



FEARNHILL SCHOOL



Fearnfile - Issue 630 8th May 2024

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Mr Spencer's Update

EXAM SEASON IS HERE

It's that time of year again when Y11 & Y13 students begin taking their final exams. GCSE written exams start of Thursday and A Level exams begin next Monday. Students of all ages often struggle with revision. They do not know how to revise or which strategies are going to help them most to prepare. We put a lot of support in place to help students with this. Here is a reminder of what we know about the most effective means of preparing for exams:

Take Care

Firstly, brain function varies significantly depending on how well fed, hydrated and slept we are. It is vital that students eat well, get plenty of fluids and sleep well. There have been many studies on the impact of lost sleep on cognitive function. The results consistently demonstrate that even after one night of poor sleep, our ability to solve problems and regulate our emotions is diminished. Getting to bed on time, without technology in the bedroom and getting enough sleep (more than 8 hours a night for teenagers) makes a huge difference.

Continued...

Mr Spencer's Update

EXAM SEASON IS HERE (...Continued)

Use your memory

Effective revision involves consistent disciplined practice without distractions. Most crucially, revision must involve actively trying to recall information from our brains. In much the same way that we need to lift weights to get stronger, we need to practise remembering information to learn more.

What works	What doesn't work
Making notes from memory on a blank piece of paper. Then checking for errors using a revision guide afterwards.	Re-reading revision guides/text books.
Practice exam questions (without any help from the internet/books). Then checking the answers afterwards.	Highlighting notes.
Self-quizzing on key knowledge.	Making revision notes by copying from books/revision guides.

Revision is hard

Active retrieval practice is very effective, but it is also hard work. Because effective revision is hard work and ineffective revision is much easier; students can opt for these easier strategies. The more students can stick to the strategies recommended above, the more confident they will become as they see the impact of their revision.

Good luck!

Finally, I would like to wish all year 11 & 13 students (and parents!) the best of luck throughout the exam season. Most students have worked very hard with great commitment and resilience; the end is now in sight. I have every confidence in them and we will be cheering them on every step of the way!

Mr Tim Spencer, Headteacher

YEAR 9 DUXFORD TRIP

An excellent time was had a by all on the year 9 history trip to Duxford Imperial War Museum on Monday! Well done to our students whose upstanding behaviour did us proud.



YEAR 11 GEOGRAPHY FIELD TRIP

On Tuesday 23rd April the Year 11 Geography students went into Letchworth Town Centre to investigate the enquiry question: To what extent does deprivation impact people's quality of life in Letchworth Garden City.

The GCSE exam specification requires the students to complete an investigation into their human topic of Urban Areas.

Letchworth Garden City is an interesting urban area with significant social disparities. After some 'secondary data' investigation, two locations - Jackman's Estate and Broadway were chosen. The year group was divided into two groups and everyone met at their respective starting locations.

The students had a little over an hour at each location to complete a number of investigations at 4 different points within either Broadway or Jackman's Estate. The investigations included an Environmental Quality Survey, questionnaires asking members of the public their opinions of life in these areas and photos and observations.

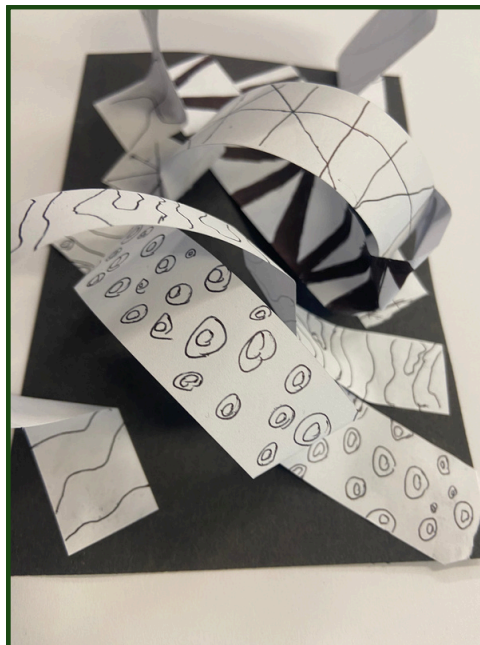
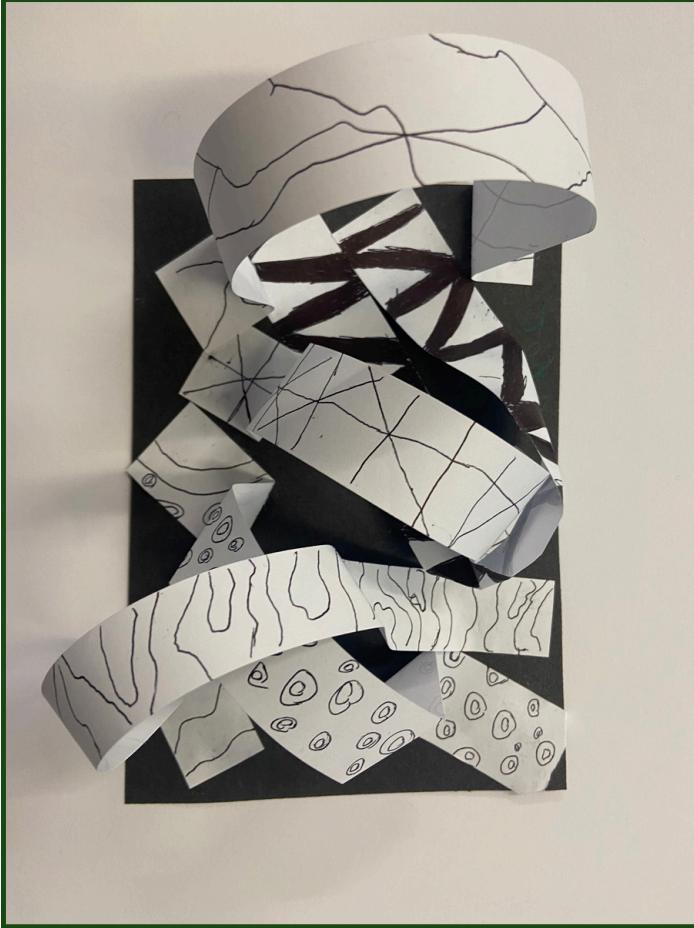
We made it back in time for lunch a little tired with some sore feet, with some people clocking over 19,000 steps. The students were a credit to Fearnhill School and were polite and courteous throughout the investigation. A massive thank you to Miss Cheeseman, Miss Holloway and Miss Brown for their help and support.



Nick Fowler, Head of Humanities

ART

Year 8 have been exploring the art movement Op Art, which is a style of visual art that uses optical illusions, exploring the ways abstract pattern, colour and form can stimulate the eye. Students were tasked with creating 3D sculptures that have Op Art inspired patterns drawn onto them, showing movement and creating an optical illusion. We love how these have turned out. Well done year 8!



YEAR 12 & 13 UNIVERSITY OF HERTFORDSHIRE TRIP

On Thursday 25th April, year 12 and 13 Geographers visited the University of Hertfordshire's Bayfordbury Campus in Hertford to complete fieldwork activities based on their learning thus far.

Students were guided by both Dr. Oliver Bartlett and Dr. Poppy Harding; both fantastic Physical Geography lecturers at the university, through both theory and practical. They began by exploring the water cycle around the on-site lake Sailor's Grove, hypothesising possible realities based on their own understanding of the topic and observations, then introduced them to complex fieldwork equipment that they were to use to collect data to either support or reject their hypotheses.

When out in the field, students worked diligently to test their hypotheses, exploring the impact water temperature, infiltration, local weather conditions, as well as surrounding vegetation and land use would have on the localised water cycle. They worked efficiently in their groups to collect their data, and produced some interesting data that they enjoyed discussing with the teaching staff - it was definitely a highlight of ours!

In the afternoon, students ventured out further into the 100-acre estate to Hook's Grove to explore the impact of carbon storage and sequestration on the localised carbon cycle. Students worked hard to identify their study quadrants, and worked diligently to collect their comprehensive data sets, using an inclinometer to measure the dimensions of the trees, alongside measuring the circumference them too, and finally using species identification kits to further investigate the extent to which the woodland was successful or not in carbon storage.

Back at the lab, students made sure to have their maths caps on, working through some complex statistical analyses to determine whether they could accept or reject their hypotheses.

University staff were keen to acknowledge the students' impressive knowledge and application to reality, both of which were skills they have developed throughout their A-Level, and did Fearnhill proud. The university looks forward to welcoming us back, and we look forward to returning!

Miss Cheeseman and Mr Fowler



YEAR 12 & 13 UNIVERSITY OF HERTFORDSHIRE TRIP



DUKE OF EDINBURGH

On Thursday 2nd May Duke of Edinburgh saw Ms Fullard lead a session on Food and Nutrition for the expedition. On 11th and 12th July the Duke of Edinburgh students will complete their main expedition. This will be two 15 km hikes covering two days, camping in between.

During the camp the students will be expected to erect their own tents and cook their own dinners (and breakfasts the following morning). Ms Fullard gave a fantastic talk about what the students could cook and what nutritional values to consider to help them undertake their challenging walks. She included information on energy and stamina foods and of course food that can be transported and will provide the most energy. The staff will certainly be cooking the white chocolate rice pudding ideas on Friday evening.

Please can the parents of those Year 9 and 10 Duke of Edinburgh students be encouraging the students to keep logging their process on their skill, physical and volunteering activities. The end is in sight - keep going..!!!

A massive thanks must go to Ms Fullard and Mr Fox for their hard work.

Nick Fowler, Head of Humanities



UNIVERSITY OF WARWICK TRIP

Year 12 Historians and Geographers headed up to Warwick University at the end of April to attend lectures and workshops on the impact of colonisation on the modern world. We arrived at the wonderful campus of Warwick University and began our day with a buffet lunch. The students attended a number of lectures given by professors, including Professor Arun Advani, who this year has advised both our Prime Minister and Chancellor on the country's economics.

The Year 12 students then had the opportunity to present their thoughts to the conference. This was a nerve racking experience for many of our students. However they did an amazing job explaining their ideas on the impact of colonisation, specifically in Africa, and their modern development. Special credit must go to William B, Lily G, Amira S and Gabriel P for speaking.

The day ended with the Year 2 Economics undergraduates of Warwick University giving us a tour of their campus. A massive thank you to Mrs Rainbow and Mrs Walker for their amazing efforts behind the scenes organising the trip.



SEND COFFEE MORNING

We welcomed Angels and Herts Parent Carer Involvement to Fearnhill today for a coffee morning and presentation. Both organisations provide valuable SEND support and we enjoyed hearing about the services they offer to families. Families can learn more here:

<https://hertsparentcarers.org.uk/webinars/>

and here:

<https://angelssupportgroup.org.uk/>



ARMY CADETS FIRST AID COMPETITION

On Saturday 20th April four of our students took part in an army cadets first aid competition which included teams from across Herts and Beds. They have been training for this competition for a number of weeks, practising skills such as CPR, bandaging, asthma attacks, and crushed bones. We are very proud to say that our Cadets came first out of all the teams in the Beds and Herts area and now move onto the regional competition which includes Cambs, North London, Sussex, Essex and Lincoln.



“I was one of the casualties in the competition. I was brought to a spare room where they started my makeup. My “injury” was a dislocated shoulder, and I had to scream/push people away if they touched my shoulder or my arm. I had to have my phone with me since someone had to make a pretend 999 call and I had to give my phone to them if they asked. I obviously was not allowed to help the first aiders or give them tips - in fact my job was to make their life difficult. I really enjoy being a casualty as the make up effects look really cool and everyone was so nice.” **Cadet Emily, 9N**

“On Saturday we all enjoyed and took part in the Bedfordshire and Hertfordshire county first aid competition as a team of 4. We each took a casualty with different scenarios ranging from a major bleed, dislocated shoulder and CPR. Our team leader had to oversee what we were doing and take all the information about our casualties ready to give to the ‘paramedics’. We had 8 minutes in which to treat our casualties but after this time we had scored 174/200, which won us first place!” **LCp Clara, 10H**

“I really enjoyed doing the first aid and doing the scenarios as well. The adults there were really nice, they encouraged us to do our best. My team were also really supportive, we all helped each other. I had the severe bleed which, luckily, was something I enjoyed doing and was good at. Afterwards I got praised on my neat bandaging and how well I reassured my casualty by my invigilator.” **Cadet Em, 9P**

“The best part of the competition was the way me and my team worked together under stress and still managed to win. We managed to beat all the other teams by over 40 points. The competition consisted of 3 casualties - unconscious and not breathing, a broken shoulder and a cut arm. Our team had to treat them all within 8 minutes while I had to collect information and make an accurate 999 call within the first 2 minutes, and then give a more detailed handover to the ‘paramedics’. I managed to get the full 20/20 for this and was praised by the captain of another company for my leadership skills.” **Corporal Ryan, 10G**

Mrs Chilton, Subject Lead PRE/Music Teacher

YEAR 12 LETCHWORTH HERITAGE FOUNDATION TRIP

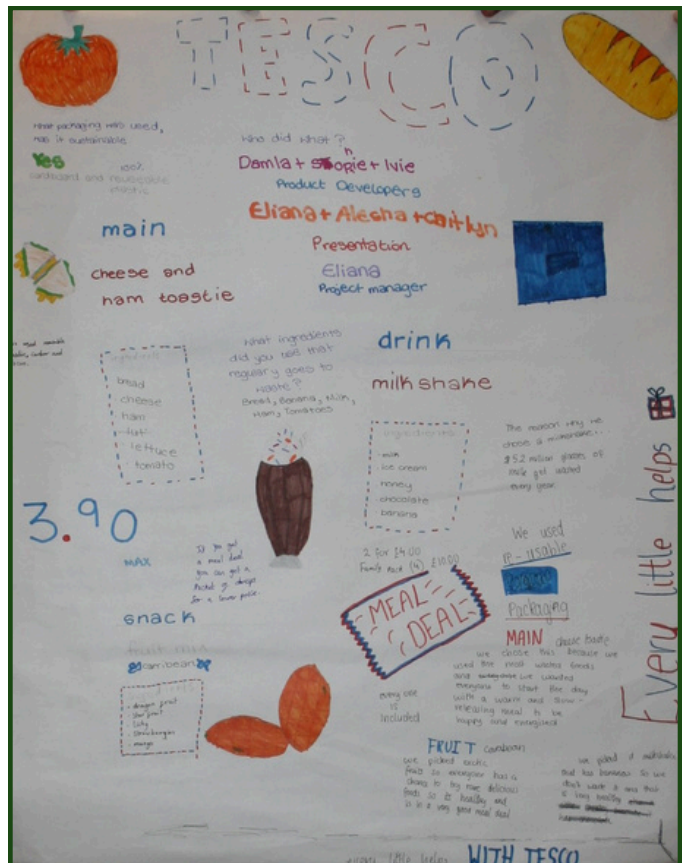
Friday 26th April saw the Year 12 Geography students head out into Letchworth Town Centre to attend a presentation from the Letchworth Heritage Foundation. The Year 12 Geography students need to learn about their local area - i.e. Letchworth.

As we all know, Letchworth is a very special place and the first ever Garden City in the world, devised by Ebenezer Howard. Now in 2024, the Letchworth Heritage Foundation manages large parts of Letchworth town, making decisions about regeneration, development and the activities available to the people including leisure and schools.

We were very lucky to have a presentation from Letchworth Heritage Foundation informing us of the past and future development and regeneration of Letchworth. The Year 12 students were excellent and a credit to Fearnhill.

YEAR 7 TESCO CAREERS MORNING

Year 7 spent a morning in the hall last week with a team from Tesco Supermarket. They learned about the types of skills that are useful in the workplace and the variety of roles available within retail. Students worked in groups to come up with a new meal deal, which they then presented to the room. Students did an amazing job with their presentations and did us all proud with their behaviour and excellent listening skills.



MEET THE GRIT TEAM

We now have three GRIT coaches who come into school each week to work with students. Growing Resilience in Teens (GRIT) supports young people to improve their mental health through group boxing programmes, workshops and one-to-one coaching.

In school, Tessa and Lauren are currently delivering one-to-one sessions and Hannah is the group boxing coach. If you would like your child to be added to the waiting list for the one-to-one sessions or the group boxing programme, please email sendco@fearnhill.herts.sch.uk.

GRIT one-to-one coaching and group sessions are also available outside of school, the next GRIT group programme currently has spaces. It runs for 12 weeks and takes place on Thursday evenings 4.45-6.15pm at Elite gym in Hitchin (near the station). It is available for young people aged 13-18 living in any area. It is donor funded so free for young people to attend.

More information on the GRIT programme is available on their website:

<https://gritcharity.org/what-is-grit/>.



Lauren



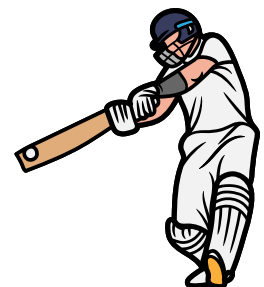
Tessa



Hannah

CRICKET

Lots of excitement last week as Fearnhill played Highfield at cricket. Although Highfield took the win this time, our own Dash J was player of the match, taking a wicket with his first ball and scoring the highest number of runs for our team, and Thomas did a brilliant job as captain. Special mention to all players for a fantastic effort and giving hard ball cricket a go!



Reading for Pleasure

With Mrs Walker, Administrator

Do you consider yourself a reader?

Yes!

Did you enjoy reading as a child? Did you have any favourite books?

It was well known for always having a book in my hand as a child! My favorites included the Inkheart series and all the Harry Potter books.



Do you read for pleasure now? What do you like to read? Do you have a favourite genre/author?

I still love to read and you will usually find a book in my bag. I am happy to try most books, but prefer ones with emotive storylines. I have joined my local library so will borrow books from there and am often lent books by my Nan and other friends who enjoy reading.

How long would you say you spend reading for pleasure each week?

10-15+? It depends how hooked on a book I am.



Does your current reading include any teen/young adult books?

Yes

If yes, which books do you enjoy and would you recommend them to our students?

I would still recommend the Inkheart series by Cornelia Funke and Harry Potter by JK Rowling. I have recently read Philip Reeve's Mortal Engines series, The Liar's daughter by Megan Cooley Peterson, Every Other Weekend by Abigail Johnson, Love Frankie by Jaqueline Wilson, What We're Scared Of by Keren David and That's Not What Happened by Kody Keplinger - all of which I would recommend.

Is there any thing else you would like to share with us about reading?

Reading is one of my favourite hobbies and I try my best to make time for it even when life is very busy. I think it's a great opportunity to disappear into other worlds and lives, and encourage everyone to find a book out there for them (as there will be one!)

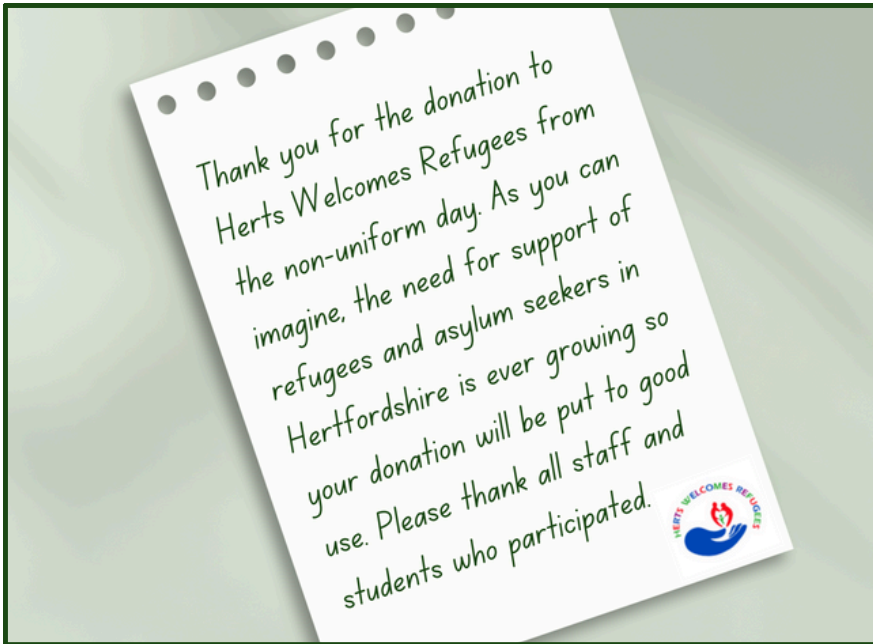
Library

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!)

Mrs Thurlby, Library & Literacy Assistant



HERTS WELCOMES REFUGEES



A lovely thank you message from the Herts Welcomes Refugees charity, who we donated to at our last non-uniform day. We're glad we could help.



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 can be accessed by scanning the QR codes, or by clicking on the wording beneath.



[Year 7](#)



[Year 8](#)



[Year 9](#)



[Year 10](#)



[Year 11](#)

Student of the Week

Students of the Spring Term

Gorst	Thomas H, 7G	134 points
Howard	Eliana N, 7H	133 points
Neville	Tiannah F, 9N	117 points
Pearsall	James L, 7P	138 points

29 April - 3 May

Student of the Week	Eliana N, 7H	23 points
Form of the Week	7H	313 points
House of the Week	Howard	686 points
Teacher of the Week	Miss R Christie, Head of English	171 points

22 - 26 April

Student of the Week	Brooke H, 7P	11 points
Form of the Week	9H	146 points
House of the Week	Howard	422 points
Teacher of the Week	Mrs Armstrong, 2nd in Science	176 points

Homework Club

homework@fearnhill.herts.sch.uk

Fearnhill Homework Club

Mon-Fri Lunchtime 1.15-1.55pm I3

Mon-Thurs Afterschool 3-4pm Inclusion

SENDCO New Email

Our SENDCo team now have a new email address. If you'd like to get hold of them, please email: sendco@fearnhill.herts.sch.uk

NEW SENDCO EMAIL ADDRESS

sendco@fearnhill.herts.sch.uk

Dates For Your Diary

Summer Term 2024

Thursday 9th May	GCSE exams start
Friday 10th May	Year 13 Leavers Assembly
Monday 13th May	A Level exams start
Monday 27th – Friday 31st May	Half Term
Friday 3rd June	Study leave begins for Y11 (lessons optional from this day on)
Tuesday 11th June	Year 9 reports issued
Wednesday 12th June	Year 10 GCSE PE Uni trip
Thursday 13th June	Year 8 HPV immunisations
Thursday 20th	Y11 last day/leavers' assembly
Friday 21st June	Year 11 Prom
Monday 1st July	Inset Day - school closed to students
Wednesday 3rd July	Year 7 reports issued
Friday 5th July	Year 12 Celebration of Achievement - 2-3pm
Friday 5th July	Sixth Form Celebration Evening
Wednesday 10th July	Year 7 Celebration of Achievement - 2-3pm
Thursday 11th July	Year 8 Celebration of Achievement - 2-3pm
Friday 12th July	DofE expedition
Friday 12th July	Sports Day
Friday 12th July	Year 10 Celebration of Achievement - 2-3pm
Tuesday 16th July	Years 10 and 12 reports issued
Tuesday 23rd July	End of Term for students

Contact Us

Phone: 01462 621200

Email: admin@fearnhill.herts.sch.uk

Website: www.fearnhill.herts.sch.uk

Address: 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 school office on the email address above.

Social Media

For more frequent information, updates and news, please follow us on social media. Please note our Instagram page has recently changed. Links to our three social channels are below:



[@FearnhillSch](https://www.facebook.com/@FearnhillSch)



[@Fearnhill_School](https://www.instagram.com/@Fearnhill_School)



[@FearnhillSchool](https://www.twitter.com/@FearnhillSchool)

External Information

Address: Shefford Sports Club, Hitchin Road, Shefford, SG17 5JD

Free Mondays only sessions, until 15th July



**SESSIONS START
MONDAY 15TH APRIL
5-6PM**



**Head coach
Hayden Gruby**

**Managed by
07866616574 - Michelle
www.ebattprojects.co.uk**

Age group 8-17 yrs

PARTNERSHIP WITH:



To book your space follow the link below

<https://gymcatch.com/app/provider/7374/events/5008975>



Ofsted
... good school

**PITCH UP
AND PLAY RUGBY**



**Join us! Meet new friends,
have fun and learn new skills,
no experience necessary and
all abilities welcome.**

**IF YOU WILL BE AGED 16 OR 17 ON THE 1ST SEPTEMBER
2024 AND ARE LOOKING TO BE A PART OF A FANTASTIC
GROUP OF PLAYERS, WITH GREAT COACHES, THEN
COME AND TRYOUT AT LETCHWORTH RUGBY ACADEMY.**

**WHERE: LETCHWORTH RUGBY CLUB, LEGENDS LANE,
BALDOCK ROAD SG6 2EN**

INTERESTED?

New or experienced players welcome, for any questions or further
information email us on lgcrugbycolts@googlegroups.com

Hitchin Town LGBTQ+ SUPPORTERS CLUB



**HITCHIN
TOWN
F.C.**

Diversity, Inclusivity, Equality

Katiespride3@gmail.com

Online Education Programme for parents/carers of secondary age children and young people who are receiving support from HPFT CAMHS or STEP 2 or counselling through Children and Young People's Mental Health Services

Where: Online over Zoom.

When: Tuesdays 21st May, (half-term), 4th, 11th, 18th, 25th June & 2nd July, 2024, 7.30pm - 9pm.

This free 6 week course will provide parents and carers with the language and skills to help them to support their child/ young person who is experiencing emotional wellbeing difficulties, as well as providing guidance on how they can look after their own emotional wellbeing.

Learn more about:

Young people's mental health and recovery.
Effective communication skills. Family culture.
Problem-solving and looking after yourself.

To book a place please sign up online via the listing for the event at www.carersinherts.org.uk/events

Places are limited and will be allocated to the first 15 people who register. When booking please state which service your child is using - HPFT CAMHS or Step2 or a Counselling Service.



<https://www.carersinherts.org.uk/carer-support/events-training/event/online-education-programme-for-parents-carers-may-2024/>