



TOWNSEND

CHURCH OF ENGLAND SCHOOL

# Townsend Church of England School - Edition 6 / Autumn Term 2023

[Weekly Newsletter](#)



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Dear Parents and Carer

This week's whole school assembly and collective worship theme has been based around the Harvest Festival. Led by Mrs Johnson we considered how fortunate we are at Townsend to be surrounded by

farmland and the good community work our local farmers do. This was a helpful reminder to 'Love Yourself', by eating healthily, and 'Love the Journey', by purchasing in-season, local produce, and making every effort to cut down on our own food waste. This not only helps us to save money, but is also better for the environment.

For the last three weeks we have been hosting Open Mornings for children currently in Year 6 who are considering Townsend for their secondary education. There has been a pleasing number of families visiting and thanks must go to our exceptional Sixth Form students who have led the tours. We have one more date next week with available slots if you have or know of anyone with a child in Year 6 who would like a look around.

Our Year 13 students enjoyed a morning of mock interviews on Thursday. A big thank you must go to all the leaders in industry who gave up their time to support with this invaluable activity. The morning started with a talk by Lauren Christy, the Talent Manager for Sky Studios, with a lively and engaging presentation about the wide variety of opportunities there are in this industry.

The Townsend Parent and Teachers Association are keen to welcome new members to the fold. If you are interested in attending a meeting to find out more about the role, please email us at: **admin@townsend.herts.sch.uk** and we will be able to invite you along. Previous experience is not necessary, just a passion for improving young people's experiences and opportunities.

Please can I remind that I am hosting two information evenings in the next few weeks to share our vision for Townsend. There will also be presentations from Miss Gibbons on Online Safety and from Mrs Llewellyn on how to support your child with their learning. There is no need to book and the evenings will be from 7.00pm – 8.00pm in the Hall. **Monday 16th October** (Year 7 to Y9) and **Wednesday 1st November 2023** (Year 10 – Y13).

Our Year 11 into 12 Open Evening will take place on **Tuesday 21st November 2023**. The Herts Advertiser advert last week had the wrong date. There is a new advert in this week with the correct date of Tuesday 21st from 6.30 – 8.30pm. Open Mornings for potential Year 12 students are on **Thursday 30th November** and **Thursday 7th December**. I hope to see all of our Year 11 at the evening to find out the details of our improved Sixth Form offer for September 2024.

As a reminder, we break up on **Friday 20th October at 3.35pm** and return on **Monday 30th October at 8.45am**.

Wishing you and enjoyable weekend,

Mr Anthony Flack

Headteacher Townsend School

*'Where everyone is welcome and everyone succeeds'*

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many areas which we believe trusted adults should be aware of. Please visit [www.nos.org.uk](https://www.nos.org.uk) for further guides, advice and tips for adults.

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can't go online without being exposed to upsetting stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

- FIND OUT WHAT YOUR CHILD KNOWS**  
There are many ways that children are exposed to upsetting content in the media, both online and offline. Before approaching your child with information, find out what they know already. Ask them what they've seen, heard or read about the event. Practice active listening and try to gauge how much your child has been impacted by it all they've seen.
- RIGHT TIME, RIGHT PLACE**  
Start the conversation about upsetting content probably in a calm place when your child is relaxed. Choose a time when they're relaxed and have their full attention. Remember, these conversations can become emotional, so choose a time when your child feels safe and comfortable.
- KEEP IT AGE APPROPRIATE**  
With younger children, try not to keep the conversation more general and avoid leading questions and complex details. You can go slightly deeper into the specifics with young teenagers but keep everything age-appropriate. With older teens, you can be more open about the realities and consequences of what's happening. But again, do stay aware of their emotional state.
- EMPHASISE HOPE**  
Upsetting content can make children feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel powerless when they know they can do something to help. So encourage your child's sense of agency through activities which make them feel they're positively impacting the events they're concerned about.
- MONITOR REACTIONS**  
All children react differently, of course, and your family might not always say the same things. If a child, young person, teenager or adult reacts when discussing upsetting stories, so take note of your child's body language and reactions. Allow them to express their feelings in a safe, judgemental space and try to stay mindful of how they might be feeling.
- CONSIDER YOUR OWN EMOTIONS**  
It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you engage to help regulate your emotion on the news is important for supporting your child through worrying times.
- SET LIMITS**  
Managing screen time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.
- TAKE THINGS SLOWLY**  
Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could raise the first conversation subject and then wait until your child is ready to talk again. Consider taking a break if the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.
- ENCOURAGE QUESTIONS**  
Online, troubling images, posts, videos and stories are just a click away. Even if the content is factually appropriate, even if it's age-appropriate, even if you're not sure how your child might react, you're now instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.
- FIND A BALANCE**  
There's often a tremendous temptation to stay right up to date with events. Our devices frequently send us push notifications which urge us to read the latest article or video that's most recent. In the world of media, it's essential to remind your child that it's better to take a step back, and to focus on positive events instead of doomscrolling, and risks becoming overwhelmed by bad news.
- BUILD RESILIENCE**  
News has never been more accessible. While our options may be to shield children from upsetting stories, it's important that they're equipped with the coping strategies to deal with when content more generally with your child and emphasize that they can always talk to you or a trusted adult if something they see makes them feel uneasy.
- IDENTIFY HELP**  
It's hugely important that children know where to find support if they're struggling with upsetting content online. Encourage them to speak to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.

**Meet Our Expert**  
Cathy Jorgensen is the director of Focus South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying. Her weekly podcast helps give a voice to bystanders by encouraging them to speak up and get help that not only works but is needed.

**NOS National Online Safety**  
#WakeUpWednesday

Twitter: @nationalonline\_safety | Facebook: /NationalOnlineSafety | Instagram: @nationalonlinesafety | TikTok: @national\_online\_safety

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**SIXTH FORM OPEN MORNINGS**  
 Thursday 30th November – 9:30am – 11:30am  
 Thursday 7th December – 9:30am – 11:30am



**Prayer:**

Dear God,

As we celebrate World Food Day

Teach us to be grateful for the food we have

And think of those who are hungry

Make us good stewards of the world

Give us generous hearts

And make us cheerful givers

Amen

**Bible Verse:**

*' these I will bring to my holy mountain and give them joy in my house of prayer. Their burnt offerings and sacrifices will be accepted on my altar'*

Isaiah 56:7

The school's Christian vision is taught through the parable of the **Good Samaritan** (Luke 10:25-37), teaching people to '**love your neighbour**' and practising the values of respect, love, wisdom, hope, stewardship and awe & wonder, all of which can be seen in this story. Our Bible-based vision supports our long-standing school ethos of 'respect for all, achievement for all'; look after one another, and you can all achieve together. Our ethos comes from wholly Christian principles.

**Achievement for All, Respect for All**

## Year Group Notices

**Year 8:**

Year 8 have had a successful start to the year and have settled into their new classes and routines. They continue to develop their knowledge and skills and are now applying this knowledge across the curriculum. They enjoyed our dedication service to St Albans Cathedral where donations were made to Vineyard Church foodbank. Within personal development, they were able to learn more about foodbanks, how they work and why they are so important in supporting communities in need. Thank you to all who were able to contribute to these donations. The variety of extracurricular opportunities has increased this year, with students attending sports clubs, languages clubs and completing longer term projects in textiles and art club. Through art club and personal development, the year group have explored diversity, British values, and Black History Month, which we continue to celebrate throughout the month of October. They are enjoying the theme of "Saluting our Sisters" and completing research and a dedication to an inspirational woman from black history.

I would like to congratulate 8 Durham on having the best attendance this half term.

I would also like to congratulate **Florence (8D), Lucine (8E) and Katilyn (8N)** for their wonderful entries to the Roald Dahl Day competition. Your creativity was outstanding, and it was excellent to see such a range of entries. Well done to all who took part.

Miss Gordon

Head of Year 8

**Year 7:**

Throughout the half term many year 7 students have represented the school's cross country team. All the participants have shown exceptional commitment and a high level of performance in each of the races

A huge well done to **Evie O** in 7 Durham for winning the scavenger hunt for Year 7.

Well done to our 'Good News Friday' winner **Kai L-W** who was nominated by his form tutor Mr Adegebite for his excellent contribution to form time activities.

Just to remind you, the Primary School Visits are taking place next **Wednesday 18th October** from 3:45-5:00pm. Your child/children will only need to stay if their primary teacher is attending. **They will be told on Monday 16th October.**

Thank you for all your support.

Mr Brooks

Head of Year 7

## Subject Spotlight



### Art and Design

*Year 7:*

Year 7 have made a great start in art at Townsend. To begin with, students have been studying the topic of 'Still Life' and have produced work in their sketchbooks on tonal shading and the basic shapes. This will lead them on to producing a still life inspired by the Vanitas painters with their own symbolic objects used as a starting point.

*Year 8:*

Year 8 have started the year well, working on their first project 'Portraiture and Cubism'. Students have learnt how to draw faces using construction lines and have worked in pairs. They have then gone on to focus on developing skills in drawing each of the facial features, using videos, teacher demonstrations, worksheets and peer feedback to improve their work. From this, students will then learn about Cubism and Picasso and produce a Cubist style Portrait at the end of the project.

*Year 9:*

Year 9 have made a great start to GCSE Art. Students are studying the topic of 'Natural Forms' and have produced a mind map, visual mind map and a range of drawing using different media and techniques. They have also had several workshops where they have learnt different drawing techniques. The quality of work is high and I am pleased with their progress.

*Year 10:*

Year 10 have worked hard so far this year. Students are working on a number of different projects and are at different points within these projects. The skill level is good and students are very focused in class. Various media and techniques are used in their work showing a range of 2D and 3D techniques used. I am looking forward to some excellent results.

*Year 11:*

Year 11 have made a positive start working on pace and focus. They have a **January 8th** Deadline to complete all 60% of their portfolio (Component 1), which comprises of two projects (sketchbooks or A2 sheets) and 2 final pieces. So far they are working with pace in order to complete this work in the time left with some attending Art clubs, which is great to see.

*Year 12/13:*

This year's cohort is working hard and has made a great start to their A level course.

Miss Bailey

Head of Art

## **MFL Competition Winners!**

**European Languages Week Competition Results**

After a very successful week of activities including baking, gaming, quizzing and watching a French film, the winners of the competitions are all now in:

Y7 Bake-off:

**Overall winner: Nylah CW 7N**

2nd Emily T 7E

3rd Amy S 7C

Y8 Blooket Challenge:

**Overall Winner: Gianna D 8N**

Runner up Masimba M 8D

8C Form Winner Dexter J

8D Form Winner Luke H

8E Form Winner Layla W

8N Form Winner Ramana BN

8Y Form Winner Rohan P

Prizes and certificates will be present in years assemblies next week. Well done to all who took part and Félicitations to the winners!

The Modern Foreign Languages Department

Mrs Livesey

Head of MFL





## Careers



### **University of Nottingham Open Days and Outreach Programme**

If your child would like to attend an open day at the university of Nottingham please apply by using the link below. <https://www.nottingham.ac.uk/open-days/undergraduate-open-days-2023>

The university of Nottingham also offers the following outreach opportunities:

#### **The Pathways Programme**

Delivered in partnership with the Sutton Trust, the Pathways programmes begin in Year 12 and run throughout Year 13 to support students' progression to higher education and future careers.

#### **Ambition Nottingham**

This free two-year programme will provide Year 12/ Year 13 vocational students, from anywhere in the UK, with support through a variety of online sessions. Sessions include subject insights with university academics, Q&As with current students and guidance on the university's selection processes. An enhanced contextual offer and bursary may also be available to students that meet certain eligibility criteria should they apply to the University of Nottingham. Applications will close on Sunday 3 December 2023.

To find out more about these opportunities follow the link below:

<https://sway.office.com/RjYmqOKyElhNn8FX?ref=email&loc=play>

Mrs Davey

Assistant Headteacher

## Attendance

**Attendance** - does your child struggle to attend school due to anxiety? Hertfordshire have produced a parent's guide to Emotionally Based School Avoidance and you can read it here. School staff use this guidance to support families and pupils where feeling anxious about attending school is causing low attendance.

<https://www.hertfordshire.gov.uk/microsites/Local-Offer/Media-library/Documents/Emotionally-Based-School-Avoidance-Parent-guidance-PDF-642kb.pdf>

Miss Gibbons

Assistant Headteacher

## Important Information

Students are allowed to wear winter coats to and from school and outside at lunch and break time. Coats should be plain black or navy-blue colour without excessive coloured trim or motif. Suede, leather, light coloured coats, denim jackets, fleeces or hooded tops are not allowed.





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

Here are some places you can get in touch with for help:

**The Sandbox** (<https://sandbox.mindler.co.uk/>) The Sandbox is an online NHS-funded service to support children and young people in South Staffordshire and Hertfordshire with their mental health and well-being.

**Kooth.com** (<https://www.kooth.com/>) provides free, online support Mon – Fri 12pm – 10pm and Sat & Sunday 6pm – 10pm, 365 days a year.

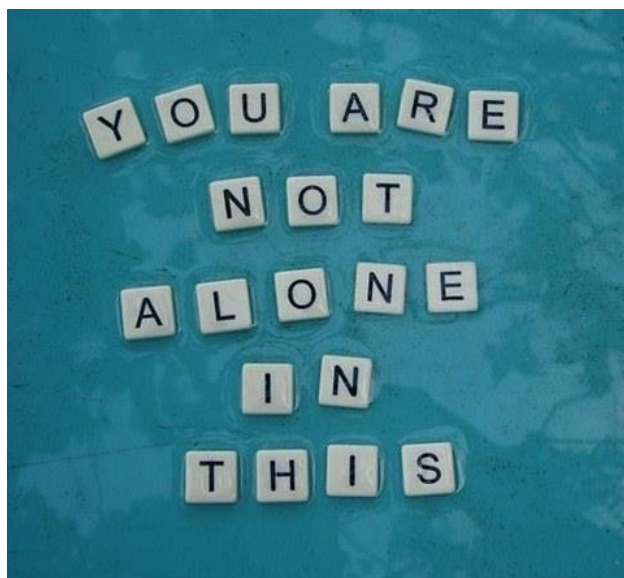
**Shout** provides free confidential support via text 24/7, just text SHOUT to 85258.

<https://giveusashout.org/>

**Childline** provides free 24hr counselling service call 0800 1111 or go to <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

**For Me App:** <https://www.childline.org.uk/toolbox/for-me/> A free app from Childline. It offers counselling, group message boards, and advice.

**MeeTwo App:** <https://www.meetwo.co.uk/> A safe forum for teens including advice from experts on any topic that is difficult to talk about and built in signposting.



1 - If you're struggling emotionally with anything please drop me an email to [well-being@townsend.herts.sch.uk](mailto:well-being@townsend.herts.sch.uk) and I will try to signpost you to additional support. Kate Barron

## Safeguarding



Any of our Team can be contacted through the school office – by telephone or by using email to [safeguarding@townsend.herts.sch.uk](mailto:safeguarding@townsend.herts.sch.uk)

Please find the quick link below for reporting any incidents of bullying at the school

[Bullying Report Form](#)

There is a lot of information about safe practice with regards remote learning and use of the internet – please do access what you can so children remain safe while using lap tops and PCs at home.

Two particular websites that support schools are CEOP and Think You Know

<https://www.ceop.police.uk/safety-centre/>

<https://www.thinkuknow.co.uk/>

Do have a look at both for tips and advice.

Do you know how to keep your children safe online? Take a look at the UJ Safer Internet Centre's guides to parents and carers to ensure you children are safe online. <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Can we remind all parent/carers the designated safeguarding leaders in the school are;

Mr M Armitage- Assistant Headteacher

Ms K Barron - Student and Family Wellbeing Lead

Mrs K Brooks - Assistant Headteacher

Miss L Gibbons - Assistant Headteacher

Miss E Gordon - Director of Learning for Year 8 and Head of Key Stage3

Mrs G Llewellyn - Deputy Headteacher

Miss A Philpott- SENDCO

Mr R Potter - English Teacher and Year 9 form tutor

Mr M Tominey- Director of Learning for Sixth Form

**Stay Connected:**

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