

**TOWNSEND PARENTMAIL NEWSLETTER**  
**Friday 2<sup>nd</sup> February 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.

**LENT SERVICE AT ST ALBANS CATHEDRAL  
FRIDAY 9<sup>TH</sup> FEBRUARY AT 2PM**

As Ash Wednesday falls through half term our service (Lent Service) this year is on Friday February 9<sup>th</sup> at 2pm. 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.

**SAFER INTERNET DAY**

As a school we are both mindful and proactive in ensuring all our students remain safe on-line. Clearly at school IT use is filtered and monitored but we recognise and are aware that the increased use of mobile phones and the out of school use of technology can lead to unsafe situations and temptations for young people to make risky decisions.

We revisit 'internet safety' again and again in all year groups. We remind students about dangers in the virtual world and the need to be safe and responsible on-line. We return regularly to remind students to think about their digital footprints, the sending of communications that are inappropriate or that could be misinterpreted. We talk to young people about the pressures of society and friends that can easily influence what is posted or sent on-line and then bitterly regretted the next day. We warn our students about creating virtual relationships that are not real and that can lead to distress, alarm and danger. We remain concerned that so many young people feel the need to close their doors at home and play games in front of a screen and in some cases play games against strangers who can become so easily their 'good friends'. We know that cyberbullying remains the most common and harmful form of unkindness and hurt to children.

Safer Internet Day 2018 will be recognised and celebrated here and globally on **Tuesday 6th February 2018** with the slogan "Create, Connect and Share Respect: A better internet starts with you".

For resources for parents/carers to join in use with your children

<https://www.saferinternet.org.uk/safer-internet-day/2018/sid2018-education-packs/education-pack-parents-and-carers>

**MEDICINES**

We are currently in the process of sending out letters to all parents/carers of students with any medical conditions or who take medication in school. We do need you to return the form we are sending you (attached to parentmail too) so that we can update our records and ensure your child is appropriately supported in school. If you child uses an inhaler he/she should be carrying one on their possession but have a spare left in reception. Thank you for your support with this.

### **CHELEAS CHOICE YEAR 9 CHILD SEXUAL EXPLOITATION (CSE)**

As part of our safeguarding programme for children in school, Year 9 will be watching a Theatre in Education production run by the theatre group Alter Ego and supported by Hertfordshire County Council of 'Chelsea's Choice'. The production shows how young people, boys and girls are groomed by adults for the purposes of sexual exploitation using various methods, ensnaring young people and eventually taking complete control and dominating their whole lives. It is based on real life experiences of exploited children. It is proven to be highly effective in:

- Raising awareness of healthy relationships
- Promoting safe internet use
- Identifying risky situations
- Raising awareness of the grooming process and CSE
- Signposting to relevant services.

A member of the Connexions safeguarding team and a trained child protection teacher from school will be in attendance at this event and will be available after the performance should any student feel they want to talk about any aspect of the performance. We would also remind you that Mrs Hutchinson and Mrs Trigg continue to work alongside teachers, supporting our students' emotional and social well-being. Students can access their help by going to the Well Being HQ at a break time or asking for them at the office.

Chelsea's Choice is a hard hitting drama production but it is has been running in many schools across the county and is seen as a high quality event with a lot of powerful safety messages for young people. We believe year 9 is the appropriate year to see it. The students will be given written information about the play to bring home so please do talk to your child about what they thought.

### **YEAR 10 WORK EXPERIENCE**

By now many of the students have brought home offers of placements. I need you please to return the completed consent and medical forms, plus the requested £15 contribution, to school as soon as possible. I cannot contact employers until I receive this consent, and until then the placement is not confirmed.

M Wood

Work Experience Co-ordinator

### **DUKE OF EDINBURGH**

#### **Years 10 and 12**

There is an expedition information evening for parents/carers and students on Wednesday 7<sup>th</sup> February at 6.30pm in the hall (letters have been sent home). Students do not need to be in school uniform for this meeting.

#### **Years 11 and 13**

Please encourage your son/daughter who have already done their expedition to upload their online evidence. We would like to present them with their certificate and badge at their leavers assembly but this cannot be done until they have completed all assessor reports and submitted them.

Congratulations to all those students that have already completed their bronze and silver awards. Mrs Liddington/Mr Armitage

## **FIRE SKILLS**

A reminder that there is the Passing Out Parade for students who have been attending the Fire Skills course at St Albans Fire station, on Monday February 5<sup>th</sup> at 6.30. Parents/carers are welcome. Please can we advise that there is limited parking.

## **IMMUNISATIONS**

Year 10 (and Y9 students who missed the immunisations in January).

The school nurses will be in school on Tuesday 20<sup>th</sup> February to immunise Year 10 (and several Year 9) students against Meningitis ACWY and DTP. Please make sure your child is aware that this will be happening and also ensure that you have completed the online consent form attached.

## **SUBJECT INFORMATION**

### **HISTORY**

#### **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 history trial examination. Your child has been given a lunchtime revision and lesson countdown as a guide.

Mrs Bailey is offering a fortnight revision session starting Thursdays after half term from 3.30-4.15 in HU8. If students are interested they must notify Mrs Bailey before Thursday 22nd February 2018.

We encourage Year 9, 10 and 11 History students to buy Revision guides (includes key information, exam skills focus 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

### **ENGLISH**

#### **GCSE Year 11 English**

Herts for Learning have organised a number of revision sessions for students in year 11 through February March and April. There are two sessions that will be held at Townsend .The revision sessions vary in price from £45 to £85 depending on length of session. You will see from the flier attached to this parentmail they are targeted sessions looking at different questions/topics on both Language and Literature papers. Booking is through [hertsforlearning.co.uk/training-and-events/training-courses](http://hertsforlearning.co.uk/training-and-events/training-courses). There are other contact details for further information on the flier. We appreciate the cost appears quite high but we would recommend the sessions to

you. If you are very keen for your child to attend, you know he/she will be committed to attending and is able to travel to the venue, but you are struggling to meet the cost please contact Mrs Harris or your child's English teacher directly as we may be able to provide some financial support to reduce the cost. This will be dependent on demand.

### **ENGLISH - YEAR 10**

Year 10 are doing their very important Speaking and Listening Presentations next week and it is vital that they complete the preparation and research over the weekend. A wonderful way to support your child in preparation for this would be to listen to them practise their presentations and offer advice on speaking clearly, engaging with their audience (eye contact) and remaining natural and confident. Reading directly from a prepared script is discouraged as this achieves a very, very low mark - however cue cards with facts and information written on to help them remember and order their presentation is encouraged. Mrs K Bunyan

### **Year 12**

The year 12 English A-level students were fortunate enough to go on a trip to London to visit the Globe Theatre Museum. As we are studying Othello, it was really helpful for our students to meet with the tour guide and have detailed feedback on our tour of the Globe Museum. We had a guided tour of the Globe Theatre Museum, watched some rehearsals for an upcoming performance and were allowed to take pictures in front of the stage. The detailed displays in the Museum was also of interest to us and we spent a lot of time reading through all the historical facts published with the artefacts. It was an absolute pleasure to take the year 12's on this trip! Mrs Wilmari Kleynhans, Deputy Head of English

### **PSYCHOLOGY**

Our year 13 Psychologists had a trip to the Freud museum in North London last week and had a lecture by a Psychologist in the museum. We were given a guided tour of the museum, were fortunate enough to see some rare home video footage of Freud and his family in black and white and also had the rare opportunity to hear a voice recording of Freud himself speaking about Psychoanalysis. Our tour enriched the students understanding to Psychoanalysis and as Freud appears on two of the three exam papers, this was an invaluable opportunity for the students to have an enhanced understanding of Psychology. A great day was had by all!  
Mrs Wilmari Kleynhans, Head of Psychology

### **PHYSICAL EDUCATION**

Please find attached details of Herts county basketball trials 2018 for all age groups.

***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.***

### **DSPL7 ARE PLEASED TO PRESENT AUTISM AND GIRLS**

Do you have a girl with a diagnosis or suspected diagnosis of Autism? This introductory workshop is aimed at parent/carers of girls aged 5-16 years of age, with a diagnosis of Autism, or those awaiting diagnosis. The workshop will take place between 10am-12pm on Friday 23<sup>rd</sup> March 2018 at St Albans Girls School, Sandridgebury Lane, St Albans, AL3 6DB. To book, please email – [admin@dspl7.org.uk](mailto:admin@dspl7.org.uk) or call 01727 853134 ext 244. Places are limited so please do

book early to avoid disappointment. This course is open to all residents of St Albans, Harpenden and villages.

**Also**

**Focus group for parents and carers of students with SEND**

An invitation to all parents and carers to an informal event led by Members of the DSPL7 Centre of Expertise Team. Venue: St Albans Girls' School, Sandridgebury Lane, St Albans, AL3 6DB parking on site. Dates/Times: Tuesday 27<sup>th</sup> February 2018 10.00-11.00am Thursday 7<sup>th</sup> June 2018 10.00-11.00am. This is free to attend but please let us know whether you are coming or not on 01727 853134 or email [admin@dspl7.org.uk](mailto:admin@dspl7.org.uk)

**JUST FOR DADS GUIDE TO .....**

Fully funded by DSPL7 and places available for any dad, grandfather, adoptive/foster father caring for a child under 11 years old with any additional need, learning/physical disability and/or chronic health condition living in St Albans, Harpenden and villages.

Mon 30<sup>th</sup> April – 7-9pm - Strategies to manage behaviours that challenge

Mon 21<sup>st</sup> May 7-9pm - Strategies to manage anger

Mon 25<sup>th</sup> June 7-9pm - Using empathy to communicate and build emotional well-being

Mon 9<sup>th</sup> July 7-9pm - Strategies to manage anxiety

Held at The Alban Way Children's Centre @ Marshalswick, Sherwood Park, Sherwood Avenue, St Albans, AL4 9QL

Places are limited and must be booked by contacting Lesley, Francine or Maria: Email – [info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk) or phone and leave a message: 01442 219720 Website: [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

**HERTFORDSHIRE BRANCH PARENT/CARER DROP IN**

If you would like to meet other parents and carers raising a child with Autism or other spectrum conditions, why not join us for drop in sessions run by local parents, offering friendship, support and an opportunity to share practical ideas and information. Refreshments and a friendly welcome await you. Please join us on Thursday 8<sup>th</sup> February 2018 11.15am-12.45pm and thereafter on the second Thursday of the month at Fleetville Community Centre, Royal Road, St Albans, AL1 4QL

**H.A.N.D. NEWS** (Hertfordshire Additional Needs Database)

View the latest issue on their website: [handnews.gov.uk](http://handnews.gov.uk)

I hope that you enjoy reading the newsletter and find it useful.

best wishes Claudia Houghton

**UNDERSTANDING TEENS, THE GROSS STUFF AND GROUND RULES**

Topics covered include: The importance of self-esteem, Tools for handling conflict, Understanding physical and emotional development, Improving communication and relationships, Dealing with challenging behaviour.

Venue: St Albans Girls' School, Sandridgebury Lane, St Albans, AL3 6DB

Date & Time: Wednesdays 21<sup>st</sup> February to 28<sup>th</sup> March 2018 7pm-9pm at a cost of £15 per person to cover venue hire

To book your place call Vista on: 01727 855134 (ext 6) or 07584 798528