



FEARNHILL SCHOOL



Fearnfile

Issue 649 28th April 2025

IN THIS ISSUE

Mr Spencer's Update	1	Eid Baking and Decorating Biscuits	7
Attendance Matters	3	Library Easter Challenges	8
Proud Table	3	Music Lessons	9
New Staff and Leavers	4	Homework	9
Duke of Edinburgh	4	Dates For Your Diary	10
Chemistry Olympiad	5	Contact Details	10
Charity Cake Sale	6	External Information	11
Rugby	6		

MR SPENCER'S UPDATE

The beginning of the summer term ushers in another exam season for students in Year 11 and 13. All other year groups, except Year 9, will also have assessment weeks or mock exams before the end of term.

We know well the pressure and anxiety many young people feel when confronted with exams. Exams are hard and often overwhelming for students. Here are four top tips for surviving and thriving during exams:

Sleep

Sleep deprivation impairs brain function. In recent years this finding has been supported by a wealth of scientific research. What is less well known is that even one night of poor sleep can affect cognitive performance. Building good sleep habits during exams - getting to bed on time, without distraction, and getting enough hours - is as important as revising well.

Continued...

MR SPENCER'S UPDATE ...CONTINUED

Active recall

There are lots of forms of revision that do not involve active recall. Reading notes, copying notes from a revision guide or watching a revision video are all examples of passive revision. They do not work well. Active revision is any type of revision that requires a student to recall information from their memory. It can feel like hard work and that is because it is making a difference.

Have a plan

The key with a good revision plan is to make it achievable. Planning to revise for 12 hours a day only works if you can stick to the plan. Students should plan when they are going to study and for how long. It helps to create a dedicated and motivating study space, use revision resources that are provided, switch up revision methods and reward yourself for sticking to the plan.

Managing anxiety

Building confidence helps to overcome anxiety. To do this, it helps to know exactly what the exam experience will be like - students can always ask if there is more information they would like. Exam questions from previous years help students to practice applying their knowledge. Regular practice makes a big difference. Finally, anyone can learn techniques for calming the mind (e.g. through breathing exercises) and building a confident mindset through positive affirmation. Youtube has lots of videos that can help any student prepare well.

Just because exams cause stress does not mean they have to be unbearable for students (or parents!). The steps outlined here will help students to do their best, and they are also things that we as teachers or parents can also help with. I shall finish by wishing the best of luck to all students taking exams in the coming weeks. I look forward to seeing their success on results day.

Mr Tim Spencer, Headteacher



ATTENDANCE MATTERS



4. Gaining Access to Support Resources

Schools offer more than just education—they provide students with access to resources such as counseling, mentoring and extra help. By attending school regularly, students ensure they have access to these valuable support systems. Teachers and staff are there to guide them through academic challenges, emotional struggles, and other personal concerns that might arise.

Note to parents/guardians: Expected attendance is 97%, meaning students who miss more than a day per half term are likely to underachieve and be at a significant disadvantage to their peers. Please support your child in attending school.

Mr M Phillips, Assistant Headteacher

PROUD TABLE

The last day of school before the Easter holidays was an exciting day for the Proud Table. Our termly draw to win an iPad took place, as well as the weekly draw to win £10 and the half termly draw to win £50. Huge congratulations to our winners: Faith T (9G) who won the iPad, Erin J (11N) who won £50 and Thomas H (8G) who won £10. As well as Joseph U (8G) Rex D-E (7G), Lucy K (9N), Jack H(8G), Faith B-O (7G), William B (7H), Brooke H (8P), Mia E (8P) and Harry P (7P) who have also won prizes this year!

Students can come to the Proud Table every Friday lunchtime in the Maths Block with work they are proud of to be in with a chance of winning a prize this term.



NEW STAFF AND LEAVERS

At the end of the Spring Term we said goodbye to Mr George, Science and Maths Teacher. We wish him all the best in his new role.

Mr Went joined Fearnhill last week as our new Cover Supervisor. Welcome to the team Mr Went!

DUKE OF EDINBURGH

On Thursday the 3rd, our Duke of Edinburgh Bronze Award students took full advantage of the hot weather and tackled pitching and striking their tents, which they will be using in the final expedition in July. The students worked in their teams and raced to pitch (put up) their tents, before having them checked by the DofE staff (Mr Fox, Mr Fowler, Miss Jennings and Miss Mills) to ensure they were correctly pitched, before then striking the tents (putting them down and packing them away).

The students were timed, with the first team to complete winning a bag of Haribo each. As the first and second teams were so close in timings, both teams members received a bag of sweets. Well done to Brewer's Bunnies in first place with a time of 35 minutes, and The Happy Boys with a time of 35 and a half minutes!

In the summer term the students will go on more hikes, learn to safely use and clean the cooking stoves, before our final expedition to the campsite in East Hertfordshire.



Mr B Fox, 2nd in English

CHEMISTRY OLYMPIAD

Designed to challenge and inspire, the UK Chemistry Olympiad (UKChO) is a unique opportunity for students to push themselves further and excel in the chemistry field.

Budding chemists will develop critical problem-solving skills, learn to think more creatively and get a chance to test their knowledge in new, real-world situations. They could even find themselves representing the UK at the prestigious International Chemistry Olympiad.

Two very brave students from year 12 enquired about competing in the Royal Society of Chemistry's Olympiad 2025 event at the end of the Autumn term 2024!!

More than happy to oblige (with no prior experience) we embarked on the very short journey of preparation towards the exceptionally challenging paper they completed on a cold January morning, over 2 hours.

Full credit must go to both students, who had at the time had completed only one term of the A level Chemistry course and 80% of the paper referred to future content they had not yet covered in lessons.

They both did incredibly well, Rhys scoring 8 (1 mark off a bronze) received a certificate of participation and Riley scoring 14 and securing a Bronze certificate (1 mark off a Silver).

Huge congratulations to both students and I look forward to seeing you achieve even higher scores in 2026!!

Ms D Carroll, 2nd in Science



CHARITY CAKE SALE



On Friday 4th of April Clara and myself held a bake sale for Down Syndrome UK. We couldn't be more pleased with our outcome. Due to all your help we managed to raise £202.07 (the biggest donation at school so far). So, thank you all so much for your support because without all of you this would not be possible. A special thanks also to all the teachers and parents who donated large amounts to help us. We are so pleased and grateful for your help.

Ryan E, Year 11 Student

RUGBY

Before Easter our Year 11 rugby team played against St Chris, drawing 10-10. The whole team were brilliant. Great effort and commitment for the whole game in tough conditions and against a larger squad. Ryan and Charlie did a great job at leading the team. Well done everyone!

Mr M Turner, Head of Key Stage 3 and PE Teacher



EID BAKING AND DECORATING BISCUITS

Before easter some of our students have spent the afternoon making Maamoul biscuits to celebrate Eid. They mixed ingredients including ghee, date paste and rose water to make these lovely biscuits and they were delicious!



EAL and Catering Team



LIBRARY EASTER CHALLENGES

Congratulations to everyone who took part in our library Easter challenges and special thanks to Maddie B for helping to test Ms Thurlby's instructions and to Jude P who made the blossom and completed the drawing.

Mrs R Thurlby, Library and Literacy Support Assistant



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



MUSIC LESSONS

Please see the below information regarding music lessons that are provided by Hertfordshire Music Service at Fearnhill. Visit their website at www.hertsmusicservice.org.uk for more information.



Hertfordshire
Music Service

Start your
musical journey
today →

Making Music Improving Lives



Registration now open for music lessons

Instrumental and vocal lessons

- ▶ Music lessons are available during the school day at hundreds of schools in Hertfordshire.
- ▶ We also provide lessons in the afternoon, evening and on the weekends at our 12 music centres across the county.
- ▶ We offer various lesson types and durations. Please visit our website for more information.
- ▶ Financial support is available to pupils receiving certain benefits, to help with the cost of lessons.
- ▶ As your child progresses on their musical journey, they will be invited to join ensembles or music groups that perform regularly.



Scan me

01438 844851
hertsmusicservice.org.uk

Follow @hertsmusic
   



Hertfordshire
Music Service

HOMEWORK CLUB



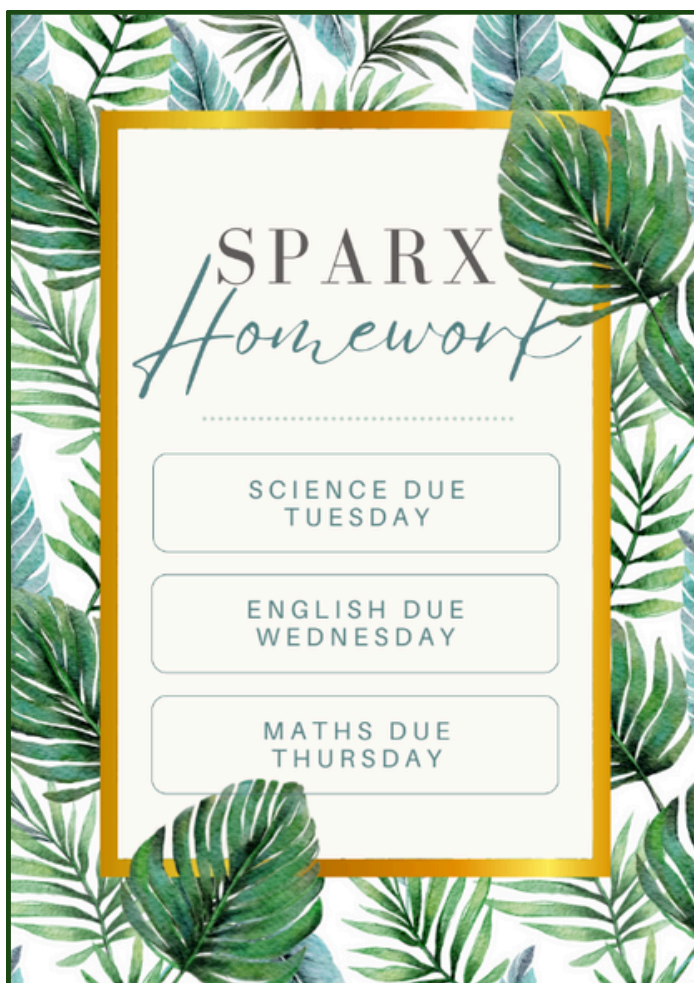
Homework
CLUB
IN I3

MONDAY- FRIDAY
LUNCHTIMES

1.25- 1.55PM

MONDAY- THURSDAY
AFTERSCHOOL

3.00- 4.00PM



SPARX
Homework

SCIENCE DUE
TUESDAY

ENGLISH DUE
WEDNESDAY

MATHS DUE
THURSDAY

DATES FOR YOUR DIARY

Summer Term 2025

Tuesday 29th April	Student Finance Information Session - Sixth Form
Monday 5th May	May bank Holiday - School closed
Monday 26th – Friday 30th May	Half term
Monday 2nd June	Year 12 Mock exams start
Monday 2nd June	Year 8 Assessment week starts
Thursday 5th June	Year 12 University of Hertfordshire Taster Day
Monday 9th June	Year 7 Assessment week starts
Tuesday 17th & 24th June	Year 12 Volunteering Day
Monday 23rd June	Year 10 Mock exams start
Wednesday 25th June	Year 8 Reports issued
Wednesday 25th June	Year 9 Reports issued
Wednesday 2nd July	Year 7 Reports issued
Wednesday 9th July	Sixth Form Induction Day
Wednesday 16th July	Year 10 Reports issued
Wednesday 16th July	Year 12 Reports issued
Friday 4th July	INSET DAY - School closed to students
Wednesday 23rd July	Term ends

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

Please follow us on social media for more frequent information, updates and news!



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



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



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

PITCH UP AND PLAY RUGBY




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

OPEN TO SCHOOL YEAR 10

WHEN: WEDNESDAY'S 6.30-7.30PM

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

INTERESTED?

New or experienced players welcome, just turn up or for any questions or further information email us on letchworthrugby@hotmail.com or Admin on 07741276516




YOUTH FOOTBALL ACADEMY

Our motto - Personal Growth

Structured and fun football sessions to improve your child's skills and confidence delivered by experienced and FA qualified coaches with DBS ✓




2013-2025
12 years with you, and your thoughts:

- ✓ Great environment
- ✓ Quality Training
- ✓ Community Feel
- ✓ Patience & Support
- ✓ Enjoyable Sessions

Saturday Morning Academy

- Ages 5-8 years old; Time 9.25am – 10.25am
- Ages 8-14 years old; Time 10.30am – 12pm

Courses run throughout the year

FREE* trial sessions on Saturdays at 'Our Lady School' (*with advance booking)



For enquiries or booking: Call on 0740 290 1966
Email: info@youthfa.com or go online: www.youthfa.com

Hitchin Town LGBTQ+ SUPPORTERS CLUB



Diversity, Inclusivity, Equality

Katiespride3@gmail.com

CRICKET

AGES 8-15

**THROW LIKE A GIRL
BOWL LIKE A GIRL
BAT LIKE A GIRL**





**JOIN US FOR
A SUMMER OF FUN!**

LETCHWORTH GARDEN CITY CRICKET CLUB
letchworth.play-cricket.com lgccjuniors@gmail.com



WANT TO TRY WATERPOLO?

Junior & Senior Sessions
 Juniors: Sat 8am @Letchworth Leisure Centre
 *Sun 6:15-7:15pm @Letchworth Lido
 *Seniors: Sun 7:15-8:30pm @Letchworth Lido
*Summer dates from 1st June - 17th Aug
 Winter dates available on request

Nominated for club of the year!



Seeking new players!

- Team Sport
- Builds Strength, Stamina, & Speed
- D of E Physical & Volunteering Eligible
- 3 Taster sessions available
- No prior experience required (AquaEd level 5 or above)
- Ages 8-65

email: hitchinwaterpolo@gmail.com tel: 07817 614262

SATURDAY PLAYERS WANTED!

UNDER 14'S 25/26 SEASON




NOW RECRUITING FOR OUR 3 CURRENT U13'S SQUADS (SCHOOL YEAR 8)

BEDS YOUTH SATURDAY LEAGUE DIVISIONS 2, 3 & 4

ALL ABILITIES WELCOME!
 FRIENDLY TEAM ATMOSPHERE
 WEEKLY TRAINING ON 4G

TRIAL DATES - 7TH 14TH & 21ST MAY

PLEASE CONTACT
JASON : jndpellett@gmail.com
07960 134623



Letchworth Youth Hub

FREE THURSDAY 6-8PM
12-18YRS OLD

JACKMANS COMMUNITY CENTRE
SG6 2NL

FYP FOREVER YOUNG PEOPLE

THE NATIONAL LOTTERY

AITC

SAUSAGE & GOBBLER PRODUCTIONS PRESENT...

Todd in the Hole Festival

TODDS GREEN, SG12JE, HERTFORDSHIRE
11th - 13th July 2025
3 DAYS • 6 STAGES • 80+ ACTS

20% DISCOUNT ON FRI / SUN WITH CODE TEACH25

FRIDAY MASSAOKE **SATURDAY DEFINITELY COULD BE OASIS** **SUNDAY FURNACE AND THE FUNDAMENTALS**

RULE THE WORLD • TASHA LEAPER AS MADONNA
 REM BY STIPE • SHAPE OF YOU - THE MUSIC OF ED SHEERAN
 KINGS OF LYON • WRONG JOVI • BLURD
 RED HOT CHILI PEPPERS EXPERIENCE • ABBA LUSH • THE UK STROKES
 THE POLICE ACADEMY • JUST LUTHER BY HARRY CAMBRIDGE
 PIANO FACTOR • DIRTY HALF HUNDRED • THE NASHVILLE NIGHTS • EMERGENCY BREAK BAND
 SCALLYWAGS • EGG & BACON BAND • ALLERGY • MR RAINMAKER
 KIT BOTTOMLEY • MAX RYAN • COMMUNITY CHOIRS • ZEROES • SNUBCAT

AFTERPARTIES IN THE WOODS
FRIDAY ALEX P • SATURDAY CLUB DE FROMAGE

FREE SHUTTLE SERVICE TO TRAIN STATION
 DANCE DEN IN THE WOODS • KIDS ARENA HOSTED BY AIDAN O'NEILL
 VINTAGE FUNFAIR • CABARET • VIP AREA

TICKETS AVAILABLE AT www.TODDINTHEHOLE.CO.UK

Uniform Bank

lgcc EXTRA SMILE

For info please visit their [Facebook page](#).

EXTERNAL INFORMATION

Information for Parents

Did you know that pharmacies can now offer clinical appointments with medication available if required for four clinical conditions particularly relevant to school age children?

- ✓ • Earache (children aged 1-17)
- ✓ • Sore throat (over 5s)
- ✓ • Infected insect bites (over 1s)
- ✓ • Impetigo (over 1s)

Think 'Pharmacy First'

GP practices are busy and it can be difficult to get a same-day GP appointment. When your child is off sick from school with any of the above conditions, by going straight to your local pharmacy you can have a consultation with a trained clinical professional and receive advice and even medication if it is needed, meaning they could be on the road to recovery and back at school as soon as possible.

For more information speak with your local community pharmacy.

To find your nearest pharmacy see:
<https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>
 Or scan the QR code:

Hertfordshire CYPMHS system newsletter

Bringing mental health and emotional wellbeing news and information to professionals working with Hertfordshire's children, young people and their parents and carers.

HOME NEWS & INFORMATION CYPMHS REDESIGN UNDERSTANDING CYPMHS ASK THE CYPMHS SYSTEM CYPMHS SERVICE DIRECTORY

EVENTS and TRAINING SUBSCRIBE

World Mental Health Day
Webinars and new resources from The Sandbox

Complete Herts CYPMHS short survey: deadline extended to 30 September

With Youth online groups restart this month and new Herts Haven Cafe opens

How is Nessie's (Herts CYPMHS NHS funded) service helping parents/carers?

CYPMHS Service Directory

Welcome to the September 2024 edition of Hertfordshire's CYPMHS newsletter, for professionals working with the county's children and young people. Find out how to pin the latest CYPMHS newsletter to the home screen of your mobile device, so you can quickly access all the latest news and updates [here](#). Please send your news for the next edition in October by Monday 7 October 2024.

Herts Mental Health, Learning Disability & Autism Health and Care Partnership's monthly newsletter is [available here](#).

Learn about ADHD and autism on your phone!

If you are 14 or above, live in Hertfordshire and:

- Have ADHD (or think you do)
- Are autistic (or think you are)
- Or both

You can now access the Cogs app for free!

The app helps you understand more about ADHD and autism and how to manage them to your advantage.

To find out more and get your free access, search:

<https://thetoolbox.mindler.co.uk/hertfordshire>

Then scroll to the Cogs offer!

[www.thetoolbox.mindler.co.uk/hertfordshire](https://thetoolbox.mindler.co.uk/hertfordshire)

Are you a family with children and young people aged 0-25 with Special Educational Needs and/or Disabilities looking for local activities?

The SEND community activities directory promotes a wide range of local activities and support groups, some activities will also include discounts for families registered on our Hertfordshire Additional Needs Database (HAND).

www.hertfordshire.gov.uk/SENDdirectory

www.hertfordshire.gov.uk/SENDdirectory