

# Marlborough News

12th February 2021 Issue #114





February 2021

Dear Parents/Carers

It's always a bit grim in this particular half term, always has been, even without the notion of lockdown, remote learning, vaccines and new strains of a virus. I could go on, but we've got there and as I look out the window its 17.45 and still light, so spring is looming and that's a good thing!

My huge and heartfelt thanks this particular half term must go to the DSEN team who have been in school every day supporting children of key workers with their learning, mental health and keeping them going. Heartfelt thanks to you too as parents who I know, with life going on around have also played an instrumental role in supporting remote learning, not always easy I know. It goes without saying too that I am indebted to all the staff familiarising themselves with new software re: learning and from a pastoral point of view using technology to forensically and kindly support the inevitable 'fall out' regarding the impact of everything that is going on. I just quite frankly want to thank everyone including of course your children, their engagement in their learning has improved weekly as their confidence too increases and that is to be commended. I worry of course about screen time and I know you will be doing everything you can as parents to ensure this is limited, lots of water, breaks and of course exercise – but you don't need me to tell you that.

Like all other schools we await to hear what plans are in place re: assessments for Year 11 and 13, the outcome of that particular consultation paper will be with us hopefully the start of the new half term (Monday 22nd February). I understand also that as school leaders we will be informed as to the pathway towards school opening – at the time of writing I am no further forward with this than anyone is but please be absolutely assured we will be prepared for all events including mass lateral flow testing!

I have asked staff to look at Covid positives as part of their faculty meetings — out of crises comes opportunity — and there are some really creative and exciting ideas coming through that we might not have considered. If you as a parent, carer would like to contribute to that, please email admin@marlborough.herts.sch.uk and we'll include it in our thinking — remote consultations certainly seem to be proving popular and I am of course interested in your views.

So, we await news about what is in store for us all and like you we can only hope that the decisions made re: assessments are well considered, safe and sensible.

Here are some links to websites outlining numerous activities that can be undertaken at home over the half term

https://sites.google.com/marlborough.herts.sch.uk/marlborough-pastoral-hub/childrens-mental-health-week

https://dorsetsomerset.muddystilettos.co.uk/most-read/teens-lockdown-activities/

and remember too, the power of a good book or a great old chat, even if on Zoom with friends and family.

Lighter days and lighter times ahead, I'm sure of it.

Take care

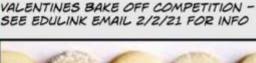
#### Ms A Thomson



Mr Paice and his team in the testing centre



@ TMSA\_HOUSE











#### **Student Achievement**



Congratulations to Jenna Hutton 12CJ who has earned herself a partial scholarship for a summer school at either Oxford or Cambridge University. Jenna entered the annual essay competition run by Immerse Education which is open to students of all nationalities aged 16-18.

Entrants are asked to write an essay which answers a pre-set question

relating to their chosen subject. Jenna chose to answer the law related question and now has the opportunity to attend a two week



Summer School which includes lectures, academic sessions, accommodation at the university and extra activities such as

punting and croquet. This will be a valuable experience for Jenna who is planning to study either Law or English at university.

Well done to Billy Mardell-Smith 10EM who was selected for a talent identification camp with the England Under 15 squad in December. Billy, who plays at Watford FC Academy, spent three days at St George's Park the home of England's national football teams.

Armand Kavaja, the Lead Phase Coach for the Under-15s and 16s at Watford, described Billy as an intelligent player with a great attitude who is really focused and works hard.



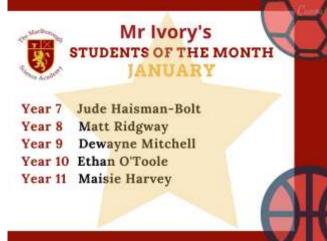
You can read more on the Watford FC website here



## P E Student of the Month—January

New for 2021! Each of the PE teachers will be nominating a Student of the Month from each year group for excellent attitude and hard work in PE.. Well done to all the students nominated for January.

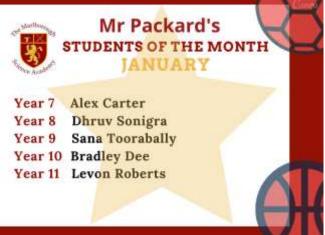




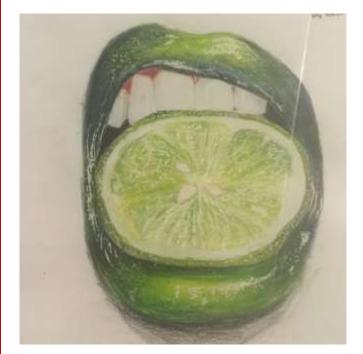








# Artwork by Year 8 Students



**Amina Khatun 8EM** 





Leo de Riese 8CC

# **Virtual Cooking**

Just a selection of the fabulous work that our year 7 – 11 students have created in their online Food lessons, cooking along live! I am always so impressed at how enthusiastic, organised and good you are at following instructions, and working so confidently. You demonstrate super practical skills . What a great bunch of students you are . Keep up the great work. I am so impressed

































# **Christmas House Photography Competition**

Well done to Adriana Manby 7RT for her winning entry in the Christmas photography competition. Saturn won the house competition with the most entries, followed by Mars in second place and Mercury and Neptune joint third. Adriana's photo is pictured right and some of the other entries are pictured below.



**Amy Oakley 9CG** 



Lily Boswell 7AR



Dylan Mongan 7SL



Lucian Stefan 7AR



Adriana Manby 7RT



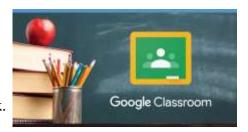
**Isaac Davies 7DB** 



**Cody Clarke 8KB** 

#### **LRC News**

The LRC now has it's own Google Classroom where you can reserve books, ask questions and find out about competitions and events. Mrs Wood will also be posting a weekly activity for Feel Good Friday including recipes, colouring pages and videos. The link has been shared with all students via Edulink.





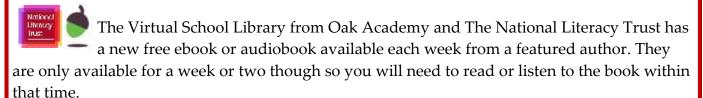
We are still operating a click and collect service if you would like to borrow physical books from the LRC. Please reserve the books on the LRC catalogue <a href="here.">here.</a>
Alternatively you can leave a message on Google Classroom or email s.nixon@marlborough.herts.sch.uk

All students have access to a selection of e-books and audio books through our catalogue. Lists of the digital books available are in the quick lists at the top of the page. Some of the titles are restricted by year group.

## Free Access to Digital Books

In addition to our own LRC catalogue there are a number of free online resources available to access e-books and audiobooks.

If you aren't already a member of the public library I would really recommend that you join. You can join online and have immediate access to thousands of ebooks and audiobooks through the BorrowBox App. Click on the image to join the library or log in to your account.





Project Gutenberg gives free access to e-books. They are mostly classics which are out of copywrite. Click on the image to be taken to the site.

LibriVox is a library of audiobooks, again mostly classics such as The LibriVox Jungle Book and The Wizard of Oz, which are read by volunteers and free to download.

Audible stories have free audiobooks available currently including stories in French and Spanish. Click on the image to see what is available.





The Oxford Owl website has a number of free e-books. Although mostly for primary age group there are some books that may appeal to Key Stage 3 students and which have quizzes on Accelerated Reader. Click on the image to be taken to the site. A parent or guardian will need to sign up for a free account to access the

books. A list of the books on AR with their levels and colours is <u>here</u>

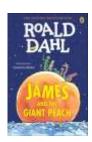
## More Free Access to Digital Books



Lots of authors have recorded readings of their books on YouTube recently. Links to the first chapter of several popular books are below. Just click on the book cover. These are all books where the author or other celebrities have recorded the whole book with permission from the publishers or classic books which are no longer subject to copywrite.













# This Week's Quote of the Week

"Be kind, for everyone you meet is fighting a hard battle."
(Plato)

Word of the Week

Caveat (noun) A warning or caution.

# **English Stars of the Month for January**

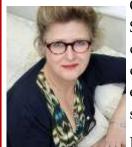
The following students have been recognised by their English teacher for their hard work, consistent effort and pleasing work in January.

Jarleth Duffy, William Young, Tyler Hardy, Eloise Shepard, Ella
Rose Copley, Jenna Hutton, Archie McMillan, Ben Hemming,
Jasmine Palmer Brown, Nikhil Patel, Elena Miltiadou, Luke
Bunting, Xavier Clements-Kelly, Molly Burke, Rachael Howell,
Maha Brennan, Charlotte Hardcastle, Elle Douglas, Jahira Begum,
Katie Storey-Brown, Mio Evans, Evie Cutmore, Rowan Ager, Leo de
Riese, Annie Constable, Callum McCloy, Bao Allibon, Mya Thoree, Hamim Meah, Alfie
Henderson, Honey Smyth, Billy Hicks, Mariya Begum, Libby Kortas

#### **Book Week 1st-5th March 2021**

Our annual Book Week will of course be virtual this year. There will be competitions, virtual author visits and lots of bookish activities for you to get involved in.



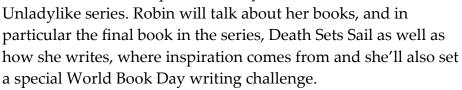


On Tuesday 2nd March Year 8 will have a virtual visit with Sally Gardner, Carnegie Medal winning author of modern classics like Maggot Moon and I Coriander. Sally is a compelling speaker and will talk about her books, her experiences as a dyslexic pupil at school and how they've shaped her as a writer.



Find out more on her website <a href="https://www.sallygardner.co.uk/">https://www.sallygardner.co.uk/</a>

On Thursday 4th March, World Book Day, Year 7 will enjoy a virtual visit from Robin Stevens, author of the phenomenally successful Murder Most





Find out more on Robin's websitehttps://robin-stevens.co.uk/



We end the week with a virtual author visit for Year 9 by Alex Wheatle, the award-winning author of Straight Outta Crongton and Liccle Bit. Alex's books are packed with passion and energy, but also wit and a huge amount of empathy for the characters. Alex grew up in care and his turbulent childhood was dramatised in an episode of Steve McQueen's recent Small Axe BBC drama series.

You can find out more about Alex and his books on his website <a href="https://www.alexwheatle.com/">https://www.alexwheatle.com/</a>

As usual there is a £1 book token available to all students who would like one and this can be accessed via this <u>link</u>

You will need to print off the token to use in a participating bookshop or supermarket and it can't be redeemed online. The tokens are valid from Thursday 18 February – Sunday 28 March

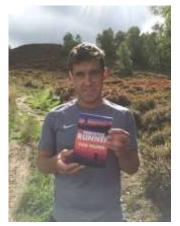
2021 but may be accepted after this date while stocks last..

When we return to school we will also have one of special £1 books as a gift for all Year 7 students.



## The Big Read 2021

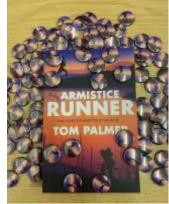
The Big Read is a scheme which we hope will involve the entire Marlborough community of students, staff, parents, and governors, reading a single book by the end of this school year. This year we are reading Armistice Runner by Tom Palmer and you can see a short film that Tom has made for us on the LRC page of the school website here



We have lots of copies of the book available to borrow from the LRC including two e-book copies. You can reserve your physical copy <a href="here">here</a> or your e-book copy <a href="here">here</a> or <a href="here">here</a> You can also purchase a copy

on the School Gateway <a href="here">here</a>. As we are not able to host an in person visit from the author

Tom will sign personalised bookplates to go in the books and we will hold a virtual visit after half term for Year 7 students.



As in previous years we have exclusive pin badges for anyone who reads the book and writes a short review. Well done to James in Year 7 who has completed the first review. He even got a reply from the author on Twitter which you can see <a href="here">here</a>

# Armistice Runner Book Review



Armistice Runner is a great book because it shows you how a talented runner copes with the First World War. It is nice to see how his great, great Granddaughter Lily is interested to find out about history and to solve the mystery of why he never ran again after the war ended. It also shows that even if someone wants to do something for all the wrong reasons, they still do the right thing in the end. So the story has a very strong moral message about right and wrong and doing the right thing. Ernest and his great, great Granddaughter both have to overcome difficulties but both help people although they are separated by one hundred years. Ernest helps to save the life of a German soldier and Lily helps an injured fell runner. As a keen runner myself, I found the book really interesting and I was compelled to keep reading to find out what happened.

James-Year 7

Please return to the LRC to claim your badge and look out for your review on our Instagram account @marlboroughlrc

# **Cultural Capital Enrichment Opportunities**

We have developed an exciting new area on our school website on cultural capital for students to access and get involved in to expand their interests, knowledge and cultural experiences including virtual tours and exhibitions, films, research opportunities and enrichment activities.

Students who take part in the activities will develop key competencies including resilience, independence, creativity, research skills and critical thinking skills. They will also expand their knowledge and cultural awareness enabling them to develop their interests and widen future opportunities available to them.

Marlborough believes in shaping futures and developing the whole student. We pride ourselves on doing this well through a wide range of extra-curricular activities, trips and visiting speakers and whilst these are limited at the moment we will be continuing with these as soon as we are safely able to. The Cultural Capital activities are designed to complement these.

There are activities available for all year groups although we are currently concentrating on Years 7-10

Year 7 and 8 students should email their completed activities to Mrs Wood at KS3CC@marlborough.herts.sch.uk Year 9 and 10 students should email their completed activities to Miss McClusky at KS4CC@marlborough.herts.sch.uk

If a student has any interests or wants to develop a particular skill they can also send in an email to request this and we will do our best to gather the relevant materials.

If you have any questions please do not hesitate to contact us.

Mrs Wood and Miss McClusky Cultural Capital Coordinators

https://www.themarlboroughscienceacademy.co.uk/students/cultural-capital#

Below is an example of the activities available on the website.

# The Secret Annex

Take a look around and discover the Secret Annex where Anne Frank hid for more than 2 years during WWII and where she wrote her diary In July 1942, the Frank family went into hiding. The Van Pels family followed a week later. The two families already knew each other.

Hermann Van Pels worked for Otto Frank's company. Four months later, they were joined by an eighth person, Fritz Pfeffer, an acquaintance of the Frank family.

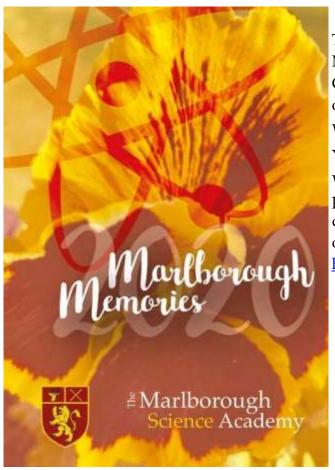
www.annefrank.org/en/anne-frank/secret-annex

Write a small description of the Annex, what do you think it would be like to live there. What is the one item you would take with you?





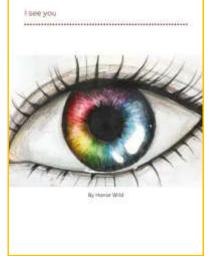
# Marlborough Memories



There are still a few copies of our Marlborough Memories book available on the School Gateway <a href="here">here</a> for £10. There is also the option of donating an additional sum. All of the profits will go to support the NHS Charities.

You can see some extracts from the book, which includes items from students, staff and

parents written during lockdown, on our website here.



#### REMOTE LEARNING GUIDANCE

Remote learning is going to continue to be an important component of our educational provision.

To help make this process as easy and effective as possible, we have updated our website with help and guidance on how to manage remote learning.

#### Please visit:

https://www.themarlboroughscienceacademy.co.uk/ students/remote-learning-support

If you have any concerns or questions about remote learning procedures please contact Mr Rutherford. If it is a question about a specific task for a lesson please contact your child's class teacher directly.



#### Careers News

Our virtual Apprenticeship, Careers & Higher Education Fair is now live on our website. Click on the image below to be taken to the fair. If you have any questions please contact Mrs Rutherford or Mrs Skirving.

M.rutherford@marlborough.herts.sch.uk

A.skirving@marlborough.herts.sch.uk



#### VIRTUAL EMPLOYER ENCOUNTERS

Please follow the link below to view recordings of the Virtual Employer Encounters webinars from the Autumn term on the HOP (Hertfordshire Opportunities Portal). These cover many career options including Physiotherapy, Engineering, Motor Trade, Medicine and Finance. There are new live Webinars every Thursday.



https://www.hopinto.co.uk/explore-careers/webinars/virtual-employer-encounters/







# Wellbeing



A list of websites & apps that are helpful for managing mental health

## NHS Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters

This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.

#### Kooth

www.kooth.com

This site contains free mental health support with their online counsellors. It is a free sign up service that has resources such as discussion boards, helpful tips/articles written by young people and an option for them to write mood journals & set positive goals.

#### Childline

www.childline.org.uk

A mental health charity for children & young people that has a wide variety of helpful videos, games and articles. They have a free telephone helpfine (0800 1111) and message boards where young people are encouraged to share experiences and support each other in a positive way.

#### Papyrus

www.papyrus-uk.org

A mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families. They have their "Hopeline" (Call: 0800 068 4141 / Text: 078600 39967 / Email: pat@papyrus-uk.org) for children and young people who are experiencing thoughts of suicide, or for anyone concerned for a young person that could be thinking about suicide.

#### **Calm Harm**

An app to help teenagers manage/resist the urge to self harm by providing a wide range of distraction techniques.

#### Combined Minds

This app contains psycho-education for parents, families & friends with practical advice on how to provide mental health support to children & young people.

#### Cove

A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play an instrument to use this app.

#### Stem4

www.stem4.org.uk

A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources.

# YoungMinds

www.youngminds.org.uk

A mental health charity that gives help and advice for young people, as well as encouraging them to get involved in fundraising/campaigning to raise awareness for children & young people's mental health.

#### Samaritans

www.samaritans.org

A charity that offers mental health support & information online for everyone. Their helpline is free and available to all ages. Call 116 123 or email jo@samaritans.org 24/7.

#### Child Bereavement UK

www.childbereavementuk.org/young-people

A site which has resources for young people who are grieving, as well as providing information & advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800 028840.

#### Clear Fear

An app to help children & teenagers manage anxiety through distraction & helpful activities.

#### Calm

A mindfulness app that includes various relaxing sounds to listen to as well as "sleep stories" & some guided meditations.

#### Headspace

A mindfulness app that has more of a "podcast feel" to it with various talks, guided meditations and helpful videos available.



# Wellbeing



There are lots of creative wellbeing activities on our pastoral hub which you might enjoy over the half term break. Click on the image to see more.

# **Young Minds**

The Young Minds website has lots of information to support young people, parents and carers with their mental health. Click on the image to access the Parents Helpfinder.

# YOUNGMINDS fighting for young people's mental health



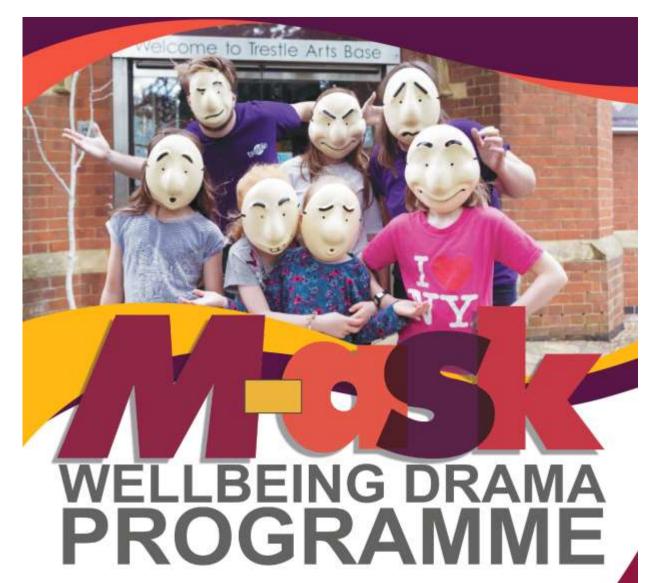
This year has been extra stressful, especially if you're a parent. With so much uncertainty, it's entirely normal for your child to be finding things difficult, and for you to be unsure how best to look after their mental health and wellbeing, as well as your own. It's not easy, but you're doing the best you can and you deserve credit.

But whatever you and your child are dealing with, you are not alone.
We're here for you and we have lots of advice and practical tips that can really help. Use our new Supporting Parents Helpfinder to find the support that is right for you and your child, whatever they've been going through during the pandemic.

# Just Talk Campaign

Here is another website with lots of resources to support mental health. Click on the image to watch a short film with some simple ideas to help you look after your wellbeing.





# Starting this January - Sign up today!

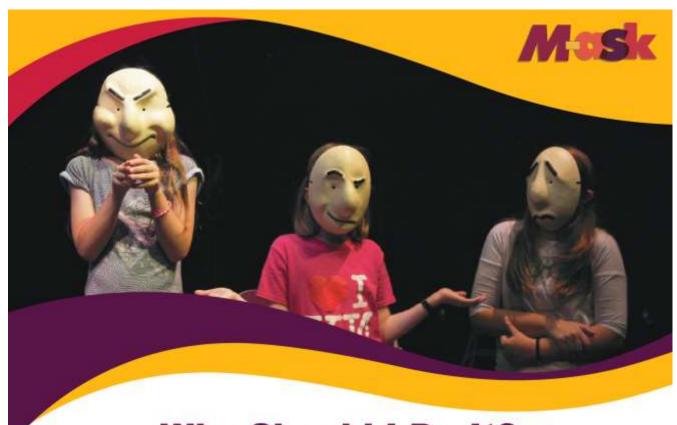
This free programme, using theatre techniques, is for those suffering from stress, anxiety, depression and other conditions affecting mental wellbeing. You don't need any experience to take part, everyone is welcome from absolute beginners to the more experienced.

You must be between 11-18 years old and live within the St Albans District to take part. COVID Secure | Max 7 participants









# Why Should I Do It?

Studies have shown that taking part in an arts activity has a positive influence on mental health and general wellbeing. It can increase self esteem and confidence, reduce feelings of isolation and give those involved a sense of personal achievement.

DATES:

TRIAL SESSION: 7th Jan

COURSE DATES: 14th Jan, 21st Jan, 28th Jan, 4th Feb, 11th Feb, 25th Feb, 4th Mar, 11th Mar, 18th Mar at Napsbury Pavillion London Colney, St Albans AL2 1GE

PERFORMANCE: 25th March, at Trestle Arts Base, Russet Drive, St Albans AL4 0JQ

All sessions run from 5 pm - 7 pm

- Trestle Theatre
   Company is a mask
   and physical theatre
   company which
   engages young people
   in creative activity.
- Bonnie Singh provides counselling in a way that meets the needs of young people as defined by themselves.

The programme sessions are led by a professional artist from Trestle Theatre Company and counsellor Bonnie Singh will be on hand to help you if you feel anxious or upset They can also lend you an ear if you are having a bad week or need to get something off your chest.

To express an interest please contact Trestle Theatre Company's Creative Project Manager Karene Horner-Hughes takingpart@trestle.org.uk with the subject 'M-ASK' or telephone 01727 850950

trestle.org.uk/trestle-at-trestle-arts-base

Please note that should local restrictions come into force, the course will take place online.

Funded by Hertfordshire Community Foundation and Arts Council England

# **Learning Support News**



Click on the image to see the latest newsletter from Add-Vance including details of their latest Understanding ADHD and Autism courses for parents and carers.

#### **SLT Newsletter**



Our Heads of School have produced their second edition of the quarterly SLT (Student Leadership Team) Newsletter which is available to read <a href="here">here</a>



# Community News Sustainability Festival 2021



SustFest21 is organised by the charity Sustainable St Albans and St Albans Friends of the Earth group. Each year a working group made up of volunteers from the two groups and other interested people get together to organise the festival. This will be the fifth award-winning Sustainability Festival to take place in the district – across St Albans, Harpenden and the villages. (Sadly due to Covid-19 restrictions it was decided to cancel the 2020 Festival). Please see their website for more information <a href="https://sustfest.org/">https://sustfest.org/</a>



# Selectus as your Coopcause



The Marlborough Science Academy PTA has been selected to take part in the Coop Local Community Fund. This is an excellent fundraising platform for the PTA with the support of the Coop. So we need your help to support the fund.

- Please become a Coop member using this link membership.coop.co.uk/causes
- Select The Marlborough Science Academy PTA as your local charity to support
- 3. Swipe your Coop card or QR code <a href="Coop App">Coop App</a> every time you shop at the Coop

This will add to the fundraising for our PTA

#### We're part of the Local Community Fund

When members buy selected Co-op branded products and services, the Co-op will give local causes a helping hand. Go online coop.co.uk/membership

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When members buy selected Co-op branded products and services, 2p for every pound spent goes to our members and we'll split the same between like minded organisations and local causes. Co-op members will then be able to select from time to time which local cause they want to support. For full T&Cs please visit coop.co.uk on how this is calculated.

# **Memory Study**

We have been asked to share the following study from the University of Hertfordshire by one of our parents. If you would like to take part please click on the link below where you can also find out more about the study and contact details if you have any questions.

Subject line: A new online study on everyday memory in general population

Invitation to take part in a survey about everyday memory errors across the life span

Do you know how good is your memory in everyday life?

Can you tell us how often you forget to do things (e.g., make a phone call) or facts and episodes from your past?

- Do you know how good are people in other age groups, than yours, at these tasks?

Research team at the University of Hertfordshire (UK) needs volunteers, **especially those aged 30-59**, to help in answering these questions. You are invited to take part in a new online survey that focuses on people's everyday memory errors and their knowledge and beliefs about the frequency of these errors in different age groups.

The study can be completed from a laptop or mobile phone and takes about **30-40 minutes** to complete.

The link to the survey can be accessed by clicking on the link below:

https://herts.eu.qualtrics.com/jfe/form/SV 3eZn0v07OxIj2fP

This study has received ethical approval from the UH ethics committee. Protocol Number: LMS/PGT/UH//04180



#### **Term Dates**

#### Spring Term 2021

Monday 4th January 2021 to Thursday 25th March 2021

Half term Monday 15th February to Friday 19th February 2021

Inset Day - Friday 26th March 2021

#### **Summer Term 2021**

Monday 12th April 2021 to Friday 16th July 2021

Half term Monday 31st May 2021 to Friday 4th June 2021

#### **Autumn Term 2021**

Monday 6th September 2021 to Tuesday 21st December 2021

Half term Monday 25th October to Friday 29th October 2021

Inset Days - Thursday 2nd September 2021

Friday 3rd September 2021

Occasional Day - Friday 19th November 2021

#### Spring Term 2022

Wednesday 5th January 2022 to Thursday 31st March 2022

Half term Monday 14th February 2022 to Friday 18th February 2022

Inset Day - Friday 1st April 2022

#### **Summer Term 2022**

Tuesday 19th April 2022 to Wednesday 20th July 2022

Half term Monday 30th May to Friday 3rd June 2022

Bank Holidays - Monday 2nd May 2022

Thursday 2nd June 2022 Friday 3rd June 2022

If you have any questions and are not sure who to ask please click here for the general enquiry form



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