

St. George's School Newsletter

Friday 16th May 2025



From the Head

School has felt noticeably different, and definitely a little quieter, without our Year 11 and Year 13 pupils, who are now on study leave. We're thinking of them and sending all our prayers and good wishes for calm heads and strong finishes.

For everyone else, school life continues at pace. It's an especially important time for our Year 10 and Year 12 pupils, who are getting stuck into the "heavy lifting" of their courses. These weeks really matter for building confidence, developing skills, and setting themselves up for success next summer.

As we head deeper into the summer term, there are also more chances to grow and flourish beyond the classroom. Co-curricular life is as rich as ever, and there's lots to look forward to — from Activities Week next half-term, to the Summer Showcase for the lower school, and plenty of House events as we head towards the final push for the Endeavour Cup. On top of that, there are all the usual clubs and activities running which offer pupils the chance to stretch themselves, find new interests, or simply connect with others. Many of these opportunities play an important role in developing the soft skills that underpin long-term success — resilience, teamwork, creativity and confidence among them. It's never too late to give something a go.

Thank you, as always, for everything you do to support your child and to the school's mission to help every pupil aim higher; in all things, and in their own unique way.

Mental Health Awareness Week

This week, we have been marking Mental Health Awareness Week in school through a range of activities for both students and staff. This year the theme is 'community' which focuses on how contributing to your community (both in and out of school) can benefit your feelings of wellbeing.



The Wellbeing Prefects have been out and about talking to students at lunch times to raise awareness about looking after their mental health through different activities and we have had Youth Talk into our assemblies (the lovely Mrs Sugden who is now a Youth Talk Schools Ambassador).

Every morning, students have been receiving tips about how they can contribute to their community and are being challenged to get involved and active.

Friday 5 session this week involved students enjoying a 'Walk and Talk' around the school perimeter with their tutors enjoying the fresh air, scenery and exercise. Staff were also involved in a 'Walk and Talk' during staff training this morning, so there will be some tired people this evening.

Why not take some time talking to your young person this weekend about what they could do to the communities that they belong to (we know that many of them do a lot already!) as a means of supporting their mental health and wellbeing.

The Mental Health Foundation provide a wide range of information and support if you would like to find out more: [Explore Mental Health](#)

If you would like to learn about Youth Talk's work, please see their website here: <https://youthtalk.org.uk/>

They currently support some of our young people and have been very successful.



Positive Vibes in the Library!

To mark Mental Health Awareness Week, the Library has on display a great selection of fiction and non-fiction books, which explore mental health and offer positive solutions. All of these are available for students and staff to borrow.

Students have been busy beavering away in the Library this week, completing our fabulous positivity colouring sheets and writing supportive messages for our Library 'Jar of Positivity'. Our windows are now decked with an inspiring and motivating display, which will be left up during the exam period creating a calm and relaxed environment for our Year 11 and 13 students.

A big thank you to all students who contributed to our lovely wall of positivity this week – it looks amazing!



Creative Writing Club News

Congratulations to Jeannie Y (Year 7) , who had her short story published in "The Spook Squad: a nightmare alliance"! This is a fantastic achievement and we are very impressed with her fantastic story.

This week, creative writing club ran a Mental Health Awareness poetry competition - there were some fantastic entries and the winners are EC (Y8 Watts) and MB (Y9 Grant) with the following poems:



Imagine a wall, built brick by brick, Each brick, chipping in bit by bit, Now imagine you're that wall, Each brick a part of you, Now here comes the mortar, its a type of glue, Used to hold you together, but what if it's loose, Those are the people we lose and we lose, They jump off the buildings, they fall into lakes, Cause we pull them apart, just to see if they will break, Just like you hit a wall with a hammer to see if it's strong, We hit them and we pull them, but we never feel wrong, We hurt them, we killed them, we are the reason, They lose their lives because we refuse to listen, Open your ears, actually hear them, Don't let them wonder if anyone will miss them. by Elica C	<u>What is it?</u> What is it, to breathe? Is it not just a contraction Of my diaphragm? What is it, to leave? Is it not just an action But a part of who I am? I am the kid who cannot breathe. Whose lungs are filled with doubt. Help, I cannot breathe. I am the one everyone leaves. Who's never heard when I shout out. Stay, everyone leaves. What is it, to breathe? by Mel C
--	--

Lucky Dip Draw for Buckingham Palace

Gemma Keane, from the Learning Support Department, was extremely pleased to have her name drawn out of a hat to accompany the Head to Buckingham Palace. The Head was invited to a very special Garden Party at Buckingham Palace on Wednesday 14th May, which was held to celebrate and recognise all those working in the field of Education and Skills. They did not get to chat with the King, but they did enjoy seeing the Palace grounds and enjoying some delicious tea and cakes.



ParentPay Updates

There are some exciting updates in ParentPay which will make your life easier. These include getting notifications when the account goes below £5.00.

We rely on parents and carers to have sufficient money in their child’s account to ensure that meals are paid for - in the normal way you would pay at a cafe or restaurant. We cannot run at a loss, so please ensure that your child always has enough money for a meal.

You can now also set a weekly or monthly top-up making it easier for you to manage your budgets and how much your child spends.

Please login to ParentPay to check your balance and to take advantage of their new settings and notifications.

Auto top-up is active. Your bank account will be debited and funds added to this account when balance falls below your chosen amount.

Help and guidance

Payment for Dinner Money Service. The cost of a lunch meal is £3.05 per day for the Academic Year beginning September 2023. If you have any questions regarding the charging of meals to your account please contact the Caring Manager direct on catcory@stgeorges.herts.sch.uk

Auto top-up

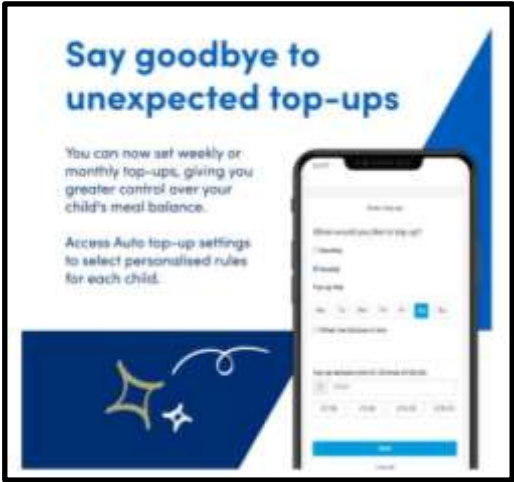
Top-up amount: £5.00
When balance drops below: £5.00

100 Auto top-up Pause Auto top-up Cancel Auto top-up

Payment

Choose payment amount

Min: £2.00 / Max: £20.00 (set by school)



News from the PSA

Can you help at the Summer Fete?

The PSA are looking for three volunteers to lead the following stalls:

- Coconut shy
- Lob a gift
- Bouncy castle

This is not onerous at all - one evening meeting and attending on the Saturday morning 28th June to supervise the stall set up. Instructions will be available and will help with anything heavy. Plus there will be helpers for slots on the day.

These are popular stalls, and it would be a shame if they could not run and make money for the school. You will also have lots of fun, meet other families and there will be free breakfast!

Please get in touch if you can help: psa@stgeorges.herts.sch.uk

Promote your business at St George's Summer Fête!

Would you like to get your brand in front of hundreds of local families? We're inviting local businesses to advertise in the St George's Summer Fête brochure or donate a prize for our ever-popular raffle.

The Summer Fête, which takes place on 28 June, is one of the biggest fundraisers and community events in the school calendar, drawing a large crowd of parents, students and local families. This year we are fundraising for a complete upgrade of our assembly hall to include a new stage, seating and state-of-the-art sound and lighting. We'd love you to help us get there!

What's in it for you?

- 1,500 full-colour, A5 brochures printed and handed to every student and attendees
- A brilliant chance to raise your profile locally and show your support for the school

- Raffle prizes will be promoted in advance and on the day

Advertising Rates

Full Page + Raffle Prize: £250 | Full Page Only: £300 Half Page + Raffle Prize: £125 | Half Page Only: £150

Banner Display (on the day): £50

If you're interested in placing an advert or donating a prize — or know someone who might be — please email us at be at: psa@stgeorges.herts.sch.uk for the attention of the Summer Fête

2025 Dates for your Diary

- Summer Fête - 28 June
- PSA meeting – 9 July @8pm
- Pre-loved uniform sale – 12 July
- Second hand ski wear sale – 8 November
- Christmas Fayre – 22 November
- Christmas Ball - 29 November

PSA Comms Role - Short-Term Cover; long-Term Opportunity!

We are looking for someone to step into the PSA Comms role. This will initially be to provide temporary cover from 23rd June until the end of this term, but with a view to taking it on from January 2026 as Sara Sparrow will be stepping down at the end of this year.

If you enjoy a little bit of writing, sharing news, and helping to keep the school community connected, this would be a great role for you. We'll make sure you have plenty of support with a handover.

If you are interested or would like to find out more, you can email psa@stgeorges.herts.sch.uk for the attention of Sara Sparrow.

Year 10 Options September 2025

We are pleased to confirm the GCSE Options for September 2025 have been distributed to our students this afternoon. We have been able to allocate either their four main options, or three of their main options and their first reserve.

OGs return to talk about Apprenticeships

This year, a number of our students have secured degree apprenticeships with top employers such as JP Morgan, Amazon, L'Oréal, and the Big Four in fields ranging from investment banking and asset management to human resources, accounting, product management, and marketing.

Last Tuesday, Hilary E and Toluwalase O kindly gave up their free time to deliver an inspiring talk on apprenticeships to our Year 12 students. Speaking on behalf of their fellow prospecting apprentices, they shared valuable insights into how to find and apply for these competitive opportunities, along with their top tips for success. The session was very well attended, with a full classroom of engaged students eager to learn more about this exciting and growing pathway.



Update your Edulink

Are your child's medical details up to date on Edulink? If not, please do so as soon as possible. For changes in medical conditions, allergies, fractures and breaks or long term illnesses, please email our medical team at: firstresponder@stgeorges.herts.sch.uk.

This is especially important as we are coming up to Activities Week and will be taking many students out of school. Thanks.

Walk to School Week: Get involved!

Next week, we are challenging as many students, families and staff to walk to school every day (or at the minimum to ride and stride at least 1k to school). Please drop your young people off far away from the school entrance (like the High Street) and make them feel the benefits of walking whether they want to or not.

Don't forget to role model walking as well to work, the shops and to the pub. Let's work together to make a difference.

For those younger students who might need a bit more engagement, why not download this 'Randomiser' activity to make their walk more interesting: [LS-Walk-Randomiser-D2-AW](#)

Why Walk to School?

Do it for your body

Walking regularly

- increases blood flow to the brain, which is linked to better cognitive function and improved memory
- improves fitness level and muscle endurance
- boosts circulation and the delivery of nutrients to your skin
- benefits your heart and digestive system

Do it for your planet

Walking instead of driving ...

- reduces carbon emissions
- reduces fossil fuel dependency
- reduces air pollution

Think about it

Walking saves an estimated 130g of CO2 per kilometre

- How many kilometres do you travel each day or each school year (167 days)?
- How much CO2 could you save?

Do it for your self

Walking to school regularly...

- gives you time to reflect and prepare mentally and emotionally for the day ahead
- gives you time to chat with your friends or listen to your favourite music
- gives you independence

Do it for your community

Walking instead of driving...

- reduces traffic congestion
- improves local air quality
- increases local vibrancy
- makes it safer for everyone

Online Safety: Roblox and Parental Controls

Roblox, the popular Minecraft 'style' game has announced a new raft of parental controls. The website which ranks among the most popular games for children in the e-space, has previously been accused of possessing weak child protection tools. Their new raft of adaptations is important due to the game's position among school aged children. The new features have been adopted to allow parents to take control of their children's game time in a more comprehensive manner.

Parents will now be able to block individuals who communicate with their children, as well as have more detailed oversight over their usage of the programme. Real-time awareness measures have been increased and these changes represent a big step forward in making popular multiplayer games more secure for underage users. If interested, the South-West Grid for Learning (SWGfL) has produced a comprehensive run down of these changes: <https://swgfl.org.uk/magazine/roblox-launches-new-parental-controls/>

What is the National Fire Cadets Scheme?

- Fire Cadets is a nationally recognised educational programme open to young people aged from 14 to 17 years old
- it supports young people to make a positive contribution to society
- it provides an opportunity to learn about, engage with and experience the fire and rescue service
- it enables young people to gain skills, knowledge and positive experiences in a fun, safe and secure environment
- it supports young people to develop life skills, increase confidence and raise self-esteem
- it inspires young people to make positive life choices for their future



Fire Cadets

A nationally recognised educational programme open to young people aged from 14 to 17 years old

If you have what it takes why not join us as a fire cadet or if you are over the age of 18 as a volunteer cadet instructor

For more information please email:

HFRS.Youth@hertfordshire.gov.uk



Hertfordshire Fire and Rescue Service
Working to protect.
Acting to save.
www.hertfordshire.gov.uk/fire



As a Fire Cadet, what will I do?

As a fire cadet you will be treated as a young firefighter. You will be given your own uniform and will be expected to attend a weekly drill night that lasts 2 hours.

Here you will learn many of the skills of a firefighter and work towards some awards while having fun and making new friends. You will be expected to show a certain amount of discipline and commitment, just like a firefighter.

How often do Fire Cadets meet?

Once a week for 2 hours.

How much does it cost?

It is free.

What will I get out of it?

Fire Cadets will provide you with many skills, including:

- Working as part of a team
- problem solving and communication
- life skills
- Confidence building

Fire cadets also have the opportunity to gain many awards and qualifications like:

- Cadet Firefighter Award
- Duke of Edinburgh
- First Aid
- Young Leaders in Action

Where do Fire Cadets meet?

We have 5 cadet units in Hertfordshire, you will join one of these;

- Royston
- Stevenage
- Cheshunt
- St Albans
- Watford



Who runs the Fire Cadets?

Whilst many of our Instructors are firefighters, a large number come from a wide variety of diverse backgrounds.

Our team are all specifically recruited Fire Cadet Instructors.

You may also get an opportunity to stay on with a cadet unit and become a Junior Instructor, with the further opportunity to become a Volunteer Cadet Instructor after the age of 18 years old

STEP FORWARD

**JOIN OUR SCHOOL
AVOIDANCE
SUPPORT GROUP
WEDNESDAYS 1-3PM
FREE TO ATTEND
DROP IN SESSIONS - NO NEED TO BOOK
ARTS & GAMES FOR CHILDREN**

**The
Pioneer
Club**
Registered Charity Number 300405