Rivers
Education Support Centre

Respect Relationships Resilience Readiness

NEWSLETTER

Happy Easter!

Hello! I hope everyone has been enjoying the brighter days and lighter evenings that spring has brought. Wishing you all a wonderful Easter Holiday break, whatever you have planned! We look forward to welcoming students back to school on **Monday 13th April**.



As part of Place2Be Children's Mental Health Week, our KS3 students explored the theme of belonging through a creative project titled "This Is My Place." Students reflected on what makes them feel safe, valued and connected - whether that is a trusted adult, a favourite subject, friendships, or a quiet space to regulate. Through discussion, art and personal reflection, they considered how belonging supports positive mental health and helps them feel ready to learn. The finished collaborative display celebrates each student's voice and reminds us that Rivers is a community where everyone has a place and matters.

Students Inspired by Star at Leo's Gym

Our students recently attended their regular boxing session at Leo's Gym, where they had a unexpected surprise. During training, they met none other than Kayla Allen, a standout welterweight representing Team GB. Kayla is one of Britain's top boxing talents and continues to make her mark on the international stage. Her achievements include becoming a European Champion and National Champion, as well as winning prestigious tournaments such as the Haringey Box Cup and the Golden Girl Championship. She is also a multi-international champion and a two-time Boxing World Cup medallist.





For our young boxers, this was proof that someone from their world — from a local gym just like theirs — can rise to represent England internationally. She showed them that greatness doesn't start on the big stage. It starts in the gym, with a dream.



Meeting an athlete in person was an inspiring moment for the group, giving students a glimpse into the dedication, discipline, and hard work required to succeed in sport.

By the end of the session, our students weren't just inspired — they were motivated. They saw firsthand what commitment looks like. And thanks to Kayla, they left believing that maybe one day, they could wear England's colors too.

Work Experience

> *"We are very proud of him. It's great to see another side of him."*

> *"A valuable member of the team and showed great potiential for future employment."*

> *"Definitely hardworking, time keeping is impeccable."*

> *"Her organisation and attention to detail ensured tasks were completed to a high standard."*



Student Tedi completed his work experience placement at Lockey Locks. Here he is showing off a lock he assembled himself!

It's that time of year when our Year 10 and 11 students begin their work experience placements. Over the past weeks, they have been exploring a wide range of industries, fully engaging in roles they genuinely enjoy. From learning practical skills to understanding how businesses operate day to day, these placements offer real world experience that goes beyond the classroom. Across all placements, employers have shared valuable insights into how our students approached tasks, adapted to new challenges, and contributed meaningfully to their teams.



Our student proudly representing BPH Rail in their placement uniform.

Many discovered skills they didn't know they had, while others found inspiration for future career paths. It's clear that the experience was not just about learning the ropes - it gave students a chance to grow in confidence, understand workplace expectations, and make a positive impact wherever they went. With so many glowing comments from employers and excited stories from students, this year's work experience has been a resounding success for everyone involved.

Join Us: Careers & Apprenticeships Fair

Year 11 students recently attended the Careers and Apprenticeship Fair at the Spotlight Theatre in Hoddesdon, where they had the opportunity to explore a wide range of future pathways. The events provided valuable insight into different career options, employment opportunities, and apprenticeships. Helping students to better understand the steps they can take towards their chosen careers. We were really impressed by the mature and engaging conversations that took place between students and employers; the questions asked were thoughtful, appropriate, and friendly, and students represented Rivers ESC exceptionally well throughout. Many students also came away with a range of merchandise, marking a positive end to a productive trip out.



Egg-cellent News: Hatchlings Arrive Just in Time



Little Rivers students and staff are enjoying the arrival of their new ducklings this spring. Students have been closely observing the ducklings' first days and learning about their care and development.

Choices and Consequences: Aspire2Change

A powerful and deeply personal message was delivered to students this week as local speaker Chris Baker visited to share his extraordinary life story. Chris, who now works with young people and adults to break cycles, challenge thinking, and build futures beyond the past, spoke candidly about the highs and lows that have shaped his life. His journey has been anything but ordinary.

Following a motorcycle accident during a police chase, Chris lost his arm, marking a huge turning point in a life already heading down a difficult path. He was later sentenced to 10 years in prison.

Today, however, Chris has transformed his life. He is now an actor and motivational speaker, working with organisations and agencies to share his experiences and inspire change in others.

During his visit, Chris spoke openly to students about the importance of maintaining the right mindset, particularly when faced with pressure or negative influences. His story highlighted how easily poor decisions can lead to life altering consequences, including involvement in drugs, violence, county lines, and ultimately prison.

Reflecting on his past, Chris acknowledged that, he should of challenged himself differently and chosen a more positive path rather than being drawn into destructive behaviours. His honesty and willingness to speak from personal experience left a lasting impression on us all.

The talk was described as inspiring and thought provoking, with many taking away the message that a person's past does not have to define their future. Chris stands as a powerful example that change is always possible, no matter how difficult the journey.



Following his visit to our school, Chris shared his experience on Instagram, extending his message to a broader audience.



Important dates for your diary...

Upcoming Exams:

- **Week beginning 20th April** - Food practical exams (when your child receives their own individual exam/revision timetable, the exact date will be on this)
- **Wednesday 6th May** - Art exam (9am - 2pm)
- **Thursday 7th May** - Art exam (9am - 2pm)
- **Friday 8th May** - Food Safety exam (9am - 10am)
- **Monday 11th May** - English Literature Paper 1 (9am - 10:45am)
- **Tuesday 12th May** - Biology Paper 1 (1:30pm - 3:15pm)
- **Thursday 14th May** - Maths Paper 1, non calculator (9am - 10:30am)
- **Tuesday 19th May** - English Literature Paper 2 (9am - 11:15am)
- **Thursday 21st May** - English Language Paper 1 (9am - 10:45am)
- **Wednesday 3rd June** - Maths Paper 2, calculator (9am - 10:30am)
- **Friday 5th June** - English Language Paper 2 - (9am - 10:45am)
- **Monday 8th June** - Biology Paper 2 (9am - 10:45am)
- **Wednesday 10th June** - Maths Paper 3, calculator (9am - 10:30am)

SENECA For Students

We hope students have now begun their revision in preparation for the upcoming exams. Teachers are providing a range of support, including revision sessions and past papers, to help students practise and build confidence. If students need any additional support during this time, please encourage them to speak to their teachers. We are happy to provide extra resources and can arrange for materials to be sent home where needed.

There are also many tools and materials available online that students can use to support their revision. For example, **Seneca** is a free online revision platform designed for GCSE students. It offers interactive courses matched to exam boards, helping students learn and test their knowledge through short quizzes and instant feedback.

- **Wednesday 17th June** - Year 11 Presentation Day - This day is truly special - often affectionately called *'Miss Traynor's one day of tears'* as she watches students fly the nest. Think of it like a little chick saying goodbye to its mother... but with slightly more tissues and pride! Most importantly, it's a day to celebrate the amazing progress our students have made at Rivers. And of course, no celebration is complete without a homemade buffet featuring veggies grown by our very own students in Kings Trust lessons!
- **Thursday 18th June** - Year 11 Trip (providing students have attended all their exams and Presentation Day)

Around Town: Sports Edition

FREE

CALISTHENICS Sessions

Calisthenics is bodyweight training that builds strength, balance and control. No equipment, just you against gravity.



Sporting Aid







Start 25th March 2026

Every Wednesday

Waltham Cross Playing Fields, EN8 7LU

Ages 11 to 17 - from 6 to 7pm

Ages 18 + - from 7 to 8pm

No booking required - info@SportingAid.org - Open to all abilities

SPORTING AID

Police & Crime Commissioner FOR HERTFORDSHIRE

Active Local Waltham Cross

BOROUGH OF BROXBOURNE



Sporting Aid

GIRLS KICKS



INFORMATION

- Wildcats - ages 5-11 = 11:30 AM
- Squad girls - ages 12-16 = 11:30 AM
- Waltham Cross Playing Fields - EN8 7LU
- Female only football sessions
- Open to all skill levels
- Info@SportingAid.org
- Every Saturday

Sign up here

WILDCATS

SQUAD GIRLS

FREE

Active Local Waltham Cross
Hertfordshire Community Foundation
GT United
England Football
Wildcats
Hertfordshire FA
SPORTED
SPORTINGAID
SPORT ENGLAND
BOROUGH OF BROXBOURNE
BARCLAYS







Sporting Aid

MOONLIGHT FOOTBALL

- Waltham Cross Playing Fields - EN8 7LU
- Girls and boys football sessions
- Times 5PM to 6PM
- Ages 11-16
- Every Thursday

FREE

No booking required - info@SportingAid.org - Open to all abilities

SPORTINGAID · GT United · Active Local Waltham Cross · Borough of Broxbourne · Hertfordshire Community Foundation

BOROUGH OF BROXBOURNE

SPORTINGAID

BASKETBALL CAMP





APRIL 26 | **EVERY SATURDAY**

12-00 - AGE 17-25
13:00 - AGE 10-16

Location - Waltham Cross Playing Fields - EN8 7LU
No booking required

FREE

www.SportingAid.org