

Marlborough News

19th July 2019 Issue #103

10th July 2019

Dear Parents/Carers

It's that time of year again and whilst somewhat relieved that we haven't been subjected to the tropical temperatures of last June/July as always, the end of term is looming towards us in its usual rapid way.

We have had another great year and I am hoping as parents/carers you have all been made aware of all the tremendous achievements of staff and students through the newsletter. Having written comments now on every students' report I am struck as always as to how much I enjoy working with all of your sons and daughters. Their student comments all reflected a real determination to succeed and above all enjoyment for their school days. Of note too were the students who had reflected wisely on areas that may not always have seen them giving learning their best shot, and without exception there was a focus and a zeal for wanting to do ever better – what more can we ask for?

As mentioned above there have been so many events and remarkable achievements over the year it is impossible to refer to them all, special mention must go however to some of the highlights over recent weeks; the Prom on Friday 5th July at The Noke was just a joy and as usual I shed a tear, seeing the cohort all grown up, confident in their own skin and above all kind and caring towards one another and their tutors gets me every time. Thank you too to the staff who joined the Year 13 students celebrating the end of A-levels and their time with us here at Marlborough – many thanks in particular to Mr Atterton and Mrs Battams for their work in organising this but thanks also to all the fantastic students who have given so much back to Marlborough just by being thoroughly decent young people! Special mention must go to Mrs Cuell who does so much behind the scenes to make sure the Year 11 Prom runs smoothly and that it is a night to remember for everyone. At this point too I need to offer real gratitude to Mrs Cuell as she relinquishes her Director of Learning role to focus on ventures new (she will still remain with us on a part-time basis teaching Food Tech/Childcare). Since I took up my post in 2004 Mrs Cuell (formerly Miss Pantling) has been remarkable in her overwhelming commitment to ensuring students in her care are being looked after. Firm but always fair Mrs Cuell has jogged with students, mended uniforms, provided breakfast, done home visits, provided work experience opportunities, helped with home learning and been a kind and listening ear to students and in some instances parents too - the list is endless of all she did. Her legacy I know as a Head of Year is strong and I feel sure that there are many students out there who at one point or another have benefitted from all she has done. We wish her every success in her new direction of travel and we wish her luck too as she heads off on World Challenge this weekend with Ms Murphy, Mr Robertson and Mr Hogan to Vietnam, Cambodia and Thailand accompanied by up to 30 Yr 11 students. Is she mad!

We bid farewell to the following staff and wish them all well: Ms Tozeva, Mr Parker, Miss Rogers, Mrs Khan, Mr Nash, Miss O'Sullivan and Mrs Lawton. We thank them for their hard work over the time they have spent with us.

We also bid farewell to Miss Simeone who is leaving us for distant shores, we will miss her humour, enthusiasm and lovely teaching.

Mr Robertson who after 4 years is leaving us also to travel and return to Canada. We thank him for all his work in science and for the kindness he has shown too in welcoming new staff to the faculty.

We also say goodbye to Mrs Edmunds who has been with us for 10 years, not only was she a staff governor but she always shone as a most staunch and loyal supporter of all things Marlborough! Mrs Edmunds was a strong and highly respected member of staff by students and staff alike and we will miss her dearly, we wish her luck too in all her travels.

As always we have welcomed and will welcome further staff in September – their details will be available for you to see in the first week of the new term on our website.

Thank you to everyone who supported our now legendary 'M' Festival which despite the rain was an absolutely splendid event. Taking a year to plan it is a gigantic undertaking and over the last 10 years it has raised over £100k for the school which is quite simply phenomenal. I thank Jane and Richard Sullivan every year for all they do and I think that is important as it is the vision and determination of both that has ensured our festival has flourished and grown over the years. Of course I know it is a team effort and special mention too to Carol Bush, our Site Team in particular Chris Paice, Matt Armer and Stephane Port, ex-student and colleague Olly Warrack as well as staff helpers, my leadership team and of course the fabulous students who get up on those stages and do us proud, it is a remarkable event and I can't imagine the Academic Year without it!

As I write the events continue, today there is a barbeque for a small cohort of Year 10 students, afternoon tea tomorrow for 'The Cool Kidz' and families, Rainbow day tomorrow for our new intake, charity reviews next week, Year 12 are currently out on work experience, Ms Pounnas is planning summer school (after organising and managing so many events over the last few weeks). Exams are still running for some and next week looks much the same! As our curriculum intent statement says, we never stand still!

To conclude I wish you all a happy and peaceful break, thank you as parents for all your support and thank you to all the wonderful staff and children that continue to make Marlborough a most special place to work and learn.

Take good care.

Ans Thomson

Ms Thomson Headteacher



Treading Water for Mental Health

On Wednesday 17th July 2019, The Marlborough Science Academy held a house competition where the students would raise awareness for mental health through sport.

Here at Marlborough we believe that mental health is extremely important and should be spoken about more. Mental health is part of every individual's life, and as a school, we believe in keeping everyone's mental health positive.

To promote mental health we used 'Treading Water' to symbolise how in life sometimes you can feel like you are just treading water and floating through the days.

There were about six members in each house. The idea was to see which house could tread in water the longest. When the first person eventually got tired, the next person would get into the pool and swap. This was continuous until the whole team had a go.

The results were that Neptune came in 3rd place, Saturn and Mars were joint 2nd place and therefore the winner overall was Mercury. The student who stood out to us the most was Scarlett in Year 7. She trod water so effortlessly and really bagged a win for the team, staying in the pool for almost 30 minutes.

Well done to all students who competed!

Tai Stojanovic 10PA

Thank you to all 27 students who worked outstandingly together and fully supported one another when things got tough and they felt like they were getting nowhere, just wading through treacle. Life can be very unfair at times but knowing the Marlborough community are there to support each other in times of need is fantastic! Well done to each and every student who took part and to the PE Faculty for helping to ensure that things ran smoothly!



Mrs Aylward

Josh Twining- 10LT	Ryan Voisey- 9LO
Anna Visegradi- 9DD	Rosie Vass-8RY
Nathan Thoree- 9DD	Scarlett Watson- 7AT
Lui Page – 7AT	Gunther Huisamen-10RT
Thomas Stewart- 10RT	Evie Devereux-8BA
Olivia Stevenson -10 KS	Harvey Mattewson- 9NS
Rhianna Berryman -10RT	Nian Strydom- 7TR
Rhianna Patel- 9JI	Tai Stojanovic- 10PA
Amelie Hallam-10LT	Alex Noon-10 DG
	Anna Visegradi- 9DD Nathan Thoree- 9DD Lui Page – 7AT Thomas Stewart- 10RT Olivia Stevenson -10 KS Rhianna Berryman -10RT Rhianna Patel- 9JI

Student Achievement

Congratulations to Lucy Watts 8JN who has been chosen to represent the UK at the European Scout Jamboree in Poland this summer. You can see the Herts Advertiser article here





Well done to Thomas Jobson 10JJ who recently won the Game Stars cookery competition. Tom created an original dish of pan fried duck in red wine with poached pear and pureed celeriac to beat more than 80 students nationally. You can see a report on the Herts Advertiser website here

Congratulations also go to Ruth Mitchell-Fox who received a certificate of commendation from Cambridge University for her entry into the Classics and Ancient World Essay Competition. Ruth was given very positive feedback on her essay and invited to meet with the Director of Studies in Classics at Fitzwilliam College to discus admissions.





On Saturday 16th of June Rhianna Patel 9JI, Nikhil Patel 8RY and Harvey Mathewson 9NS took part in the UTF Taekwondo championship in Edmonton

Nikhil reached the quarter final but despite giving it his all he lost 11 - 15.

Rhianna fought well using some newly learned techniques and finished the day with a silver medal, losing 11-16 in the final.

Well done to Harvey for winning a Gold medal in his category.

Student Achievement



Congratulations to Josie Greenwood 7ZK who gained her Black Belt in Karate on Sunday 14th July. This is a fantastic achievement, especially with the study and practice involved whilst also sitting her end of year exams at school.

School Parliament

Yesterday's 'Ice Bucket Challenge' raised a fabulous £102.04 for our chosen two charities: Cancer Research UK and Guide Dogs UK.

Many congratulations to Mars house who not only had the heaviest bucket and saw the lovely Miss Shaw getting soaked, but Mars house also raised more money than all the other houses put together.

This year our School Parliament set themselves a huge target of £2,500 and with this Friday's non-school uniform day set to raise even more they are well on their way to hitting this.

On behalf of School Parliament can I thank everybody who has contributed to events over the last year.

Ms Redfern



Sports Day



Well done to Saturn House who won this year's Sports Day. It was a fantastic occasion and it was great to see students and staff supporting each other and cheering their house on. Thank you to Mr Vivian and the PE Faculty for organising such a good event.









The Mo Shone at The Shine School Media Awards

The school magazine, *The Mo*, that is written by the students for the students has been recognised and celebrated by The Shine School Media Awards. Earlier this year *The Mo* went head to head with school publications from across the country and was nominated for: Best Photo for a print by Lucy Unwin; Best Feature Piece for an article written by Ross Andrews on micronations; Most Inspirational Teacher and for Ross Andrews as Student of the Year for his work on the magazine over the last two years.



At the start of July four of the editorial team, accompanied by Ms Redfern, were invited to the award ceremony at Stationers' Hall in London (home to The Stationers' Company a 600-year-old livery for communication and content industries) where we were awarded:

Highly Commended for Best Photograph Highly Commended for Best Feature

Joint winner for The Harrison Cup for Student of the Year



Ross Andrews 13SL

Thank you to everybody who has contributed to *The Mo* this year – it is a truly outstanding publication. If you have missed any of our editions they can be found on the school website under our news section.

https://www.themarlboroughscienceacademy.co.uk/news/?pid=3&nid=4#

If you want to be involved in future publications our team will be working on the first 2019/20 edition in the new academic year. Just catch one of our current writers or see Ms Redfern who will answer all of your questions.





15 there a right size?

Lucy Unwin 12NG receiving her award photo by Jake Brandford of Richard Chapman Studio

Lucy's photograph





15th July 2019

Dear Parents and Carers,

I am writing due to the unprecedented numbers of 'emergency' holidays that have been taken this week (15th-19th July 2019). This is not acceptable and I have unauthorised every request.

Going forward all requests of this nature at this time of year will instigate a fixed penalty notice fine to be paid in full to the LA.

I consider myself to be reasonable and will, on other occasions throughout the year accept that there are always going to be exceptional circumstances requiring time off.

Thank you in anticipation of your cooperation.

Ms Thomson,

Ans Thomas

Headteacher

Exciting Times Ahead for ACES

Next year we are making some exciting changes to our gifted and talented provisions. We start with a change of name - ACES Days will become Game Changer Days.

As you are all aware our ACES programme provides enrichment activities for our students to develop their understanding and skills outside of the classroom. This academic year, 196 students have taken part in a range of ACES projects offered by faculties to students across Years 7 to 11.

This year students have enjoyed opportunities in: Textiles, Drama, English, Classics, Music, Food Technology and Science.

Year 10 and Year 11 Textiles Day September 2018

Students worked with a professional textile artist to create their own textile art.

"To see all the amazing work we produced was truly inspiring, as well as the work of Nadeen Salmon. The day was fun-filled and a fantastic experience, it has given us the skills and knowledge to produce some really high level work that is such a joy to create."





- Hannah Year 10

Year 8 Music and Drama Day October 2018

Students worked in small groups to create a movie trailer in a genre of their choice. They also developed an original soundtrack.

"I have learnt how to transpose different instruments which are in different keys. for example; the clarinet is two semitones above the piano." - Miles Year 8





Year 9 and Year 10 Science Day March 2019

Students solved a murder using forensic techniques. They needed to develop critical thinking, team building and communication skills, as well as strengthening their knowledge of science and experiencing science from a completely different perspective.

"I really enjoyed learning different forensics techniques, such as fingerprinting. I also loved the speed question rounds as it made you focus on what you have learnt." Rosie - Year 10

"I enjoyed all the experiments and how realistic the day felt." Levon - Year 9

Year 7 English and Classics Day March 2019



Students completed a range of extended writing techniques based on the work they had covered. This focused on Classical studies covering everything from history to arts.



"It will help with my knowledge about certain subjects in History, and I feel I will be more equipped to tackle subjects I have no prior knowledge of." George - Year 7

"I enjoyed doing the Ancient Greek gods family tree the most." Holly - Year 7

Year 7 and Year 8 Food Technology Day June 2019

Students tried their hand at sweet and savoury baking, making cup-cakes and star bread. They explored different icing techniques.

"It will help me with time management as we had to do a lot things while our food was in the oven and it will also help me with maths because of all the measuring out we did." Abi - Year 7

"I loved making the animals out of icing and I think that I coped under pressure well, this will be useful in everyday life and has given me confidence." Jessica - Year 7



Year 9 and Year 10 Food Technology Day June 2019

Students developed their culinary talents making a variety of products that developed their already high level skills with recipes that they would not have time for in lessons.

"I enjoyed learning new skills and making more advanced dishes that I wouldn't have made in class, like star bread." -Lily Year 10

"It will help in my lessons as I could use the chocolate

hazelnut mousse entremet in an assessment as it's a highly skilled technique. - Mitchell Year 9"







Game Changers

Students will continue to be identified as Gifted and Talented and teaching staff will continue to stretch and challenge all students in the classroom and beyond

Game Changer Days will be open to all students across the school (including our Gifted and Talented students) thereby providing even more students the opportunity to experience and apply learning in a different, enriching and creative way. We always ask that students be the best they can be and changes will raise and support aspirations for all.

More details about Game Changes will follow in the new term.!

Mrs Griggs

Insight into Industry

On Wednesday 3rd and Thursday 4th July all Year 9 students took part in our annual Insight into Industry conference. This is an opportunity for students to experience first-hand a variety of potential occupations and develop employability skills. This year included visitors from Deloitte, the NHS, AECOM, The Army, Hertfordshire Police, The University of Hertfordshire and some small businesses. The students had a lot of fun and appreciated the time to consider future careers and job ideas.

Mrs Rutherford

'I have really enjoyed the 'Insight into Industry' days and learning about different careers. My favourite was the NHS because I got to hear about the lady's experiences in a mental hospital.' - Maddie Prince - 9JI

'Over the last two days, I have enjoyed looking at different job opportunities because it made me realise my strengths and weaknesses.' -Nikita Rach 9JI

'These past two days have been a great experience to explore different fields of jobs. They have all been fun, informative and interesting. They tested our teamwork ability and how well we can communicate with each other.' - Tom Brasington 9JI



'Over the past few days, I have learnt all about how companies work. My favourite was the Hertfordshire Police because they were very interesting and informative. I now feel more positively about the direction of my future.' - Matt Newland 9JI





Comedy Aces Day

Morecambe and Wise. Monty Python. French and Saunders. Little Britain. Mr Bean. These names, shows and groups have had us laughing for years. Other than being fantastic performers, these men and women are incredible writers. All comedy begins with a blank page; a scribbled idea that through a process of drafting and re-drafting is honed into a finessed script – only then can it be performed.

On Monday 15th July Year 7 students joined myself and Mr Nash to learn the fundamentals of comedy: how to get laughs; how to find the funny. The morning involved watching an array of sketches, dissecting them to consider how the humour was created. In the afternoon students broke into groups and worked on their sketches, using the legendary ones as inspiration. Gabby Quist, a Year 7 student who participated in the workshop, said: 'We learnt many different comedy techniques which allowed us to make our own scenes.'

By the end of the day students performed their own sketches, which included a parody of a Nobel Peace Prize ceremony; Kim Kardashian in Primark; an unlikely candidate for President; a ballet teacher with a difference; and a news report interrupted by a water pistol. Jez Berry-Potts, another participant, said: 'Throughout the workshop we learnt there are many types of sketch comedy. This allowed us to make our sketches unique.'

Thank you to Mr Nash for his support, and all the students for bringing so much laughter and enthusiasm to the day.

Mr Theivam







Careers News and Information

The Access:VFX Animation Summer School event is 3 days of free workshops aimed at 11-16 year olds interested in a career in the exciting UK animation industry. The dates are Thursday 8th August to Saturday 10th August (parents welcome too) at Escape Studios in London.

Tickets are available here: https://www.eventbrite.co.uk/e/access-vfx-animation-summer-school-tickets-60202941619

Maths Faculty News

This summer there are lots of opportunities for students to keep their maths skills sharp! The new Year 8s and 9s are asked to please follow the instructions for the Summer

Numeracy

Programme. These short quizzes on numeracy topics including times tables will help keep our skills up to be prepared for September.
Students in Year 8 and 9 this
September are expected to complete all assignments in this Google classroom.

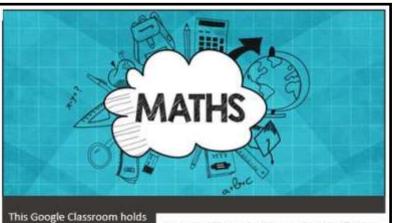


JOIN A CLASS WITH A CLASS CODE

- Go to classroom google.com and click Sign In. Sign in with your school email. For example, username@student.marlborough. herts.sch.uk
- 2. At the top, click Add Join Class.
- Enter the class code (yicu7k) and click Join.

This summer all students moving into Year 8 and 9 are asked to participate in our Summer Numeracy Programme. Students should join the Google Classroom and complete the quizzes over the summer. Numeracy quizzes consist of 10 multiple choice questions and the Times Table quizzes are 25 questions each. We hope to help students stay sharp with their numeracy skills over the summer holidays by providing opportunities for them to practise key topics.

All students are able to participate in the Summer Enrichment Programme. This Google classroom contains lots of art projects, research projects, websites, and videos that students may find entertaining. These assignments are optional, and students are welcome to do as



loads of maths resources to keep you entertained and busy over the summer holidays. The Classwork tab holds all the resources. Feel free to access whatever interests you. There will be house points available in September for those who participate!

JOIN A CLASS WITH A CLASS CODE

- Go to classroom.google.com and click Sign In. Sign in with your school email. For example, <u>username@student.marlboroug</u> h.herts.sch.uk
- 2. At the top, click Add Join Class.
- Enter the class code (6xvc6s) and click Join.

few or as many as they'd like and are encouraged to share their results within the online classroom. Be sure to check in periodically over the summer to see if any new projects or resources have been added!

House points and/or pinkies will be awarded in September to students who join these classrooms and complete activities.





Thank you to everyone who supported this year's M Festival. It was a fantastic day despite the rain and we hosted more than 3000 festival goers. The total raised has yet to be finalised as we are waiting to hear the amount of a donation from the Tesco Bags of Help scheme but it is at least £17,000.

Save the date—Saturday 9th November 2019

The PTA are delighted to announce that they will be hosting a Winter Ball on Saturday 9th November at Mercure St Albans Noke Hotel in Chiswell Green. This will be the first Winter Ball for a few years and will be a great opportunity to enjoy pre-Christmas celebrations and raise some much-needed funds for the school at the same time. Further details will follow in the next few weeks via School Comms so keep an eye for the email and make sure you save the date.

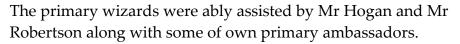


Angie Cronin and Nathalie Johnson

PTA co-chairs

Killigrew Students Making Magic at Marlborough.

29 Year 6 students from Killigrew School visited the Science and Technology Faculties on Friday 12th July to take part in a little bit of magic. Students witnessed controlled fire explosions, experimented with chemical reactions and had a go at mixing their own chemistry based spells. A morning of magic would not have been complete without some time spent making their own wands. In true Hogwarts style the wands chose the students before the young magicians spent time decorating and personalising them.



"It was amazing! I want to come back to school on Monday."

"This school is crazy and I can't wait to come back in September."

"I learnt so much – I'm really pleased I came."





P E News

Tennis

Our tennis teams have been incredibly busy this term in various competitions.

U13 team tennis – The team made up of Mack Dawson 8LL, Josh Kliener-Mann 7ZK, Nathan Kliener-Mann 7ZK and Finn O'Regan 7EF had a mixed season with narrow losses to Roundwood Park, St Albans School and Aldwickbury Park before a superb win away to Parmiters. The team made up mostly of year 7 students is showing a great deal of promise for next year.





U15 team tennis – The team

of Sean Neveling 9LO, Matt Sands 9JI, Dominic Hipkin 9DD and Jamie Simmons 9SF played some incredibly good matches with crushing wins against St Cement Danes and Sir John Lawes. A tough defeat against Sandringham denied them a place on finals day however, the whole team will be eligible to play again next year where a chance to play on finals day is a real possibility.

District tennis – our u13 and u15 boys played really well in there league matches which were hugely enjoyable. A huge congratulations should go to all who took part which included Raffi Roberts 10KS, Kyle Allaway 10PA, Alex Noon 10DG, Jamie Simmons 9SF, Louis Hassell 9LO, Nikhil Patel 8RY, James Rumsey 8LL and Jason Brewer 8HF. The tennis was always played in the right spirit with a high level of competition.

Football - County selection

Huge congratulations should go to Billy Mardell-Smith 8LM, Charlotte Forster 8LL and Cain Keller 10LT who have all been selected for their respective age group county football teams for next season. All three had to attend several trials with hundreds of other hopefuls from schools across the county vying to make the 21 player squads. We all wish them the best for the forthcoming football season and know they will represent the school well.







County Athletics Day

On Saturday 8th June the annual county athletics championships were held at a wet and windy Jarman Park. We had 7 students who had run, thrown or jumped qualifying times/ distances in advance and they gave it everything in their performances on the day and can be proud of their achievements.

The highlights of the day came from Oliver Reed 7AD who won the 200m in a time of 27.6sec and Lauren Caldwell 7ZKwho agonisingly finished 2nd in the shot put beaten only on the last throw of the competition. Other notable results came from Oliver Reed again who finished 5th in the 100m, Rosie Vass 8RY who finished 5th in the discus and Shion Evans 8JN who finished 9th in the 100m and 200m. Special mentions should also go to Tia Loraine 8LL, Sofia Viera 8RY and Charlotte Forster 8LL who also did well.





Hertfordshire Schools Athletics Association



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to bold an informed conversation about online safety wit their children, should they feel it is needed. This quide focuses on one topic of many which we believe trusted adults should be aware of Please wild www.rution.abordine.catery.co



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

What parents need to know about

HEALTH & WELLBEING

Children as young as 13 are attending smartphone rehab following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE **ADDICTIVE**

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use device for their school homework to only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's threadship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

ENCOURAGE ALTERNATE

seem like an obvious solution, but encouraging to play with their friends, read a book, or plays doors well help them realise they can have fun set their device. Playing football, trampollining, ng, going for a walk or swimming are all health semants for screen time. Try to join them in their Outdoor activities to show your support.

Top Tips for Parents

LEAD BY EXAMPLE

dren model their behavior on their peers, so if their onts are constantly on their device, they will see this acceptable. Try limiting your own screen time and withe same rules you have set for them. If you have I your child to not use their device at the table, mak e you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

MOBILE-FREE MEALTIMES

Have you tried to settle your child by giving them a tablet
at the dinner table or restaurant? This may seem like a
quick fix to calm them down but in reality, it is
encouraging them to use their device a va distraction
from conversation and dealing with their emotions. We
suggest removing all technology from the dinner table
and having conversations with your family about how
their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

STATISTIC

52% of children aged 3-4 go amiline for penelty 9hr5 a week

82% of children aged 5-7 go online for nearly 9.5hrs a week

93% of children aged 8-11 on unline for nearly 13,5hrs a week

99% of children aged 12-15 go entine for nearly 20.5hrS a week

www.nationalonlinesafety.com

Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

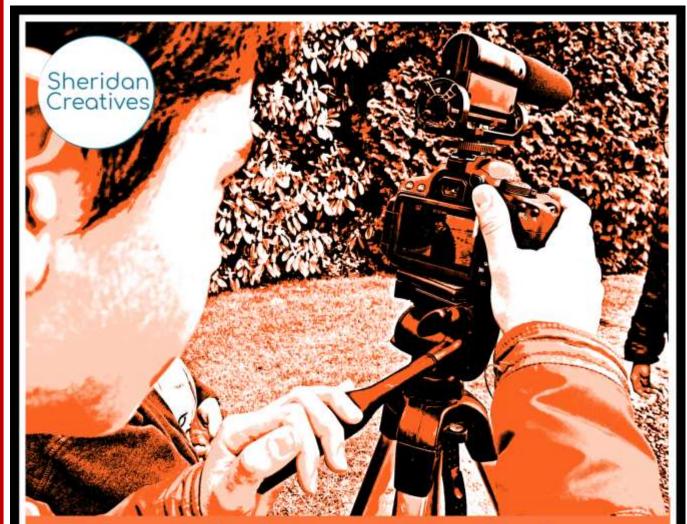


Film Making Workshop Beginners - Summer 2019

Our beginner film making course is back by popular demand and is perfect for young people interested in performance, film & media. They will develop the skills to make their own movies including one produced by the end of the week!

13th - 16th August 2019 / 10am - 5pm 2 groups - Ages 9-11 & 12-15 Welwyn Garden City
E110 for 4 days (sibling discount & combined workshop discount available)

info@SheridanCreatives.com



Film Making Workshop Stage 2 - Summer 2019

Our Stage 2 course allows young people to hit the ground running and develop their skills and experience! For those who have already completed one of our film making courses & those with prior knowledge/experience.

19th-22nd August 2019 10am - 5pm / Ages 11 -16 Welwyn Garden City
E110 for 4 days (sibling discount & combined workshop discount available)

info@SheridanCreatives.com

Careers News and Information



FIRST AID COURSE for TEENAGERS



SATURDAY, 26th October 2019 9.00am – 1.00pm St Albans Fire Station, 153 London Road, AL1 1TQ

£45.00 per person

To reserve a place please contact Vista on:

Tel: 01727 807525 or 07584 798528

Email: vistastalbans@gmail.com

In partnership with:



A four hour Basic Life Support course for young people and adults who babysit or care for children run by Clearaid (for further information visit www.clearaid.co.uk). All Clearaid Instructors are highly trained serving Emergency Personnel. We keep our courses relaxed, relevant and work on a practical basis to ensure that you gain confidence to step up and deal with any First Aid situation you could find yourself in. All attendees will receive a certificate.

This course is offered to anyone aged 13 years and above. Please request contact us to request a Booking Form and then return this with payment to Vista St Albans CIC, 228 Hatfield Road, St Albans, AL1 4LW.



To find out more and to book a place please call Vista on 07584 798528 or Email: vistastalbans@gmail.com

> (Cheques payable to Vista St Albans CIC) (Concessions given upon application – please ask us)

> > www.vistastalbans.org.uk

Term Dates

Summer Term 2019

Tuesday 23rd April to Friday 19th July 2019

Half Term

Monday 27th to Friday 31st May 2019

Autumn Term 2019

Wednesday 4th September to Friday 20th December 2019

Half Term

Monday 28th October to Friday 1st November 2019

Spring Term 2020

Monday 6th January to Thursday 2nd April 2020

Half Term

Monday 17th to Friday 21st February 2020

Friday 3rd April 2020 - Inset Day

Summer Term 2020

Monday 20th April to Friday 17th July 2020

Bank Holiday Friday May 8th 2020—Please note the change of date.

Half Term Monday 25th to Friday 29th May 2020

If you have any questions and not sure who to ask please click here for the <u>general enquiry form</u>



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