

TOWNSEND PARENTMAIL NEWSLETTER
FRIDAY 8TH FEBRUARY 2019

THOUGHT FOR THE WEEK

Don't worry about failures, worry about the chances you miss when you don't even try – Jack Canfield

WORSHIP AT TOWNSEND

Each month we have a different values focus for the school. For February our value focus is Empathy '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.

YEAR 11

STUDY SKILLS WORKSHOP

All year 11 students have a fantastic opportunity to develop their study skills including boosting learning power, revision study and examination technique. Students will be presented with various workshops through lessons 3 and 4 on Monday 11th February

Please can you encourage your child to come prepared to take an active part. They will need to bring with them pens/pencils and any highlighters or colours they find useful to help create revision resources.

During the workshop, they will be taken through a number of different activities by the presenters, with opportunities to practice revision skills and examination techniques using the guidelines and tasks in the booklets provided.

After the event, students will then be able to take these skills forward into their lessons and own revision at home to prepare themselves for the summer examinations.

TRIAL EXAMINATIONS (MATHS/ENGLISH/SCIENCE)

The timetables for these have been given out in a support booklet so please do have a look at the important dates coming up. The trial examinations will take place during the week beginning 18th March which is the fourth week back after the half term holiday. Please support your son/daughter with some revision over the half term and in the build up to these examinations. The more work that can be put in now will help with the retention of key subject information for the Summer GCSE examinations. In the booklet there are also the dates/times for the summer examinations, as well as some tips on revision and support with emotional well-being.

TARGETED STUDY SUPPORT EVENING

Thank you to all students and parents/carers who attended the Parents/Carers Evening on Thursday night, we hope that you and the students found the evening to be a supportive one. If you didn't manage to see a specific member of staff for whatever reason then the lines of communication are always open so please feel free to contact individual members of staff or myself at school if you need to.

LEAVERS HOODIES

Just a polite reminder that the due date for the money and reply slip is a week today, Friday 15th February. Please send all envelopes to the school office. You can pay by cash/cheque/online system. Any queries please ask.
Many thanks, Mr Still (Director of Learning Year 11)

FRIENDS OF TOWNSEND

Theatre trips - Friends of Townsend

We have a few tickets left for two exciting forthcoming trips to London please see attached flyers for more information.

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

YEAR 7 AND 8 'BREAKING THE CHAIN'

On Thursday February 14th during lesson 5, all year 7 and 8 students will be watching a theatre-in education production of 'Breaking the Chain' commissioned by the Hertfordshire Safeguarding Board and presented by Alterego production company.

'Breaking the Chain' is a hard-hitting applied theatre production that aims to raise awareness, kick-start conversations and build resilience around youth violence, with a focus on knife crime – as part of a public health approach to tackling the issue – an issue that is seeing young people seriously hurt and, all too often, killed on the streets of our towns and cities.

The play aims to:-

- *Break the chain by reassuring young people that knife carrying is not actually common and that they do not need to carry knives to protect themselves from other knife carriers*
- *Raise awareness around the risks and consequences of youth violence and knife crime on the individual and on their friends, families and on the wider community*
- *Build resilience by raising awareness, creating a common language and kick-starting conversations around the influences, fears and pressures that can lead to the decision to hurt someone or to carry a knife and how these can be managed or avoided*
- *Build resilience by raising awareness of and promoting the core skills (including but not limited to: self-confidence, self-esteem, risk assessment, emotional intelligence, empathy, decision making, recognising healthy relationships) that can be used help young people to navigate a whole host of issues, critical moments and adverse childhood experiences that they may encounter*
- *Raise awareness around the importance of seeking help and advice or telling someone if they are concerned about themselves, a friend or someone they know.*
- *Sign-post who young people can speak to*

The play has been developed in consultation with young people, youth, social and health workers, charities, police forces, urban youth specialists and the families and friends of those tragically affected by youth violence in order to tackle this highly complex issue in an effective manner and with credible voices

We are following county advice regarding the appropriate age group for this presentation. We hope all our young people will participate in this presentation but should you have any queries or further questions please do contact Miss Lingwood Designated Senior Person for Child Protection (01727853047)

FEELING GOOD WEEK 11th – 17th February 2019

Feeling Good Week is a Hertfordshire wide event delivered in schools and the wider community by a range of services and organisations.

At Townsend we are putting on a range of activities throughout the week to support and promote Feeling Good Week in our School community. Please do have a look at the timetable (attached) and discuss with your child any events that they may wish to go to.

This is an opportunity to promote emotional wellbeing, raise awareness of mental ill health and where to access support with your school community. Its aims are to:

- Raise awareness amongst professionals, parents, children and young people and encourage them to recognise that good emotional /mental health and well-being is fundamental to being able to enjoy and achieve in life.
- Promote positive emotional/mental health in children and young people by building the capacity of those working with them to identify those with emotional / mental health problems who may require support.
- Strengthen multi agency working to identify local partnerships and networks of professionals who are able to work together to support children and young people with emotional/mental health problems in a range of settings.
- Increase resilience in our children and young people by informing them about the importance of their emotional/mental health, empowering them to know who to ask for help if and when it is needed and to enable them to develop positive coping strategies to deal with life events.
- Reduce stigma which is fundamental in enabling children and young people to access emotional support if it is needed and to recognise that anyone can suffer from an emotional/mental health problem and that seeking help is a legitimate strategy for a happy and successful life.

Townsend is committed to this event and believes the emotional well-being of its students should always be a high priority.

www.kooth.co.uk and **www.youngminds.org** are two well respected websites that are recommended as supporting the emotional health of young people. They offer advice and support for students and for parents/carers. Can we also signpost you to Healthy Young Minds in Hertfordshire a website that also offers advice and guidance to parents/carers and young people

<https://www.healthyyoungmindsinherts.org.uk/parents-and-carers/what-do-if-you%E2%80%99re-worried>

Thank you Miss Scott Lead for Anti Bullying and Equality work at Townsend

LGBTQ HISTORY MONTH - FEBRUARY

This week 6th formers have been leading collective worship on the topic of LGBTQ History Month. They have spoken about equality in our society and our school community. They also discussed that unfortunately discrimination continues in some areas of the world today.

On Friday 15th February representatives from Young Pride in Herts will be putting up a pop-up LGBTQ History Month exhibition in the Discovery Centre. They will also be around to answer any questions that students may have.

The Townsend LGBTQ group continues to support the LGBTQ community at Townsend on Thursday lunch times. All students are welcome to come along and find out more.

From next week each form group will have the opportunity to take part in creating Townsend LGBTQ History Month display. Form groups may produce a poem, a piece of art, a poster, a fact file on a LGBTQ role model and any other ideas the students may have. Individual entries are welcome too! These will all come together to form a display on Thursday 28th February to celebrate LGBTQ History Month.

Our Respect for All policy is at the heart of our school community. Please do discuss the importance of tolerance and equality with your child.

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 support the other students who are involved in their scenes. The rehearsal schedule is attached for you to look at and a copy has been given to your child when they received their script, 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.

SUBJECT INFORMATION

DRAMA

Year 7 - Are preparing their assessment for Macbeth and their home learning project is due in lessons next week. The project is available on Show My Homework and students have been given a copy of the task sheet in their lessons. If there are any concerns or questions about the homework please send your child to see me and I can offer support.

Year 8 - Are working on spontaneous improvisation on a story called Warden X, each week they will discover more of the story and the emphasis is on independent learning through storytelling.

Year 9 - Are developing ideas for their devising 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 revisions 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 the 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 revisions 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 revisions and homework.

New Views

Students are continuing to write their scripts, first drafts are due in on Monday 25th February. Plays need to be about a half hour in length and sessions will now run every Wednesday lunch time. National Theatre has contacted us and offered free theatre tickets to the students involved, we are currently organising a date and time to see a production. Letters will be sent home when a date is set. All students have been asked to hand in some of their scripts for reading and comments for improvement over the half term, they should bring a section with them to the session Wednesday lunch time.

ENGLISH

Key Stage 5 A reminder to Year 13 students that are going on the English Literature 'Othello' trip – your money and slips need to be returned to Mrs Harris by Wednesday the 13th February.

Years 9 10 and 11

Year 11 are currently studying the Unseen Poems section of their examination – all of the revision websites cover this in great detail so there are plenty of resources available for independent learning and to consolidate the learning that takes place in the classroom.

Mrs Kleynhans has also put lots of work on Show My Homework from GCSE pod etc. This covers a wide variety of skills and texts from the syllabus and is open to all Year 11 students – not just the students in her class.

Reminder of revision sessions: Mrs Harris – Tuesday lunchtime E1. Mrs Bunyan Monday lunch time in the lecture theatre.

Years 7 and 8 – A reminder about the Accelerated Reader book finder website.

Reading

It is essential that students are doing a minimum of 40 minutes reading per night in order to ensure their reading age continues to improve in line with their chronological age; this is not just important for English but all subjects. If parents can become involved in the reading – asking questions to check understanding – this ensures students are getting the best from their reading. Students can only sit the reading quizzes on books that are in the AR system but the system contains thousands of books – not just the ones in our library. If you have books at home then use the AR website to check if the books are 'testable'. Please remember students need to be reading at the top end of their ZPD levels (your child is given an updated ZPD level after every reading age test – usually once every half term.) the web site is www.arbookfind.com

HISTORY

Year 7

Please remind students to refer to the 'Extend Your Knowledge of the Middle Ages' sheet to support the current unit of study. This can also be accessed on SMHW.

Year 10

We have now started the second topic option of Paper 2: Early Elizabethan England, 1558-1588. Revision guides can be purchased at the cost of £4 from the History office. Please speak to Mr Armitage if there are financial implications.

Year 11 GCSE

History revision sessions are held weekly on Thursdays at 1.30 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

Numeracy Tips

Puzzles and games such as Sudoku, Monopoly, Risk, Yahtzee, Chess, Card games are great ways to encourage problem solving skills. Why not find puzzles and challenge each other?

Mr Timpson – Lead in Numeracy

YEAR 11 WOMEN IN SCIENCE RESIDENTIAL OPPORTUNITY

Pembroke College, Cambridge are giving an opportunity to take part in a residential trip to encourage young women to continue studying science by giving them an idea of what studying these subjects beyond school is like.

I have spoken to several year 11 girls about this and there is now the opportunity to apply for this via the following link:

www.pem.cam.ac.uk/yr11womeninscience

The deadline for the application is 8am on Monday 25th February. If you would like any more information please do not hesitate to ask.

Mrs McNeillis

COMMUNITY NEWS

Please note that although we are very happy to pass on information these are not Townsend sponsored or organised events.

ST ALBANS & DISTRICT ROTARY

We are looking for young people who are willing to help us raise money for the Herts Young Homeless. We are holding a Swimathon for individuals or teams up to 6, on Saturday 9th March 6.00 – 10.00pm at Westminster Lodge Leisure Centre.

FREE registration at www.eventbrite.co.uk or search for Rotary in St Albans and District Swimathon.

RELAXATION, MINDFULNESS AND EMOTIONAL WELLBEING CLASSES FOR TEENS

Weekly classes for teens in KS3 & KS4 starts 26/02/19

Tuesdays 5.30-6.30pm, £54 for 6 weeks

Fleetville Community Centre, St Albans
Contact: relaxkidscharlotte@gmail.com

BOOSTING RESILIENCE IN CHILDREN AND TEENS - A TALK FOR PARENTS/CARERS AND PROFESSIONALS BY DR KATHY WESTON

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.

Date: Wednesday 20th March 2019 Time: 7.00 pm - 9.00 pm at Townsend C of E School

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

Booking is essential as places are limited. Please book, either by phone 01727 853134 Ext 244 or email admin@dspl7.org.uk

**BEHAVIOUR CONFERENCE: WHAT LIES BENEATH March 14th 9.00am-2.45pm
Aubrey Park Hotel The Oak Suite Hemel Hempstead Rd Redbourn St Albans AL3 7AF**

Yvonne Newbold author of the Special Parents Handbook will be delivering a talk on 'Reducing Challenging Behaviour in Children with Additional Needs'. Please go to [HTTPS://SPACEHERTSEVENTS.TYPEFORM.COM/TO/SEDLNI](https://spacehertsevents.typeform.com/to/SEDLNI) .

You will be asked to pay a £10 refundable deposit to secure your place.