



THE SAINT JOHN HENRY NEWMAN CATHOLIC SCHOOL

WEEKLY INFORMATION

FRIDAY 26TH APRIL 2024

THE SUNDAY TIMES
Parent Power
NATIONAL RANK **100th**
Top Comprehensive and partially selective schools



**Dear
Parents and Guardians,**



I would like to start by welcoming our future year 7 students and parents to the school community. Over the next term there will be a number of opportunities to visit the school and start planning for September. You are all very welcome and I look forward to meeting you again soon.

Year 10s have been sitting their first set of mock exams this week. Having seen them at the beginning of some of their exams, I have been very impressed by their attitude and approach to sitting their first formal exams. The experience will help their teachers identify key areas for improvements and also ensure that the students feel more confident and relaxed for their exams in year 11.

An aspect of student life that I have been really impressed with this year is the many opportunities that are available to all students. Academic success is only one aspect of the personal development of our students, as we aim for them to discover and develop their passions, values, and confidence during their time at the school. I have seen this through the extensive extra-curricular offer, various school productions, school trips, and leadership opportunities, whilst over the summer term

there will be further new opportunities open to the students through events such as enrichment week, work experience, and Duke of Edinburgh trips, to name just a few. I would encourage all students to embrace these opportunities and have the confidence to try out new activities during their time at the school.

There are many sporting opportunities available to our students and over the course of the year, there has been considerable success in netball, football, swimming, and athletics. After school today, I am looking forward to watching the year 10s play in the Hertfordshire County Cup Final. They have done incredibly well to get to the final and I wish them all the best for the game later.

On Thursday, some of our 12 students had their first 'Get into Teaching' session at Waxwell House. This is a new programme that has been started by DOWAT, aimed at students who might be thinking about teaching as a future career. Hopefully, some of those on the programme will be the JHN teachers of the future.



This week's Headteacher commendations:

Lauren Kaahwa	9MP	Commitment and leadership in support of Year group charity, The Garden House Hospice. Taken full ownership of the fundraising 'Young Entrepreneurs Scheme'
Victoria Akhigbe	9MP	Commitment and leadership in support of Year group charity, The Garden House Hospice. Taken full ownership of the fundraising 'Young Entrepreneurs Scheme'
Daniella Sarpong	9MP	Commitment and leadership in support of Year group charity, The Garden House Hospice. Taken full ownership of the fundraising 'Young Entrepreneurs Scheme'
Anaiah Smith	9MP	Commitment and leadership in support of Year group charity, The Garden House Hospice. Taken full ownership of the fundraising 'Young Entrepreneurs Scheme'
Rokas Janusis	7OR	Consistently engaged and thoughtful considerations in History. ackled recent activity with forensic mindset and inspirational contributions
Sairah Klacky	8JP	Fantastic contribution to English. Very impressive passion for reading, having read almost 50 books this year

Hope you have a good weekend,
Mr D Carrasco-Morley

Prayer

Lord,

You have promised that if we will commit our work to You, You will make it succeed.

So today, I dedicate every aspect of that work to You.

I need Your wisdom daily to make the right choices, ones that require fairness, integrity, and a servant spirit.

From the start of every day, I want to begin and end with You, knowing that You will guide every step and every decision I make.

Throughout the day, remind me that You are in charge, not me. May I do all things with excellence at work as if I am doing them for You, Lord.

Amen.

Saint John Henry Newman, pray for us.



ART & DESIGN

The Art Department are now fully settled into the Kelly Block, which has given students the opportunity to use our ceramics kiln and to create work in the darkroom. This year has allowed us the opportunity to display the work of our students throughout the Kelly block and we have begun this process in the Mathew block too. There are so many highlights of the year so far, and the students' outcomes, that we are thrilled to share with you. We look forward to welcoming you to the end of year show on Tuesday 4th June to showcase and celebrate the work of our students!

Throughout the year we run Art School Days for the sixth form students, allowing them the

opportunity to explore new materials across a range of disciplines. This year we started with 'Draw Day' to support students with the fundamentals in drawing through a large still life set-up. They have also had the opportunity to join in with 'Dark Room Day', developing their own photographs through negatives and layering images to create new source material. The students explored a wide breadth of printmaking in 'Graphics Day' and experimented with lettering. Finally, the students have taken part in 2 'Paint Days' where they have each created a painting for the new Mathew Block. These can be seen on display in the library or on the first-floor corridor.



KEY STAGE 3

Year 7:

The first project in the Autumn term is 'Formal Elements' which then develops into the second project 'Pattern & Collage' during the spring term. The Formal Elements are the foundations of drawing: line, shape, space, form, tone, texture, pattern and colour. We have focused on these elements to support our year 7 with their recording skills.

Here are some excellent examples of pupils work from Year 7:



The students have also taken part in a shutter-speed photography activity with Mrs Wilkinson during their creativity lessons, resulting in images of colourful light trails.



Year 8:

The first project that year 8 completed this year was 'Perspective'. They have understood the rules of perspective and learnt about the Impressionist movement in Art History. They have studied the work of Cezanne and Monet to inspire their own Impressionist landscape paintings, focusing on mark-making, brushwork and use of light. They have recently begun a new project called 'Surface', where they are drawing from images of cells and bacteria. This will then be transformed into a felted textiles piece. Here are some examples of their work:



Year 9:

The students have learnt the fundamentals of Graphic Design, considering the work of a wide range of artists including Lisa Stickley, a former JHN student who illustrated for the ALDI Hunger Campaign. Each student completed a design brief, involving creating a new letterform. They have now begun a new project on Portraiture, learning about the proportions of the face and how to draw the facial features.



We have also had year 9 students participating in photography as their skill for their Duke of Edinburgh award. Congratulations to Pichayada and Ama for your dedication to the subject.

Year 10:

In Year 10, the students have been creating work in response to a theme set by their teacher. For the art students this is 'Force' and in photography this is 'Distorted Portraiture'. They have been working through a series of workshops to build their confidence in a range of disciplines and skills. These workshops have given them the foundational skills which they are now starting to apply to their independent work. These are pieces of work in progress:





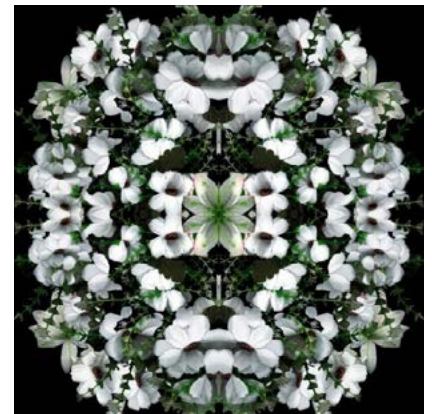
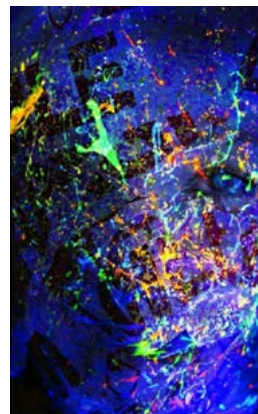
Year 11:

Year 11 artists and photographers are working hard for their exam project, producing exciting outcomes. We are currently preparing them for developing ideas and ultimately an individual outcome that they will create under exam conditions. We have no doubt that they will keep up their excellent work ethic to their end of year art examination in May. Keep going year 11!



To support Year 11 in preparation for the exam:

- All the lessons will be focused on work based on the theme of the exam.
- All homework tasks will also be based on the theme of the exam.
- Pupils will draw, paint, collage, take photos, research the work of other artists, designers and craftspeople, experiment with materials and ideas and produce a body of work in which they, through producing the work, will be able to work out what it is they will do for the exam.
- All their preparation work is to be taken into the exam in order that they produce a final outcome, which sums up everything they have been experimenting with.
- Any opportunity to see art work in real life by visiting galleries is also greatly encouraged.
- There is an up to date list of exhibitions and



resources posted on the school Art and Design section.

- The teachers may also encourage pupils to see certain shows that could link to work being produced in class.
- Club is running every Wednesday after school
- There is a year 11 section on the school website which also lists support strategies

Year 12 A -Level:

A-Level students attended a day of life drawing held at the school which gave them the incredible opportunity to study the human figure and how the body moves as one whole unit. They produced some truly outstanding artwork during this time and we were extremely proud of their commitment to the course. They have embraced the workshops that they have experienced and are beginning their own individualised projects. The photography students have been experimenting with a range of materials and techniques, focusing on the foundational skills before exploring their coursework subject titles.

Below are some examples of the work produced during the start of their course:

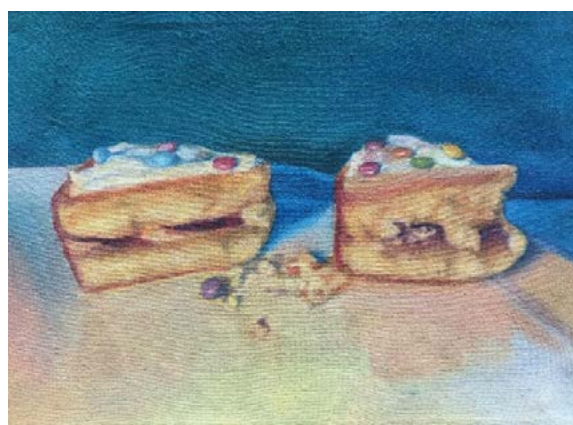


Year 13 A-Level and BTEC:

Year 13 are busy preparing for their examinations and have worked hard to prepare their portfolios for a wide range of universities and have now received their offers. These include offers from Loughborough to study Fine Art, Leeds to study Fine Art, Bournemouth to study Textile Design and Manchester to study Photography, to name a few. We are extremely proud of how they have managed their portfolio preparation during this time.



They are developing their own examination projects based on a wide range of interests including graphic design, portraiture and textiles. Congratulations to our A-Level and BTEC students for working so hard for these past two years- we are extremely proud of your dedication to the arts.



To support Year 13 in preparation for the exam:

- Please use our studio spaces during your study periods in preparation for the exam.
- All homework time needs to be dedicated towards experimenting with materials and exploring the work of artists. Think ahead for your next lessons and plan out what each week will look like.
- Remember to demonstrate a range of your skills: drawing, painting, collage, photography, ceramics, textiles!
- Research the work of artists, designers and craftspeople, experiment with ideas and produce a body of work
- Any opportunity to see work in real life by visiting galleries is encouraged; please sign up for the art trip
- The department space is available to you every day after school- sign in with a teacher and then use the classrooms and equipment
- Tuesday P6 with Mrs Borrington is an opportunity to work on your exam project and complete practical work, prepare for these sessions and consider what you are going to create during that time

Trips & Workshops

A school trip was run in November for the Photography A-Level students. They saw 'A World in Common' at the Tate Modern and the 'Taylor Wessing Photographic Portrait Prize' at the 'National Portrait Gallery'. This gave them the opportunity to be exposed to different forms of photography, the meaning behind the artwork and the ways of presenting art.



We are now planning trips for our A-Level Art students and the year 10 artists - watch this space!

The students have taken part in virtual talks and workshops this year to give them the opportunity to explore careers and the wider world of art. They have heard talks run by sculptor Thomas J Price and Erin Petson, a professional fashion illustrator, who discussed her career and influences, including how she has been inspired by the legacy of Coco Chanel. The students heard from a range of makers about their careers including couture, taxidermy and a shoe maker.



The sixth form students also took part in a printmaking workshop ran by David Borrington, a professional printmaker. They created detailed, intricate outcomes.



Competition



We would like to encourage our students, particularly sixth form, to apply for the Paul Mellon Centre 'Write on Art' competition. This asks students to select a work of art from artuk.org that fascinates them and to write about it. It asks them to persuade the reader to look closer into the work of art. The category for years 10 and 11 can submit up to 400 words and to focus on describing what they can see. The category for sixth form allows them to submit up to 600 words and asks them to demonstrate further research. Their mission is to encourage young people to be interested in art history and there are cash prizes on offer.

We have also encouraged our students to enter competitions throughout the academic year such as The Jackson Art Prize, The Young Artists Summer Show and Beyond The Frame, ran by Norwich university. We are particularly proud of Aine Chatfield's entry to the Jackson Art Prize.

Special congratulations to Zuzanna Marszalek for winning the competition to design the Youth Mayor's Christmas Card, which was advertised in our newsletter. We are so proud of your dedication to art.



This week sees the launch of the year 9 portrait Saints competition. All year 9 students are encouraged to enter. The competition will give Yr 9 students the opportunity to showcase all the skills they have learnt over the course of Key Stage 3 Art and Design. The winner of the competition will have their work displayed in the Art block and will be handsomely rewarded with both Newman points for their Saints Group and an Art Prize. The students will have 6 weeks to produce a self-portrait in a medium of their choosing. More information will be shared in their lessons this week. Entries must be submitted in their Art lesson on the week commencing the 3rd of June.

This week also sees the launch of the Photography Saints competition. This competition is open to all year groups so we look forward to seeing the entries for this year. Students are welcome to submit a topic of their choosing, for example The Natural world, an urban photograph, still life or portraits. Students have until the end of April to submit their entry. All entries must be sent to wilkinsonh@jhn.herts.sch.uk by Tuesday 30th April. The winner will have their work displayed in the art department and will have a handsome Newman point reward and a prize.

Current exhibitions to Attend

	1. Unravel The Power and Politics of Textiles in Art, The Barbican, ends 26th May. 50 international artists are challenging power structures and reimagining the world through this major group exhibition.
	2. Soulscapes, The Dulwich Picture Gallery, ends 2nd June. Explore our connection with the world around us, highlighting the power of landscape art and reflecting on themes of belonging, memory, joy and transformation.
	3. The Time is Always Now, Artists Reframe the Black Figure, National Portrait Gallery, ends 19th May. The exhibition highlights the use of figures to illuminate the richness and complexity of Black life.
	4. Art Now Zeinab Saleh, Tate Britain, ends 23rd June. A series of paintings and drawings which trace both fleeting movement and suspended time.
	5. Sargent and Fashion, Tate Britain, ends 7th July. Exploring paintings by John Singer Sargent looking at fashion and identity.
	6. Frank Auerbach 'Charcoal Heads', The Courtauld Gallery, ends 27th May. Each portrait is drawn and redrawn over and over again, erased and remade so many times that he wears through the paper.
	7. When Forms Come Alive: 60 Years of Restless Sculpture, Hayward Gallery, ends 5th May. 60 years of artists creating sculptures which ooze and bulge.
	8. Zineb Sedira: Dreams Have No Titles, Whitechapel Gallery, ends 12th May. Whitechapel Gallery has been transformed into a series of sets based on classic films.

Calling all tradespeople, parents and students!

The art dept like to be as resourceful as possible and we also appreciate donations. If you know any floor-layers then they have useful offcuts of linoleum flooring, any framers - off cuts of mountboard are great!

Good quality art materials are also welcome! Your help is really appreciated. Please feel free to contact Mrs Borrington on borringtonl@jhn.herts.sch.uk

We hope to see you at our End of Year Show in June!



WEEKLY SPORTS NEWS

Good luck tonight to our Year 10 boys' football team who are playing their County Cup final at Welwyn Garden City on Friday night. We wish all of you and Mr Pride lots of luck in this exciting event! A huge thank you to Richmond Civil Engineering Limited and their managing Director, Richard Moffitt, who has provided funding for training tops for the players. It is very greatly appreciated.



Josh Baguley plays for LGCRFC U16 They won against Harpenden in the Rugby Cup Championship: 29-12 with two tries for Josh. Well done!

On Wednesday 17th April, we attended our first athletics meet of the season at Ridlins athletics track in Stevenage. It was fantastic to see so many of our year 8 and 10 students competing, with a number of our year 10 students also performing as part of their GCSE PE practical score. An excellent event overall with the year 10 boys coming first, year 8 boys coming 2nd overall and the year 8 and 10 girls coming 3rd overall.

Some notable performances came from the following students who all came first in their events:

John Hatch- 100m and Long jump

Sam Rustean- 800m

David Okwara- discus

Ronan McCoy- 800m

Sadie Anderson- 800m

Imogen Dempsey- 1500m

Angel Okwara- Javelin

Rosie Hennessey- 300m

Sophie Heraty- 200m

Ozioma Ezeokoli- 100m

Karol Pluta- 800m

George Sweeney- 1500m

Anthony Nwajei- High Jump

Ella Troni- 100m

Morgan Robinson- hurdles and 1500m

The next Ridlins event for year 8 &10 is 30th April and for year 7&9 it is the 5th May. Athletics club will be on Monday's 3:15-4:15pm to all year groups.

All extra curricular clubs are from 3:15-4:15pm and are on the field

Monday Athletics club - all years

Wednesday Cricket - all years

Thursday Rounders - all years

Thursday Tennis - all years must bring your own tennis ball

Online Safety & Safeguarding



Cyber Choices and Online Safety Events

For parents / carers of children aged 9 and up

You are invited to attend two **free** online sessions to discuss all things “cyber”.

These sessions will be suitable for parents/carers of children in Year 5 (age 9) and above. This will be a fantastic opportunity to learn and ask questions regarding your child’s online world and it shouldn’t be missed!

Part 1 will introduce you to the Cyber Choices programme which will be delivered by the Eastern Region Cyber Choices Team. They will provide:

- An overview to parents and carers on what cybercrime is.
- What the risks to young people are.
- How the Cyber Choices programme supports at-risk individuals.
- How you can refer a young person into Cyber Choices.

You will also hear from Kent County Council’s Education Safeguarding Team, who will provide an overview of;

- Some of the potential risks that children and young people may experience online.
- Advice to support parents to make informed decisions and keep their children safer online.

Please visit the NCA website to find out more about [Cyber Choices](#)

Please register for **one** part 1 session only (as these will be duplicated), by clicking on the link below.

Wednesday 8th May 2024 @ 1000 - Part 1
[Book here](#)

Wednesday 5th June 2024 @ 1300 - Part 1
[Book here](#)

Wednesday 3rd July 2024 @ 1600 - Part 1
[Book here](#)

Part 2 will be delivered by the Eastern Region Cyber Protect Team. They will provide:

- Advice on how to improve your personal cyber security.
- Identifying and protecting yours (and your children's) key accounts.
- Threats and techniques that cyber criminals may use to target you / your family.
- Benefits of family accounts.
- Parental controls on your router.
- Signposting to useful resources.

The aim of the session is to provide you with tools and techniques to improve the cyber security of your family.

Advice and guidance from the session will be in line with the Government's [Stop! Think Fraud](#) and the National Cyber Security Centres [CyberAware](#) campaigns.

Again, please register for **one** part 2 session only (as these will be duplicated), by clicking on the link below.

Wednesday 15th May 2024 @ 1000 - Part 2
[Book here](#)

Wednesday 12th June 2024 @ 1300 - Part 2
[Book here](#)

Wednesday 10th July 2024 @ 1600 - Part 2
[Book here](#)

If you have any questions or would like us to cover a certain topic within our sessions, then please complete our [online form](#).

Supporting Children and Young People to Develop Healthy Sleep Patterns

Difficulty sleeping is a particularly pervasive problem for young people, especially during times of increased stress such as the upcoming exams. Worryingly, research suggests that approximately 70% of teenagers get less than the recommended 8-10 hours of sleep each night. The effects of poor-quality sleep on a developing mind can be harmful over a prolonged period of time, impacting cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system.

However, there are many ways we can support our children with getting the rest they need during their formative years. The guide below, courtesy of National Online Safety and the mental health charity Minds Ahead, offers some expert advice for helping children to develop healthy sleep patterns.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- 1 MINDFUL TECH USE**
Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.
- 2 EFFECTIVE SLEEP PRACTICES**
Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.
- 3 HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.
- 4 CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- 5 OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.
- 6 RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.
- 7 PRIORITISING ADEQUATE SLEEP**
Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.
- 8 NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.
- 9 PARENTAL SUPPORT**
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.
- 10 MILITARY SLEEP METHOD**
Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

#WakeUpWednesday

The National College

SEND



Parenting SEN children when separated online programme



A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.



These courses will be delivered by MS Teams over 6 sessions, on the following dates:

- Tuesday 4, 11, 18, 25 June & 2, 9 July
Daytime: 9.30 – 11.30
- Wednesday 5, 12, 19, 26 June & 3, 10 July
Evening: 7pm – 9pm

SCAN ME



For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699

We build better family lives together

www.familylives.org.uk

@FamilyLivesHertsandBeds



Family Lives is registered as a company limited by guarantee in England and Wales No. 3917762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.

UNDERSTANDING MY AUTISM / ADHD



'My World & Me'

A confidence building 12 week course for autistic young people and those with ADHD

Wednesday 1st May - 24th June	Understanding My Autism: Supporting transitions for school years 4 to 6 - Online	11am- 12pm
Tuesday 21st May - 13th Aug	Understanding My ADHD: 12-16 years. My World and Me Boxing Group - YMCA Watford	3:30pm- 4:30pm
Thursday 13th June - 29th Aug	Understanding My Autism: Supporting transitions for school years 4 to 6 - Online	11am- 12pm
Wednesday 19th June - 4th Sep	Understanding My ADHD / Autism: Supporting transitions for school years 6 to 7 - Online	4pm- 5pm

To book, please visit nessieined.com or click the workshops above.



This is part of a wider project funded by the NHS and Herts CC. For more information visit: toolbox.mindler.co.uk

Helping children and young people thrive

NESSIE IN ED CIC. Company registered in England & Wales number: 11719406

@thejhnschool



Cor Ad Cor Loquitur • Heart Speaks unto Heart

THE SAINT JOHN HENRY NEWMAN CATHOLIC SCHOOL

Hitchin Road, Stevenage, Hertfordshire SG1 4AE Tel: 01438 314643 email: admin@Jhn.herts.sch.uk www.jhn.herts.sch.uk