



QUEENS' SCHOOL
Dare to be Great

Queens' School Newsletter

February 2023



We started this term celebrating the success of our students in their GCSE and A-levels at our Senior School Presentation Evening – our best ever results. It was wonderful to see so many of our Year 13 students return to Queens' with such positive experiences of university life and that of the world of work. We were very much inspired by our guest speaker and former student, Oyin Olukotun who studied at Queens' School between 2012 and 2019, and recently graduated with a First Class degree in Law from Sidney Sussex College, Oxford.

The Upper School mock examinations have now been completed and many of our students will be encouraged by their performance and reviewing next steps. In considering choices and options, students should be aware of [Unifrog](#), an online universal destinations platform free to Queens' students. They can also get the latest local

careers updates from [Herts Opportunities Portal](#). Indeed, [National Apprenticeship Week](#), runs until half-term

We continue to be very fortunate to have a huge range of extra-curricular and enrichment opportunities available to our students. Our Key Stage 5 business students have now departed for Berlin and our annual ski trip leaves for Italy this weekend. These excursions form an integral part of the wider curriculum experience on offer at Queens'. The great range of opportunities demonstrates the enormous commitment of our staff.

I have been delighted to hear of the many successes of our students outside school. Many congratulations and well done to all those who have achieved over the last half-term. Please pass on news of your child's achievements outside school so that we can celebrate these within the school community. Please click on this [LINK](#).

The Queens' Parents' Association are currently raising funds for a Covered Outdoor Eating Area. If you would like to join the QPA or support any events, please email the gpa@queens.herts.sch.uk. A big 'Thank You' to everyone raising funds when shopping via [Easyfundraising](#).

I would like to wish you a restful and enjoyable half-term break.

Jonathan Morrell
Headteacher



HOLOCAUST
MEMORIAL
DAY

Humanities!

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



Computing!

Read all the news [here!](#)



Queens' Teams Shoot for Victory!

The year's just got started and we are seeing success for Sport. Read all about it [here!](#)



Music to our ears!

Read the Music news [here!](#)



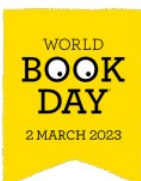
Picture perfect!

Find out [here](#) about the Photography competition!



Maths Whizzes and Quizzes!

You can read [here](#) how our Mathematicians rose to a challenge.



Book offer!

Read what the Library have planned for World book day [here!](#)



Biscuit top tour!

Read [here](#) about the MFL Careers talk.



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:**

Melissa C. 7SW Mel A. 8FX

Rameen S. 9AL David D. 10TM

Koby C. 11SN Georgia H. 12SW



Other highest STAR point achievers:

Shayna R. 7AE Tiffany A. 7FX Anaiah F. 7TA

Aziah D-A. 8AE Nico C. 8SW Maria B. 8TM

Evie B. 9FD Malgosia B. 9SN Gemma D. 9TM

Evie L. 10AE Eloise K. 10FR Leona B. 10SN

Andrew M. 11AB Theodoros K. P. 11FX Libby P. 11TM

David A. 12AE Scarlet S. 12FX Natali N. 12TC



News from the Queens' Parents Association

Belated Happy New Year, it's hard to believe it is February already and the first half-term of the year is done. At the QPA meeting in January, there were only a few of us, so we did not plan any major events, if you would like to help us arrange a function, perhaps a bingo night or summer BBQ, please come to the next meeting on **Monday 27th February 7pm**, in the PRE Block on North Side.

On Friday 24th February we have another cash for clothes collection so please remember to bag up your unwanted, clean, good quality clothing, paired shoes, hats, bags, jewellery and soft toys and put in a bag marked for the QPA and leave in either school office by **Thursday 23rd February**.

We will be selling refreshments at the Gym and Dance Show on **Wednesday 29th March** so if you are coming to the show, please stop and buy a drink and snack.

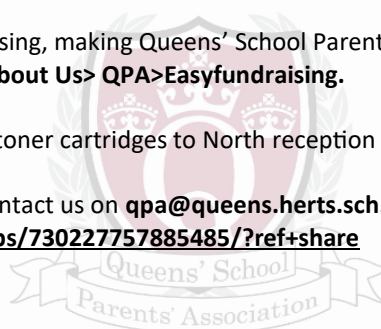
On **Saturday 15th April** The South West Herts Model Railway Society will be hosting an exhibition at Queens' School and the QPA will be there serving refreshments working with Kandy Café www.southwesthertsmrs.org.uk/exhibition. Everyone is welcome.

This term we have awarded money to purchase robes for the growing choir so that when they perform, they don't just sound wonderful, they also look the part. We also launched an Amazon Wishlist for some items that the Chess Club would like to purchase that will enhance this popular lunchtime club and allow more students to attend. There are a few chess clocks remaining on the list if you would like to support this initiative https://www.amazon.co.uk/hz/wishlist/dl/invite/3Kp11L8?ref=wl_share

Please keep online shopping via EasyFundraising, making Queens' School Parents' Association – Bushey your cause. Please see the Queens' website for details **About Us> QPA>Easyfundraising**.

Keep bringing in your used branded ink and toner cartridges to North reception for us to re-cycle via www.emptiesplease.com

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>



Miss Westgarth's Wellbeing Words.....

Mental Health



Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. You may find times such as car journeys a good time to talk, or to re-connect by playing music you both like.

2. Talk to your child about important connections This could include talking about family members, friends, neighbours, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died. Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

3. Talk to your child about their friends As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement. Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

4. Connect by taking an interest in your child's world As adults we can sometimes be dismissive of the things that our teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

5. Find time to connect as a family Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

6. Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

Friendly February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
1. Send a message to let someone know you're thinking of them	2. Ask a friend how they have been feeling recently	3. Do an act of kindness to make life easier for someone	4. Invite a friend over for a 'tea break' (in person or virtual)	5. Make time to have a friendly chat with a neighbour	6. Get back in touch with an old friend you've not seen for a while	7. Show an active interest by asking questions when talking to others	8. Share what you're feeling with someone you really trust	9. Thank someone and tell them how they made a difference for you	10. Look for good in others, particularly when you feel frustrated with them	11. Send an encouraging note to someone who needs a boost	12. Focus on being kind rather than being right		
13. Smile at the people you see and brighten their day	14. Tell a loved one or friend why they are special to you	15. Support a local business with a positive online review or friendly message	16. Check in on someone who may be struggling and offer to help	17. Appreciate the good qualities of someone in your life	18. Respond kindly to everyone you talk to today, including yourself	19. Share something you find inspiring, helpful or amusing	20. Make a plan to connect with others and do something fun	21. Really listen to what people say, without judging them	22. Give sincere compliments to people you talk to today	23. Be gentle with someone who you feel inclined to criticise	24. Tell a loved one about the strengths that you see in them	25. Thank three people you feel grateful to and tell them why	26. Make uninterrupted time for your loved ones
27. Call a friend to catch up and really listen to them	28. Give positive comments to as many people as possible today												

ACTION FOR HAPPINESS Happier · Kinder · Together

SOCIAL MEDIA & Mental Health

1. EDUCATE YOURSELF
Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS
Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA
Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS
Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

5. OFFER YOUR SUPPORT
Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

What trusted adults need to know
Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

National Online Safety
#WakeUpWednesday

Meet our expert
This guide has been written by Anna Bateman, Head of Behaviour and Safeguarding Programme at the heart of every school, integrating mental wellbeing into the curriculum, school culture and systems. She is also a member of the National Online Safety Centre for the Department of Education, advising them on their mental health green paper.

HELPFUL APPS:
• Hub of Hope
• Mindshift
• Smiling Mind

OTHER SERVICES:
• Childline (0800 11 11)
• Bullying UK (0800 8002222)
• Young Minds (0800 802 5544)

www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.05.2019

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 is just a taste of the exciting events and 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 20 th February:	All students
Thursday 23 rd February:	Early closure for staff training, 2pm
Thursday 23 rd February:	A-level English trip to Othello
Friday 24 th - 26 th February:	A-level History trip to Paris
Tuesday 28 th February:	A-level Politics trip
Tuesday 28th February:	A-level Drama Exam in the Drama Studio 7pm
Thursday 2nd March:	Year 12 Parents' Evening 4.30-7.30pm
Tuesday 7th March:	Year 9 GCSE Options Evening
Friday 10 th - 12 th March:	PGL Netball tournament trip to Liddington
Tuesday 21st March:	Year 10 Parents' Evening 4.30-7.30pm
Wednesday 22nd March:	House Music time TBC
Thursday 23 rd March:	A-level Drama trip to the Barbican
Saturday 25 th March:	World Challenge training day
Tuesday 28 th March:	Year 12 A-level Geography trip to NHM
Wednesday 29th March:	Gym & Dance Show 6pm
Thursday 30 th March:	Early closure for staff training, 2pm
Thursday 30th March:	Year 12 Drama rehearsals and evening performance
Thursday 30 th March:	Year 13 Psychology & Economics trip
Friday 31 st March:	Last Day of Term, school closes 12.30pm?

