

TOWNSEND PARENTMAIL NEWSLETTER

Friday 1st March 2019

THOUGHT FOR THE WEEK

'Out of your vulnerabilities will come your strength' – Sigmund Freud

WORSHIP AT TOWNSEND

Each month we have a different values focus for the school. For March our value focus is Justice 'Blessed are they who observe justice, who do righteousness at all times!' Psalms 106.3. 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.

ASH WEDNESDAY CATHEDRAL SERVICE WEDNESDAY MARCH 6TH 2PM

A reminder that we have our Ash Wednesday Service next week at St Albans Cathedral from 2.00pm – 3.00pm. Students will be transported to the Cathedral from school but will need to make alternative travel arrangements home from the Cathedral at approximately 3.00pm. We do ask that you are clear with your child about a meeting point after the service (the West Gate is where students leave the Cathedral at the end of the service). Parents/carers are most welcome to join us for this service. Wednesday is also Market Day in St Albans so the traffic is likely to be heavier than normal. Please do allow time for travel to collect your child. There are also numerous road works around St Albans so please check and allow extra time.

NATIONAL CAREERS WEEK - MONDAY 4TH - FRIDAY 8TH MARCH 2019

Next week we are celebrating National Careers Week. Throughout the week there will be many activities for pupils to get involved in. These will include a treasure hunt, film screening, bucket list competitions, an entrepreneur trading game, a plan your future poster competition, as well as a number of online streams looking at a range of different career paths. Please encourage your child/children to take part in as many activities as possible. Winners will be announced the following week. Mr Armitage

YEAR 8 GCSE OPTIONS EVENING – WEDNESDAY 13TH MARCH 7.00PM – 8.30PM

All students in Year 8 will be bringing home an Options Evening letter today. The evening will consist of a talk about the options process and a subject fair where you can gather information about the subjects and what they offer. Form tutors and members of the inclusion team will be available to offer guidance. A YCHertfordshire Advisor (formerly Youth Connexions advisor) will also be available to provide guidance about potential careers and qualifications. Within school time, students have started to experience "typical" GCSE lessons to give them an insight into the changes from Key Stage 3 to GCSE as well as listening to talks by subject leaders about all the GCSE options available to them. All students and parents/carers are required to attend this important evening and students should be in full school uniform. We look forward to seeing you all on Wednesday 13th March. Thank you for your support, Miss Scott and the Year 8 Form Tutors.

YEAR 9 BATTLEFILEDS TRIP TO YPRES, BELGIUM 8TH-10TH MARCH

Please ask your child for the kit list which they were given if this has not already been shown to you. **A reminder that they will be unable to participate in the trip if they do not have a valid passport and EHIC card.** Please ensure that your child packs their full school uniform including their school shoes for the Last Post Ceremony at the Menin Gate where we will be

representing the school by laying a wreath as part of the ceremony. Please also ensure that they have waterproof wellies or boots in a bag separate from their other luggage as some of the sites we will visit are muddy and so students will need to change their footwear before getting back on the coach. Shoes are not allowed to be worn inside the hostel so students may also wish to bring some slippers. It is essential that they have a waterproof coat with them. Students will need to be at school **no later than 5.45am** on the morning of Friday 8th March. We will be departing at 6.00am and will not be able to wait for any student who arrives late as we risk not catching our ferry if we do. We are intending to be back at school by approximately 7.00pm on Sunday 10th March. **Your child must be collected by an adult.** No student will be allowed off the school site unless accompanied by an adult. We will ask students to call parents/carers when we are approximately 30 minutes away from school. Please ensure that you can be there on time to collect your child. Lastly please remind your child that instructions from staff must be followed at all times to ensure the safety and wellbeing of everyone on the trip.

Mrs Davey

YEAR 9 - ONLINE HEALTH ASSESSMENT

The Hertfordshire School Nursing Service has implemented a new way to assess health needs of children. In March a school nurse is going to visit Year 9 in collective worship time to explain the process and why they are doing it, in the days following students will log onto the questionnaire and complete it online. The assessment asks about several aspects of your child's life that can impact on their health such as lifestyle and behaviour. This enables the skilled school nurse team to offer support and advice in areas identified as a concern.

The assessment is confidential between your child and the school nurse team. Information about how your child's information is stored can be found here:

<https://www.hct.nhs.uk/our-services/school-nursing>

A letter with details has been sent out via students this week. If you do not wish for your child to be included then you need to opt out by completing the form on the back of the letter and returning it to the front office.

Miss Reynolds

YEAR 11

Year 11 students have got a really important half term ahead, from next week we only have 5 weeks until the Easter holidays. All pupils should be carrying out some sort of revision most days of the week in preparation for not only their next trial examinations (Week beginning 18/3/19 in Maths, English and the Sciences), but also their actual GCSEs which begin on 13th May. In total we only have 8 full school weeks until the GCSEs start. Please try and support your son/daughter in preparing for the exams, and please let the school know if there is anything else that we can do to help support them. Pupils should have access to study guides/revision materials/past exam papers/and more, in all subjects, and should be using these, please don't accept they have no homework, they have plenty to do!

Mr Still

MOTIVATIONAL WORKSHOP

We have managed to secure some funding to get 'The Action Jackson Fixup Team' to work with the whole of Year 11 for the afternoon on Wednesday 13th March. All the reviews from other schools across the country have been really positive and we are confident that this will give our students an extra bit of motivation that they may still need to help with work and revision as the countdown clock ticks away and the exams become ever closer.

Mr Still

SIXTH FORM

Apprenticeship Show

All of Year 12 are attending the apprenticeship show on Wednesday 13th March at Milton Keynes arena. Please ensure your son/daughter has paid £10 to attend.

Thanks, Miss Gibbons

Year 13

We are giving Year 13 the option to study at home on a Wednesday afternoon and one other afternoon of their choice as we feel that this may help students prepare for their summer exams and cope with what can be a stressful term when studying A Levels. Students are able to stay in school if they wish to do so, but must sign out at the school office if they are leaving site to go and study.

Sixth Form first aid course

The rescheduled first aid course for those sixth form students who have paid is Friday 8th March 11.25-2.25pm. Students will need to bring their lunch with them.

LOST PROPERTY LEFT IN MEETING ROOM

We have a couple of jackets that were left in one of the school meeting rooms on Monday, possibly by a parent/carers. If you came for a meeting that day and have misplaced a jacket, please give the office a call.

'CALLING ALL PARENTS/CARERS'

Please can I remind you all about the talk we are having this Tuesday, 5th March 10-11am, from ADD-vance at the Parent/Carer Support Group on anxiety and anger. This is a follow on from a previous talk before Christmas and will focus more on anger management, looking at triggers and producing a rumbling/meltdown plan to use at home. We will be looking more specifically at situations where our children's behaviour becomes more challenging. All parents/carers are welcome. The previous talk was well received and those that attended found it helpful, so if you are able to come, please ring Reception and let them know to give us an idea on numbers. Looking forward to seeing you all then.

Penny Baker

SCHOOL OF ROCK - WHOLE SCHOOL PRODUCTION

It is vital that students attend all rehearsals they are needed for to help make the show a success and to support the other students who are involved in their scenes. All students involved received a copy of the rehearsal schedule when they were given their scripts, however if you need another copy please see Miss Kirk or Mrs Coates. All permission slips for image use need to be returned to Mrs Coates ASAP as we would love to start recording images from the rehearsal process for this year's show. If you need another letter please see Mrs Coates.

BOOSTING RESILIENCE IN CHILDREN AND TEENS - A TALK FOR PARENTS/CARERS AND PROFESSIONALS BY DR KATHY WESTON AT TOWNSEND MARCH 20TH 7.00-9.00PM

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.

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

We still have a small number of tickets available for Townsend Parents/Carers - please can you contact the school office and speak to Mrs Free who will take your details.

WORLD BOOK DAY CELEBRATIONS AT TOWNSEND

The school, led by the English Department is celebrating World Book day again this year on Friday 8th March and would like to invite all Year 7, 8 and 9 students to enter. As the attached flyer explains, students are encouraged to bring in a poem, cake, artefact, song or drawing celebrating their favourite book character. The winning students will be awarded certificates and there will also be book prizes like last year. We had an overwhelming response last year and look forward to mass participation again this year! Mrs Kleynhans

NEW VIEWS

Students are continuing to write their scripts and first drafts have been submitted. There will be another session with a visiting artist in early March, letters will be sent out about this with more information on. Mrs Coates

BRITISH SCIENCE WEEK

British Science Week is from the 8th to the 17th March. At Townsend we will be celebrating this with various activities related to this year's theme of Journeys. I would like to remind you of the poster competition that was advertised before half term. The competition is for Years 7 to 9 and is both internal and national. We will be sending the best entries to the British Science Association for judging! Miss Bailey will be casting her artistic eye over the entries along with science staff to award year winners who will receive house points for their entries. Closing date for entries is the Monday 18th March. More information is available from science teachers.

As well as the poster competition there will be a microscope picture quiz looking at journeys into the world beyond our eyesight and an elements word quiz celebrating the journey of the development of the periodic table of the elements, which is celebrating its 150th birthday this year. Again more information will be given in science lessons and form times.

In the week beginning March 11th, Science lessons will begin with journey-related starter activities to show how the theme can be related to many areas of the subject. There will be a series of lunchtime activities, run by the science staff, all related to journeys ranging from water rockets to the journey of chemicals in a chemical reaction. A program will be on form noticeboards and in science classes. There will be some learning for life activities on the journey of women in science looking at how they have become recognised for their past achievements and their prominent role in scientific advancements now. We will be showing some films of different types of journeys at lunchtimes in the lecture theatre starting on Friday 8th March looking at rollercoasters.

Please encourage you child/children to attend an event or events, as I am sure we will have something for everyone in the wide range of activities on offer. Mr Morgan

BBC NEWS DAYS – WEDNESDAY 6TH MARCH 2019

The school will be submitting three news entries as part of BBC News Day. We look forward to sharing these with you next week.

INTERNATIONAL WOMEN'S DAY – FRIDAY 8TH MARCH 2019

The school will be collecting donations for the St Albans and Hertsmere Women's Refuge for International Women's Day this year starting on Monday 25th February until Friday 8th March. We would like to encourage as many students to contribute to such an important cause. Please bring your donations directly to Mrs Bailey in HU8.

Donations can take the form of:

- Good quality washed and ironed clothes for boys and girls aged 0-14 and for women of all sizes
- Baby equipment, except for prams pushchairs and cots
- Children's toys (in good working order and complete)
- Tea, Coffee, Sugar, bottles of squash
- Toilet rolls and toiletries
- Non-perishable foods such as pasta, sauce, tinned fish, fruit and veg
- Items useful to settle in a new home

Please visit the SAHWR webpage for further information.

<http://stalbandsandhertsmere womensrefuge.org.uk/>

COMIC RELIEF - FRIDAY 15TH MARCH

There will be various activities running to raise money for comic relief:

Monday 11th – Wednesday 13th March – Swimathon, any student that wishes to sign up is welcome to participate. Mr Hill will be giving out detailed information about this on Monday.

Thursday 14th March - Staff vs Sixth Form volleyball - come along and see who will win! 50p per entry

Friday 15th March - Lip sync battle in the hall at lunchtime - sign up details will be out next week, 50p entry to spectate.

Non-school uniform day - if you wish to wear non-school uniform the donation will be 50p collected by your form tutor - how about trying to wear some red clothing to support comic relief?

SUBJECT INFORMATION

DRAMA

Year 7 - Are now working on a scheme of work called Wacky Soap which is a storytelling and role play scheme based around drugs and peer pressure using a metaphor of Wacky Soap. Students have enjoyed the first lesson and will continue to explore the subject throughout the next 5 weeks.

Year 8 - Are now working on a project about The Titanic where they will create their own miniature GCSE style performance. Students have enjoyed the first lesson and will continue to explore the subject throughout the next 5 weeks.

Year 9 - Are developing ideas for their devising piece and are settled in their groups. They have booklets that they should regularly be updating for their homework and these will be checked fortnightly to monitor their progress. Tuesday lunch time there is GCSE support in IT1 for revision and homework.

Year 10 - Are now preparing for their Component 2 and have all settled on their ideas for their pieces, this counts for 40% of their final GCSE and letters will be sent home in the spring term for parents. They have booklets that they should regularly be updating for their homework and these will be checked fortnightly to monitor their progress. Tuesday lunch time there is GCSE support in IT1 for revision and homework.

Year 11 - Are preparing for Component 3 of the examination with their visiting examiner who will be coming into school on **Tuesday 19th March**, they have their scripts and should be learning lines. I will also be giving students a personalised revision pack next week with lots of extra reading and tasks to improve their written exam skills. Tuesday lunch time there is GCSE support in IT1 for revision and homework.

GEOGRAPHY

GCSE revision guides

Please be aware that students can purchase Geography GCSE revision guides directly from me for £5.50 (RRP£7). Please contact me in confidence if you are in need of financial support to provide your child with this resource.

Mrs Buckland

Year 7 Homework Project

This term Year 7 students will be completing a homework project for Geography - this will be about population and urbanisation and will complement the work the students' are learning about in Geography at the moment. The class teachers will explain the task and check on student progress over the course of this half term.

Green Plants in Classrooms Campaign

This half term the geoclub members will be encouraging staff and students to keep and look after green plants in the form/classrooms as a way of improving the learning environment and offsetting our carbon emissions. If you have any spare green houseplants that students can bring in to school for the form/classrooms please send them in with the students who will also be responsible for looking after them with the help of the form/class teacher.

HISTORY

Year 8

Students have been set their History extended learning project titled, 'Who do you think you are?' and is due for class submission early April. Students are expected to work and complete this in their own time. History teachers are regularly checking the progress students are making throughout the term. Please refer to the project sheet received in lesson and SMHW for instructions and deadlines. It is important to note that students should not be bringing in original and official documentation such as passports in school. All personal information put into this project will be treated in full confidentiality and locked up in our Humanities office.

Year 10

Thank you for your support with the Elizabethan Theatre Trip and workshops this week. Students have provided positive feedback and most have found it very useful in extending their knowledge and developing examination skills. Revision guides can be purchased at the cost of £4 from the History office. Please speak to Mr Armitage if there are financial difficulties to see if we can help.

Year 11

History revision sessions are held weekly on Thursdays at 1.30pm in HU8. Students have also been provided with a free red revision guide produced by the department which has useful information about revision sessions, exam dates, examination technique, key notes, timelines, glossary, exam question banks and practice papers. Please encourage your child to use this as part of their regular history revision.

Mrs Bailey – Head of History

MATHEMATICS

Having good Mental Maths skills is crucial for all subjects at school and beyond. Spend time practising times tables with your child. Ask how much change they should receive from buying something? When they ask how long something is in time ask them to convert to minutes and even seconds.

The most important thing mental arithmetic does is to give you a feel for numbers, relationships between them and the patterns they make. This is obviously essential if you want to do well in Maths at school, or go on to take a job that uses a lot of Maths. But even if you plan to move into a completely different field after school, you will need a good grip on numbers and the ability to solve simple Maths problems in your head.

For more information on helping with your child's numeracy please visit <https://www.nationalnumeracy.org.uk/> or speak to your child's Maths teacher.

Mr Timpson – Lead in Numeracy

PHYSICAL EDUCATION

Years 7, 8 and 10 have a football match versus Nicholas Breakspear School (AL4 OTT) on Saturday 2nd March. Students are to meet at 9am and kick off will be at 9:30am. It would be great to see some parents/carers there and show your support.

Thank you, Mr Brooks.

PSYCHOLOGY TRIP REVIEW

On Monday the 25th February we had the opportunity to attend a lecture at the Salvation Army in Oxford Street, London. This day was designed for A-level students to harness the exam skills needed for Psychology. We were given booklets which we used and completed throughout the day - this gave extensive information that can be used in preparation for the external exams. We were fortunate enough to meet three Psychology experts, all professors at top Universities who gave up their time to enhance our learning. One of these, Mike Cardwell wrote the text book for Psychology. Top tips were given as well as lots of resources, and as students, we felt a lot had been gained by this experience. It was a fabulous opportunity and should definitely be repeated. Many thanks to Mrs Kleynhans who organised the trip for us. Ellie, Year 12 Psychology student

YEAR 11 SCIENCE REVISION

As you are aware Year 11 have their final trial examinations the week beginning the 18th March. To prepare students for this we will be structuring Year 11 lessons slightly differently in the weeks running up to this. Students will be completing a workshop based on exam technique for a specific area of their course. Next week Mr McNeillis will be running a workshop on Experimental Procedure, linking the practical tasks that students have completed into exam questions. These will be taking part during normal timetabled lessons.

Next week students will also be issued with an exam practice work booklet produced by the Science department. This includes past papers, mark schemes, summaries of their required practical assessments and other useful information for their exams. Please do take the opportunity to discuss what they have learnt in their sessions, how to apply this to their home study and encourage them to complete the exam work booklet during their revision. Can I also take this time to remind you that all pupils need Scientific Calculators for all of their Science lessons and Science examinations. These are available to purchase from the school shop. Mrs McNeillis

A LEVEL SCIENCE REVISION

As a school we are able to purchase revision guides and work booklets from CGP for a reduced price. There is currently the opportunity to buy a revision guide and exam practice questions for £12 (RRP £30.98). Students have been issued with a letter detailing how to order these guides. Although we highly recommend these guides they are not compulsory items. However, we do not want any child to be disadvantaged because of a financial need and we are aware that for many of our families, finances in this present climate are tight. If your child wishes to purchase these but it is not possible to provide the money for this please contact me in confidence and we will make alternative arrangements. Mrs McNeillis.