

St. George's School Newsletter

Friday 18th July 2025



From the Head

As we come to the end of the school year, I want to thank you, our parents and carers, for your continued support and encouragement of all we do at St George's.

Wednesday's Prize Day was a wonderful occasion. It was a joy to celebrate the achievements of so many pupils and to reflect on all they have accomplished, both inside and beyond the classroom. Thank you to everyone who joined us and to all those who played a part in organising such a memorable event.

Sports Day earlier in the week was also a real highlight. What truly made it special was the sense of joy, community and support for others from the whole school. It was another example of what makes St George's such an exceptional place to be. Congratulations to Goddard House on the win and retaining the Endeavour Cup!

We have tried very hard to capture all this [in our new school video](#), which will feature on our refreshed school website from the autumn. Here is a sneak peek! It offers a vibrant glimpse into life at St George's and, I hope you agree, contains something of the spirit, energy and character that define our community.

As we look ahead to the new academic year, I want to highlight some exciting developments taking place on site over the summer. Our lettings and site teams will be working hard to deliver a number of significant projects that will enhance the pupil experience – from improvements to facilities to the transformation of key spaces across the campus. We look forward to welcoming pupils back in September to a site that reflects our continued ambition for their learning and wider development.

As always at this time of year, we say farewell to a number of colleagues who are moving on to new chapters in their lives and careers:

- **Miss Chilvers**, House Pastoral Assistant, leaves us having successfully completed her training as a Child and Adult Counsellor. Those who have met her will know how compassionate and caring she is.
- **Mrs Macrowan-Williams**, Residential Houseparent in Crosthwaite, is returning to teaching after two years of dedicated care for the boys in the boarding house. She has made a real difference to their lives.
- **Mrs Walker**, one of our Science Technicians, leaves the school after making an often unseen but vital contribution to the science department. Her diligence and care will be much missed by colleagues.
- **Miss Peters**, Director of Learning for the Sixth Form, is moving on to a new role at Richard Hale School. She has been a tireless advocate for our Sixth Form, shaping its culture and ethos, and supporting countless successful university applications with great skill.
- **Mr Finnegan**, PE Teacher and Deputy Head of House in Grant, leaves after three energetic and committed years, during which he took over the leadership of our rugby programme - his enthusiasm and adaptability will be missed on the sports field, in the classroom and in Grant.

- **Miss Batty**, Deputy Head of Keswick House, is relocating to be closer to family in the North of England. She has been a kind and dedicated presence in our boarding community over the past four years.
- **Mr Blair**, House Pastoral Assistant in Monk, is taking up a challenge setting up his own counselling service and teaching in tertiary education. Many pupils have benefitted from his calm, thoughtful approach and his willingness to listen.
- **Miss Foster**, Deputy Director of Sport, leaves a significant legacy. She has played a key role in shaping the PE curriculum and developing our lacrosse programme, always bringing positivity and boundless energy to her work with pupils and our parent volunteers.
- **Mrs Rimmington**, our Day Matron, is retiring after ten years of dedicated service. She has been a quiet but constant support to our boarders, caring for them with dedication whenever they've needed her during the day and ferrying them to hundreds of appointments.

We are deeply grateful to all these colleagues for everything they have contributed to St George's. They leave with our warmest thanks and best wishes for the future.

Thank you once again for your support this year. We look forward to seeing some of you at results days in August – and to welcoming all pupils back in September, ready for another year of growth, learning and achievement.

The final scores on the doors

Congratulations to Goddard House for winning the Endeavour Cup again this year!

It all starts again in September, so get your young people training and ready to take part. There are 23 events so something for everyone!

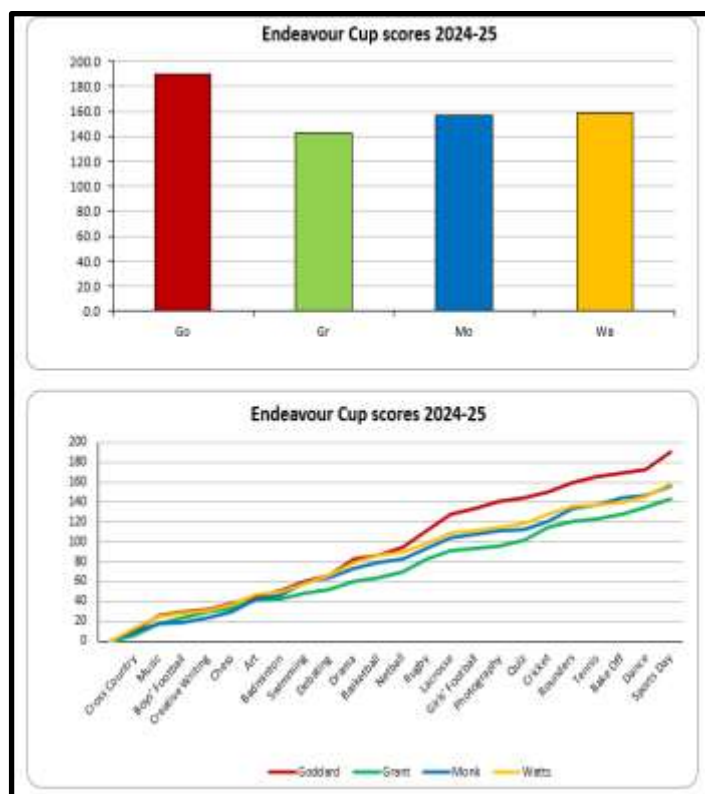
A big thanks to the Heads of Houses and the other departments who contribute to the running of these events.

Goddard - 190 points = 1st

Watts - 158.5 points = 2nd

Monk - 156.5 points = 3rd

Grant - 143 points = 4th



Highlights from Sports Day

Our Sports Day on Tuesday rounded off another busy and successful year in our Endeavour Cup. This was the 23rd event of a very varied schedule that included events from Photography to Football to Creative Writing...and everything in between.

Winners of the individual Victor/Victrix Ludorum trophy for our top athletes were **Barney L** & **Chloe L** in the Junior section and **James B** & **Amelie B** in the Inters. And well done to **Oliver F-F**, **Will R** (both Javelin) & **Eduardo R** (300m) who all broke records in their events, some that were very longstanding! **Watts** were the winners in the Junior section of Sports Day, **Goddard** won the Inters section and **Monk** & **Goddard** shared first place in the Seniors. This meant that **Goddard** were overall winners of Sports Day and have retained the Endeavour Cup for another year.

Very well done to so many of our students who were involved and did their houses proud.



Parentpay

Please remember to top up your young person's ParentPay account. We are unable to provide food if they do not have money in their account. Please make sure that your account is not in arrears. Thanks.

Butterfly Magic at T-Club

It is that time of the year again for T-Club where staff and students watch the release of their home grown butterflies into the wild.

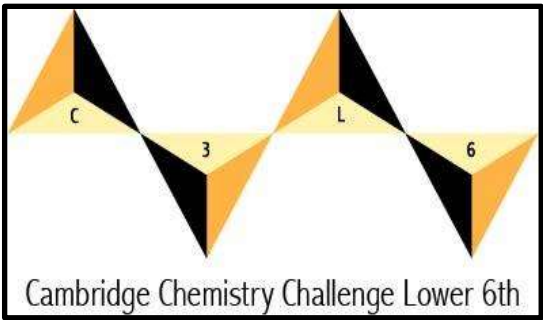
The Pupils in T-Club this year really enjoyed this experience and could hardly wait weekly to see how the Caterpillars/Butterflies were developing, resulting in them turning up every day without fail to see how they were coming along!!

Unfortunately, this year not all the butterflies hatched, but our T-Clubbers did really well in understanding this natural part of the life cycle. The ones that did hatch were beautiful and the pupils were delighted when we released them into the world.



Cambridge Chemistry Challenge 2025

The Cambridge Chemistry Challenge is a national competition for chemistry students from year 12 or below run by Cambridge University and the Royal Society for Chemistry. It tests problem solving skills, resilience and a general aptitude for university level chemistry. It is entered by the most able chemistry students in the country with certificates awarded relative to the other very able entrants - Copper (top 60%), Silver (top 30%), and Gold (top 10%).



28 Year 12 Chemistry students volunteered to take part and 14 of those were successful in achieving a certificate this year – 9 Copper and 5 Silver.

Silver: Hanako A, Emma L, Lucie O, Raphaëlle P, Corbin S
Copper: Freya B, Elena C, Lena J, Pierre K, Isabel P, Kinza R, Margot S, Sophie T and Carla W.
Many congratulations to all who took part.

Library News

Summer Reading Prize Draw

Our students have really enjoyed reading for pleasure this year. We have had some lovely comments about how much they have enjoyed coming to the library to select books from our diverse and inclusive collection. To keep up the momentum and enthusiasm for reading, the library is running a prize draw for students (and staff) over the summer holidays. If you want to be in with a chance of winning one of our fabulous prizes (1st prize - £15 book token, 2nd prize - £10 book token and 3rd prize - £5 book token), just send an individual photo of yourself (faces can be a little hidden) reading anywhere during the summer holidays to library@stgeorges.herts.sch.uk by Wednesday 3rd September. Remember to include your full name. Winners' names will be drawn out of a hat at the start of the autumn term. Now that's a great reason to get lost in a good book this summer!



The Reading Agency - Summer Reading Challenge

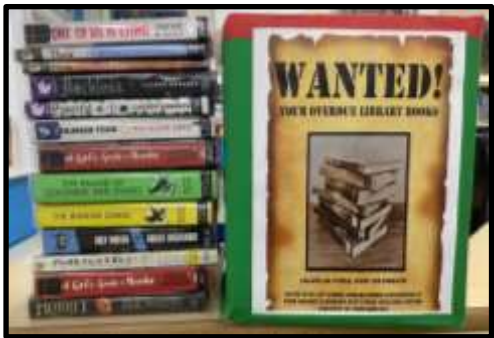
If you need any more inspiration to enjoy reading for pleasure, why not get involved in 'The Summer Reading Challenge'. This is the UK's biggest reading for pleasure programme, encouraging children and young people to keep reading during the summer holidays, ensuring that they are ready for a great start to the Autumn term. Aimed at children from 4-11 years, it's free to take part and families can sign up at their local public library or online. In Hertfordshire, it runs from 5th July – 6th September 2025 [click here](#). Anyone aged 14-24 with at least 12 hours available to volunteer can apply for a short term volunteering opportunity (parental permission required for age 15 and under). For more information on volunteering locations and availability in Hertfordshire [click here](#).



If you are not already a member of Hertfordshire libraries, or any other public library service, please do join to access a wide range of services and events, including reading eBooks and listening to audiobooks using the BorrowBox app.

Wanted! Library Books!

Please return any school library books by the end of term to the library, or one of the Book Amnesty boxes in Goddard Reception and outside each of the House offices. You would be amazed at how many books are unearthed from students' bedrooms, lockers, classrooms and the Boarding Houses. We really appreciate your cooperation in ensuring that as many library books as possible are returned at the end of the school year. Thank you.



Student Librarians & Sixth Form Prefects!

Massive thanks to our brilliant team of student librarians who very reliably man the library desk at break and lunchtime every day. We are very grateful for your enthusiasm and commitment over the last year. Thanks must also go to our fabulous sixth form prefects who have carried out a duty in the library this year – your presence in the library has really made a difference at break and lunchtimes, supporting younger students and ensuring that everything runs really smoothly.



Year Tens present at their first Model United Nations

Last week, fifteen year 10 students were invited to St Alban's High School to compete in their first Model United Nations conference (MUN). They did exceptionally well representing their given countries and debating ways to combat mass migration and a crisis outbreak of 'Ebola Virus'. Over half of our students picked up distinguished delegates for their contributions over the two day conference.

The students commented that they enjoyed: meeting new people (from STAHS and St Columba's); defending their resolutions from Points of Information (POI's); the mix of countries across the two committee rooms which made for interesting debates; forming alliances with other countries and working together; how different it was to anything else they have done at school and how it gave them a different insight into politics and the UN.



PSA Update: Your Support at Work – £41,500 Contributed to School Projects

Thanks to the incredible support from parents, staff and volunteers, our events this year — including the Christmas Fayre, Christmas Ball, Summer Fête and Quiz Night — have raised over **£39,000 (net)**! That total includes approximately **£8,000** from our **Pre-Loved Uniform Sales**, with the most recent one held just last weekend.

By drawing on both this year’s fundraising and existing reserves, the PSA has contributed a total of £41,500 towards projects that have made school life more functional, better equipped and more enjoyable for students and staff.

How the Funds Have Been Used:

Most recently, PSA contributions have funded:

- A new floor in the Drama Studio
- Ceiling refurbishment in the Old Gym
- A canopy for the Sixth Form patio

Earlier in the year, we also supported:

- Music stands for the Music Department
- Refurbishment of the pastoral area in Student Services
- A 50% contribution towards two bassoons for the Music Department
- A Year 9 Mindfulness Course
- Support for Year 10 Activities Week (in-school activities)
- Ice cream for students and staff to celebrate the Ofsted result
- An ice cream van for staff on INSET Day

Get Involved – We’d Love Your Help!

The PSA is a fun, friendly way to meet other parents, stay informed about school life and give back to the community. Whether you want to shape future projects or simply lend a hand now and then, there’s a role for everyone. No pressure – just join in however suits you.

Thank you again for all your support this year – we wish you a wonderful summer break!

— The PSA Team

Reminders for September:

1. Top up your ParentPay account
2. Don’t leave it too late to buy new school uniform
3. Label everything that your child owns
4. Top up their pencil cases – glue stick and coloured pencils are a must!
5. Check the different start of term days
6. Make sure that they have a reading book in their bag
7. Plan when they are going to do their three chapels and write it in the calendar
8. Tell them that they are awesome and school is going to be great.

Have a lovely summer holiday!

Extra-curricular Activities Autumn Term 2015

Here is the Co-curricular Programme which is running in school next term. Sign up will be in September and clubs will commence on Monday 8th September. Please do encourage your young person to get involved!

AM – Before the start of school				
Monday	Tuesday	Wednesday	Thursday	Friday
Open Sports Hall Basketball	Morning prayer 8-8.25am	Fosters Fitness - all girls welcome Sports Hall – 7.30am	Morning prayer 8-8.25am	Staff prayers 8-8.25
	S & C Senior Rugby			
Lunch time				
Monday	Tuesday	Wednesday	Thursday	Friday
Badminton and Table Tennis Club 1.30pm Sports Hall	GCSE PE Practical support Sports Hall	U12 Basketball Sports Hall	U14/U15 Basketball Sports Hall	House Orchestra
Nov onwards: Chamber Choir G05	Tuesday club Old Gym	Maths Clinic Wa9	House Orchestra	Chess club 1.30pm Wa13
GCSE & A Level PE Theory support Go101	Nov onwards: Senior choir Yr 9-13 G05	House Junior Choir	Nov onwards: Junior Concert Band G05	Senior Basketball Sports Hall
House Senior Choir	House Junior Choir	Nov onwards: School Junior Choir G05	School production rehearsals Assembly Hall	U14 Netball
Warhammer club Mo15 1.30pm	House Senior Choir	U13 Netball – Old Gym	Christian Union Gr106 1.40pm – 2.10pm	String Quartets – G05 November onwards
English creative writing group, Wa5	Anti racism group, Wa2	Senior Sport – Open Gym	Maths Clinic Wa9	
GCSE D&T Catch up Tech 4	Lower School Maths club Wa12	Green Power F24 STEM Club	Debate Club, 1.30pm - G02, 3 and GO103 – STARTS AFTER AUTUMN HALF TERM	
Cross Country training Field	Y7 Cyber Club Gr14/Gr15	Gay Straight Alliance - GSA Goddard 101	U15 Netball – Old Gym	
Senior Sport – Open Gym	Lacrosse Goalie Club	Year 11 French Drop in Gr109	Chemistry A-level drop in Mo9	
U12 Netball – Old Gym	GCSE FPN NEA Support Tec 102 from 1.30pm	Year 11 Science Revision Club, 1.40-2pm Mo7	STEM club 1.30pm Mo12	
	Sabor Latino Spanish culture club for Y7 & Y8 1.40pm Gr108	A level Psychology drop in and revision, Mo10 145-2.15pm	Yr12&13 A Level Biology Tutorials (Mandatory for select students) in Wa1	
	Lower School Drama Club 1.30pm Drama Studio		GCSE D&T Catch up Tech 4	
	Lunchtime Physics A-level drop in Monk 15			
	Yr 12/13 Maths extension Wa11			

Children's Wellbeing Practitioner Workshops July – September 2025

Workshops are open to all young people & parents/carers of children and young people who attend a school or are registered with a GP in Hertfordshire. A referral is not needed to access a workshop.

All workshops are currently being delivered online via Microsoft Teams. For more information about what each workshop covers and to book a place onto a workshop, visit <https://www.eventbrite.co.uk/o/hct-childrens-wellbeing-practitioners-33494371787>



Workshop	Date & Time
Emotional Wellbeing (For Young People 11-16) A workshop focused on adolescents managing their emotional wellbeing and things parents/carers can do to help.	Thursday 31 st July 10 am-12 pm Thursday 18 th September 6-8 pm
Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Tuesday 8 th July 6-8 pm Tuesday 2 nd September 6-8 pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Thursday 7 th August 10 am-12 pm
Supporting with Sleep Difficulties This workshop focuses on supporting children and adolescents with managing their sleep difficulties and things parents/carers can do to help.	Tuesday 5 th August 6-8 pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Thursday 10 th July 6-8 pm Tuesday 12 th August 10 am-12 pm Thursday 25 th September 6-8 pm
General Emotional Wellbeing and Regulation Tips for Parents/Carers A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Wednesday 16 th July 10 am-12 pm Tuesday 19 th August 6-8 pm Wednesday 24 September 10 am-12 pm

To access the recorded **Emotionally Based School Avoidance Webinar** please visit:
<https://www.hct.nhs.uk/service-details/service/childrens-wellbeing-practitioners-21/>

Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2025



Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

← Eventbrite Page

RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Tuesday 23rd September, 9.30-11.15am

Workshop SL781 book via Eventbrite:

<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtcreator>

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Monday 13th October, 7.30-9.15pm

Workshop SL782 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=oddtcreator>

SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- How to work with your school in your child's best interests.

Monday 10th November, 7.30-9.15pm

Workshop SL783 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance-783-for-parentscarers-in-herts-registration-1417463965879?aff=oddtcreator>

TECH USE



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

Monday 24th November, 7.30-9.15pm

Workshop SL784 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtcreator>

Follow us on:



Contact via:

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Funded by Hertfordshire County
Council's Targeted Parenting Fund



Parent & Carer Support

Autumn Term 2025



FREE to parents and carers living in Hertfordshire

TALKING TEENS

6, weekly sessions for parents and carers of children aged **12-19**, covering:



- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.

Tuesdays 7.45 - 9.15pm

16th Sep – 21st Oct

Online Course: ID 778

Thursdays 7.45 - 9.15pm

6th Nov – 11th Dec

Online Course: ID 777

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:



- Understand why children & adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.

Tuesdays 7.45 - 9.30pm

4th Nov – 9th Dec

Online Course: ID 775

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need. Your child does not need a diagnosis.



- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.

Wednesdays 7pm - 9pm

5th Nov – 10th Dec

Course ID 771

**Reddings Family Centre,
Bushey, WD23 3PE**

Wednesdays 9.45 - 11.15am

17th Sep – 22nd Oct

Course ID 770

BRING A PICNIC OR ENJOY THE STREET FOOD STALLS, SIT BACK AND RELAX OR DANCE TO SOME FAVOURITES! THE PERFECT WAY TO ENJOY THE BANK HOLIDAY WEEKEND.

With music from
Threefold &
James and
The Blue Moon

MUSIC IN LYDEKKER

SATURDAY 23RD AUGUST, 12-4PM



DRINKS WILL BE SERVED BY THE
BUBBLY BAR, FOOD IS AVAILABLE
FROM GREEKO GRILL
WWW.HARPENDEN.GOV.UK



HARPENDEN
TOWN COUNCIL
CLOSER TO THE COMMUNITY



Hertfordshire
Family Centre
Service

NHS
Hertfordshire Community
NHS Trust

School Nursing

Summer 2025

Public Health Nursing 5-19 Team Newsletter

Welcome!

The school nursing team continues to support young people in Hertfordshire mainstream schools.

Ways to contact us:

0300 123 7572 (Mon-Fri 9am-5pm)

[School nurses in Hertfordshire](http://www.healthforteens.co.uk)
(hertsfamilycentres.org)

Free workshops available for parents and young people to attend, regarding emotional health, & more:
<http://ow.ly/U01750KHYQk>

A great website, with information and advice for young people aged 11-19.
www.healthforteens.co.uk

HEALTH_{for}TEENS

Staying hydrated

It's important for our bodies to stay hydrated, which can be difficult in the warmer weather. This can be difficult at times, but here are some tips to help:

- Drink regularly throughout the day
- Limit fruit juice and smoothies to a maximum of one small glass (150ml) a day and drink with a meal, as they're high in sugar
- Drink extra fluids if you've been sweating from physical activity, or if you're unwell – water is the best way to replace lost fluids
- If you don't like the taste of water, try sparkling water, no added sugar squash, or add a slice of lemon or lime!



Vaping

Vaping in teenagers is increasing and the long-term health risks are yet unknown.

Vapes were designed to support adults to stop smoking and have a legal age limit of 18. However vapes have been marketed so that they are attractive to teenagers with 'fruity' flavours and packaged in bright colours.

Vapes can contain nicotine and other substances that may be harmful. This can make it very difficult to quit and lead to addiction.

General health advice would be to avoid using vapes but if you do and are finding it difficult to stop, speak to your GP or visit [Vapes | FRANK](http://VapesFRANK) for some factual information around vapes and their usage.

As 1 June 2025, businesses are banned from selling or supplying any single use vapes.



The Sandbox

<https://thesandbox.mindler.co.uk>

The Sandbox is a innovative digital mental health care service for children and young people that offer lots of strategies and tips for your emotional health and wellbeing.



Personal hygiene

Take a look at www.healthforteens.co.uk for a great personal hygiene checklist.

It is so important to stay clean and healthy particularly through puberty:

- Clean your teeth twice per day
- Washing private areas daily
- Shower/bathing once per day
- Use deodorant
- Eating a balanced diet
- Regular exercise

If you would like any non-judgemental advice, please text us on **07480 635050**.



Five ways to wellbeing

The five ways to wellbeing are a great resource to use everyday as we go about our daily lives. Why not give these a go?

CONNECT

Stay in touch with friends

GIVE

Hug your family and friends

NOTICE

Go for a walk in nature and really take in what you see

BE ACTIVE

Go for a walk, jog, bike ride or something else active

LEARN

Try a new activity or hobby





Hertfordshire
**Family Centre
Service**



Want to know more about the Public Health School Nursing team in Hertfordshire?

Check out our platforms:



<https://www.hertsfamilycentres.org/info-and-advice/parents-and-mums-to-be/school-nurses.aspx#>

www.hct.nhs.uk/our-services/school-nursing



07480 635 050

Confidential text message service ran by the school nursing team for 11-19 year olds. Text in any health and wellbeing concerns



@hct_schoolnursing

@teenhealth.hct



@HCT_SchoolNurse



Hct SchoolNursing



www.healthforkids.co.uk/hertfordshire



www.healthforteens.co.uk/hertfordshire



School nursing duty number

0300 123 7572

9am - 5pm Monday to Friday
(excluding bank holidays)