

17th December 2021

Dear Parents/Carers

Newsletter

Welcome to the Christmas newsletter. Before I start with the news highlights of the term, I would like to request those of you who pick your children up by car not to let your car 'idle' (leave your engine running whilst you are parked). This is environmentally very unfriendly and causes pollution that will affect your children, staff on duty and even residents – please turn your engines off while you wait. I thank you in advance for your co-operation with that.

This term has been a busy one, as always, and I thank you all for your support, shown in various ways, throughout the term; this newsletter is a summary of the major highlights of the term.

Sports News

Following a successful trial, Blessing in Year 9 has been selected for the Lea Valley Schools under 14 football team. Blessing will compete in matches against other school districts. This is such a great achievement – well done Blessing! PE extra-curricular clubs have been very popular since we returned to school in September. Students will have the chance to put all the practice in to action and represent their house in sports competitions in the last week of this half term. Points earned from the house competitions will be added together throughout the year and the winning house will receive the sports house cup.

Student voice requested a volleyball club at the start of the term; we listened and volleyball is now up and running every Tuesday after school. Below are some action photos from the volleyball club:



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e: admin@st-maryshigh.herts.sch.uk w: www.st-maryshigh.herts.sch.uk

Headteacher: Mr Nicholas Simms B.Sc. (Hons), NPQH

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In Science:

The STEM (Science, Technology, Engineering and Maths) Club has been running this term and activities included an ‘iodine clock’:



Students very much enjoy the fun and challenge of the club and if anyone is interested in attending, they should talk to Mr Araujo, one of our Science Teachers.

Wellbeing:



The 3rd November 2021 marked Stress Awareness Day and therefore a very special visit was arranged from Therapy Dogs Nationwide by our Wellbeing Lead, Mrs Buxton. **Therapy Dogs Nationwide** is a national charity where visiting volunteers take their own dogs into establishments to provide comfort, distraction, and stimulation. Their volunteers have the unique privilege of volunteering with their own temperament tested Therapy Dogs. The benefits of Animal Assisted Therapies have been extensively studied and results range from improvement in general health and wellbeing, increased confidence levels, to improved communication skills. Therapy Dogs Nationwide is becoming increasingly involved in one off visits for stress busting and general wellbeing within large corporations.

St Mary's welcomed Godfrey, a 6-year-old Border Collie who clearly loved his job, interacting with Staff and Students during small group sessions.

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All those involved left feeling calmer and more relaxed, it was an exciting diversion and very successful resulting in more visits being planned for the future.

Remembrance Day:

In November we were able to return to marking Remembrance Day as a whole school by gathering in the Courtyard. The service was led by Fr. Mark, the curate at St Mary the Virgin Church Cheshunt, and included readings from students. It was a very moving event and the students were very respectful during the



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Business Studies and Work Experience:

Two of our Year 13 students, Antonio and Ruby, were successful in their applications and were chosen to participate in a one week work experience at the London Stock Exchange Group (LSEG) head office at Paternoster Square over the October half term. This picture shows all the participants on the roof within the square mile near St Paul's.



Both students enjoyed witnessing and learning about the business including how different departments work together towards an efficient and effective result. Feedback from LSEG said that they were very impressed with the students' enthusiasm and engagement and Jaz, Head of Recruitment at LSSEG stated about Ruby "a spark had ignited inside Ruby's mind where she understood the importance of a career path" and "...she took the initiative to connect on LinkedIn" where "after liaising with some business connections, she was introduced to the Head of Europe, Middle East and Africa (EMEA) in Consumer Products and Retail

Investment Banking at Royal Bank of Canada". Ruby confirmed "My week work experience at London Stock Exchange Group opened so many doors for my future career within finance due to the networking chances and I made so many connections with people within the finance industry". Jaz continued; "Ruby's commitment and drive to move this journey forward is nothing short of impressive and I'm excited to see how this turns out for her in the future". Antonio is a student with an amazing accounting and finance future goal and he stated during his work experience he had "the opportunity to shadow undergraduates and employees" where he "had the pleasure to learn about how the company functions and the main duties of their organisation being data and analytics, capital markets, and post trade". It is so impressive to see the confirmation for Antonio as he said "it further solidified the fact that I would like to work within accounting and finance within the future". An outstanding demonstration from both of our students representing themselves and our school in such a professional and corporate manner where their progress for their future careers has been solidified.

Jaz from LSEG provided us with a quote for all our students, which we wholeheartedly agree with:

"Once that spark comes into your mind, and you identify a career path which sounds amazing and exciting, don't let any barriers or doors get in the way. Connect with your teachers, school, contacts, and just about anyone else who can support you and your career aspirations. Be the driver, not the passenger".

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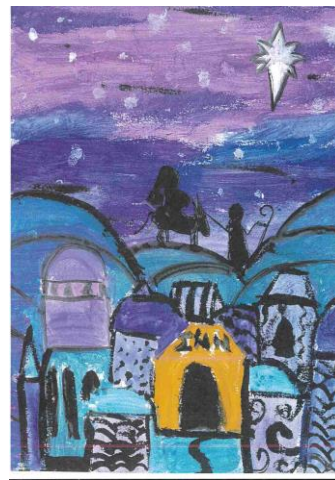
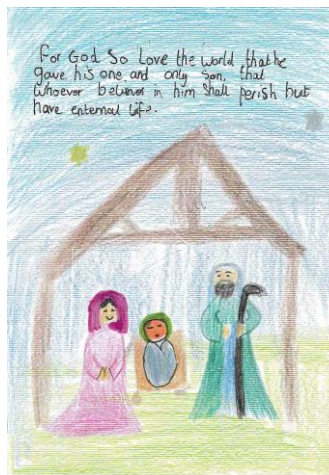
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Art and Christmas

Many students entered the Head Teacher's Christmas Card competition. There were three winners from a strong field: Melina (Year 8), Sam (Year 8) and Re'Mae (Year 7) – they will all get a prize in the celebration act of worship this week and their art work is shown below. Well done to all the entrants and especially the three winners!



Finally...

I take this opportunity to wish you and all your families a very peaceful Christmas and a Happy New Year.

[Christmas Message from the Headteacher](#)

Yours faithfully

Nicholas Simms
Headteacher

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