

# NEWSLETTER

## Hello 2026!

Hello everyone, and welcome back! We hope you had a lovely Christmas break and have successfully made it through January - which somehow felt about 97 days long! Now that we've finally reached February, it's been great to see students settling straight back into the swing of things.

Our KS3 pupils have been busy taking part in exciting projects across the curriculum, while KS4 students are focusing on securing work experience placements and preparing for their upcoming exams. We also held our KS4 Pupil Progress Day, which was a great success and provided valuable opportunities for reflection and planning next steps.

**A reminder that the first day back after February half term is Monday 23rd February 2026.** We look forward to seeing you then!

### Other important dates:

- Year 10 and 11 Work Experience: **9<sup>th</sup> - 13<sup>th</sup> March**
- Year 10 and 11 Generation Broxbourne Careers fair: **17<sup>th</sup> March**

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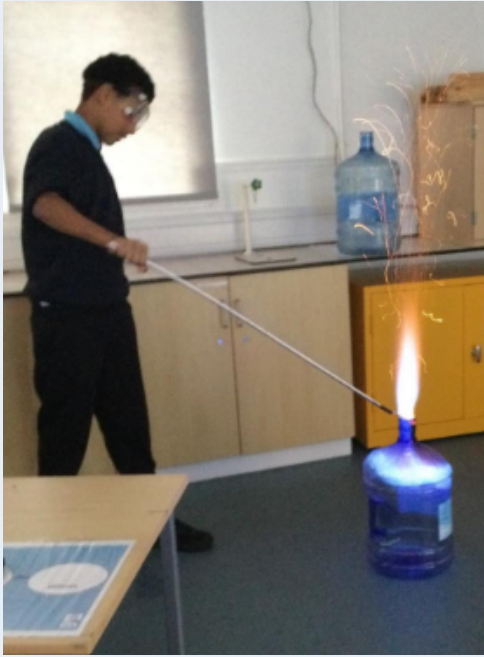
## Learning by Doing: The Young Scientists of KS3



By carefully burning a cracker beneath a glass tube of water, students were able to see the energy stored in food being released as heat. They measured the rise in water temperature and used their results to calculate the energy released, experiencing first hand how food contains energy that our bodies use to keep us moving.

Before beginning the experiment, students made predictions about how much the water would warm, and then compared their guesses with the actual results, sparking curiosity and discussion.

In this case, the energy from the cracker was temporarily transferred to the water, giving students a clear example of energy in action.



Pupils carried out a range of practical experiments, with a particular focus on exploring different types of chemical reactions. They were able to set up and observe each reaction independently, applying the practical skills developed throughout their lessons. One standout activity was the Whoosh Bottle experiment, which involves igniting a small amount of methanol inside a large, clear five gallon water jug. As the methanol evaporates, it mixes with the air and combusts rapidly, producing a loud “whoosh” sound and a striking blue flame. This experiment provided a clear demonstration of an exothermic reaction and generated a high level of excitement and engagement among the pupils.

## Laying the Foundations for the Future

Each Thursday, a small group of our Year 11 students head to Hertford Regional College to take part in the City & Guilds construction course. Here’s a look at what they’ve been getting up to - learning how to lay and complete paving bricks to create a pathway:



Before



After

Students began by preparing the ground, ensuring it was level and compact before adding a suitable base layer. The paving bricks were then carefully laid in position and checked for alignment to create a neat, even finish. Throughout the session, students used the correct tools and materials for the task and followed all health and safety procedures, including wearing appropriate PPE. This practical task gave students valuable experience of working in a real construction environment.



The group moved on to something a little different - building curved brick arches - and the results are amazing!

They started by planning the shape and setting up a simple wooden frame to guide the curve. Then, brick by brick, they carefully laid each piece, making sure everything stayed balanced. With teamwork, patience, and a bit of problem solving, the arches began to take shape beautifully.

It's been fantastic to see the students enjoying the hands on side of learning. They were thrilled to see their arches standing strong, and their pride in the finished work was clear to see.

## KS3 Marks Holocaust Remembrance Day

Our KS3 Centre held a special assembly to mark Holocaust Memorial Day, joining people across the country in remembering the six million Jewish men, women and children who lost their lives during the Holocaust, as well as the millions of other victims. The assembly provided students with an opportunity to reflect on the importance of remembrance and respect.



This helped highlight why this moment in history must never be forgotten. The assembly encouraged students to consider the consequences of discrimination, hatred and intolerance, while reinforcing our school's values of kindness, inclusion and community. It was a thoughtful and respectful occasion that reminded everyone of the responsibility we all share in challenging injustice and ensuring that such events are never forgotten.

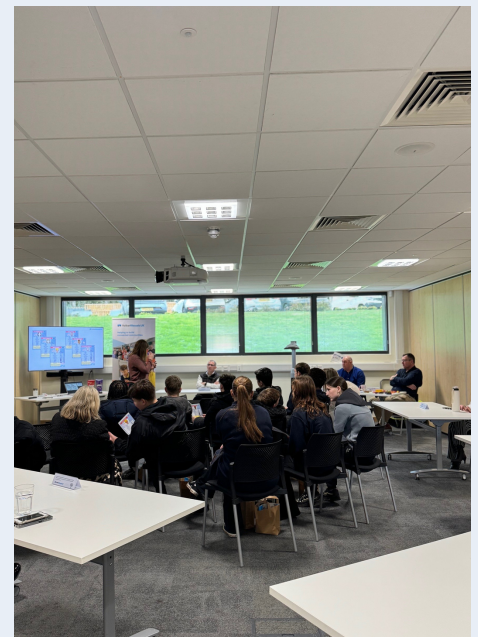
## Volker Wessells Trip



Year 11 students recently had the opportunity to visit Volker Wessells for an interview and networking event. During the visit, students learned about a variety of job roles within the company, took part in an interactive quiz, and participated in interviews with employees. They were also given the chance to ask questions throughout the day, helping them gain a clearer understanding of the workplace and what employers look for in potential candidates. The event concluded with a buffet lunch, where students continued networking.

Volker Wessells were extremely impressed with the students' enthusiasm, confidence, and professionalism. It was a valuable and rewarding experience for everyone involved.

***“Could you please pass onto the students that all our employees were incredibly impressed with the level of engagement”***



Well done Year 11's! and a huge thanks to our Careers Leader and Work Experience coordinator, Miss Osborn for organising this event!

# Revision tips!

## 1. Sleep matters

- Getting enough sleep helps your brain remember things
- Aim for 7–9 hours before exams - being tired makes everything harder

## 2. Flashcards

- Keep them simple, question on one side, answer on the other
- Test yourself, don't just read them

## 3. Use Videos (wisely)

- YouTube or Tiktok can help - just don't "accidentally" end up watching memes for an hour!
- Watch - pause - write notes

## 4. Past Paper Questions

- These are GOLD
- Do questions by topic
- Practice real questions, check what answers get marks, and use those phrases in your own answers.

## 5. Mind Maps

- Big topic in the middle
- Branch out with key points
- Use colour

## 6. Post-it Notes, Everywhere

- Formulas on the mirror
- Quotes on the door

You'll revise whether you want to or not!



# Upcoming Exams:

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

## Supporting Link Courses

### Parent & Carer Support Spring Term 2026



**FREE to parents and carers living in Hertfordshire**

### TALKING TEENS

6, weekly sessions for parents and carers of children aged **12-19**, covering:

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



**Mondays 7.45 - 9.15pm**

**5<sup>th</sup> Jan to 9<sup>th</sup> Feb**

**Online Course: ID 804**

**Wednesdays 7.45 - 9.15pm**

**4<sup>th</sup> Feb to 18<sup>th</sup> Mar**

**F2F Course: ID 802**

**St Albans, AL1 2LE**

**Thursdays 7.45 - 9.15pm**

**5<sup>th</sup> Feb to 19<sup>th</sup> Mar**

**Online Course: ID 803**

### TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:

- Understand why children & adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



**Tuesdays 7.45 - 9.30pm**

**6<sup>th</sup> Jan to 10<sup>th</sup> Feb**

**Online Course: ID 805**

### TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need. Your child does not need a diagnosis.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



**Tuesdays 8.00 - 9.30pm**

**6<sup>th</sup> Jan to 10<sup>th</sup> Feb**

**Online Course ID 797**

**Tuesdays 9.45 - 11.15am**

**3<sup>rd</sup> Feb to 17<sup>th</sup> Mar**

**Online Course ID 796**

## TALKING FAMILIES

6, weekly sessions for parents and carers of children aged **0-12** sharing tips on:

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self-esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.



**Thursdays 8.00 - 9.30pm**

**8<sup>th</sup> Jan to 12<sup>th</sup> Feb**

**Online Course ID 799**

**Thursdays 9.45 - 11.15am**

**5<sup>th</sup> Feb to 19<sup>th</sup> Mar**

**Online Course ID 798**

**Thursdays 8.00 - 9.30pm**

**5<sup>th</sup> Feb to 19<sup>th</sup> Mar**

**Online Course ID 800**

## TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of children **3-12**, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



**Wednesdays 9.45 - 11.30am**

**4<sup>th</sup> Feb to 18<sup>th</sup> Mar**

**Online Course ID 801**

## TALKING DADS

6, weekly sessions for dads & male carers of children **0-19**, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



**Wednesdays 7.45 - 9.15pm**

**7<sup>th</sup> Jan to 11<sup>th</sup> Feb**

**Online Course: ID 806**

**Mondays 7.45 - 9.15pm**

**2<sup>nd</sup> Feb to 16<sup>th</sup> Mar**

**Online Course: ID 807**

**Booking essential. Please Quote the Course ID**

**To check eligibility and book a place, please contact Supporting Links on:**

**07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request