



St. George's School

NEWSLETTER

Friday 20th September 2024

FROM THE HEAD

Next week is our 4th week of term and in my experience, this is often a time when good habits started in September can break down. We know that forming positive habits and routines is key to long-term success and well-being, but maintaining them can be challenging, especially as initial momentum and early enthusiasm fades.

James Clear, in his book *Atomic Habits*, explains that habits work like compound interest — small actions done consistently add up to big results over time. However, it is often in the early stages that habits are most fragile, and this is when they are most likely to be tested.

To help our children keep their good habits on track, here are a few tips to consider:

Have Intentional Conversations: Talking with your children about their goals and intentions is a powerful way to help them stick with their habits. When they voice their intentions, it not only clarifies their commitment but also strengthens their resolve to follow through.

Make It Easy: Reduce friction in maintaining good habits by making it as easy as possible. For instance, having a set space for study that is used for nothing else, or a quick list to help pack a bag the night before. Things like this can prevent procrastination.

Celebrate Small Wins: Habits are reinforced by positive reinforcement. Celebrate small victories along the way to keep motivation high. Name the behaviour you have seen when praising them.

And remember, the key to long-term success isn't perfection but persistence. Even when habits slip, the important thing is getting back on course and continuing to make progress, one step at a time. Together, we can help our children build lasting habits that will serve them well throughout this term and beyond.

Yours sincerely,

Andy Ford - Headteacher

THIS WEEK WE ARE CELEBRATING OLD GEORGIAN, POLLYANNA HOPE



We were thrilled to hear that ex-student Pollyanna Hope, 19, was performing a solo dance routine at the homecoming event for Britain's victorious Paralympians as they returned from Paris. The event took place at the 16,000 seater Utilita Arena in Birmingham and was screened by Channel 4 last Saturday night.

Pollyanna, herself an amputee, was an amazing dancer at school as well as a brilliant student leader and a role model to others through her service beyond self and positive attitude. Well done, Pollyanna. We are very proud of you.

CROSS COUNTRY WEDNESDAY 25TH SEPTEMBER

And so it begins...the quest to be crowned Endeavour Cup Champions 2025! Can Goddard do a "Man City" and win 4 in a row or can one of Grant, Monk or Watts sustain a challenge to wrestle the ultimate prize from Mr Day's steely hands?

The Endeavour Cup is the St George's inter house competition consisting of over 20 events, spread throughout the school year; culminating in July at Sports Day. The annual first event is House Cross Country, held in Rothamsted Park. The event starts at 1.30 p.m. and parents and carers are welcome to come and watch, support and cheer on all competitors. You will be joined (weather permitting) by the whole school community cheering on friends and those bearing their house colours. We ask that any parents who do come to support locate themselves at the finish line: we have an area reserved for you and you can expect to be directed here. As tempting as it is, please do not approach your child until the event has reached its conclusion.

All students will be dismissed from Rothamsted Park at 3.00 p.m. and they are expected to make their way home directly from the park. If you collect your child, please note the earlier finish time and arrange a suitable pick up point. If you want your child to return to school please let their tutor know and we can arrange staff to escort these pupils back to school. Any students with mobility issues will be taken to the park and returned to school (if necessary) via the school minibus. Please let your Head of House know.

If your child is taking part in the Cross Country please give them a packed lunch for the day including snacks for the end of the race and plenty of water. Competitors are allowed to wear their PE kit all day; this is the kit in house colours.

Timings for the races are as follows:

- Senior Boys (Y11-13) 1330
- Junior Girls (Y7-8) 1345
- Junior Boys (Y7-8) 1355
- Inter girls (Y9-10) 1410
- Inter Boys (Y9-10) 1425
- Senior Girls (Y11-13) 1435

If, like last year, the weather is against us then the races will still go ahead but without the school spectating. If this is the case then we will communicate this as early as possible via edulink and school will finish at the normal time of 1520.

THANKS TO THE PSA!

Many thanks to the PSA for hosting a wonderful evening with new parents this week, and thanks to all tutors of Y7 who stayed after school to meet with families. It was a lovely evening and a great opportunity for everyone to connect with each other. The relationship between home and school is crucial for a pupil's flourishing and this was a great way to start the year!

NEWS FROM THE REV

Sunday 22nd September at 10 a.m. is our annual Harvest Service. We take this opportunity to bring gifts of food which we donate to the Salvation Army Food Bank. Gifts of tinned, dried, packet food which are in-date are acceptable (no fruit, vegetables, salads or alcohol please). This opportunity is open to all years (please bring food gifts to chapel) and it is our tradition for the year 7 pupils to process in at the beginning of the service to offer their gifts. Whole families are welcome to this service. It is a really lovely service to attend.

NEWS FROM THE LIBRARY: Summer Reading Prize Draw

Congratulations to our winners - Keira S (1st prize), Oliver P (2nd prize) and Adam S (3rd prize). Please come and collect your prize from the Library. Thank you to everyone who sent in a

photo of themselves reading *anywhere* over the summer holidays, there were some great entries!



Bookbuzz

Over the past two weeks, Year 7 students have been given the opportunity to choose a free book from a great selection (16 books!) suitable for 11-13 year olds, carefully chosen and offered by the Book Trust. Bookbuzz is a reading programme that supports schools by encouraging reading for pleasure, promotes independent choice and works to develop a school reading culture. The Cecil Grant Trust Fund (CGTF) very generously funds this, enabling students to participate in Bookbuzz. We are hoping that the books will inspire Year 7 to enjoy reading for pleasure. For more information: [Bookbuzz Reading Programme](#)

GCSE & A' Level Philip Allan Review Magazines 2024/2025

Reduced rate subscriptions are now available to purchase on ParentPay. These magazines, written for GCSE (History & Geography are the only two offered at GCSE) and A' Level students include articles to broaden understanding of core topics, build subject knowledge and develop exam skills. Current and back copies are available in the Library for any students to use, or have a look at before ordering. Please note that the deadline for payment is Tuesday 1st October. For more information: [GCSE/A Level Review magazines](#)

Follow the Library on Instagram: [stgeorgeslibrary_](#) for news, book recommendations, book reviews and more!

RUGBY AT THE WEEKEND

It has been fabulous to see so many of our students attending training and representing St. George's in our weekend fixtures. You may have been aware that there was a serious injury to a visiting player last weekend. We are pleased to report that he is doing well, and is on the road to recovery following his injury.

We would like to take this opportunity to thank all the parents for their cooperation on the day and the well wishes that have been sent into school this week. Our PE department's priority is player safety and we approach this in many ways: from how we teach sports; how we prepare teams and how we select them. Staff hold first aid qualifications; referee games with safety as key focus and are up to date on governing body rule changes. In addition, the school secures

additional medical cover for our weekend fixtures who provide an additional level of cover for any player to use.

Just to reassure parents and carers, the air ambulance was called to enable pain relief to be given to the student as only a doctor (who was flown in) can administer this. Likewise, medical responders are trained to keep calm and approach an emergency in a slow and measured manner so that they can assess the situation with a clear head.

These processes are under constant review and we always reflect on what we can do better and what improvements can be made. Fortunately, serious injuries are very rare but we recognise that when they happen it can be upsetting for all players and their families and want to reassure everyone of the procedures that we have in place.

WALK EAT TALK EAT: GCSE FOOD PREPARATION AND NUTRITION TRIP

Last Friday, 23 students and 3 staff ventured into London for a walking food tour. It was a fantastic day learning about the history of the East End, including Spitalfields Market and Brick Lane with an array of delicious food to sample. Along the way we spotted collaborative art duo Gilbert and George, as well as Banksy's recent three wise monkeys artwork.

We had the opportunity to try:

- Karapincha: Sri Lankan street food. Kottu Roti
- Bangladeshi cuisine: handmade samosa, paneer roll, Bangladeshi Shingara, pakora or onion bhaji
- Chocolate truffles and a hot chocolate from Dark Sugars, a Ghanaian chocolatier
- Famous salted beef or cream cheese bagels from Biegel, London's oldest Jewish bagel bakery
- Artisanal Matcha sourdough doughnuts from Crosstown

For our final stop we visited Humble Crumble, started by Old Georgian Kim Innes. Kim kindly met us and it was a proud moment to hear she made her first crumble at St George's when in year 7! The complementary crumbles were beautifully presented and almost too good to eat. It was a superb experience and a very filling day!

The students behaved impeccably and were a credit to St George's.

Mrs L Bailey, Mr S Tweeddale and Ms E Lau



NEWS FROM THE BUSINESS AND ECONOMICS DEPARTMENT:

We are thrilled to announce that Sam B and Finn R, both Year 13 students, have been selected as one of just *five* finalist teams in the prestigious National Young Economist of the Year Competition, chosen from over 3,000 entries. This is an outstanding achievement, and we are incredibly proud of their hard work and dedication.

We wish them the very best of luck as they prepare for the final next month! You can watch their video entry here - https://www.youtube.com/watch?v=gZy_VWW8oUw



COULD YOUR CHILD BE ELIGIBLE FOR FREE SCHOOL DINNERS?

Please check to see if your child could be eligible for free meals as you could also be entitled to other support and help for example, help with the cost of music lessons.

Your child can get a free school meal if you receive any of the following:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit (as long as you're not also entitled to Working Tax Credit and you don't get more than £16,190 a year)
- Working Tax Credit run-on (paid for 4 weeks after you stop qualifying for Working Tax Credit)
- Universal Credit (with annual earned income of no more than £7,400 after tax and not including any benefits you get).

Apply today if you receive any of these benefits. It only takes 5 mins and in most cases HCC can tell you straight away if your child can get free meals at school. Click on the link below:

[Free school meals | Hertfordshire County Council](#)

STUDENTS NEEDING PARACETAMOL

The medical room has been inundated this week by students asking for paracetamol for a headache. The advice is always for them to have a large drink of water and wait for 20 minutes. If the First Responder feels that it is necessary for a student to be given paracetamol (and they have parental permission) then they can give them one tablet (if under the age of 16).

Please can we remind you that in accordance with our Health and Well-being Policy, students (if judged to be sensible enough by their parents and carers) are allowed to carry a **single dosage** on them. They are responsible that no other student ever has access to this. Ideally, students need to keep on hydrating - please remind them!

MAINTAINING OUR STANDARDS

Next week, we are continuing our theme of conduct in and between lessons. Moving swiftly between lessons ensures that pupils move safely around the school site and arrive at lessons on time. Many thanks for your support with our efforts to maintain high standards of behaviour in school.

Focus on... LESSON CHANGE OVER

- Take the shortest route to your next lesson and don't stop until you arrive
- Walk quickly to minimise lateness
- Monitor your voice - especially if there are exams on



KINDNESS

Expect your friends NOT to wait for you - you don't want them to be late

POSITIVITY

Check your uniform on the way so you arrive with a good first impression

WHAT'S ON NEXT WEEK

Monday 23rd September	It's week 2!
Tuesday 24th September	'Supporting your Child in year 12 and beyond' Evening. 7.00 to 8.00 p.m. in the Assembly Hall. Parents/carers and students to attend.
Wednesday 25th September	House Cross Country from 2.00 to 3.30 p.m. in Rothamsted Park. Parents and carers are warmly invited to come and watch. Mathematical Olympiad for Girls a.m.
Thursday 26th September	European Day of Languages LAX V Berk: 1st and 2nds (Home); 3rds and 4ths (Away)
Friday 27th September	'Careers in Professional Sports' Careers talk - Year 11 to 13 at lunch Year 12 Art Trip to Tate Modern departs at 11.30
Saturday 28th September	LAX V St. Paul's - all teams (Home) Rugby V St Edmunds: 2nds, U13A and B; U12 A and B (Away) and U15A and B, U14A and B (Home) USA Lacrosse and Rugby Tour Quiz Night in the assembly hall
Sunday 29th September	Senior Chapel 10.00 a.m.

NOTICES

For more details please
visit us at:

www.stgeorges.herts.sch.uk/vacancies

or email us at:

recruitment@stgeorges.herts.sch.uk

WE ARE HIRING!

INVIGILATOR / SENIOR INVIGILATOR

- HOURLY RATE:
 - £12.50 FOR INVIGILATOR
 - £15.00 FOR SENIOR INVIGILATOR
- MULTIPLE POSITIONS AVAILABLE
- WORK DURING EXAMS SEASONS
- FREE LUNCH ON DUTY
- FREE PARKING ON SITE

Apply today!

St George's School,
Harpenden



We are looking to recruit Invigilators and Senior Invigilators to join our friendly Exams Team to help run exams at various points during the year. The main exam seasons at St George's are three weeks in December, two weeks in January and eight weeks from April to June. Our pool of invigilators work different hours depending on their availability and during a week and through the year. Invigilators help set up the exam room and supervise candidates while the exam is in progress. You will join a team that is a key contributor to the excellent outcomes our students achieve, whether those be excellent exam results or coping with what can often be a stressful time.

To apply, please complete the online application form via MyNewTerm directed from www.stgeorges.herts.sch.uk/vacancies

Supporting Your Neurodivergent Child

Written by parents,
for parents

Working Together for Essex



Supported and Funded by:



Sent on behalf of Florence Adigun (Development & Commissioning Officer, HCC)– any questions please contact Florence.Adigun1@hertfordshire.gov.uk

Hertfordshire County Council and the NHS are delighted to share with you the exciting and new Supporting your Neurodivergent Child handbook that has been developed for Hertfordshire parents/carers and professionals. The [Neurodiversity Handbook](#) has useful resources, support and signposting on a whole range of things relating to Neurodiversity.

The resource is accessible to all regardless of whether a young person has a diagnosis or not, and can be used at any point during a young person's journey.



OAKLANDS
COLLEGE

OPEN EVENTS

WELWYN GARDEN CITY CAMPUS | 16+ LEARNERS

- Saturday 9th November 2024 | 10AM - 3PM
- Tuesday 4th February 2025 | 5PM - 8PM
- Tuesday 29th April 2025 | 5PM - 7PM

ST ALBANS CAMPUS | 16+ LEARNERS

- Saturday 16th November 2024 | 10AM - 3PM
- Thursday 6th February 2025 | 5PM - 8PM
- Thursday 1st May 2025 | 5PM - 7PM

REGISTER YOUR VISIT: WWW.OAKLANDS.AC.UK/OPEN-EVENTS



MUSICALE LESSONS FOR ST GEORGE'S STUDENTS

Musicale offers daytime lessons for students at St George's in every year group. We are proud to already be teaching over 150 St George's students during the day.

WE CURRENTLY HAVE SPACES FOR STUDENTS INTERESTED IN:

2 spaces

FLUTE

2 spaces

CLARINET

PIANO

3 spaces

GUITAR

11 spaces

1 space

VIOLIN

2 spaces

SAXOPHONE

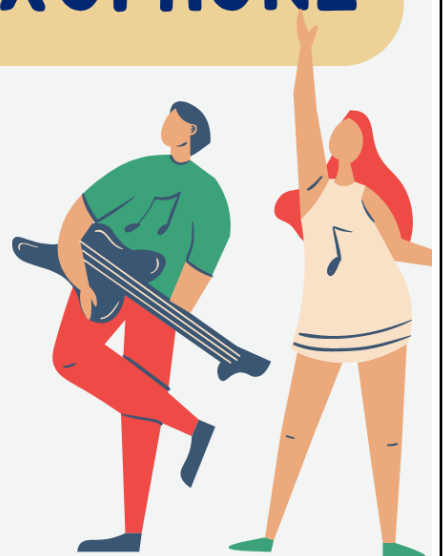
TO SIGN UP TODAY VISIT:

www.musicale.co.uk/sign-up-for-lessons



MUSICALE
Your Complete Centre for Music Making

Est. 1977





Music Passes

Musicale are introducing Music passes to help students who struggle to come out of lessons to have the confidence to do so.

These are just an aid and are NOT mandatory. Your child will still be allowed to leave their St George's lesson without one.

If you think your child may benefit from a Music Pass they can collect one from the Musicale Office or from their Musicale Teacher.



LUTON SEA CADETS

OPEN EVENING

Wednesday, 18 September
19:30 – 21:30

Luton Sea Cadets provides fantastic opportunities for children aged 10-18 and adult volunteers. Come along to find out more.

Lower Harpenden Road, LU1 3PL
lutonseacadets@gmail.com



Join Luton
Sea Cadets & Royal Marines Cadets!

E-mail: lutonseacadets@gmail.com



Luton Junior Sea Cadets
Aged 10 – 11Yrs

Make new friends & have good fun!

- **Blue Modules** – Get afloat with Waterborne Activities!
- **Green Modules** – Get outside with Outdoor Activities!
- **Yellow Modules** – Get into your local Community!
- **Red Modules** – Learn to march and wear your Uniform!

Get stuck in with **STEM** modules (**Science, Technology, Engineering & Maths**) to earn your STEM Badge!



Luton Sea Cadets
Aged 12 – 18yrs

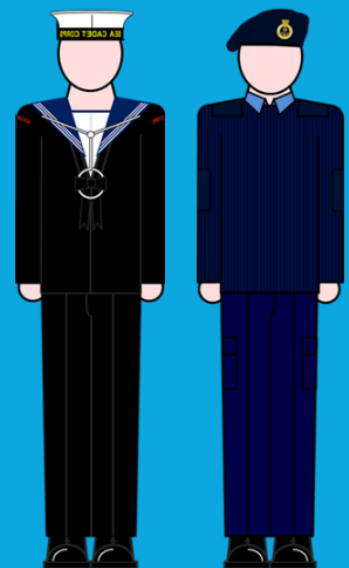
Get Waterborne with the Sea Cadets!

- Rowing, Windsurfing, Sailing, Powerboating, Kayaking/Canoeing, Offshore Power & Sail.

Gain recognised CV boosting Qualifications!

- RYA, BTEC, First Aid at Work, Duke of Edinburgh

Achieve a real sense of pride, being smart in your Uniform and representing the youth of our Town.



Luton Royal Marines Cadets
Aged 13 - 18yrs

Get outdoors with the Royal Marines Cadets!

- Campcraft, Adventure Training, Shooting, Map



Children's Wellbeing Practitioner Workshops October-December 2024

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 the Children's Wellbeing Practitioner Eventbrite page: <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 21 st November 6-8pm
Adolescent Self-Esteem and Resilience A workshop focused on adolescents improving their self-esteem and resilience and what parents/carers can do to help.	Thursday 28 th November 6-8pm
Supporting your Child's Self-Esteem and Resilience A workshop focused on parents/carers supporting their child to improve their self-esteem and resilience.	Monday 28 th October 6-8pm Wednesday 11 th December 10-12pm
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.	Wednesday 2 nd October 6-8pm Monday 2 nd December 6-8pm
Developing your Child's Emotional Literacy A workshop focused on parents supporting their child with developing emotional literacy.	Tuesday 1 st October 10-12pm Monday 4 th November 6-8pm Thursday 12 th December 10-12pm
General Emotional Wellbeing and Regulation Tips for Parents A workshop focused on parents supporting their child's general emotional wellbeing and ability to emotionally regulate.	Tuesday 15 th October 10-12pm Monday 11 th November 10-12pm Tuesday 17 th December 6-8pm

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