



FEARNHILL SCHOOL



Fearnfile

Issue 606

27 January 2023

Taking the Lead

Welcome to this edition of Fearnfile.

We have a focus on leadership in this issue, as we have just appointed our new student leadership team for 2023. It was a very strong field and the decision was close; you can read the details on **page 3**.

Fearnhill students in the Environment Club have also been leading the way in their review of the use of recycling bins around the school (**page 9**). Their verdict? We need to be better at it! Their next step is to plan how we can improve and make a difference.

We are looking forward to welcoming the parents and carers of students with English as an additional language to a coffee morning next week. This event was postponed due to the snow closure back in December; it will be good to meet and share experiences with them, and you can read details inside on **page 5**. Another postponed event is our school production, 'The Addams Family'. Due to the partial school closure on Wednesday 1st February, the show will now take place on Tuesday, Wednesday and Thursday 21st, 22nd and 23rd February. It will be great!

Our students will also have the opportunity next week to meet with their MP, Sir Oliver Heald, when he visits Fearnhill. As well as giving him a tour of the school, a panel of students from different year groups will be questioning him about important topics of the day and learning more about the democratic process. There will be a report in the next edition.

On the subject of leadership and making your voice heard, the English department celebrated



Multicultural Children's Book Day with a focus on 'I am Malala', the book by the remarkable young campaigner for education Malala Yousafzai (**page 4**)

Finally, just a reminder that next Wednesday, 1st February, the school will be closed to Years 7-10 as a result of industrial action by the NEU, the National Education Union, as part of their campaign to improve education provision and teachers pay, recruitment and retention. School will be open as usual for Years 11, 12 and 13.

Thank you as always for your support.

Liz Ellis Headteacher

Spring Term Dates 2023

Half Term Monday 13th – Friday 17th February 2023

Return to school Monday 20th February 2023

End of Term (early closure) Friday 31st March 2023

Term dates for 2022-23 and 2023-24 are now available on our website:

www.fearnhill.herts.sch.uk/about/term-dates/

Week beginning 30/1 - week 1 Week beginning 6/2 - week 2

Student Awards

w/e 13 January

Student of the Week	Ella 8P	24 points
Form of the Week	8P	371 points
House of the Week	Howard	1010 points
Teacher of the Week	Ms Lyons, English	379 points

w/e 20 January

Student of the Week	Holly 7Q	29 points
Form of the Week	7Q	303 points
House of the Week	Howard	859 points
Teacher of the Week	Mr Fox, English	236 points

Have you got what it takes to be Student of the Week? Try your best in all lessons and extra-curricular activities and you could find yourself nominated and crowned!

Come and join our team!

We're looking for a Maths specialist to join us from September.

See our website for details.

www.fearnhill.herts.sch.uk



**FEARNHILL
SCHOOL**

School News



Congratulations to (from left) Lisa, Lewis, Chenai, Daniel and Mai-Grace who were appointed to the Student Leadership Team this week.

The recruitment process was very thorough with candidates making presentations to students in assembly, to staff at a briefing, followed by a formal interview with Ms Ellis and Mr Marlow. The standard was very high and the result of the vote was very close. The final decision was:

Head Students: Lewis Park & Chenai Camps. Deputy Head Students: Daniel Spragg, Lisa Alaba & Mia-Grace Whitaker.

Ms Ellis said: "Student leaders represent the very best qualities of Fearnhill Students and act as role models for the school community. I am delighted with this year's appointments and I know they will work hard to support students and keep on improving Fearnhill."

The students themselves also commented:

Lewis and Chenai: "We are both truly honoured to be able to take on such an active role in the Fearnhill community and we highly appreciate the support from both students and staff throughout the entire recruitment process. We hope to continue to use your support and ideas to improve the experience for students at Fearnhill school. Not only that but we shall also work closely with the headteacher and Senior Leadership Team to make sure that your ideas get vocalised! Thank you again for the support, and the opportunity to make a difference."

Mia-Grace: "I am truly thankful for being given the opportunity to be Deputy Head in charge of Management. I will use this position to ensure there is a smooth running of the prefect team and I will be readily available to organise meetings that are suitable for both the students and teachers. I am looking forward in anticipation to working alongside the senior prefects and holding constructive meetings which will actively contribute towards bettering the school."

Daniel: "I am honoured to be the school's Deputy Head in charge of Development. This means that I will be in charge of the student voice as well as implementing ideas on how we can improve the school. I can't wait to get started."

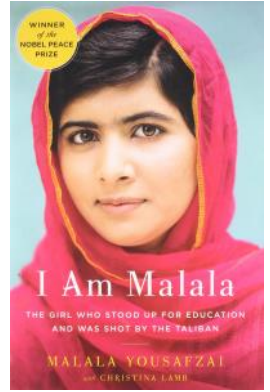
Lisa: "I am really grateful to have been given the Deputy Head role of Wellbeing. I feel that mental health and wellbeing should be prioritised in young people and schools and I can't wait to put systems in place and give resources for students to better their wellbeing in such crucial years. I will be doing everything I can to make a difference while I'm still a part of the Fearnhill community."

English

The English Department celebrated Multicultural Children's Book Day by looking at how different cultures and countries respond to different acts.

This year, Key Stage 3 looked at Malala Yousafzai and her struggles against, and attack by, the oppressive Taliban-controlled regime in Pakistan. Students then became activists, writing some persuasive arguments to defend their interests in a hypothetical regime which sought to stop them from going on the internet, using their phones and chewing gum.

I Am Malala is a difficult read for some students, especially younger ones, as it deals with subjects and ideas which can be seen as troubling and challenging. However, our Fearnhill students showed great resilience and kindness by recognising that in different cultures, some children suffer more harshly than others.



Malala Yousafzai and her struggles should be seen as an inspiration for all young people, as it highlights how every child deserves the right to the very best teaching and learning available, and how fortunate students here are to have access to it.

Word of the Week



Fixated: *to develop an obsessive attachment to someone or something*



Brazen: *bold and without shame.*

Student Expectations

Please support your child by helping ensure the '7 a day' shown below are in place.

All students will be asked to show that they have the following every morning:

1. Pen
2. Pencil
3. Ruler
4. Calculator
5. Reading book

Sanctions will apply immediately where these are missing.

6. Uniform

Students are expected to comply fully with our uniform policy for daily uniform and PE kit. There are no exceptions. Students with unnatural hair colour, nose piercings, leggings, non-school shoes, false eyelashes, fake nails and other items not complying with the school requirements will be sanctioned and in some cases may be sent home to resolve those issues. If you have concerns about getting hold of the correct uniform or have any questions about our policy, please do get in touch so that we can help you.

7. Positive attitude

Fearnhill Students are Kind, Confident, Self-aware and Resilient.

Part of being resilient is turning up, on time, every day. Students with below 96% attendance will be subject to our strict attendance procedures. We know that students who don't turn up don't make progress.

All students are expected to follow instructions from members of staff without question, in a polite manner.

All students are expected to be kind to and about others at all times, including online.

School News

For Parents/Carers: English as an Additional Language Welcome Meeting

Mrs Kendall and Miss Christie would like to invite all parents of students who speak English as an Additional Language to a welcome meeting at Fearnhill School. It will be held on Thursday 2nd February 2023. Please come to the school reception at 1.30pm. The meeting will last until about 2.30pm.

We will try to answer any questions you have about the school or supporting your child.

If you would like to attend, please email rachel.christie10@fearnhill.herts.sch.uk

Thank you very much, *Mrs Kendall and Miss Christie*

Government regarding Child Trust Funds.

HM Revenue and Customs (HMRC) have announced that tens of thousands of teenagers in the UK who have not yet claimed their matured Child Trust Funds savings could have thousands of pounds waiting for them.

Child Trust Funds are long-term savings accounts set up for every child born between 1 September 2002 and 2 January 2011. To encourage future saving and start the account, the government provided an initial deposit of at least £250. The savings accounts mature when the child turns 18 years old.

Eligible teenagers, who are aged 18 or over and have yet to access their Child Trust Fund account, could have savings waiting for them worth an average of £2,100.

Visit the Government website for more information: [https:// www.gov.uk/government/news/teenagers-could-bemissing-out-on-a-stash-of-cash](https://www.gov.uk/government/news/teenagers-could-bemissing-out-on-a-stash-of-cash)

Knowledge Organisers

At Fearnhill, we believe in the power of knowledge. Teachers in every subject have put together a Knowledge Organiser which has all the key knowledge students need to learn to understand that topic.

In school, they are used in lessons to support learning as a reference and as a way of checking answers. Knowledge Organisers are also an excellent homework tool for self-quizzing and revising.

knowledge organisers have been updated on our website for this half term and can be accessed by clicking on the QR codes below:



Year 7



Year 8



Year 9



Year 10



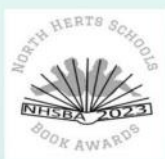
Year 11



Year 12

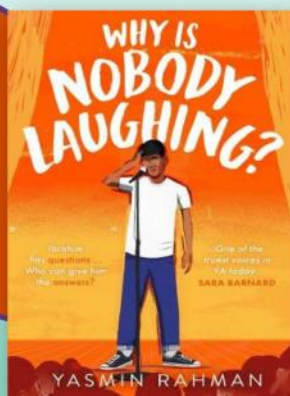
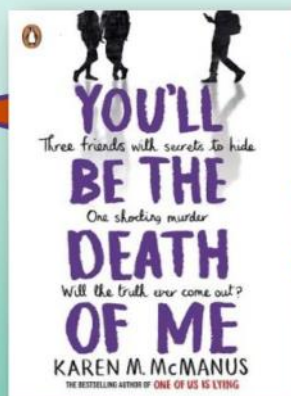


Year 13

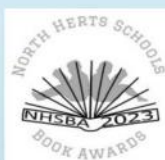


Three Books — One Award!

The North Herts Schools Book Award for KS4

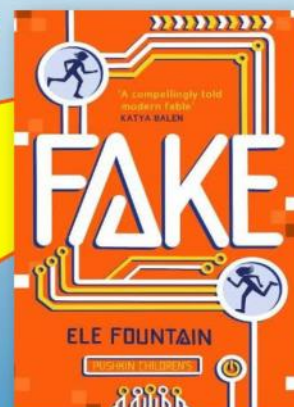
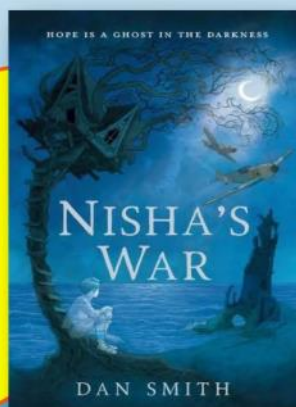


May the best book win!



Three Books — One Award!

The North Herts Schools Book Award for KS3



May the best book win!



The Library is open before school from 8am and after school until 4pm.

You can also visit the library during break and lunch times to read a book, do some homework on the computer or play a card or board game (sorry, no computer games!)

FEARNHILL SCHOOL PRESENTS....

The ADDAMS Family

THE MUSICAL COMEDY

New Dates!

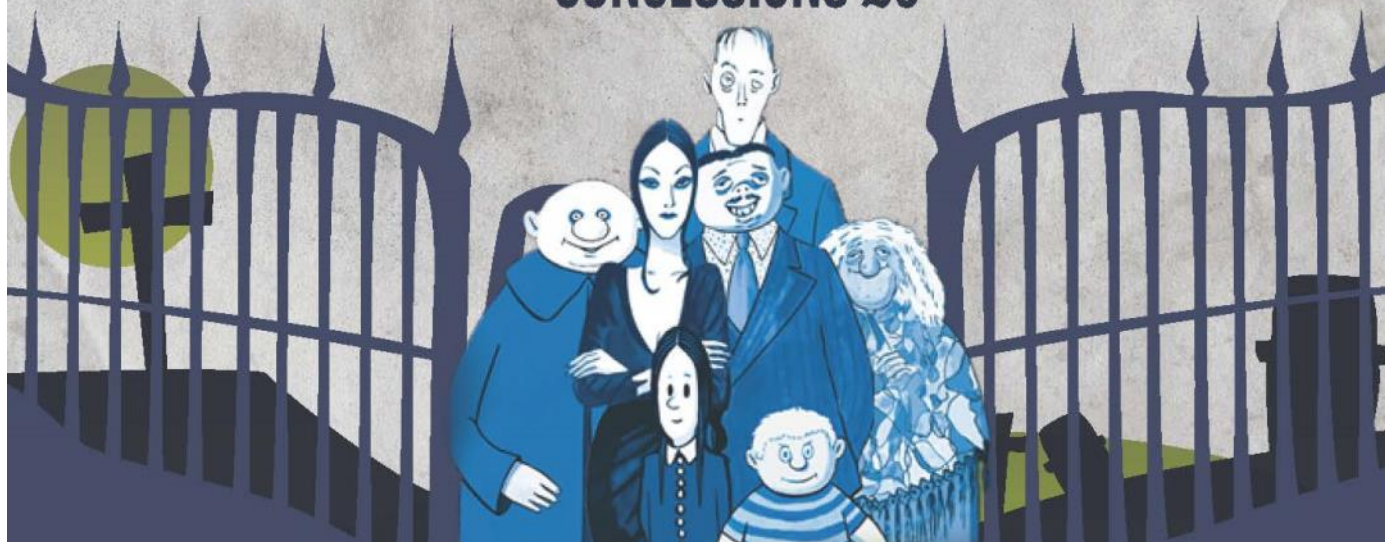
TUES 21ST FEB, WED 22ND FEB, THURS 23RD FEB

7PM

TICKETS AVAILABLE ON SCHOOL GATEWAY

ADULTS £7

CONCESSIONS £5



Dungeons and dragons club

We want you to join

Dungeons and Dragons is a fantasy roleplaying game based on a story made by the dungeon master. Through your journeys you will experience encounters which will get increasingly harder. You will make tough decisions and navigate mountains, dungeons and even the ocean.

By Charlie Law



Credit: Heroes Guild

Why play Dungeons and Dragons?

Dungeons & Dragons is a powerful learning tool that provides students with numerous social, emotional, and creative benefits.

1. They get to be part of a team.
2. They learn how to solve their way out of anything and become more resilient when things go wrong.
3. They will grow in character.
4. They will gain empathy for others.
5. They will tap into one of their greatest talents of all: imagination.

Extracurricular Activities



The start of this academic term has seen the Sustainable Society students investigating our school bins.

We all know how vital recycling is to live a more sustainable life and the Sustainable Society students had concerns over the usage of our bins. Sadly their concerns were correct.

Over the last two weeks the Sustainable Society students have gone around every faculty and investigated the contents of their bins. (A nasty job but someones got to do it!!)

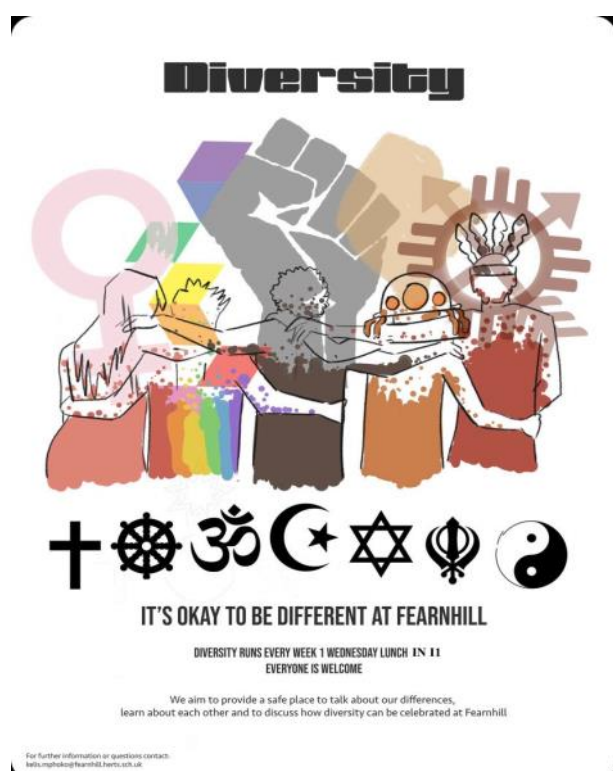
The findings were pretty dire - only 2 bins in the whole school had the correct items in.

	Paper	Food	Plastic	Mixed
Humanities				
Maths				
English				
Business				
Languages				

Red contaminated and green bin correctly used.

Unfortunately if a bin has 'wrong or foreign' items within then that bin is contaminated and the contents cannot be recycled.

The Sustainable Society will be ramping up a campaign to educate everyone to use the correct bin for their waste campaign. We all need to do better and reduce and recycle our waste much better.



Sport

Year 7 Netball

The first game against St Chris was 16-0 to St Chris.

The second game against KTS was 12-0 to KTS.

Lost both but didn't lose motivation and showed great resilience in freezing temperatures.

Player of the Match: Maisy W Excellent defending and interceptions throughout the game.

Tis & Kacey: Great role models to the y7s by coaching and scoring the game.

Players:

Rhennae N

Ruby S

Thomas G

Lucy M

Phoenix H

Holly M

Molly B

Sophia R P

Maisy W

Madison O

Izzy L



PE SPORTS CLUBS/PRACTICES Spring Term 2023



	Netball	Basketball	Rugby	Football	Badminton/ Table Tennis	Other
Mon	Yr 7 SSN Yr 10-13 LBN				All Yrs 1:25-1:55pm SSN	Yr 11 Sport Elevate in I3 1:25-1:55pm LBN
Tues			Key Stage 3 GMD			Yr 11 GCSE Elevate in B2 1:25-1:55pm SSN
Weds		Yr 8&9 OSD				All Yrs Dance JMN All Yrs Gymnastics SSN
Thurs	Yr 8&9 LBN			Yr 8&9 Boys AWS Yr 7 MTR	All Yrs 1:25-1:55pm OSD	
Fri		Yr 7 MTR				Yr 11 GCSE Practical Elevate in Sports Hall 1:25-1:55pm SSN/OSD

SSN = Ms Straughn LBN = Ms Balchin OSD = Mr Shepherd MTR = Mr Turner JMN = Mrs Martin AWS = Mr Williams GMD = Mr McLeod

All Clubs/Practices will take place after school, unless stated otherwise, from 3:00–3:45pm

Student Support

Students can find Mrs Tollervey & Ms Brown and their teams upstairs next to Homework Club.



We are proud to offer the National School Breakfast Programme - offering all students a free, healthy breakfast.

Breakfast Club is in the Canteen every morning from 8am or you can collect your free bagel from the SSC



Monday	Tuesday	Wednesday	Thursday
BOREHAMWOOD Allum Hall WD6 3PJ 17:00 – 19:00	STEVENAGE Barnwell Middle School SG2 9XT 17:30 – 19:00	HODDESDON St. Cuthbert's Church EN11 0PU 17:30 – 19:30	HEMEL HEMPSTEAD Hobletts Manor Junior School HP2 5JS 17:30 – 19:30
WELWYN GARDEN CITY Ridgeway Academy AL7 2AF 17:00 – 19:00	WATFORD St Meryl Primary WD19 5BT 17:00 – 19:00	WALTHAM CROSS Hurst Drive Primary EN8 8DU 17:30 – 19:30	LETCHWORTH Jackmans Community Centre SG6 2NL 17:30 – 19:30

12 week BeeZee Families courses starting in Hertfordshire from January 16th

LET'S CONNECT



6-12
FEBRUARY
2023

TIPS FOR PARENTS AND CARERS

Dear parents and carers,

6 - 12 February 2023 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

WHAT'S IT ALL ABOUT?

Let's Connect is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

#ChildrensMentalHealthWeek

LET'S CONNECT



Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

4. Connect by taking an interest in your child's world

As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. Find time to connect as a family

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Video activities from Place2Be

Puzzle Pieces – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? childrensmentalhealthweek.org.uk/puzzlepieces 📺

Connecting Paperchains – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. childrensmentalhealthweek.org.uk/paperchains 📺

Exchanging Postcards – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. childrensmentalhealthweek.org.uk/postcards 📺

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. parentingsmart.org.uk 📺



Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help 📺



Hertfordshire
Family Centre
Service

School Nursing

NHS
Hertfordshire Community
NHS Trust

Winter 2022

Public Health Nursing 5-19 Team Newsletter

Welcome!

As another term begins, the school nursing team continues to support young people in Hertfordshire Schools.

Ways to contact us:

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

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

Free workshops available for parents and young people to attend, regarding emotional health, returning to school & more:

<http://ow.ly/U01750KHYQk>

HEALTH FOR TEENS

www.healthforteens.co.uk

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

Chat Health

Chat Health is a text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday and gives the opportunity to contact a School Nurse for support and advice.

Young people can ask for help and advice on a range of issues such as:

- Weight and exercise
- Healthy eating
- Stress and anxiety
- Relationships and sexual health

If a young person contacts Chat Health after 5pm or on weekends and bank holidays, they will receive a bounce back message explaining where they can access support.

07480 635050



Vaping

Vaping is the inhaling of a vapor created by an electronic cigarette or other vaping device.

How does Vaping work?

E-cigarettes or vape pens heat a liquid until it becomes a vapor which is inhaled, sometimes the liquid contains nicotine.

What are the health effects of Vaping?

- Addiction – Vaping can become addictive, you do not have to vape every day to become addicted.
- Anxiety and depression – Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control, and attention.
- Becoming a smoker – people who vape are more likely to start smoking cigarettes.
- Sleep problems
- Lung damage

For further support please see the Health for Teens website:

www.healthforteens.co.uk/lifestyle/e-cigarettes

Or young people can contact our Chat Health service for advice and support.

Legal age limit for buying a vape is 18 years old.



Relaxation Exercise

Visualisation is a great technique to make a young person feel calm and relaxed.

Imagining you are somewhere else, like the beach or a theme park, may distract your thoughts and calm you quicker.



Top Tip

Practicing calming techniques when they are in a good place and not feeling stressed, will help them to use the technique more effectively in situations when they really need them.

Internet Safety Top Tip

The 5 P's

Here are 5 top tips to help your young person stay safe online.

Passwords:

To protect their information, it is best to make sure they are strong - use letters, numbers and symbols that cannot be usually guessed by anyone.

Privacy settings:

Use the privacy settings on social media and apps to control who sees what information about them or their location.

Personal information:

Be careful they don't give out personal information like their name, email, phone number, address or the name of their school to people they don't know. Ensure this information is not visible.

Profiles:

Make sure someone can't work out too much about your young person from the information they include in their profile. Be aware that anything they post could be saved or shared by people in their friends list.

Padlock:

A padlock symbol in the browser address bar means a website is secure. Before they enter private information like payment or address details, check that it's there. If it's not, ensure they don't use the site.

Did you know?

School Nursing is also on Instagram, Facebook and Twitter!

We post up to date information, support and advice for young people and parents.

Follow us!



@hct_schoolnursing
@teenhealth.hct



@HCT_SchoolNurse



🔍 Hct SchoolNursing



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)

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, iPassword and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct!). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.

Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



National Online Safety®

#WakeUpWednesday

Source: www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word | <https://haveibeenpwned.com>



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.01.2023

External Opportunities

Letchworth Garden City Eagles need you!



At **LGCE F.C** we have over **450** registered players between the ages of 6 and 18, both boys and girls – That's a lot of teams and A LOT of matches!

We **urgently** require more volunteers to help in our busy clubhouse, providing food and drinks during and in-between matches

Volunteering gives you the chance to meet new people, learn new skills and help your local community!

The clubhouse is open 8.30am - 5pm Saturday and Sunday, and occasionally 6pm-10pm during the week. However, if you have limited availability we still want to hear from you - however much time you have and whatever your experience, we need you!

Fancy joining our team? Please contact gem.boreham@gmail.com

Back to the
80's

80's Themed Disco
Fancy Dress Encouraged
Saturday 4th March
8pm onwards

Letchworth Rugby Club,
Baldock Road,
SG6 2EN

Tickets:
£5 each
Under 12's go free!
£8 on the door

email: RUFC.Jo@gmail.com for booking link or scan code

Thought of the Month



"It is not in the stars to hold our destiny but in ourselves."

Calendar

Spring Term 2023

Half Term Monday 13th – Friday 17th February 2023

Return to school Monday 20th February 2023

End of Term (early closure) Friday 31st March 2023

Summer Term 2023

Summer term begins for students Monday 17th April 2023

May Bank Holiday Monday 1st May 2023

Half Term Monday 29th May – Friday 2nd June 2023

Return to school Monday 5th June 2023

Inset Day Monday 3rd July 2023

End of Term for students Friday 21st July 2023

Term dates for 2022/3 and 2023/4 are available on our website

Contact Us

01462 621200

admin@fearnhill.herts.sch.uk

Fearnhill School

Icknield Way

Letchworth Garden City

Hertfordshire SG6 4BA

Please ensure that we have your current address, mobile phone number and email address.

Any updates can be sent to the Main Office.

Follow Us



twitter.com/fearnhillschool



facebook.com/fearnhillschool