



The spring term has been very busy for examination groups, completing non-examined assessments across a range of subjects, coursework and a second mock as well as preparing for their public examinations this summer. The Easter break heralds the beginning of the final push for these students and we wish them all the very best with their efforts. I would like to thank all of our staff who have given up their time to provide additional support and resources. The full return of competitive sport has been welcomed and we are celebrating considerable success across a range of disciplines. In football, we are once again District champions for Years 8 and for our Senior team.

I had the pleasure of attending a variety of performances over the spring half-term all demonstrating the depth of talent of Queens' students. Many congratulations to all the winners in House Music and indeed to Seacole. The Drama examination performances were outstanding with an emotive final A-level piece. The Gym and Dance Show showcased the energy and passion of those involved.

We sadly say goodbye to Lisa Sanchez, Sixth Form Student Support Manager and Gillian Gray, School Librarian, active member of the QPA and Trustee who retires after an extended service at Queens' seeing both her children through the school. We wish them both well and thank them for their contribution to Queens' School.

Finally, I share the sad news that David Hall, Trustee to Queens' School for over 20 years and link to the English Department passed away peacefully a few weeks ago. He will be remembered as an advocate of staff and students alike and will be missed by all. I would like to extend my thanks for your support, cooperation and patience during these challenging times. Wishing you all a safe Easter break.

Jonathan Morrell
Headteacher



Design on our minds!
Find out [here](#) what D&T are up to!



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



House News!
Find out [here](#) what the houses have been up to!



Booking the trend!
Read [here](#) the library news!



Social Science!
Find our [here](#) what the departments got up to!



Computing!
Read all the news [here!](#)



Books to savour!
English Departments recommended reads [here!](#)



Queens' Teams Shoot for Victory!
We are seeing success in Sport. Read about it [here!](#)



Back to the future!
Read the Alumni newsletter [here!](#)



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



Careers!
Read [here](#) all the Careers News!!



Support each other!
Read the SEND News [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**:



SÚ S. 7FX Aarav A. 8SN

Ronnie S. 9AL Leona B. 10SN

Jacob M. 11TC Ethan B. 12FX



Other highest STAR point achievers:

Shayna R. 7AE Martim C. 7SW Mary H. 7TC

Dale J. 8AB Mel A. 8FX Rio Y. 8TM

Evie B. 9FD Matilda K. 9SN Gemma D. 9TM

Aashni V. 10AB Eloise K. 10FR Ayesha A. 10TM

Brandon V. 11AE Olivia E. 11FD Elliott P. 11SW

Josie B. 13AB Georgia H. 12SW Olivia G. 12TM



News from the Queens' Parents Association

It was great to see the return of the House Music event and we were delighted to be asked to sell refreshments allowing us to enjoy the fabulous performances whilst raising funds for the school and by the time you read this newsletter we will have also sold refreshments at the Gym and Dance Show which again show cases the talent we have here at Queens' School. With a good bank balance we have awarded funds to English for an Author's Visit and a trip to The Globe, Books for the Geography Department, Digital Recorders and Exampro for the Modern Foreign Languages Department, a new Drying Cabinet for the Science Department which is already being put to excellent use and some Pasta Machines and Mini Food Processors for the Food Tech Department so as you can see, the money raised is being put to excellent and varied use across the curriculum. With this in mind, please keep supporting the QPA by attending events and 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**.



Thanks to everyone who dropped their unwanted clothes off for our clothes collection, we collected over 100 bags and it generated £210.00.

Next term 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 will be selling food and drink, in conjunction with the amazing Kandy Café at the Model Railway Exhibition on Saturday 15th April so please come along and support this event and buy some food and drink.

We will be collecting good quality, clean second hand school uniform for the annual sale in 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 and house coloured polo tops. 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

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.

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

All that leaves us to say, is have a lovely Easter Holiday break and look forward to your support in the Summer Term.



QUEENS' SCHOOL
Dare to be Great

Daring to be Great by pursuing our values of Scholarship, Tenacity, Altruism and Respect



Miss Westgarth's Wellbeing Words.....



The Sandbox
The app 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 (CBT), 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:

Alison cope, knife and youth crime assemblies and evening event



Students in Years 7 to 10 and 12 recently heard first-hand about the potential impact of knife crime and violence, when they were visited by a high profile campaigner, Alison Cope. In her presentation Alison explained the dangers of being associated with gangs and how young people can portray themselves negatively on social media. Alison also shared the tragic story of her son Joshua Ribera, an aspiring and rising grime artist, who was tragically murdered in 2013. This brought home the reality of knife crime to the students. The assemblies were very emotional and at times difficult to listen to. However, this was a very important message for our students to hear.



This was followed by an evening event in partnership with Herts for parents and professionals. Before the evening started there were stalls from services offering support for young people in the local area. Alison was joined by Russel Symons who spoke about his personal experience of youth crime and county lines and the consequences this had on his mental health. He spoke about how choices have consequences. For more information about knife crime, gangs and drugs visit www.crimestoppers-uk.org and <https://fearless.org/en>.



HOW TO PRACTISE EXPRESSING GRATITUDE!

- KEEP A JOURNAL**
Count your blessings! Studies show that regularly writing down things you are grateful for will improve your well-being levels. Find a few blessings each day or week and jot them down!
- USE AN APP**
If writing isn't your thing, try a photo app like 'Project365' - each day you upload a photo and write a short statement of gratitude for why whatever you photographed (or picture you uploaded) is a blessing. You then have a month-by-month visual diary!
- GIVE SOMETHING BACK**
Pay it forward! True gratitude is experienced when you pay forward something that will give other people gratitude - this provides double the positive emotions (for the giver and the receiver!)
- MEDITATE**
Time spent regularly meditating calms your thoughts and your emotions, allowing you to better deal with stress and anxiety. Focus on your blessings during your meditation to really hone in on the things in life you are grateful for!
- SAY "THANK YOU" REGULARLY**
Expressing thanks is equivalent to acknowledge gratitude. There are many ways to do this, but here are three simple things you can do:
 - Verbally - say thank you regularly (and mean it!)
 - Write a note - a simple note to thank someone for something can go a long way
 - Mentally - taking a moment to consciously appreciate something that has been done for you.

THINGS TO REMEMBER!!!

- * GRATITUDE NEEDS TO BE CONSISTENTLY PRACTICED
- * DEPTH IS BETTER THAN BREADTH (don't go overboard)
- * GET PERSONAL (it's more effective)
- * VARIETY IS THE SPICE OF LIFE - FIND DIFFERENT THINGS TO BE GRATEFUL FOR



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.**

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 17th April:

Monday 1st May:

Tuesday 2nd May:

Wednesday 3rd May:

Wednesday 4th May:

Monday 8th May:

Thursday 11th & 12th May:

Friday 12th May:

Wednesday 24th May:

Thursday 25th May:

Friday 26th May:

Sunday 28th-31st May:

Monday 29th May - 2nd June:

Summer term starts

Bank Holiday

Year 9 Immunisations: DTP/MEN ACWY

Year 8 Parents' Virtual Consultation Evening 4.30—7.30pm

Year 8 Immunisations: HPV2

Bank Holiday: King Charles III Coronation

DofE practice expedition

Year 7 MFL Boulogne Trip

Early closure for staff training, 1.45pm

Year 10 Devising exams day rehearsal and Evening performance

Inset School closed to students

Year 9&10 Humanities Trip to Amsterdam

Half-Term

