behaviours that have underpinned the successful teams she has been a part of. The collaborative process to establish a shared team vision, values and behaviours that everyone feels ownership of, and the self-knowledge that each individual within the team developed, empowering them to give their very best to the collective cause. She touches on the roles, awareness, leadership responsibilities and resilience of individuals within the team structure and shares some of the psychological tools they equipped themselves with and how this affected team cohesion. She also addresses the differences in the team and how they leveraged on this as a strength.





Job Vacancy

School Administrator/Receptionist

Roundwood Primary School

Roundwood Primary School are looking for an additional **School Administrator and Receptionist** (3 days, c18 hours part-time with a flexible pattern of working).

If you or someone you know is interested in working as part of a lively and fun admin team, please visit the Teach in Herts website by clicking the link below to find out more about the role. You can also contact **Roundwood Primary** on **01582 460756** for more details.

The closing date for applications is 11th March.

[Roundwood Primary School - School Administrator/Receptionist Vacancy](#)

Pilates Classes for Teenagers

Wednesdays, 4.15pm, in central Harpenden

A new block of 6 Pilates classes for teenagers on Wednesdays at 4.15pm in central Harpenden.

Pilates for teenagers classes are designed to improve their self-confidence, focus their minds and enhance mental concentration. It also builds stamina, core strength and increases the body awareness. Combined with gentle stretches and focused breathing it can help children attain a much more serene and less stressful outlook.

Suitable for both boys and girls and is complimentary to all other sports that they might be practising. It is something that they can learn and keep for life. I am an experienced Pilates teacher teaching adults and children of various ages.

**For more information, please call Slavica Stewart on 0791 207 1406
or visit www.pilatesharpenden.vpweb.co.uk. Enrolling now!**



Herts Dynamos
we love netball

Tuesdays 5pm – 6pm
Redbourn Recreation Centre
23rd April – 16th July

LOVE playing netball?

Want to

- improve your strength and stamina?
 - Learn new skills and strategies
 - Play in friendly matches
 - HAVE FUN?

Then **Herts Dynamos** is the club for you!

8 free spaces – invites sent to selected schools

Email: hertsdynamos@gmail.com for more details



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



This is your chance to learn about the country's largest industry and gain work experience relating to Science, Technology, Engineering and Maths (STEM) subjects.



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



BEHAVIOUR CONFERENCE

WHAT LIES BENEATH

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



Date: Thursday 14th 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 PTLLS 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

How to Help Your Teen Plan to Achieve their Goals - Workshop



6-12yrs

teens

Summary



Successful people and achievers in all fields set goals. Setting goals provides both short, and long-term motivation and focuses your knowledge gathering. It helps you to organize your time and your resources so that you can eliminate distraction and make the very most of opportunities and ultimately, your life.

This workshop will help parents explore the science of goal setting, its impact on resilience, and how it can be used to reduce stress and the overwhelming feelings our children can experience at school and during exam preparation. This is a workshop with guided practice. You will learn a step-by-step process in how to effectively plan to achieve a stated goal, which you can then use with your child. The process is part of the world-renowned Theory of Constraints business management set of tools, which, after applying, many students report has helped reduce their stress. the science of goal setting, its impact on resilience and how it can be used to reduce stress, in particular exam stress in their children.

Who is this workshop for?

This workshop is suitable for parents of children in secondary school, but may be of particular use to those whose children are preparing for exams.

What will parents get from this workshop?

- The opportunity to consider the science behind goal setting and what leading academics in this field know about goal setting in relation to student's attainment.
- Knowledge of how to plan so that targets agreed in pupil consultation meetings can actually be achieved.
- They will learn a step by step process in how to plan for and achieve a stated goal.
- Guided practice of the goal setting tool within the workshop.

[CLICK TO BOOK NOW...](#)

Event Details

Date: Thu, 21 Mar 2019

Time: 7.30pm–9.00pm

Location: Fleetville Infant and Nursery School, Woodstock Rd South Entrance, St Albans, AL1 4QJ

Cost: £22pp

About our workshop host

Debi Roberts MA Ed. specialises in young peoples' emotional wellbeing and mental health and emotional literacy in educational settings and has worked in education and health for 25 years. She is one of the world's leading experts in TOC applications for behaviour and has published both articles and a book on this subject, *Storytelling For Better Behaviour*. Debi has also written for the Royal Society of Public Health, creating their Adult Mental Health Course and acted as a consultant for their Young Mental Health Course.

Debi is the voluntary UK Director for TOC For Education. She is also a Trustee for both the OLLIE Foundation - a suicide prevention charity and Students4Students.

In addition, she is a qualified Mental Health First Aider, a TOC Jonah (Expert in TOC applications to behaviour) and a qualified Assessor and is also trained in Vygotskan principles of education and provides assessment for Vygotskanbased practitioners.

Debi has three children and currently works for Youth Connexions Hertfordshire as a Project Officer overseeing their RSPH Youth Health Champions Course and the Empathy Project.

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



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 20th 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

Eating Disorders in Children and Teens – a Parent’s Guide - Talk

6-12 yrs

teens



Great learning every day for everyone

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, 25th 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 - 26th April, 3rd, 10th, 17th, 31st may, 7th, 14th, 21st and 28th 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

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

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...



Then you might benefit from free support offered by the **Wellbeing Team.**

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

 Zero Tolerance
to bullying

 ChatHealth

NHS

We do not usually offer medical advice. If you need medical advice, please speak to your doctor. We might offer advice if we were concerned about your safety, or we would usually speak to you first. Other health professionals will also be able to offer medical advice. If you have any concerns about your health, we encourage you to speak to your doctor. Please respect your doctor's confidentiality. If you need help before you hear back from us, contact a member of staff at your local GP surgery or hospital. Our helpline number is 0800 724 4242. You can also send us a message via our website. Please note that we do not receive calls or SMS texts messages. Please ask your school nurse for more information about sending messages to us by calling 07480 635 050. Please respect your school's mobile phone policy. Messages are charged at your usual rate.