



FEARNHILL SCHOOL



Fearnfile

Issue 618

29 September 2023

The secret to a longer and happier life?

September means back to school and - for many teachers and students - it's also when we catch our first cold of the new school year. Try as we might, dodging colds seems like a futile exercise at this time of year - I certainly haven't escaped!

In truth catching a cold is an inconvenience, but nothing more. To some extent it helps improve our immune system. Covid is also doing the rounds at this time of year and government advice to school children is to avoid school for the first three days after a positive test.

When we feel unwell there is always the temptation to take time off school. But, if in doubt, we should always get into school if we can. Why? Because the evidence shows that students who attend more days of school usually, get better grades, earn more money and live longer and healthier lives.

That may sound overly simplistic, but the pattern is well established. At Fearnhill in Y11 last year, the students with over 95% attendance achieved on average one grade higher in each subject than students with under 90% attendance. This mirrors what happens nationally. More days off school results in lower exam grades.

Research has been carried out in various countries on the link between exam grades and lifetime earnings. In the UK, a study of students who took their GCSEs between 2002-2005, showed that achieving one grade higher in each subject earned them, on average, an additional £200,000 over their working lives. Again, a similar pattern repeats all over the world.

Finally, there is a well established link between educational achievement, lifespan and health.



Students with better grades, go on to earn more money and live longer healthier lives. A simple Google search allows you to find examples of this research for yourself.

As parents we all want the best for our own children, and often the best thing we can do for them when they feel under the weather is to encourage them to keep going and get to school anyway, because - silly as it may sound - it really will make a longer and happier life for our children more likely.

Tim Spencer, Headteacher

Inside you'll find ...

- Student Awards
- Library winners
- Art Gallery
- Clubs timetable
- Bon travail Yr 7!

Week beginning 02/10 WEEK 1 Week beginning 16/10 WEEK 2

Student Awards

Student winners - Summer term

Gorst	Oliver 8G	55 points
Howard	Osama 8H	35 points
Neville	Faye 8N	41 points
Pearsall	Eliza 8P	47 points

Student winners - academic year 2022-23

Gorst	Oliver 8G	325 points
Howard	Dylan 10H	299 points
Neville	Faith 9N	289 points
Pearsall	Ella 9P	322 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!



A special mention for 8P from Ms Balchin: *"I have the pleasure this year of teaching every student in the school across Key Stage 3 and 4 for PSHE/Careers Education. I taught 8P for their first lesson this week and was blown away by their maturity, use of initiative and the way they conducted themselves throughout the lesson. We had a great 60 minutes with every individual contributing something useful and meaningful... I didn't want it to end! Each one of them presented qualities of the perfect Fearnhill student. They have set the bar high for how all lessons should be. Keep shining 8P - you certainly knew how to shine in more ways than one... Mrs Armstrong, you should be proud to be their form tutor!"*



Congratulations to former Fearnhill student **Harriet Wade** who has been invested as the Lord Lieutenant's Air Cadet for Hertfordshire in a ceremony at Hertford Castle.

Harriet was given this award - the highest award an Air Cadet can achieve - for her outstanding work and dedication to Air Cadets.

As the LLC she will attend Royal visits and any functions attended by the Lord Lieutenant for Hertfordshire throughout the county for the next 12 months.

Well done Harriet - your Fearnhill family is very proud of you!

Library



We have our first Library prizewinners of the new year!

Congratulations to the new year 7 students who read their copy of *Fever crumb* and completed a question sheet. The names of those who took part were entered into a raffle with the winners collecting a hand-made crab from Mrs Thurlby.

Winners were: Noah 7G, Alleyah 7H, Ivie 7H, Alesha 7H, Damla 7H, Phoebe 7H, Eliana 7H, Sophie 7H, Amy 7N, Freya 7N, Emma 7N and Olivia 7P.

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!)

Crochet Club is running out of wool so if you have any you no longer need it would be much appreciated.

Mrs Thurlby, Library & Literacy Assistant



Run your own club

Is there a boardgame you would like to play with friends, a hobby you would like to share or a group interest you would like to research?

The library is a space available for you after school, speak to Mrs Thurlby for more details.

Blue Peter Book Badge

Are you...
aged 15 or under?
Have you recently read a book?
Would you like to earn a Blue Peter Book Badge?

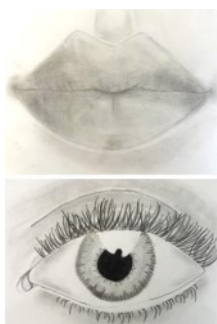
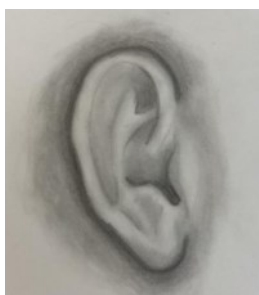
To earn a Badge...

- ❖ Write a review of between 50 and 250 words.
- ❖ Tell Blue Peter about other books and authors you have enjoyed.
- ❖ Draw a character or scene from the book you reviewed
- ❖ Go to <https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-book-badge> to apply online or print a form

Art

Artists in Years 9 and 10 have produced some striking work. These building artworks were inspired by Marc Allante. They sketched out their own buildings, first using photos of buildings as inspiration then applied the water-colour on top. Students were taught different watercolour skills which they could use in their final outcome which was inspired by an 'urban landscapes' theme. The Year 9's also researched and replicated Agnes Cecile's work, again practicing and using watercolour skills that can support them to create their artworks. With the main theme being portraiture but looking at more abstract work.

The famous celebrity grid drawings were drawn for Year 10 assessments which they had been preparing for by using the grid to get an accurate drawing and applying tonal shading skills to make them look as realistic and 3D as possible. Look out for more artwork on the Gallery pages of the Fearnhill website: <https://fearnhill.herts.sch.uk/learning/fearnhill-art-gallery/>
Ms Bossley, Art



French

The new Year 7 students have been working well in their French lessons. They are learning to say what they are called and how old they are and can also do this to talk about other people, such as their siblings.

Excellent effort was made on getting all the vocabulary known, spoken and written correctly (worksheets) and the hard work paid off, as shown in the short paragraphs that were produced.

What a fantastic start to secondary school!

Bon travail! Je suis très fière de vous tous!

Madame Cross

Je m'appelle Paul. J'ai douze ans.
Mon frère s'appelle Pierre il a neuf ans.
Ma sœur s'appelle Anna et elle a huit ans.
Aline elle s'appelle Aline. Elle a onze ans.
Elle a une sœur elle s'appelle Axelle et elle a un an.

On joue au loto

Madame Cross dit
"BON TRAVAIL"

Je m'appelle Paul, J'ai douze ans.
Mon frère s'appelle Pierre, il a neuf ans.
Ma sœur s'appelle Anna, elle a huit ans.
Je m'appelle Aline, J'ai onze ans.
Mon frère s'appelle Pierre, il a six ans.
Ma sœur s'appelle Axelle, elle a un an.

Madame Cross dit
"BON TRAVAIL"

1. My name is Pierre - Je m'appelle Pierre.
2. I am 16 years old - J'ai seize ans.
3. My brother is called Etienne - Mon frère s'appelle Etienne.
4. He is 12 years old - Il a douze ans.
5. My sister is 7 years old - Ma sœur a sept ans.
6. Elle s'appelle Aline, elle a onze ans. Elle a une sœur, elle s'appelle Bruno, il a six ans, elle a une sœur, elle s'appelle Axelle, elle a un an.

Madame Cross dit
"BON TRAVAIL"

Je m'appelle Paul et j'ai douze ans, mon frère s'appelle Pierre et il a neuf ans, ma sœur s'appelle Anna et elle a huit ans.
Elle s'appelle Aline, elle a onze ans, elle a un frère, il s'appelle Bruno, il a six ans, elle a une sœur, elle s'appelle Axelle, elle a un an.

Je m'appelle Paul, j'ai douze ans, mon frère s'appelle Pierre, il a neuf ans et moi j'ai ma sœur, elle a huit ans.

Je m'appelle Aline, j'ai onze ans, mon frère s'appelle Bruno, il a six ans et moi j'ai ma sœur, elle s'appelle Axelle, elle a un an.

elle s'appelle Aline, elle a onze ans et moi j'ai elle a un frère Bruno, il a six ans, ma sœur s'appelle Axelle, elle a un an.

Madame Cross dit
"BON TRAVAIL"

Je m'appelle Paul, j'ai douze ans, mon frère s'appelle Pierre, il a neuf ans et moi j'ai ma sœur, elle a huit ans.
Je m'appelle Aline, j'ai onze ans, mon frère s'appelle Bruno, il a six ans et moi j'ai ma sœur, elle s'appelle Axelle, elle a un an.

elle s'appelle Aline, elle a onze ans et moi j'ai elle a un frère Bruno, il a six ans, ma sœur s'appelle Axelle, elle a un an.

Madame Cross dit
"BON TRAVAIL"

1. Ma sœur s'appelle Laura. ✓
2. Mon frère a dix ans. ✓
3. Je m'appelle Justine. ✓
4. J'ai un an, il a seize ans. X
5. J'ai une sœur, Anne. ✓
6. Elle a douze ans. ✓
7. Je m'appelle Paul. J'ai douze ans. Mon frère s'appelle Pierre et il a neuf ans. Ma sœur s'appelle Anna et elle a huit ans. ✓
8. Je m'appelle Aline et j'ai onze ans. Mon frère s'appelle Bruno et il a six ans. Ma sœur s'appelle Axelle et elle a un an. X

Talking about names and ages - vocabulary building

1. Match up

un an	A	A. one year
trois ans	B	B. two years
cinq ans	C	C. three years
deux ans	D	D. four years
douze ans	E	E. five years
sept ans	F	F. six years
six ans	G	G. seven years
dix ans	H	H. eight years
quatre ans	I	I. nine years
onze ans	J	J. ten years
neuf ans	K	K. eleven years
huit ans	L	L. twelve years

2. Complete with the missing word

a. J'ai quatorze ans. [I am fourteen years old.] ✓
b. Je m'appelle Emmanuel. [My name is Emmanuel.] ✓
c. Mon frère s'appelle Luc. [My brother is called Luc.] ✓
d. J'ai onze ans. [I am eleven years old.] ✓
e. Ma sœur a seize ans. [My sister is sixteen years old.] ✓
f. Mon frère a douze ans. [My brother is twelve.] ✓
g. Comment tu t'appelles? [What is your name?] ✓
h. Elle s'appelle Marie. [She is called Marie.] ✓

frère	X	tu	X	m'appelle	X	a	X
ai	X	quatorze	X	s'	X	Mon	X

3. Translate into English

a. J'ai douze ans. I am 12 years old ✓
b. J'ai cinq ans. I am 5 years old ✓
c. Il a quinze ans. He is 15 years old ✓
d. Elle a treize ans. She is 13 years old ✓
e. Il a sept ans. He is 7 years old ✓
f. mon frère my brother ✓
g. ma sœur my sister ✓
h. Elle s'appelle she is called ✓

4. Broken words

a. j'ai [I have] ✓
b. je m'appelle [my name is] ✓
c. ma sœur [my sister] ✓
d. quinze [fifteen] ✓
e. seize [sixteen] ✓
f. quatorze [fourteen] ✓
g. treize [thirteen] ✓
h. douze [twelve] ✓

5. Rank the people below from oldest to youngest

Michel a quinze ans.	1
Marie a treize ans.	2
Paul a deux ans.	3
Julie a quatre ans.	4
Alexandre a sept ans.	5
Manu a neuf ans.	6
Martine a douze ans.	7
Jérôme a trois ans.	8

6. For each pair of people write who is the oldest.

A	B	Older
J'ai onze ans.	J'ai treize ans.	B ✓
J'ai trois ans.	J'ai seize ans.	B ✓
J'ai deux ans.	J'ai douze ans.	B ✓
J'ai quinze ans.	J'ai treize ans.	A ✓
J'ai quatorze ans.	J'ai onze ans.	A ✓
J'ai huit ans.	J'ai neuf ans.	B ✓
J'ai onze ans.	J'ai sept ans.	A ✓

7. Translate into French.

1. I am twelve years old. j'ai douze ans ✓
2. My brother is called Paul. mon frère s'appelle Paul ✓
3. He is eighteen years old. il a dix-huit ans ✓
4. My sister is fourteen years old. ma sœur a quatorze ans ✓
5. She is called Isabelle. elle s'appelle Isabelle ✓

Extra Curricular Activities



**FEARNHILL
SCHOOL**

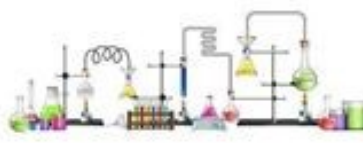
Extracurricular Activities Autumn Term 2023-2024

Day	Club	Year Group	When	Where
M o n d a y	Badminton/Table Tennis	All	After school	PE
	Choir	All	Lunch	MU1
	Football	8 & 9	After school	PE
	Homework	7-11	Lunch & after school	Inclusion
	Netball	7-9	After school	PE
	Rugby	7	After school	PE
	School Production	All	After school	Hall
	Students Own	All	After school	Lib
T u e s d a y	Crime Club	10-13	Lunch	H5
	Dance	7-9	Lunch	PE
	Homework	7-11	After school	Inclusion
	GCSE PE Elevate Theory Session	11	Lunch	PE
	Rugby	8	After school	PE
	School Production	All	Lunch	Hall
	Students Own	All	After school	Lib
	Sustainable Society (Wk 1)	7-13	Lunch	H1
W e d n e s d a y	Basketball	8 & 9	After school	PE
	Creative Writing	All	Lunch	E5
	Football (Boys)	7	After school	PE
	Football (Girls)	7 & 8	After school	PE
	Homework	7-11	Lunch & after school	Inclusion
	Netball	10-13	Lunch	PE
	School Production	All	After school	Hall
	Science	7-9	Lunch	S3
	Sewing	All	Lunch	T9
	Students Own	All	After school	Lib
	Students Sport Choice	All	After school	PE



Extra Curricular Activities

Day	Club	Year Group	When	Where
T h u r s d a y	Basketball	7	After school	PE
	Cooking	All	After School	T1
	Football	10-13	After school	PE
	History	All	Lunch	H2
	Homework	7-11	After school	Inclusion
	Jigsaw Puzzle/Lego	All	Lunch	Inclusion
	GCSE PE Elevate Practical Session	11	Lunch	PE
	Students Own	All	After school	Lib
	Wind Band	All	Lunch	MU1/2
F r i d a y	Basketball	10-13	After school	PE
	Christian Union	All	Lunch	H2
	Composition	10 & 11	Lunch	MU2
	Homework	7-11	Lunch & after school	Inclusion
	Students Own	All	After school	Lib



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 (KO's) are also an excellent homework tool for self-quizzing and revising.

KO's 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

PE Clubs



PE SPORTS CLUBS/PRACTICES Autumn Term 2023



	Netball	Basketball	Rugby	Football	Badminton/ Table Tennis	Lunchtime 1:25-1:55pm
Mon	KS3 SSN/LFD		Year 7 GMD	Year 8&9 SMY	All years MTR	
Tues			Year 8 GMD			KS3 Dance JMN Year 11 Intervention in B2 SSN
Weds	Year 10-13 SSN	Year 8&9 OSD		Year 7 Boys SMY Year 7&8 Girls MTR		Student Choice SMY
Thurs		Year 7 OSD		Year 10-13 AWS		Year 11 Practical Intervention OSD
Fri						Year 10-13 Basketball MTR

SSN = Ms Straughn OSD = Mr Shepherd SMY = Mr Manley MTR = Mr Turner JMN = Mrs Martin GMD = Mr McLeod AWS = Mr Williams LFD = Ms Fullard

All Clubs/Practices will take place after school, unless stated otherwise, from 3:00–4:00pm

External Events



CREATIVE

PERFORM
TRANSFORM

DANCE AND PHOTOGRAPHY TASTER WORKSHOPS

TAKE PART

Join our 4 FREE dance and photography workshops in collaboration with Wilbury Community Cafe (Suitable for families and adults / children must be accompanied by an adult)

WHAT WILL YOU BE DOING?

You will try some dance and photography skills with two professional artists:

- Choreographer and dancer - Kasia Truefitt
- Photographer - Sam Ivin

Learn about the PERFORM TRANSFORM project in 2024 at Letchworth Museum and how to join.



WHERE?

St Thomas Wilbury
Bedford Road
Letchworth, SG6 4DU



WHEN?

Saturdays from 11:00am – 1:00pm:

- 10 June, 14 October
- 11 November, 9 December

NEED MORE INFORMATION?

Contact BEEE Creative.

Email: carrie@beee-creative.co.uk

Telephone: 07971 171061

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2006 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.co.uk/news/health-65809924>



www.thenationalcollege.co.uk



@thenatcollege



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.09.2023

Student Support



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

Homework Club



Years 7-11

Monday-Friday

In Inclusion

With Mrs

Cottenden

DIVERSITY GROUP

WEEK 1
WEDNESDAY
LUNCHTIME
II

Let's help the school feel more welcome and diverse! We talk about:

- Class
- Religion
- Race
- Gender identity
- Sexuality
- Mental and physical ability
- And much more!



Thought of the Month



**“One small positive thought in the morning
can change your whole day”**

External Opportunities



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#](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)



Norton Common junior parkrun

A free weekly timed 2km timed run for 4-14 year olds

9.00am every Sunday

Norton Common, Letchworth – meet on the tarmac path in
the middle of the park towards Icknield Way

w3w ///toys.sudden.dwell

Register and more info at
www.parkrun.org.uk/nortoncommon-juniors



Calendar

Autumn Term 2023

Half Term	Monday 23 rd – Friday 27 th October 2023
Return to school	Monday 30 th October 2023
Inset Day (disaggregated) Occasional Day	Friday 24 th November 2023 Monday 27 th November 2023
End of Term (early closure)	Wednesday 20 th December 2023

Spring Term 2024

Inset day for staff	Thursday 4 th January 2024
Spring Term begins for staff and students	Friday 5 th January 2024
Half Term	Monday 19 th – Friday 23 rd February 2024
Return to school	Monday 26 th February 2024
End of Term (early closure)	Thursday 28 th March 2024
Good Friday	Friday 29 th March 2024
Easter Monday	Monday 1 st April 2024

Summer Term 2024

Summer term begins for students	Monday 15 th April 2024
May Bank Holiday	Monday 6 th May 2024
Half Term	Monday 27 th – Friday 31 st May 2024
Return to school	Monday 3 rd June 2024
Inset Day	Monday 1 st July 2024
End of Term for students	Tuesday 23 rd July 2024

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.

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