



## Paul Kershaw, Head of School

I hope that you all had wonderful half term breaks. We have returned to an exciting and busy week!

It was wonderful to see so many of you at the Careers Fair on Wednesday which was absolutely amazing! Thank you to Mrs Flint, Miss Ali and all those that helped organise and facilitate. The buzz was palpable and there were some familiar faces including alumni students which was really lovely to see. Ms Taylor signed up lots of students to do a T-Level in Education and Childcare from September!



There will be more information about the STAGS T-Level offer and our STAGS Sixth offer at the Sixth Form Open Evening next Wednesday evening (8 November), 6-8pm. There will be speeches, including from current Sixth Form students and Head of Key Stage 5, Ms Taylor and an opportunity to visit learning spaces for all Post 16 curriculum areas and speak to our specialist teaching teams. We look forward to welcoming all Year 11 students and their families from STAGS and other schools into the school from 6pm. Following our Post 16 Open Evening there is a late start for all students on Thursday morning when school starts at 10am for Period 2 as per the school calendar.

Our first Governor Day of the year was on Wednesday with governors visiting students and staff across the school. It was a brilliant day of sharing information about provision and learning at STAGS including reviewing provision for and celebrating our Progress 8 score of 0.84 - the highest of all secondary schools in St Albans and the surrounding area.

**SUPPORT TRUST AMBITION GENEROSITY SUCCESS**

We have had more amazing sporting achievements this week across the school. We have had a great couple of weeks for football. On the Monday before half-term, the Year 8 team beat Roundwood Park in the district league winning 3-2! This Monday, our U14s won 5-0 in the County Cup against Chancellors. The week continued with success for our U15s against Sir John Lawes winning 5-0.

Netball teams have also had a superb week. The Year 10A and C teams both won their fixtures against Beaumont this week, the A team won 37-9 and the B team won 14-9 winning their first fixture of the season! Year's 9 A Team also won their fixture this week against Sir John Lawes with a 22-2 outcome! Year 8's A Team won their fixture against Sir John Lawes 21-2 and there were truly amazing efforts from all that played.

Last night was the PTA's AGM and it was wonderful to see some new faces there to join and support the amazing work and raise funds that benefit students across every year group. The forthcoming Winter Fair is a fantastic opportunity to support the PTA and there will be further information shared in due course of how to get involved. I would also like to remind you about our School Fund, where parents provide financial support to the PTA via regular monthly donations. More information and a donation form can be found [via this link](#). There is also a PTA Uniform sale on 18 November from 1:30-3pm in the school hall.

The Online Safety Parent Workshop across the Trust last Monday was a great success with a large number of families joining the event. Lyndsey Vaughton from Smoothwall led this very informative and supportive session which included highlighting the most popular apps for young people, as well as offering useful tools and strategies for parents/carers to keep their children safe while online. Please find a link to the presentation [here](#) and to the free parent app 'Qustodio' [here](#). If you have any further questions related to online safety please contact Ms Jarvis at [pjs@stags.herts.sch.uk](mailto:pjs@stags.herts.sch.uk)

STAGS students and other young people from St Albans [appeared in the news](#) over the half term break for their roles in the play 'Wind/Rush Generation(s)' at the Abbey Theatre as part of Black History Month. What a fantastic and inspiring opportunity to raise awareness! A huge well done to the students involved.

Throughout my time at the school, we have been honoured to have spoken with representatives from and worked alongside The OLLIE Foundation. We have also raised money for this cause as part of House Charities and awareness via First Give. OLLIE is a charity that delivers suicide awareness, intervention and prevention training for young people and professionals. OLLIE stands for 'One Life Lost Is Enough' and their website [can be accessed here](#). They are currently extending an invitation to parents, and carers to join a free online suicide prevention training - 'Talk Safe', on Monday November 6, from 6:30pm to 8:30pm. During the session, their CEO, Debi Roberts, will lead a supportive discussion addressing the challenges of seeking support and reaching out for help when it's needed the most. There will also be an opportunity for Q&As at the end of the session. Free places can be booked [via this link](#).

I hope that you have a wonderful Bonfire Night weekend. Hertfordshire Constabulary has provided some guidelines for [Staying Safe on Bonfire Night](#), as well as a Bonfire Night competition for ages 5-16 which can be accessed [here](#), to win tickets to the Warner Bros. Harry Potter Studios Tour. The deadline is Monday 6 November. Good luck to all entrants and very best wishes to all for a superb and safe weekend.







# Diary Dates

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**Monday 6 - Friday 17 November**

Year 10 Progression Meetings

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**Tuesday 7 November**

Parent Workshop on Relationships and Sex Education, 6pm, Online

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**Wednesday 8 November**

Sixth Form Open Evening, 6-8pm

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**Thursday 9 November**

School starts with Period 2 at 10am  
Diwali Celebrations

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**Monday 13 November**

Odd Socks for Anti-Bullying Week

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**Monday 13 - Friday 24 November**

Year 11 and Year 13 Mocks

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**Wednesday 15 November**

Parent Book Group, 6pm, LRC

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**Friday 17 November**

Children in Need

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**Saturday 18 November**

PTA Uniform Sale, 1.30-3pm, School Hall

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**Monday 20 November**

SEND Parent Group Meeting, 7-8.30pm, LRC

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**Monday 20 November - Friday 1 Dec**

Year 10 Progression Meetings Fortnight

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**Wednesday 22 November**

Oxbridge, Med, Vet, Dentist Eve, 6-7pm, LRC  
Year 12 & 13, Speak Your Mind Debate

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**Thursday 23 November**

PTA Meeting, LRC, 7-8pm



# Notices

St Albans Girls' School



**WE'RE  
HIRING!**

**PART  
TIME**

# ATTENDANCE OFFICER

Closing Date: Friday 17th November 2023

**Immediate start**

For more information and to apply, visit:  
[stags.herts.sch.uk/workingatstags/currentvacancies](https://stags.herts.sch.uk/workingatstags/currentvacancies)



# Notices

## STAGS Rotary Interact Club Coat Donation Appeal


STAGS Rotary Interact Club are collecting coats for Wrap Up to donate to homeless and low income families. Please see the flyer below:








# Notices



Hertfordshire  
Family Centre  
Service



Hertfordshire Community  
NHS Trust

## School Nursing

### Public Health Nursing 5-19 Team Newsletter

Autumn 2023

#### Welcome back!

We are looking forward to supporting lots of young people throughout the new school term.

How to Contact Us:  
0300 123 7572 (Mon-Fri 9am-5pm)  
[www.hct.nhs.uk/our-services/school-nursing](http://www.hct.nhs.uk/our-services/school-nursing)

Free workshops available for parents and young people to attend, regarding emotional health, returning to school & more

**HEALTH:TEENS**

A great website, with information and advice for young people aged 11-19.

[www.healthforteens.co.uk](http://www.healthforteens.co.uk)


#### Chat Health

Chat Health is an anonymous text messaging service for young people aged 11-19 years that runs between 9am-5pm, Monday to Friday. Young people can use this to contact a School Nurse for support and advice.

Young people can ask for help and advice on a range of issues such as:

- Weight and exercise
- Healthy eating
- Stress and anxiety
- Relationships and sexual health

A friendly school nurse will be on hand to support with anything you would like to talk about.

 ChatHealth

#### Sleep

Sleep is especially important and helps our development.


Lack of sleep can lead to reduced concentration, increased behaviour difficulties and irritability.

Did you know that young people need around 8.5 - 9 hours sleep at night?

Top tips to support you:


- Plenty of fresh air and exercise during the day
- Avoid electronics and devices at least one hour before bed
- A relaxing activity before bed, such as reading and listening to calming music
- Have a good routine at bedtime and keep regular sleep and wake times

Have a look at our websites for more great advice:  
[www.healthforteens.co.uk](http://www.healthforteens.co.uk)



#### Meet The Team

Hello, I'm Shannon, a Children's Wellbeing Practitioner in the school nursing team.



We provide guided self-help support for 11-19 year olds.

Our interventions offer support to empower young people with tools for their emotional health.

You can access our services by using the school nurse referral form.

#### Mental Health Toolkit

Just like we have tools to do certain jobs, a mental health toolkit can support us when we're feeling anxious, low, or sad. It can be filled with the things that help us to feel calm. A small box that you can decorate or with a pattern/picture you like is great.

Some examples of things you might like in your toolkit:

- **Headphones:** lots of people find music a good way to relax
- **Journal/sketchpad:** to write down thoughts and feelings or draw/sketch how you feel.
- **Essential oils** to relax you such as lavender or orange to calm you and help lift your mood.
- **A favourite stuffed toy/animal**
- **Fidget toys** including spinners or cubes.
- **A photograph** of your favourite place.

You can put whatever you like in your toolkit.


Remember that we are here for you via our chat health service.

#### Did you know?


School Nursing is also on Instagram, Facebook and X/Twitter!

We post up to date information, support and advice for young people and parents.


**Follow us!**



@hct\_schoolnursing  
@teenhealth.hct



@HCT\_SchoolNurse



Hct SchoolNursing





# Notices

## School Admissions Consultation 2025/26

Hertfordshire County Council is running a consultation on the proposed admissions arrangements for the school year 2025/26 and is seeking responses from parent/carers, schools and community groups.

The proposed changes are:

1. If the proposal to close Hexton Primary School is approved, to amend the admission arrangements for Pirton Primary School to give increased priority to children from the parish of Hexton.
2. Amend the schemes of coordination to clarify The funding agreement process for new or proposed free schools, the process for informing the home LA of a school's decision to increase their PAN and to reduce the timescale for responding to allocations from 14 days to 7. This will allow more time for effective processing of responses prior to the next allocation round.
3. Retain the remainder of the County Council's existing admission arrangements for 2025/26, including PANs, Relevant Areas and schemes of coordination.

The consultation period runs until 11 December 2023.

Please visit [www.hertfordshire.gov.uk/admissions2025](http://www.hertfordshire.gov.uk/admissions2025) for more information and to respond online.

### School Admissions Consultation 2025/26

The consultation on Hertfordshire County Council's school admission arrangements for 2025/26 is open until 11 December 2023.

#### The county council proposes to:

- Reduce the published admission number (PAN) at 4 community or voluntary controlled primary schools for 2025/26.
- Amend the admission arrangements at Pirton Primary school if the proposal to close Hexton Primary School is approved.
- Amend the schemes of coordination to increase clarity about timescales and increased certainty for school place planning.
- Retain the remainder of the County Council's existing admission arrangements, including PANs, Relevant Areas and schemes of coordination.

Go to [www.hertfordshire.gov.uk/admissions2025](http://www.hertfordshire.gov.uk/admissions2025) for more information about the consultation and to respond online.

***Have  
your  
say***



Consultations are also taking place on the admission arrangements for some schools and academies that are responsible for their own admissions.

You can also view the proposals for these schools at [www.hertfordshire.gov.uk/admissions2025](http://www.hertfordshire.gov.uk/admissions2025)