

## Message from the Headteacher – Mrs John

At Stanborough, we are fortunate to have a range of talented and inspirational staff working for us. From our teachers to our support staff, everyone works tirelessly to make Stanborough an outstanding learning community. As a parent or carer of a child at Stanborough, you can nominate an individual for the unsung hero award via the Pearson Teaching Awards. Entries can be made from now until February 2023 using the form on their website, <https://www.teachingawards.com/the-2023pearson-national-teaching-awards/>. If you would like to share your nomination with us so we can let the staff member know that would be appreciated. A reminder to all our parents/carers that you are invited to our Inclusion Evening on Tuesday 18<sup>th</sup> October. This event starts at 6.30pm and is an opportunity to meet key staff at school including the SENDCo, support workers and support teachers. Please see over the page for more information. The first week of blended learning has started off well for our Year 7 students. We hope they will soon fully grasp this exciting new way of learning as we have seen some great examples of them using their new devices in many of their lessons. We are looking forward to seeing some wonderful work from our new students when core subjects begin to set homework after the October half term break. We wish all our Year 11 students the best of luck in their first set of Year 11 mock exams which start next week. There is so much support available for students from period 6 lessons and Saturday tutoring to subject specific revision and catch up sessions, resources in the LRC and support in our new engine room!

## Headteacher's Commendations

**H Dickens, (Yr. 7)** for being invited to compete in the Plumpton Race Course Charity Horse Race to raise money for a cancer trust;

**D Tirca, (Yr.7)** for a very positive start to Year 7 and creating an amazing car model using Lego;

**A Hawkins, (Yr. 8)** for using his INSET day to visit a primary school to talk to a Year 5 class about ancient Greek mythology;

**N Willshire, (Yr. 9)** for a huge improvement in attitude to learning and kindly supporting other students;

**K Kostiuchenko, (Yr. 10)** for an outstanding start to Stanborough;

**F Capon, (Yr. 11)** For consistently beautifully presented work and superb focus and hard work in lessons;

**J Young, (Yr. 12)** For consistent dedication to his work in silent study;

**J Turner and A King, (Yr. 13)** For excellent participation in 'Meet the 6<sup>th</sup> Form'.



## Quote of the week:

*"Little by little, a little becomes a lot. " Tanzanian proverb*

Wish you a restful weekend.

Mrs John

## Headteacher Commendations



## Forthcoming Events

17<sup>th</sup> – 21<sup>st</sup> October

Week one

17 <sup>th</sup> – 20 <sup>th</sup> October	Open Mornings, by appointment only
17 <sup>th</sup> – 4 <sup>th</sup> November	Year 11 Mock Exams
18 <sup>th</sup> October	Inclusion Information Evening, 6.30pm
19 <sup>th</sup> October	Year 12 Houses of Parliament Visit
24 <sup>th</sup> – 28 <sup>th</sup> October	HALF TERM



## Inclusion Evening, reminder

*Mrs Daplyn, Assistant Headteacher, writes:*

A reminder that all parents are invited to our Inclusion Evening on Tuesday 18<sup>th</sup> October from 6.30pm for a 7pm start. This is an opportunity to meet key staff at school including the SENDCo, support workers and support teachers.

The first part of the evening is a chance for you to meet with our staff informally and see the support we offer.

There is then a short talk in the hall where we will outline the different support we have at Stanborough for students with special educational needs and emotional, social or mental health needs.

After the talk there will be time for you to ask questions and meet again with these key staff. If you would like any more information about the event, please contact me on [edaplyn@stanborough.herts.sch.uk](mailto:edaplyn@stanborough.herts.sch.uk). We look forward to seeing you there.



## Student Success

*Mr Minion, PE Teacher, writes:*

On Tuesday 11<sup>th</sup> October, the Year 7 football team took on Dame Alice Owen's in their second District Cup match.

It took just a few minutes to open the scoring with Jayden scoring the first of his 6 goals! We were 4-0 up at half time after a very solid performance, with George and Bobby, performing particularly well.

We continued our dominance and scoring rate in the second half reaching the 8 goal difference required to stop the game with a good 5 minutes to spare. This is our 3<sup>rd</sup> win from three, beating Queens 3-2 in the County Cup and Chancellors 5-2. A great start from all members of the squad.



*Miss Newman, Year Leader, Year 10, writes:*

Bailey Sinclair, 10B, trialled for Saracens Mavericks U18 futures, out of 60 girls the head coach called out two numbers, one being Bailey's and offered her the opportunity to trial again for the U17 academy / player development programme.

She went for the trial and got the PDP which is amazing! Her first training session was on Wednesday.

We wish Bailey lots of luck on the programme!



## Year 11 Engine Room

Mrs Abrahams-Green, Deputy Year Leader, Year 11, writes:

It has been great to see so many Year 11s regularly attending the Engine Room, our dedicated Year 11 study and revision space, open every Monday, Wednesday and Thursday after school.

This is a fantastic space to get on with homework, revision or additional study with access to teacher support, the internet and revision guides for reference.


There are plenty of materials on hand for creating revision resources and students have been busy making flashcards and mind maps using these.

To reward their hard work and keep them going energy boosting treats are also provided!


We wish all our Year 11 students the best of luck in their upcoming mocks

*"A fantastic and calm environment that makes me feel excited to go and revise"* **Isabella**

*"It makes me feel inspired to carry on revising when I get home"* **Jaz**



# The Engine Room F9



**Full steam ahead!**

**Mondays  
Wednesdays  
Thursdays**

**3-4pm**

Create a quiz

Create a revision timetable

Revision timetable

Pomodoro revision

Test yourself or a friend

Make some flashcards

Find resources

Ask a teacher

***Come along. Get ahead. You're in for a treat. Literally!***

***Don't bury your head in the sand! Get support in planning a revision schedule and working for these exams. Don't put off until tomorrow what you can do today.....***

Grow and Succeed

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

## Cooler Weather

As the weather is changing please ensure your child has a plain black coat.

Scarves, gloves and hats must be plain black, if worn. There is a school scarf available from Smarty Schoolwear should you wish to purchase one.

Stanborough School is extremely excited to present to you our very latest 'addition' to our *Literacy Team*: a Book Vending Machine, no less!

Books can be purchased with a very special 'Golden Ticket' which will be awarded to 1<sup>st</sup> place prize winners of the competitions listed below.

Winners of our first 'Golden Tickets' will be the first-place winners of our *Reading Journey* and *Film Poster* competitions (Yr 7); *Roald Dahl Birthday Card*, *National Poetry Day* and *Ms McLean's Handwriting* competitions, all of which will be announced in next week's Stanborough Times.

Happy reading all!

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



## Calling all Year 9s!

*Mrs Magee, MFL Teacher, writes:*

GCHQ, one of the UK's intelligence agencies, is running a National Language Competition from 7<sup>th</sup> – 11<sup>th</sup> November 2022 aimed at Year 9 students from across the UK. Over the course of five days, teams of four will score points by tackling a variety of fun, language-themed challenges hosted on an online platform.

All students will be able to take part, no prior knowledge is required, only a keenness for languages. The team with the most points at the end of the competition will be invited to GCHQ's headquarters in Cheltenham and will be presented with a trophy by GCHQ Director, Sir Jeremy Fleming!

If you would like to compete, then assemble your team and register your interest by speaking to Mrs Magee in G18 by Tuesday 18<sup>th</sup> October.



## Hello Yellow

### Young Minds Mental Health Awareness

The Stanborough community took part in World Mental Health day on Tuesday 11<sup>th</sup> October by wearing yellow to show awareness of young people's mental health. Students were invited to wear a yellow accessory or item of clothing and the heads of school team handed out yellow ribbons in tutor time. Laura Wells, one of our heads of school, also created a powerpoint that tutors showed students which went through some myths about mental health and gave some information about difficulties students might encounter and how they can deal with these. We have lots of support for students at Stanborough including through our excellent pastoral team. Students and parents can also find help and support on the mental health and wellbeing section of our website which has links to external websites which offer help and advice: [Mental Health and Wellbeing](#)





# INCLUSION

**ADHD Awareness week allows us to pause and think about our child's difficulties.**

According to [ADHD Coaching](#), between 2% and 5% of UK school children have a 'type' of ADHD. In the UK adult population, it's thought to be between 3% to 4%.

Our young people with ADHD have lots of common difficulties including inattentiveness, hyper arousal, dysregulation, rejection sensitive dysphoria and often a co-occurring difficulty like dyslexia. But they are also creative, talented, exciting, interested, vivacious, problem solvers with really good long term memories.

Every child with ADHD is different, they have their own unique talents and strengths.

Help them find theirs.

Read about the shared experience of many people with ADHD at [ADHDawarenessmonth.org](https://www.adhdawarenessmonth.org).

***There is nothing that can hold you back when you understand your own strengths and difficulties!***

**ADHD AWARENESS MONTH OCTOBER 2019** *ADHD MYTHS AND FACTS KNOW THE DIFFERENCE*

**MYTH: ADHD is caused by bad parenting.**

**FACT: Parents do not cause ADHD.**  
**The disorder arises from the accumulation of many environmental and genetic risk factors.**

There is no evidence that poor parenting leads to the inattention, hyperactivity, and impulsivity that define ADHD.

Scientific studies have discovered the causes for ADHD symptoms. These fall into two categories: the genes we inherit from our parents and adverse environmental conditions.

Twelve areas of the human genome harbor risk genes for ADHD. Each individual gene, in itself, has only a small impact on the risk for ADHD.

Scientists have discovered many environmental risk factors for ADHD. Most of these risks occur very early in the development of the brain.

Most cases of ADHD are due to the accumulation and interaction of many genetic and environmental effects that change the brain in a manner that leads to the symptoms of ADHD.

CORNER



<https://www.adhdawarenessmonth.org>

**ADHD**  
**AWARENESS**  
**OCTOBER 2022**

**UNDERSTANDING A SHARED EXPERIENCE**

## Question of the Week

### Mathematics

Mr Modi, Curriculum Leader: Mathematics, writes:



**SEND YOUR CORRECT ENTRY BY 19.10.22 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.

**Answers to last week's QOTW**

**Question 1: Key ring = £1.60, Purse = £3.20**

**Question 2: (a) No, temp is 25 degree C, (b)  $F = \frac{9C}{5} + 32$**

### Question 1

Viv wants to invest £2000 for 2 years in the same bank.

#### The International Bank

Compound Interest

4% for the first year  
1% for each extra year

#### The Friendly Bank

Compound Interest

5% for the first year  
0.5% for each extra year

At the end of 2 years, Viv wants to have as much money as possible.

Which bank should she invest her £2000 in?

### Question 2

Zara is the manager of a shop.

The table gives information about the expenses the shop had last year.

Expense	Wages	Rent	Goods	Other expenses
Amount	£92 000	£10 800	£72 000	£7000

This year the wages will increase by 7.5%,

the rent will be  $\frac{7}{9}$  of the rent last year,

the other expenses will halve.

Zara wants to increase the amount of money she spends on goods.

She also wants the total expenses the shop has this year to be the same as last year.

Can Zara increase the amount of money she spends on goods?



## NEW FREE Courses, Support Groups and Self-Care Workshop for Parents/Carers in Hertfordshire



**ADD-vance**  
The ADHD and Autism Trust



# SUPPORT GROUPS

## FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

### ABOUT THE GROUPS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity.

### TIME AND PLACE

#### **General Secondary Aged Children Support Group**

Tuesday 1/11/22 - 1-2 pm

#### **Support Group for Parents of 16-24 year olds**

Tuesday 8/11/22 - 7.30-8.30 pm

#### **Challenging Behaviour Support Group**

Tuesday 15/11/22 - 1-2 pm

#### **General Primary Aged Children Support Group**

Tuesday 22/11/22 - 1-2 pm

#### **Anxiety/Mental Health Support Group**

Tuesday 29/11/22 - 1-2 pm

#### **General Secondary Aged Children Support Group**

Tuesday 6/12/22 - 7.30-8.30 pm

☎ 01727 833963

✉ [herts@add-vance.org](mailto:herts@add-vance.org)

🌐 <http://www.add-vance.org/>

**Book your FREE ticket on <http://add-vance.eventbrite.com/> or  
visit our website <http://www.add-vance.org/>**

**These groups are funded by Hertfordshire County Council and are open to residents of Hertfordshire only**




## FREE ONLINE AUTUMN 2022 WORKSHOPS FOR HERTS PARENTS/CARERS

Date	Time	Topic
Wed 14 <sup>th</sup> Sept	10 – 11.30 am	Diagnosing ADHD and/or Autism
Mon 19 <sup>th</sup> Sept	10 – 11.30 am	Understanding Autism
Wed 21 <sup>st</sup> Sept	10 – 11.30 am	Caring for Your Child (and Yourself)
Thurs 22 <sup>nd</sup> Sept	10 – 11.30 am	Tips & Tools for Sleep
Thurs 22 <sup>nd</sup> Sept	7 – 8.30 pm	Tips & Tools to Build Self-Esteem
Mon 26 <sup>th</sup> Sept	10 – 11.30 am	Working in Partnership with School
Wed 28 <sup>th</sup> Sept	10 – 11.30 am	Tips & Tools to Support Communication
Thurs 29 <sup>th</sup> Sept	7 – 8.30 pm	Understanding ADHD
Mon 3 <sup>rd</sup> Oct	10 – 11.30 am	Applying for an EHCP
Tues 4 <sup>th</sup> Oct	10 – 11.30 am	Understanding PDA
Wed 5 <sup>th</sup> Oct	10 – 11.30 am	Tips & Tools for Toileting
Thurs 6 <sup>th</sup> Oct	7 – 8.30 pm	Tips & Tools to Support Emotional Literacy
Mon 10 <sup>th</sup> Oct	10 – 11.30 am	Preparing for an EHCP Annual Review
Wed 12 <sup>th</sup> Oct	10 – 11.30 am	Understanding ADHD in Girls
Thurs 13 <sup>th</sup> Oct	7 – 8.30 pm	Tips & Tools to Support Learning
Mon 17 <sup>th</sup> Oct	7 – 8.30 pm	Support for Dads
Wed 19 <sup>th</sup> Oct	10 – 11.30 am	Understanding Autism in Girls
Thurs 20 <sup>th</sup> Oct	10 – 11.30 am	Tips & Tools to Manage Everyday Change

HALF  
TERM

Date	Time	Topic
Mon 31 <sup>st</sup> Oct	10 – 11.30 am	Understanding Self Harm
Wed 2 <sup>nd</sup> Nov	10 – 11.30 am	Supporting Siblings
Thurs 3 <sup>rd</sup> Nov	7 – 8.30 pm	Understanding Challenging Behaviour
Fri 4 <sup>th</sup> Nov	10 – 11.30 am	Tips & Tools to Manage Anger
Mon 7 <sup>th</sup> Nov	10 – 11.30 am	Supporting Transition into Primary School
Wed 9 <sup>th</sup> Nov	7 – 8.30 pm	Understanding Sensory Differences
Fri 11 <sup>th</sup> Nov	10 – 11.30 am	Tips & Tools to Manage Sensory Differences
Mon 14 <sup>th</sup> Nov	10 – 11.30 am	Supporting Transition into Secondary School
Wed 16 <sup>th</sup> Nov	10 – 11.30 am	Tips & Tools to Support Puberty
Thurs 17 <sup>th</sup> Nov	7 – 8.30 pm	Understanding Anxiety
Fri 18 <sup>th</sup> Nov	10 – 11.30 am	Tips & Tools to Manage Anxiety
Mon 21 <sup>st</sup> Nov	10 – 11.30 am	Tips & Tools for Positive Behaviour
Wed 23 <sup>rd</sup> Nov	10 – 11.30 am	Preparing for Adulthood 14+
Wed 23 <sup>rd</sup> Nov	7 – 8.30 pm	Understanding Neurodiverse Teens
Mon 28 <sup>th</sup> Nov	10 – 11.30 am	Tips & Tools to Teach Social Skills
Wed 30 <sup>th</sup> Nov	10 – 11.30 am	Thinking About College
Thurs 1 <sup>st</sup> Dec	10 – 11.30 am	Thinking About University

☎ 01727 833963
✉ herts@add-vance.org
🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website


These workshops are funded by Hertfordshire County Council and are open to residents of Hertfordshire only

### ADT Newsletter

The latest edition of the ADT Newsletter is now available to download from our website,  
<https://stanborough.herts.sch.uk/wp-content/uploads/2022/10/ADT-Newsletter-Oct-issue-03.pdf>

### Question of the Week, Drama

Send your answer to Miss Eracleous to receive a bronze award and get it right for a silver award!



### WHAT DOES SHAKESPEARE MEAN?


Send your answer to Miss Eracleous at [geracleous@stanborough.herts.sch.uk](mailto:geracleous@stanborough.herts.sch.uk) to receive a Bronze and get it right for a SILVER reward!

"This is the third man that e'er I saw;  
the first that e'er I sigh'd for."

The Tempest- William Shakespeare

### Root Word of the Week

W/c 17<sup>th</sup> October 2022



Wb17th October 2022

## Root Word of the Week

# mono = one

Subject Examples

monochrome

In Art, I paint in monochrome – all in one colour.

monotone

In music I sing in monotone – all on one note.