

21 October 2022

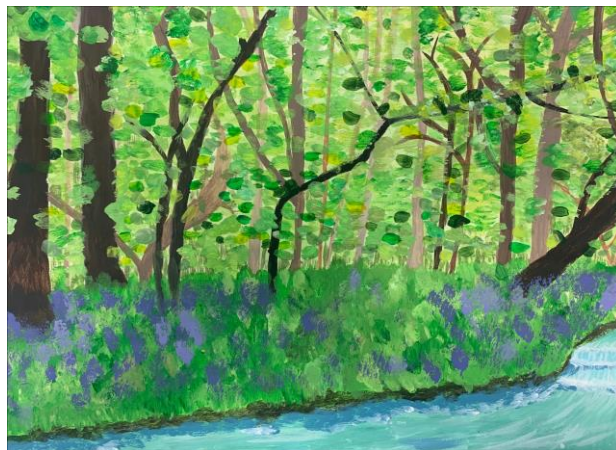
Newsletter

Dear Parents/Carers

I hope this first newsletter of 2022-2023 finds you well. It seems hard to believe it is almost October half term already. So much has happened this half-term and we have captured a lot of activities below – I hope you find it interesting reading and feel in some way involved in the life of the school. There are a wide range of subject activities, as well as 'whole school' events (like the Harvest collection) and year group events (like the delayed trips from the summer's heatwave).

Art

Year 10 GCSE art students are working towards their final pieces of work. This term students have been focussing on the themes of value, colour, and composition. They have been using their artist research to inspire their designs and processes further. Here are some examples of the fantastic work produced. When I do tours for Year 6 students and their parents/carers, the quality of the art is one of the many things that the visitors talk about:



WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

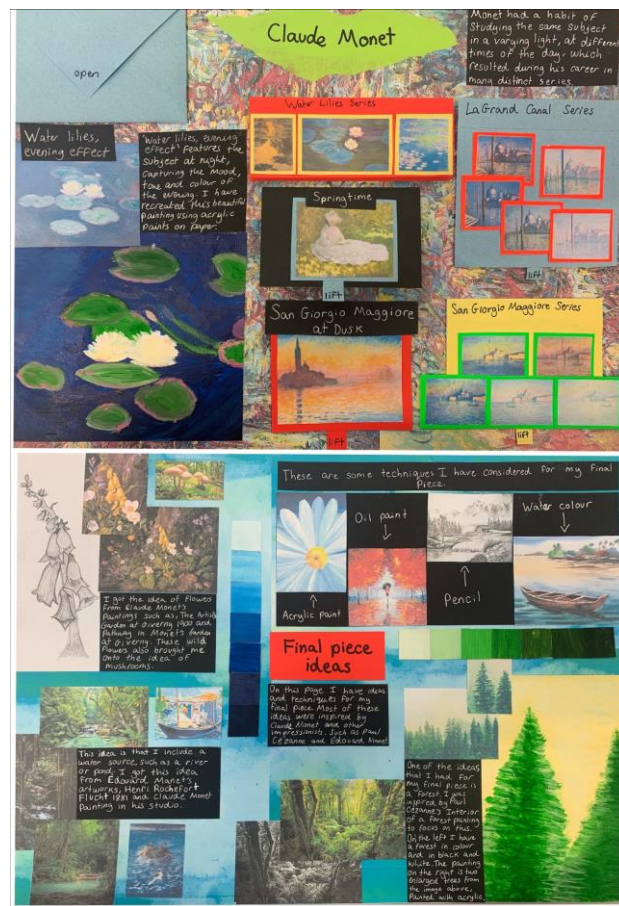
Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

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

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

'Students feel happy and safe at school' OFSTED 2019

'An exceptionally inclusive and caring community' SIAMS Inspection 2020



Harvest

Harvest Festival services at St Albans Cathedral 5th & 6th October '22.

The St Mary's *Phoenix Academy* Choir, joined by the Holy Trinity CE Primary School Choir had the great privilege once again to lead the Church Schools Harvest Festival Services at St Albans. Having had a few years away from the 'live' event during Covid, this was a wonderful opportunity to return to the Cathedral and lead the live worship on a grand scale.

The choir enjoyed the majesty of the building that boasts the longest nave in England and were spoiled by the super-acoustics of the surroundings. This was also a superb introduction for the new members of the choir to the high standard of performances that we are used to and to prepare the singers for many upcoming concerts and performances in our busy calendar.

We have an established relationship with the Holy Trinity Singers, and they performed beautifully in the three services and showed maturity and confidence, hopefully preparing them for a future in the St Mary's Singers in a few years' time.



WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

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

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

'Students feel happy and safe at school' OFSTED 2019

'An exceptionally inclusive and caring community' SIAMS Inspection 2020

St Mary's CE Academy, Cheshunt, is a limited company registered in England and Wales
Company No. 07999861 Registered Office: As above

Whilst on the subject of Harvest Festival, I want to thank you all those who contributed for your generosity. I know the local Food Bank will welcome the support!



PSHE – Enrichment Activities

As part of the school's commitment to a broad and balanced PSHE curriculum, St Mary's will be hosting a number of PSHE enrichment activities this term. We have partnered with Brook Education who deliver year group assemblies on the important themes of Consent and Healthy Relationships. Brook Education is a trusted and experienced deliverer of PSHE education having been leading the way in meeting the needs of young people since 1964.

Brook were in school on Thursday 13th October delivering hour long year group assemblies to Years 7 – 11 on the theme of Healthy Relationships. They returned again on Thursday 20th October to deliver similar style assemblies to the same year groups on the theme of Consent.

In addition, officers from Hertfordshire Constabulary were in school on Friday 14th October to deliver assemblies to Years 7 – 10 on the important issue of Cybercrime. Cyber Prevent and Protect Officers will be delivering informative talks about the importance of making positive cyber choices and offering tips to help students keep themselves safe online.

PSHE teaches young people to make wise and healthy choices in all areas of life from diet, relationships, substance use, internet access and many more; I am sure our students benefited greatly from these enrichment activities and you may wish to discuss with your child what they learned from the event. We look forward to welcoming further visitors into school in the future.

Wellbeing

On the 22nd of September there was a change from the normal timetable as St Mary's invited a touring theatre group to perform in front of Year 10 and Year 11 students.

WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

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

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

'Students feel happy and safe at school' OFSTED 2019

'An exceptionally inclusive and caring community' SIAMS Inspection 2020

St Mary's CE Academy, Cheshunt, is a limited company registered in England and Wales
Company No. 07999861 Registered Office: As above

The Upfront Theatre Company introduced 'In Harm's Way', a play and interactive lecture exploring wellbeing, mental health, risky behaviour and the varying forms that can take, and the positive coping mechanisms. It was designed to follow the PSHCE curriculum and focused on current issues that affect young people today.

We all have mental health in the same way we have physical health, but sometimes it is not an easy subject to talk about with young people. And with 1 in 4 people in the UK suffering from a mental health condition in their lifetime, it is something we must talk about.

A YouGov/MQ and Forster survey in 2016 showed that 51% of young people would be embarrassed to talk about mental health. Young Minds, PAPYRUS, Childline & NSPCC have all said 'more open and frank conversations should be encouraged with children.

The actors started with an introduction and clarified some of the fact, figures and myths surrounding mental health.

Then the play followed the friendship of three Year 9 students over a 2 year period and explored mental health, coping mechanisms & emotional well-being. Through separate struggles with risky behaviour, they explored the dangers, consequences and help available for some of these problems.

Following the play, there was a 30 minute post-show lecture, which picked through the main issues and identified any questions prompted by the story. Key scenes from the play were replayed and students were encouraged to impart advice to the character putting herself in harm's way.

A further scene between 2 friends was explored - one is struggling with his emotional wellness and feeling sad, but his friend feels uncomfortable and unsure how to help. The students had the opportunity to suggest actions to help each character, explore the role and the level of responsibility of the friend as well as the person struggling.

There was a positive response from students by seeing mental health issues discussed in such a different manner.

In Harm's Way invited students not only to observe and invest in the characters' stories, but to advise them. This pro-active approach will encourage them to apply this advice in their own lives.



WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

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

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

'Students feel happy and safe at school' OFSTED 2019

'An exceptionally inclusive and caring community' SIAMS Inspection 2020

St Mary's CE Academy, Cheshunt, is a limited company registered in England and Wales
Company No. 07999861 Registered Office: As above

Science – STEM club

St Mary's STEM club is well underway for the 2022/23 academic year. We've kicked off the year with a set of sessions run by our very own Mr Araujo, in conjunction with the Royal Academy of Engineering, on the inhospitable environment of Mars, and the challenges we face in visiting and living on its surface. Students have tested the aerodynamics of different rocket shapes, constructed different propulsion systems, and experimented with shielding chocolate from the blazing heat of a hairdryer 'entry into the Martian atmosphere'.

Future goals for STEM club include opportunities to work within the community on outreach programs, take part in exciting trips to local science and technology sites, and work on longer term projects in competition with other schools.

STEM club is a place where Year 7-9 students can learn about Science, Technology, Engineering and Maths in a way that goes beyond the curriculum. This means gaining ever important skills relevant to the subjects, as well as applying knowledge students have gained to solve problems and investigate exciting areas of modern research.

If your child is interested in STEM, or demonstrates an aptitude in one of its constituent academic subjects, sessions run every Monday in SC8 from 3PM.



Scholars Programme

This week we launched a new cohort of our Scholars Programme. Twenty two students, from Years 8 and 10, all of whom had to apply to take part in the programme visited Selwyn College, University of Cambridge. As part of the Scholars Programme the students will have the opportunity to take part in a range of additional opportunities designed to support them in achieving the highest grades and securing a place at a top university.

WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

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

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

'Students feel happy and safe at school' OFSTED 2019

'An exceptionally inclusive and caring community' SIAMS Inspection 2020

St Mary's CE Academy, Cheshunt, is a limited company registered in England and Wales
Company No. 07999861 Registered Office: As above

During their visit to the University of Cambridge, the students had a series of talks. This included a talk on Study Skills and Information, Advice and Guidance on applying to university from staff and students at the University of Cambridge. The day finished with a tour of Selwyn College, during which students got to see the historic buildings, chapel and library.

In the next stage of the programme the students will be working with an academic in a series of university style tutorials, at the end of which they will produce an essay of between 1500 and 2000 words, with the opportunity for the very best essays to be published in a national publications.

At the end of the programme the students will be returning for another university visit where they will have a graduation ceremony to celebrate their successes.



Sport

Football

Congratulations to Danny and Jack in Year 8 who have been selected to represent Lea Valley Schools District football team after a very successful trial. Their first fixture is against the District of St Albans and we wish them well.

Round Net (Spike Ball)

Building on the introduction of hand-ball to the PE curriculum last year, this term has seen students study another new topic, Round Net (Spike Ball). Round Net is an up and coming sport and is growing rapidly in popularity around the world. Year 9 students have been the first to study the new sport at St Mary's and have really enjoyed taking on the challenge of being immersed in a new sport. A short video of students playing Round Net in lesson can be found at the below link :

[IMG 4804.MOV](#)

Next half term will see the introduction of Basketball, Boxing, Netball and Badminton clubs to the extra-curricular offerings in PE. An updated PE extra-curricular programme has been included below.

| | Sports Hall | Gym | Field/Courts |
|-----------|----------------------------------|-------------------|---|
| Monday | Basketball (Coach) | Spike Ball R Hunt | |
| Tuesday | Netball (Year 7/8/9) R Willis | | Boys Football (Year 7&8) A Donghi |
| Wednesday | | | |
| Thursday | Badminton Club E Meads | | Boys Football (Year 9/10/11) R Hunt Girls Football (All years) S Andrews |
| Friday | Boxing Mike (Coach) | | |

WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

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

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

'Students feel happy and safe at school' OFSTED 2019

'An exceptionally inclusive and caring community' SIAMS Inspection 2020

St Mary's CE Academy, Cheshunt, is a limited company registered in England and Wales
Company No. 07999861 Registered Office: As above

- All students must register with a member of PE staff at the beginning of the club
- If students have a detention, they are unable to attend PE clubs on that day
- Clubs are subject to cancellation due to poor weather, staff absence and school events. Where possible, parent/carers will be made aware but this may be at short notice.

Please see two 'adverts' at the end of this newsletter promoting sport/activity events for young people.

Trips off site

Year 7 – Tolmers Activity Centre

Following a successful transition period, Year 7 had a fantastic trip to Tolmers Activity Centre at the end of September. It was an excellent opportunity for the year group to come together in a different environment and spend time together, helping to develop friendships that they have made already since starting at St Mary's. They enjoyed a number of activities and games, strengthening their teamwork and communications skills in Archery, Shelter Building and Orienteering. They also participated in a range of team building games, challenging their problem solving abilities as well as staffs!

The Year 7s had a thoroughly enjoyable time and Miss Willis looks forwards to organising the next trip for them as they continue to learn and develop as a year group.



WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

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

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

'Students feel happy and safe at school' OFSTED 2019

'An exceptionally inclusive and caring community' SIAMS Inspection 2020

St Mary's CE Academy, Cheshunt, is a limited company registered in England and Wales
Company No. 07999861 Registered Office: As above



Year 8 – Science Museum

On Friday 7th October, Year 8 enjoyed a fantastic day at The Science Museum in Kensington. This trip was originally supposed to be in July, so it was a great relief to be able to reward the children with a fun day off school premises after the disappointment of postponing the trip originally. The Science Museum is a fantastic venue with a multitude of fascinating displays that the children enjoyed, especially the interactive elements.

There was particular interest in the aviation displays and the history of flight with the gift shop and refreshments also being an area of great interest! Many of the students reported how the opportunity to visit London and see so many famous sights, was a real treat and it was a privilege to see their curiosity and genuine excitement throughout the day. During the visit, the children conducted themselves in a manner that was a credit to the school and everyone involved reported the day to be a great success.



WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

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

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

'Students feel happy and safe at school' OFSTED 2019

'An exceptionally inclusive and caring community' SIAMS Inspection 2020

St Mary's CE Academy, Cheshunt, is a limited company registered in England and Wales
Company No. 07999861 Registered Office: As above



I hope you have enjoyed reading this edition and wish you and your family a restful half-term break.

Yours faithfully

A handwritten signature in blue ink, appearing to read 'Nicholas Simms'. The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Nicholas Simms
Head Teacher

WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354
e: admin@st-maryshigh.herts.sch.uk w: www.st-maryshigh.herts.sch.uk
Headteacher: Mr Nicholas Simms B.Sc. (Hons), NPQH

'Students feel happy and safe at school' OFSTED 2019
'An exceptionally inclusive and caring community' SIAMS Inspection 2020

St Mary's CE Academy, Cheshunt, is a limited company registered in England and Wales
Company No. 07999861 Registered Office: As above

FRIDAY NIGHT

YOUTH SPORTS NIGHT

Turn up the tunes, let off some steam and have some fun!!

Every Friday from 17 June at 4-6pm
Sports Hall, Laura Trott
Leisure Centre, Windmill Lane,
Cheshunt EN8 9AJ



For further information please email
community@broxbourne.gov.uk or call
01992 785555 ext. 5745.

 Building Life Chances
CREATING OPPORTUNITIES

 BOROUGH OF
BROXBOURNE
www.broxbourne.gov.uk

WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

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

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

'Students feel happy and safe at school' OFSTED 2019

'An exceptionally inclusive and caring community' SIAMS Inspection 2020



FREE SIX WEEK SELF-DEFENCE CLASS FOR GIRLS AGES 11-17

**Only 15 spaces available
so pre-booking is essential.**

**Starting
Friday 4 November
4.30-5.30pm**

**Unit 2, Bridge Works
Nazeing New Road
Broxbourne EN10 6SG**

Five minutes walk from Broxbourne rail station.



TO BOOK email: emma.elsafty@broxbourne.gov.uk

Club details, email: militiabjj@gmail.com

Mobile: 07804 593170



WE BELIEVE EVERYONE IS EQUAL: EVERYONE DESERVES THE BEST

Lieutenant Ellis Way, Cheshunt, Hertfordshire EN7 5FB t: 01992 629124 f: 01992 643354

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

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

'Students feel happy and safe at school' OFSTED 2019

'An exceptionally inclusive and caring community' SIAMS Inspection 2020

St Mary's CE Academy, Cheshunt, is a limited company registered in England and Wales
Company No. 07999861 Registered Office: As above