



CONTACT



The Newsletter of St Alban's Catholic High School

May 2019
Edition No. 7

Words from the Head

Matt Baker

Great news! – as one of only two successful 'Condition Improvement Fund' bids in the area we will be replacing all of the Main Block windows. With this additional funding of £350,000 will come a huge improvement in the climate of the classrooms, as well as doing our bit for the environment – I hate to think how much heat is lost currently. The work will take place over the summer holiday.

Congratulations to all the Year 11 and Year 13 students and parents – we have made it to the exam season in good shape. Let's keep it going through team work and support!

Last Wednesday our school Chaplain, Katherine, and our Head of RE, Ms Gilson, and I attended the first confirmation Mass with Bishop Alan at St Pancras. It was a lovely occasion – they all looked wonderful as they celebrated the Sacrament. Thank you to all those involved in their preparation.

Finally, thank you to all the community who supported the School Quiz last Friday. Please look out for future events via ParentMail and Twitter.

Parent Governor Vacancy

There is currently a vacancy for a Parent Governor on the Governing Body. If any parent is interested in supporting the school by joining the Governing Body please contact Mrs Gittins in the School Office in the first instance. Just to clarify one commonly-held misconception: Parent Governors are Governors who are parents of children at the school, they are not Governors who represent parents. There is therefore no need to consult with or feedback to parents.

Key Diary Dates

Monday 27 – Friday 31 May	Half-term Break
Monday 24 – Friday 28 June	Year 10 Mocks / Year 12 End of Year Exams
Thursday 27 June	Year 11 Prom
Friday 05 July	Year 13 Prom

As we embark on public examinations:

Mr S Corless, Deputy Headteacher

I would like to thank you in your role as parents/carers, for your support thus far as we journey through the many public exams this summer. We have had many challenges and no school can be truly successful without the understanding and backing of parents: our students need to hear a consistent set of values from home and school, and we are truly grateful in the continued support provided and this reaffirms the importance of our partnership with school, parish and families.

Below are a few prompts to remind you about the great work you are doing in helping your son/daughter in preparation for their exams by:

1. Being a role model
2. Helping them to set goals
3. Keeping them active
4. Healthy eating
5. Time out
6. Consistent sleep patterns
7. Unplugging (from Mobile phones, SMART devices etc)
8. Staying cool and calm
9. Having belief
10. Being supportive

LET US PRAY FOR ALL STUDENTS UNDERGOING EXAMINATIONS

Lord, pour out your Spirit of Wisdom on these students:

help them to remain calm,

to attend carefully to the questions asked,

to think clearly, to remember accurately,

and to express themselves well.

Grant that they may reflect on the best of the work they have done and the best of the teaching they have received.

Accept their best efforts in these examinations and in the great test of life on earth.

May your love be upon them, O Lord, as they place all their trust in you.

We ask this through Christ our Lord.

St Alban, pray for us.

AMEN

God Bless

Chaplaincy News

Miss K Edwards, Lay Chaplain

CAFOD Fundraising

A total of £830 was raised by the Year 7 and 8 students who took part in a sponsored walk around the school field to enable us to buy 25 water pumps for people in developing countries. This will have an amazing impact on many communities and will definitely help young girls who often have to miss, or are late for school, as they collect the water for the family for washing, cooking, irrigating and drinking. A particular thanks goes to Year 7 students: Emily 7FS, Ryan 7PG and Gracie 7FS who individually raised £50 or more and Year 8 students; Felicity 8WM, Chloe 8BR and Oliver 8WM who raised £40 or more. Thank you to all those parents who gave so generously to this cause.



CAFOD Sixth Form Leadership Course



The third session of this programme took place on Wednesday 01 May. During the day, students learnt more about the challenges faced by people living in developing countries. Sarah Barber, from CAFOD Education department, introduced students to their latest campaign 'Renew our Common Home'. This campaign aims to raise awareness of the current problems our world faces with regards to climate change. The Schools' CAFOD leaders will be asking all students to take part in this campaign over the coming weeks.

Our first effort is to take form photos of students making a 'zero'. All photos will be sent to our Local MP, Sandy Martin to ask him to 'Please support a by-2045 net zero greenhouse gas emissions reduction target, and enshrine this in law within the lifetime of this Parliament.' The Sixth Form leaders will then invite Sandy Martin in to speak to the Sixth Form and to answer questions.

Year 13 Leavers Mass:

This was celebrated by Fr Tony Rogers on Friday 17 May. The theme of the Mass, chosen by them, was 'Be Salt for the Earth and Light for the World'. During the Mass, the Creed was proclaimed in 5 languages; celebrating our diverse and rich cultural and racial community. We wish our Year 13 students every blessing for their futures and ask God to guide them throughout their lives.



During May, Year 7 students will visit the Chapel, to make their own rosary bracelet. For those students for whom the rosary is not their usual method of prayer, will have an opportunity to experience how this type of meditative prayer can help us to learn more about Jesus and pray in a more reflective way.

During each session they will pray different intentions on each bead as they make their bracelets.

Alpha Youth Series

An opportunity for Year 9 & 10 students to explore their faith, ask questions, and share some food, faith and fun with their fellow students.

When? Thursdays, starting on 23 May from 3.20-4.30

Where? The Chapel.



WANTED! SINGERS!

The Music Department needs singers from all year groups for a number of end of term performances and also to prepare for a performance at Snape Maltings in September.

If you would like to take part in any of these, please come to choir rehearsals every Thursday 1:30pm in A8.

Speak to Mrs Alexander for more details

Bring your lunch with you.

Aerosols

Mr Horne, Assistant Headteacher

I would like to remind all parents/carers and students that aerosols, such as used in deodorant and perfume sprays, **are not permitted in school**. For a number of both students and staff this can pose a health and safety risk, particularly if they have asthma. As a school we have a duty of care to ensure steps are in place to minimise the risk of asthma attacks taking place, and therefore your support in helping to enforce this would be very helpful.

I appreciate personal hygiene is always a concern for young people and I would recommend that those students who wish to use a deodorant product in school can purchase a roll on deodorant and this will be perfectly acceptable.

Many thanks for your support.

Parenting Support

Are you aware of the page on our website dedicated to support available to parents?

The page is regularly updated with details of forthcoming network sessions, training events and links to resources provided by outside agencies as well as advice and tips from the school.

Please follow the following link for more details:

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

It's definitely worth a visit.

Textiles Design

Mrs Lewis and Miss Dowe

With our new GCSE starting this summer we would appreciate any donations of fabrics, for example, clean duvet sets and curtains etc. florals and geometric patterns are always very popular. Also, any components such as threads, buttons and beads. Anything donated will be lovingly turned into something creative and new!

Presentation Evening 2019 – New Sponsors

We are holding our prestigious annual 'Presentation Evening' on Tuesday 02 July to recognise and celebrate the particular achievements of our students in Years 11, 12 and 13. In addition, we will also be presenting the 'Award of St. Alban' which is a special award given to students across the school for outstanding achievement in a particular subject, skill or interest. This event, held out of school at a lovely venue, is designed to inject a real sense of pride and status to the achievements of our students.

The event is attended by nearly 200 people from the school community including students, parents and invited guests.

We are looking for local business to support our evening by sponsoring the awards which the students receive. £30 will sponsor one award but of course a sponsor can support more than one! All sponsors are featured in our publicity during the evening and their name displayed against the award sponsored.

If you would like to take the opportunity to sponsor an award, or know of a local business who would like to be involved, please contact Kim Abson, Headteacher's PA kabson@st-albans.suffolk.sch.uk

Past Student Success!

Congratulations to ex-student Angel Rimron-Molloy whose book "Freedom" is being released on Friday 31 May. As well as writing the book Angel is also responsible for all the illustrations. 'Freedom' is being released in paperback, hardback and eBook over several countries with Waterstones in Ipswich awaiting the arrival this month!!

Congratulations to Angel on her incredible achievement.

'Green Grapevine'

Mr Deacon, Head of Year 9

'Green Grapevine' is now available to access on our school website under the 'News' heading <http://anyflip.com/iqyj/istt/>

This is our new online newspaper led by myself and a number of Year 9 students who have decided to create a dialogue between students and parents about daily life at St Alban's, highlighting topics ranging from: Sporting Fixtures; Interviews with students and teachers; Importance of Mental Health etc.

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.

I am pleased to announce the Scientists for the month of April are:



Eve 8HR
Niomi 8HR
Chris 9DU
Maksymilian 9RS
Martine 10SK
Ebenezer 10GI
Tamsin 10GI
Caitlin 11GR
Anangan 11CD
Pia 11CD
Tyler 11MD

Rosanna 9WS
Riona 9GO
Shayed 9PT
Daniel 10GI
Tae-Leone 10GI
Sarah 10TE
Zak 10SR
Jaydon 11CD
Joshua 11WR
Charlie 11CD

Warmer Weather

As we begin to enjoy the season of warmer weather please remind your child of the importance of staying hydrated throughout the school day; ensuring they have a water bottle which they can refill at one of the water stations around the school. Please note that in line with the school's 'Food Policy' students **should not bring 'energy' or fizzy drinks into school** which have a high sugar and caffeine content. Similarly, if students are not purchasing lunch from the dining hall they are encouraged to bring in packed lunches which are nutritious.

Students must take responsibility for being fully prepared for their lessons and this includes replenishing their water bottles during their break and lunchtime; they will not be permitted to leave their lesson, and interrupt learning, to top up their water bottle.

On a similar note, please make sure that you provide your child with sunscreen if they expect to be outside for prolonged periods, e.g. PE lessons or out on the field in the full sun at lunchtime.



Lunchtime Supervisor Role

If you have a child in Year 12 they will have been made aware of an opportunity to apply for the role of 'Lunchtime Supervisor'. This is a paid role within school and successful candidates are expected to be committed, reliable and promote the school's ethos.

Our Lunchtime Supervisors commit to carrying out the role approximately 1 break and 2 lunchtimes per week, working as part of a team to ensure the school is safe and orderly during these times.

Interested Year 12 students must complete and return an application form to Mr Salter, Business Manager, ssalter@st-albans.suffolk.sch.uk by **11am Thursday 23rd May**.

Shortlisted candidates will be invited to a formal interview before the half-term break.

EXTRA CURRICULAR ROTA – Summer
AFTER SCHOOL (May - July)

	Monday	Tuesday	Wednesday	Thursday
<p>Week 1 3:20 – 4:20pm (fixture timings may vary)</p>	<p>Rounders Club Year 7 & 8 LW/SE</p> <p>Crickets Club Year 7 - 10 Boys and Girls RC</p>	<p>GCSE Intervention/Revision Theory A6 DE</p> <p>Athletics Club Year 7-10 Boys and Girls RC/LW/SE</p>	<p>Staff Meetings and Parents' Evenings</p>	<p><u>Matches/Fixtures</u> <u>Dates and times</u> <u>TBC</u></p> <p>Athletics Club Year 7 – 10 Boys and Girls RC/LW/SE</p>
<p>Week 2 3:20 – 4:20pm (fixture timings may vary)</p>	<p>Rounders Club Year 7 & 8 LW/SE</p> <p>Crickets Club Year 7 - 10 Boys and Girls RC</p>	<p>GCSE Intervention/Revision Theory A6 DE/RC</p> <p>Athletics Club Year 7-10 Boys and Girls RC/LW/SE</p>	<p>Staff Meetings and Parents' Evenings</p>	<p><u>Matches/Fixtures</u> <u>Dates and times</u> <u>TBC</u></p> <p>Athletics Club Year 7 – 10 Boys and Girls RC/LW/SE</p>

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<ul style="list-style-type: none"> ∞ Art Club (A2 & A3) All years – HM & WR ∞ Wind/Jazz band (A8) All woodwind/brass players – AL/RB 	<ul style="list-style-type: none"> ∞ Art Club (A2 & A3) All years – HM & WR ∞ Card Club (A5) All years – WS ∞ Boys Vocal Group (A8) Year 7-9 BOYS – AL/RB 	<ul style="list-style-type: none"> ∞ Art Club (A2 & A3) All years – HM & WR ∞ English Ambassadors (Library) All years – SR ∞ LEGO & Computer Access club (R13) Year 7-9 – BX & JON ∞ String Orchestra (A8) All string players – AL/RB ∞ Duke of Edinburgh (DoE) (SC1) Year 10 - GD 	<ul style="list-style-type: none"> ∞ Maths club (R15) Year 8&9 – SI ∞ Collective+ (A9) Year 9 – Katherine ∞ Choir (A8) All years – AL/RB ∞ Duke of Edinburgh (DoE) (SC1) Year 9 - GD 	<ul style="list-style-type: none"> ∞ Chess Club (R14) All years – BUR ∞ Collective (A9) Year 7&8 – Katherine
After School	<ul style="list-style-type: none"> ∞ Advanced Skills Club (T3) Year 7&8 – KE ∞ Rounders Year 7&8 – WD/SE ∞ Cricket (Boys & Girls) Year 7-10 – RC 	<ul style="list-style-type: none"> ∞ Art Club (A2 & A3) Year 10 – HM & WR ∞ GCSE PE Revision (A6) Year 11 – DE ∞ Athletics (Boys & Girls) Year 7-10 – RC/WD/SE ∞ Study zone Years 7&8 – R21 Years 9-11 – A6 ∞ Grade V Music Theory AL/RB 	<ul style="list-style-type: none"> ∞ Music Coursework Catch up & Revision Years 10,11,13 – AL/RB 	<ul style="list-style-type: none"> ∞ Art Club (A2 & A3) All years – HM & WR ∞ STEM club (SC7) All years – CD & BR ∞ Creative Writing (R23) All years – SR ∞ PE matches & Fixtures TBC. ∞ Athletics (Boys & Girls) Year 7-10 – RC/WD/SE ∞ Study zone Years 7&8 – R21 Years 9-11 – A6 ∞ Music Coursework Catch up/Revision Years 10,11,13 – AL/RB ∞ Youth Alpha (A9) Year 9&10 – Katherine 	<ul style="list-style-type: none"> ∞ Ukooles (R15) All years – SI

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BOOST!

Week 2

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<ul style="list-style-type: none"> ∞ Art Club (A2 & A3) All years – HM & WR ∞ Wind/Jazz band (A8) All woodwind/brass players – AL/RB 	<ul style="list-style-type: none"> ∞ Art Club (A2 & A3) All years – HM & WR ∞ Card Club (A5) All years – WS ∞ Boys Vocal Group (A8) Year 7-9 BOYS – AL/RB 	<ul style="list-style-type: none"> ∞ Art Club (A2 & A3) All years – HM & WR ∞ English Ambassadors (Library) All years – SR ∞ LEGO & Computer Access club (R13) Year 7-9 – BX & JON ∞ String Orchestra (A8) All string players – AL/RB ∞ Duke of Edinburgh (DoE) (SC1) Year 10 - GD 	<ul style="list-style-type: none"> ∞ Maths club (R15) Year 8&9 – SI ∞ Collective+ (A9) Year 9 – Katherine ∞ Choir (A8) All years – AL/RB ∞ Duke of Edinburgh (DoE) (SC1) Year 9 - GD 	<ul style="list-style-type: none"> ∞ Chess Club (R14) All years – BUR ∞ Collective (A9) Year 7&8 – Katherine
After School	<ul style="list-style-type: none"> ∞ Advanced Skills Club (T3) Year 7&8 – KE ∞ Open Photography Studio (S13) Year 7&8 – NE ∞ Rounders Year 7&8 – WD/SE ∞ Cricket (Boys & Girls) Year 7-10 – RC 	<ul style="list-style-type: none"> ∞ Art Club (A2 & A3) Year 10 – HM & WR ∞ GCSE PE Revision (A6) Year 11 – DE ∞ Athletics (Boys & Girls) Year 7-10 – RC/WD/SE ∞ Study zone Years 7&8 – R21 Years 9-11 – A6 ∞ Grade V Music Theory AL/RB 	<ul style="list-style-type: none"> ∞ Music Coursework Catch up & Revision Years 10,11,13 – AL/RB 	<ul style="list-style-type: none"> ∞ Art Club (A2 & A3) All years – HM & WR ∞ STEM club (SC7) All years – CD & BR ∞ Creative Writing (R23) All years – SR ∞ PE matches & Fixtures TBC. ∞ Athletics (Boys & Girls) Year 7-10 – RC/WD/SE ∞ Study zone Years 7&8 – R21 Years 9-11 – A6 ∞ Music Coursework Catch up/Revision Years 10,11,13 – AL/RB ∞ Youth Alpha (A9) Year 9&10 – Katherine 	<ul style="list-style-type: none"> ∞ Ukooles (R15) All years – SI