

TOWNSEND PARENTMAIL NEWSLETTER
Friday 19th January 2018

THOUGHT FOR THE WEEK

When we have peace in our hearts and minds, we draw peace into our lives – Iyanla Vanzant

WORSHIP AT TOWNSEND

Each month we have a different values focus for the school. For January our value focus is Hope 'We wait for the blessed hope – the glorious appearing of our great God and saviour, Jesus Christ' Titus 2:13 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.

YEAR 9 CONSULTATION EVENING

Please could I remind you that Year 9 Consultation Evening is on Wednesday 31st January, 5pm-8pm. The Consultation Evening is an important opportunity for you to discuss the progress of your child with all subject teachers. Your child has received a letter regarding the evening. Please could you sign the reply slip and return it by Wednesday 24th January. Thank you. Mr Armitage

CAREERS

We have updated the Careers Education and Guidance section of our website. You can now browse through information relevant to the different key stages and there are a number of links where you can access information on career courses from A'level, college, university and apprenticeships. There is also a very interesting video showing the main employers and careers available in Hertfordshire. We hope you find this useful and would welcome any feedback.

A big thank you to Blue Arrow who ran CV workshops for our year 11 and 12 last week. This work will continue updating their CV's and then follow-up interviews.
Mrs Maguire

WELL-BEING AND ANTI-BULLYING AT TOWNSEND

The R.A.I.S.E Ambassadors (Respect, Achieve, Inform, Support, Encourage) are a group of dedicated students from all years at Townsend who are passionate about promoting student wellbeing and anti - bullying in our school community.

The R.A.I.S.E Ambassadors have been informing students of their fantastic ideas this week. They have been sharing their ideas with years 9, 10, 11, 12 and 13. Next week they will be addressing years 7 & 8. They also hosted a meet and greet event which enabled students to suggest ways we can further support young people at Townsend.

The R.A.I.S.E Ambassadors will be available in the Discovery Centre every Wednesday lunchtime for any students that wish to come along for support. If your child would like to become a R.A.I.S.E Ambassador they can come along on Wednesday to find out more.

Miss Scott

EMOTIONAL WELL-BEING

Can we remind you that as a school we have a high priority around emotional health. A healthy mind supports good learning and we have numerous groups and additional staff who support students who may be anxious, going through a rough time or just feeling sad. Some of these issues may be a short term worry or anxiety others may

be over a longer period where children's worries are impacting on their daily lives. Whatever circumstances they involve we are committed to supporting this aspect of our young people's well-being. Healthy Young Minds is an excellent resource in the county that supports young people parents/carers and professionals and if you haven't already looked at it we would recommend a quick look.

<https://www.healthyyoungmindsinherts.org.uk/>

YEAR 10 CAREERS TALKS

On Thursday February 22nd we are running a Careers Day for year 10 as part of Curriculum Enrichment Day. Currently we are building up a good pool of speakers who will share their job details, career pathways and other experience with year 10 students. If any parent/carer would like to offer their services for the morning or afternoon sessions please can you contact the school and leave your details with Mrs Free in reception and Miss Lingwood will get back to you with more details. It would be helpful to have your name, your child's name and the career /job role you would be willing to talk to students about.

YEAR 10 WORK EXPERIENCE

I must remind you that all Private Placement Request forms must be completed and returned to school (to the office or staff room) by the end of January. We cannot guarantee that forms received later than this will be processed in time. Spare forms are available from the office. Details of Work Experience (dates, cost, etc) are available on the school website. Thank you
Margaret Wood Work Experience Co-ordinator

YEAR 11 STUDY SUPPORT EVENING

Thank you to those parent/carers who attended our evening. As promised we are attaching our Powerpoint from the evening. We hope that you find this useful.

HOLOCAUST MEMORIAL DAY

A selection of Year 9 pupils have been invited to a Holocaust Commemoration event at Dame Alice Owen's School in Potters Bar. This will involve the unique opportunity to hear the testimony of a Holocaust survivor and reflect on this period in history. A reminder that the consent forms need to be in by Monday and that the students involved will need to be picked up at 4:00pm from Townsend on Wednesday. Thank you. Ms Sheppard

PARENT/CARER SUPPORT GROUP

Thank you to all those who attended either the day session or evening session on Tuesday. We hope that you found it useful and we will be running a further session later in the term. The date will be published on parentmail. This group is designed to support parents/carers with children who have additional needs – emotional or learning. It provides the opportunity for parents/carers to share experiences, support each other with techniques that work and pick up information about how the school is working to support students at Townsend.

EXTRA CURRICULAR CLUBS

We have updated our programme for the Spring Term 2018 and have attached it to this parentmail. Please do share it with your child so that all students can try to take full advantage of the range of clubs on offer

SUBJECT INFORMATION

TECHNOLOGY

Spare fabrics or off cuts wanted please.

We are hopefully introducing some textiles into our KS3 lessons this term in Technology. If you have any spare, unwanted fabrics of any kind or old sewing threads that you no longer want we would be most grateful.

Thank you. Mrs Woodward Design and Technology

HISTORY

Year 7 students worked on an independent learning project where they blogged and built a Medieval castle. Competitions were held in class and the top 25 of the year exhibited their castle in the Discovery Centre where all students and staff took part in voting for their favourite one. I am pleased to announce that the top 3 winners are Sarah K (7D), Chiemi (7C) and Leah Currie (7Y). The History department have also selected three students who have put in special effort in their castle and blog : Josh F (7Y), Leo (7C) and Kipp (7C). Thank you to all who have supported and guided their child throughout the project. Mrs Bailey

GCSE HISTORY

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 trial examination results were poor.

We encourage all history students to buy Revision guides (includes key information and exercises) for the American West, Elizabethan England and Weimar and Nazi Germany at £4 each. They may obtain these directly from their History teacher.

Please note that the Crime and Punishment revision guide will be available in February 2018. If your family has financial difficulties, the school may be able to assist in special cases. Please speak to your child's Head of Year in the first instance to discuss the problem in confidence. Thank you for your support, Mrs Bailey

PIANO LESSONS - CHANGE OF STAFF

You may be aware that after many years of service for Herts Music, piano teacher Ken Harratt retired from teaching in schools at the end of last term. This term we will welcome Helen Lale, who will be working for Herts Music teaching piano at Townsend. We hope she will be able to start within the next few weeks, however she has been called for Jury Service so will not be able to start until after this has been completed. Parents will be informed when lessons will be beginning again. Any lessons missed this month will either be caught up later in the year, or parents will be reimbursed for the cost of any lessons not delivered. Mr Phelps

PHYSICAL EDUCATION

Results:

- Year 7 girls district futsal tournament – a solid performance from the girls, keeping a clean sheet in every game, narrowly losing out on going through to the next round in a penalty shoot out.

- year 8 girls district futsal tournament – a tough tournament for the year 8 girls playing up in a mixed year 8/9 tournament. They never gave up and kept fighting despite not winning!

- year 8 girls netball match – a very closely fought game against SJL, with the score staying quite even throughout. Some excellent performances defensively with lots of overturned balls. Unfortunately it was a 9-6 lost, but such a great improvement from last year. Player of the Match - Chiara

Fixtures:

- Year 7 netball – Tuesday 23rd Jan – away Vs St Albans High School for girls 3.25 – 5/5.15
- Year 7 netball – Wednesday 24th Jan – away Vs Roundwood Park School 3.25 – 5/5.20

This week we have been asked to pass on the following information as part of our support for the community. Please note that although we are very happy to pass on information these are not Townsend sponsored or organised events.

UNDERSTANDING EATING DISORDERS IN CHILDREN AND**TEENS** Thurs 1st February 2018 19.30-21.15 £18pp

The Maltings Theatre, St. Albans AL1 3HL (Keystone Workshops)

Eating disorders can have a profound effect on young people and their families. However, in most cases young people can be returned to a healthy relationship with food if they get high quality care early enough.

Dr Dasha Nicholls, Consultant Child and Adolescent Psychiatrist at Great Ormond Street Hospital, will focus on how to recognise the early signs of eating disorders and how parents can help if they observe these difficulties in their child.

What parents will gain from the event

- Identify the types of eating disorder and know how they differ from 'normal' concern about eating, weight and shape
- Recognise the early signs of disordered eating behaviour and how to respond
- Understand some of the factors that may reinforce an eating disorder once it has developed
- Know about the types of effective psychological treatment that are available
- Know who to contact and where to turn if you need more help

Who is this event for?

This talk is primarily for parents of children aged 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.

[Click here to book your place](#)

About the speaker

Dr Dasha Nicholls is Consultant Child and Adolescent Psychiatrist and Joint Head of the Feeding and Eating Disorders service (FEDS) at Great Ormond Street Hospital and Honorary Senior Lecturer at the Institute of Child Health. 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.