



Issue 530

# Fearnfile

*Fearnfile - out every two weeks!*

## Headteacher's Message

### Autumn on the way



Welcome to the latest edition of Fearnfile. There are several updates on important events but I have to draw your attention to one particularly happy piece of news. Our **Year 8 footballers** played against The Priory last week and **won the match 2-1**. This is a great achievement against a school more than twice the size of Fearnhill – the players and their coach deserve our congratulations for their hard work and success! Our scientists have also been busy with the **Faraday Challenge**; you can read all about the different activities and the outcomes of the day inside.

Forthcoming attractions include two big events next **Tuesday, 16<sup>th</sup> October**. Fearnhill students are taking part in the **'Restart a Heart' Day** with the British Heart Foundation; this involves a group of our students from across the years being trained as 'CPR Champions', learning the basics of CPR from a visiting expert in order to share their knowledge with others and increase awareness of this important medical issue. The other big event on Tuesday is a visit from the **Brown's Books for Students** bus. This is a purple double decker bus that is also a fully stocked mobile bookshop, with more than 4000 books aboard. Do not be alarmed to see part of the car park sealed off on Tuesday morning in preparation for the visit! Fearnhill was awarded a grant of £5,500 to spend on books for our library. A selection of students from each class will be given the chance to choose books for all students to enjoy.

The **Friends of Fearnhill** group will be meeting at school this coming **Wednesday, 17<sup>th</sup> October, at 6pm**, to make plans for future events. If you would like to be involved but have not yet let anyone know, please don't worry! Hannah and Helen will be delighted to see you there.

Finally, as the weather begins to close in, a short reminder of our **uniform code**. Students should be wearing sensible black shoes, not trainers, and all outdoor coats need to be taken off and stored in bags or lockers once inside the building. Our new heating system ensures everyone is comfortable! **Mobile phones** must also be switched off and out of sight once inside the building in the morning, with no use permitted during the school day unless in a classroom supervised by a teacher for an educational reason.

Thank you for your ongoing support.

*Liz Ellis*  
Headteacher

**Half Term**  
29th October  
to  
2nd November

## Careers Corner

### YC (Youth Connexions) Meetings

Jo Bains, our Youth Connexions Advisor, is in school on designated Mondays to meet with students and discuss their options, ideas and opportunities available to them after Year 11. We aim to get every Year 11 student booked in for an appointment with Jo, or Ms Balchin, before they go on study leave.

It is essential that students do not miss their meeting as this wastes valuable time. Students are asked to make a note of the time, date and place of their meeting when Tutors announce them prior to the day. If students are unable to attend their appointment they are asked to swap with another student in their form group and inform Ms Balchin or Ms Charter so that their slot can be re-scheduled. Reminder cards are issued to students via their Tutors on the morning of their meeting to ensure they don't forget!



Jo also offers a 'Drop-In' session at break and lunchtime whereby students can go along, without an appointment, to ask any questions they have re: their future.

*Ms Balchin*  
*Head of Work Related Learning*

# WE NEED YOU!



## Calling all Parents, Carers & Friends of Fearnhill School

Would you be willing to come in and **talk** to our students about your current **job**?

We **need** a selection of **volunteers** who can come in at lunchtime and **share** their experiences with our young people.

We would require a brief account of **what** you do, **why** you chose to do it, **where** you do it, **when** you do it and **how** you got to do it (qualifications).

With your support we can help our students to become more aware of the opportunities available to them in the world of work and raise aspirations.

If you are able to assist in any way please contact me at the school via email:

**[admin@fearnhill.herts.sch.uk](mailto:admin@fearnhill.herts.sch.uk)**

**I look forward to hearing from you!**

*Lesley Balchin*  
*Head of Careers & WRL*

# Performing & Expressive Arts

## Students of the Month - September 🙌



*Excellent independent working in class & homework. Superb cupcake drawing*



*Superb Bridging project, fantastic range of experimentation of media on chosen colour*



*Superb start to KS3, very focused & a great first assessment*



*Focused dedicated start to Yr 11, particularly in drum lessons*



*Outstanding ATL in PE & engagement with extra-curricular PE*



*Outstanding engagement & attainment in sports studies*

# PE Department News

## Year 8 Football Match Report

### Fearnhill School v Priory School

On Wednesday, 3<sup>rd</sup> October 2018 Fearnhill played The Priory School.

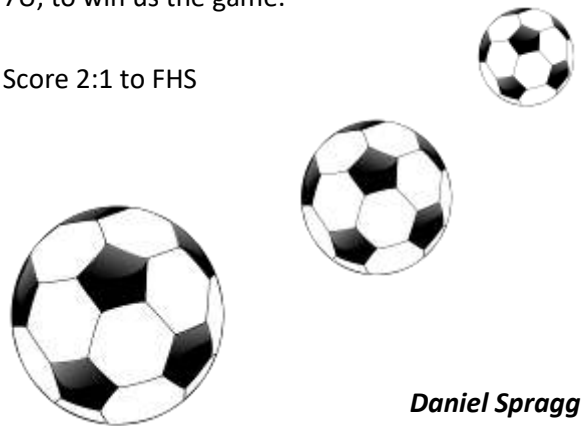
Mr Stepan was refereeing and Mr Marsh was the linesman whilst being our coach.

For the game, we brought up a Year 7 to play for us and he did brilliantly.

Our two goalkeepers, the Overton twins, pulled off incredible saves. The person to score our first goal was Sharj-eanne 8Q.

Our second goal was from our Year 7, Wesley 7U, to win us the game.

Score 2:1 to FHS



**Daniel Spragg  
8Q**



**Mr Marsh  
Head of Performing & Expressive Arts**

# Science Department News

## IET Faraday Challenge

On Friday 28<sup>th</sup> of September, six teams of budding engineers were given the amazing opportunity of representing Fearnhill at The IET Faraday Challenge Day. The Institution of Engineering and Technology (IET) have been working for many years to encourage more young people to engage in the STEM agenda and to consider engineering as a possible career path. The IET Faraday Challenge Days are cross-curricular activity days covering Science, Design and Technology, Engineering and Mathematics (STEM). The challenge is top secret so we can't divulge too much information but we can share that our Year 8 students had a fantastic time researching, planning, designing and finding solutions to genuinely tough engineering problems. As always, our students were a credit to the school and I was incredibly proud of them. #faradaychallengeday



*Miss D Wilson  
Head of Science*

# Read to Succeed

## Book Bus to Visit Fearnhill

We are delighted to have 'Browns Books for Students' bright purple, double decker book bus visiting Fearnhill on Tuesday, 16<sup>th</sup> October!

There will be 4,000 books on board and selected students will each be given a scanner to scan in a handful of books they would like us to buy for the Library collection.

These will be added to a virtual basket for review, and purchased with money received from the Library's successful Foyles grant application earlier this year.

If you would like to take part in influencing our library collection, please let myself or Mrs Middleton know.

We look forward to seeing you on board – toot toot!



## National Poetry Day

Thursday 4<sup>th</sup> October saw the Library wishing students a Happy National Poetry Day.



Email us at [library@fearnhill.herts.sch.uk](mailto:library@fearnhill.herts.sch.uk)



Follow us on Twitter [@FearnhillLib](https://twitter.com/FearnhillLib)

*Mrs R Hunt  
Librarian and Learning Resource Manager*

**Please ensure that we have your current address, mobile phone number and email address. Any updates can be sent to the Main Office.**

**Thank you.**



# Vacancy at Fearnhill

We have a vacancy at Fearnhill for the post of Finance Officer. Please see the following details:

## Finance Officer

Fearnhill School is seeking to appoint a well organised and efficient Finance Officer to maintain and oversee the day to day financial transactions of the school.

You will need proven financial and accounting experience, ideally in a school environment although this is not essential as full training will be provided. You will need to be computer literate and proficient in using accounting systems and Excel. You will need to be able to work independently as well as being part of a team.

The role is for 37 hours per week, term time plus 2 additional weeks during school holidays to be agreed.

Closing date: Friday 19th October 2018

Interview date: Monday 22nd October 2018

An application form is on our website.

Fearnhill School is committed to recruiting with care and safeguarding the welfare of children and young people; we expect all staff and volunteers to share this commitment. All posts are subject to an Enhanced Disclosure application to the Disclosure and Barring Service and check against the ISA barred list for children, plus verification of the right to work in the UK.

If you would like to visit our friendly school or require further information, please contact School Business Manager [hazel.rainbow10@fearnhill.herts.sch.uk](mailto:hazel.rainbow10@fearnhill.herts.sch.uk) or on 01462 621200



**North Herts LGBTQ Project**  
Aged 13-17 years

**Hertfordshire**

LGBTQ Project is for young people aged 13-17 who are lesbian, gay, bisexual, transsexual or questioning their sexuality. Our sessions are engaging and informative, with staff willing and able to support all those who attend. We want you to enjoy meeting other LGBTQ young people in a safe space, and have your say about what you want to happen. Our sessions run every Monday in Letchworth. We have a strict confidentiality policy to respect the needs of all that are involved. For more details, information, or if you have any questions please get in touch.



**When: Monday evenings 7-9pm in Letchworth.**  
Please get in touch for more information.  
01438 843340  
[www.ychertfordshire.org](http://www.ychertfordshire.org)  
[claire.gormill@hertfordshire.gov.uk](mailto:claire.gormill@hertfordshire.gov.uk)



Youth work projects and programmes to enable young people to learn new skills, increase their knowledge and develop confidence, self-esteem and resilience.

**YC**  
HERTFORDSHIRE

Enabling young people to succeed



**YC Hertfordshire**  
**WHO NOT WHAT**



**Who are we?**  
We are a group of young LGBTQ people from across Hertfordshire who have joined together to represent the voice of the young lesbian, gay, bisexual and transgender + community.

We are looking at services available throughout the county and will be working towards improving these services for young LGBTQ people aged 13-24 who live, work or are educated in the county.



**Who not What is about us as young LGBTQ**

What WE experience, what WE feel would work better and how WE can improve things for the future. It's not about what others think: it's about what WE think.

If you are aged 13 - 24 yrs old and interested in getting involved and changing local services for young LGBTQ people, contact us on 01992 586229 or [youngprideherts@hertfordshire.gov.uk](mailto:youngprideherts@hertfordshire.gov.uk)



Follow us  
[@hertayoungpride](https://www.facebook.com/hertayoungpride)



**YC**  
HERTFORDSHIRE

# TALKING FAMILIES



Because parents don't get training for the toughest job on earth!

**THURSDAYS**

**8, 15, 22, 29 November  
and 6, 13 December 2018**

**7.00 - 9.00pm**



Our **FREE** 6 week course for parents and carers of children aged 0-19 will help you to:

- Manage challenging behaviour with consistency
- Encourage positive behaviour
- Build your child's self esteem
- Set and maintain boundaries
- Respond to tantrums and difficult feelings in children

'It was a brilliant course and has made a huge difference'

'It has taught me new skills to deal with family life'

**THE OVAL  
COMMUNITY CENTRE  
Vardon Road  
STEVENAGE  
SG1 5RD**

The entrance to the Centre is opposite the OVAL dry cleaners within the precinct of shops

**Pre-booking essential**  
For further information, contact  
Supporting Links on:

**01442 300185**

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



This course is provided free to parents by Hertfordshire County Council

SL287

# UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS



**Tuesdays 9th, 16th, 23rd October**

**6th, 13th, 20th November 2018**

**7.00 - 9.00pm**



A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential.

We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict : why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage the different needs within your family.

'I have been on a few courses to help me with my son, this was by far the most helpful.'

**Mrs Howard Hall  
Norton Way South  
Letchworth  
SG6 1NX**

'I tried the techniques and was amazed at the outcome.'

**Pre-booking essential**  
For further information, contact  
Supporting Links on:

**01442 300185**

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



This course is provided free to parents by Hertfordshire County Council

SL284

# TALKING TEENS



**TUESDAYS**

**6, 13, 20, 27 November  
and 4, 11 December 2018**

**7.00-9.00pm**



Our **FREE** 6 week course for parents and carers of children aged 12-19 will cover :

- The Teen Brain: Understanding risk taking and experimenting.
- Recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- Why arguments escalate and how to stop this happening.
- How to negotiate during a conflict situation.

'I have already changed my attitude towards my 12 turning 13 year old daughter by understanding her behaviour rather than being annoyed by it. The results have been quite remarkable.'

**WESTMILL COMMUNITY CENTRE**

**John Barker Place,  
Hitchin SG5 2PG**

'Very well delivered and engaging sessions'

**Pre-booking essential**  
For further information, contact  
Supporting Links on:

**01442 300185**

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



This course is provided free to parents by Hertfordshire County Council

SL290

## SUPPORTING CHILDREN & YOUNG PEOPLE WITH LOSS & BEREAVEMENT



**WEDNESDAY 30TH OCTOBER  
6:30-8:30PM  
AT THE LETCHWORTH CENTRE  
Cost £8**

Book online at <https://www.letchworthcentre.org/classes/lunchtime-talks-and-workshops/>  
or call the Letchworth Centre on 01462 678804

*The aim of this training is to discuss the impact of bereavement and loss on children & young people; including divorce and separation.*

*The session includes an overview of the psychological stages of loss and will explore strategies and ways of supporting children & young people who are going through this process.*



## Self-care and support for young people



Some coping strategies are more helpful than others. As with any skill, we can always learn new ways of dealing with stress.

Here's some self-care tips to help protect against stress:

### Try

**Nurture your physical health** – body and mind are connected, so eat regular meals and find a fun form of exercise that suits you and your schedule.

**Set aside time to have fun or do something nice for yourself** – positive emotions can help build a buffer against stress.

**Spend time on an activity you enjoy** – whether reading, playing guitar, or learning a new sport.

**Talk to someone** – tell a trusted friend or family member about how you're feeling, or chat online on a support site like **Childline** or **The Mix**.

### Avoid

**Overdoing it on caffeine, alcohol or sugar** – they're a quick fix which can increase stress in the long term.

**Overworking** – we all need time to unwind so try to build in short, regular breaks while you're studying, working or revising.

**Chasing perfection** – it can create unrealistic expectations. It's no fair to compare yourself, as a whole person, to social media highlights from someone else's life.

**Too much screen time** – it can affect your sleep, so try to switch off now and then, and don't feel pressured to always be reading, watching or playing something.

**Bottling up your feelings and assuming they will go away** – this can make things worse in the long run.

If you're struggling to manage your stress, don't keep it to yourself – there is no shame in seeking help.

A good place to start can be talking to your GP, your parent or carer, or a counsellor at your school/college/university.

There are also plenty of organisations out there who can help. See a list of support organisations at [mhfaengland.org](http://mhfaengland.org).

We're supporting



# World Mental Health Day

10 October 2018

Visit [mhfaengland.org](http://mhfaengland.org) for tips and resources to support young people's mental health in a changing world



## Helpful resources for young people's mental health



Here are some trustworthy sources of support, guidance, advice and training around young people's mental health and wellbeing.

**Action for Happiness** [www.actionforhappiness.org](http://www.actionforhappiness.org)  
A non-profit providing well-being and resilience tools for employers and individuals to help and help to reduce and prevent mental health problems. Includes mental health first aid, workplace and school.

**Anna Freud Centre** [www.africentre.org](http://www.africentre.org)  
A children's mental health charity providing specialist help, research and training for children, young people and schools.

**Association for Young People's Health (AYPH)** [www.ayph.org.uk](http://www.ayph.org.uk)  
A charity and network of organisations to provide advice, help and support for young people.

**Bamboo21** [bamboo21.org.uk](http://bamboo21.org.uk)  
A leading UK charity for mental health problems, providing a range of support, training, information and advice for young people and their families.

**Charlie Walker Memorial Trust** [www.charliewalkermemorialtrust.org.uk](http://www.charliewalkermemorialtrust.org.uk)  
A charity providing support and training for young people with mental health problems, including advice, support and training for families, schools, colleges, universities, workplaces and GPs.

**Childline** [www.childline.org.uk](http://www.childline.org.uk)  
Counselling service for children and young people offering free and confidential help and advice. Also offers a helpline service for young people aged 16-19 in the UK. Languages: English, Urdu, Punjabi, Gujarati, Hindi, Bengali, Urdu, and Urdu.

**Early Intervention Foundation** [www.eif.org.uk](http://www.eif.org.uk)  
An independent charity that works with local authorities and schools to help identify and support children with mental health problems.

**Family Links** [www.familylinks.org.uk](http://www.familylinks.org.uk)  
Offers support and advice for families of young people with mental health problems. Offers support and advice for young people with mental health problems, including advice, support and training for families, schools, colleges, universities, workplaces and GPs.

**Heads Together** [www.headstogether.org.uk](http://www.headstogether.org.uk)  
A charity and network of organisations providing support and training for young people with mental health problems.

**Hub of Hope** [www.hubofhope.org.uk](http://www.hubofhope.org.uk)  
A national network of organisations working to help young people with mental health problems.

AT  
THE FOUR EMBLEMS  
2A STATION RD, LETCHWORTH,  
HERTS, SG6 3AU  
**SAT 1ST  
DEC**  
@ 19:30

TICKETS £10  
In Support Of:



AVAILABLE FROM:  
- JACKIE'S DROP IN  
- DAVID'S MUSIC, LETCHWORTH  
- WWW.WEGOTTICKETS.COM

PLAYING ALL THE  
CLASSIC 45'S  
AND 33'S, DJ'S:

- DARREN SQUIRES
- LEON HEWITT
- GARY GRINDAL

PLEASE VISIT OUR PAGE  
THE RSG CLUB IN SUPPORT  
OF JACKIE'S DROP-IN CLUB

# THE Ready Steady GO CLUB



## 60's Beat CLUB NIGHT

MOD, SKA, BEAT, SOUL  
PLUS ALL THOSE  
60'S CLASSICS



# Kids Cook!

## Saints and Sausages special

When?

Tuesday 30th October

Where?

Wilbury Hall, Bedford road, SG6 4DU

Time?

11.30—13.00



**Wear something bright!**

Suggested donation: £1 per family or what you feel you can afford



# SuperHeroes



**Wednesday, 31 October 2018**

**10.00am at Norton Methodist Church**

**North Avenue, SG6 1DH**

**Come dressed as a superhero and  
join us for crafts and games  
and enjoy a meal!**

To register just email

[messychurchnorton@btinternet.com](mailto:messychurchnorton@btinternet.com)

with names of adult & children plus  
ages of children & dietary needs

Children please

bring a  
parent/guardian  
with you

# COOKERY Camps

Holiday cookery camp for boys & girls aged 8-16  
featuring unique food adventures each day!

October Half Term camp in LETCHWORTH  
November 1-2 2018  
Thursday - Friday | 9am - 5pm

Kitchen skills • Science experiments • Ingredient talks  
Seasonal decoration • Visitors & trips • Planting & growing  
Food art • Flavour mixing • Star bakes • Lots of tasting!  
Please DON'T pack a lunch (or tea) - all meals included!

### Firecrackers!

- Food Focus - Our favourite GO TO recipes & foods | Traditional UK foods (Welsh, Irish, Scottish, English) | Halloween Party | Spice of life: how spices flavour our favourite foods
- Tackle it - Transition foods - from season to season | Fun with Food | Soups

£50  
per cook  
per day

Get in touch to book your child's place:  
[www.cookeryeatery.co.uk](http://www.cookeryeatery.co.uk)  
[info@cookeryeatery.co.uk](mailto:info@cookeryeatery.co.uk)  
07795 627 492



# COOKERY Camps

Holiday cookery camp for boys & girls aged 4-11  
featuring unique food adventures each day!

October Half Term camp in HITCHIN  
October 29 - 31 2018  
Monday - Wednesday | 9am - 5pm

Kitchen skills • Science experiments • Ingredient talks  
Seasonal decoration • Visitors & trips • Planting & growing  
Food art • Flavour mixing • Star bakes • Lots of tasting!  
Please DON'T pack a lunch (or tea) - all meals included!

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- Tackle it - Transition foods - from season to season | Fun with Food | Soups

£40  
per cook  
per day

Get in touch to book your child's place:  
[www.cookeryeatery.co.uk](http://www.cookeryeatery.co.uk)  
[info@cookeryeatery.co.uk](mailto:info@cookeryeatery.co.uk)  
07795 627 492






## Student of the Week

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

**W/e Friday 28<sup>th</sup> September**

**Student of the Week**

 Natalia  
- 39 points  
\*\*\*\*\*

**Form of the Week**  
9R - 445 points  
\*\*\*\*\*


**House of the Week**  
Howard - 1185 Points  
\*\*\*\*\*

**Staff Member of the Week**  
Mrs Clifton - 590 points  
(Lead Teacher in Art)

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

**W/e Friday 5<sup>th</sup> October**

**Student of the Week**

 Layla 7Q  
& Ruby 7U  
- 38 points  
\*\*\*\*\*

**Form of the Week**  
7Q - 439 points  
\*\*\*\*\*

**House of the Week**  
Howard - 813 Points  
\*\*\*\*\*

**Staff Member of the Week**  
Mrs Davies - 451 points  
(Subject Leader in MFL)

## Thought of the Month - October

