

VERULAM VOICE

Issue 6 - 11th October 2019

Mental Health Awareness Week

This week has been Mental Health Awareness week nationwide. Assemblies have taken place all week run by myself and our Year 11 mental health leaders to promote positive mental health and the coping strategies that young people can access. This PowerPoint is attached.

Below shows you the posters and green cards that have been displayed on form tutor notice boards to help promote World Mental Health Day on 10th October. This will stay as a signpost for what steps to take if you or someone you know is suffering with mental health problems. There have been videos shown in form time to highlight empathy of both staff and students.

Mental health issues with young people are common

feel stressed
fed up

Anxiety **DEPRESSION** **SELF HARM** **PSYCHOSIS**

weight concerns

We can all feel overwhelmed at times.
Stress is not always bad as long as it's manageable. When we are stressed it can impact on how we **THINK, FEEL and BEHAVE**. They can impact on each other. You can change this downward spiral.

Notice changes in your mood
Just noticing changes in our mood can help us to understand which situations cause us to feel rubbish and why that might be.
Download the 'Head Space' app to help

What can I do?
We know that 10% of teenagers are dealing with very distressing events in their lives. Sometimes it can feel like no one understands, or can help.
You can talk to:

- Your five fingers of faith
- Visit www.youthtalk.org.uk
- Visit www.justtalkherts.org
- Visit www.samaritans.org
- Visit www.epicfriends.co.uk

Below is an online mental health quiz from the NHS which allows students to get a free plan, designed to help you feel more in control, deal with stress and anxiety, boost your mood and improve your sleep.
<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

We have entered the **#Justtalk competition** for the past two years and won both times. Ryan Kennedy in Year 8 came up with the concept in a PSHE lesson last summer and his storyboard won the #justtalk competition. He was given the opportunity to help direct his storyboard in the summer term and the final result is below: <https://youtu.be/v63QPKdH8tE>

The Just Talk representatives said that Ryan was a deserving winner with his frank and engaging film that highlights how talking can lighten the load when things are getting us down. Ryan commented: "I was so happy that my storyboard was chosen to be part of the #Justtalk campaign. It was really cool working with a real cameraman and high-quality cameras. It allowed my story to come alive!"

Ryan also appeared live on the **BBC the #Justtalk campaign**. Below is a link for the show and you can hear Ryan's part from 20:49 - 30:00 with Ryan talking from 25:00 onwards.

<https://www.bbc.co.uk/sounds/play/p07mv4xv>



*Mr D Tansley
Head of Year 10/Pastoral Director*

Headmaster's commendations

This week's commendation goes to George Cassidy for his outstanding sports leadership presentation.

P A Ramsey

2019-2020 Academic Year
Autumn Term
3rd September to 20th December 2019
Half Term
28th October to 1st November 2019

Key Dates

Meetings start at 7pm unless stated otherwise

1st - 24th October	Open Week Tours (9.15am - 10.30am)
11th October	Tollesbury Trip Departs
12th October	Alban Federation Recruitment Event, 9.00-12.30 @ Sandringham
13th October	Tollesbury Trip Returns
17th October	DofE Silver Departs
18th October	Year 12 Geography Trip departs
20th October	DofE Silver Returns Yr 12 Geography Trip returns
22nd October	PTA Happy Bag collection
24th October	Reading Group
25th October	Abbey Service

Half term 28th October - 1 November 2019

Alban Federation

Verulam School is a member of the Alban Federation partnership in the area of teacher training. Each year the Federation trains a large number of adults (56 in 2019/20), either straight from University with their degrees, or people who are changing careers, and places them in a host school for the year to enable them to complete their training and gain Qualified Teacher Status. All applications are submitted through UCAS (the University Admission System) and this year, the application window is scheduled to open **on 8th October 2019**, for courses starting in September 2020. Courses are available in both Primary and Secondary programmes, with salaries or bursaries available for suitably qualified candidates in many subjects.

If you are interested in becoming a teacher and would like to find out more about how to apply and what is involved, we are holding an **Open Morning on Saturday 12th October 2019** in the Sixth Form Centre at Sandringham School in St Albans. It runs **from 9.30am to midday** and you are more than welcome to come along and meet current trainees, senior school staff and Federation team members. Equally, if you know of anyone who is keen to train to teach, this will be a very useful event for them to attend.

Further details can be obtained from the school by contacting ollie.giles@verulam.herts.sch.uk

or direct from the Alban Federation team via afgtpenquiries@sandringham.herts.sch.uk

Mr O Giles

Abbey Service Friday 25th October 2019

We are delighted to announce that this year's Annual Service of Thanksgiving and Dedication will be held on Friday 25th October 2019 at 2.00pm at The Cathedral and Abbey Church of St. Alban. This year's theme is "**Save Our Planet**" and we will be supporting the local charity **Earthworks** which offers social and therapeutic horticulture and nature-based activities to people with learning disabilities and mental health problems; as well as the Marine Conservation Society.

We would like to extend a warm welcome to all parents and carers to join us on what is a very special day for Verulam School. Please make yourself known on arrival. We plan for all guests to be seated by 1.45 pm. The service will conclude by 3.00pm.

In order to raise funds, Verulam will be holding a number of events in the period leading up to the Abbey Service. One of those is that we will be selling wristbands to students during form time as of Monday 7th October. In line with our cause, we have opted for bamboo sustainable wristbands which will be sold for £2.

The idea is for all students to purchase one of these and to wear them during the Abbey Service to show how committed we are to doing our bit to Save our Planet for generations to come.

We would appreciate if you could give your son/daughter £2 to purchase one of these. Alternatively, you can pay for this via ParentMail Pay.

Thank you for your support.

Mr R Hall

House points update

See attached PowerPoint to find out how your son or daughter's house has performed this week, who they are up against for the coming week and how they are doing in the cumulative house point totals! This information is now also available on the school website via quick links, or scroll to the bottom of the house page.

Could your son or daughter help their house take the lead next week?

*Mrs P Avery
Director of English*

Autumn Sport 2019

This new academic year has already brought further success and representative recognition for our students. The latest **Year 7** in-take competed in the "Mob Race" and continued our excellent record in this event. We would like to extend our congratulations to **7J** who provide 15 of the teams runners. Special recognition must go to **Max Fergie (7P)** who convincingly won the race with a fine display of distance running.

Our football sides have enjoyed much success in recent years and I am pleased to report that our county and national cup campaigns for 2019 are off to pleasing starts with both **Year 9, 10 and 11** winning their respective first round ties. The all-star **Year 10** team overran Goffs School 5-0 in the National Cup first round. At the same time the **Year 11** team crushed Ridgeway Academy 4-0. The dominance of our sides has once again been reflected in District School selection with a large numbers of pupils successfully selected at the recent trials held at Samuel Ryder School.

Queens School hosted four football matches on Saturday 21st September and I can report a healthy set of results with many pupils making debuts across the year groups. Our first rugby fixture of this term is against Roundwood Park School on Friday 11th October.

This term will see the Hertfordshire Schools Rugby Festivals take shape for **Year 9 and Year 10**. These one day competitions are designed to cut down on the amount of time the pupils and staff are out of lessons playing and coaching sport. We will look forward to reporting good progress in the coming weeks.

The PE department hosted two big events recently, firstly the District Badminton Tournament for **Year 8-11**. This involved many pupils from across the district and I am pleased to report that our **Year 9** team won the competition and therefore advance to the County Final at Hertfordshire University in December. Secondly we hosted the final round of the district cross country league with our junior team taking overall victory.

Finally our **Year 10** basketball team have won all 3 matches so far this season and look firmly on track to win their respective district league.

*Mr. O'Connor
Head of PE*

PTA News


**GRAB A
TEAM
ITS
QUIZ
NIGHT**

QUIZ NIGHT: Friday 15th November 7pm for 7.30pm

If you'd like to take on the teachers and test your general knowledge over a fish and chip supper in the school Hall, please complete and return the attached booking form by **Monday 4th November**. Please note that the maximum team size is 9 people and groups with less than 8 may be combined with other participants. Or if you are available to help with set up during the afternoon or evening please sign up via the volunteer link here: [Volunteer signup](#)

OTHER WAYS TO SUPPORT THE PTA

Raise money while you shop online with thousands of retailers using this link - [easyfundraising](#)



Join the [Verulam Lottery](#) to raise funds and win prizes in one of our half termly prize draws

*Julie Williams
PTA Chair*