

TOWNSEND PARENTMAIL NEWSLETTER

Friday 16th March 2018

THOUGHT FOR THE WEEK

'I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I might have.' – Abraham Lincoln

WORSHIP AT TOWNSEND

Each month we have a different values focus for the school. For February our value focus is Love 'This is my commandment; that you love one another as I have loved you' John 15:12 Our values for each month will be shared in daily worship sessions. Students will have the opportunity to reflect on their meanings with a particular reference to how we lead our everyday lives.

COMMONWEALTH SERVICE

To celebrate the Commonwealth in 2018 as we look 'Towards a Common Future' there will be a special service to celebrate the unity of the Nations of the Commonwealth on Sunday 18th March 2018 starting at 11:15 at the Abbey and Cathedral Church of St Alban. It is a service for children of all ages and families are welcome to join in. No ticket is required for the event.

54 students from Townsend will be taking part in this Commonwealth Service and we hope parents/carers and other family members will join their children. This is an exciting opportunity for the school and the students to participate in a great reflection for the community. Can we would remind parents/carers of all of the students involved to meet at the Cathedral at 10:30 on Sunday. Anyone wanting to attend the service must be in their seats by 11.00am to give time for the procession and parades! Parking is difficult around the Abbey so please do allow enough time for travel and parking.

YEAR 8 GCSE OPTIONS EVENING

Thank you to all parent/carers who attended the Options evening last Thursday evening. We hope you found the evening helpful and supportive and look forward to receiving student's option choices over the next couple of weeks. Miss Reynolds

FRIENDS OF TOWNSEND

Friends Easter Gift stall will be held at lunch times in front of the large school canteen (Founders Foyer) for students to buy small Easter goods in the week starting 26th March.

Abbey Theatre Charity evening

Please do support our school and at the same time have a great night out by joining us on Thursday May 10th at 8pm for an Abbey Theatre Charity evening performance of 'On Golden Pond' '. Tickets are now on sale at £12 each. This includes a welcome drink for 'On Golden Pond' is a family saga suitable for all secondary school aged students. Friends and family members are also welcome. The Abbey Theatre St Albans is next to Westminster Lodge, Holywell Hill.

Townsend is sharing the charity night with the Hands Together Project who help communities in Nepal. All profits for this performance will be shared between the charity and Townsend. If you are interested in the evening please contact Finola Murphy (finola@practice-perfect.net) to buy tickets or call 07778 855875 for more details.

Theatre trips - Friends of Townsend

Please see attached flyers for two exciting forthcoming trips to London.

The theatre trips leave school at 5pm and back to school around 11.30pm. Nothing could be easier for an enjoyable evening out! For anyone wishing to join the database or come off database please let me know.

See you there. Jackie & Heather

SUPPORT FOR PARENTS /CARERS

Reminder - Our next Parent Support Group meeting for parents/carers of students with additional needs including learning and emotional needs is on Tuesday March 20th. We again have provided two sessions as an option 10.00am or 6.30pm at school. All parents/carers are welcome -it is an opportunity to share practice, ideas strategies or just to share worries, anxieties or successes. Your child may be showing signs of anxiety or aggressive behaviour at home yet at school we may not see this. The group are non-judgmental and very much want to provide a supportive network for our parent/carer body

The website Healthy Young Mind in Herts is a good resource for parents. By clicking on the Parent/Carer section you are provided with the following information that may be useful

A PARENTS' SURVIVAL GUIDE

Parenting can be hard work. It won't always be easy. Watching your children grow is rewarding but there will be challenges and if you're reading this now, you might be facing a tough time.

If you are worried about your child and think they are unhappy, you might be hard on yourself and think you aren't doing a good job.

There are some great tips for any parent or carer who is worried about their child, or their own parenting skills, on the [YoungMinds](#) website.

Three things to remember:

- **You and your child** - You don't have to be perfect. We all get things wrong and shout sometimes. If this happens, say sorry to your child afterwards and explain why it happened. They will learn from you that it's OK to make mistakes and that it doesn't make you a bad person.
- **Helping your child - Talk to them.** Even young children can understand about feelings and behaviour if you give them a chance to talk about it. Take it gently and give them examples of what you mean, for example, 'When you said you hated Molly, you looked really angry. What was making you so cross?', or 'When you can't get to sleep, is there anything in your mind making you worried?'
- **Look after yourself** - take some time for yourself. Even a night in with a friend, a DVD box set or your favourite dinner can help. If things are getting you down, talk to someone and ask for support.

You might find some good tips in the '[Help yourself](#)' [advice section for young people](#), too. **Here are some useful websites:**

- [YoungMinds](#) has a parents' helpline and lots of information about emotional wellbeing and mental health of young people
- [NHS Choices](#) has information about mental health for young people, parents and carers
- [Kooth.com](#) offers free, confidential online counselling support for children and young people in Hertfordshire aged 10-25
- [My CAMHS Choices](#) has information and short films on mental health services
- [Childline](#) available 24 hours a day, 7 days a week
- [BEAT](#) eating disorders charity has a helpline for young people and adults

- [MindEd for Families](#) has resources, advice and tips on child and adolescent emotional and mental health

ATTENDANCE

As you are aware we are very keen to improve our school's attendance figures. Every child should be achieving at least 95% attendance which means very little time absent from school. Form tutors are working hard liaising with parents/carers of children who appear to be having too many off days off school. On occasions where absence is ongoing we will be asking for evidence of GP appointments (appointment card from your GP). Any child under 90% attendance is deemed by the Government as a Persistent Absentee. There will obviously be the exceptional circumstance to this where a child has had an operation or been hospitalised through a serious illness but generally we are expecting our students to be in school on time daily. If your child is not achieving this please do contact their form tutor so that we can intervene early and try to support with any concern or issue that may be hindering attendance. We also ask that you contact us by telephone on the first day of absence to explain why your child is not in school. This is good practice but also falls under our safeguarding procedures so that both school and home are clear about the whereabouts of a young person. Any child leaving the school site for an appointment must sign out at the school office and MUST be collected by a parent/carer from reception. Any emergency contact through the school day for illness will be made by the school office.

Please can you remind your child they should not be using their mobile phone at any point from 8.45- 3.25 to contact home. Should any child feel ill or have a concern about an issue they should go to the office or speak to a member of staff. It is the school's responsibility to call a parent/carer into school not the child's. Thank you for your support with this

CREATIVE AND PERFORMING ARTS DISPLAY - THURSDAY 22ND MARCH

Come along and support our students who have been working so hard at 7pm on Thursday at the Alban Arena. Tickets are on sale break times outside the large canteen, £6 adult, £4 child. There will be no tickets available on the night so please purchase them beforehand. I am still missing some permission slips, please return these to Miss Gibbons by Wednesday at the very latest otherwise your child won't be able to attend.

Students should meet us at the arena, the access will be through the side door (opposite the magistrates court) and students should arrive by 8.30am. Students will not be allowed to leave until 4pm, therefore must have plenty to drink/ lunch/ work to do for the day. Students should be back at the Arena for 6pm and the show will begin at 7pm. We look forward to seeing you there! Miss Gibbons

SUBJECT INFORMATION

HISTORY

Year 7

Students are currently studying Islamic civilisations and the Crusades. They will write an assessment on impacts of the Crusades on both Europe and the Middle East in the Middle Ages after Easter. A good starting point for further reading is http://www.bbc.co.uk/bitesize/ks3/history/the_wider_world/medieval_islamic_world/revision/2/

Year 8

Students have been set their independent learning project for this half term and project checks are underway. Students are expected to work and complete this in

their own time. Please refer to project sheet and SMHW for instructions and deadlines are as following for each form 8C – 28/03, 8D – 29/03, 8E – 29/03 and 8Y – 27/03. Important note: child protection is our greatest priority therefore it is important that students do not bring in original copies of official documents and have been warned against showing their personal data to others. The personal nature of the project means that only the teacher will see the content for marking and they will be locked in our Humanities office.

Year 11 GCSE

A reminder that Year 11 GCSE History revision takes place every Monday (boys only) in HU6 at 1.30 and every Thursday (girls only) in HU8 at 1.30. Please encourage your child to attend these especially if you have received a letter recently regarding your child's underachievement in the history trial examination. Your child has been given a lunchtime revision and lesson countdown as a guide based on requests made earlier in the week. Advance notice: students will sit Paper 3 in lessons after the Easter break therefore they must revise for this trial examination.

MATHS CHALLENGE REGIONAL COMPETITION

8 Year 7s participated in the Maths Challenge regional competition over at Sir Frederick Osborn School, Welwyn on Wednesday evening with great success. Two teams of four battled it out over four rounds with other schools in Hertfordshire. Their mathematical knowledge, memory and problem solving skills were put to the test in a fun and relaxed environment. One of our teams came third and therefore qualified for the Final, well done top all that took part, an enjoyable evening was had by all!

MUSIC DEPARTMENT

Final rehearsals for Alban Arena performance.

The following rehearsals are taking place next week. Please could you support us by reminding students about the following rehearsals.

Monday after school - Wizard of Oz performers plus band

Tuesday lunch - Harmonix, Upper Voices and band (Les Miserables medley)

And as a reminder, all performers need to have returned permission slips or they will not be able to take part in the event. Thank you.

Mr C. Phelps

GEOGRAPHY

YEAR 10 AND 12 FIELD TRIP TO SWANAGE

Parent's information evening

Just a reminder that there will be a compulsory parent/carer information evening on Tuesday 20th March 2018 at 6pm in the school lecture theatre where you will receive information about what we will be doing during our Swanage visit as well as important Health and Safety information for the trip. Also the final payment for this trip is due March 31st 2018.

Many thanks. Miss Reynolds.

PHYSICAL EDUCATION

Fixtures:

- Monday 19th March – yr 9 district netball tournament at Sandringham
3.30 – 6pm

- Tuesday 20th March – yr 8 district netball tournament at St George's
3.30 – 6pm