



# CONTACT



The Newsletter of St Alban's Catholic High School

Spring Term 2020  
Edition No. 3

## Comments from the Headteacher

Matt Baker

# GOOD – in every category!



This is an important milestone for our school. We have been working tirelessly to ensure our students have access to an ambitious personal development programme, a broad curriculum delivered by fantastic teachers, and a caring and nurturing environment.

What I am most proud of though is the comments made about our students. The inspectors note that they are “polite, mature and considerate...who want to do well.” If a school is judged on the young people who come to learn here, then we have a great deal to be proud of.

# Year 11

Mr Corless – Deputy Head Teacher

Just a gentle reminder that all Year 11 students will be sitting mock exams between **25-30 March**. This will provide a further opportunity to focus on improving their exam technique and learning from the autumn mock experience. As a school we realise that this can be a stressful time and want to reassure you that as a school we are committed to support our young people to do their very best.

It is also worth a reminder about ensuring attendance is maintained to ensure there is no lost learning time and that all students are attending the relevant Year 11 revision support sessions kindly provided by our departments. There is a **two-week** revision plan which can be accessed via our school website. Should you require any further information then please do not hesitate to contact me at St Alban's.

There are only **10** school weeks until the start of the GCSE public exams, so please remind your son/daughter to think about planning their revision time at home and utilising the many resources available to enhance retaining knowledge.

God bless.

## Key Upcoming Diary Dates

**Half-term Holiday** Monday 17 February - Friday 21 February 2020

**Year 8 Parents' Evening** Wednesday 04 March 2020

**Year 7 Parents' Evening** Wednesday 18 March 2020

**Easter Holiday** Monday 06 April – Friday 17 April 2020

## Scientist of the Month

Miss Dunderdale

Every month one student is chosen from each Science group to be a Scientist of the Month. These are students who have shown consistent effort, resilience and focus in all their lessons. We believe that these are the qualities which allow students to progress academically and as individuals.

January's Scientists are:

Harrison 7 GD	Hamish 7CD	James - 7WR
Jamie	Olanlesi 8ON	Johan 8GE
Susan 9AY	Ryan 9BR	Anthony 9BR
Keren 9 WM	Holly 9HR	Irtiza 9HR
Christian 10PT	Isabella 10DU	Wiktoria 10NC
Evan 10RS	Lewis 10CM	Amelie 11TO
Leihl 11GI	Renz 11TE	Kurtis 11BX
Emily 11TO	Conner 11TE	Kai 11BX

## Attendance

Mr R Moulding

It is the time of year when families are planning their summer holidays. So a reminder that we cannot, and do not, authorise term-time absences for holidays, visits to family abroad, birthday treats, etc.

If you do remove your child from school without authorisation then you will be issued with a Fixed Penalty Notice (fine) in the first instance. Any subsequent such absence will lead to a referral for prosecution, which has heavy penalties of around £1000 per parent per child.

# Chaplaincy Update

Miss Edwards, Lay Chaplain

## Year 8 Reflection Days

Year 8 have just spent a day reflecting on the theme 'Heroes'. Activities were focused on learning how to be a good friend by supporting and caring for one another as well as learning about inspirational Christians.

*"I enjoyed finding out about inspirational Christians – it taught me that anyone can be a hero – just put your faith in God!"*

*"I liked doing the boiled egg challenge as it was really fun and it encouraged us to work as a team"*

*"I enjoyed all the activities as a group and I learnt how to be a better friend"*

## Chaplaincy Events Next Term

Ash Wednesday, 28 February. Students and staff will be marking the beginning of Lent with a short Service of prayer and reflection. The theme for the Services will be "Change – turning my life around".

Reflection Days for Year 9: These will take place on Thursday 5<sup>th</sup> March and Thursday 12 March. The theme for the day will be 'Mission Impossible' where students will have activities, games, prayer and discussion helping them to think about their future relationships, careers and paths in life.

During Lent, our CAFOD Young Leaders will focus on raising awareness and fundraising for the indigenous people of the Amazon whose homes and lives are being lost as every minute an area of rainforest bigger than a football pitch is being destroyed. More details to follow.

## Study Zone

Study Zone is an after school club for all students where they can do their homework or revision after school from 3.15pm – 4.15pm. The club runs every Tuesday and Thursday in A6 and all students will have access to computers. Support and help will be available from staff running the club which is fully supervised at all times.

It's a great way for students to get their work done in a relaxed classroom environment.

All are welcome!

**Mrs Gorham**

# Year 13 Visit to the Houses of Parliament and Bank of England

14 of our Economics B students enjoyed a visit to London, this is what they wrote about it.

We had a really interesting and enjoyable day in London, taking one of the new trains from Ipswich to Liverpool St, and then using the underground to get to Westminster.

## Houses of Parliament

Firstly, we went through security in Westminster. Many students were searched as part of their routine precautions. We were then led to a tour guide within Westminster Hall as she explained the history of the building and how parliament developed. Afterwards we followed the tour guide to the central lobby, in which members of the Opposition and members of the Governing Party could be together in one hall. The central lobby splits the building into two where one hall led to the Commons and one hall led to the Lords. We were led to the Commons Chamber. The current chamber was rebuilt after the Blitz by the architect Sir Giles Gilbert Scott. Its benches, as well as other furnishings are green in colour. We were all surprised by how small it is. The benches face each other with the governing party on one side and the Opposition on the other.



Soon after we were led to the Lords chamber and the role of the Lords was explained. The furnishings there are predominated decorated in red and it is much grander than the Commons. The Queen has a huge gold-leaf chair.

After our tour we met Tom Hunt MP in the Central Lobby from where he took us to a private meeting room and discussed his plans for Ipswich. These included ways of keeping the Orwell bridge open, possibly by the introduction of wind barriers, to avoid its frequent closure and resulting congestion.

He is also very concerned about education.

## Bank of England Museum

As we entered we were screened once again. Once we entered we walked through several rooms with displayed the history of the Bank of England. Some of the displays showed the currency over time and others involved activities such as controlling inflation. We were also able to pick up a real gold bar which was very heavy, it was held securely in a case so that no-one could steal it.

Once we had passed through this section we were taken in to a cinema room in which a Bank of England employee explained the history and current role of the Bank of England. She explained that the Bank had switched to polymer notes because they are harder to counterfeit and are also environmentally friendly as the polymer can be re-used after shredding unlike paper bank notes. We then watched several videos which explained the role of money in the economy. She also explained what quantitative easing is and asked us questions, this concluded our tour and we took a short walk back to Liverpool St Station.

Filipe, Bradley, Aaron, Mikolaj, and Archie Year 13

# Careers at St Alban's

## Advice & A Slice



Our Employer Network Programme, Advice & A Slice has been very well attended by our students this half term, particular praise for our younger students who have come along to find out more about the world of work.



We have been very fortunate in having some very interesting and excellent speakers, our sincere thanks go to:

### Law

Nick Attwell from Attwell Solicitors, Becky Dixon from Barker Gotelee solicitors

We had a large audience for this session. Both Nick and Becky spoke passionately about the different routes into law. Nick talked about his journey to becoming a partner in a leading law firm in the area and Becky's journey from St Alban's to her current position at Barker Gotelee – a very inspiring session for any budding lawyer.

### Police

PC Creasey came into talk to another large audience of students about a career in the police force, starting with the new Police Apprenticeships now been offered by universities to the different careers available in the police.

### BT Apprenticeship Team

We were very grateful for the time given by two BT apprentices who brought in an interactive dog for students to see. We had many students interested in finding out about the wide range of apprenticeships that BT offer.



### Bridie Rowe from The Children's Theatre Company

Bridie gave our students a fascinating insight into the performing arts industry.

### Games Programming

Toine and Rohima from Switch Studios talked with such enthusiasm about the opportunities games programming can lead to. This session was one of our most popular especially with our younger students. We look forward to welcoming Switch Studios back into St Alban's very soon to talk to our Computer Science classes.



### Civil Engineering and Software Engineering

Many thanks to Simon, a civil engineer and Ryzard, a software engineer for coming in to talk to our students about careers in engineering.

### Apprenticeship Workshop

It was Apprenticeship Week 3<sup>rd</sup>-7<sup>th</sup> February and we were fortunate to have Amazing Apprenticeships in school to hold workshops for our Year 11 and Sixth Form students. Lily Sinclair from Amazing Apprenticeships was able to offer 1:1 support to the students to register on the national apprenticeship website and students were able to explore the different apprenticeship vacancies that might be of interest to them when they have completed their studies.

We also ran activities and quizzes in form time, and our Year 11 and Year 12 students had an apprenticeship themed assembly.

We really hope that students and parents now feel better informed of the amazing apprenticeship opportunities that are available.

## Alumni

We welcomed back Colleen, a member of our alumni to talk about her life studying at Oxford University and as we have mentioned earlier in our Advice & A Slice section, Becky Dixon is also a member of our alumni. We are very grateful to Colleen and Becky for coming into talk to the students and hopefully inspiring them!

Looking towards next half term we are excited to welcome icanbea... to our Year 8 Pathways Evening on Wednesday 11<sup>th</sup> March. Icanbea... is an online platform which lets students explore potential career opportunities across Suffolk and Norfolk. It gives an insight into our region's most successful organisation and the different job roles and industries available.

Please take a look: <https://www.icanbea.org.uk/>



## Year 10 Post 16 Opportunities Event

A group of our Year 10 students will be involved in a Post 16 Opportunity Event on Friday 14<sup>th</sup> and we must say a huge thank you to Hayley Sermons from Suffolk New College and Daniella Lord from NEACO for their help in organising this. We hope this will be fun and interesting and help to focus the students to start thinking about what they want to do following their GCSE's.



Don't forget to follow us on Twitter!

Careers Team

## Volunteers to Help with School Allotment

Mrs Boosey

Last year the school were provided with funding to develop the allotment and environmental areas of the school. The allotment was originally started by a member of staff who has since passed away. Various small groups have used the area and successfully harvested produce. Last year funding allowed us to develop part of the land to be accessible with raised beds, adapted tools and wide pathways. It's now time to begin planning and planting for this season. The Allotment Club will operate 1 / 2 days a week after half term from 3.30pm to 4.45pm. In between these sessions and during school holidays it still needs maintenance and harvesting!

If you would like to volunteer or know of someone who has time and interest, please contact Judy Boosey at school. All volunteers will need to provide referees for a DBS certificate, (even if there is one in place with other organisations)

## Allotment and Environmental Club

Open to all students. The after-school club meets twice a week during the late spring and summer term. BOOST points are earned!

Help to plan, plant, grow and EAT fresh vegetables, salad and fruit. Discover the birds nest boxes made in school; engage in natural art projects and turn the produce into jams, pickles, cakes, etc.

To find out more, ask at Room 2 or 3 during break or lunchtime.

## Parental Support

Mrs Land, Key Stage 4 Student Support Lead

Parents might like to visit the Student Support page on our website (link below)

<https://www.st-albans.suffolk.sch.uk/Student-Support/>

The section is regularly updated with useful information for both parents and students, with details also available of relevant agencies and parenting programmes.



The Friends of St Alban's  
Presents



# Fish and Quiz Night

Friday 28<sup>th</sup> February 2020

£8 per person, includes supper

Venue: St. Alban's Catholic High School, IP4 3NJ

7pm start (Quiz starts 7.30pm)

Teams of up to 8 (can be made on the night), age 15 years or over

Supper: Cod and Chips, Jumbo Sausage and Chips or Vegetarian Option and Chips  
please indicate your preference when buying your tickets

**Reply by 27<sup>th</sup> February 2020**

Tickets from: St Alban's Reception 01473 726178

*Help us raise money for our own St Alban's Minibus!*



25 BOOST points = **Bronze** badge  
 50 BOOST points = **Silver** badge  
 75 BOOST points = **Gold** badge  
 All points contribute towards the house cup!

# BOOST!

## Week 1

BOOST your St Alban's experience & earn house points!  
 1 BOOST point for attending a lunchtime activity.  
 2 BOOST points for attending an after school activity.

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Lunch</i>	<ul style="list-style-type: none"> <li>∞ <b>Basketball (Sports Hall)</b> Year 7 – Mr Clarke</li> <li>∞ <b>Collective (A9)</b> Year 7&amp;8 – Katherine</li> <li>∞ <b>Jazz band (A8)</b> All years – RB/BN</li> </ul>	<ul style="list-style-type: none"> <li>∞ <b>Card club (A5)</b> All years – WS</li> <li>∞ <b>Basketball (Sports Hall)</b> Year 10 &amp; 11 (RC/DE)</li> <li>∞ <b>LEGO club (R3)</b> All years – JON</li> <li>∞ <b>String Orchestra (A8)</b> All years – RB/BN</li> </ul>	<ul style="list-style-type: none"> <li>∞ <b>Advice &amp; a Slice (Sixth Form Library)</b> All years – Careers</li> <li>∞ <b>Badminton (Sports Hall)</b> Year 7-9 (RC/DE)</li> <li>∞ <b>Technical Theatre (A9)</b> All Years (limited numbers) – SB</li> <li>∞ <b>Choir (A8)</b> All years – BN</li> <li>∞ <b>Computing Club (R29)</b> All years - RS</li> </ul>	<ul style="list-style-type: none"> <li>∞ <b>Basketball (Sports Hall)</b> Year 8 – Mr Clarke</li> <li>∞ <b>Collective+ (A9)</b> Year 9 – Katherine</li> <li>∞ <b>Computing Club (R29)</b> All years – RS</li> <li>∞ <b>English Ambassadors (R29)</b> All years - SR</li> </ul>	<ul style="list-style-type: none"> <li>∞ <b>Art Club (A3)</b> All years – HM &amp; WR</li> <li>∞ <b>Board Games (R28)</b> Year 7 &amp; 8 – PG</li> <li>∞ <b>Drama Club (A9)</b> Year 7 – MF &amp; SB</li> <li>∞ <b>Questionology (SC6)</b> Year 8 &amp; 9 - JO</li> <li>∞ <b>Science Drop-in (SC7)</b> All years – CD</li> <li>∞ <b>Geography Drop-in (A6)</b> All years – MR</li> <li>∞ <b>Textiles Clinic (T4)</b> All years – LS</li> <li>∞ <b>Origami Club (SC8)</b> All years - BR</li> <li>∞ <b>Chess Club (R14)</b> All years – JON</li> <li>∞ <b>Knitting &amp; Crafting (R15)</b> All years – FY</li> <li>∞ <b>Duke of Edinburgh</b> Year 9 - 11 – GD (SC1)</li> </ul>
<i>After School</i>	<ul style="list-style-type: none"> <li>∞ <b>Netball (Sports Hall)</b> Year 7-11 (WD/SE)</li> <li>∞ <b>Advanced Skills Club (limited space) (T3)</b> Year 7&amp;8 – KE &amp; LS</li> <li>∞ <b>Allotment &amp; Environment club</b> All years – BOO</li> <li>∞ <b>Robotics &amp; Buggy Club (R11)</b> All years – BX</li> </ul>	<ul style="list-style-type: none"> <li>∞ <b>Art Club (A2 or A3)</b> KS4 &amp; KS5 – HM or WR</li> <li>∞ <b>Basketball (Sports Hall)</b> Year 12 &amp; 13</li> <li>∞ <b>Sports Fixtures</b> Year 7-11 Teams</li> <li>∞ <b>STEM club (SC7)</b> All years – CD &amp; BR</li> <li>∞ <b>Study zone (A6)</b> All years – NOR</li> <li>∞ <b>Allotment &amp; Environment club</b> All years – BOO</li> </ul>		<ul style="list-style-type: none"> <li>∞ <b>Art Club (A2 or A3)</b> KS4 &amp; KS5 – HM or WR</li> <li>∞ <b>Volleyball (Sports Hall)</b> Year 7-11 (RC)</li> <li>∞ <b>Study zone (A6)</b> All years - NOR</li> </ul>	<ul style="list-style-type: none"> <li>∞ <b>Ukooles (R15)</b> All years - SI</li> </ul>

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# BOOST!

## Week 2

BOOST your St Alban's experience & earn house points!  
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 2 BOOST points for attending an after school activity.

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Lunch	<ul style="list-style-type: none"> <li>∞ <b>Collective (A9)</b> Year 7&amp;8 – Katherine</li> <li>∞ <b>Jazz band (A8)</b> All years – RB/BN</li> </ul>	<ul style="list-style-type: none"> <li>∞ <b>Card club (A5)</b> All years – WS</li> <li>∞ <b>Basketball (Sports Hall)</b> Year 10 &amp; 11 (RC/DE)</li> <li>∞ <b>LEGO club (R3)</b> All years – JON</li> <li>∞ <b>String Orchestra (A8)</b> All years – RB/BN</li> </ul>	<ul style="list-style-type: none"> <li>∞ <b>Advice &amp; a Slice (Sixth Form Library)</b> All years – Careers</li> <li>∞ <b>Badminton (Sports Hall)</b> Year 7-9 (RC/DE)</li> <li>∞ <b>Choir (A8)</b> All years – BN</li> <li>∞ <b>Computing Club (R29)</b> All years – RS</li> <li>∞ <b>Beatitudes (S16)</b> Year 12 &amp; 13 – CO</li> </ul>	<ul style="list-style-type: none"> <li>∞ <b>Basketball (Sports Hall)</b> Year 8 – Mr Clarke</li> <li>∞ <b>Collective+ (A9)</b> Year 9 – Katherine</li> <li>∞ <b>Computing Club (R29)</b> All years – RS</li> <li>∞ <b>English Ambassadors (R29)</b> All years - SR</li> </ul>	<ul style="list-style-type: none"> <li>∞ <b>Art Club (A3)</b> All years – HM &amp; WR</li> <li>∞ <b>Board Games (R28)</b> Year 7 &amp; 8 – PG</li> <li>∞ <b>Drama Club (A9)</b> Year 7 – MF &amp; SB</li> <li>∞ <b>Questionology (SC6)</b> Year 8 &amp; 9 – JO</li> <li>∞ <b>Science Drop-in (SC7)</b> All years – CD</li> <li>∞ <b>Geography Drop-in (A6)</b> All years – MR</li> <li>∞ <b>Textiles Clinic (T4)</b> All years – LS</li> <li>∞ <b>Origami Club (SC8)</b> All years - BR</li> </ul>
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