



Issue: 140

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

Headlines

Dear Parents and Carers

Welcome to the final RoundUp of 2019 at the end of a long term. As ever at this time of year, it is very busy with many events going on. 1,243 students and staff enjoyed Christmas lunch on Tuesday, albeit that the weather was not very Christmassy. I would like to congratulate all the staff in the canteen and “front of house” who assisted. The Finance team also did an amazing job, particularly Catherine Croft and Karen McHale.

Last week it was my pleasure to attend the Christmas Concert at St John’s Church. There were many amazing performances and it certainly got everyone in the Christmas spirit. Congratulations to all the students involved and to Miss Dale for making her debut Christmas Concert so special.

On Friday a lot of staff and students attended the annual rugby fixture against St George’s School at Harpenden Rugby Club. The game was very exciting and we went down to an honourable defeat! More important to me, however, was the way in which the students conducted themselves on the pitch and in the stands. Many of the staff from both schools commented on what a friendly town Harpenden is and how well the schools and the students who go to them get on. The atmosphere was wonderful.

On Thursday afternoon we had our Year 11 mock results day. We have moved this earlier this year so that students do not get anxious about the results over the Christmas holidays. Whether they have done really well or not, they should use the holidays as a time to reflect, to discuss with parents/carers and to think about any support that they may need when they get back to school. The message to Year 11 students is to rest and to recharge their batteries for the tough term ahead.

Year 13 have also done their mock exams this term and hopefully that will give them more family time over the holidays than they would have previously expected. On the subject of Year 13, we have had fourteen students out at Oxford and Cambridge interviews over the last fortnight and we are keeping our fingers crossed for them as they will find out whether they have an offer or not in the New Year.

Finally, we say goodbye and thank you to four members of staff. Becky Barley has been with us since she trained as a teacher with the Alban Federation and rose up the ranks to become acting Head of English last year when she oversaw a strong performance once again at GCSE. She now leaves us to become a substantive head of faculty at St Columba’s College in St Albans. Becky Blake, assistant to Ian Stowe in HR, has left us with our gratitude for a job well done. Kate Barron, who has worked in reprographics for us but is a passionate promoter of positive mental health and works as a counsellor outside school, as well as campaigning for the OLLIE Foundation, will join Townsend School as Student and Family Wellbeing Lead; a role in which she will be superb. We thank her for her great service to the school. Last but not least, Pip Tuck has left us after 14 years’ service in the pastoral office. Pip has always been a friendly, approachable colleague for students and she has kept our behaviour system ticking over with her hard work for many years.

It only remains for me to wish you a happy, restful and peaceful Christmas and a Happy New Year for 2020.

Look forward to seeing the students return to school refreshed on Monday 6th January 2020.

Alan Henshall
Headteacher



Forthcoming Events

Year 11 Parent Consultation Evening

Thursday 23 January 2020, 4.30 until 7.30pm

The online system is now open to make your Parents' Evening appointments. The system will close at 10pm on Wednesday 8th January 2020.

Travel Code of Conduct



Please may we remind parents, carers and students about kindly adhering to the Travel Code of Conduct when driving to and from school. In particular, we ask that you:

- **Do not stop on the zigzag lines outside the school gates or on the double yellow lines;**
- **Do not leave your engine running whilst parked;**
- **Do not enter the site by car** unless absolutely essential (for example your child has a significant mobility problem);
- **Do not mount the pavement** – this creates a major hazard and puts pedestrians (many of whom are children) at great risk;
- **Take care not to stop so close to driveways** that the residents cannot manoeuvre their vehicles in or out;
- **Drive with great care at all times in the vicinity of the school;** there is always the risk of a child emerging from between vehicles or stepping off the pavement without warning;
- **Allow plenty of time** for your journey.

A copy of our Travel Code of Conduct can be found under the policies section of our website, or by following this link:

[Travel Code of Conduct 2019-2020](#)

Payments

Residential Trips



Deposits due:

Yr12 Biology Field Trip to Preston Montford, Shropshire (22-24 June 2020)

Deposit Payment £100.00.

Deadline Extended to 6th January 2020.

Y10 Geography Field Studies Trip to South Wales (23-26 June 2020)

Deposit payment £80.00

Deadline Extended to 6th January 2020.

If your son/daughter is travelling on an overseas school trip, please ensure that their passport is valid for at least 6 months after the return date of the trip, and that they have a valid EHIC card. Please apply to renew these documents ASAP if they do not have the correct validity.

Miss Manton, Residential Trip Coordinator

Please visit the [RPS website](#) for further information including [RPS Calendar](#); [Daily Bulletin](#); [Latest News](#); [Letters Home](#); [Trips & Visits](#); [PE News](#); [Vacancies](#); [RPS HouseSystem](#) [Extra-Curricular Clubs Timetable](#)

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

Vacancies



Any current vacancies are published on our website. Please follow the link below:
<https://roundwoodpark.co.uk/vacancies/>

Important Dates – Key Stage 3

See also the [RPS calendar](#) on the website for any updates

Year 7

| Date | Event |
|--------------------|-----------------------------|
| 6 May 2020 | Bully free form |
| 18 May-4 June 2020 | Year 7 Exams |
| 22 May 2020 | Sports Day |
| 22-26 June 2020 | Enrichment week |
| 2 July 2020 | Parent Consultation Evening |

Year 9

| Date | Event |
|--------------------|---|
| 15-17 January 2020 | Year 9 Careers sessions |
| 28 January 2020 | English Information Evening for parents |
| 27 February 2020 | KS4 Options Evening |
| 5 March 2020 | Parent Consultation Evening |
| 11 March 2020 | Deadline for KS4 Options |
| 8-12 June 2020 | Year 9 Exams |
| 22-26 June 2020 | Enrichment week |

Year 8

| Date | Event |
|----------------------|-----------------------------|
| 19 March 2020 | Parent Consultation Evening |
| 18 May – 4 June 2020 | Year 8 Exams |
| 22 May 2020 | Sports Day |
| 22-26 June 2020 | Enrichment week |
| 8 July 2020 | Drug awareness day |

Important Dates – Key Stages 4 & 5

See also the [RPS calendar](#) on the website for any updates

Year 10

| Date | Event |
|-----------------------|-------------------------------|
| 5 February 2020 | Y10 Careers Investigation Day |
| 23 March 2020 onwards | Year 10 Exams |
| 1 April 2020 | Work Shadowing Day |
| 22 May 2020 | Sports Day |
| 22-26 June 2020 | Enrichment week |

Year 12

| Date | Event |
|-----------------|---------------------------------|
| 26 March 2020 | Y12 Parent Consultation Evening |
| 27 April 2020 | Y12 Exams start |
| 11 May 2020 | Y12 Professional Placement Week |
| 22 May 2020 | Sports Day |
| 22-26 June 2020 | Reading Week |

Year 11

| Date | Event |
|-----------------|--------------------------------------|
| 14 January 2020 | Post 16 Advice Evening |
| 23 January 2020 | Parent Consultation Evening |
| 31 January 2020 | Deadline for Sixth Form applications |
| 11 May 2020 | GCSE Exams start |

Year 13

| Date | Event |
|---------------|---------------------------------|
| 12 March 2020 | Y13 Parent Consultation Evening |
| 14 May 2020 | Y13 Leavers' Breakfast |
| 18 May 2020 | A Level exams start |
| 23 June 2020 | Y13 Clearance Day |
| 25 June 2020 | Y13 Leavers' Ball |

RPS

Senior Citizens' Party

18th December 2019



This Wednesday Year 12 forms and tutors organised the annual Roundwood Park Senior Citizens' party in which our guests were entertained by student performances and the much-anticipated bingo and raffle.

A special thank you to the parents, local shops, staff and students who donated more gifts than ever before, this really made the party stand out from previous parties to guests who commented that this year was the best one yet.

The party would not have been such a success without the hard work of the year 12 forms and tutors who organised the whole event to perfection from early preparation such as sending out invitations, preparing and serving the food, the raffle and bingo, the fantastic decorations, wrapping the party favours and taking guests home at the end of the event.

Another massive thank you to the students who performed to our guests. The trampetting display, year 8 drama piece, Roundwood Primary's steel drum and choir performances did not fail to impress the guests and displayed the variety of activities and amazing talents here at the Roundwood Park schools. Another special thanks go to G Bandell (9S) for his wonderful piano playing as well as H Kneller (12M) and A Kneller (10O) for their beautiful performance of Last Christmas. The carol singing ended the day in high spirits with everybody joining in singing Christmas favourites.

Well done to everyone that helped at this fabulous event.



A Samad (12O)



**We are very grateful to the following
for their kind donation of gifts for the Senior
Citizens' Party**

Barclays Bank

Brew and Cru

Cook

Johnson's Cleaners

Maria's

Marks & Spencer

Martins

News 4 U

Pizza Express

Rebecca Jade

Roundwood Park Staff

Sainsbury's

Springfield Pharmacy

Stephanie Randall

Strutt and Parker

The Old Cock Inn

Thorns

Threads

Topkins

Visage Dental Spa

Waitrose

WH Smith

Year 12 parents

Celebrating Excellence in Science



K Dang with Dame Mary Archer DBE and Mr Alan Wordie, Master of the Salters' Company

I was delighted to attend a presentation hosted by Salters' Institute Awards to recognise the success of a number of high achievers up and down the country. K Dang won an award for her performance in the recent Salters-Nuffield Advanced Biology Examination.

Having taught her for two years for A-level chemistry, this did not come as a surprise. She has been one of the most hard-working and driven students I have encountered in recent years.

Her career aspirations have followed a standard progression: ballerina, firefighter, Olympic swimmer, musician and finally neurosurgeon (at the determined age of 9). Although neurosurgery is not necessarily her final career goal, she is now studying Medicine at the University of Oxford. A fun fact about her is that she cried after her Paper 3 Biology A-level because she felt completely defeated by the 9-marker!

Ms Lidder

German Debating Competition

I study German A-Level at SJL as part of the consortium. I recently took part in a German debating competition organised by the Goethe Institute against Watford Grammar School and I thought it was a really good opportunity. Although we didn't win, we still did very well and even won a prize! I found it really boosted my confidence when it comes to speaking spontaneously and I also learned a lot of advanced vocabulary.

Overall, it was a really fun experience and I'm glad I had the opportunity.

I Ismay (12s)



DT - MBDA Engineering Competition

Congratulations to the two teams who represented RPS at the MBDA Engineering Competition on 6th December at the Royal Air Force Museum in Hendon.

The design brief was to prepare the following:

1. Design an unpowered aircraft within the requirements.
2. Construct a prototype model aircraft to perform a reconnaissance flight.
3. Present a design proposal to a panel in a design review.
4. Plan and perform two judged flights over a specially built model military base successfully aiming to collect maximum points for chosen route.
5. Attend regular intelligence briefings in preparation for planning chosen flights.
6. Analyse intelligence to construct a map of the reconnaissance area.
7. Create a mission plan to gather the maximum value data.

Both teams did extremely well against some very tough competition.

The Year 10 girls' team comprised of L Arrow-Smith, J Marsh, S Hamed and C Powell were awarded the best in-house Aircraft design.

The other team, consisting of M Nash, J Francey, E Cross and L Barker also worked exceptionally hard but unfortunately were pipped to the post, coming in second place.

We also won a competition that was teacher led so all in all it was a very positive day for RPS.

Mr Libberton

Head of Design & Technology



Mental Health and Wellbeing Conference



Marlborough School organised a mental health event for local schools on Monday 16th December. We were lucky enough to be hosted in the historic St Albans Museum and Gallery for the day. Roundwood Park attended with a few of our newly-appointed Mental Health ambassadors. The day was centred around keynote speakers discussing mental health issues and raising the awareness of local agencies that can support students, schools and families. Students had an opportunity to talk to local charities and organisations such as Saracens, Youth Talk and Ollie.

Staff and students also had the opportunity to look round the museum such as the Courtroom and Cells which date from 1831. We also put together a display on what we already do as a school for mental health and what we hope to do in the future. Each school gave a talk about their vision for Mental Health and it was nice to share ideas with local schools such as Townsend and St. George's. Our speakers; **M Bricknell**, **I Calixte-Barnett**, **M Piepgrass** and **A Furneaux-Mckintyre** gave a brilliant talk on our perspective at Roundwood and by the end of the day they were really buzzing with ideas for the future. Mrs Mansfield and Mrs Timberlake also accompanied us at the event and at one point we nearly lost them to the dock – fortunately they were allowed out on bail!

Cate Brown

Mental Health Lead

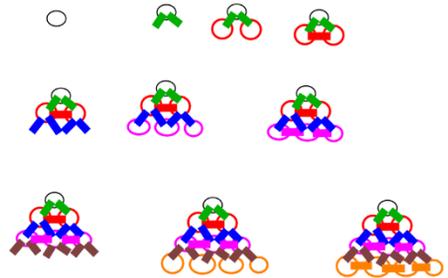


Paper Christmas Trees

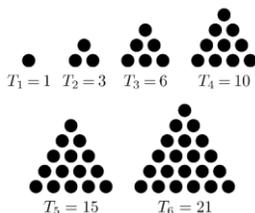
Form tutors and Year 12 Further Maths students for each house coordinated the decoration of paper chain strips by students in Years 7 to 12. Construction of the paper chain tree had to follow the mathematical arrangement below.

The results were as follows:

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



Congratulations to Mandela for their victory which included the largest Christmas tree and a mathematical calculation for the maximum number of complete rows for 150 links by a Year 10 student who recognised the link to triangular numbers.



Triangle numbers: 1, 3, 6, 10, 15, 21, 28, 36, 45, 55, 66, 78, 91, 105, 120, 136, 153, 171

The last triangle number under 150 is 136, the 16th number.

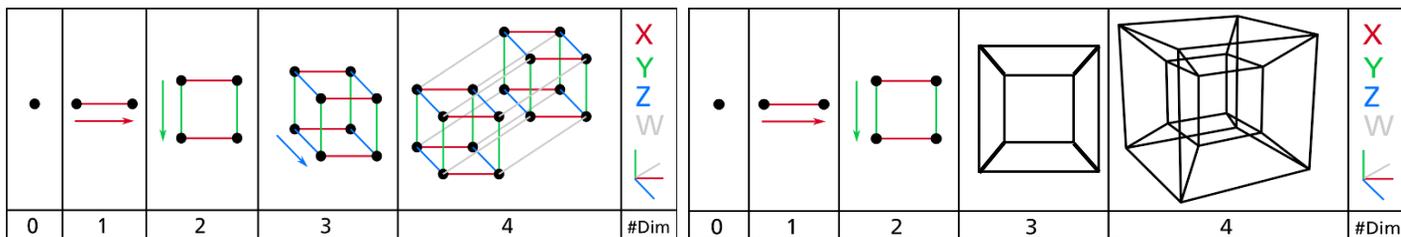
Mathematical Christmas Decorations



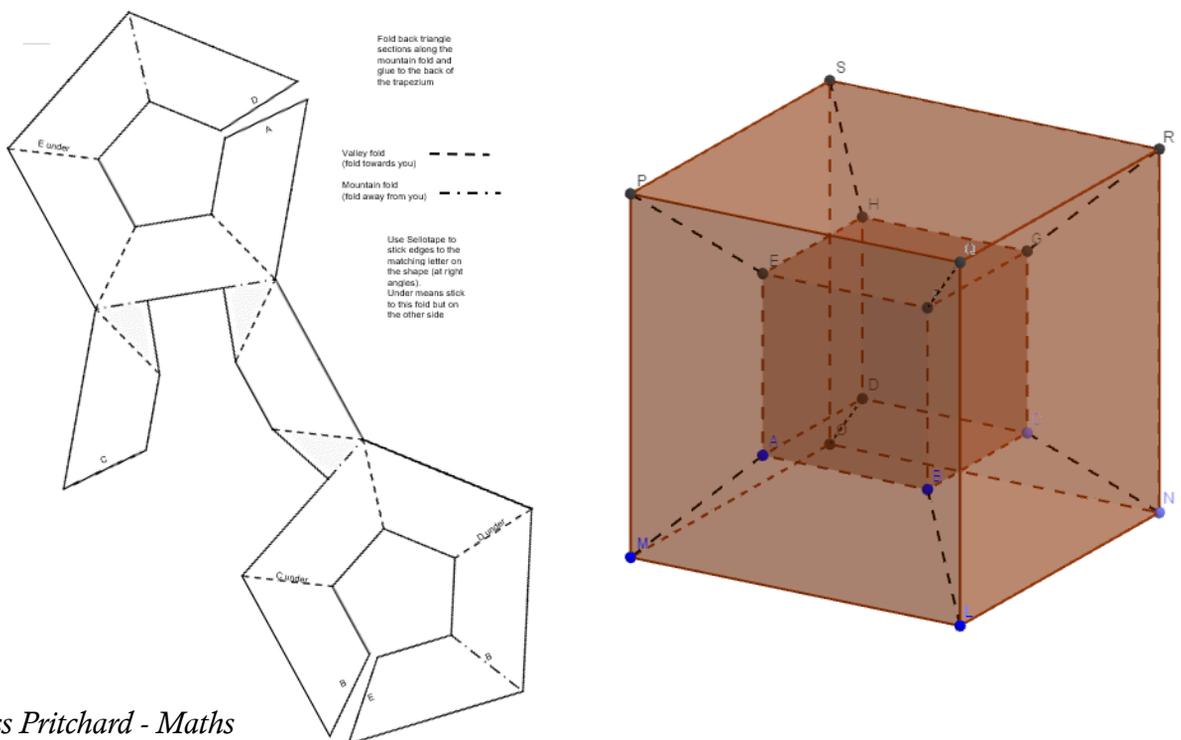
Students in my classes have been making shapes in the hypercube series.

Year 7 students made fold-up cubes and counted the number of faces, edges and vertices. Year 9 and 12 students used the design below to make three dimensional representations of tesseracts (fourth dimensional hypercubes).

Year 9 students studied the sequence of hypercubes for different dimensions and counted faces, edges and vertices.



Year 12 students used GeoGebra to produce a diagram and used vector methods to work out the required angles for each trapezium in the net.



Christmas Preparations in MFL

Les Papillotes de Noël are traditional, foil-wrapped Christmas chocolates. They began in the city of Lyon in 1790 at la chocolaterie of Monsieur Papillot. The chocolate-maker had a niece who lived above the shop. A young apprentice who was employed by Monsieur Papillot fell in love with her. The young man invented a clever way of sending secret love messages to his employer's niece. He would wrap a chocolate inside a piece of paper on which his message was written. Then he would send it to her. When she unwrapped the chocolate, she would find the secret words hidden inside!

Here are some members of Year 7 making Papillotes de Noël. Why not try making some for your family and friends this Christmas? Here are some ideas of what to write inside:

“La plus perdue de toutes les journées et celle où l'on n'a pas ri” (The day that is the most wasted is the one when nobody has laughed - Nicolas de Chamfort)

“Il ne suffit pas d'avoir du talent. Il faut encore savoir s'en servir” (It isn't enough to have talent. You need to know how to use it - Alphonse Allais)

“De toutes les passions, la seule vraiment respectable me paraît être la gourmandise” (Out of all the passions, the only respectable one seems to me to be the love of good food - Guy de Maupassant)

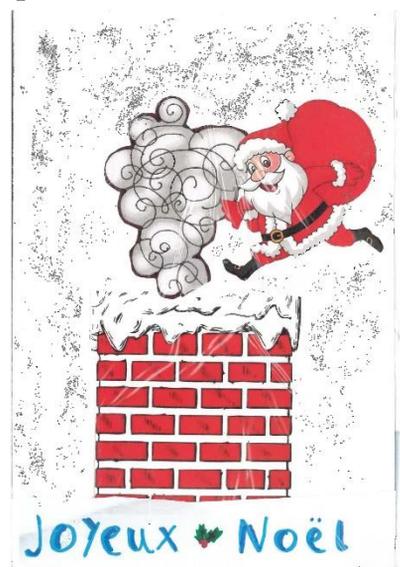
“La vie ressemble à un conte; ce qui importe ce n'est pas sa longueur, mais sa valeur” (Life is like a story; what matters is not its length but its worth - Sénèque)

“Amour, amour, quand tu nous tiens, on peut dire: adieu prudence” (Love, love, when you have a hold over us, it can be said: goodbye to being careful - La Fontaine)

Or something more straight forward e.g. *“Joyeux Noël”* / *“Bonne année”* / *“Je t'aime”*



Year 7 students have also been engaged in the French Christmas card challenge and have produced some wonderful work – please see some examples below.



#LANGUARY2020

Chilli Rating

LANGUARY 2020 is coming....



Extra hot 10 points

During **LANGUARY (Language January)** we would like to see who is the most enthusiastic language learner in the school!
Which language learning student is **on fire**?

Hot 8 points

What do YOU need to do?

Print off the language learning menu. Complete as many menu items as you can during **LANGUARY** and show your evidence to **Mrs Phillips in the MFL Office.**

Medium 6 points

The Peri-ometer suggests the level of challenge the menu item offers.

Mild 3 points

We will record all the points you score on your Language activity card and give awards to those who complete lots of challenges.

Extra Mild 1 point

Score more than 10 points to be entered into a prize draw at the end of Languary

WE ARE ALSO RUNNING AN INTERFORM COMPETITION. THE FORM THAT COMPLETES THE LARGEST NUMBER OF CHALLENGES, WILL WIN A PRIZE FOR THE FORM TO SHARE!

| LANGUARY 2020 | Chilli Rating | Appetisers | Mains | Sides | Desserts | Specials | Drinks |
|--|----------------------------|---|--|--|---|---|--|
|  | Extra Hot 10 points | Create a comic strip in Spanish, French or German | Write a fan letter in Spanish/French/German to a celebrity | Create a story or activity book for a primary aged child in Spanish, French or German | Write or adapt a song in Spanish, French or German to help you learn verb endings or key vocab | Write a poem in Spanish, French or German | Make a board game in Spanish, French or German |
| | Hot 8 points | Make a video or poster in Spanish, French or German about why languages are fun & important and why people should learn them | Write and act in a short film in Spanish, French or German | Film yourself cooking something at home and try to use as much Spanish, French or German as possible | Teach your parents or siblings at least 10 phrases in Spanish, French or German. Bring in evidence | Plan a starter task for your class on a topic /grammar point you've learnt this year. | Write a letter to your teacher in Spanish, French or German which show off everything you know. |
| | Medium 6 points | Create a VOKI or similar in Spanish, French or German on the topic of your choice | Teach your tutor or another teacher 5 new phrases in Spanish, French or German. | Use Tellagami or similar to create an avatar which says a short speech in Spanish, French or German | Attend French Club twice during #Languary2017 (Thursdays ML4 @ 1pm) | Read Spanish, French or German for pleasure and write a list of the words you learnt. | Watch a Spanish, French or German film and write a summary in English or Spanish, French or German |
| | Mild 3 points | Complete a whole languages lesson without speaking English. (You're not allowed to sit in silence the whole lesson!) | Download Duolingo and complete a 5 day streak in Duolingo in Spanish, French or German. Show your evidence to your teacher. | Set your twitter, FB, Sirt or home email account to Spanish, French or German for the whole of #Languary2020 | Research the Spanish Civil War, the French Revolution or the fall of the Berlin wall and then create a fact file in your own words. | Create a puzzle page in Spanish, French or German on a topic you've done recently | Watch a football match with commentary in Spanish, French or German. Write a list of new words. |
| | Extra Mild 1 point | Find a Spanish, French or German speaking musician. Listen to them and make a list of your favourite 5 tracks and some of the words you have learnt | Watch a favourite film in Spanish, French or German either on YouTube or DVD. It can be an English film with Spanish/ French/German subtitles! Write a few sentences about the film. | Create a PowerPoint on the topic you are doing in class at the moment | Bring a cultural object into school from a Spanish, French or German speaking country | Create an exciting poster about a famous Spanish, French or German speaking artist or architect | Go on linguascope at least 5 times during Languary. What new words have you learnt? |

KS3 Sportspersons' Dinner 2019



On Wednesday 4 December, the PE department hosted their annual key stage 3 Sportspersons' Dinner, where Year 8, 9 and 10 students reflect on last year's sporting year and receive recognition for their performances. Below is the opening message from Mr Hunter, Head of PE.

"Good evening all. Last year, I stood here and spoke about role models. I spoke about some of our alumni – ex students who had gone on to do great things in life. I also spoke about new facilities and new opportunities. A year on, I want to speak to the majority of you here about how you might consider taking your next step. Aiming higher. Doing something extra in order to get better.

As well as some amazing alumni, we have a huge number of superb current students, who whether in sport or other areas have taken and are taking the next step towards achieving their full potential. L Tynan, J Woods, S Pawlaczek, E Turner, J Wilde, M McIntosh, J Bigham. These are just some of the students who have gone way beyond school sport and are now officially elite for their age at the thing they love to do.

For some of you here, particularly in Year 8, secondary school sport was a breath of fresh air. The chance to be in lots of teams, train weekly, get feedback and enjoy time with people who share your interest. But what is the next step? The next step is to take everything you can from sport. To be the best you can. Find the thing you like and possibly you're good at and throw a little bit more at it with the goal of maximising your potential.

The first thing you have to do, is join an external club and preferably a good one. The Harpenden and St Albans area is blessed with clubs, there really isn't an excuse. Some students travel to get the best opportunities. I remember my dad driving me 40 minutes, twice a week to play rugby. There is a brilliant girl in Year 13, who travels on multiple buses every day to come here and get a great education – that's what people with aspiration do. If it's needed to take the next step – some people do it and some people think about doing it. Over time, that choice starts to differentiate people from one another. The people who do and the people who could have. The achievers from the dreamers.

As a 14 year old scrum half, I started to take my next step by committing to throwing 50 passes off either hand every day. Whether it was mum, dad, younger brother or neighbour, someone would catch for me. Every day. Birthday, Christmas...every day. You'll say, and "you're only a PE teacher sir"...and you'd be right...but being a good passer and understanding the game were the only things that were going to make me better than others. I was tiny. I was never going to be an elite rugby player...but I really wanted to be the best I could be, I wanted to make teams, I wanted to be seen as good or better. The list of students I mentioned earlier... they'll all be making similar commitments, they'll all be sacrificing certain things to get better and they'll all see where that gets them.

What I'd like you to do as we go through this evening and discuss different students, is consider – what could your next step be? What can you do to be better? Do you need to ask mum and dad about joining a club? Do you need to throw 100 passes a day? Do you need to get fitter? Do you need to spend longer on your maths home learning? Whatever you need to do to maximise your potential, if you start doing it tomorrow, rather than next week or the week after... I'll make you a guarantee right here, right now...you'll be better than you would have been if you didn't do it.

Surely it's worth investing more to get more. Have a lovely evening."

Summary of Awards Given



KS3 Sports person of the year 2019
Winner
 A Mancey

Nominees
 T Gaunce
 M McIntosh
 G Lamb
 M Kenny

Rising star (male)
 B Goodwin

Rising star (female)
 E Starkey

Unsung hero
 T Tyson

Services to sport (male)
 F Griffin

Services to sport (female)
 E Craig

Most improved year 8 (male)
 E Fabode

Most improved year 8 (female)
 L Bell

Most improved year 9 (male)
 M Wharton

Most improved year 9 (female)
 D Willson

Most improved year 10 (male)
 M Kenny

Most improved year 10 (female)
 E Moody

Team of year (male)
 Yr 10 boys athletics

Team of year (female)
 Yr 10 girls rugby

PE department recognition awards
 J Twigg
 D Chandra
 E Rutherford
 O Hughes
 A Lawlor
 S Parfitt



Major Success at Regionals 2019

24th November saw the trampolining squad attending the first round of national competition within the East region. Regionals is the first major competition of the season and was a day filled with success and excellent sportsmanship for everyone involved.



First up at the University of Hertfordshire state of the art facilities was the U15 Intermediate team made up of E Braylin, N Mchale, E Day and C Wall. Following the team's success last year, they were placed in a harder category against some exceptionally talented gymnasts. The girls all performed brilliantly despite nerves and put in some solid performances only narrowly missed out on qualification.



Next up was the U19s intermediate team. This was the gymnasts' third year in a tougher category and this time around the competition was fiercer. The team consisted of seniors I Slade, S Ellins and K Keddy. The team all put in exceptional effort despite the disadvantage of being a three-man team. With I Slade performing incredibly well and advancing to the next round as individual having placed 3rd overall. However, despite the effort from all, the team missed on qualification.



Our older boys were up next. The U19s Intermediate boys team is N Bates, J Woods and A Birch. An outstanding performance from all the boys led to them storming the competition and taking 1st place and proceeding to the next round. J Woods also secured a 3rd place after a sequence of stunning routines.

Furthermore, for the first time in a considerable period RPS had entered a gymnast in elite. J Keddy made his return to trampolining last year after a long break. Determined to compete in Elite he trained remarkably hard and performed 2 amazing routines. He placed 2nd and will be advancing to the next round where a new set of elite challenges await him.

In under 13 boys, L Nightingale competed having only started the sport in September - he performed brilliantly and just missed a podium finish. However, he gained some excellently competition experience.



Major Success at Trampoline Regionals 2019



The under 13 girls also faced their first competition ever. A Rees Witham, I Harnett, I Turner and E Sandilands were in the novice category. They battled nerves and all performed solid routines which saw them take an incredible 1st and become Regional Champions. They also conducted themselves fabulously and made us very proud and excited for the potential for the future.

The under 15s team followed made up of E Gallagher, I Glennie, T Bowles and E Graham. These girls performed to a very high standard following months of hard work headed up by their captain E Graham. They came an excellent 2nd place, advancing to the next round and I Glennie taking 3rd place as an individual. L Gurney also competed in this category and did really well.



After a quick lunch break the afternoon saw further rounds of intense competition. The U19s girls novice A-team were up first. B Colyer, E Bignell and G Sands were hugely successful. Three excellent performances secured them second place with E Bignell coming 3rd as an individual with an impressive performance.

A personal thank you to G Sands who stepped up this year from recreational training to make a full team allowing these gymnast to compete - she battled lots of nerves and was brilliant.



Lastly, the U15 boys intermediate team took to the stage. E Roberts, E Lowry and S Haxton did an outstanding job in coping with all the nerves and pressure of having a smaller team due to an injury of an integral team member. All the boys performed outstandingly well taking overall 1st and becoming Regional Champions and E Roberts becoming an individual regional champion in 1st and S Haxton on his heels taking 2nd.

Overall, 5 teams advanced to the next round as well as 7 individuals advancing. A huge congratulations to all the gymnasts who attended and thank you for your fantastic attitude throughout the day. Also a massive thank you to E Walls for your support on the event. Lastly, thank you to Mr Hunter, Miss Mullally and Mrs Moxham and all the parents for ensuring the smoothing running of the day, and thank you to Mrs Moxham for preparing, coaching and encouraging our gymnasts on the day and throughout the year - it really wouldn't be possible without her.

Key Stage 3 Robotics Club

Thursday 9th January

1:20 – 1:55

IT3

Lunch Passes Available

For more information email
14terryc@roundwoodpark.co.uk or
14lambc@roundwoodpark.co.uk



Year 11 Navigate Your Next Steps Day

On Tuesday 26th November, Year 11 students spent the morning discovering how to effectively plan a career.

Naturally the students are very much focussed on their GCSE exams next summer, however, this event encouraged them to think beyond the exams and consider their Post 16 options.

Three guest speakers with diverse and fascinating career paths came to talk to the students about their life after GSCEs.

Fraser Kier of Birkbeck, University of London told us of his late entry into university after numerous menial jobs, finishing his presentation with a piece of advice passed on at a dinner party from John Bercow!

Teresa Pendlebury relayed the great highs and extreme lows of her career journey - her meteoric rise at the start of the dotcom era to the need to move hundreds of miles chasing work after being made redundant.

Luke Firmin, an ex-student of Roundwood Park, studied Geography at university but went on to work in Forensic Accounting, ensuring banks meet their anti-money laundering and counter-terrorist financing obligations.

The overriding themes of the presentations were 'resilience', 'flexibility' and 'be true to yourself'. Our speakers were truly inspirational and we thank them sincerely for giving us their time.

After the presentations, students spent time in the classroom undertaking a personality type quiz, researching career pathways and completing a personal action plan. The morning was rounded off with presentations on entering 6th Form, Oaklands College and Apprenticeships.

**If you would like to be involved in any of our Careers events at RPS,
please contact careers@roundwoodpark.co.uk**

Immersive Career Experiences For Ages 15-18

InvestIN Summer Internships 2020 London and Silicon Valley

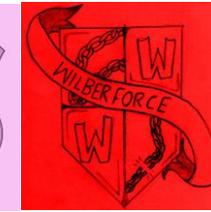
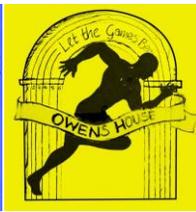


The 15% early-bird discount for UK students registering for our summer internships is about to end.

Students who register before 31st December will receive a 15% discount by entering the code UKINTERN15 at checkout.

Internships will take place in both London (UK) and Silicon Valley (California) with optional trips to industry hubs across Europe: Amsterdam, Frankfurt, Bologna, Prague and Oxford.

For further information, please click on the following link: [InvestIN - Immersive Career Experiences for ages 15-18](#)



HOUSE RUNNING TOTALS

Scott 166 pts

Cadbury 165 pts

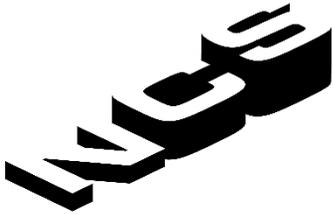
GT 154 pts

Mandela 153 pts

Frank 145 pts

Wilberforce 138 pts

Owens 127 pts



#YCNCS
POWERED BY



NCS (National Citizen Service)

NCS is a government funded youth programme that takes place during the summer holidays and runs for either three or four weeks.

It costs just £50 to take part, however sign up before the end of November and pay only £30! If your child qualifies for free school meals this reduces the cost to £20.

Young person's NCS journey:

Be Epic – Feel the freedom of the outside world for five days away from home, taking on adrenaline-fuelled activities like Jacob's ladder, canoeing and archery. Your team will cheer you along every step of the way, sharing in every challenge and every success.

Live Life – Next up, you'll spend five days living at The University of Bedfordshire gaining crucial life skills, from public speaking to basic first aid.

Do Good – Back at home, you and your team will devise a social action project based on an issue you feel passionate about. You have the skills and confidence to do anything – the more original, the better! This is your chance to feel proud by making a real difference in your community.

Celebration – Celebrate your achievements with your fellow NCS grads and receive your certificate signed by the Prime Minister!

Please sign up and pay online at www.wearencs.com

We have a range of dates available:

St Albans/Dacorum: 29/06/20 – 24/07/20 (4 week)

St Albans/Dacorum: 06/07/20 – 24/07/20 (3 week)

St Albans/Dacorum: 13/07/20 – 07/08/20 (4 week)

St Albans/Dacorum: 20/07/20 – 14/08/20 (4 week)

St Albans/Dacorum: 03/08/20 – 28/08/20 (4 week)

There are other locations available if the above dates in the St Albans area are not suitable for you. For more information please call us on 01992 555912.

Anyone who completes the medical form within 14 days of payment will receive a unique code to get a free Totum card. Usual price is £12.99. Totum offers discounts at a range of shops, restaurants and experiences

If you have any questions, please contact one of our team on **01992 555912**.

NCS Team

NCS is delivered in your area by YC Hertfordshire

Hertfordshire County Council | County Hall | Hertford | SG13 8DF

NCS Team Office 01992 555912

Harpenden PLUS

PARTNERSHIP

Harpenden-Kimpton-Redbourn-Wheathampstead



A free* 4 week course for parents and carers of children aged 5 to 18 about recognising and trusting feelings, making safe choices, improving relationships and communication and raising personal confidence and self-esteem.

*£50 if your child does not attend a HarpendenPlus Partnership school

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

4 My Family and Me

Fridays: 10th, 17th, 24th and 31st January

9.30 – 11:45

at Sauncey Wood School, Harpenden

You are able to register your interest on this course by emailing us on dmarsden@saunceywood.herts.sch.uk

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

Understanding Adolescence – Positive Strategies for Parents- 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 will parents 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

Event Details

Date: Weds, 15th Jan 2020

Time: 19.30-21.00

Location: The SandPit Theatre, St Albans, AL4 9NX

Cost: £19.50pp

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.

Booking is essential BOOK NOW!

Anxiety in Children - Positive Strategies for Parents - Talk



0-5 yrs

6-12 yrs

Summary



Parenting a child who struggles with anxiety can be exhausting and confusing at times. Every parent wants their child to be happy and confident, but it can be hard to know how best to support our children.

Many parents feel uncertain about why their children become anxious and whether they need to do more to protect them from difficult circumstances or back away and allow life experiences to run their course.

In this informative and skills-based talk, Dr Kerstin

Thirlwall will share typical causes of childhood anxiety and ways in which parents can help their child to overcome their fears and worries and better regulate their emotions. She will provide an overview of parenting techniques and environmental factors useful for raising emotionally healthy children.

This talk complements our recent event: *Raising Confident Children and Tackling Their Fears*. There may be some overlap, but emphasis of this talk will be on the importance of building secure attachments and on parent-led cognitive behaviour therapy (CBT) strategies.

Who is this event for?

This talk is aimed at any parents/carers seeking tips on how to support a child with anxiety, most suitable for children aged 2-12 years with some discussion of what can be expected in adolescent years.

It may also be useful for parents who struggle with their own anxiety levels.

What will parents gain from the event?

- An overview childhood anxiety and ways in which anxiety may manifest in childhood
- Techniques for supporting calmness and building confidence.
- Strategies for increasing resilience and building up brave behaviour

[CLICK TO BOOK NOW](#)

Event Details

Date: Tue, 11th Feb 2020

Time: 19.15 – 21.15

Location: The SandPit Theatre, St Albans, The Ridgeway, AL4 9NX

Cost: £19.50pp

About our speaker

Dr Kerstin Thirlwall is a Chartered Clinical Psychologist and completed her training at University of Oxford. Following her clinical doctoral degree, she was awarded a clinical research fellowship by the Medical Research Council and led a treatment trial investigating the effectiveness of parent-led cognitive behaviour therapy for childhood anxiety disorders. This evidence based approach has subsequently been adopted across numerous NHS settings. In addition to journal publications, Kerstin has co-authored several treatment manuals and *Parent-Led CBT for Child Anxiety: Helping Parents Help Their Kids*, a book for therapists working with parents, commissioned by Guildford Press (USA).

She is a visiting fellow at University of Reading and an honorary fellow of The British Psychology Society. She provides training to health professionals and parenting workshops alongside her clinical practice.

Kerstin is passionate about helping children and young people overcome difficulties relating to anxiety, low moods and/or poor self-esteem.

She helps children and their families to better understand factors which contribute to the development of positive mental health and supports them to change unhelpful habits and increase practices known to be effective in improving emotional resilience. She often works closely with parents in order to support them to help their child.

Pave the path to play!

We're almost there! Donate* and add your name, message or company name to the new play area in Rothamsted Park, Harpenden.

Make a donation at: www.parkaid.org

*Minimum donation £100



Example design



Allocated paver space is limited
Secure your paver today and revisit it in the years to come

Registered Charity Number: 1179147



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@parc_Rothamsted



HERTFORDSHIRE CHAMBER ORCHESTRA

Saturday 11 January 2020, 7.30pm

St Nicholas Church, Church Green, Harpenden, AL5 2TP

Conducted by

James Southall

Soloists

Benjamin Nabarro (violin)

Gemma Rosefield (cello)

Programme

- *Brahms* Double Concerto
- *Janáček* Adagio
- *Dvořák* Symphony No.7

Tickets

£15 in advance. £17 on the door. £5 under 16s

Doors and bar open at 7pm

To book tickets visit

www.atsociety.org.uk/events/hco or call **01582 760733**



CHRISTMAS SERVICES 2019

St.Nicholas, Church Green, Harpenden, AL5 2TP

www.parishofharpenden.org

"Christmas is such a special time of year. We'd be delighted to welcome you at any of our services at any time, but particularly this Christmas with so much familiar music and our church beautifully decorated. Whatever your age, whether you prefer a traditional service or something more informal, there'll be something to suit you." Rev Dennis Stamps, Rector

| | | |
|--|---------|---|
| Fridays 29th November & 6th 13th & 20th December: | 1.00pm | Soup & Carols |
| Sunday 1st December: | 4.30pm | Christingle* |
| | 6.30pm | Advent Carol Service |
| Sunday 22nd December: | 11.30am | Six Lessons & Carols (Cafe Church)* |
| | 6.30pm | Traditional Nine Lessons & Carols |
| Christmas Eve: | 3.00pm | Christmas Crib Service* |
| | 5.00pm | Christmas Crib Service* |
| | 11.00pm | Midnight Holy Communion with Incense and Carols |
| Christmas Day: | 8.00am | Holy Communion with Carols |
| | 9.30am | Holy Communion with Carols |
| | 11.30am | Morning Praise with Carols |

*Whilst everyone is welcome at all our services, these are particularly suitable for those with small children

Connect, Belong, Share, Grow