



With public examinations now in full swing, our students should be reassured by their commitment to studying and determination to achieve throughout the year. We wish all of our students the best of luck at this time and can assure them that teachers will continue to provide their time and additional support and resources. Students should also be aware of the support on offer in school and encouraged to talk about managing time and anxiety.

The Year 11 Prom and Year 13 Boat Party will provide an opportunity for students to say goodbye and in some instances farewell to Queens'. For our Year 13 leavers, I would like to thank you for the immense contribution you have made to the school. You can be assured of a warm welcome whenever you return to Queens'.

I would also like to show our appreciation to all our parents/carers for their support during your child's learning journey here at Queens'. Together we have molded some incredible young men and women who I believe will go on and achieve great things.

As one group of students leave, we of course welcome a new cohort. Our new entrants, having just completed their SATS will be joining us after half-term for their Induction Evening and their Transfer Day, before they begin in September. The QPA are looking for donations of good quality second-hand uniforms. Please feel free to drop clothes at the North or South office. We will also be welcoming our new Sixth Form students with an induction day planned for the end of June.

Once again Queens' is celebrating considerable success in sport. Many congratulations to all of our super stars. We are very much looking forward to the athletics season with some notable wins already. Competition for the Robert Brown Trophy has intensified in recent weeks and students can look forward to the fantastic Sports Day held at the Woodside Stadium in July. In April the roofing works on North Side were completed and the installation of the new fire doors will hopefully be finished over half-term. Work will shortly commence on resurfacing the North car park. Following a successful CIF Bid, the three mobile classrooms forming part of the English Faculty will be replaced.

We sadly say goodbye to Rosie Gillan and Sue Sweeney. We wish them both well and thank them for their contribution to Queens' School.

I would like to wish you a restful and happy May half-term.

Jonathan Morrell
Headteacher



Humanities!

Find out [here](#) what the departments get up to!



Queens' Teams Shoot for Victory!

We are seeing success in Sport. Read about it [here](#)!



Perfectly dramatic!

Find out [here](#) about the Drama students.



Picture perfect!

Find out [here](#) what the Art students have been up to!



Computing!

Read all the news [here](#)!



Books to savour!

English Departments recommended reads [here](#)!



Tour de force!

Read [here](#) about the MFL French trip.



Music to our ears!

Hear about the Battle of the Bands [here](#)!



Maths Whizzes and Quizzes!

You can read [here](#) how our Mathematicians love a challenge!

Celebrating Student Achievement: STARS

This half-term, we applaud the following students, who have gained the most **STAR** achievement points for **Scholarship, Tenacity, Altruism and Respect:**



Khian P. 7SW Imogen B. 8SW

Ali A. 9TC Kajeevan Y. 10TM

Victor T. 11FX Nelson N. 12FD



Other highest STAR point achievers:

Shayna R. 7AE SÚ S. 7FX Isabella T. 7TC

Aziah D-A. 8AE Harry B. 8FD Kian H. 8TC

Ronnie S. 9AL Evie B. 9FD Malgosia B. 9SN

Tarun M. 10AE Alfie M. 10FD Lewis W. 10SW

Kieran G. 11AB James S. 11SW Eva E. 11TC

David A. 12AE Antoine P. 12SW Olivia G. 12TM



News from the Queens' Parents Association

In April we served refreshments in conjunction with the Kandy Café at the Model Railway Exhibition held at Queens'. It was a very busy day so thank you to everyone who helped and attended. Thank you also to all of you who purchased chopping boards for the Food Tech Department, from the QPA's Amazon Wishlist. We have recently awarded £600.00 to the Music Department to purchase some new instruments and other items they need. We also awarded funds to the PE Department towards new cheer leading outfits so with departments always needing items that enhance our students' school life, please keep supporting the QPA by

- attending events
- shopping online via Easy Fundraising, making Queens' School Parents' Association – Bushey your cause. Please see the Queens' website for details About Us> QPA>Easy fundraising.

We are currently collecting good quality, clean second hand school uniform for the annual sale on Thursday 13th July so if you have any donations please put in a bag and leave in north or south side receptions, marked for the attention of the QPA. We particularly need skirts, ties, aprons, house coloured polo tops and blazers with the house badges on.

We currently have a good supply of second hand PE kit if you need to purchase any items, please contact us at qpa@queens.herts.sch.uk or come to the sale on Thursday 13th July which will be held in the North Canteen 2.15 pm to 3.15 pm.

We continue to collect used branded printer toners and cartridges via www.emptiesplease.com. So, if you have any, please put them in the box in North Side Reception.

The new Development Fund project will be launched which is to raise £58,000 for another two canopies on North Side which will give additional cover to the students come rain or shine. For more information on the Development Fund and how you can contribute, please see the Queens' website for details about-us>the-development-fund

We continue to be a very small group of parents and we urgently need new people to join the QPA as many hands make light work and we would welcome new ideas and new energy so please come to our next meeting on Monday 26th June at 7pm in the PRE Block on North Side. At the last meeting we discussed hosting a local business stall holder event so if you are a local business, that might be interested in having a stall, please contact us.

If you have any ideas or questions, please contact us on qpa@queens.herts.sch.uk. We are on twitter @queenssch_qpa and facebook <https://www.facebook.com/groups/730227757885485/?ref+share>



Miss Westgarth's Wellbeing Words.....

15 to 21 May 2023
Mental Health Awareness Week
 Mental Health Foundation
 #ToHelpMyAnxiety

Anxiety was the theme of this year's Mental Health Awareness week.

Anxiety is a normal, human feeling of fear and panic that is triggered by our brains internal alarm system whenever we experience something stressful. However, anxiety can become a problem when this response is triggered even when you are not in a stressful situation. Anxiety disorders affect around 5 to 19% of children and adolescents in the UK, so it is important to know how to spot when your child is struggling and how to support them.

Please see this useful parent guide: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

HOW TO HELP YOUR CHILD MANAGE THEIR ANXIETY

@BELIEVEPHQ

- 01 Help your child to regulate their emotions
- 02 Teach your child some relaxation skills such as deep breathing
- 03 Help your child to identify thinking errors in their thoughts
- 04 Teach your child about worry time and how they can use it every day
- 05 Support your child with writing down their thoughts and emotions
- 06 Help your child to recognise their triggers
- 07 Support your child in trying to reduce safety behaviours
- 08 Work with your child to identify solutions to their problems
- 09 Spend time to develop some coping strategies with your child
- 10 Make sure your child is eating a well balanced diet, sleeping well and exercising regularly
- 11 Help your child to challenge unhelpful thoughts

The Sandbox
 The new online mental health support service for young people aged 10-25 in Hertfordshire
 Launching 1 April 2023
 MINDLER

The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being. This new free NHS funded service launches on 1st April 2023 and offers a website, with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers and other professionals. The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person's needs:

A specialist CAMHS crisis clinician is available 24 hours a day, seven days a week on **0800 6444 101**, to provide advice to families and professionals about children/young people in a mental health crisis and/or to arrange an assessment if required. **If you, a friend or a family member are experiencing a mental health crisis, call: 0800 6444 101 in the first instance, unless you have a physical health emergency, in which case, call 999 and ask for an ambulance or go to A&E.**

If you are feeling Anxious, try this...

One way to help with our anxiety and to help distract ourselves when we are feeling anxious is grounding techniques.

Grounding technique for anxiety

Focus on your breathing and identify

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Upcoming Events

Below are the key dates for your diaries over the next half-term. Those in red are intended for parents to attend. Please keep up to date with all our events by visiting our online calendar.

Half-term:

Monday 5 th June:	All students
Monday 5 th - 8 th June:	Year 10 Geography field trip
Tuesday 6 th June:	Year 12 UCAS discovery day
Thursday 8 th June:	Humanities Trip to Six. 2pm onwards
Friday 9 th June:	Year 7 MFL Boulogne Trip
Friday 9 th June:	Year 9 Immunisations: DTP/MEN ACWY
Monday 26th June:	Year 10 Parent Summer Guidance & Information Evening
Monday 19 th – 29 th June:	Year 12 Exams
Monday 19 th – 23 rd June:	Year 10 Spanish Trip
Thursday 22nd June:	Art Exhibition South Hall 5-7pm
Monday 26 th June:	Year 12 Induction & Transition day
Monday 26th June:	QPA Meeting 7pm PRE Block North side
Wednesday 28 th June:	Year 11 Prom
Thursday 29 th June:	Year 7 & 8 Globe Trip
Thursday 29 th June:	Sports Awards Presentation evening
Friday 30 th June:	INSET day school closed to students
Friday 30 th June:	Year 13 Boat party
Monday 3 rd – 7 th July:	Year 7 Attenborough & Franklin Trip
Wednesday 5 th July:	School Photographs
Friday 7 th – 29 th July:	World Challenge Expedition
Saturday 8 th July:	DofE Expedition
Monday 10 th – 14 th July:	Year 7 Seacole & Turing Trip
Thursday 13 th & 14 th July:	Year 10 Work Shadowing
Thursday 13 th July:	Year 6 Transition Day
Monday 17th July:	Junior Presentation Evening
Monday 17 th – 21 st July:	Year 12 Work Experience
Tuesday 18 th July:	Year 9 Cultural Enrichment Trip to Design Museum
Tuesday 18 th July:	Year 7 Performing Arts showcase
Wednesday 19th July:	Summer Concert 7pm North Hall
Thursday 20 th July:	Sports Day at Woodside
Friday 21 st July:	Last Day of Term, school closes 12.15pm

