

## Message from the Headteacher – Mrs John

Thank you to all the parents/carers who attended the Year 11 Parents Evening this week. We hope parents and students found the video call appointments informative and helpful to guide students as they approach their important exams. We wish Year 11 students the best of luck in their second round of mock exams taking place after the half term break and hope they take advantage of the period 6 lessons offered to them as well as making the most of the quiet study environment in the LRC and local libraries. This week all year groups took part in the Drop Everything and Read, DEAR, session. It was a pleasure to see students, and staff, engrossed in their reading book for a part of the day. Next week we are taking part in Safer Internet Day on Tuesday 8<sup>th</sup> February. The celebration sees thousands of organisations get involved to promote safe, responsible and positive use of digital technology for children and young people. We would like to encourage parents to also discuss internet safety at home with their children. This year the theme is focussed on respect and relationships in online gaming, celebrating young people's role in creating a safer internet and the ways they are shaping the interactive entertainment spaces they are a part of whilst equipping them with the skills they need to keep themselves and others safe online. Please see over the page for more information and links to advice, support and resources.

## Headteacher's Commendations

**R Brown, (Yr. 7)** for showing outstanding resilience and attitude to learning in PE;

**O Delaney, (Yr. 8)** for making an amazing vegan lasagne for the cooking competition;

**T Burgess, (Yr.8)** for making a superb chequered cake for the cooking competition;

**O Kyriacou, A Vine-Mowbray and L Blanaru (Yr. 9)** for an all-round outstanding attitude to learning in school;

**A Buciak, (Yr. 10)** for handing in a mobile phone that had been lost;

**E Johnson, (Yr. 11)** for consistently good work produced in a number of lessons, particularly Science;

**H Clayton, E Joyce and K Russouw (Yr. 12)** for amazing support with school tours for interview candidates;

**A Dunstan, C Fisher, L Ross, D Stanculescu, O Warner and C Preston (Yr. 13)** for amazing support with the Student Panel;

**H Beaumont, I Chandaria, C Cross and F Humphries (Yr.13)** for amazing support with the parents coffee morning.



## Quote of the week:

“Survival can be summed up in three words- never give up. That’s the heart of it really. Just keep trying.”  
Bear Grylls

Wish you a restful weekend and do keep safe.  
Mrs John

# Headteacher Commendations

Well done to the students who secured the Headteacher's award this week! Thank you for giving your best and being wonderful role models.



## Breaktime with the Head

Well done to our top sixth form students who secured the highest 'Attitude to Learning' score in the autumn term.

### Year 12



E Green, B Loughnane, A Sowerby, C Greasby, C Carr, H Clayton, K Fan, M Mardel, L Wells, J Hadley, J Turner

### Year 13



A Dunstan, H Beaumont, C Fisher, L Ross, D Orzel-Walker, G McAleese, P Gordon, C Preston, A Keane, A Jennings

## Forthcoming Events

7<sup>th</sup> – 11<sup>th</sup> February

Week two

8 <sup>th</sup>	School Production Performance
9 <sup>th</sup>	Year 9 & 10 Visit University of Oxford Year 13 Parents Evening, online School Production Performance
10 <sup>th</sup>	School Production Performance
14 <sup>th</sup> – 18 <sup>th</sup>	Half Term
21 <sup>st</sup>	INSET Day, School closed to students

## Lost Property

All lost property will be donated to charity after half term, so please ensure you check for any missing items before the end of next week.

Lost property is based in the Year 8-9 Leader's office with Miss Hague.

## School Production – 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup> February

Tickets are on sale now via Wisepay – Be sure to book your ticket before it's too late!

Wishing all our actors and the production team behind the show the very best of luck. The rehearsals look like it's going to be a great performance.

We are all looking forward to watching this.

Good luck to our team.

## Word of the Week

W/c 7<sup>th</sup> February

### Infrastructure

For example, The Country's infrastructure is crumbling because of inadequate investment.

Stainborough

### Word of the Week

## Infrastructure

French: Infrastructure Spanish: Infraestructura

**READ IT**  
Infrastructure

**DEFINE IT**  
The basic systems and services, such as transport and power supplies, that a country or organization.

**USE IT**  
The Country's infrastructure is crumbling because of inadequate investment.

Grow and Succeed  
High Expectations | Mutual Respect | Quality Learning | Success for All

**GREASE**  
SCHOOL EDITION

TUESDAY 8TH FEB 2022 DOORS OPEN: 5.30PM  
WEDNESDAY 9TH FEB 2022 SHOW STARTS: 6:00PM  
THURSDAY 10TH FEB 2022 RUNNING TIME: 2 HOURS

ADULT £8  
CONCESSIONS £6  
FAMILY TICKET £25  
All tickets available for purchase on wisepay!

[Click here to book your tickets now!](#)

**Wisepay**

## Oaklands College Taster day

*Mrs Stamp, Careers Leader, writes:*

On Wednesday 2<sup>nd</sup> February Mrs Armitage and some Year 11 students attended the Oaklands College Schools taster day to enjoy a subject specific lesson and gain a good experience of what it's like to study at college. We were welcomed into the brand new buildings on the St Albans Campus. Students were given hands on experience of animal management and agriculture, carpentry, building a pyramid in brickwork, analysing brand power in business, fitness testing, and getting under the bonnet in motor vehicle studies.

Don't forget there are still public Open Days you can book onto on the Oaklands College website if you are interested in finding out more.

**Welwyn Garden City Campus:** Saturday 5<sup>th</sup> February, 10am - 2pm

**St Albans Campus:** Tuesday 8<sup>th</sup> February, 5pm - 8pm

# Safer Internet Day, Tuesday 8<sup>th</sup> February

*Mr Green, Assistant Headteacher, writes:*

**Safer Internet Day 2022** is on **Tuesday 8 February**, and we will be joining schools and youth organisations across the UK in celebrating this day. Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to join together in helping to create a better internet.

Using the internet safely and positively is a key message that we promote at Stanborough, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year. During the week, each year group will have an assembly exploring this year's key theme about respect and relationships online, particularly when gaming.

We would be delighted if you could join us in celebrating the day by continuing the conversation at home. To help you with this, you may be interested in downloading the free Safer Internet Day Resources for Parents and Carers which is available at: [saferinternetday.org.uk/sid-parents](https://saferinternetday.org.uk/sid-parents).

There are top tips, quizzes, and films which you can use at home with your child. Some other resources which you may find helpful in supporting your child online are:

- Tips, advice and guides for parents and carers from the UK Safer Internet Centre ([saferinternet.org.uk/parents](https://saferinternet.org.uk/parents))
- Advice for parents and carers from Childnet ([childnet.com/parents-and-carers](https://childnet.com/parents-and-carers))
- Reviews and information about games, apps, TV shows and websites from Common Sense Media ([commonsense.org](https://commonsense.org))
- Help on using parental controls and privacy settings from Internet Matters ([internetmatters.org./controls](https://internetmatters.org./controls))
- Information and reporting of online grooming or sexual abuse from CEOP ([ceop.police.uk](https://ceop.police.uk))

Online safety is an important issue, which as a school we are committed to teaching our students about.

If you have any concerns or questions about keeping your child safe online, please do get in touch with your child's tutor or Year Leader.





Stanborough





**FEATURED**


## Feeling Good Week 2022

This week at school, we have been taking part in Feeling Good Week. This year the theme is body positivity and students have been hearing about how they can be more positive about their body and how they feel. Body positivity refers to the assertion that all people deserve to have a positive body image, regardless of how society and popular culture view ideal shape, size and appearance. We have linked this to the five ways to wellbeing and students have been looking at practical ways of feeling more positive. For more information about the five ways to wellbeing and how you can support your child at home, see the link below.

*This week's* **TOP TIPS**

Here are some ways students can be more positive about their bodies.

-  **Connect:** talk to teachers, friends and family about what body positivity means.
-  **Be active:** run, cycle, walk, do yoga – anything that makes you feel good.
-  **Keep learning:** click on the five ways to wellbeing link below and learn more about how to stay positive
-  **Give:** be kind to others to make them feel good about themselves.

*In School*  
**Support** 

We have a school counsellor and a student and family support worker. If you feel you would like support speak to your year leader who can refer you.

**Useful Links** 



In **THE NEWS**

**LGBTQ+ History Month**

Just Talk have a range of information and support for young people. Check out their new [#transgender](#) support leaflet for information on both local and national services for young [#LGBTQ+](#) people in [#Herts](#):  
<https://buff.ly/35Ct1gB> [#LGBTHistoryMonth](#)  
[#JustTalk](#) [#MentalHealth](#)  
[#MentalHealthAwareness](#)

## Question of the Week

Mr Modi, Curriculum Leader: Mathematics writes:



**SEND YOUR CORRECT ENTRY BY 09.02.22 TO EARN A GOLD AWARD**

**Choose** one of the two Maths GCSE questions. Send your answers with 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.

### Question 1

Redlands School sent  $x$  students to a revision day.  
St Samuel's School sent twice as many students as Redlands School.  
Francis Long School sent 7 fewer students than Redlands School.

Each student paid £15 for the revision day.  
The students paid a total of £1155

Work out how many students were sent by each school to the revision day.

**You must show all your working.**

### Question 2

The diagram shows a trapezium.

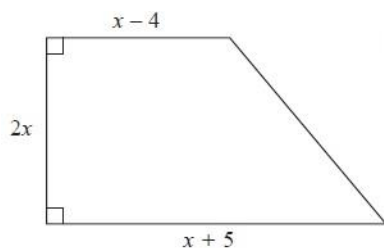


Diagram NOT accurately drawn

All the measurements are in centimetres.

The area of the trapezium is  $351 \text{ cm}^2$ .

**Show that  $2x^2 + x - 351 = 0$**

## MFL University of Oxford Flash Fiction Competition

Mrs Magee, Teacher of MFL, writes:



**Write a short story in 100 words**

Your story can be in French or Spanish and can be on anything you like!  
The judges are looking for creativity in your ideas and use of language.

How to enter:

Submit your entry directly to Oxford University via their online form.  
You will find the link for each language posted on Class Charts.

*£100 First prize  
£20 Runner up prizes*

**Enter by: 31 March 2022**

**If you print and submit your story to your languages teacher, you can also be entered into the Stanborough competition.**

**Prizes will be awarded for the best story in each year group.  
Put your name and year group on the back of your story.**

# Get Playing at Stanborough School

Mrs Jackson, Curriculum Leader: Music,

We are proud to be working with Hertfordshire Music Service to offer students the opportunity to learn an orchestral instrument for free and with free instrument hire.

## Hertfordshire County Council and BeeZee Bodies

### Information on Weight Management Services for Young People

Beezee Bodies provide free healthy lifestyle support for Hertfordshire families.

See below for their family programmes starting on 21<sup>st</sup> February.

HERTFORDSHIRE MUSIC SERVICE



## Get Playing

at Stanborough School

We are proud to be working in partnership with Hertfordshire Music Service as part of the national campaign by Music Mark called 'Get Playing'.

The Get Playing project has the ambition to enable and inspire 2,000 young people in Hertfordshire to start instrumental music lessons and we would like to offer an exciting opportunity to get into music.

At Stanborough School we are going to be offering **half a term of free group lessons** for those who don't already learn these instruments.



Music is good for your brain. Regular playing is linked to increased IQ and improved cognitive skills and concentration.

Flute, Clarinet, Saxophone, Trumpet, Trombone

We will loan you the instrument for free, over the duration of the lessons, and if you choose to continue lessons the loan will continue for the rest of the year.



Music makes you smile. Regular playing is linked to increased happiness and improved mental health.



To sign up please visit <https://surveys.hertfordshire.gov.uk/GetPlaying/> or scan the QR code




Follow @HertsMusic  
hertsmusicservice.org.uk












HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH HERTFORDSHIRE COUNTY COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW 12 WEEK COURSES STARTING NEAR YOU WEEK COMMENCING 21ST FEBRUARY.

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child who is above their ideal healthy weight.

CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILYS FREE PLACE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>WELWYN</b> Ridgeway Academy 17:00 - 19:00	<b>STEVENAGE</b> Barnwell Middle School 17:30 - 19:30	<b>CHESHUNT</b> Goff's Academy 17:00 - 19:00	<b>WATFORD</b> Knutsford Primary School 17:30 - 19:30
<b>HARPENDEN</b> Katherine Warington School 17:30 - 19:30		<b>HENEL HEMPSTEAD</b> Longdean School 17:30 - 19:30	<b>HERTFORD</b> The Sele School 17:30 - 19:30
<b>BOREHAMWOOD</b> Allum Hall 17:00 - 19:00			
<b>ONLINE</b> Age 9 - 12 17:30 - 19:30	<b>ONLINE</b> Age 5 - 8 16:30 - 17:30	<b>ONLINE</b> Age 5 - 8 17:30 - 19:30	<b>ONLINE</b> Age 9 - 12 16:30 - 17:30



[beezeebodies.com](http://beezeebodies.com)

BeeZee Families

01707 248648

## HAPPY LUNAR NEW YEAR!

### LET'S MAKE CHICKEN CHINESE NOODLES

CELEBRATE THE YEAR OF THE TIGER WITH THIS CHINESE INSPIRED NOODLE DISH!

**WHAT YOU'LL NEED:**

- 200g mushrooms, sliced
- 4 spring onions, sliced
- 2 peppers, seeds removed and cut into strips
- 150g sugar snap peas
- 3 skinless, boneless chicken breasts, diced
- 340g egg noodles
- 2tbsp reduced sugar or "light" sweet chilli sauce
- 1 ½ tbsp. reduced salt soy sauce

**WHAT TO DO:**

- Wash and cut your vegetables. Put them in a bowl and set aside for later.
- Cut the chicken into bite size pieces.
- Heat 1tbsp of vegetable oil in a large frying pan, then stir-fry the chicken for about 3 mins until golden and cooked through.
- Add all the vegetables, stir and cook until the vegetables have softened.
- While the vegetables and chicken are cooking, prepare your noodles following the packet instructions. Place noodles into a large pan and cover with boiling water. Simmer for 4 mins, loosening the noodles with a fork. Drain well in a sieve.
- Add the noodles, sweet chilli and soy sauce to the frying pan and toss everything together for a final 2 mins of cooking. Serve straight away and enjoy!

