

# THE STANBOROUGH TIMES

## Message from the Headteacher – Mrs John

Edition 28: 9<sup>th</sup> July 2021

It has been wonderful to see our students thrive and enjoy their sports day, luckily the weather held off enough to allow each tutor group to contribute to their House point score - it will be exciting to see who the overall winners are for the whole year! Thanks to the PE department for all their effort and support with sports day. After a tough 18 months, we cannot underestimate the impact this day has had on our students. It has been so special to resume the activities and gain some sense of normality.

Although next week is the last week of the summer term, we still have so much to look forward to before finally finishing on Friday 16<sup>th</sup> July. Thursday 15<sup>th</sup> is a non-uniform day to raise funds for our charity for this year, Clic Sargent. A £1 donation is suggested for this but it would be wonderful if students could bring in an extra small amount of change for the afternoon which is set aside for special charity events in the playground and on the field. The morning will be spent in year groups where students will take part in a carousel of activities all linked to the RSE (Relationships and Sex Education) curriculum. Despite Post 16 teaching finishing today, Year 12 will be taking part in an extended learning week all next week.

Please also look out for your child's last progress update report for this year as these will be distributed by email during the final week. It looks to be another full and varied few days for all, before students are dismissed at 12.20pm on Friday 16<sup>th</sup> July.

## Headteacher's Commendations

**M Vraciu, (Yr. 7)** for excellent work ethic in Maths;

**I Harrington, R Vangu, T Pawlik, (Yr. 7)** for excellent behaviour and attitude in French;

**V Parisi, (Yr. 8)** for demonstrating a great level of maturity when joining Stanborough during lockdown;

**B Sutton, (Yr. 8)** for great improvement in behaviour and commitment to athletics;

**T Lawrence, (Yr. 8)** for outstanding commitment to athletics and extra-curricular clubs;

**A Papadopoulos, (Yr. 9)** for producing an outstanding presentation relating to nuclear power;

**M Reid, J Mardel, O Preston, B Thornton and M Zaldua, (Yr. 9)** for excellent support with the gardening project;

**D Isac, (Yr. 10)** for excellent performance in the Spanish speaking examination;

**A Barrie, Z Bruton and J Man (Yr. 10)** for excellent performance in the French speaking examination.

**E McDonald, (Yr. 12)** for demonstrating great determination and resilience in the June mock exams

**S Holmes, (Yr. 12)** for consistently high performance in chemistry all year

**K Burley, (Yr. 12)** for consistently high effort in chemistry all year

**H Beaumont, (Yr. 12)** for consistently high effort in Chemistry all year and for achieving your target grade in all key assessments

**P Gordon, (Yr. 12)** for outstanding folder work produced all year

**C Cross, (Yr. 12)** for consistently achieving your target grades in all key assessments



## Quote of the week:

“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.” – Lao Tzu

Wish you a restful weekend. Mrs John

## Forthcoming Events

12<sup>th</sup> – 16<sup>th</sup> July

Week one

12 <sup>th</sup> – 16 <sup>th</sup> July	Year 12 Extended Learning Week
13 <sup>th</sup> July	Post 18 Pathways Day
15 <sup>th</sup> July	Learning Enrichment Day non-Uniform Day, £1 suggested donation & Charity afternoon
16 <sup>th</sup> July	End of Term, students dismissed at 12.20pm
Tuesday 10 <sup>th</sup> August	A Level Results Day
Thursday 12 <sup>th</sup> August	GCSE Results Day
Friday 3 <sup>rd</sup> September	Year 7 Transition Day Year 12 Induction Day
Monday 6 <sup>th</sup> September	All Students in school

## Word of the Week

W/c 12<sup>th</sup> July 2021

### Sanguine


To be positive, especially in an apparently bad or difficult situation.

Blood-red in colour.

For example,

Lily was surprisingly sanguine about the imminent exam.



He painted a giant streak of sanguine across the painting.






# Stanborough School

## WORD OF THE WEEK

## SANGUINE



SANGUINE



SANGUÍNEO





**READ IT**

Sanguine




**DEFINE IT**

1. To be positive, especially in an apparently bad or difficult situation.  
2. Blood-red in colour.




**DRAW IT**




**USE IT**

1. Lily was surprisingly sanguine about the imminent exam.  
2. He painted a giant streak of sanguine across the painting.




**LINK IT**

Optimistic, buoyant, rufescent, vermillion



**DE-CONSTRUCT IT**

From Old French *sanguin*, from Latin *sanguineus* meaning of blood, blood-thirsty, translated as cheerful, hopeful, confident.



**DIGGING DEEPER**

During the Middle Ages, health and temperament were believed to be controlled by the balance of liquids in the body. If any of those liquids (phlegm, black bile, yellow bile or blood) dominated, then it was believed that person would be ruled by that liquid.  
People who were calm and unexcitable were thought to have a large quantity of phlegm (phlegmatic meaning unflappable or calm). Those who were sickly or had ill-health were believed to have a large amount of bile (bilious meaning ailing or unwell). Fortunate people, who were controlled by blood were said to be strong, confident and ruddy (a healthy-red colour or sanguine). Although the physiological belief has disappeared over time, the word is still commonly used to describe those who are cheerfully confident.  
**Antonyms:** pessimistic, gloomy, pale, sallow.

High Expectations | Mutual Respect | Quality Learning | Success for All

## Parking

*Mr Braybrook, Deputy Headteacher, writes:*

Over the past couple of weeks we have had significant traffic congestion outside the school on Lemsford Lane at the end of school. This has resulted in significant disruption for some residents of Lemsford Lane and complaints from other educational establishments along the road where cars have parked irresponsibly.

Can we please ask that if you have to pick your child up, this is done away from Lemsford Lane.

Can we also ask that you respect the boundaries of our local residents.

Both sides of the road outside school have double yellow lines and there should not be any parked vehicles on these lines. We have asked the local council to enforce this.

Thank you for your support in ensuring the safety of our students and local community at the end of the school day.

## People on Work

*Mrs Adams, Life Skills and Careers Leader, writes:*

We are now live! At Stanborough we now have short videos of alumni answering three simple questions. 'What do you like about your work'? 'How did you start'? And 'What would you say to someone starting out today'? Each video may have the same three questions, but with different answers inspiring students to learn about different careers and the routes taken.

If you studied at Stanborough and would like to make a short video to showcase your career then please contact Mrs Armtiage or Mrs Adams for more details.

Or, check out Stanborough social media for inspiration to start your career journey.

[https://www.youtube.com/playlist?app=desktop&list=PLPtIelzuYPXiox\\_Owe7WfC037n2tb54FX](https://www.youtube.com/playlist?app=desktop&list=PLPtIelzuYPXiox_Owe7WfC037n2tb54FX)



## Question of the Week

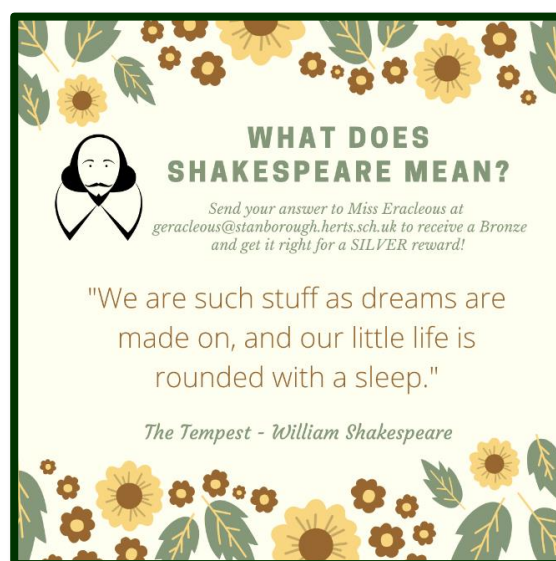
### Drama

*Miss Eracleous, Subject Leader: Drama, writes:*

What does Shakespeare mean by this quote?

Send me your answer and earn a bronze award, if you get it right you'll win a silver award!

Good luck!





## More Maths Enrichment

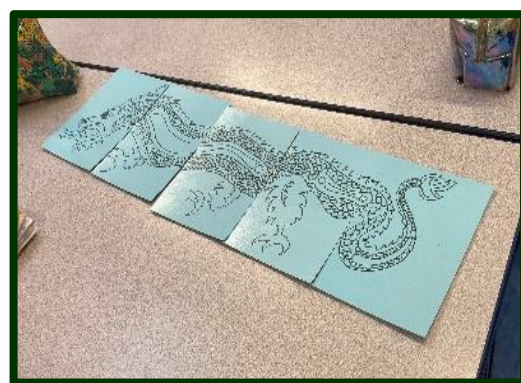
*Mrs Coldwell, STEM Leader: Maths, writes:*

As always, we have been busy in the maths department with enrichment activities and plans for the coming year even as the end of term approaches. Mrs Coldwell has been visiting a number of classes in Years 7-10 to run Dragon Quizzes (see photos), teach enrichment lessons and share careers information. Classes have also had the opportunity to attend online enrichment sessions, like the Women in Engineering sessions run by STEMPOINT East and online competitions run by the Advanced Maths Support Programme.

Meanwhile, students in Years 7-9 have been selected to attend a series of masterclasses in the autumn based on their nominations and subsequent performance in tasks set by the organisers, TalentEd. These students are Isobel Harrington, Zara Millar, Martha Flint, Daniel Harrington and Aidan Wadley. Well-deserved congratulations to these students. However, the selection process was very competitive and not all students nominated were able to progress- all students who were nominated are also to be congratulated.

Martha Flint has also achieved a Merit in the final maths challenge competition of the year, the Junior Kangaroo, so another round of congratulations are due.

There are a range of online enrichment talks available to all students in the final week of term through the generosity of the King's College London Mathematics School. Descriptions of all of the talks and links to book are here: <https://www.kingsmathsschool.com/mathemagora-2021>. In particular, the talks by James Munro, David Spiegelhalter, Sophie Carr and Martine Barons would be of interest to students while some of the other talks are aimed at teachers. There is one final online event to mention next week, which you could just squeeze in after Dr James Munro's talk on Monday afternoon. "How Maths Can Save the World" is a joint effort between Maths 4 Girls and the Advanced Maths Support Programme to deliver a free careers inspiration event for secondary students in Years 7-11, parents and teachers. More details and a booking link are available here: <https://amsp.org.uk/events/details/8707>.





## SEND REVIEW DAY and Transition

### THANK YOU

To all the parents who attended their 15 minute appointments on our SEND review and target setting day, we really appreciate the time you have taken to support your child to be more successful at school.

Having your perspective on your child is the most important way we can ensure the right support for your child.

### We are continually looking for ways to improve our communication

If you attended the review day you should have a copy of your child's Inclusion Profile and Passport if they have one. This is the information we share about your child.

All students on the SEND register have an inclusion profile. These will be shared with you via class charts next year.

### TRANSITION

We have successfully completed all the additional transition days with 40+ Year 6 students which were so important for our new SEND cohort next year especially in the absence of the main transition day in July. They were all super keen and enjoyed their two hour slot at Stanborough.

We look forward to welcoming the rest of the cohort in September.



Please follow: @Stanb\_SEND on Twitter

SEND REGISTER



## Staff Profile



Mr McFadden  
Business Department

From the shop floor to the classroom

In July 2018, after 12 and a half enjoyable years, I decided to leave the world of John Lewis and retail behind to pursue a career in teaching. I have come to realise that lessons, particularly an 8-hour ABC of Selling training course has had an enormous impact on my teaching. The training condensed the art of selling into 3 stages – Acknowledge, Build the sale and Close the sale. As my placement at Stanborough comes to an end, I wanted to offer a reflection on my time here and how the skills and lessons learnt in retail have become an integral part of my teaching.

**Acknowledgement** – This area focuses on the acknowledgement of customers as they entered the store as well as every department. It was said that this stage was essential in enabling the next two stages to become possible. Over the last month, I have focused on acknowledging students I have never taught as individuals and staff I have not worked with before in an open, honest, and friendly manner. This acknowledgment ranging from a nod in the corridor to calling a student by their name has allowed for content to be taught, students to be engaged and strong working relationships to be formed. This has also been made possible by the students and staff alike who have welcomed me into their community and empathises the power of acknowledgement in the early stages of building relationships.

**Building** – The training taught that after the acknowledgement stage, there was now a focus and effort on building a strong and positive relationship with customers. I believe that the teacher – student relationship is most effectively built with praise for impressive work / effort and constructively offering feedback with the intention of allowing self-improvement and students to reach their goals. In my time at Stanborough, I can see how both the reward and behaviour systems are used to ensure this is done. The working relationships that I have built over the last four weeks have been a result of the Stanborough staff offering their time, effort, and support to ensure the placement is as productive and beneficial as possible.

**Close** When a customer leaves a shop, you hope they depart with a product which will meet their every need and expectation and allow to achieve what they want. When a student leaves a lesson, you hope they depart having learnt the desired content of that class. When a student leaves the school, you hope they depart with considerable subject knowledge and with an understanding of the skills and characteristics that you and the school have displayed. As I depart from Stanborough, I have tried to focus on these three areas, and so I hope I am leaving have given students working life examples to relate to their studies.

I have seen the power of these three areas throughout my placement and would like to close by offering a sincere thank you to the Stanborough Community for the kindness and support they have shown me. A special mention to Mrs John for allowing me to have the opportunity to witness and experience the high standards that are a key feature in all areas of the school. A massive thank you to Mrs Ramsamy for arranging the placement and supporting me over the last four weeks. Last but not least, thank you to Mr Sinclair and Mr McCarthy for welcoming me into their department, inviting me into their lessons and providing me with feedback which will improve my own teaching.

# Question of the Week

Mr Modi, Curriculum Leader: Mathematics writes:

**SEND YOUR CORRECT ENTRY BY 14.07.21 TO EARN A GOLD AWARD**

Choose the **Higher or Foundation** Maths GCSE question. Send your answers (with detailed workings) by email to [smodi@stanborough.herts.sch.uk](mailto:smodi@stanborough.herts.sch.uk) or on a piece of paper to the Maths Office.

## Foundation GCSE Question

Frank is on holiday in the USA.

He has \$200 to spend on clothes.

Frank buys

1 pair of trainers costing \$60

3 T-shirts costing \$25 each.

He also wants to buy a jacket costing \$80

(a) Has Frank got enough money to buy the jacket?

**You must show how you get your answer.**

The trainers cost \$60

The exchange rate is \$1 = £0.749

Frank says,

"The trainers cost less than £40"

Frank is wrong.

(b) **Using a suitable approximation, show working to explain why.**

## Higher GCSE Question

In the diagram,

$ABC$ ,  $ACD$  and  $APD$  are right-angled triangles.

$AB = 4$  cm.

$BC = 3$  cm.

$CD = 2$  cm.

Work out the length of  $DM$ .

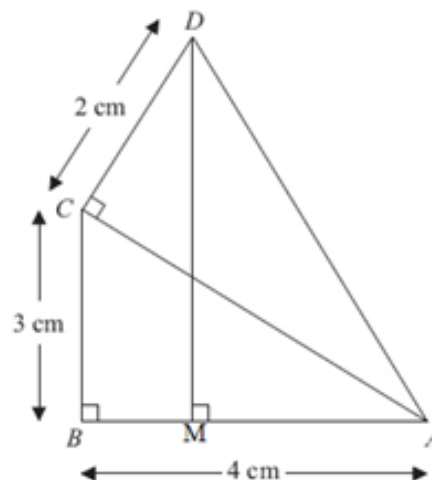


Diagram NOT  
accurately drawn



# Looking after your mental health and wellbeing

## Information for Children and Young People

### Websites

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Just Talk is a multi-agency campaign, steered by young people and coordinated by the Public Health team at Hertfordshire County Council. The website hosts helpful resources about current issues. The site is updated frequently, so keep checking back.

<https://www.justtalkherts.org/>

Health for Kids / Teens cover subjects that promote a healthy body and mind. All the content has been produced by school nurses, other health and wellbeing experts, and most importantly young people.

Ages 11-19 <https://www.healthforteens.co.uk/hertfordshire/>

Primary age <https://www.healthforkids.co.uk/> (There's also a section for parents and carers)



### Apps / National websites

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There are several apps to support mental health and Wellbeing. You are responsible for ensuring apps are appropriate for your age and needs.

You may consider the ThinkNinja app: As a direct response to the COVID-19 situation, Healios have updated ThinkNinja with specific COVID-19 content. This will bring self-help knowledge and skills to children and young people (10-18 years old) who may be experiencing increased anxiety and stress during the current situation. <https://www.healios.org.uk/services/thinkninja1>

Young Minds is the UK's leading charity fighting for children and young people's mental health. On this web page you will find lots of information about how to look after your mental health at this time <https://youngminds.org.uk/>

### Information, advice and guidance

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Herts Mind Network have a **helpline** for children and young people aged 10-17. The helpline provides a safe, non-judgemental space to talk to a Young People Advisor or Mentor who will provide emotional support, advice and information and discuss coping strategies. For opening hours and more information please visit the website <https://www.hertsmindnetwork.org/young-peoples-helpline>. The helpline number is **01923 256391**. Herts Mind Network also have a Young People's online group for those over 15. You can find out more here: <https://www.hertsmindnetwork.org/young-peoples-online-group>

Chat Health is a **text messaging service** for all secondary school aged pupils in Hertfordshire. It is a confidential service and available Monday to Friday from 9am to 5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. The text number is: **07480 635050**. Secondary school pupils can also follow the School Nurse Team on Instagram at **teenhealth.hct**.

Kooth is an online counselling service for anyone aged 10-25 in Hertfordshire. You can access a **chat / messenger** service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

YC Hertfordshire Services for Young People provides youth work, information, advice, guidance, work related learning and support for young people. You can contact a Youth Worker or Personal Adviser for one to one and project groupwork support by calling **0300 123 7538**, emailing [yc@hertfordshire.gov.uk](mailto:yc@hertfordshire.gov.uk) or visit <https://www.ychertfordshire.org/>

School – although staff at your school are very busy keeping everyone safe, you can still approach your pastoral team at school for advice and guidance.



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## Further support

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If you are experiencing mental health difficulties that are significantly interfering with your ability to do the things you normally do, please contact (or ask your parents or carers to) Hertfordshire Partnership Foundation Trust Single Point of Access **0800 6444 101**. This line is open 24/7 and can direct your enquiry to a number of specialist services depending on your needs.

The Wellbeing Service offers short term support to people that are 16 or over with mild to moderate mental health issues such as depression and anxiety (so you can let your parents or carers know about it too). You can visit <https://www.northessexiapt.nhs.uk/hertfordshire> for more information about the service and to self-refer.

There are four community **counselling** organisations covering Hertfordshire:

YCT (East and North Herts) <a href="http://www.yctsupport.com/">http://www.yctsupport.com/</a> Telephone 01279 414 090	Youth Talk (St Albans) <a href="http://youthtalk.org.uk/">http://youthtalk.org.uk/</a> Telephone 01727 868684
Rephael House (Welwyn and Hatfield) <a href="https://www.rephaelhouse.org.uk/">https://www.rephaelhouse.org.uk/</a> Telephone 020 8440 9144	Signpost (Watford and Hemel areas) <a href="http://signpostcounselling.co.uk/">http://signpostcounselling.co.uk/</a> Telephone 01923 239495

Kooth is an **online counselling** service for anyone aged 10-25 in Hertfordshire. You can access a chat / messenger service, discussion boards, goal setting tools and a journal and a magazine. The website is moderated by trained professionals. You need to register but it is anonymous. <https://www.kooth.com/>

The School Nursing Team can provide some support around emotional difficulties and parents can refer directly from this page: <https://www.hct.nhs.uk/forms/school-nursing-form.asp> You can read more about the School Nursing Team here: <https://www.hct.nhs.uk/our-services/school-nursing/>

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## Already working with a Service?

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If you are currently receiving support from a service or have been recently discharged, you can contact the service if you are struggling with your mental health. Most have a duty line which you can find out by looking on a letter they have sent you.

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## Need help now?

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If you, a friend or family member are experiencing a mental health crisis, please call: **0800 6444 101**. This line is open 24/7. If you need physical health treatment in an emergency go to your nearest Accident and Emergency department or call 999 and ask for an ambulance.

Childline: If you're under 19 you can confidentially call, email or chat online about any problem big or small Freephone 24h helpline: **0800 1111**

YoungMinds Crisis Messenger provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help **text YM to 85258**



## Find the support you need at the Families First Portal

**Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.**

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

- 👑 Relationship Support
- 👑 Parenting advice and childcare
- 👑 Money advice
- 👑 Emotional and mental health
- 👑 Domestic abuse support
- 👑 Staying healthy
- 👑 Online Safety
- 👑 SEND Local Offer

and many other useful links



[@FamiliesFirstHerts](#)



[@FFHerts](#)

[hertfordshire.gov.uk/familiesfirst](https://hertfordshire.gov.uk/familiesfirst)



*"I am struggling to cope with everything at present, so feeling overwhelmed."*

*"I'm worried about my child's behaviour in school and at home"*

*"I'm worried about money"*

*"I need reassurance and support"*