

Message from the Headteacher – Mrs John

Welcome back after the half term break! This week has seen the end of the first round of mock exams for our Year 11 students. Well done to all of you for getting through this, hopefully it has given an important insight into preparing for the GCSE exams. Results will be available shortly. A reminder for all Year 11 students and parents that we are holding our Post 16 Choices and Information evening next Thursday, 9th November at 5.30pm. This is an opportunity to see what we offer at Stanborough at A Level and what it's like to be a sixth former! Next Friday, 10th November we are commemorating Remembrance Day, our ceremony will take place during period 3. For further details please see the letter emailed home earlier this week, this is also available on our website.

Headteacher's Commendations

J Owen, Yr.7 for outstanding engagement with families at Open Evening in the Geography department.
C James, S Lawson, M Payne, A Beverstock and S Protic, Yr.7 for winning the Year 7 Reading Journey.
B Knight and K Hawkins, Yr.7 for reading a million words since September and becoming a millionaire reader.
M Khan, Yr.7 for showing outstanding kindness when helping a new starter settle in to school.
C Alex, Yr.7 for taking part in the Oxford Regional Bible Kalotsavam and achieving 3rd position.
S Protic, Yr.7 for making an exceptional model of contour lines in Geography.
H Williams, Yr.8 for outstanding support of another student in Biology lessons.
L Lacovone, Yr.8 for showing outstanding maturity and courage when dealing with a friend's accident.
M Mirza, Yr.8 for outstanding teamwork and peer support across all lessons.
D Boville, Yr.8 for outstanding support at the Green Lanes Primary Netball Festival.
E Bone, Yr.9 for competing in the National Cycling Time Trials and achieving second place in two events.
P Spanoudakis, Yr.9 for outstanding achievements in Theatre events over the Summer.
J Williams, Yr.10 for outstanding support to a new EAL student in all Science lessons.
L Dolling, Yr.11 for outstanding effort and commitment and amazing attitude to learning in all English lessons.
E Osagie, Yr.12 for excellent support when mentoring a year 7 student.
V Miles, Yr.13 for completing a UCAS application and choosing offers.



Quote of the week:

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

Leo Buscaglia

Wish you a restful weekend.
Mrs John



Headteacher Commendations



Forthcoming Events

6th – 10th November 2023

Week A

6 th & 7 th	Flu Vaccinations for Years 7 - 11
9 th	Year 8 Future Forward Event Post 16 Choices & Information Evening, 5.30pm
10 th	Remembrance Event


Remembrance Day, Friday 10th November 2023

Ms Kohls, Deputy Headteacher, writes:

As Remembrance Day approaches, Stanborough School is once again taking time to come together as a community to think about the people whose lives have been, and continue to be changed by war and conflict. As a community, we will be commemorating Remembrance Day on Friday, 10 November 2023 at the start of Period 3.




Root Word of the Week

**Root Word of the Week**
10 November 10th 2023

anti = against

anti-biotics
anti-war





Post 16 Choices & Information Evening

9th November 5.30-7pm

For all prospective students joining
Sixth Form in 2024

Chess Club!

Run by Ms Wilson, Lily Reding & Nia Joshi




Every Thursday after school
Starting 2nd November, 3-4pm
Taking place in the LRC for all Year groups


Please sign in at the LRC desk!

Hertfordshire Community NHS Trust

The Autumn public health nursing team newsletter is available to download from our website, <https://stanborough.herts.sch.uk/wp-content/uploads/2023/10/PHN-Newsletter-Teen-Autum-2023-V2.pdf>

**Hertfordshire Family Centre Service**

School Nursing

**Hertfordshire Community NHS Trust**

Autumn 2023

Public Health Nursing 5-19 Team Newsletter

[Welcome back!](#)

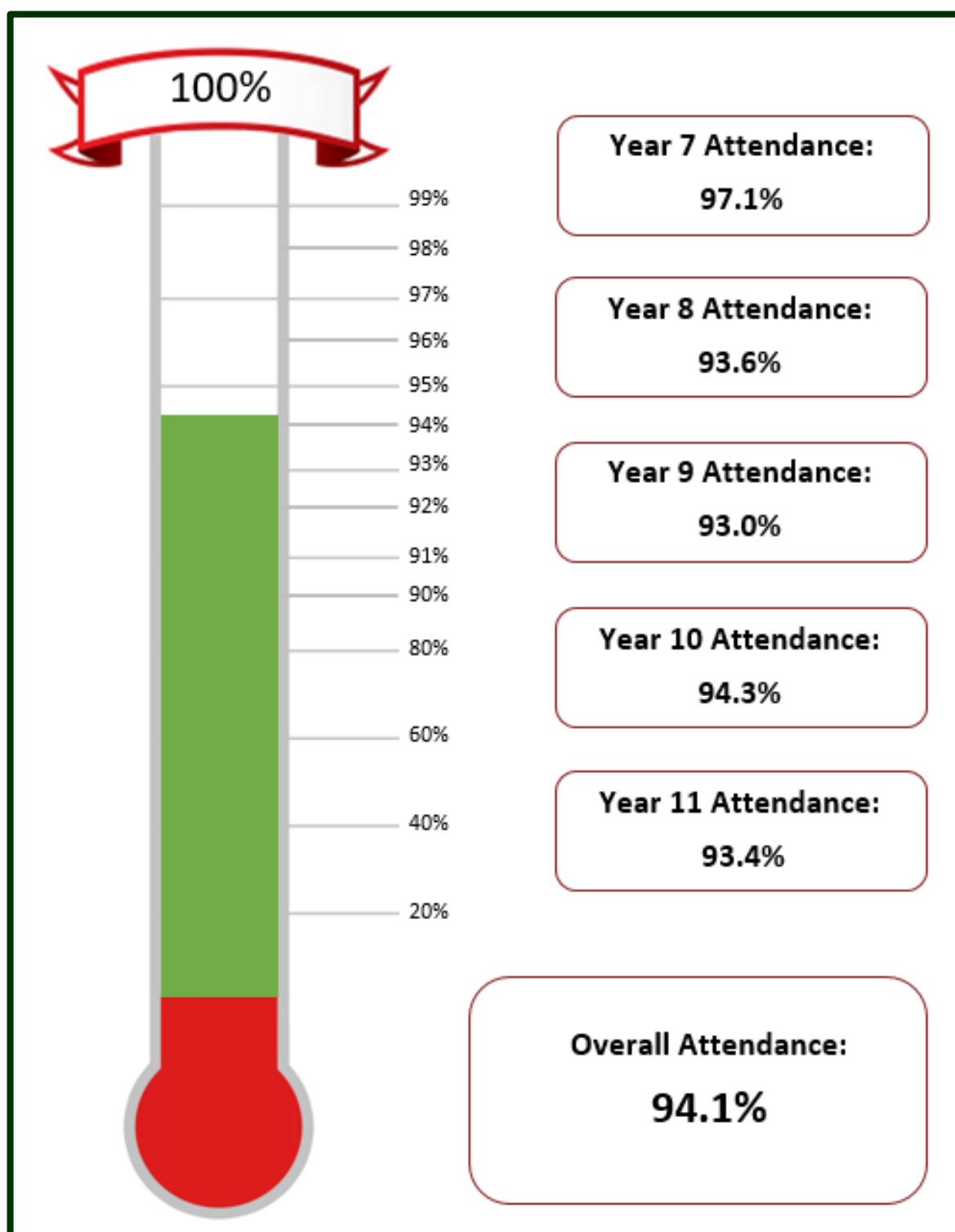
[Sleep](#)

[Mental Health Toolkit](#)

Attendance Matters.....

04.09.23 to 01.11.23

Students with attendance below 93% will be requested to provide medical evidence before any further absence will be authorised. Please ensure your child is in school, unless they are so unwell as to require medical attention.



Student Success

London Cup Karting Championship 2023

On 29th October, Nathan, 7HM, competed in the finals of the London Cup 2023, the longest established major kart competition at Rye House Kart Raceway in Hoddesdon. Despite tough weather conditions, Nathan was described as demonstrating “exemplary driving” and secured second place on the podium. Well done Nathan.



Challenging Maths

Mrs Coldwell, STEM Leader: Maths, writes:

The annual round of maths challenges has started with the older students. On 27th September, Martha Flint (11KK) took part in the Mathematical Olympiad for Girls, a tough 2.5 hour paper with just 5 extended questions. Martha did very well and earned a Merit for her responses.

On 3rd October it was the Senior Maths Challenge aimed at sixth form mathematicians, although we always give a few younger students a chance to try it as well. Aidan Wadley (12NZS) achieved a Gold Certificate and Best in School, Nathan Davies (13CPMJJO) achieved Gold and Best in Year and the following all achieved Gold certificates as well: Daniel Harrington (12HGOCD), Ben Paddick (12KMCKJ), William Parnham (13RC), Oliver Holbourns (13KAC), James Flint (13RC) and Darcey Palmer (13RC). All of these have also qualified for a follow-on round which takes place on 15th November, so more certificates are likely to follow! Silver certificates went to: Martha Flint (11KK – also Best in Year), Eliezer Lagman (13CPMJJO), Stephen Bates (13CPMJJO), Tameem Alom (12EM), Thomas Oldridge (13RDA), Luke Rimell (13KAC), Oliver Fillmore (13RC), Jack Tang (12HGOCD), Aniket Singh (13CPMJJO), James Farran (12KMCKJ), Aamina Hussain (13KAC) and Gavriel Lagman (12NZS). Bronze certificates were awarded to: Ben Davison (13CPMJJO), Alex Amaricai (13RDA), Sebastian Judge (13KAC), Joel Evans (12EM), Maya Hirani (12NZS), Maggie Moylan (12KMCKJ), Poppy King (12EM), Catherine Cranham (13CPMJJO), Matthew Williamson (13KAC), Taira Kumar (12KMCKJ), Sajan Satheeskumar (12KMCKJ), Zara Millar (10HM), Joshua Jeffrey (12EM), Samuel Roper (12HGOCD), Charlie Chamberlain (13RDA), Stephen Grigg (12KMCKJ), Kathryn Stanley (11KK), Eamon Clark (13KAC), Oscar Boyle (12NZS), Denise Karota (12KMCKJ), Emmanuel Osagie (12HGOCD), Lily-May Watkins (12NZS), Kara Chauhan (11BM), Michael Frimpong (12KMCKJ) and Panos Stoli (12HGOCD). Well done to all who took part!

Young Carers at Stanborough

Mrs Stratton, Assistant SENCo, writes:

At Stanborough, any student with a caring role at home is recognised as a young carer. These also include students that have neurodiverse siblings as they still may provide some support or care at home.

If you have any concerns or questions please contact Mrs Stratton, our young carers lead or Mrs Daplyn the SLT lead for young carers.

ss Stratton@stanborough.herts.sch.uk

edaplyn@stanborough.herts.sch.uk



YOUNG CARERS

Do you help to look after a member of your family, who is ill or disabled, or who uses drugs or alcohol?
Do you take on responsibility for things that would normally be done by an adult?
If you answered yes to these questions then you probably are a young carer.

If you feel you would like to talk, meet other young carers, receive some support with your personal life, school work, homework or social life then please come along to G6 on Monday lunch time.

Please come and talk to Mrs Stratton or email ss Stratton@stanborough.herts.sch.uk.

Year 7 Crucial Crew

Mrs Abrahams-Green, Deputy Year Leader: Year 7, writes:

Last Monday, Year 7 had a visit from The Crucial Crew. All students got to spend an hour in the hall getting key messages about their safety in the home, out and about and in their relationships. The aim of the visit was to make vital information available to our students about how they can look after themselves and others. Among other agencies they met with the police and the fire services and even got an opportunity to practise CPR! Although they only spent a short amount of time with each agency it was fantastic to see so many of our Year 7s getting fully involved in the event and they all came away with some great tips for staying safe.

"It was inspirational to spend time with the Crucial Crew because you learned a lot of skills you need in life and now I know how I could even save a life!" Oliver, 7BP

"The Crucial Crew was a good change from our normal routine as it taught us about things we need to keep us well and safe in our everyday lives" Lily, 7BM



INCLUSION

**Too many distractions at home?
Need some support?
or just need a place to concentrate on your homework?**

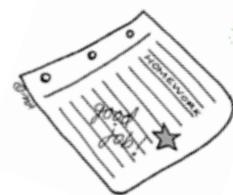
Come along to homework club

HOMEWORK CLUB - 3PM TO 4PM

Monday in C2 for all year groups

Tuesday in C3 for all year groups

Wednesday in C3 for year 7



CORNER

Question of the Week

Mathematics

Mr Modi, Curriculum Leader: Mathematics, writes:



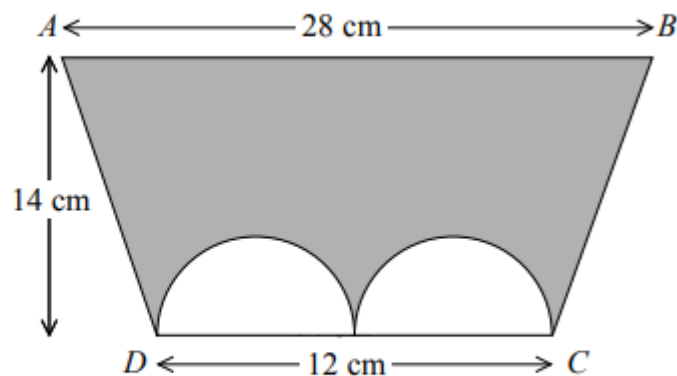
SEND YOUR CORRECT ENTRY BY 08.11.23 TO EARN A GOLD AWARD

Choose Question 1 or Question 2.

Send your answer with detailed workings by email to smodi@stanborough.herts.sch.uk
or on a piece of paper to the Maths Office.

Question 1

The diagram shows a trapezium $ABCD$ and two identical semicircles.



The centre of each semicircle is on DC .

Work out the area of the shaded region.

Give your answer correct to 3 significant figures.

Question 2

Here are the first six terms of a Fibonacci sequence.

1 1 2 3 5 8

The rule to continue a Fibonacci sequence is,

the next term in the sequence is the sum of the two previous terms.

(a) Find the 9th term of this sequence.

The first three terms of a different Fibonacci sequence are

a b $a + b$

(b) Work out the 6th term (algebraic expression) of this sequence

Given that the 3rd term is 7 and the 6th term is 29,

(c) find the value of a and the value of b .

Herts Mind Network - Young People Mental Health Services

How to access us

No formal referral is needed, reach out to us today through our instant messaging or email us at withyouth@hertfordshiremind.org with your preferred contact details.

Individuals aged 5-18 can be referred through self, professional, or parent/family/carer.

To find out more about the service or to talk to us about the support that we can provide, please contact us on:

T: 0208 189 8400

E: withyouth@hertfordshiremind.org

W: www.withyouth.org

Postal address: With Youth, Hertfordshire Mind Network, Watford Wellbeing Centre, 501 St Albans Road, Watford, WD24 7RZ

About Hertfordshire Mind Network

We deliver essential mental health support in Hertfordshire, providing a diverse range of services from our seven Wellbeing Centres and other venues across all ten districts of the county.

Funded locally, our services are available to all residents in Hertfordshire over the age of 18 and we offer dedicated services for 5-18 year olds.

We create opportunities for individuals experiencing mental ill health to make choices, find their solutions, build resilience and manage their wellbeing.

Our services are based on the principle of self-help with a strong emphasis on prevention, personal development, self-management and improving health and wellbeing.

For more information on the range of services Hertfordshire Mind Network offer, please visit www.hertfordshiremind.org



Herts Mind Network is a registered charity No. 112487 and a company limited by guarantee No. 5532977



withYouth
YOUNG PEOPLE'S Digital Wellbeing Services

QR Code: Scan the QR code for more information



About the service

Our countywide, open access service supports children and young people experiencing mental ill health and/or emotional distress. The service is available for children and young people aged five to eighteen who live in Hertfordshire, and have a Hertfordshire GP.

We help children and young people to build resilience by working with them to problem solve and develop coping strategies, coming up with solutions that will enable them to improve their own health and wellbeing.

The service is provided through free online platforms e.g. Zoom, Skype, Teams, through phone or video call support, or through our online instant messaging platform. Online support is tailored to the needs of each individual.

The service is a safe, trusted space, which works alongside them, empowering choice in decision making.

We also provide advice and guidance to parents/families/carers and professionals to provide a holistic response to supporting children and young people and creating a network around the individual to empower and enable positive change.

Lumi Nova

We have partnered with BFB Labs to offer free access to Lumi Nova; a digital therapy in the format of a mobile game to help 7-12 year olds learn to understand and reduce symptoms of anxiety and build resilience.

Lumi Nova: Tales of Courage provides a fun, safe and engaging way for you to tackle your worries head on so you can build resilience, gain confidence and thrive. It is suitable for:

- ▶ 7-12 year olds (who require initial support but are not in crisis)
- ▶ Children who have some fears and worries that they find challenging

It provides instant access to Cognitive Behaviour Therapy (CBT)-based support

- ▶ Proven to be the most effective treatment for anxiety
- ▶ Lumi Nova facilitates graded exposures safely



For more information about Lumi Nova, please visit our website at: www.withyouth.org/lumi-nova

Instant messaging

If you are between the ages of 5-18 or a parent/caregiver of a 5-18 year old, message us to get support with any mental health concern.

We can talk about what you are experiencing and offer you support, information and advice and/or referral to the service.

Our instant messaging platform is open 2-10pm everyday (excluding Bank Holidays).

To get in touch with us via instant messaging, please visit our website at www.withyouth.org and look for the chat box.

Groups

Our online groups provide you with a safe space to build your skills, confidence and self-esteem, hearing from other young people what has helped them when experiencing similar emotions.

Come along to meet other people, learn about your emotions, feelings and how to understand them and learn ways to manage them.

"I feel like I have learnt different breathing techniques to help manage my anxiety. Feel like I have really benefited being around other people and learning from others and what helps them"

One-to-one

We offer tailored one-to-one online sessions, at scheduled times to suit you.

The team will work with you to identify goals, to support your health, social, spiritual, cultural and educational needs, helping you as a whole individual.

One-to-one sessions will take place through video, instant messaging, telephone and/ or email - whichever works best for you.

Our team will work with you to provide:

- ▶ Emotional support and practical support
- ▶ Building life skills, coping strategies, confidence and self-esteem
- ▶ Building social networks and reducing isolation
- ▶ Live sharing of resources, goal based worksheets, booklets, videos etc.
- ▶ Information about how and where to access other support

Our tailored support is offered in 4 week blocks, with regular reviews and celebrating progress against the goals you identified.

withYouth

YOUNG PEOPLE'S Digital Wellbeing Services

If you're aged between five and eighteen, or if you're a parent or carer of someone in that age range, we're here to help you with anything that's affecting your wellbeing.

Just reach out to us.

We can talk about what you are experiencing and offer you support, information and advice through one-to-one and group sessions.

You can get help straight away, no referral needed.

To find out more, or to talk to one of our team:

Instant message us at www.withyouth.org

Or call us on 0208 189 8400

Or email us at withyouth@hertfordshiremind.org

We are here for you
Everyday from 2pm - 10pm

Lumi Nova: Tales of Courage (for 7 -12 yr olds)



Instant access to therapy in a mobile game for 7-12 year olds with fears and worries (anxiety).

- NICE recommended, trusted by the NHS
- Fun, free and safe
- Learn to tackle worries, build resilience, gain confidence and thrive

Scan the QR code
for more info



QR Code:
Scan the QR code
for more info



T: 0208 189 8400 E: withyouth@hertfordshiremind.org W: www.withyouth.org

EBSA Coffee Morning for parents/carers

Thursday 9th November, 9.30 – 11am

Commonswood School

To book a place click the QR code below

EBSA Workshop for parents/carers

There are still places available on the EBSA workshop for parents/carers. It's on 14th November at Green Lanes School. To book a place click the QR code below.

Emotional Based School Avoidance (EBSA) Coffee Morning for parents and carers

Thursday 9th November
9.30am - 11am

Commonswood School, The Commons, Welwyn Garden City, AL7 4RP



Does your child's school avoidance affect you and your family?
Would you like a safe space to share your experiences with others?

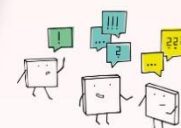
DSPL 5 will be hosting an informal morning for you to share your experiences and offer support to each other.

Please book your place here
<https://www.surveymonkey.co.uk/r/TYG9M89>

DSPL5 Delivering Special
Provision Locally



UNDERSTANDING & MANAGING EBSA- EMOTIONALLY BASED SCHOOL AVOIDANCE



FREE WORKSHOP FOR PARENTS/CARERS -
with Mark Edgar - Mental Health Support Team NHS

- WHAT IS EBSA?
- EXPLORE ANXIETY AND IMPACT ON SCHOOL.
- HOW CAN I HELP MY CHILD?
- HOW CAN I EMPOWER MY CHILD?
- WHO CAN SUPPORT MY CHILD?
- WHO CAN SUPPORT ME?

DATE:
Tues 14th November

VENUE:
Green Lanes
Primary School

TIME: 9:15-11:15am

To Book a Place please go to this link
or click on the QR:
<https://forms.office.com/e/xiPxP67TFB>

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- ◆ No referrals, no judgements – just an open door and a safe welcoming space to talk
- ◆ Professional workers to support you with your wellbeing
- ◆ Practical help at your fingertips - coping strategies, stress management techniques and more!
- ◆ Emotional support tailored to your needs

For more information scan the QR code



Opening times and locations

The cafes are open in Watford and Stevenage across the week.

Day	Time	Location
Mon	3:30 - 8:00pm	Watford Palace Theatre
Tue	3:30 - 8:00pm	Bowes Lyon, Stevenage
Wed	3:30 - 8:00pm	Bowes Lyon, Stevenage
Thu	3:30 - 8:00pm	South Oxhey Youth Centre

T: 0208 189 8400 E: cyp@hertsmindnetwork.org W: www.withyouth.org